



From The President's desk

My dear fellow Rotarians

I am pleased to present to you our club's communique "Resonance", being published at the hands of our dynamic DG Manjoo Phadke, District Governor RD 3131. It has been over 2 years since we last published our newsletter. We probably got too excited as the physical meetings restarted, though we promise you that a newsletter shall now be released bimonthly.



When people of similar frequencies come together, the output is not a simple sum of the individual frequencies but is amplified due to a phenomenon called as Resonance, an output that is beyond any logical limit. Isn't this newsletter called **RESONANCE** an apt representation of what coming together in Rotary means?

Rotary International President R. Gordon R. McNally wants Rotary to exist everywhere in a style that suits everyone who has the desire to work to do good. During this year, he'll focus on three presidential initiatives that **Create Hope in the World**: prioritizing mental health, building peace through virtual exchanges, and empowering girls.

Rotary District 3131 Governor Manjoo Phadke has lined up the following thrust areas for RID3131 this year: 1000 Paediatric cardiac surgeries, Initiatives on Water conservation, green societies and factories mission, Entrepreneurship development workshops, Woman leadership, Interact clubs, 1000 Happy Anganwadis, Cervical Cancer vaccination, multi-district RYLA and so on...

As a club, we will spread too thin if we take upon ourselves executing each of these initiatives and hence, the BOD for the new year has decided to take the initiatives of Water conservation, Entrepreneurship development, Environment, Literacy, and happy village as top initiatives to execute. RCA membership has been steadily growing. The past presidents and their teams have done a wonderful job of keeping the club's flag flying high. For a growing club like RCA, an initiative we must take this year is a '**Confluence of Compassion**' best achieved with a sound '**Camaraderie**' within members. A cohesive, closely knit club shall deliver better service to the society.

I thank all members and board of RC Aundh for giving me this responsibility this year, which I humbly accept. A new look logo of RC Aundh bringing the 3Cs - Confluence, Camaraderie and Compassion together is an apt representation of our club. I wish all my fellow Rotarians a great, participative, enjoyable, and Service oriented year ahead!

Let us create Hope! Within ourselves, within the communities we serve and the world!

Wish all of us GOOD LUCK!

Ajay



Editor's Corner

Hi Rotarians, I am sure all of you and your beloved families are doing good. My first ever act as editor (thanks for the confidence, President)..

Well, the world has come out shining (in many ways) after the pandemic impact and has left us with many good things (being positive here) and I guess we all have become more cautious about hygiene than before, more organised and time managed too. Pandemic has also taught or rather forced us to use some technologies and they've become habits now for example online bill payments, checking google maps before we start travelling to check time and best route. Online shopping, I feel also has increased as people wanted to avoid busy places and adopt easier ways too..

Organizations have started using ways of meeting online rather than meeting in person and have saved lots of cost.. I am sure you have many more in mind to mention...

Signing off until next time !!

Rtn. Aniket Phadke, Editor

Snaps Time.. Rewards, GTG's and More



Dr. Vinita Sahadot AIWAA Award



Our Own PS Kaka Awarded Shantidoot



Velhe Tour In March



Joint BDO Meet- Hosted By PP Hemant Chaudhary



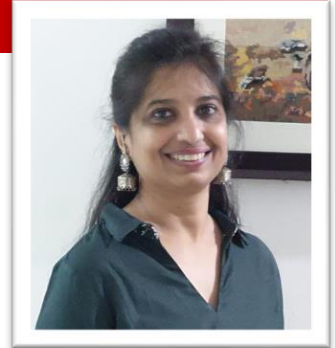
Art By Raghav Phadke

RC Aundh: Vision, Mission and Values

- We the family of Rotary club of Aundh unitedly and proactively commit to becoming a
 - Strong and effective
 - System and procedure oriented
 - Fellowship inculcated Club that
- Undertakes **need based challenging projects** and educative programs as social responsibility
- Using unique ideas to do good in the environment and community near and far through sustainable and **value-based service**



