

METROPOLITAN

President Rtn Amita Nene Secretary Rtn Rajas Phadke Editor Anna Uday Subhedar

ISSUE 6

December – Disease Prevention and Treatment Month

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December Calendar

Dec 5- AGM

Dec 22- Heritage Walk

Dec 26- X mas party



December कलायात्री

Rtn Madhavi & Kirti Chouhan,
Rtn Bhushan & Aparna Mahajan,
Rtn Varsha & Atul Dawle,
Rtn Manjiri Kuvavala,
Rtn Makarand Ann Yogeshree Phadke
Rtn Amruta Hiremath

PRESIDENTIAL – Rtn Amita Nene



My Dear RCPM family members,

It's a pleasure to connect with all of you through our 6th Bulletin as we continue to make strides in our mission to Service Above Self. As we look back on the events and initiatives we've undertaken this year, it's important to pause and reflect on the collective impact we've made, both within our club and also within our community.

Through our various projects, we are touching the lives of so many individuals who rely on our efforts to bring about positive change. Whether it's providing living sustenance to the underprivileged, supporting education and self-development, championing adult literacy, fostering health awareness or youth initiatives, our collective commitment continues to create a lasting impact. The very fabric of RCPM makes us realise that true service is about continually asking ourselves: *What more can we do? How can we make a difference in more lives?*

I encourage each one of you to remain proactive and offer your time and services as we continue with more initiatives in the coming months. Even the smallest contribution you make; be it your time, your expertise or your financial support; goes a long way to make a difference to what we are trying to achieve as a club.

November being the Rotary Foundation Month, Rotary Club of Pune Metro has already demonstrated exceptional generosity and commitment to the Foundation's goals. We have seen our members wholeheartedly donate to TRF right from the beginning of this Rotary year and all through this month too. Our generosity was well appreciated at the Foundation Seminar with awards and recognitions to our club as well as our benevolent members. Our endeavour towards partnering with industry and organisations

continues as our members work passionately to tap CSR funding opportunities for projects in our focus areas.

This month also saw us launching our Manovedh Project focussing on mental health initiatives for high school children of low-income group. We have seen the phase one our Book Donation Project take off this month with donating Library books to a rural school and we will be conducting 2 more phases in the coming month. Our Projects Durga, Arogyabhaan, Adult Literacy, Rashin Vasatigruha continue to make their positive impact on lives of so many beneficiaries.

On the members' activities front, we have had a very vibrant month behind us, with a fabulous musical evening with Accordionist Amit Vaidya and a very happening Club Picnic that brought us all together in friendship, fellowship and true bonding. We closed the month with a very charming Children's Day celebration where each one of us could wholeheartedly bring out the child within us.

Our team for next year has been identified, so many congratulations to them all as they will start planning for another very vibrant year for our club. We will all work together to make our club a better place. With new ideas on the horizon, opportunities to collaborate, and more service projects on the way, there is much to be excited about.

I am deeply grateful for each of you, and for the energy and passion you bring to our club. Let's keep moving forward with optimism and enthusiasm, and continue to live our motto of **TEAM: Together Everyone Achieves More.**

Thank you for your ongoing commitment, and for being the heart of our RCPM family.


With lots of warm wishes,

Amita Nene

President 24-25

RCPM PROJECTS


Arogyabhan Project features in the GML this month.

Rotary Club of Pune Metro  **Back**

Arogyabhaan :Promoting Children's Holistic well being Original write up by PP Vivek Kulkarni/ Modified suitably by Pres. Amita Nene

After successfully conducting Tarunyabhan (Sex Education for Adolescents), Manovedh (Strengthening Mental Health of teens entering college), Good Touch/Bad touch (Making girls aware of intentions of people around) over years, Rotary Club of Pune Metro (RCPM) wanted to take leap forward towards Holistic approach covering all round aspects of Children well being.

