

Pratima

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Bulletin of

Rotary Club of Pune Kothrud

Since 1989

PRESIDENT

Rtn. Dr. Vishwanath Lele

EDITOR

Ann Rucha Ambekar

HON. SECRETARY

Rtn. Neena Pangarkar

PRESIDENT SPEAKS...

September month was full of pleasant surprises. I travelled to Dubai at a short notice. It was not a planned tour. I was supposed to present at District Youth event on our signature project - S L Kiroskar book appreciation project. In my absence Director Public image Rtn. Gayatri Ladkat presented our project at District Youth event. Her presentation was appreciated by the entire audience and Mr. Sanjay Kirloskar. This project will really add value to the youth.

I also interacted with UAE district chairperson. I presented them our monthly news bulletin Pratima. All of them liked the Pratima bulletin and the content. I would like to congratulate Ann Rucha Ambekar and her team members for consistently publishing news bulletin with rich content. Very soon we are planning to launch an audio and visual bulletin. This will be RCPK's first audio news bulletin.

Musical Tambola organized by Anns received an overwhelming response from all the club members. The event was very well organized, each and every member was involved and all enjoyed the program. Compliments to the entire team for organizing such a creative event.

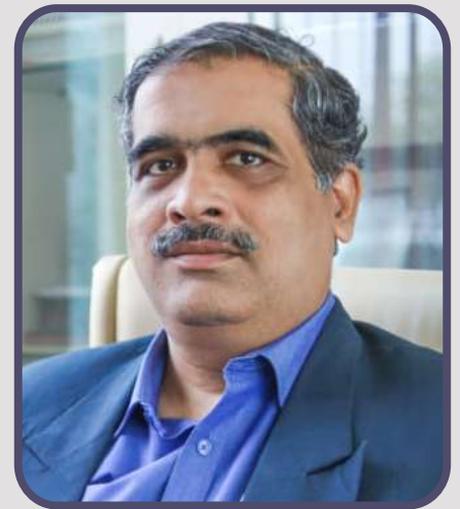
Our literacy projects contribution was recognized at the District conference. This was another major achievement of our club.

Our membership team is highly focused and they are taking lot of efforts to attract and retain members. We have started getting enquires through our Facebook page to join our club.

Our Past President Prashant Siddha will be taking Assistant Governor role next Rotary year. We wish him good luck and grand success.

Next month is full of festivals; we have planned some interesting programs. An appeal to all the members to attend the programs in large numbers.

- Rtn. Dr. Vishwanath Lele
President 2022-23



MEETINGS :

EVERY TUESDAY, 7.00 PM - 8.30 PM

DAMLE HALL, OFF LAW COLLEGE ROAD, PUNE - 411 004.

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It gives me great pleasure to interact with you all once again as Editor of the Club Bulletin.

It has been 3 months so far with three Pratima issues and the journey has been quite interesting and exciting.

September month was an action packed month with very different and innovative programs, starting with Glimpses of Leh & Ladakh, then Ikebana workshop, Musical Tambola and Bhondla. The Program committee definitely deserves to be applauded for this.

On the projects side we had Sports RYLA, Study Skills workshops and SLK Book appreciation project in the District Youth event.

In Pratima, we will continue with the two new series started by us -

"Tuzi Majhi Jodi" or "Aagli Vegli Jodi" - bringing forth different persona amongst our members which otherwise is not known to all.

"Healthifyme" - brings you awareness on various health topics along with healthy tips, recipes and more.



This month is the Diwali month with festive atmosphere all around. As per tradition, our club has also planned a Diwali Sanj and Kojagiri nite. I am sure everyone is looking forward to it.

Me, along with the Bulletin Committee would like to thank everyone for their contributions to help make the Bulletin attractive and effectual. Please do continue with your support.

Many people have appreciated the Bulletin and would like to take this opportunity to thank them for their encouragement.

Before signing off, Wish you all a Very Happy, Healthy, Prosperous and Safe Diwali !

- Ann Rucha Ambekar

Ikebana



Ikebana is the Japanese art of flower arrangement. The tradition dates back to Heian period, when floral offerings were made at altars. Later, flower arrangements were instead used to adorn the tokonoma of a traditional Japanese home.

The four principles of Ikebana are a fresh approach, movement, balance and harmony. The three elements are line, color and mass. Cultivate an eye for appreciation and a hand for creation. A sense of balance is essential.

Ikenobo - Ikebana Society of Pune chapter and Rotary Club of Pune Kothrud organised this workshop together on 13, Sep, 2022. Demonstration and guidance was given by Mrs. Geeta Kulkarni along with her co workers.

More than 18 ladies participated in this beautiful, colourful workshop learning new things about arranging flowers, leaves and accessories .

It indeed was a great experience!

- Rtn. Alka Kulkarni



On 20th September, was our Ann's Interest meeting of the month. Five Anns - Rucha Ambekar, Chandana Chitale, Anita Khandekar, Vidya Rairikar and Manisha Didmishe came up with a novel program namely Musical Tambola i.e. Housie with a difference.

As per the practice, cards were distributed to each one. Each card had a 5 x 5 grid with a movie name in each square. An example was given and basic rules of the game explained. The game was to guess the movie of the song being sung and tick the square if one had the movie name on his/her card.