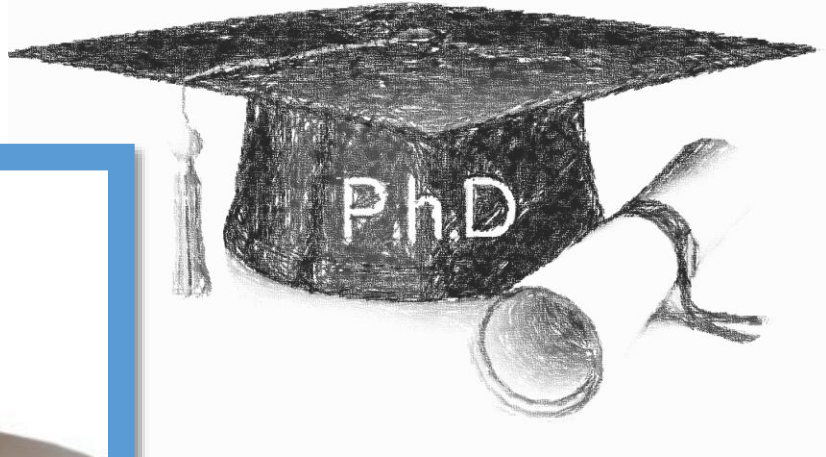
My words are spirit of life



- A Grain Of Sand Includes The Universe
- A Typical grain of sand (Size 1 mm) made of SiO₂, contains 10¹⁹ atoms. If a grain is a fraction of milligram, 1 gram of grain has truly more atoms than the stars in the universe (source physics.stockexchange.com)
- This scientific fact is mind blowing and unfathomable. Suddenly I realized that each one of us can be considered a grain of sand. How? The infinite aspects of life and energies came together in our lives! The generations of ancestors have come together at specific time and met each other by design for us to be born. We are born in certain families and undergo distinctive experiences in life. This is because of the time-bound design of the Universe, I believe. We are what we are today because of the long chain of ancestors who were born, who died, who lived, who performed and the course our families have taken over generations. We are blessed or cursed with specific genetics in inheritance.
- In this one life that we live we meet innumerable people and undergo different experiences, relations, emotions and understanding with the power to choose. I believe this is a part of greater journey of the soul- a design of Universe for us, that we, common people, cannot truly comprehend. The Universe comes together for each being, that itself is unthinkable but yes, we are a part of the Universe, and the Universe is a part of each one of us !!

Writes Yogini Joshi !!!

Academic excellence!



- Our Fellow **Rtn. Malleshappa T. Bhagawati**, an Associate Professor in the Production Engineering Department at Konkan Gyanpeeth College of Engineering in Karjat, affiliated with the University of Mumbai, has successfully obtained a Ph.D. in Mechanical Engineering. His doctoral research focused on "Green Supply Chain Management Practices in Small and Medium-Scale Enterprises in the Pune Region." This degree was awarded to him by Omprakash Joginder Singh (OPJS) University in Churu, Rajasthan. During his research, he was guided by Dr. Deepak Dalal, an Associate Professor in the Mechanical Engineering Department at OPJS University in Churu, Rajasthan, and co-guided by Dr. Milind Rohokale, Principal of SKN Singhad Institute of Technology & Science in Lonavala

Well done Malleshappa, achieving this is no small feat,
heartiest congratulations from all of us at RC Aundh !!!



Care for monsoon blues: Dr. Maya Golikere



Rx

Some Tips from her

As we welcome the rains after the scorching summer heat, eager to enjoy the bliss of lush greenery and waterfalls, the cloudy, cold and humid weather can create havoc with our body system.

According to Ayurveda, the season from mid-july to mid-september is termed as 'Varsha' ritu. As the season changes, from hot to humid and cold, this seasonal change can disturb the vataj element along with the vitiated pitta and kapha doshas, within the body, disturbing the agni (digestive fire), increasing the 'ama' or the toxin, causing digestive complaints, amlapitta (acid-reflux), bloating, (heaviness in abdomen), constipation.

