

southern star

...अवघे धरू सुपंथ

Official Bulletin Of The Rotary Club Of Pune South

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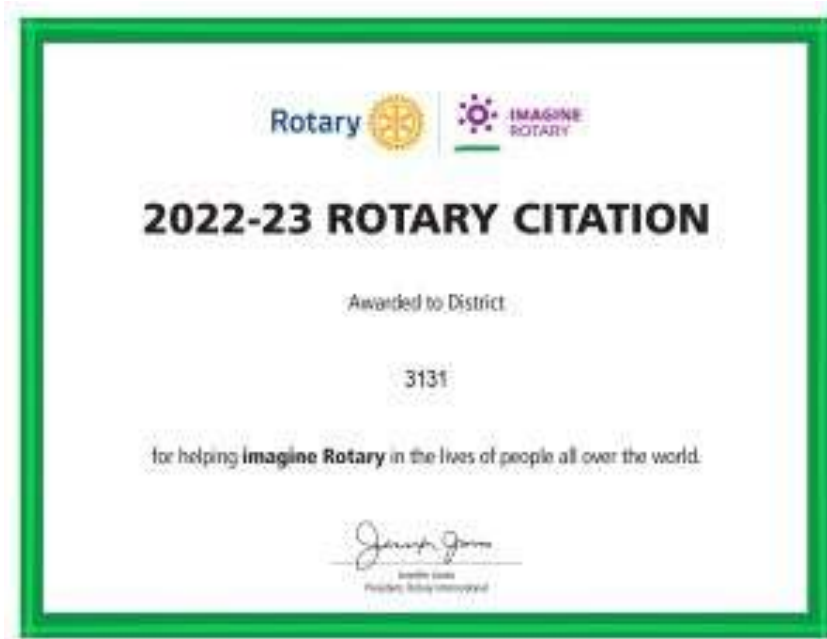
*Celebrating Vocational
Service Month*





अभिन्ननीय

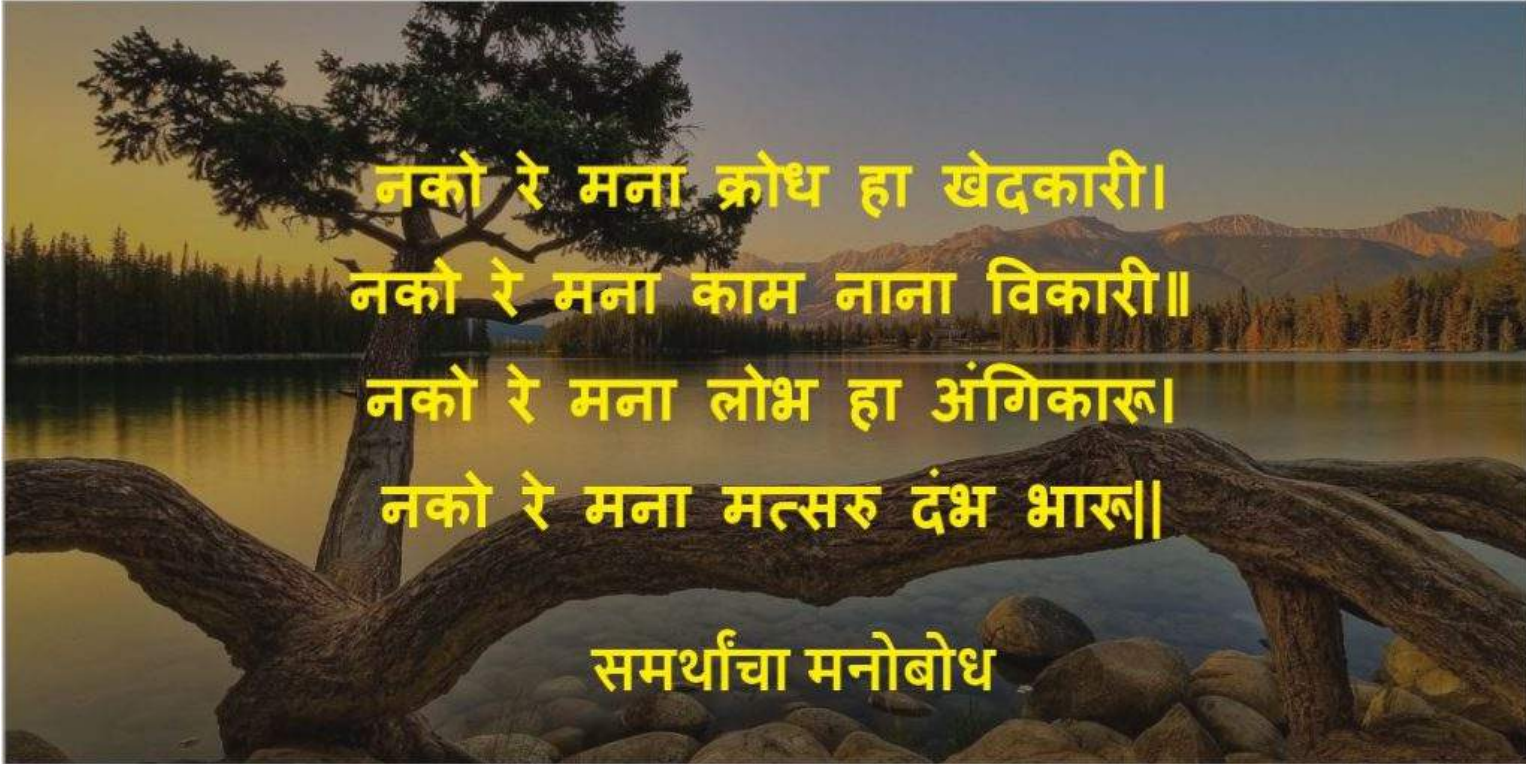
2022-23 Rotary Citation awarded to district 3131