The game started with much enthusiasm. Numbers were opened but not called out. Instead two lines of a song were sung and so it continued... We had a wonderful rendition by Chandana and ably supported by Vidya. Some of our enthusiastic Rotarians and Anns wholeheartedly joined in the singing too.

To add to the excitement we also had prizes. One for each row and 3 full houses. - Anna Umesh, Rtn. Manish Didmishe, Rtn. Ratnakar Nalgirkar, Ann Nandini, Rtn. Madhura Gokhale won the prizes.

There was very good participation from all members. As the game continued we got many requests for specific songs or numbers from some who were keenly monitoring their cards and just missed the prizes. There were some who came up with Bogus claims too. It was totally a full fun filled dhamal masti program. Actually our club is mostly of senior members, but then it looked like a class 5 standard of a

Musical Tambola

48 Dilli ka thug	12 Shri 420	54 Dil	31 Farz	40 Khoobsurat
56 Baazigar	43 Ajanabee	5 Yaadon ki baraat	47 Taj Mahal	4 Haath ki safai
53 Englishi Vinglish	11 Tezaab	FREE SPACE	8 Anand	50 Junglee
28 Pyaasa	66 Khamoshi	69 Dum laga ke haisha	9 Aradhana	73 Umrao Jaan
51 Hum aapke hain kaun	46 Baiju bawara	15 Hare Rama Hare Krishna	60 Rangeela	42 Suraj

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school 😂😂

The program was co-ordinated and executed very well by Rucha. Chandana, Vidya, Anita and me assisted in conducting the program.

Ann Manisha Didmishe

सिंहगडचे वेड

गेले ८ दिवस रोज पहाटे सिंहगड चढाई केली, पुण्यातल्या ट्रेकिंग करणाऱ्यात हा उपक्रम सिंहगड सप्ताह म्हणून ओळखला जातो. गेल्या सव्वीस वर्षात या प्रवासात अनेक अफलातून माणसे भेटली. काही अत्युच्च क्षमता आणि साहस दोन्ही असलेली, काही फक्त साहस असलेली आणि काही क्षमता असलेली पण साहसाची वानवा असलेली. आयुष्याची तीस-पस्तीस वर्षे नेमाने ट्रेकिंग करणारी. वर्षाचे ३६५ दिवस रोज गड चढणारी, १०० दिवस नेमाने गड चढणारी, १०० दिवसात ३०० वेळा गड सर करणारी, १० दिवसात १० ते ५० वेळा गड चढाई करणारी, एका दिवसात ५ ते १० वेळा गड चढणारी अश्या अफाट क्षमतांची ही सगळी मंडळी, त्या मानाने सिंहगड सप्ताह हा उपक्रम सोपाच म्हणायला हवा. पण हे खरेच कि रोज पहाटे उठायचे बळ द्यायला मित्रांची साथ हवीच.

पावसाळ्यात गडाचा माथा ढगांच्या आड दिसेनासा झाला कि तिथे जाण्यात, सामान्य भाषेत कडमडण्यात काही खास मजा येते. मौसमी वारे वाहु लागल्याचे संकेत गडाच्या मेटावरच भणान वान्यामुळे मिळतात. मग पायथ्याला पहाटे 'पेते न्हा' ची शीळ ऐकू येऊ लागते. उजाडल्यावर दरीतून येणारा तांबट पक्ष्याचा 'खुरूक खुरूक' आवाज गायब होतो आणि पहाटे पहाटे दरीतून 'मलबार व्हिसलिंग थ्रश' ची साद घुमायला लागते. कधी मधी मोराचा केकारव कानी पडतो. वारा जोरात वाहतच असतो, बेडकुळ्याची पिटपिट सुरु होते, हेड टोर्चकडे झेपावणारे असंख्य कीटक आणि त्यातले काही भिजलेल्या टी शर्ट वरून चावणारे कीटक यांचा ससेमिरा चुकवत पावले टाकत रहायची, उन्हाळ्यात तापलेले खडक अजून निवालेले नसतात आणि त्यावर शेवाळाची साय धरलेली नसते त्यामुळे टाकलेला पाय या दगडांवर ठरतो तेव्हाच इथे तसे सेफ' असते. बिळात पाणी शिरल्यामुळे मधूनच कुटून तरी डोंगरी खेकडे डोकावतात, कधी एखादा साप



सळसळत जाऊन दडतो. पावसाची झड लागते, थंडगार टपोरे थेंब केसांतून टाळूपर्यंत पोचल्यावर अंगात शिरशिरी उमटते. गड माथ्यावर ढगांची हालचाल असताना सगळीकडे एकदम कुंद कुंद वातावरणात अगदी दहा..पंधरा फुटांवरचे दिसेनासे होते. परिसरात सगळीकडे ओले-ओले होऊन जाते.

अश्या हवेत निसर्गात मिसळणे म्हणजे केवळ पावसाने ओले होणे किंवा चिंब भिजणे नाही, तर निसर्गाच्या प्रेमात न्हाऊन निघणे म्हणजे कसे याची ती अनुभूती असते. आपल्या असीम मन:शक्ती ची आणि आपल्या अंतर्गत असलेल्या अहर्निश तेवणाऱ्या उर्जास्रोताची ती पुन्हा नव्याने होणारी ओळख असते.

