

Rotary



ROTARY CLUB  
OF PUNE CENTRAL

CENTRAL  
TURF

PRESIDENT: RTN. BRIG. PK MURALIDHARAN RAJA | HON. SECRETARY: RTN. SAGAR KHANDELWAL  
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## From The President's Desk



Dear Rotarians & R'Anns,

"Bharat is a punya bhumi, yoga bhumi, tyaga bhumi – if anyone undertakes a noble endeavour, there will never be any dearth of resources." This profound ancient wisdom has always resonated deeply with us. Time and again, we have witnessed its truth, particularly within the Rotary Club of Pune Central. Our Club stands as a shining example of service and compassion, with members who consistently go above and beyond to bring positive change to those in need.

The recent Rotary Foundation meeting at the Boat Club was a testament to this spirit, showcasing the remarkable generosity of our members over the years. Your contributions continue to bring hope and transformation to countless lives through meaningful humanitarian initiatives. As we look ahead, I would like to highlight a few aspirations for our Club:

### Paul Harris Fellow Membership for Rotary Anns

Let us work together to honour all Rotary Anns in our Club by making them Paul Harris Fellow Members. This would represent our gratitude for their support and commitment to Rotary's mission. Our Foundation team, led by Rtn. Vipen Malhotra, will reach out to help take this initiative forward.

### 100% EREY Club

Achieving the milestone of becoming a 100% Every Rotarian Every Year (EREY) Club is well within our reach. This requires each Rotarian to contribute a minimum of \$100 annually to the Annual Fund (APF). Let us come together to make this dream a reality and enhance the impact of our efforts.

In today evening's Weekly Meeting at the Poona Club, we have the **silent go getter of Pune City, Ms Malati Kalmadi**, who is passionately involved in holistic and meaningful education, speaking to us on the subject **"Giftedness: Presentation by Kaveri Gifted Education and Research Centre"**. While India focusses on education for All and Children with special needs, Gifted children have been largely overlooked. The gap must be filled if we are to unlock the potential of millions of gifted children across India. We are thankful to Rtn PP Madhu Rathi who has invited this articulate speaker and we look forward to your attendance in large numbers.

Let us uphold the ideals of Rotary and continue inspiring change in our communities. Together, we can make a profound and lasting impact.

Warm regards,

**Brigadier PKM Raja**  
President, Rotary Club of Pune Central

CLUB NUMBER : 021813 | RI DISTRICT : 3131

The Bulletin contains news and views from the RCPC and Rotary community and may not reflect the view of RCPC's Board of Directors



## Today

This Saturday 30th November 2024 Meeting Topic is '**GIFTEDNESS**', speaker **Mrs. Malati Kalmadi**.



I appeal to all members to be present in large numbers for the meeting. An interesting topic will be presented by Mrs. Malati Kalmadi along with her team of two doctors.

She is going to cover very important topic on children and what we can do for them.

While India focuses on Education for All and Children with Special Needs, gifted children, have been largely overlooked. Since the 1960s, efforts to nurture the gifted have not been done, with an overemphasis on academic performance and routine learning rather than developing higher-order thinking skills. Additionally, there has been little focus on creativity, performing arts, and sports, leaving India behind on the global stage in these areas. While India's National Education Policy (NEP) 2020 acknowledges the importance of supporting gifted and talented students, there is still a pressing need for a structured and detailed framework for its implementation. This gap must be filled if we are to unlock the potential of millions of gifted children across India.

At the Kaveri Group of Institutes, they recognized this gap early on as a key area of concern. In 2009, they began journey by informally setting up the Kaveri Gifted Education and Research Centre (KGERC). Over time, in the year 2014, their efforts evolved into a structured initiative, with a strong emphasis on research and evidence-based strategies that are culturally relevant to our diverse society.

From above, you will realize how important will be her talk. The presentation will be done by Kaveri Gifted Education and Research Centre.

Additionally, there will be a half-hour Pre-Meeting Fellowship starting at 6:30 PM, with the meeting officially commencing at 7:00 PM.