In that context, RCPM Project Evaluation team came across a Program (<https://www.arogyabhan.org/about-arogyabhan.html>) by Arogybhan organization founded by Dr. Mohan Des, a Doctor by profession and social catalyst by Passion. RCPM team was impressed with their content coverage, innovative approach, team expertise and India wide experience of conducting the program. Thus was born Project Arogyabhaan of Rotary Club of Pune Metro that is being conducted at the Pune Municipal Corporation school, Pathare School, Kharadi, Pune. This School primarily caters to children of uneducated parents from economically weaker section. Once conceived, project received financial support



मनोवेध या आपल्या कार्यक्रमाचे दुसरे सत्र आगाशे शाळेत संपन्न झाले. या वेळचा विषय होता “प्रतिक्रिया न प्रतिसाद”. बाया कर्वे institute तर्फे सिद्धी ताई, भाग्यदा ताई आणि आपल्या क्लबतर्फे रो अनघा रो भालचंद्र आणि रो प्रेरणा उपस्थित होते.



RCPM MEETINGS

November 7, 2024

Nomination Committee Election

Total 38 members voted for the Nomination Committee Election.

Results:

Nomination Committee Chairperson

Rtn PP Makarand Phadke

Elected Members of Committee -

Rtn PP Padma Shahane

Rtn PP Deepak Bodhani

Rtn PP Anjali Sahasrabuddhe

Rtn PP Madhavi Mehendaley

Rtn PP Neelkanth Joshi

Rtn PP Narendra Dravid

Default Members of the Committee -

Rtn PE Madhavi Chouhan

Rtn PN Amit Apte

An Evening with Accordion

A truly mesmerising evening it was... Accordion, musical instrument that most of us had only seen on cinema screens and had heard in the music arrangements of some of the truly memorable melodies of the yesteryears....

And today Amit Vaidya presented us with a great opportunity to see this intrigue called Accordion, hear about its history and listen to so many melodious musical renditions of the 50's and 60's era. The entire experience left us in complete awe and wanting more. Heartfelt appreciation of our guest of the evening Amit Vaidya for his unique passion and his thorough dedication to excel in this very unusual art form.

We were further glad to have a new member on board this evening with Amruta Hiremath.



November 28, 2024

Children's Day at RCPM

A very cute and fun meeting this evening....

3 Cute grandkids and their cute performances left us wanting more..... Their proud hands-on grandmas added their special touch.

It was so heart-warming and delightful to see the adorable pictures and videos of all the grandparents from our club with their grandkids.

All of us had a super time playing "Guess Who" when Ann Madhavi Kulkarni kept us eager and intrigued as we tried our best to identify RCPM family members by seeing their childhood pics on screen...

The fellowship of samosa, cupcake and chips were reminiscent of school canteen times and brought back birthday party memories!

It was a perfect setting for letting our hair down!



बालदिननिमित्त रो शुभदा जोगळेकर यांच्या दोन स्वरचित
कविता

ओबडधोबड अंगाचे , विटक्याशा रंगाचे
पाय आमचे फेंगडे , शेषूट सुद्धा तोकडे
उंच मान , छोटे कान , गाव आमचे राजस्थान
रुप नाही तीळभर , मोठे ओझे पाठीवर
ऊंट म्हणतो देवा थांब , काय चुकले आमचे सांग

इटुकली पिटुकली धिटुकली खार
दिसते कशी ऐटदार
शेषूट हिचे गोंडेदार , अंगात कोट पट्टेदार
शेंगा खाते चुरुचुरू , झाडावर चढते तुरुतुरू
मदत करते रामाला , खूप आवडते आम्हाला



RCPM Activity

RCPM had its Picnic Day on Sunday, 17th November.

Such a wonderful day spent today with all of you. A big big round of applause for Convener Rajas and Co-convener Rajesh for their complete dedication to make this picnic a success. They have put in exceptional efforts.

Lecture by Tejas Gole on hand gliding was very intriguing and fascinating. Hats off to his adventurous spirit... Thanks to Rajas for arranging this. And it was a pleasure to have Mahesh kotbagi and Rajas's mother Mrs Swati Gole join us too.

The Cricket game was very entertaining.... And Games conducted by Vaidehi and Panchawagh and the antakshari added to the fun.

The Modaks were the star performers at our sumptuous lunch...

All in all a really fun engaging time spent with all of you!!

