

# ROCKP PULSE

IT'S THE SHARED PURPOSE THAT BRINGS US TOGETHER

Hello friends,

I seem to be coming back to normal and as you can see the January issue is right on time. I am happy to see that many of you like the format and content of the bulletin. Thank you so much for the appreciation.

In the month that has gone by, a number of charity activities have been done. You can also read about some praiseworthy events.

The third wave of Corona seems to be taking its toll on the physical meetings. Let's pray to God that some predictions come true and we get freedom from this demon by end of February.

Meanwhile let us interact in every possible way, continue to serve the society and also enjoy the Fellowship Spirit.

Take Care .. Be Healthy .. Be Safe ..!!

Index	
In this issue	Page No
From Editor's Desk	1
From the President's Desk	2
Socks Distribution	3
Eating with Dignity	4
Grocery Kits Distribution	5
Maher Karunalaya	6
The Spirit of Rotary	7
Achievements	8
Accessing Natural Wisdom	9
Birthdays	10
Anniversaries	11
Retrospection	12

From the desk of the President

Dear Friends

Greetings !!

Covid again forced us to remain indoors and restricted our movements. Fortunately, the current third wave seems to be not as damaging as earlier waves. Even I had a brief encounter with it and it forced me to remain indoors. It looks like the wave has already peaked and hopefully will subside quickly and normalcy should be restored pretty soon.



We could not go ahead with few of projects as planned due to this restrictions and also meetings are currently held virtually, with the exception of the recent BoD meeting. We will cover up for the lost days in the coming months and complete all those unfinished activities.

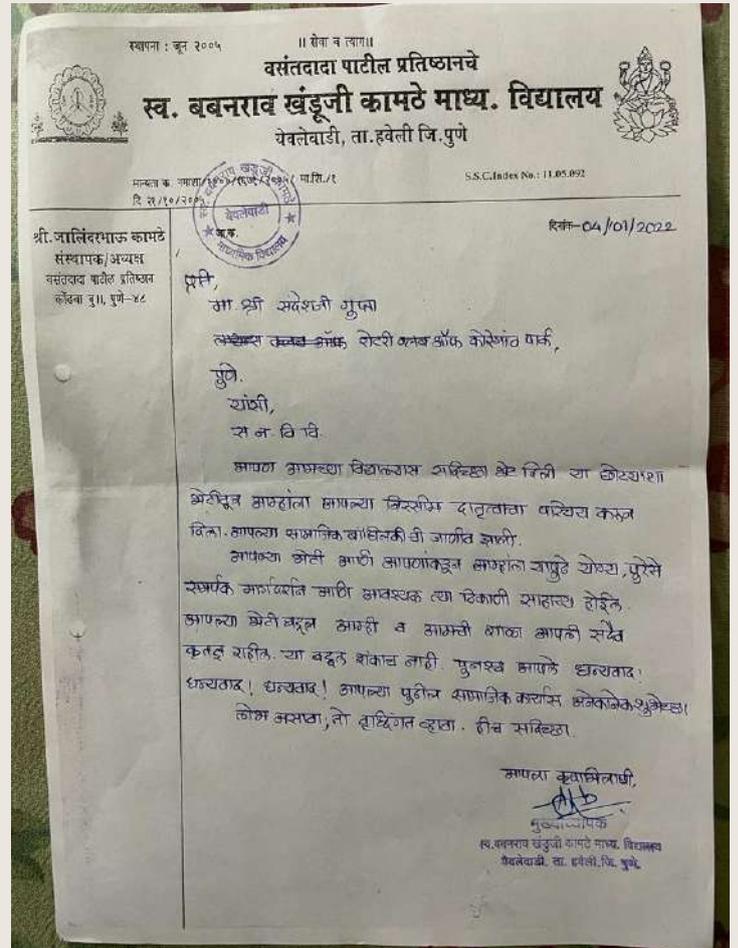
The DG visit, scheduled for 10th of February is postponed to sometime in first half of March. I will confirm the schedule as it finalises. DG visit being an important event in our Club's calendar, I want maximum attendance from Members and Anns.

