

# ROTARY CLUB OF PUNE CENTRAL

## CENTRAL TURF

**PRESIDENT: RTN. BRIG. PK MURALIDHARAN RAJA | HON. SECRETARY: RTN. SAGAR KHANDELWAL**  
**EDITOR: RTN. BEHZAD RANDERIA | ASSISTANT EDITOR: R'ANN SONIA RAJORE**  
**VOLUME NO XLI/23 | DATED: JANUARY 04, 2025**

## *From The President's Desk*



**Dear Rotarians & R'Anns,**

At the outset, I extend my warmest wishes to each and every one of you for a very Happy New Year 2025! May this year bring abundant health, happiness, success, and prosperity to you and your loved ones.

We look forward to wholehearted participation from all our members, especially those who were unable to attend meetings in 2024 due to other commitments. Your presence is vital to the strength and vibrancy of our Club.

This being Rotary Vocational Month, we have arranged a special vocational visit for our Rotarians and their families to NDA tomorrow, Sunday, 5th January, in the morning. Please note that there will be no Weekly Meeting at Poona Club this evening.

We are delighted to announce that our Club will be celebrating its 41st Birthday on Sunday, 12th January, at 6:30 PM at the Poona Golf Club Terrace. It will be an evening filled with fun, laughter, and fellowship, and we warmly expect all Rotarians and their spouses to join us without fail. Let us make it a full house to usher in the new year with camaraderie and a spirit of togetherness.

As we embark on this new year, we encourage all of you to help grow our Rotary family by inviting new members to join our Club. Together, we can achieve even greater heights in service and fellowship.

Warm regards,

**Brigadier PKM Raja,  
President RY 2024-25**

## *Vocational Visit to NDA on January 5, 2025*

As announced at the AGM of RCPC two weeks ago at Poona Club, a Vocational training visit has been arranged by RCPC to the National Defence Academy (NDA) on 05 January (Sunday) morning.



## *The Week That Was – December 21, 2024*

(From Rtn. Sagar Khandelwal)

The Rotary Club of Pune Central came together on December 21, 2024 for the Annual General Meeting (AGM). Here's a quick recap of the highlights:

President Brig. PKM Raja welcomed everyone and gave the weekly updates about the projects and activities.

### **Salute to the Spirit of Giving**

We celebrated the generosity of several Rotarians and Anns who contributed to our ongoing projects:

- **R'Ann Neelam Mehrotra:** INR 4,700
- **R'Ann Bharti Dumbre:** INR 25,000
- **Rtn. Dr. Subhash Pallod:** INR 2,31,000
- **Rtn. Narendra Sanghvi:** INR 50,000

### **Project Highlights:**

- **Distribution of Specs:** On November 21, at Shivraj Vidya Mandir School, Wadgaon Sheri, Opto Apoorva donated 26 specs to students as part of our eye care initiative, promoting better vision and academic performance.
- **Cherry Blossom Project:** Continuing our anemia testing and treatment drive, we tested hundreds of girls across schools in the Mulshi area. Treatment plans for identified cases are underway, ensuring healthier futures for these young students.
- **Blood Donation Camp:** On December 20, the fourth blood donation camp was successfully conducted at the Polybond Sanaswadi Plant, with 125 blood bags collected.
- **Christmas Celebration for Underprivileged Children :** Inner Wheel Club of Pune Central, supported by RCPC, organized a joyous Christmas party for 325 children from various institutions. Gifts, games, and entertainment filled the day with cheer. A special thanks to Rtn. PP Munir Chinoy, Rtn. Anil Bora, and Inner Wheel Club members for their dedication to this tradition.

**We celebrated Birthdays of :** R'Ann Rajashree Shah - December 25, Rtn. Jeevan Mahaldar - December 31, R'Ann Ruby Jhunjhunwala - January 3 and **Anniversaries of :** Rtn. Anil and R'Ann Mangal Bora - December 24, Rtn. Sunil and R'Ann Jasma Asher - December 27, Rtn. PP Arvind and Rtn. Vidya Saraf- December 28

**AGM Highlights:** The AGM began with Rtn. IPP Ajay Chitnis and Rtn. Arun Shroff presenting the Club and Charity Trust Accounts for the year ended June 30, 2024. Their presentation highlighted the financial health and transparency of the Club, emphasizing the need for continued support from members to achieve our service goals. The accounts were unanimously approved by the members present.

Rtn. Arun Shroff also shared updates on the Vocational Awards and Visits planned for the upcoming months. He highlighted the importance of recognizing excellence in various vocations and encouraged members to nominate deserving individuals and organizations.



