

PRATIMA

Bulletin of Rotary Club of Pune Kothrud

President
Rtn. Manish Didmishe

Editor
Ann Rekha Pandit

Hon. Secretary
Rtn. Rahul Khandekar



RCPK's Victorious Drama Team

Meetings:
Every Tuesday, 7 pm - 8:30 pm
Damle Hall, Law College Road, Pune



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PRESIDENT'S MESSAGE



Dear Rotarians and Partners,
Greetings!

As we commenced the month of October, we held our inaugural Club Assembly, a significant opportunity for reflection and understanding the plans for next 3 months. During this meeting, the Board presented a comprehensive overview of the work accomplished over the past three months, alongside our plans for the upcoming quarter. It was gratifying to witness the dedication and commitment exhibited by our team members, whose concerted efforts have been instrumental in driving our initiatives forward at an impressive pace. The unwavering support and enthusiastic participation of our club members have played a crucial role in this journey, and we look forward to continuing this momentum in the months ahead.

Our steadfast commitment to excellence in education and literacy was exemplified through two distinctive Synergy RYLAs. The first was conducted in collaboration with the Rotary Club of Narayangaon for students of the College of Agri Business Management in Narayangaon, while the second, the Sixth Sense RYLA, focused on Deaf and Mute students from C.R. Ranganath College in Pune, in partnership with the Rotary Club of Katraj.

Both RYLAs featured thoughtfully curated topics that were delivered with remarkable precision by our esteemed trainers: Past Presidents Ujwal Tawde and Satyajit Chitale, Partner Umesh Kulkarni, and other external faculty members. The heartfelt reactions from students and school management during the feedback session underscored the profound impact of these programs.

Additionally, we held a Relationship Counselling session led by Rotarian Urmila Haldankar for female students at SNDT College. We extend our sincere appreciation to our dedicated team of trainers whose tireless efforts are making a significant difference in the lives of these students. Your commitment is truly commendable!

October was a vibrant month filled with festivals and celebrations. One of the highlights was the Kojagiri Night celebration, a delightful musical evening meticulously organized by Partner Anupama, Madhavi, Rotarian Madhura, and their dedicated team. The event showcased the remarkable talents of our club members, who captivated the audience with melodious performances. The exceptional contributions from each participant, combined with the enthusiastic engagement of all attendees, created an atmosphere of joy and camaraderie that was truly enchanting.

We celebrated Diwali in splendid fashion, marked by a fabulous musical evening featuring the renowned artists Ketan and Swaradha Godbole, which was truly a delightful experience for all attendees. The event was further enhanced by exquisite decorations, and the presence of members and partners adorned in beautiful traditional attire, creating an atmosphere of warmth and festivity. The sumptuous fellowship shared among all made the evening exceptionally memorable.

Special appreciation is extended to Partner Anupama, Madhavi, Jyotsna, Manisha, Rotarian Madhura, Neena, and all members of the Cultural Committee for their dedicated efforts in crafting such cherished moments throughout the month. Additionally, our Fellowship Team, led by Partner Bhakti, deserves

commendation for consistently providing excellent fellowship at all meetings and events.

This year, our Club reached new heights of achievement at the Ekankika Spardha, proudly presenting our act "Uttardaitva," which garnered an impressive six awards in the competition. This remarkable success was made possible through the incredible dedication, meticulous planning, and disciplined efforts of our talented team, including Director Kedar Athavale, Past President Vija, and Rotarians Gayatri, Dr. Vishal, Urmila, Past President Girish, along with Partners Umesh, Bhakti, Vasudha, and Varsha. Their unwavering commitment and extensive practice over the past two to three months culminated in a flawless and captivating performance that truly shone on stage.

We must also extend our heartfelt appreciation to the invaluable support team comprising Partner Shobha, Archana, Mithilesh, Past President Prashant, Satyajee, and Rotarians Date and Suhas, whose contributions were instrumental during the event. Their collective efforts and teamwork exemplified the spirit of collaboration and creativity that define our Club.

Our Anns Interest group had arranged a talk on very unique topic – Kokanatil Lokdevta by Dr. Shilpa Hadap. She shared some incredible details on the various deities in Konkan region and some remarkable stories about them. It was truly a remarkable experience.

I am also happy to share regarding the progress in the Community Service projects avenue. For TB Eradication, we have identified the first X-ray machine to be purchased for PMC and it will be handed over soon. I would like to really appreciate the efforts of our member Rtn. Amol Gautam who has been instrumental in selection and finalisation of this machine. Our next phase of Ramnadi Restoration is operational from this month. This project will be completed through the generous donation from Elkay Chemicals (PP Dr. Ravi & Alka Kulkarni). Our fund raising team is fully active in meeting new CSR partners and soon will be able to raise the funds for the remaining projects.