We look forward to seeing you there!

## The Week That Was (From Rtn. Sagar Khandelwal)

This week's meeting celebrated a momentous occasion—Rotary Foundation Day. It was a special evening dedicated to learning about the remarkable work of The Rotary Foundation, its journey since inception, and the invaluable contributions it continues to make worldwide.

President Brig. PKM Raja set the stage with a warm welcome, followed by the National Anthem. He emphasized the importance of understanding Rotary's broader mission, setting the tone for an evening of reflection and inspiration.

The pleasantries brightened the gathering as we celebrated Birthdays of Rtn. Parvin Malhotra (November 24), Rtn. PP Vijai Sarkar (November 25), Rtn. Dr. Saroj Bande (November 26), and Rtn. Lalit Vij (November 26). Wedding Anniversaries of Rtn. Nitin and R'Ann Sonia Rajore (November 24), Rtn. Dr. Ashok and R'Ann Dr. Sheila Bhave (November 26), and Rtn. Narendra and R'Ann Kamini Sanghvi (November 27).

The program then delved into the heart of Rotary Foundation Day.

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Rtn. PP Raja Kharadkar shared valuable insights into the operations of Rotary International, giving members a clearer picture of how Rotary's global mission is executed at both international and regional levels. His talk inspired members to engage more deeply with the organization's mission and projects.

Rtn. Charu Shrotri took members on an enlightening journey through the history of The Rotary Foundation, from its humble beginnings to becoming a global force for change. He highlighted how clubs in our Pune District 3131 have benefited from the Foundation's resources, emphasizing the impactful projects made possible through its funding. The talk was followed by thoughtful discussion during the Q&A session.

The evening also included a special recognition of TRF donors, whose contributions exemplify the Rotary spirit of giving back to society. Their support ensures that Rotary continues to make a difference in communities worldwide.

Rtn. Vipen Malhotra delivered a thoughtful Vote of Thanks, expressing gratitude to the speakers and all who participated in making the evening a success.

### Looking Ahead

Next week's meeting, on Saturday, November 30, 2024, will be held at Poona Club Conference Hall 1. We'll hear from Ms. Malati Kalmadi, who will present "Illuminate India" by Kaveri Gifted Education and Research Centre. Let's look forward to another engaging and enriching session!

See you all next week!



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## Some interesting happenings to take note of

### Indian Maritime Foundation Revives Tradition with Wreath Laying Ceremony at Seamen's War Memorial in Pune



The Indian Maritime Foundation (IMF) recently revived a meaningful tradition after a four-year hiatus. On November 10th, members of the IMF participated in a Wreath Laying Ceremony at the Seamen's War Memorial in Bund Garden, Pune. This poignant ceremony honored the memory of fallen sailors and marked a significant moment for the community.

The event was attended by senior IMF members, including Rtn Cmde Ajay Chitnis, Immediate Past President of the Rotary Club of Pune Central, and other esteemed dignitaries. The ceremony began with the Naval Prayer, followed by a minute of silence to pay respects to the fallen sailors. The wreath was then laid by senior officials, adding a touching gesture to the proceedings.

Notably, the memorial site had fallen into disrepair due to debris dumping but was restored through the tireless efforts of IMF Council members. They collaborated with the Pune Municipal Corporation and its Garden Department to revive the site, ensuring that the Seamen's War Memorial could once again serve as a dignified tribute to those who have made the ultimate sacrifice.



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## Eye Check up Camp

From Rtn. Oni Kakajiwala

The Rotary Club's vision care initiative at Shivraj Vidya Mandir, Wadgaon Sheri, helped to organize by Poornima Gadia of Disha Institute along with the help of Community Eye Care Foundation. Benefited 526 children and 1 staff members. The eye camp revealed 454 children with normal vision, while 32 require corrective glasses and 34 were referred for cyclo-refraction testing.

The next Eye Check Up Camp is scheduled for the 5th December at Ralegaon Siddhi (Shri Anna Hazare) School, approximately 700 students to be screened



## My City My Pride' & First Riverbank Cleanup-2024

Organised by Rtn Cmde Parvin Malhotra of RCPC alongwith Officials and Cadets of Sea Scouts & Guides Pune.