Kapha vataj complaints like joint pains, body ache, leg cramps, sinusitis, asthmatic episodes are seen on the rise. Less water intake can also cause problems like urinary infection, kidney-stone etc. Also, humidity in the air can cause fungal infection in closed areas of the body, itching (urticaria) or sheeth pitta.

Some simple preventive health tips for the changing season also termed as 'Rutucharya' for the monsoon:

1. As the digestive fire is weak, diet should be light and easily digestible half tsp ginger juice and half tsp lemon juice with honey or pinch of rock salt can be taken with warm water in mornings to improve the digestion. Add jeera, ginger, garlic, hing, pepper to the daily diet.
2. Food should be consumed as per the appetite and avoided if not hungry. Fasting at times or light dinners is advisable. Red Rice, old Cereals, Jawari is advisable.
3. Avoid raw vegetables like cucumber, carrot, beetroot. They must be washed and blanched in hot water. Beetroot should be properly cooked.
4. Prefer steamed food, avoid fried, meat or food that is heavy to digest
5. Do not eat stale, refrigerated food. Instead consume fresh, warm food. Warm soups, hot beverages like herbal tea, lemon water.
6. Avoid leafy vegetables as they can cause gut infections more easily in rainy season. Also contaminated water can cause water borne-diseases in adults and especially in children like diarrhea, dysentery, typhoid, jaundice etc. Hence drink boiled water or medicated water with soonth (dry ginger), vavding, shadangpaniya (six-herbs) etc. boiled in water as advised.
7. Prefer fresh buttermilk to curds. Avoid sour items triggering joint pains.
8. Include cow's ghee in diet to lubricate and improve gut motility and ease constipation.
9. Avoid day sleep as it slows metabolism, avoid strenuous exercises.
10. Dhooan with guggul, camphor, dhooma churna can be used in home and workplaces to restrict flies, mosquitoes and other insects.

This is a good season for panchkarma to remove the toxins from the body, basti (medicated enema) is most effective to treat vataj ailments. Abhyang (oil massage), herbal steam and pottali can relieve aches and pains improve circulation and also the agni (digestive fire).

A good head massage and padabhyang (foot massage) can help to relieve stress and give good sleep. Also Netra tarpan for eyes, Nasya for sinusitis is extremely effective.



Giggle a little

An Engineer or a Doctor?

An Engineer was unemployed for long time. He could not find a job so he opened a medical clinic and puts a sign up outside: "Get your treatment for \$500, if not successful get back \$1,000."

One Doctor thinks this is a good opportunity to earn \$1,000 and goes to his clinic.

Doctor: "I have lost taste in my mouth."

Engineer: "Nurse, please bring medicine from box 22 and put 3 drops in the patient's mouth."

Doctor: "This is Gasoline!"

Engineer: "Congratulations! You've got your taste back. That will be \$500."

The Doctor gets annoyed and goes back after a couple of days later to recover his money.

Doctor: "I have lost my memory; I cannot remember anything."

Engineer: "Nurse, please bring medicine from box 22 and put 3 drops in the patient's mouth."

Doctor: "But that is Gasoline!"

Engineer: "Congratulations! You've got your memory back. That will be \$500."

The Doctor leaves angrily and comes back after several more days.

Doctor: "My eyesight has become weak."