Friends, the month of November is the FOUNDATION MONTH. One of Rotary's greatest strengths is the ability of our members to come together to create lasting change, and The Rotary Foundation helps us transform dreams of change into reality. That is what we call Magic of Rotary. I therefore appeal to all our club members to donate generously to the Foundation. A small contribution by each member goes a long way in giving much bigger and more effective service projects for our community through Global Grants.

In November, we have a host of engaging activities planned, including the Marathi Natak Fellowship, Anns Interest Meeting, and the elections for the Nomination Committee. We look forward to the full participation of all members in these events. Thank you once again for your continued support and enthusiastic engagement. Your involvement is vital to our success.

**Best regards,
Rtn. Manish Didmishe
President 2024-25**



November is Rotary Foundation month, a great time to get to know your Foundation better. One of Rotary's greatest strengths is the ability of our members to come together to create lasting change, and The Rotary Foundation helps us transform dreams of change into reality. That is what we call Magic of Rotary.

The Rotary Foundation - it's the heart of Rotary

The Rotary Foundation is recognized as one of the most effective and well-managed charitable organizations in the world. The Rotary Foundation is organized as a public charity operated exclusively for charitable purposes and governed by a Board of Trustees. The headquarters of Rotary International and The Rotary Foundation are in Evanston, Illinois, USA and it has associate foundations in Australia, Brazil, Canada, Germany, India, Japan, Korea, and the United Kingdom. The Foundation is having a 4 star rating from Charity Navigator (an independent evaluator) and is recognized by WHO and United Nations for its notable contributions to the world.

The Foundation

The Rotary Foundation's beginning -

Some magnificent projects grow from very small seeds. The Rotary Foundation had that sort of modest beginning. The Foundation was created in 1917 by Rotary International's sixth president, Arch C. Klumph, as an endowment fund for Rotary "to do good in the world." He proposed it as outgoing president at the 1917 convention. In 1928 it was renamed The Rotary Foundation, and it became a distinct entity within Rotary International. Beginning with an initial contribution of US \$26.50, it has grown to over \$350 Mn in 2023.

Our Foundation offers so many ways to change the world for the better -

Global grants support large international activities with sustainable, measurable outcomes in Rotary's areas of focus. By working together to respond to pressing community needs, clubs and districts strengthen their global partnerships.

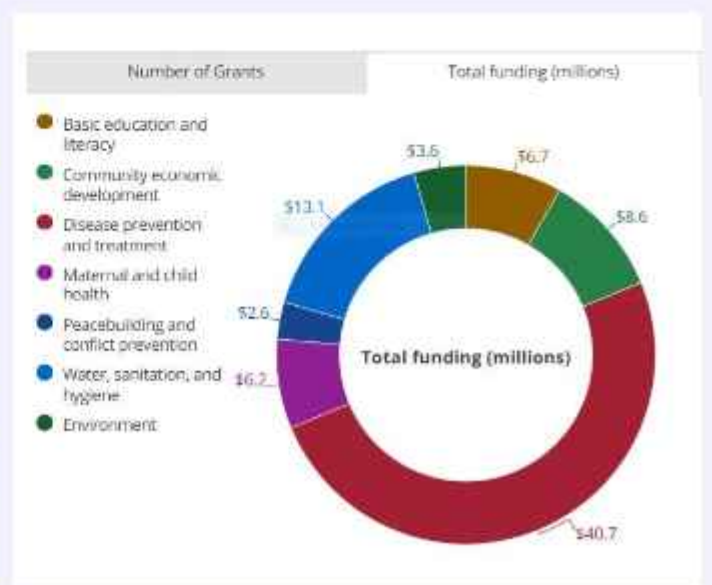
District grants fund small-scale, short-term activities

that address needs in your community and in communities abroad. Each district chooses which activities it will fund with these grants.

Your gifts to our Foundation also make Programs of Scale possible. These are large (over \$ 2Mn) long-term projects that seek to solve problems in our key areas of focus.

Our Foundation can even help you support our wonderful youth programs, including Rotary Youth Exchange, Rotary Youth Leadership Awards, and Interact. From eradicating polio to building peace, much of the work we do around the world would not be possible without continued support of our Foundation.

Areas of Focus and spending in 2023 -



Foundation recognition –

The foundation appreciates and recognises the contribution from each Rotarian and that is why we say it is OUR Foundation. For the benefit of all members, listing a few of the recognitions -

Rotary Foundation Sustaining Member-A Rotary Foundation Sustaining Member personally contributes \$100 or more each Rotary year to the Annual Fund

Paul Harris Fellow - Paul Harris Fellow recognition is given to anyone who contributes \$1,000 or more cumulatively

Multiple Paul Harris Fellow - Multiple Paul Harris Fellow recognition is given at subsequent \$1,000 contribution starting from Level 1 for \$2000 to Level 8 for upto \$9999

Paul Harris Society - The Paul Harris Society recognizes individuals who notify their intent to contribute \$1,000 or more each Rotary year

Major Donor - Major Donors are individuals or couples whose combined giving has reached \$10,000, further classified from Level 1 to Level 4 with contributions till \$249,000

Arch Klumph Society - The Arch Klumph Society recognizes individuals or couples whose giving has reached \$250,000.