- रो. सत्यजित चितळे
१४ जुलै, २०२२

Statue of Unity

Statue of Unity is World's Tallest statue. It is 182 mtrs (approx 600 feet) tall. It is a statue of India's Iron Man, Sardar Vallabh Bhai Patel. It is situated at Kevadia, Near Sardar Sarowar Dam, Gujarat. Sardar Patel united over 500 princely states in India. To recognise his contribution towards this unity, Statue is named as Statue of Unity. It was completed in 2018 at a cost of roughly 30 k crores and is a matter of pride for entire India. Artist of the Statue was respected Shri Ram Sutar who did a splendid and perfect job.

There are many things inside the Statue viz hotel, shopping complex, research centre etc and an elevator which takes tourists to the top. Entry fee is Rs. 120 per person, payable digitally by card. Food / water / luggage cannot be taken inside. There is luggage room. Cold drinking water is available inside for free. Outside there are many food stalls where one can get quality food. Laser show is an added attraction.

One can reach Kevadia either by road or by train. Nearest city is Baroda. Roads are simply good - in and out of the Statue Complex. There is ample parking & toilets at designated places. Electric buses & rikshaws can be taken for site seeing in the complex. Complex is neat, clean, safe, calm & quiet. One can enjoy the proximity of Narmada River, Dam & Forest around. It is a great pleasure visiting this place.



सुमारे १८२ मीटर (अंदाजे सहाशे फूट) एवढी उंची असलेला स्टॅच्यू ऑफ युनिटी हा आजमितीला जगातील सर्वात उंच पुतळा आहे. सदर पुतळा भारताचे लोहपुरुष सरदार वल्लभ भाई पटेल यांचा असून तो गुजरात मधील सरदार सरोवर धरणाजवळ केवडिया या गावात आहे.

सरदार पटेल यांनी जवळपास ५०० हून जास्त संस्थाने भारतामध्ये विलीन केली आणि एक भारत निर्माण करण्यास हातभार लावला. सरदार पटेल यांची ही एकीकरणाची कृती कायम लक्षात रहावी म्हणून सदर पुतळ्याचे नाव स्टॅच्यू ऑफ युनिटी असे ठेवण्यात आले. सदर पुतळ्यासाठी सुमारे ३०००० कोटी खर्च आला आणि हा पुतळा २०१८ मध्ये पूर्णत्वास गेला. तेव्हापासून हा भारताच्या गौरवाचे प्रतीक बनून राहिलेला आहे. मूर्तिकार आदरणीय श्री राम सुतार यांनी सदर पुतळा तयार केला आहे.

पुतळ्याच्या आतल्या बाजूस हॉटेल, शॉपिंग कॉम्प्लेक्स, रिसर्च सेंटर वगैरे गोष्टी असून आत असलेल्या एलिव्हेटर च्या मदतीने वरपर्यंत जाता येते. रू १२० प्रति व्यक्ती असे प्रवेश शुल्क कार्डद्वारे भरावे लागते आत जाताना अन्नपदार्थ पाणी किंवा सामान घेऊन जाण्याची परवानगी नाही. सामानासाठी वेगळी व्यवस्था आहे. पिण्याच्या थंड पाण्याची सोय आत आहे. येथील अन्नपदार्थांच्या दुकानात उत्तम क्वालिटीचे पदार्थ मिळतात. येथे असणारा लेझर शो हे विशेष आकर्षण आहे.

पर्यटक केवडियाला रस्ता मार्गे अथवा रेल्वेने जाऊ शकतात. बडोदा हे सगळ्यात जवळचे शहर आहे. उत्तम आणि मोठे रस्ते आहेत. पार्किंगची व्यवस्था मुबलक आहे. जागोजागी टॉयलेट्स आहेत. पर्यटक इलेक्ट्रिक बसेस किंवा रिक्शा चा वापर करू शकतात. संपूर्ण परिसर स्वच्छ, नीटनेटका, सुरक्षित आणि शांत असा आहे. पर्यटक नर्मदा नदी, सरदार सरोवर धरण आणि सभोवतालच्या जंगलाचे सानिध्य उपभोगू शकतात.

स्टॅच्यू ऑफ युनिटीला जाऊन येणे हा एक आनंददायी पर्यटनाचा प्रकार आहे.

रो. दिलीप पांगारकर



A story about the life and journey of Priyanka Runwal

Born in 1988, Priyanka left home in September 2006 when she was not even 18 years of age. Since then, it has been a journey of being on her own, exploring the world on her own and finding her own ways through the struggles of life.

Priyanka came to Pune in 1994 having completed her UKG from the Primary Sainik School at Bijapur in Karnataka. She managed to bag a seat at the St. Josephs High School at Pashan after clearing a written and oral exam in a closely contested fight for just a few seats at the start of the 1994 session for the 1st standard.

Priyanka was a mediocre student right through her school days but peaked well in her 10th standard to get good marks to make it to the FC College for her 11th and 12th in the science stream. It was right from the 8th standard that Priyanka had started developing a huge liking for wildlife and birds. This became a passion for her in the 11th and 12th standard when she got an opportunity to complete a course in Ornithology and ventured to come up with a CD of her own on birds in the western ghats.

With this keen interest in bird life and wild life, it appeared obvious that she was inclined to take up a career in a field related to both. Therefore, after her 12th she chose to go for a six-week short term Rotary IYE Program to Germany to test her temperament to be abroad and study abroad. However, after returning from the IYE program, Priyanka announced that she didn't want to go abroad at all and would like to study in India.