## Announcement of RY 2025-26 Board of Directors

President Brig. PKM Raja announced the much-anticipated leadership team for Rotary Year 2025-26 under President Elect Rtn Lekha Nair.

- President: **Rtn. Lekha Nair**
- Director Club Service and Hon. Treasurer: **Rtn. Vinay Biyani**
- Hon. Secretary: **Rtn. Krishna Kumar Srinivasan**
- Director Community and Vocational Service – Non-Medical: **Rtn. Jeevan Mahaldar**
- Director Community and Vocational Service – Medical: **Rtn. Vidya Saraf**
- Director New Generation: **Rtn. Vaishali Karwa**
- Director International Service and TRF: **Rtn. PP Rakesh Bhargava**
- Director Membership and Assimilation: **Rtn. PP Ajay Chitnis**
- Director CSR and Global Grant: **Rtn. PP Ravi Kapoor**
- Director Programmes and Fellowship: **Rtn. PP Uday Dharmadhikari**
- President Nominee and Director Public Image and Digital Club: **Rtn. Dilip Karnik**
- President Elect, Vice President and Director Special & District Event Coordination – **to be nominated**
- Immediate Past President: **Rtn. Brig. PKM Raja**

The announcement was met with enthusiasm and a commitment to support the new leadership in their endeavors.

## Christmas Fun and Fellowship

Adding a festive touch, Rtn. PE Lekha Nair led the X'Mas Special Program, featuring a fun-filled quiz and games titled "Holly Jolly Battle." Members and their families participated enthusiastically, making the evening memorable with laughter and camaraderie.



**RCPC BOARD OF DIRECTORS FOR ROTARY YEAR 2025-26**

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## ***Vocational Awards***

**From Rtn. Arun Shroff, chairperson Vocational Award Committee**

Every year we recognize and honour those who have risen beyond themselves and served their vocations meritoriously and selflessly, be it from your own organisation or any another. Additionally, the philosophy of giving and caring is an integral part of Rotary. Fortunately, there are wonderful and amazing people and organisations who battle enormous odds and make great personal sacrifices towards excelling in their vocations.

**These individuals should demonstrate one or more of the following attributes:**

- Goes above and beyond to serve others with a positive and willing spirit.
- Demonstrated leadership or an ability to motivate others in pursuit of excellence.
- Considered situations and problems from novel and diverse perspectives; addressed challenges in an innovative manner.

We need your assistance in identifying such people/organisations for this year's **Vocational Awards**. Nominations can be from the fields of Business, Industry, Health, Environment, Education, Livelihood, or Empowerment and Advocacy. These awards are not about winning or losing. They are about sharing, encouraging, and inspiring.

If you know anyone doing **exemplary** work, please nominate him/her and email their details for our consideration in the nomination form attached. The least they deserve is recognition of their effort.

You may send your recommendations to Gajanan on his email ID: [office@rcpunecentral.org](mailto:office@rcpunecentral.org) with a copy to me on my email ID [shroff.pune@gmail.com](mailto:shroff.pune@gmail.com) or on Gajanan's WhatsApp no. +91 95277 16505.

The Vocational Awards are scheduled to be distributed at our meeting on Saturday 01 March, 2025.

I would appreciate your revert latest by January 31, 2025.

## ***50 things every Rotarian should know about Rotary***

**(Inputs from Rtn. PP Suhas Merchant)**

### **22 - HONORARY MEMBERSHIP**

"Honorary" is one of the two types of membership a person may have in a Rotary club. This type of membership is the highest distinction a Rotary club can confer and is exercised only in exceptional cases to recognize an individual for unusual service and contributions to Rotary and society. Honorary members cannot propose new members to the club, do not hold office and are exempt from attendance requirements and club dues.

Many distinguished heads of state, explorers, authors, musicians, astronauts and other public personalities have been honorary members of Rotary clubs, including King Gustaf of Sweden, King George VI of England, King Badouin of Belgium, King Hassan III of Morocco, Sir Winston Churchill, humanitarian Albert Schweitzer, Charles Lindbergh, composer Jean Sibelius, explorer Sir Edmund Hillary, Thor Heyerdahl, Thomas Edison, Walt Disney, Bob Hope, Dr. Albert Sabin, British Prime Minister Margaret Thatcher and many of the presidents of the United States. Truly, those selected for honorary membership are those who have done much to further the ideals of Rotary.

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## Winner of Pink Cap of District Rotary Quiz - December 2024

The Winner of Pink Cap of District Rotary Quiz - December 2024. This is the second consecutive time that Rtn PP Uday Dharmadhikari of RCPC has been declared the Winner of District Rotary quiz.

