



ROTARY CLUB
OF PUNE CENTRAL

CENTRAL
TURF

PRESIDENT: RTN. AMITABHA MUKHOPADHAYAY | HON. SECRETARY: RTN. LEKHA NAIR | EDITOR: RTN. PRASANTA CHOUDHURY

VOLUME NO XXXVIII/18 | DATED: OCTOBER 30, 2021

Today.....

The much awaited and prestigious event of RCPC is back once again.

It is a pleasure to inform you that our “**Diwali Dinner 2021**” is planned with lots of glamour and festivities.

Date : 30th October, 2021 (Saturday)

Timings : 7 pm – 7.30 pm Club Meeting.

7.30 pm onwards --- Celebrations Begin

Venue : Shantai Hotel, Moledina Rd, Rasta Peth, Pune,

Phone Number - 020-41415151

Google Map Location - <https://goo.gl/maps/2QzQ3gEnNVCFxF2g8>

DRESS CODE : Indian Traditional

HIGHLIGHTS : A Lively musical evening wherein you can sing and dance.

Photo Booth : To capture the fancy festive moods after such a long break.

Prizes Galore : For best dressed Male and Female and a few other prizes.

Menu : Purely Vegetarian.

Designed and planned for a memorable treat.

During the program, we will have usual fellowship followed by Dinner. Assimilation Committee will take extra care to assimilate old and new members to make this event lively.

Please do come and let us celebrate together this Diwali Dinner.

Meeting and Festivities commence sharp at 7 p.m. and end at 10 p.m.

I look forward to meeting all of you today at 6.30pm. **(6.30 pm to 7.00 pm Pre-meeting fellowship and meeting called to order at 7.00 pm).**



Rotary Club of Pune Central

Invitation

DIWALI CELEBRATION AND FELLOWSHIP DINNER



on Saturday, 30th October 2021
from 7 pm onwards



at **SHANTAI HOTEL**, Rasta Peth, Pune

*** Attractions ***



A Lively musical evening
wherein you can sing and dance



Capture the fancy festive moods
after such a long break



For best dressed Male and Female
and a few other prizes

Dress Code : Indian Traditional

Dinner Menu : Purely Vegetarian

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old and new members to make this event lively

**Valet Parking
Available**



**RSVP to Gajanan
M - 9527716505**

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The week that was

From Rtn. Lekha Nair.....

Pre-fellowship started at 6 PM on Zoom where many members joined and interacted with each other on various topics. Post pre-Fellowship, the meeting was called to order by Pres. Amitabha Mukhopadhyay and all members and guests were welcomed to the meeting.

President Amitabha updated all members about the Vaccination on Wheels Project status. 334147 vaccines have been administered as on 23rd Oct.

We saluted the spirit of giving of Rtn. PP Surendra Kumar Jain who donated USD 200 for End Polio Fund. Also, Samhita donated Rs. 15,78,529/- for the Covid 19 Vaccination-On-Wheels project.

President Amitabha announced the Diwali Dinner on 30th October at the Shantai Hotel. It will be a fun filled evening with live music and dance. There are prizes for the best dressed male and female!

New member Mr Darshan Rathod and Urmi Rathod were inducted to the Club. Membership Director Rtn Raman Nanda introduced the new Rotarian and President Amitabha administered the oath.

We wished happy birthday to R'Ann Lata Agarwal, Rtn Vanita Bajaj, R'ann Usha Sakhrani, R'Ann Dipti Chitnis, Rtn PP Anand Bhatia, R'Ann Shubh Sachdeva, R'ann Kamini Sanghvi and R'Ann Nargis Chaney. We also wished happy anniversary to Rtn PP Dr Nasir Kazi and R'Ann Noorjahan Kazi.

This week, Guest Speaker was Rtn. Wg. Cdr. DP Sabharwal (veteran) spoke on the subject of Alzheimer's awareness. It was an informative session where all members were made aware of what are the symptoms and progressive stages of the disease. He also discussed about what one can expect and what are the services and support available. He introduced his books titled ' Handling Alzheimer's with Courage' and ' Care, Learn and Share' - a guide for Alzheimer's caregivers.



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From Rtn. PP Ebe Chaney.....

Our Guest Speaker on the subject of Alzheimer's achieved the purpose of creating awareness. But he struck a note of hopelessness.