After the 12th results were announced Priyanka toured all the colleges offering a Bachelors in Environmental Studies at Pune to check for herself which college she would like to join. Having just returned from Germany she was rather disappointed after visiting these colleges and one fine day she announced that she was prepared to study abroad.

She just applied to one University in UK – University of East Anglia at Norwich the best for Environmental Studies in the UK. Luckily, she not only got admission but also a part scholarship for her studies. These three years at The University of East Anglia were the real foundation for a strong academic preference and career direction for Priyanka.

After her Bachelors, Priyanka had a choice to continue by a straight-line method and go in for a Masters at one of the good Universities in the UK or US but Priyanka preferred to return back to India and start working for the cause of environment including wild life, ecology and conservation. After interning a few months in the Western Ghats and for some time at Nashik from where she did a significant project for the JP Group for their project in Himachal Pradesh. Thereafter Priyanka moved to Dehradun to the Wild Life Institute of India and was posted at Jim Corbett under the

Project Tiger.

During these days at Dehradun, Priyanka had applied to the Oxford University for a Masters in Biodiversity and Conservation. One night around 9 pm sometime in June 2010 we got a call from Priyanka and the excitement in her tone spelt it all. She had made it to Oxford.

After completing her Masters Priyanka had a choice again to stay back in UK and do her PhD but Priyanka was committed to come back and work in India for the cause of biodiversity and conservation. On her return she struggled to find a route for herself for some time and eventually she moved to Bangalore to work as a Junior Research Scientist at the National Centre for Biological Sciences (NCBS) an institution of academic excellence under TIFR (Tata Institute of Fundamental Research). This was a short-term assignment and after the assignment ended, Priyanka continued to work on projects as a Fellow based on Fellowship Awards for different biodiversity and conservation projects. The most notable was the project on grassland habitat of the Great Indian Bustard at Bhuj on which Priyanka spent over a year and received significant acclaim.

Honestly both myself and Pratibha were unable to understand where exactly her career was heading. In the mean time she had tried for a doctoral seat at NCBS and IISc Bangalore and unfortunately missed the opportunity in the last round on both the occasions. These indeed were major setbacks which she had to take in stride. At the same time, she had continued doing the fellowship projects which took her to many places in India and gave her an opportunity to interact, confront and challenge a lot of senior scientists and bureaucrats.

Notable among her confrontations was her article in the Hindu challenging the tree plantation project of Sadhguru (Jaggi Vasudev) which resulted in her being trolled heavily in social media by the followers of Sadhguru and she being summoned by the Director of NCBS for clarification. However, Priyanka's thought prevailed. A team from Sadhguru's foundation eventually came down to Bangalore and met Priyanka and accepted her views and eventually agreed to incorporate and implement them. A huge moral victory for a young lady!

As a mixed bag of several failures and a few successes continued, Priyanka was summoned by Dr. Jayashree of NCBS and to her surprise was complimented for her writing skills. Dr. Jayashree was infact the wife of Dr. Mahesh who was Priyanka's mentor at NCBS. This prompted Priyanka to look at science writing as an engagement besides her ongoing career.

Then came a life changing opportunity. Anil Ananthswamy a science writer and coach was to conduct a workshop at IISc

A story about the life and journey of Priyanka Runwal

Bangalore for young scientists. Priyanka luckily came to know of this and joined the program. After its successful completion Anil was impressed with Priyanka's writing skills and he urged her to apply for a Masters in Science Communication (kind of journalism program) in the US. Incidentally Anil is a high placed faculty at a renowned University in the US.

I recollect it was December of 2017 and Priyanka was in Pune to spearhead the wedding preparations of her younger sister Sarika. The wedding was in February 2018 and Priyanka was burning the midnight oil to finish her application process to the University of California (UCL). After the wedding Priyanka went back to Bangalore and we too almost forgot about her application to UCL.

One midnight we got an excited Priyanka on a call from Bangalore informing us that she had got an admission at UCL but in the same call stating that she had refused it because they had offered her just 50% tuition fee waiver. A madness which only Priyanka could do! She wrote to the course director stating that she didn't have enough finances to take up the course and could join only if she got a 100% tuition fee waiver. Luck favours the brave, a few more midnights later, the unexpected happened, the course director had acceded to her request.

The story didn't end with this. Our girl informed the director that she didn't have money enough to support herself in the US for stay, food etc. She wrote to UCL for an assistantship or fellowship which would take care of her living expenses. The director perhaps had made up her mind not to lose this girl at any cost and she made sure that a fellowship was organised for Priyanka. With this final arrangement by the director from UCL, Priyanka was finally wooed to join!

Now the challenge for Priyanka was to pay for the air tickets. She applied for a South Asian Journalists Association (SAJA) and was lucky to bag the award. The air tickets cost was also taken care of and our girl was to finally fly to the US for a second Masters at the UCL. She had an opportunity to do several prestigious fellowships during this program giving her good exposure to the US science media.

After the completion of the second Masters Priyanka completed a few small fellowships but failed to win any major fellowships and therefore started a career of freelance journalism and moved to New York from the west coast. This was when she got an opportunity to write for Scientific American, Climate Central, Audubon where she also worked as a fellow and most significantly for the New York Times.