Rotary Club of Pune South received the Gold Club trophy for RY 22-23

Rtn. Dr. Gore was felicitated for translating Kshitij Patukale's book on Angkorvat in English.

Congratulations Sir!





RCPS 12721



IKGAI-Part 3

Rtn. Dr. Subhash Deshpande

There are some ways to find out the meaning of life and its purpose, so that one can live a happy, healthy, satisfying and long life. Logotherapy is one of the methods to attain 'Ikigai'. Logotherapy allows us to live meaningful life by finding out the purpose and meaning of Life. That purpose can be achieved by our own will power, self confidence and by our efforts. This is taught by Logotherapy. This way we overcome anxiety and various other difficulties in life.

In Logotherapy teachings, though one can not find the purpose of Life and the path to be followed, one doesn't remain inactive but overcomes the difficulties of life actively and face the situations head on. In this process outside help, either religious or spiritual is welcome.

If our life is meaningless or without any purpose, then we feel frustrated and are in despair. In Logotherapy these emotions are considered as natural reactions to the situation and not as an illness. They are considered to be an Impetus for the change in life. This Impetus is used to attain once Purpose in Life. If there is purpose in life then ways can be found out to attain that purpose. In Logotherapy instead of a sedentary life challenging life is preferred. These challenges in life are to be overcome by our intelligence and efficiency. This helps in having a healthy long life I.e.'Ikigai'.

In Logotherapy we should not always follow others examples or teachings but use our own genius to attain our goal. If there are insurmountable difficulties in the way or if one is frustrated in attaining that goal, the goal or the Purpose of Life should be changed.

Good or bad behavior doesn't depend upon the circumstances but on the decisions taken in those circumstances. e.g.in the time of shortages ,if your plate is half full, you can snatch the meal from others plate, or on the other hand you also can share your meal with others who have less on their plate.

In Logotherapy:-1)If a person is anxious

2)If one feels that the Life is meaningless

3)If there is a frustration.

Then:-1)Psychotherapist convinces the patient that the above emotions are natural and are Impetus for living a meaningful life .