Look forward to many more happy and fun times with all of you!



Special Work by Rtn Dattatray Panchwagh

परिवहन व्यवस्थापन पदविका अभ्यासक्रमाचा उदघाटन समारंभ दिनांक २१ नोव्हेंबर रोजी पुणे येथील ग्रामण्ये इन्स्टिट्यूट या ठिकाणी मा. प्रो डॉ संजीव सोनवणे, कुलगुरू यशवंतराव चव्हाण महाराष्ट्र मुक्त विद्यापीठ यांचे हस्ते पार पडला. या प्रसंगी शैक्षणिक पाठ्यक्रमासाठी तयार केलेल्या ५ क्रमिक पुस्तकांचे प्रकाशन करण्यात आले व त्याचबरोबर हा अभ्यासक्रम व पुस्तके तयार करणेसाठी एसटी महामंडळाच्या ज्या निवृत्त अधिकाऱ्यांनी परिश्रम घेतले त्यांचा मा कुलगुरूच्या हस्ते सत्कार करणेत आला. नविन शैक्षणिक अभ्यासक्रम तयार करताना ...

आपल्या पैकी सर्व जणांनी कोणता ना कोणता तरी शैक्षणिक पाठ्यक्रम अभ्यासून चांगली शैक्षणिक अर्हता प्राप्त केलेली होती व त्याचा आपणाला नौकरी /व्यवसायासाठी चांगला उपयोगही झालेला होता.

एखादा अभ्यासक्रम अभ्यासण्याबरोबरच नवीन अभ्यासक्रम तयार करावा अशी इच्छा माझ्या संस्थेमधील म्हणजेच महाराष्ट्र राज्य मार्ग परिवहन महामंडळामधील काही निवृत्त अधिकारी यांच्या मनात निर्माण झाली व यातूनच एका शैक्षणिक अभ्यासक्रमाच्या निर्मितीसाठीचा प्रवास सुरु झाला. ते साल होते २०२०-२१ म्हणजेच कोविड या भयंकर महामारीने जगाला विळखा घातलेले वर्ष.

नवीन अभ्यासक्रमाच्या प्रवासामध्ये महामंडळामधील प्रशासन / वाहतुक /भांडार / लेखा / यंत्र अभियांत्रिकी / माहिती व तंत्रज्ञान

इ. खात्यामधील ३०-३५ वर्षांचा अनुभव असलेल्या व उच्च विद्याविभूषित अशा सात अधिकारी यांचा सहभाग होता .

शैक्षणिक अभ्यासक्रमाचे नामकरण झाले "परिवहन व्यवस्थापन पदविका अभ्यासक्रम". तयार करण्यात आलेला अभ्यासक्रम व प्रत्येक विषयाच्या गोषवारा हा यशवंतराव चव्हाण महाराष्ट्र मुक्त विद्यापिठाकडे गेल्या वर्षी मान्यतेसाठी सादर केला होता. विद्यापिठाद्वारे या वर्षी सादरच्या पदविका अभ्यासक्रमाला मान्यता दिली गेलेली असून ऑगस्ट २४ पासून प्रवेशाला सुरवात करणेत आली असून एकंदर ३३ विद्यार्थ्यांनी अभ्यासक्रमाला प्रवेश घेतला आहे. अभ्यासक्रमाला नोव्हेंबर पासून सुरवात झाली. हा अभ्यासक्रम एक वर्षाचा व दोन सेमिस्टरचा आहे .

या अभ्यासक्रमासाठी शैक्षणिक अर्हता ही कोणत्याही शाखेचा पदवीधर अथवा कोणतीही पदविका व दोन वर्षांचा अनुभव अशी विहित करणेत आली आहे.

नविन शैक्षणिक धोरणाप्रमाणे प्रत्येक सेमिस्टर करता पाच विषय निश्चित करण्यात आलेले होते.