A recognition of her work was the O1B American Visa awarded to immigrants of exceptional talent. This was the time when Priyanka came to India for a break and Covid happened. Priyanka had to stay back for almost 5 months for her Visa Stamping in India as the US embassy was closed for a long time.

However, this was the time that Priyanka wrote significant health and Covid related stories for the New York times. Not a week passed without a story by Priyanka getting published by the New York times. This was unheard of! Lot of institutions in the similar field were taking note of Priyanka's writing on health and Covid related matters. Ultimately when Priyanka was invited to apply to National Geographic, she was by then a celebrated health writer. National Geographic hired her in January 2022 on a one-year contract which ends in Jan. 2023.

In the meantime, Priyanka had applied for a world competitive fellowship for Covid reporting on American Immigrants and Priyanka was lucky to be one of the awardees. This gave her funding to do more complex stories which got published in National Geographic. It appears that Priyanka has a foothold for now, in the health reporting landscape in the US.

Priyanka has never led a simple and easy life and I am sure she will continue to fight a tough battle. Uncertainty is the only certainty in her life and this really bothers me and Pratibha. However, everything that Priyanka has done, is entirely on her own which also fills us with pride. Coming from an upper middle-class family she has never enjoyed any privileges provided by her parents which she could have easily received and enjoyed. On the contrary she has lived a very frugal and at times ascetic life. This kind of sacrifice at such a young age is rare and this is what separates her from her peers.

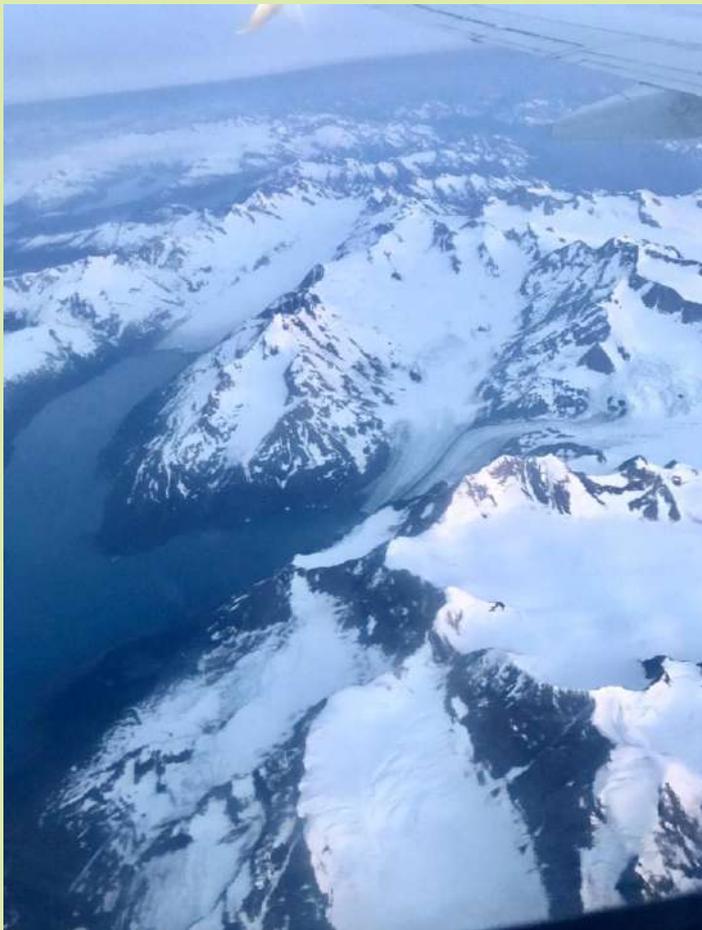
Having lived away from home right since 2006 she has more or less been financially independent right through her university days making her self-reliant right from a very young age. Facing hardships, overcoming life threatening challenges, daring to travel a path very rarely traversed even by the other gender has given Priyanka a unique identity in the family as well as the community.

At 33 she has not yet chosen to marry. But with her work she has silenced her loudest critics. Pratibha and myself are delighted on one side and concerned on the other. Yes, when you are dealing with a rare child you can't expect the normal to be the order. Courage, patience and determination have been the key words in Priyanka's life so far.

To conclude, I can only end with a small wish; whatever she does here onwards in life, let her be happy and let her fulfil her goals. To reach an uncharted destination, the paths too are uncommon, and both Pratibha and I understand this and will keep supporting her.

God bless her!

**Rtn. Dr. Sanjay Runwal &
Ann. Pratibha Runwal**



Annet Sonali was an active Rotractor in her college days. After graduation from University of Pune, in Information Technology, she completed her Masters in Business Administration from University of Illinois, Chicago.

Since last ten years she is in USA and at present she is working with an American MNC as a Project Manager.

Recently Sonali visited "Kenai Fjords National Park" in Alaska. This park's area is about Six lacs fifty thousand acres. Kenai mountains are a part of this park. There are many glaciers on this mountain. However, due to climate change many glaciers in this park are reducing day by day.

The park is huge and the views are stunning. Exit Glacier is just one of 35 glaciers that make up the Harding Ice Field in the Kenai Mountains of Alaska. In 1968, an expedition successfully crossed the ice field for the very first time. At the end of their journey, they exited the ice field by descending a glacier they later named "Exit" to commemorate the event.