Yes, it is true that mainstream medicines do not have a cure as of date.

However, one needs to do whatever one can to prevent its onset.

The answer can lie in diet regulation, correcting microbiome imbalance, exercise, meditation and sleep.

As far as diet is concerned one needs to scrupulously avoid refined sugar, refined flour viz. maida and processed foods. Increase the intake of colorful vegetables and fruits which are good sources of nutrients.

Supplementation of Vitamin D plays a very important role in brain health. Turmeric extract, Curcumin keeps inflammation down. Omega 3 is not only good for the brain but also the heart. This is certainly not an exhaustive list but some important tips.

If anyone is interested to know more, please connect with me.

World Polio Day.....

On Sunday, 24th October 2021, RID 3131 organised '**WORLD POLIO DAY**' programme by felicitating Ms Bhavina Patel, Paralympic Silver Medal winner, who is a Polio survivor.

Below photograph shows Rtn. PP Surendra Kumar Jain along with Rtn. Dr. Mahesh Kotbagi (RI Director) with her at the venue - Yashwantrao Auditorium, Kothrud, Pune.



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From Rtn. PP Ravi Kapoor.....

Status and progress of various Global Grant and CSR projects

I am happy to share a report on the status and progress of CSR projects currently being implemented by RCPC.

Vaccine-On-Wheels – Covid 19 Mobile Vaccination Project:

Under this unique project, with the support of Vaccine-On-Wheels and CSR Partners, 31 Mobile Vaccination units have been deployed in Pune, Mumbai and Satara. As of 29th October 2021, 3,49,087+ doses have been administered.

Cumulative COVID19 Vaccine doses administered 349087	Doses administered on 29th Oct 2021 2196
In collaboration with	
Initiative by Rotary	
Supported by	



From Rtn. PP Arvind Saraf

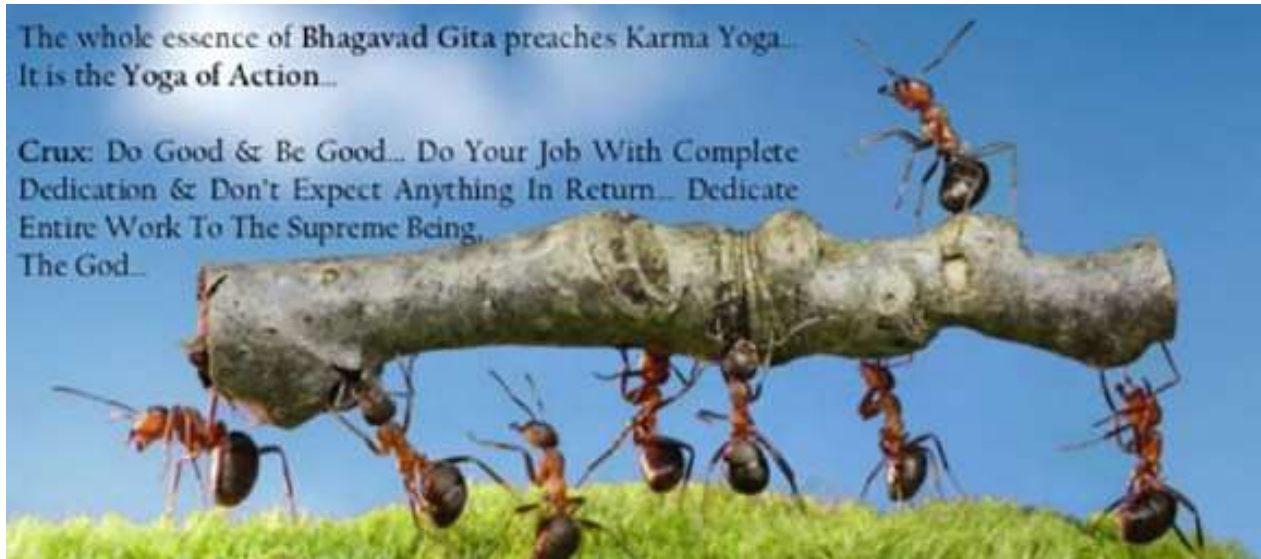


From Rotary Connect Committee or RCC

Past Presidents Raja, Prakash, Neeraj and Arvind

Hi Friends,
Greetings from Rotary Connect Committee!