- १ कर्मचारीवर्ग व्यवस्थापन भाग १ व २
- २ वाहतूक व्यवस्थापन भाग १ व २
- ३ भांडार व्यवस्थापन भाग १ व २
- ४ यंत्र अभियांत्रिकी व्यवस्थापन भाग १ व २
- ५ लेखा व्यवस्थापन भाग १ व २

प्रत्येक सत्रासाठी एक अशी दोन सत्राकरिता दोन पुस्तके तयार करायची असून प्रत्येक पुस्तकामध्ये किमान १५ धडे व या प्रत्येक

धड्यांची पृष्ठ संख्या किमान १५ अशी एकंदरीत २२५ पानांची दोन पुस्तकेअभ्यास क्रमासाठी तयार करायची होती .

माझ्या द्वारे कर्मचारी व्यवस्थापन व कामगार कायदे या विषयावर २५० पानांचे पहिले पुस्तक पूर्ण झाले असून सदरचे पुस्तक यशवंतराव चव्हाण महाराष्ट्र मुक्त विद्यापिठा द्वारे त्यांच्या वेबसाईटवर काही दिवसांपूर्वी सादर केले आहे आणि दुसरेही पुस्तक पूर्ण होत आले आहे.

परिवहन सेवेमध्ये व्यवस्थापक म्हणून काम करणेसाठी मोठ्या मनुष्य बळाची गरज असते. व्यवस्थापकाची भूमिका बहुआयामी असते. शासकीय/निमशासकीय/खाजगी परिवहन सेवेमधील अधिकारी व कर्मचारी यांना अभ्यासक्रमाचा चांगला उपयोग त्यांच्या दैनंदिन कर्तव्यपूर्तीसाठी होणार आहे. त्याचबरोबर शासनाच्या परिवहन सेवेमधील अधिकारी व कर्मचारी यांनाही या अभ्यास क्रमाचा चांगला उपयोग होणार आहे.

सदरचा अभ्यासक्रम हा फक्त पुस्तकी नसून प्रत्येक विषयासाठी भरपूर प्रात्यक्षिके / कार्यशाळा /वाहतूक आगारांना भेटी / एखाद्या विषयाच्या अनुषंगाने प्रकल्प तयार करणे इ. बाबींचा अभ्यासक्रमामध्ये समावेश केला असून एका परिपूर्ण वाहतूक व्यवस्थापकाला ज्या कामकाजाचे ज्ञान आवश्यक आहे त्या सर्व घटकांचा समावेश केला आहे.

माझ्यासाठी हा एक झपाटलेला अनुभव होता. मी गेली काही वर्षे आपण एक क्रमिक अभ्यासक्रमाच्या पुस्तकनिर्मितीच्या वेगळ्या दुनियेमध्ये वावरत होतो कारण अभ्यासक्रमाला व पुस्तकाला

मान्यता मिळणे ही फारच प्रदीर्घ व किचकट प्रक्रिया होती व मान्यता मिळेलच याची पूर्ण खात्री नव्हती .

या पुस्तका साठी गेली तीन/चार वर्षे जी अथक मेहनत केली व आर्थिक झळ सोसली त्याचे पुस्तकरूपी फळ हितचिंतकांच्या शुभेच्छामुळे मला मिळाले या श्रमसाफल्याचा मला मनस्वी आनंद आहे.

या प्रवासा मध्ये मला एक गोष्ट प्रकर्षांनी जाणवली म्हणजे कोणताही अभ्यासक्रम विद्यार्थ्यांना शिकवताना फक्त पुस्तकी ज्ञान असलेला अध्यापक उपयुक्त नसून त्या विषयाच्या प्रत्यक्ष कामकाजाचा अनुभव असलेला अध्यापक जास्त उपयुक्त असतो. मला महामंडळाच्या सेवेमधून सेवानिवृत्त होवून पाच वर्षांचा कालावधी झालेला आहे. मी आजही महामंडळामधील अधिकारी व कर्मचारी यांना कर्मचारीवर्ग खात्याच्या कामकाजाबाबत प्रशिक्षण देणेसाठी वेळो वेळी जात असतो.

कोणत्याही क्षेत्रा मध्ये कार्यक्षम अधिकारी व कर्मचारी निर्माण करण्यासाठी निष्णात प्रशिक्षकाद्वारे पुरेसे प्रशिक्षण देणे आवश्यक असते.