100% Foundation Giving Club - This banner is awarded to clubs that achieve an average of \$100 in per capita giving

and 100% participation, with every dues-paying member contributing at least \$25 during the Rotary year.

100% Paul Harris Fellow Club - For a club to be eligible, every dues-paying member needs to be a Paul Harris Fellow

Why give to the Foundation -

Giving to the Foundation is smart, because in doing so, you multiply the value of that gift. How many other foundations can you think of that identify the projects, fund them, and run them on the ground themselves? And we get it all done at such a relatively low administrative cost. This is one reason Charity Navigator consistently gives the Foundation a four-star rating.

There's a saying that goes, "I alone cannot change the world, but I can cast a stone across the waters to create many ripples." The Foundation is that stone, so let us turn ripples into great waves with it, using our hearts and our minds.

Remember, it's not about the money; it's what the money can do.

Thank you for giving your all to Rotary. You are the reason that Rotary is able to do more and grow more. Let's continue to represent that important legacy this month, this year, and beyond.

Donate generously this FOUNDATION MONT

Rtn. Praveen More

Editorial



Dear Rotarians & Partners,

Let me wish you a lot of happiness, prosperity and peace of mind in this coming new year. For the last few months, it was a period of celebration, starting from the Ganpati Festival, Navaratri Festival followed by Dashera and the festival of lights Diwali. In our club also we celebrated Kojagiri Pournima and the Grand Diwali Function with a Musical feast. This feast of melodies by renowned singers Mr. Ketan Godbole and Ms. Swarada Godbole, made our hearts melt. This was followed by delicious meals satisfying both our heart & soul.

The icing on the cake of the activities of this month was the spectacular performance by our Drama Team under the able guidance of PP Rtn. Vija Raikar. In fact every participant including the back stage artists performed extremely well. The proof of this was a number of prizes fetched by the team based on their all-round performance. The program committee for this year is achieving new feats all the time and I am sure the drama performance is not the end but a part of these continuing achievements.

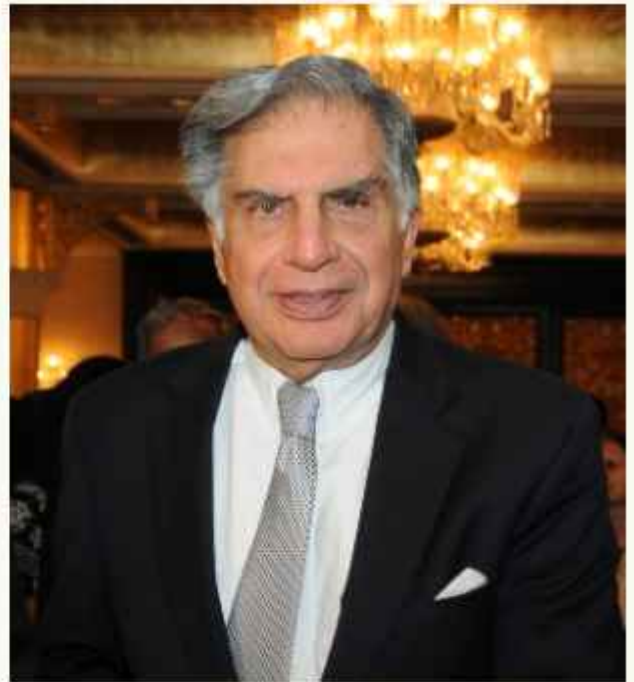
End of an Era

On Wednesday the 9th of October 24, Bharat lost a legend. The whole nation went into mourning. Every family, every individual felt the loss of a family member. It was an exceptionally, unusually sad event, the pinch of which was felt by one and all through the bottom of their heart. It really hurt. At 23.30 IST that day, Mr. Ratan Naval Tata took his last breath at the age of 86. For a person of Mr. Tata's stature any age for death was premature as we the Bhartiya (Indians), wanted him to be immortal. Very rarely such a person is borne, was the feeling, the nation carried.

Mr. Tata certainly was a Great Entrepreneur heading the 'Salt to Software Business Empire', of which we all are proud of. He captained that ship wonderfully, handled it with soft hands, steered it successfully in bad weather and came out with flying colours. His decisions of taking over Tetley Tea (US\$450 million), Truck manufacturing operations of Daewoo Motors (US\$102 millions), Jaguar Land Rover (US\$2.3 billions) and Corus Group (a hefty US\$11.3 billions), all of companies much bigger in size of Tata group's operations in respective fields, were all revolutionary and a proof of a burning desire to grow. And all this with running an extremely ethical, professional & patriotic business empire.