Heartiest congratulations PP Uday ! We are proud of your achievement! Well done!

**Rotary**  
District 3131

**THE MAGIC OF ROTARY**

# Certificate

OF APPRECIATION

## Magical Innings GML December 2024

PROUDLY PRESENTED TO

**Rtn. Uday Dharmadhikari**  
RC Pune Central

**GML**  
PINK CAP WINNER

For winning Rotary Quiz competition GML December 2024

**Rtn Shital Shah**  
District Governor RY 24-25

**Rtn Shubhangi Mulay**  
GML Editor

**Rotary Quiz**  
WINNER

**THE MAGIC OF ROTARY**

**District Publication Team RY 2024-25**

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## "Jewel In Surgery" Awards

The Association of Surgeons of India conferred upon Rtn. PP Dr. Ramesh Dumbre the prestigious award of "JEWEL IN SURGERY" at Agra on the 12th of December, 2024. The RCPC members are extremely proud of him. We applaud the tireless effort he has put in over the years. We wish him all the best for his ongoing endeavour.



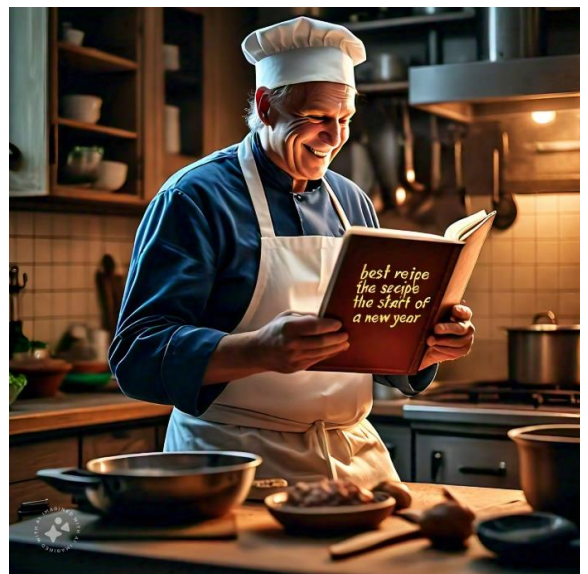
## Food For The Soul

Here's a delicious and symbolic recipe to start your new year:

### New Year's Good Luck Black-Eyed Pea Curry

#### Ingredients:

- 1 cup dried black-eyed peas, soaked overnight and drained
- 2 medium onions, chopped
- 3 cloves garlic, minced
- 1 medium ginger, grated
- 1 tablespoon curry powder
- 1 teaspoon ground cumin
- 1/2 teaspoon turmeric
- 1/2 teaspoon cayenne pepper (optional)
- 1 can (14 oz) diced tomatoes
- 2 cups vegetable broth
- Salt and pepper, to taste
- Fresh cilantro, chopped (for garnish)



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**Instructions:**

1. Heat oil in a large pan over medium heat.
2. Add onions and cook until softened (5-6 minutes).
3. Add garlic, ginger, curry powder, cumin, turmeric, and cayenne pepper (if using). Cook for 1-2 minutes, stirring constantly.
4. Stir in black-eyed peas, diced tomatoes, and vegetable broth.
5. Bring to a boil, then reduce heat to low and simmer, covered, for 20-25 minutes or until the peas are tender.
6. Season with salt and pepper to taste.
7. Garnish with chopped cilantro and serve over rice or with naan.

**Symbolism:**

- Black-eyed peas are believed to bring good luck and prosperity in the new year.
- Curry powder and spices represent warmth, comfort, and joy.

Enjoy your delicious and auspicious New Year's curry!

Do please contribute your recipes to [Behzad.randeria@gmail.com](mailto:Behzad.randeria@gmail.com)

## *Here's a poem to welcome the New Year:*

As midnight strikes and fireworks gleam,  
A new beginning unfolds, a fresh dream.  
The old year's pages turned, a story told,  
A new chapter waits, with moments to mold.  
With hope and cheer, we step into the night,  
Embracing possibilities, shining bright.  
The world awakens, full of promise and light,  
A clean slate stretches, waiting for our might.  
So let us raise our glasses, in a toast to the year,  
May it bring joy, love, and laughter, and wipe away our tears.  
May our hearts be filled with kindness, and our spirits soar,  
As we embark on this journey, to explore and more.  
Happy New Year, may it be your best,  
Filled with adventure, love, and happiness that lasts!