The Ekankika Team of RCPM's award winning "Autopuram" did a drama reading session in Tejas society on 27-11-2024.



RCPM in RID 3131

On 25th November RCPM co-hosted a musical show named End Polio Concert.

RYE Promotion Seminar was arranged on Saturday 30th November at Seva Sadan High School by the district.



On 30th November, The Power Play Foundation Seminar was arranged by RID 3131 at Marigold Banquets

RCPM won various awards



Pres Amita accepting Major Donor pin and memento on behalf of Ann Ashwinitai & Rtn Avinashrao Joshi



Pres Amita accepting Major Donor pin and memento on behalf of Ann Mugdha & Rtn Mukund Chiplunkar.



Foundation Director Rtn PP Padma receiving award on behalf of Rtn PP Mukund Chiplunkar for donation to APF.



President Amita receiving award on behalf of Rtn PP Seema Deshpande for donation to APF.

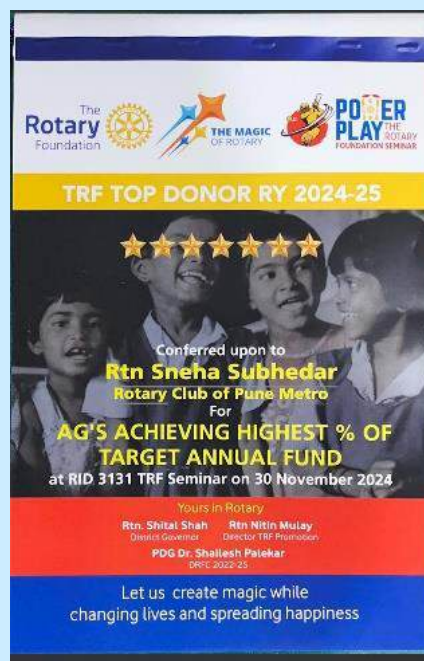
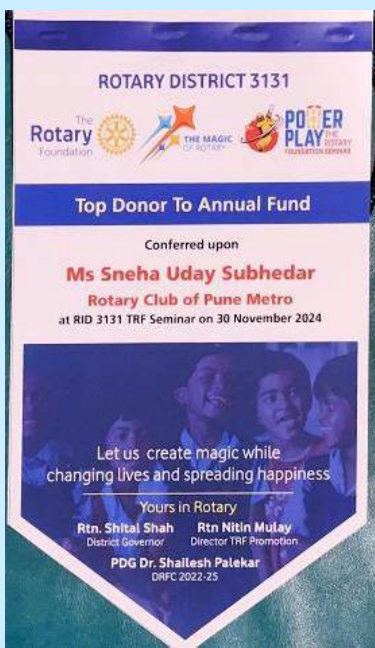
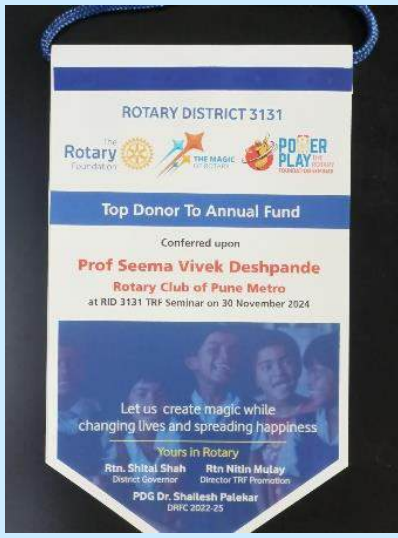
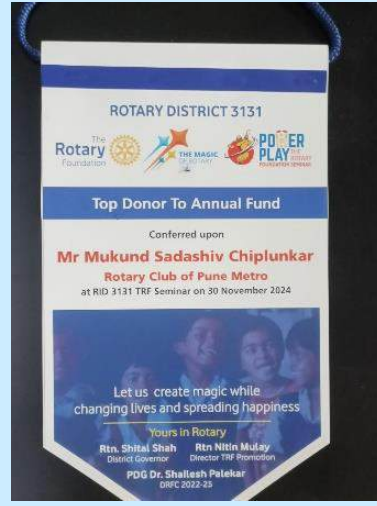


Rtn AG Sneha Subhedar being felicitated as Top donor to APF.