Sonali completed her trek up to Glacier EXIT (@Height of 3200 feet approx).

Rtn. Prakash Umrani

WE ALL ARE PROUD OF YOU Rtn. PP DR. RAVI KULKARNI

On Monday 3rd October 2022, during a Grand function of NAE in Washington DC, USA

Rtn. PP Dr. Ravi was honoured & received the highest award in the field of new technology.

We are very extremely happy to congratulate our own member Rtn. PP Dr. Ravindra D. Kulkarni for his election to the United States National Academy of Engineering (NAE). This Election is amongst the highest professional distinctions accorded to an engineer. Membership to the academy honours those who have made outstanding contributions to engineering research, practice, or education and to the pioneering of new and developing fields of technology and making major advancements in traditional fields of engineering.

Founded in 1964, the mission of the National Academy of Engineering is to advance the welfare and prosperity by providing independent advice on matters involving engineering and technology, and by promoting a vibrant engineering profession and public appreciation of engineering. The NAE has more than 2,000 peer-elected members and international members, senior professionals in business, academia, and government who are among the world's most accomplished engineers. They provide the leadership and expertise for numerous projects focused on the relationships between engineering, technology, and the quality of life. They have 310 international members and this year 22 more, including Rtn. Ravi have been inducted.

Rtn. Ravi is being recognized for innovation centric business and technology development and leadership across many disciplines. While the first half of his career was of evolving into a successful scientist with numerous patents and recognitions in diverse fields such as

silicones, solid state chemistry and surface science developments in computer hardware, he shifted his focus in the next part of his career to becoming an entrepreneur and industrialist. He successfully created companies such as Elkay Chemicals, Silicone International Products and Arklite Speciality Lamps. Amongst his various contributions, one of the most important is the development and successful commercialization of sustainable solutions in silicone polymers. Inert silicones with limited or no use could be converted to useful purposes, even for demanding applications, at a carbon footprint reduction of 80%. Another major contribution has been the ability to develop material technology to deliver more affordable and reachable solutions for the common man. This has been highly significant in developing regions such as India.

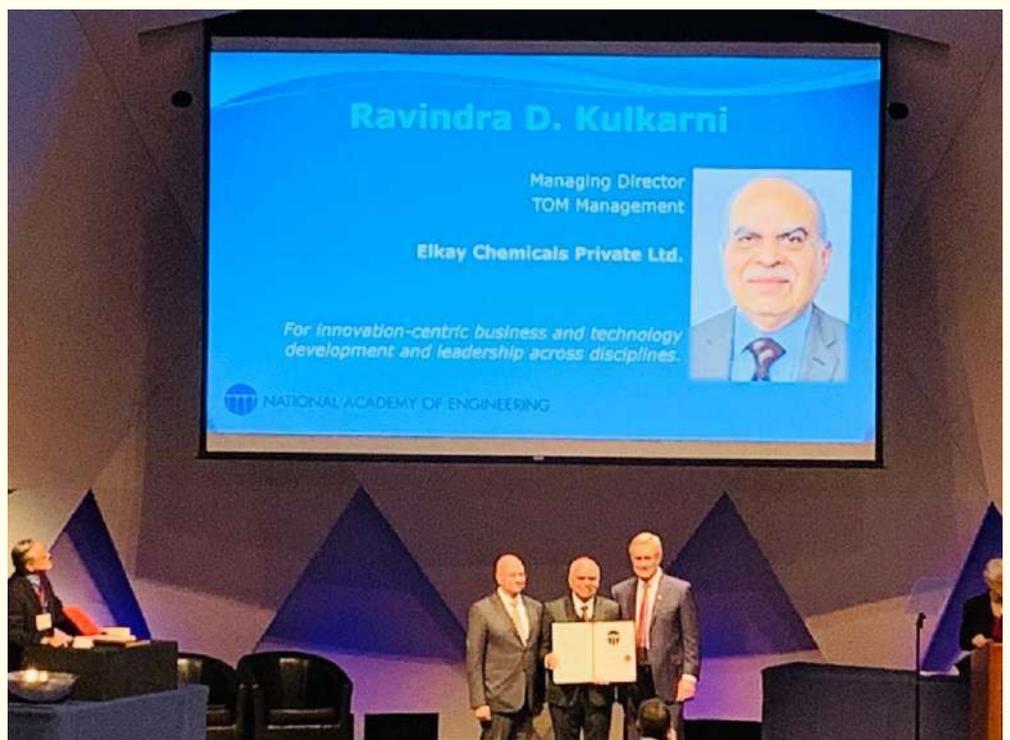
Other notable inductees this year include Satya Nadella (Microsoft), Elon Musk (Tesla) and fellow Indians such as Mr. N. Chandrasekaran (Tata Sons) and Prof GD Yadav (ICT, Mumbai).

We, at RCP Kothrud are incredibly honoured and proud of this award.

Heartiest Congratulations

Rtn. Ravi!!

Compiled by Rtn. PP Girish Kshirsagar

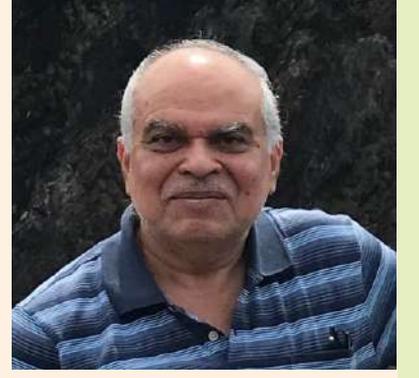


Reflection ...