2)He helps in seeking the Purpose of Life.

3)The patient by himself decides to either accept or reject that goal or even change it.

4)This new Purpose in Life inspires the patient to get rid of his frustration and misery and the patient gains the mental strength to overcome his problems.

To attain 'Ikigai ' I.e.to find out the meaning and Purpose in Life ,so that one can live happy, healthy, Purposeful, long life, there is another method available besides Logotherapy. It is called 'Morita Therapy'.

In Morita Therapy disturbing emotions are considered to be normal and instead of making efforts to get rid of them, they are accepted as our own so that we go on living our life normally without any stoppage. By accepting these emotions as normal and marching ahead towards our goal wholeheartedly ,it is expected that in the passage of Time the circumstances will change and the difficulties will be over. This will result in a change in the emotions to favorable once.Instead of trying to cure the sentiments,one should remain aloof and get over the adverse feelings such as anxiety, passion and frustration.

Total period for Morita Therapy is 15 to 20 days. For first 5 to 7 days, the patient observes complete isolation. In the isolation the patient should observe his own emotions indifferently.

Then for next 5 to 7 days,the patient performs light repetitive tasks like writing ,walking gardening, drawing, performing breathing exercises (Pranayam)etc. in silence. Then for next 5 to 7 days, the patient performs physical tasks along with the above jobs. The patient starts conversing with others, but only about the jobs in hand.



8 November 2023

Fodder Distribution Program

Place - Navali Village, Tal - Purandar, Dist.- Pune Pin- 421303.

Program Objective

- 1. To Help drought affected farmers areas in Purandar for animal fodder.**
- 2. The farmer who has one cow and the bullock pair will get the fodder in priority order.**

Background

During the conversation with the farmers for the purpose of water conservation work in Navali village, the urgent need of animal fodder was discussed and the farmer demanded of fodder to organization. Then the organization approached for fodder demand to Mr. Prabhune Sir of Rotary Club of Pune South.

The first meeting of farmers was held, in which they discussed which organization gave fodder to their farmers. Through Rotary Club South Division Pune, the needy and backward class farmers as well as the farmers who have a one cow and one pair of bulls are going to be helped. this kind of information was given.

On this demand, Rotary gave support of Rs. - 25,000/- to the organization for the fodder of the farmers of Navali village. Then Discuss to Navali Village Sarpanch Shri. Vitthal Mhaske and listed out of needy farmer and backward class and handicap farmers. Total 30 farmers get benefitted through this fodder distribution program. The fodder distribution program was held on 8th Nov 2023. Before Vasubars day at Cow Pujan Day at 10.00 am. The total of nine tonnes of sugarcane was distributed to 30

farmers in Navali Village. The nine tonnes of sugarcane costed Rs-27,000/-. Garm Gourav Pratisthan Contributed Rs. -2000/- and implemented this program. Thank You for your support to the Navali Village Farmers.

Social Worker - 1. Mr. Prashant Kumbharkar. 2. Mr. Sagar Bhonde.



14 December 2023

Cleaning staff training program



14 December 2023

Sewing machine distribution to women under "Dhaga" program



17 December 2023

Blanket distribution



22 December 2023

Dialysis Machine donation

Two dialysis machines were delivered at Jankalyan hospital to serve the community on 22nd December 2023.