Anonymous



## Wish You All Happy New Year 2025

### विशेषता

नया साल आया हुए हर्षित  
सुखभरे सपने नये रंगीत  
आशाओंके फुल खिलेंगे  
झूम उठेगा रोटरी चमन  
अंधोंका जीवन होगा प्रकाशित  
दिव्यांगोको रोटरी देती अनुदान  
हरसाल नयी परियोजनाका निर्माण  
रोटरी कार्यकी विशेषताका प्रमाण  
नयी सोच, नयी दिशा, नये ख्वाब  
कल्याणकारी योजनाओंका अभियान

**R'Ann Adv Pratibha Subhash Devi**

## The New Year Resolution

Here are some tips to help you stick to your New Year's resolutions:

### Set SMART Goals

1. Specific: Clearly define what you want to achieve.
2. Measurable: Quantify your goal to track progress.
3. Achievable: Ensure your goal is realistic and attainable.
4. Relevant: Align your goal with your values and priorities.
5. Time-bound: Set a specific deadline or timeframe.

### Break Down Big Goals into Smaller Ones

1. Divide large goals into smaller, manageable tasks.
2. Focus on one task at a time to maintain momentum.

### Create an Action Plan

1. Identify the steps needed to achieve your goal.
2. Develop a schedule and stick to it.
3. Anticipate obstacles and plan contingency strategies.

### Track Progress and Hold Yourself Accountable

1. Keep a journal or log to monitor progress.
2. Share your goals with a friend or family member and ask them to hold you accountable.
3. Celebrate small victories along the way.

### Be Kind to Yourself and Don't Give Up

1. Remember that setbacks are a natural part of the process.
2. Don't be too hard on yourself if you slip up.
3. Learn from your mistakes and move forward.

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### Find Your Why and Remind Yourself Often

1. Connect with the reasons behind your goal.
2. Write down your "why" and post it somewhere visible.
3. Reflect on your purpose regularly to stay motivated.

By following these tips, you'll be more likely to stick to your New Year's resolutions and achieve your goals.

## Here are some humorous New Year's resolutions: It isn't always serious stuff 😊

1. I will eat more pizza and less salad.
2. I vow to exercise more... my thumbs, while playing video games.
3. This year, I promise to procrastinate more efficiently.
4. I aim to reduce my coffee consumption... to just two pots a day.
5. My goal is to learn how to make a decent cup of tea... by the end of the year.
6. I resolve to watch more cat videos and fewer documentaries.
7. I will take up a new hobby... extreme ironing!
8. This year, I'll become an expert at doing absolutely nothing.
9. I promise to set my alarm clock... to silence.
10. My resolution is to make more realistic New Year's resolutions next year.



## Fix your Relationships in the New Year!

As the calendar flips to a new year, many of us take a moment to reflect on our lives and relationships. The new year presents a fresh opportunity to strengthen bonds, mend fences, and nurture connections that bring joy and meaning to our lives. Whether it's a romantic partner, family member, friend, or colleague, investing in our relationships can have a profound impact on our overall well-being and happiness.

Here are some promises you can make to yourself to fix your relationships in the new year:

### Personal Relationships

1. **Practice active listening:** Make an effort to truly hear and understand the other person's perspective.
2. **Communicate effectively:** Express yourself clearly and respectfully, and make sure to clarify any misunderstandings.
3. **Spend quality time together:** Regularly schedule time with loved ones, doing things you both enjoy.
4. **Show appreciation and gratitude:** Express your thanks and appreciation for the people in your life.

### Professional Relationships

1. **Be punctual and reliable:** Show respect for others' time by being on time and following through on commitments.





2. **Be open to feedback:** Listen to constructive criticism and use it as an opportunity to learn and grow.
3. **Communicate clearly and respectfully:** Avoid misunderstandings by being clear and direct in your communication.
4. **Offer help and support:** Be willing to lend a hand or offer guidance when needed.

### Social Relationships

1. **Be approachable and friendly:** Make an effort to be welcoming and inclusive to others.
2. **Join social groups or clubs:** Expand your social circle by joining groups that align with your interests.
3. **Attend social events:** Make an effort to attend gatherings, parties, and other social events.
4. **Practice empathy and understanding:** Try to see things from other people's perspectives and be supportive.

### Self-Relationship

1. **Practice self-care:** Take care of your physical, emotional, and mental well-being.
2. **Be kind to yourself:** Treat yourself with the same kindness and compassion you would offer to a friend.
3. **Set boundaries:** Learn to say "no" and set healthy limits with others.
4. **Focus on personal growth:** Make time for self-reflection, learning, and self-improvement.