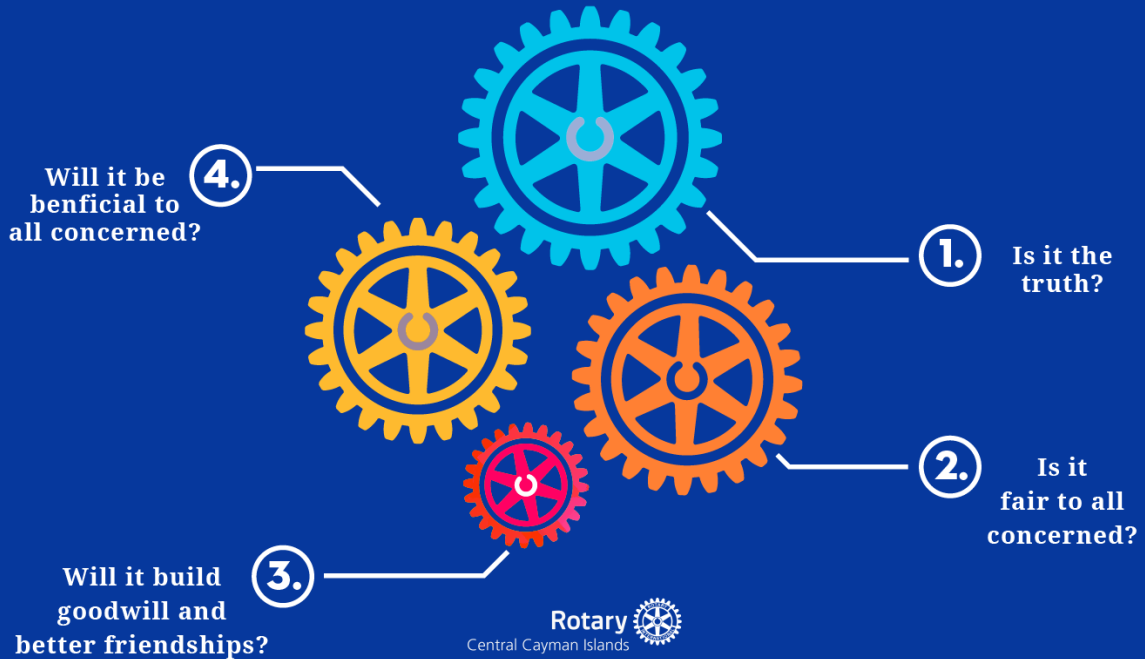
Engineer: "Well, I don't have any medicine for this. Take this \$1,000."

Doctor: "But this is \$500..."

Engineer: "Congratulations! You got your vision back! That will be \$500."

Rotary Gyan: 4-way test and RI Theme RY 23-24

THE ROTARY 4-WAY TEST



**CREATE HOPE
in the WORLD**



RI President-elect R. Gordon R. McNally calls for Rotary to create hope in the world by working for peace and mental wellbeing. He urges members to engage in tough conversations and earn the trust that's necessary to realize these values.

Rotary Club of Aundh – FLAG



RC Aundh: Board of Directors RY 23-24



Ajay Deshkar
President



Rajendra Shelar
Secretary



Anindita Nandi
Treasurer



Shubhangi Joshi
Executive Secretary



Sukhanand Joshi
IPP



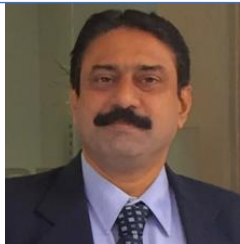
Bhavana Ulangwar
Vice President



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Mahendra Mali
Dir. Services



Dr Prashant Khankhoje
Club Trainer



Sachin Moralwar
Dir. Environment



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Hamid Shiekh
Social Media & Adv.



B R Shimple
Dir. Interact



Pralhad Salunkhe (PS)
Director

Rotary
District 3131



Rotary Club of Aundh, Pune
Presents

Resonance



CREATE HOPE
in the WORLD

Date: 23rd July 2023, Vol 1, RY 23-24

RC Aundh: Chairpersons RY 23-24

Area	Responsibility
Events and Fellowship	Umesh Kothavade
Water & Sanitation	Manoj Gorte
Membership Engagement	Seema Tejwani
Diversity & Inclusiveness	Fora Deewanji
Disease Prevention	Dr. Maya Golikere
Maternal & Child	Bhavana Ulangwar
Vocational Services, Literacy	Ramakant Bhavsar
Rotaract Club	Ravindra Rathi
Fund Raising	Prasanna Darade
Grants	Deepak Phalak
Bulletin	Aniket Phadke

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