Cleaning was done on the banks of River Pavana and approx 836 bags of trash weighing 11 tons were collected.



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

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

### **18 - ROTARY ANNS / ROTARY PARTNERS**

In many Rotary clubs throughout the world, wives of male members are affectionately called "Rotary Anns". This designation was never one of disparagement, but rather grew out of an interesting historical occasion.

The year was 1914 when San Francisco Rotarians boarded a special train to attend the Rotary convention being held in Houston. In those days few wives attended Rotary events, and until the train stopped in Los Angeles, the only woman aboard was the wife of Rotarian Bru Brunnier. As the train picked up additional convention-bound delegates, Mrs. Ann Brunnier was introduced as the Rotarian's Ann. This title soon became "Rotary Ann." Since the clubs of the West were inviting the Rotarians to hold their next convention in San Francisco, a number of songs and stunts were organized which would be performed in Houston. One of the Rotarians wrote a "Rotary Ann" chant. On the train's arrival at the Houston depot, a delegation greeted the West Coast Rotarians. One of the greeters was Guy Gundaker of Philadelphia, whose wife was also named Ann. During the rousing demonstration, someone started the Rotary Ann chant. The two petite ladies, Ann Brunnier and Ann Gundaker, were hoisted to the men's shoulders and paraded about the hall. The group loved the title given to the two women named Ann. Immediately the same term of endearment was used for all of the wives in attendance, and the name "Rotary Ann" was here to stay. Guy Gundaker became president of Rotary International in 1923 and Bru Brunnier was elected president in 1952. Thus, each of the two original Rotary Anns became the "first ladies of Rotary International."

Very few clubs have Rotary Anns, but many have Partners organizations, some are still called "Inner Wheel." The word Rotary Ann can be heard on a rare occasion, and now you know where it came from.

## ***Food For The Soul***

### **Gulab Jamun**

Gulab Jamun is a classic Indian dessert consisting of dumplings made from milk solids, deep-fried and then soaked in a sweet syrup flavored with rosewater and cardamom.

#### **Ingredients:**

##### **For the dumplings:**

- 1 cup milk powder
- 1/2 cup all-purpose flour
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 cup lukewarm milk
- 1/4 cup ghee or oil
- Chopped pistachios or almonds for garnish

##### **For the syrup:**

- 1 cup granulated sugar
- 1 cup water
- 1/4 cup rosewater
- 1/4 teaspoon ground cardamom



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### Instructions:

1. Make the dumplings: In a large mixing bowl, combine milk powder, flour, baking soda, and salt. Gradually add lukewarm milk and mix until a smooth dough forms. Add ghee or oil and mix well. Cover and let the dough rest for 30 minutes. Divide the dough into small balls.
2. Deep-fry the dumplings: Heat oil in a deep frying pan over medium-high heat. When the oil is hot, add the dumplings and fry until they're golden brown. Drain on paper towels.
3. Make the syrup: In a large saucepan, combine sugar, water, rosewater, and ground cardamom. Heat over medium heat, stirring until the sugar dissolves. Bring the syrup to a boil, then reduce the heat to low and simmer for 5-7 minutes.
4. Soak the dumplings in syrup: Add the fried dumplings to the syrup and simmer for 5-7 minutes, until they're fully soaked.
5. Serve: Serve the Gulab Jamun warm or chilled, garnished with chopped pistachios or almonds.

Enjoy your delicious homemade Gulab Jamun!

## *Here's a poem for December:*

December's chill begins to bite,  
Frosty mornings, icy night.  
The earth is barren, still and grey,  
As winter's peaceful silence holds its sway.  
The stars shine brightly in the sky,  
As snowflakes swirl, and dance, and fly.  
The fireplace crackles with warmth and light,  
A haven from the cold, dark night.  
The scent of pine and peppermint fills the air,  
As Christmas magic is beyond compare.  
A time for joy, for love, for cheer,  
December's spirit banishes all fear.  
So let the snow fall soft and deep,  
And let our hearts be filled with love and sleep.  
For in December's chill, we find a peaceful nest,  
A time for dreams, for hope, for love, and rest.