By making these promises to yourself, you can work towards building stronger, healthier relationships in all areas of your life.

## *New Year's Meditation: "Embracing Renewal"*

Find a quiet and comfortable spot to sit or lie down, close your eyes, and take a deep breath in through your nose and out through your mouth.

### Step 1: Reflection (5 minutes)

- Imagine yourself standing in front of a calm lake on a crisp winter morning.
- Visualize the lake's surface reflecting your past year – the joys, the challenges, and the lessons learned.
- As you gaze into the lake, acknowledge and accept each experience, knowing that it has shaped you into the person you are today.

### Step 2: Release (5 minutes)

- Now, imagine a gentle breeze rustling the leaves of the trees surrounding the lake.
- As the wind picks up, visualize any regrets, worries, or doubts from the past year being carried away like leaves on the breeze.
- Repeat the phrase "I release" to yourself, allowing go of any burdens that no longer serve you.

### Step 3: Renewal (10 minutes)

- Envision a warm, golden light beginning to emanate from within you.
- As this light grows, imagine it filling any spaces left by the released thoughts and emotions.
- Visualize this light representing your intentions, hopes, and dreams for the new year.
- Repeat the phrase "I renew" to yourself, embracing the possibilities and opportunities that lie ahead.

### Step 4: Manifestation (5 minutes)

- Imagine yourself standing at the edge of the lake, feeling refreshed, renewed, and ready to embark on the new year.





- Visualize a small, delicate flower blooming at your feet.
- As you gaze at the flower, repeat the phrase "I manifest" to yourself, trusting that your intentions and desires will bloom into reality.

#### **Step 5: Gratitude (2 minutes)**

- Take a moment to acknowledge and appreciate the present moment.
- Express gratitude for the opportunity to start anew, for the lessons learned, and for the promise of the future.

#### **Step 6: Integration (1 minute)**

- When you're ready, slowly open your eyes, and take a deep breath in, feeling refreshed, renewed, and ready to embark on the new year.
- Carry the sense of renewal and possibility with you, integrating the insights and intentions from this meditation into your daily life.

Start your new year with positivity, confidence, and a clear mind. Repeat these affirmations daily and watch your life transform!

I am strong and resilient, and I trust myself to navigate any challenge that comes my way.

I release all negativity and make space for positivity and growth.

I am worthy of love, care, and respect – from myself and others.

I trust that everything is working in my favor, and I have faith in the universe's plan.

I am grateful for all the blessings in my life and welcome more abundance and joy.

I choose to let go of fear and doubts, and instead, I embrace confidence and self-belief.

I am beautiful, inside and out, and I celebrate my unique spirit.

I am capable of achieving my dreams and making my desires a reality.

I love myself exactly as I am, and I promise to take care of my physical, emotional, and mental well-being.

## ***From the Editor***

My Dear Rtns and R'Anns,

Wishing you a joyous New Year filled with hope, happiness, and endless possibilities. May this fresh start bring you closer to your dreams, and may your heart be filled with love, positivity, and determination.

As we step into the New Year, let us remember the true spirit of new beginnings: renewal, growth, and making a positive impact on the world around us. May our collective efforts create a brighter future for all, where everyone has access to the resources they need to thrive.

As we gather with loved ones, let us also remember the memories of the past year. May they be a blessing, and may we honor them by living with kindness, compassion, and love in the year to come.

Here's a small poem to reflect on:

"As we step into the New Year's light,

We think of dreams, and endless possibilities in sight.

May this fresh start bring us hope and cheer,

And may our hearts be filled with love and joy throughout the year."

Warmest wishes to you and your loved ones for a happy, healthy, and prosperous New Year.

Warm regards,  
Behzad Randeria

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## ***What to Expect in the Next Four Weeks***

- **January 05 (Sunday)** – Vocational Visit to NDA (Followed by Lunch)
- **January 12 (Sunday)** – 41<sup>st</sup> RCPC Club Birthday followed by Fellowship Dinner
- **January 18** – Winter Picnic for RCPC Members in MPN Holiday Club, Bor / Internal Program
- **January 25** – Rtn PP Uday Dharmadhikari Sub Group Program

## ***Birthdays and Anniversaries***



### **Rtn / R'Ann**

Rtn. Gautam Nehra  
R'Ann Dr. Sita Bhatia  
Rtn. PP Polly Patel  
Rtn. Arun Shroff  
R'Ann Hutokshi Pundole

### **Birthday**

January 07  
January 08  
January 08  
January 10  
January 10