Stay safe and Stay Healthy ..!!

### 4th January: Socks Distribution

On 4th of January, we distributed 300 pairs of socks at a school in Yawalewadi, Late Babanrao Khanduji Kamthe Secondary School. Courtesy RC Vibrant East, the socks came free of cost. Rtn. Sandesh Gupta took the initiative and helped in reaching the needy students.

It is also heartening to see how gratefully our actions are received and how promptly people respond. Look at the letter the Head Master of the school wrote to Sandesh. That's what drives many of us, I believe ..!!



### 6th January: Eating With Dignity

We had a very interesting talk by Dr. Sanah Sayed on 6th January. She is a Cosmetic dentist with a decade of clinical experience. She passed out from Manipal College of Dental Science at the top of her class. She is a member of Indian Academy of Cosmetic Dentistry and an Alumni member of D Y Patil Dental College, Navi Mumbai.

She is the Smile Expert on panel for Mr. and Miss Personality, Pune. She is a speaker for National conferences and regularly contributes to National and International journals. She is an enthusiastic teacher and loves helping budding dentists take their first steps towards Cosmetic and Aesthetic Dentistry. She has been Nominated for "The Best Aesthetic Dentist category " by Famdent Dental Excellence awards and has won several awards for her restorative work by "The Dental Divas " group. She plans to make dentistry painless and predictable for her patients by offering non invasive options and digital solutions.



### 8th January: Grocery Kits Distribution

On 8th January, our club distributed 120 kits containing grocery items (rice, jowar, dal, oil and sugar) to poor families of Andgaon village and surrounding areas. The beneficiaries, around 600 in number, are mainly from tribal community and they live in very pitiful conditions.

Our support means a lot to these villagers. We also distributed 250 pairs of socks to the students of VVM School.

Our sincere thanks to all the donors. We highly appreciate our members such as Mahesh, Bijoor's, Niraj, Purnima and Rtr Aryan for being present for the event. The effort of school authorities, in organising this event, is equally laudable.



### 10th January: Maher Karunalaya

On 10th of January, members of our club, Sandesh, Mahesh, Rathnakar and Purnima, visited an NGO called **MaHer Karunalaya**. The NGO adopts and shelters homeless people, children and college students who have no home or family. Currently it accommodates around 45 such inmates.

Our team distributed 40 pieces of Fabric for trousers and 40 pairs of socks to the old and young staying there.

Mr. Pise, who looks after the shelter, literally picks up the destitutes from the railway stations or roads or slums and brings them here. The NGO looks after them, and also provides them food, stationary, books and clothes.



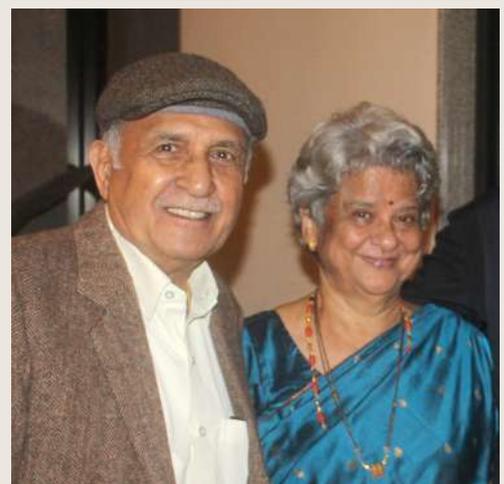
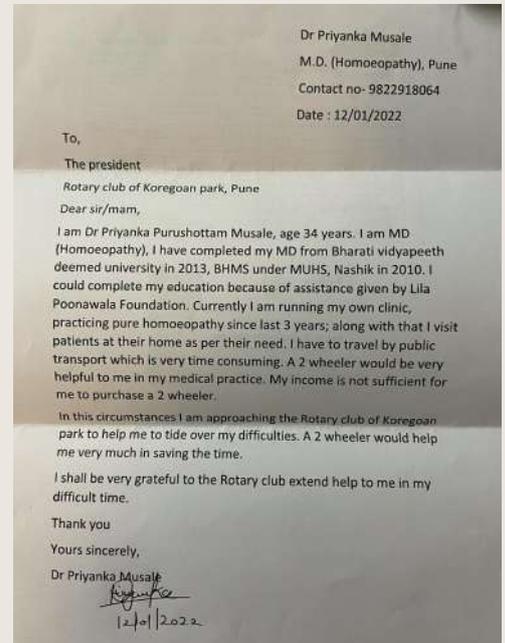
### The Spirit of Rotary

More and more people know what Rotary is, what work the Rotarians do and how the organisation contributes substantially for any social cause. So much so, that sometimes needy individuals confidently come out and ask for help directly. Here is one such case.