Rtn AG Sneha Subhedar receiving 7 Star AG Award alongwith DG Special Recognition for achieving more than 100% of the Target Annual Fund.

Awards Galore



HEALTH SNIPPETS – Ann Ashwini Joshi

Health Tip: Here are 10 Foods That Burn Fat (www.healthdigeZt.com)

1. Oats : It not only tastes great but also reduces your hunger. Oats contains fiber which helps and stabilizes the levels of cholesterol.

2. Eggs : Eggs are rich sources of proteins and low in calories. Eggs helps us to build the muscles and develops the good cholesterol.

3. Apples : Apples are enriched with powerful antioxidants and other supplements. Most importantly it contains Pectin which helps to reduce the fat cells in the body.

4. Green Chilies : Green chilies contain Capsaicin which helps to develop the body growth cells and burns the calories in quick time.

5. Garlic : Garlic contains Allicin which has anti-bacterial properties helps us to reduce the fat and removes the bad cholesterol.

6. Honey : Honey is the best one to burn fat. Add honey in warm water and take it daily in the early morning.

7. Green Tea : Green Tea is the most effective one which helps you to lose weight. It contains Antioxidants which helps and stabilizes our body weight. Take daily 2 cups of tea for a better results.

8. Wheat Grass : It boosts our metabolism and helps to reduce the fat.

9. Tomatoes : Tomatoes helps us to burn the fat in quick time. It also helps us to stay away from cancer. So, Take tomatoes in your diet regularly.

10. Dark Chocolate : Dark chocolate contains Flavonoids, anti-inflammatory properties which helps to reduce the cholesterol levels in the blood. It boost the growth of serotonin in the blood and also burns the fat.

BIRTHDAYS & ANNIVERSARIES : DECEMBER 2024

| | | | |
|-----|----|---|----------------------------------------|
| Dec | 1 | A | Rtn Vidya and Shyamsundar Mulay |
| Dec | 2 | B | Anna Shekhar Shahane |
| Dec | 4 | B | Ann Shilpa Apte |
| Dec | 4 | A | Rtn Amit and Shilpa Apte |
| Dec | 5 | B | Anna Swanand Gudhate |
| Dec | 9 | B | Rtn PP Avinash Joshi |
| Dec | 10 | A | Rtn Nayana and Rahul Joshi |
| Dec | 13 | A | Rtn Harsha and Pournima Halbe |
| Dec | 14 | A | Rtn Anand and Anuradha Puntambekar |
| Dec | 15 | B | Anna Girish Bapat |
| Dec | 16 | A | Rtn PP Jayant and Jyoti Bokil |
| Dec | 17 | B | Anna Rawindra Mehendaley |
| Dec | 18 | B | Rtn Madhavi Potdar |
| Dec | 20 | A | Rtn PP Abhay and Sangeeta Sontakke |
| Dec | 24 | A | Rtn IPP Makarand and Yogeshree Phadke |
| Dec | 25 | B | Ann Madhavi Gandhi |
| Dec | 27 | A | Rtn PP Kiran and Shwa Kumbhar |
| Dec | 28 | A | Rtn PP Shireesh and Ujwala Lawate |
| Dec | 28 | B | Rtn Sujata Mhalgi |
| Dec | 29 | A | Rtn PP Madhavi and Rawindra Mehendaley |
| Dec | 31 | A | Rtn Manjusha and Harshvardhan Bhawe |
| Dec | 31 | A | Rtn Rajendra and Snehal Erande |

Social Media Presence of RCPM

 Website <https://rotarypunemetro.com/>

 Twitter <https://twitter.com/RotaryPuneMetro>

 Instagram [https://instagram.com/rcpunemetro?
igshid=Y2IzZGU1MTFhOQ==](https://instagram.com/rcpunemetro?igshid=Y2IzZGU1MTFhOQ==)

 YouTube <https://www.youtube.com/@rotaryclubofpunemetro5768>

 Facebook <https://www.facebook.com/RotaryClubofPuneMetro?mibextid=ZbWKwL>

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