Anonymous



## ***The Gift of Kindness***

**(A contributed story from 'Chicken Soup for the Soul')**

It was a cold winter morning, and I was on my way to work. As I walked to the bus stop, I noticed an elderly woman struggling to shovel the snow from her driveway. She was frail and looked like she was in her early eighties. I approached her and offered to help. She gratefully accepted, and I shoveled the snow from her driveway. As I finished, she invited me in for a cup of hot chocolate.

As we sipped our hot chocolate, she told me that her husband had passed away a few months ago, and she was struggling to cope with the loss. She said that she had been feeling lonely and isolated, and that my act of kindness had brightened her day.

As I prepared to leave, she handed me a small package. "What's this?" I asked.

"A gift," she replied. "A small token of appreciation for your kindness."

I opened the package and found a beautiful silver locket with a note attached to it. The note read:

"Kindness is a gift that keeps on giving. Pass it on."

I was deeply touched by her gesture, and I realized that my act of kindness had not only brightened her day but had also given me a valuable lesson.

### **Reflection Questions:**

1. Have you ever experienced the kindness of a stranger? How did it make you feel?
2. What are some ways you can show kindness to others in your daily life?
3. How can you "pass on" the gift of kindness to someone else?
4. What are some benefits of showing kindness to others, both for the giver and the receiver?

Here are some affirmations to help you cultivate and attract kindness into your life:

### **Self-Kindness Affirmations:**

1. I am worthy of love, care, and kindness.
2. I choose to treat myself with compassion and understanding.
3. I am gentle with myself and prioritize my well-being.
4. I celebrate my strengths and accomplishments with kindness and pride.
5. I release self-criticism and embrace self-love.

### **Attracting Kindness Affirmations:**

1. I attract kindness and compassion from others.
2. I am surrounded by loving and supportive people.
3. I trust that the universe provides me with abundance and kindness.
4. I radiate warmth and kindness, drawing positive relationships into my life.
5. I am grateful for the kindness and love that I receive from others.

### **Cultivating Kindness Affirmations:**

1. I choose to see the good in everyone and everything.
2. I am a source of kindness and compassion in the world.
3. I take time to listen and understand others with empathy and kindness.
4. I practice forgiveness and let go of negativity with kindness and love.
5. I am committed to spreading kindness and joy wherever I go.





**Tips:**

1. Repeat these affirmations daily, with conviction and feeling.
2. Write them down and post them in places where you'll see them often.
3. Share them with friends and family to inspire kindness and positivity.
4. Take a few moments each day to reflect on the kindness you've received and the kindness you've shared with others.

Remember, kindness is a muscle that can be developed with practice and repetition. By using these affirmations, you'll cultivate a more compassionate and loving heart, attracting kindness and positivity into your life.

## ***Let's Get Introduced To The Magical World Of Haikus***

**Contributed by Rtn. Krishn Kumar**

A haiku is a short, unrhymed Japanese poem that's made up of 17 syllables in three lines:

**Structure**

The syllables are arranged in a 5-7-5 pattern.

**Content**

Haiku poems often depict a brief moment in time and include a "cutting word" (kireji) to create a sense of closure or pause. They also typically include a seasonal reference (kigo).

**Autumn Haiku**

1. She broke up with him  
In the middle of autumn  
Like a Haiku poem
2. Soon after the bee  
Flew away to the next flower  
She looked for another
3. The seasons changed clothes  
Openly for all to see  
But none noticed it
4. He sang all alone  
With eyes closed, shy and lonely -  
A crowd in his mind
5. Showers softened sunrays  
A branch gave birth to a leaf  
A gust broke the branch
6. The breeze pure and clean  
That travels from hills and dales  
Dies in the city
7. The grey clouds stood out  
In the blue sky. Night came and  
The clouds vanished. Did they?