Dr Priyanka Musale, a MD (Homeopathy), not only runs her own clinic but also visits patients at their home if needed. For such home visits, she has to travel by public transport which, of course, is time consuming. She felt that a two wheeler would be very convenient as she could visit more patients in the same time. With abundant faith in Rotary and a club such as ours, she directly wrote a letter to our President Rathnakar, asking to finance a two wheeler. Our club has no dearth of enthusiastic donors and the Bijoor's have come forward to support Priyanka.

A scooter has already been shortlisted, costing around Rs 91,000/-. We are expecting some help in bringing down this price. So anyone who knows a two wheeler dealer is welcome.

The Bijoor's, we gather, have helped this girl in her education also. We only wish there was a factory where we could produce people such as the Bijoor's, in large numbers ..!!



### Achievements ..!!

When parents get their children, all their life's priorities shift to the children. They want to provide, grow and educate them, put them on the right career path and finally marry them and settle them in life ..!! And if the child also shows a reciprocal behaviour, it's a cherry on the cake ..!!

In Annette Nishit Gupta we have that reciprocating child. Born and brought up in Solapur, he studied in Pune and later at ArtCenter college of Design in California, USA where he graduated with honours in B Sc in Product Design. Nishit designs for new and innovative technologies. Currently working for Kohler, he has already filed for 2 design patents.



Nishit has worked with HP innovation team in Houston, Texas, USA to design and develop a flexible screen laptop for 2023 and beyond and in the process secured a utility patent. He has also worked with companies such as Adidas and Under Armour and has seven international awards to his credit, from names like Spark, IDSA and MUSE.

With his products, Nishit believes in helping people and organisations to visualise a positive future and an uplifting lifestyle. Kudos to Nishit and the proud parents, Sanjay and Preeti ..!!



Here is the couple responsible to get us a Monthly PI Award for the month of December 2021 ..!!

Keeping the Account Active, Number of Posts and Proper use of Hashtags were considered some of the important aspects

of managing the Public Interface Show on the social media.

RCKP PI team seems to be in full swing and doing an excellent work indeed. A big round of applause for Rtn Pramod and his right hand in this work (and life too ..), Ann Gunjan .. !!

The journey of life starts with a bag full of luck and an empty bag of experience..!!

The goal is fill the bag of experience before the bag of luck gets empty ..!!

### 20th January: Accessing Natural Wisdom

Today we had a talk by Mr. Nithya Shanti on a very thought provoking topic, Accessing Natural Wisdom.

Mr. Shanti is an internationally acclaimed teacher of joyful and conscious living. He completed an MBA from XLRI Jamshedpur and worked in the corporate world. He then went on to live as a forest meditation monk for six years. He now shares his learnings through retreats and talks with organisations and audiences worldwide.

In today's time, people are scared of emptiness and lack of things and resources. Mr. Shanti's message, however, was to reach a state of emptiness. He started with a simple exercise by asking people to move their attention / focus from their head to heart and then to their body and then to the outside universe. That little exercise itself made people aware of how much (almost 99%) they are engrossed in managing matters in their head. For the first time, people probably realised that there is a heart, a body and an outside environment that we never pay too much attention to.