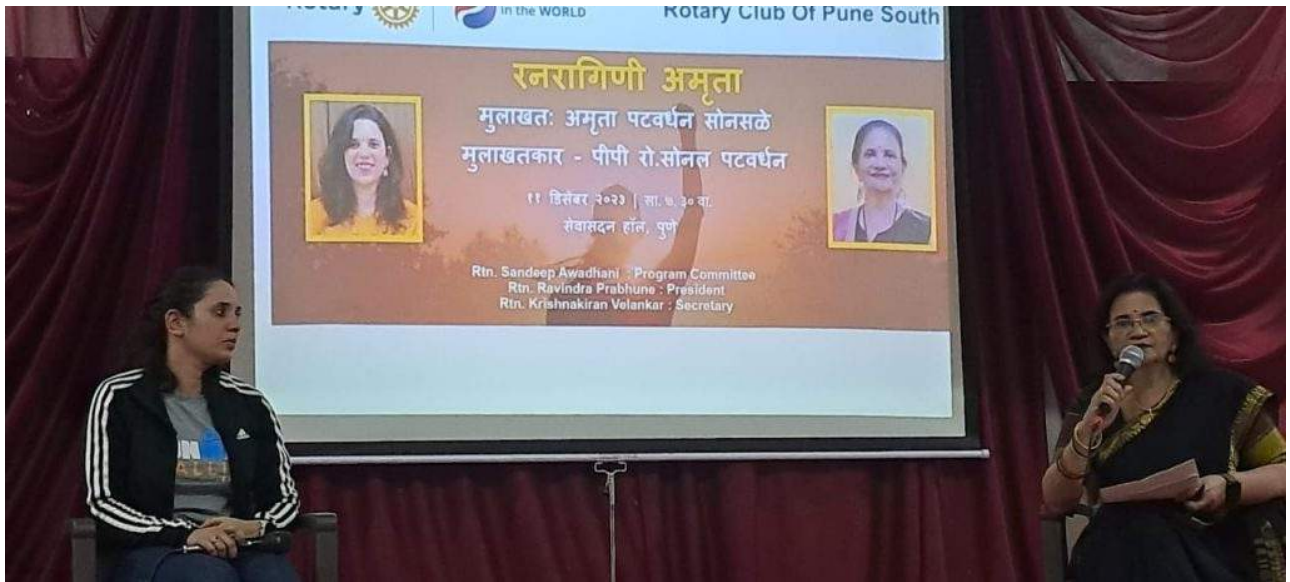
Congratulations to President Prabhune, PP Virenbhai Shah, PND Vinodbhai Agrawal and all others who helped for this project.



साप्ताहिक सभा

11 December 2023

Ranragini Amruta



Everest Base Camp Trek: A Thrilling Expedition Unveiled

18 December 2023

Ann CA Rekha Joshi

During our weekly meeting held on the 18th of December 2023, Rotarian PP Sudarshan Natu shared his captivating experiences from an incredible trek to Everest Base Camp. The presentation commenced with breathtaking visuals, showcasing photographs and videos captured during the trek.

Rotarian PP Sudarshan skillfully narrated how the rapidly changing weather presented various challenges—both physical and mental. He emphasized the significance of teamwork, expressing gratitude for the support received from fellow trekkers and guides. Furthermore, he shared valuable insights into meticulous planning, acclimatization strategies, and essential items to pack for such a strenuous trek.

All Rotarians enthusiastically interacted with Sudarshan and his trek team members. This interaction transported the audience to the heart of the Himalayas! In essence, the Everest Base Camp Trek presentation was a triumph of storytelling and adventure.

25 December 2023

Annual General Meeting

Nomination committee selected following members for Board of Directors 24-25

- १) Secretary - Rtn. Hemant Walimbe
- २) Jt. Secretary - Rtn. Niranjan Thangaonkar
- ३) Treasurer - Rtn. Jitendra Mahajan
- ४) Director - Members Development Committee - P.P.Rtn. Abhijit Joag
- ५) Director - Public Image Committee - P.P. Rtn Dr. Sudhir Waghmare
- ६) Director - Rotary Foundation - Rtn. Madhuri Kirpekar
- ७) Director - Service project committee - PPRtn. Dr. Kiran Purohit
- ८) Director- Service project committee (Human Development)- Rtn. Dr. Vijaya Gujrathi
- ९) Director- Service project committee (New Generation & prtners in services - Rtn. Mridul Ghodke
- १०) President Nominee, Resident Nominee, Vice president, Club Director (RY 26-27)
PP Rtn. Vinod Agrwl

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