Being a Rotarian is a step towards being a karma-yogi!



Lockdowns presented us a lot of opportunities to look inwards. I discovered Bhagavat-Gita once again and this time with more introspection. From then on when doubts haunt me, I turn to Bhagavad-Gita and find a verse to comfort me. The Bhagavad-Gita is a true scripture of the human race, a living creation rather than a book, with a new message for every age and a new meaning for every civilization.

All of us know the famous verse 47 of chapter 2 often quoted and very often mis-quoted.

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन । मा कर्मफलहेतुर्भूर्मा ते संगोऽस्त्वकर्मणि ॥
You have a right to perform your prescribed duty, but you are not entitled to the fruits of action. Never consider yourself the cause of the results of your activities, and never be attached to not doing your duty."

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However, I am more intrigued by verse 11 of chapter 18.

न हि देहभृता शक्यं त्यक्तुं कर्माण्यशेषतः । यस्तु कर्मफलत्यागी स त्यागीत्यभिधीयते ॥

For the embodied being, it is impossible to give up activities entirely. But those who relinquish the fruits of their actions are said to be truly renounced.

I personally identify with this situation. It's impossible to "retire" in real sense. You need to be active in what you know the best. But more so as selflessly as possible and more to help others.

In the Bhagavad Gita, Karma Yoga is described as the mental discipline or attitude that governs the actions of an individual. Karma Yoga can be best defined as followed:

"Doing your duty at your best without any involvement of ego or attachment"

In this definition of Karma Yoga, there are four essential words: duty, ego, attachment, and expectation of reward. To understand the principles of Karma Yoga, it is essential to understand these four principles.

Now let's look at a True Rotarian and the four key words associated with Karma Yoga.

Duty

As a true Rotarian you are bound by your duties. "Service above Self" is the guiding principle. You have duty towards the club, fellow Rotarians and the communities you serve to.

Ego

In Rotary there is no place for ego. We begin with a principle – everyone is equal. Even the club leadership positions need to practice servant leadership.

Attachment

Practicing Karma Yoga means doing your duty without attachment. Whether you like your duty or not, you still do it your best. As a Rotarian you perform your duties without any expectations.

Expectation of reward

There is no reward for a Rotarian doing his duty. When you do something without the expectation of reward, the outcome of your action doesn't affect if and how you do your duty. You do it because it is your duty, not because you get something out of it.

Hence if I say being a Rotarian is a step towards being a karma-yogi, it's not an exaggeration.

What do you think...



From Rtn. PP Madhu Rathi.....

KNOW YOUR ROTARY

ROTARY INFORMATION

Classification:

One of the unique features of Rotary is admission on the basis of classification. A classification, according to the Standard Rotary Club Constitution (SRCC), describes either the principal and recognized activity of the firm, company, or institution with which a Rotarian is connected; the member's principal and recognized business or professional activity; or the nature of the member's community service activity. Though the limitation of members of the same classification in a club is no more there, Rotary still insists on diversity on membership in the club. RI Code 57.050.4 still specifies that all name badges of Rotarians at a RI meeting should include the classification of the Rotarians.

It is a good practice to conduct an annual classification survey and prepare a roster of filled and unfilled classifications and to update the same periodically as a part of membership development exercise.

Types of Membership:

During the formative years of Rotary only one member from one vocation or profession was the norm and this was strictly adhered to also. Then came the honorary membership. In 1915-16 it was decided that one more member from the same profession or vocation could be admitted who should be proposed by member in that particular calling and he would be designated as Additional Active Member. In 1930 it was decided that if a member retires from his profession or vocation he can be elected to membership as Past-Service Member. Eight years later another type of membership was introduced and this was Senior Active Members based on the years of Rotary service and/or age plus service combination.

Creation of these new types of memberships was to bring in more members to Rotary. The 2001 Chicago CoL, however, decided to have only two kinds of membership in the club and they were: 1. Active and 2. Honorary. Club board decides the term of the honorary membership. It also decided that up to 10% of the total membership or five.

Whichever is more, can be taken as the members in the club from the same classification with certain exceptions. The 2019 CoL, however removed this 10% restriction.

Types of Membership

From 2001, all Rotarians fall under two categories only and they are:

1. **Active**
2. **Honorary**



From Rtn. Darshan Rathod.....