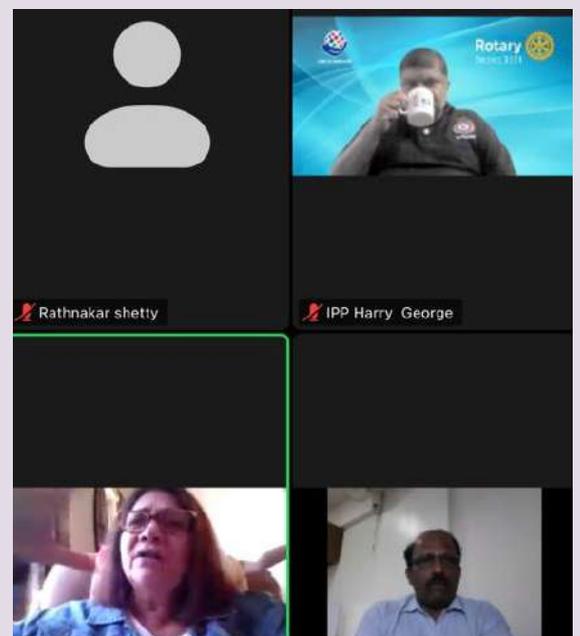
To access the natural wisdom his message was:

**बस एक काम करो, खुदको खाली करो ..**

The process of emptying starts by saying to yourself, I **want** nothing, I **need** nothing, I **own** nothing, I **know** nothing and I **am** nothing. Very strong and bold statements indeed. A concept difficult to understand, adopt and implement.

Mr. Shanti showed us a different direction and introduced a bold, different way of thinking. It is a little scary. But scared people indeed perform better. Empty people are better suited to accept new things.

A very very effective and beneficial talk indeed..!!



# Happy Birthday ..!!



Rtn. Sanjay Takale -  
2nd February



Annet Keya  
Mediratta - 3rd  
February



Rtn. Shani Naushad  
- 5th February



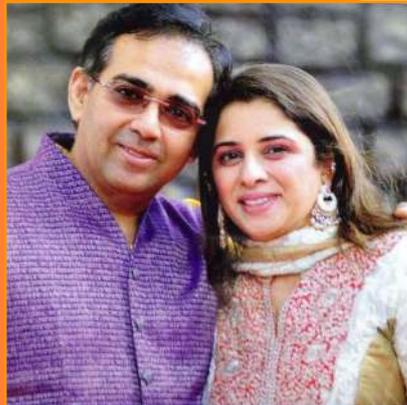
Rtn. Sanjay Gupta -  
9th February



Annet Aditi Menon -  
14th February



# Happy Anniversary ..!!



Rtn. Samir and Ann Veeraj  
Shah - 2nd February



Rtn. Srinivas and Ann  
Shalini Naidu - 25th  
February

### Be Kinder Than Necessary .. During These Challenging Times ..

Just up the road from my home is a field, with two horses in it. From a distance, each horse looks like any other horse. But if you stop your car, or are walking by, you will notice something quite amazing. Looking into the eyes of one horse will disclose that he is blind. His owner has chosen not to have him put down, but has made a good home for him. This alone is amazing.

If you stand nearby and listen, you will hear the sound of a bell. Looking around for the source of the sound, you will see that it comes from the smaller horse in the field. Attached to the horse's halter is a small bell. It lets the blind friend know where the other horse is, so he can follow.

As you stand and watch these two friends, you'll see that the horse with the bell is always checking on the blind horse, and that the blind horse will listen for the bell and then slowly walk to where the other horse is, trusting that he will not be led astray.

When the horse with the bell returns to the shelter of the barn each evening, it stops occasionally and looks back, making sure that the blind friend isn't too far behind to hear the bell.

What does this teach us?

Like the owner of these two horses, God does not throw us away just because we are not perfect or because we have problems or challenges! He watches over us and even brings others into our lives to help us when we are in need.

Sometimes we are the blind horse being guided by the little ringing bell of those who God places in our lives. Other times we are the guide horse, helping others to find their way... whichever role you are playing, play it with complete honesty...The need of the hour is to **show empathy and humanity to mankind.**

Always remember: Good people are like that...You may not always see them, but you know they are always there...

Please listen for my bell and I'll listen for yours ..  
Everyone you meet is fighting some kind of a battle ..  
Be kinder than necessary specially during these challenging times ..

We all are walking by faith and not by sight as we sail through these challenging times ..!!