### Let's make this more personal

How can you convert this statement into a Haiku?

'Rotarians are kind people who serve the world with happiness and gusto.'

#### The Answer:

Rotarians serve

Happiness in every act

Kindness in their hearts

## Some Fun and Awe-Inspiring Facts!

- 1. There's a fungus that turns ants into "zombies"!** Ophiocordyceps unilateralis infects ants and controls their behavior, causing them to climb to high locations and bite onto a leaf before producing spores.
- 2. The shortest war in history lasted only 38 minutes!** The Anglo-Zanzibar War between the UK and Zanzibar on August 27, 1896, lasted a mere 38 minutes.
- 3. Butterflies taste with their feet!** Butterflies have taste receptors on their feet, which help them detect the sweetness or bitterness of a substance.
- 4. There's a lake that's so alkaline, it can turn animals into statues!** Lake Natron in Tanzania has a pH level of around 10.5, making it one of the most alkaline bodies of water on Earth.
- 5. The world's largest living organism is a fungus!** Armillaria ostoyae, also known as the honey mushroom, covers over 2,200 acres in Oregon, USA.
- 6. Cats have a special talent for recognizing the sound of their owner's voice!** Research shows that cats can distinguish their owner's voice from other voices, even when they're spoken in a neutral tone.
- 7. There's a species of shark that can live for up to 500 years!** The Greenland shark (Somniosus microcephalus) is one of the longest-living vertebrates on the planet.
- 8. The world's largest snowflake was 15 inches wide!** On January 28, 1887, a snowflake measuring 15 inches in diameter and 8 inches thick fell in Montana, USA.
- 9. Dolphins sleep with only half their brain at a time!** This allows them to remain alert and aware of their surroundings, even while they're sleeping.
- 10. There's a type of jellyfish that's immortal (we already learned about this one, but it's so cool it's worth repeating)!** Turritopsis dohrnii, also known as the "immortal jellyfish," can transform its body into a younger state through transdifferentiation.



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## From the Editor

My Dear Rtns and R'Anns

Through selfless acts of kindness, compassion, and service, Rotary members transform lives and communities, embodying the organization's timeless values. This is showcased through exceptional projects, courageous initiatives, and heartfelt deeds that demonstrate selfless service, foster meaningful connections, celebrate diversity, uphold unwavering ethics, and drive positive change through empowering leadership, ultimately shaping brighter futures.

Here's wishing you a wonderful December ahead. Let's make our memories incredibly special!

December's delight  
Special memories unfold  
Joy in every moment (Haiku☺)

Warm regards,  
Behzad Randeria

## What to Expect in the Next Four Weeks

- **December 7** – Program by Rtn. PP Madhu Rathi Sub Group on 'Disease Prevention and Treatment' – Eminent Speaker Mr. Aakash Ramchandani from SutraLETICSS
- **December 14** – Internal Program
- **December 21** – Annual General Meeting (AGM)
- **December 28** – X'Mas and New Year Eve Holiday

## Birthdays and Anniversaries



### Rtn / R'Ann

R'Ann Nafisa Kakajiwala  
R'Ann Suchi Bhargava  
R'Ann Ranjana Bhalla  
R'Ann Savita Dharmadhikari  
Rtn. PP Rajendra Shah  
Rtn. Vidya Saraf

### Birthday

November 30  
December 2  
December 3  
December 3  
December 3  
December 4



### Member and Spouse

Rtn. Girdharilal and R'Ann Usha Sakhrani  
Rtn. Dr. Sarang and R'Ann Dr. Bhavna Rote  
Rtn. PP Dr. Ramesh and R'Ann Bharati Dumbre  
Rtn. Vinay and R'Ann Archana Biyani  
Rtn. Jitendra and R'Ann Dhanashree Sandu  
Rtn. Shrikant and R'Ann Namrata Sarda  
Rtn. Yogesh and R'Ann Hina Shah

### Wedding Anniversary

November 30  
December 01  
December 3  
December 3  
December 5  
December 5  
December 5

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