MARATHON CYCLING EXPEDITION



"When the spirits are low, when the day appears dark, when work becomes monotonous, when hope hardly seems worth having, just mount a bicycle and go out for a spin down the road, without thought on anything but the ride you are taking." — Sir Arthur Conan Doyle

I usually do not go by the rulebooks but this quote here is so befitting, I couldn't resist the opportunity to begin this humble description about my recent cycling-travel with it. It is with gratitude that I write about our lovely cycling plan that became an actual event a few weeks ago. I am an enthusiastic 'Pedal-er' since finishing the gruelling 1,000km tour of Nilgiris in 2010.

The plan was initially all about cycling in Kerala, but with rising COVID-19 cases there, we decided to shift destinations to the East coast of the Indian Peninsula. So came the temple route of Madurai – Rameshwaram – Dhanushkodi – Thoothukudi — Thiruchendur – Kanyakumari and culmination at Kovalam, Kerala.

The route was overall fairly flat, with smooth, well-maintained Tamil Nadu roads that kept us entertained for the mornings and blessed us with guilt-free, delicious Saapadam in the afternoons. The greenery and seaside winds were a boon, together with excellent cloud cover for the longer cycling routes that required us to finish 150-odd kilometres in a day. The headwinds were quite strong and, challenging the forward movement of the cycle.

Have

For a cycling tour that's mixed with vacation, the purpose is to socialise, have fun and also cycle. I'd advise you create a non-competitive, yet motivated group of individuals who can both work and have fun together. Always hire an agency that has competent people, good vehicles to carry your cycles and bags etc. Also, have somebody designated to take videos and pictures. We hired a drone photographer and videographer to tag along on the last cycling day! The results are literally breath-taking!

Cycling from the land of temples to the edge of the mainland, from beaches to lashing rains in the hills, from resort stays to shopping trips – this tour had everything. Children as young as six enjoyed this cycling vacation as much as the eldest, a 65-years young man who believed he could do it, and he did!

The route intended to cover 450+ kilometres in 5 days of cycling (in an overall 9-day trip). The highest mileage cyclist (that would be me) did a total of 450 kilometres and loved every bit of it.

One pro-tip: Padded shorts are necessary if you to cycle more than 85 kilometres. Under that, enjoy the ride!

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Our cycling expedition was covered by the local newspapers at Thiruchendur...here's a snippet of the print ☺





From Rtn. P K Malhotra.....



चांद भी क्या खूब है,
न सर पर घूंघट है,
न चेहरे पे बुरका,

कभी करवाचौथ का हो गया,
तो कभी ईद का,
तो कभी ग्रहण का

अगर

ज़मीन पर होता तो
टूटकर विवादों में होता,
अदालत की सुनवाइयों में होता,
अखबार की सुर्खियों में होता,

लेकीन

शुक्र है आसमान में बादलों की गोद में है,
इसीलिए ज़मीन में
कविताओं और ग़ज़लों में महफूज़ है।



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What to expect in the next Four weeks.....

- **07 Nov:** Diwali Holiday. No Meeting
- **14 Nov:** to be announced.
- **20 Nov:** Nominating Committee Election 2021
- **28 Nov:** to be announced

Birthdays and Anniversaries...



Rtn / R'Ann

R'Ann Swati Kene
R'Ann Kalpana Merchant
R'Ann Madhu Tewari
Rtn. Prabhakar Jakkal
Rtn. Nitin Desai
Rtn. Jayant Luthra
Rtn. Binod Dugar
R'Ann Dhanashree Sandu
R'Ann Manjiri Supnekar
Rtn. Brig. PK Muralidharan Raja
R'Ann Sweety Kalra
Rtn. Dr. Ashok Bhawe
Rtn. PP Dr. Ramesh Dumbre
R'Ann Abha Dugar
R'Ann Beena Shroff
Rtn. Deepak Dheer
Rtn. Arun Jindal

Birthday

October 31
October 31
October 31
November 01
November 01
November 02
November 05
November 05
November 07
November 09
November 10
November 11
November 11
November 11
November 11
November 11
November 11



Member and Spouse

Rtn. Ajit and R'Ann Swati Kene
Rtn. Ashok Kumar and R'Ann Sudha Jain

Wedding Anniversary

November 06
November 09