Had a great and delightful experience at the National Academy of Engineering Annual Function at Washington during my induction into NAE as new member. All the sessions on Oct 1-2-3 at Washington DC were excellent. I was indeed touched by the way the program was conducted. Precise, accurate, articulate and simple. Felt privilege to meet some of the best brains in engineering who have touched lives of millions and contributed towards quality of life for masses. I felt as if I was representing India and felt responsible to perform. Lot more to talk after returning to India.

Yet the best part was the inspiration that I witnessed in Next generation; Ayan - Naina - Mihir. They were truly happy and felt inspired to become scientist and engineers. We felt blessed. We were also overwhelmed by the love and appreciation that we received from our Pune community, Rotarians, friends and relatives.

Thanks to all of you for your greetings, appreciation and encouragement.



Rtn. Dr. Ravi Kulkarni.

पु. ना. गाडगीळचे दागिने

- * दागिन्यात दागिना,
पु. ना. गाडगीळचा दागिना,
माझं मन दुसरं काहीच मागिना.
- * दुकानात दागिन्यांचे असंख्य प्रकार,
मला बाई आवडतो P. N. G. चा च चंद्रहार.
- * माझ्या सासूबाईना आवडते तुशी,
ती पाहून माझ्या सासऱ्यांना होतं बेहद खुशी.
- * माझ्या CA मुलीला आवडतात P. N. G मधलेच हिरे,
पण त्यासाठी ती जावयाच्या डोक्यावर वाटत नाही मिरे.
- * Engineer मुलाला नाही दागिन्यांची अजिबात आवड,
आलेली सून करते मोठ्या-मोठ्या कानातल्यांची निवड.
- * माझ्या आईला आवडतात ब्रेसलेट व ब्रूच,
तर बाबा म्हणतात FD च सब - कूछ
- * दागिन्यांच्या बाबतीत ह्याचं आणि माझं होत एकदमच
एकमत,
वासुदेवरावांचे नाव घेते घालून,
नाकात P.N.G. ची नाकेली नथ.



- अॅन नीता यादवाड

2022-23: Imagine Rotary



RI President-elect Jennifer Jones imagines a Rotary where members act to make their dreams become reality and they make the most of their club experiences. She urges members to engage more with each other and use these connections to build partnerships that change the world.

अभ्यास कौशल्य आणि जीवनमूल्य विकसन कार्यशाळा हे दोन्ही प्रकल्प आपण आर्थिक दृष्ट्या दुर्बल गटातील ९ वी १० वी च्या विद्यार्थ्यांसाठी गेली १५ वर्षे राबवत आहोत. हे आपल्या रोटरी क्लब ऑफ पुणे कोथरूड तर्फे need base program म्हणून प्रसिद्ध आहे.

शालेय विद्यार्थ्यांची शैक्षणिक गुणवत्ता उंचावण्याच्या प्रक्रियेत, विद्यार्थ्यांना शिक्षण कसे दिले जाते या बरोबरच दिलेले ज्ञान प्रत्येक विद्यार्थी कसे ग्रहण करतो हे देखील पाहणे महत्वाचे आहे. ज्याप्रमाणे प्रत्येक शिक्षकाची शिकविण्याची पद्धत वेगळी असते त्याच प्रमाणे प्रत्येक विद्यार्थ्यांची ते ग्रहण करण्याची पद्धत वेगळी असू शकते. त्याच बरोबर त्या विद्यार्थी किंवा विद्यार्थिनीची मानसिक स्थिती, आवडते विषय, आस व मित्रांकडून मिळणारा पाठींबा या सर्व गोष्टी ज्ञान ग्रहि करणे व स्मरणात ठेवणे यावर परिणाम करतात. असे लक्षात येते कि या विषयाकडे शाळेतील शिक्षक विद्यार्थ्यांच्या दृष्टिकोनातून पाहता फार लक्ष देऊ शकत नाहीत. या करिता, एखादा विषयच शिकवला तर त्याचे आकलन आपल्याला कोणत्या प्रकारे जास्त होऊ शकते याचे मानस-शास्त्रीय दृष्टिकोनातून ज्ञान प्रत्येक विद्यार्थ्यांस होणे हे या अभ्यास कौशल्य कार्यशाळेतून साध्य होते.

यंदा आपण एकूण ६ शाळांपैकी ४ शाळांमध्ये अभ्यास कौशल्य शिकवली. दोन दिवसीय कार्यशाळेत रोज दोन तास या प्रमाणे वाचन, लेखन, श्रवण, ध्येय निश्चिती, प्रेरणा अध्ययन पद्धती, स्मरण तंत्रे, वेळेचे नियोजन या बाबत मार्गदर्शन केले. तर दोन शाळांमध्ये स्वओळख, गरज, संवाद, कौशल्य, ताणतणाव व्यवस्थापन, स्वमताग्रहण, भावनिक समायोजन तसेच ३० जीवनमूल्यांचे activity सहित प्रशिक्षण दिले. एकूण १२ दिवस हा प्रकल्प चालू राहिला व सहा शाळांमधील ६५० विद्यार्थ्यांना लाभ झाला.

या बाबत अनेक शाळांतील मुख्याध्यापकांनी लेखी पत्राद्वारे आपल्या प्रतिक्रिया पाठवल्या आहेत. त्यांच्या मते शाळेतील शिक्षकांना ही या प्रशिक्षणाचा लाभ झालेला आहे. दरवर्षी प्रमाणे तज्ञ मानस शास्त्रज्ञांनी या बाबतीत मार्गदर्शन केले. त्यांची नावे पुढे नमूद केली आहेत.

रो.उर्मिला हळदणकर

श्री. रश्मी पटवर्धन

श्री.संध्या पाटील

श्री. स्वप्ना असरेकर



Enhancing immunity, the need of the hour.

The Word 'Immunity' has been the most popular word in these last two years. Many pharma companies are earning millions by producing various combinations of nutrients.

But Is it enough to consume the tablets to increase the immunity ??

Instead of tablets it is recommended to consume the nutrients from natural sources

We know that fifty percent of the tablets are excreted by the body, Whereas natural food get digested by the body and maximum nutrients are then available.

Again one more important aspect is that available nutrients should get utilised by the body.

How is it possible? Answer is simple. Exercise every day. It helps each cell to utilise the available nutrients and then the next generation of the cells are better, healthier and ready to fight with various viruses and bacterias.

- Monitor your, hemoglobin, cholesterol, homocystein, D3, B12, calcium, thyroid hormones regularly.
- Consult your dietitian.
- Have nutritional supplements if required
- Exercise regularly
- Stay fit physically and mentally and Immune

All of you are positive, prosperous and you deserve to have the best immunity.

With best of the health

Rtn. PP Dr. Sumedha Bhosale

Mexican Beans Salad

Mexican Beans Salad is a super healthy salad with chick-peas, black eyed beans or kidney beans with an array of vegetables. This salad is packed with proteins. Dressing made of lemon juice, pinch of sugar, salt and pepper and garlic and chilli flakes.

Ingredients :

Chick peas, Kidney beans, Corn, Spring onion, Tomatoes, Cucumber, All peppers, some olives, cilantro or coriander

For the dressing :

Olive oil, garlic paste, lime juice, salt, pepper, chilli flakes, jalapenos (optional), Tomato sauce (optional)

Soak the beans and chick peas overnight and cook well with some salt. Dice all vegetables into

small square pieces . Take in a bowl and mix them all properly. For the dressing - Whisk all the items well with a fork or a whisk. Add it to the beans and veggies mixture. Mix well and garnish with cilantro or coriander.



Ann Rucha Ambekar

It is just not enough to have knowledge; you need to have the intelligence and ability to put it to use. That's what technology is!
There could be some very simple situations where the amount of information is very small but the way it is put to use results in a major break-through resulting in achievements beneficial to all humans.

I am going to write of one such incident that took place some time back in the Andes.

The Andean mountain peaks are always hidden in the clouds as they have a very high altitude. The whole area around the Andes is arid and there is an extreme shortage of water which is one of the most important commodities necessary for the survival of humans. People living on the slopes in those difficult conditions are poor farmers or herdsman.

The responsibility of a small boy was to take the sheep to graze everyday up the slopes of the mountain early morning and bring them back again. He saw that on return trip the sheep would be licking each other quite often. Careful observation made him realise that on returning from mountain tops of high altitude the sheep were all wet and their wool was all covered in water droplets. His jacket would also be wet often.

In the cold chilly mornings the clouds were condensing at every possible point at that high altitude..... a scientific phenomenon he did not have to know,.... what mattered was how to put it to use. So everyday, then on, he carried whatever large sticks he could get and as many threads and ropes possible, to the mountain top. He erected the poles at the highest possible points and tied the strings horizontally between them. All the strings he connected to each other and he let the end lie on the ground. From there he started digging a trench every day, bit by bit. Finally it reached his small hut.

Every morning the water droplets formed on the strings would gradually weigh the string down, collect together and flow along the trench..... and soon enough a small continuous, never ending flow of water now reached his home, a source of water that would never end..... to satisfy the needs of all.

Keen observation and sensible use of available resources made this possible.

Friends, this technique is now copied not only in the Andes, but also in some other areas in Africa a land where clean drinking water is a life saver.

Truely human ingenuity has no limits.



Rtn. Dr. Prakash Jog



- Oct. 03 Potnis Sheetal**
- Oct. 03 Dabake Sayali**
- Oct. 04 Kulkarni Sushma**
- Oct. 07 Lele Mandar**
- Oct. 18 Khandekar Rahul**
- Oct. 26 More Praveen**
- Oct. 28 Inamdar Satish**
- Oct. 30 Runwal Sanjay**



Oct. 12 Kulkarni Pradeep & Madhavi

Club Events

14/10/2022

Speaker Arti Kirloskar

11/10/2022

Ann's Interest meeting

15/10/22

Club Assembly

22/10/22

Diwali Sanj

For Private Circulation Only

Editor : Ann Rucha Ambekar

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Rtn. Dilip Pangarkar, Rtn. Ravi Pandit, Rtn. Vija Raikar, Ann Neelima Apte, Ann Sayali Dabke, Rtn. Gururaj Joshi, Ann Madhavi Kulkarni