He was also the visionary who in the liberalization era of 1985 onwards realized ahead of others the importance of technology in the coming years. Toward this he revived the operations of Tata Industries and used it as a vehicle to start various technology ventures such as Tata Telecom, Hitech Drilling, Tata Advance Materials, Tata Honeywell, Tata Tele..... the list goes on. With the help of Mr. J. R. D. Tata the Bhishmacharya of the Tata Group, he consolidated the operations of the group's flagship companies, namely Tata Steel, Indian Hotels, Tata Chemicals, Tata Electric Companies and increased the shareholding of Tata Son, the group's holding company from a paltry 3-4% in these companies to 10-15% making any acquisition attempt of these companies unsuccessful. He promoted some kind of common ideology in the management of these companies and replaced the old captains by young, professional managers, a bold but difficult step.

But what Mr. Tata really stood for was not this business savviness, but the selfless human touch that he brought on table. He was among the most humble persons, the industry and society have seen. Despite being the Chairperson (1986 to 1989) of Air India, one



would find him quietly standing in the queue for checking up and carrying his baggage in person. This was unthinkable on the background of some heads of family managed groups, who would demand that their HR take care of such formalities and they just walked in. A man with few words, Mr. Tata always respected others irrespective of their age, qualification, social or financial status.

I was fortunate to have seen him closely a few times during my tenure with Tata Telecom, one of the ventures promoted by him. On one occasion when we went to him to get his views on the plans of new factory in Gandhinagar. (Mr Tata was an Architect from the reputed Cornell University, USA). Our factory plans were prepared by Mr. Hasmukh Patel a renowned architect from Ahmedabad (Eden Garden stadium Kolkotta). Mr Tata quoted his experience from the Silicon valley and advised us to have a linear factory which would give more flexibility in future for expansion. When Mr. Patel started arguing for his design, Mr. Tata just said, 'Look gentlemen I offered my views because you asked. Otherwise, I am not on your Board also. You go ahead with your plans'. But for Mr. Tata being the person in such a situation, heads could have rolled in other groups on such a dispute with the Promoting Director. Incidentally, we went by Mr. Tata's advice and the very next expansion proved that he was more than right. Many instances like this could be quoted, but for want of space and a lot having been written about him by all, I stop at this.

Let me close by saluting this extraordinary son of Bhartmata and offer our prayers to his pious soul.

PP Rtn. Ravi Pandit

FOOD & IMMUNITY

The function of food in human nutrition is well known but its significance in building immunity came to the fore during COVID-19 when the consumption of immunity boosting foods containing essential vitamins and minerals had suddenly gone up manifold in fighting dreadful pandemic.

Skin, mucous membranes, gut, and white blood cells are all part of the body's immune system. Our immune system is complex network of intricate stages and pathways in the body that protects us against harmful microbes as well as certain diseases and influenced by an ideal balance of many factors. A balanced diet consisting of a range of vitamins and minerals, combined with healthy lifestyle factors like adequate sleep and exercise and low stress, most effectively primes the body to fight infection and disease. Malnutrition or a diet lacking in one or more nutrients can impair the production and activity of immune cells and antibodies and not fight the bacterial, viral, and other infections.

On a daily basis, we are constantly exposed to potentially harmful microbes of all sorts. Our immune system recognizes foreign invaders like bacteria, viruses, and parasites and takes immediate action.

Does an Immune-boosting Diet exist?

Eating enough nutrients as part of a varied diet is required for the health and function of all cells, including immune cells. Certain dietary patterns may better prepare the body for microbial attacks and excess inflammation, but it is unlikely that individual foods offer special protection. Each stage of the body's immune response relies on the presence of many micronutrients. Examples of nutrients that have been identified as critical for the growth and function of immune cells include vitamin C, vitamin D, zinc, selenium, iron, and protein (including the amino acid glutamine). They are found in a variety of plant and animal foods. **The most important nutrients among them are Vitamin D, Vitamin C & Zinc which play a very stellar role in making our immune system stronger.** Probably, that explains as why there was an unbridled consumption of supplements of such important nutrients during COVID pandemic without understanding the adverse side-effects some of them might cause on the human body. Megadose supplements (many times the

Recommended Dietary Allowances RDAs) do not appear justified, and can sometimes be harmful or even suppress the immune system (e.g., as with zinc). Remember that vitamin supplements should not be considered a substitute for a good diet because no supplements contain all the benefits of healthful foods.

The foods rich in these nutrients are-

- * **Vitamin C:** Citrus fruits, cherries, some peppers, fresh parsley, Indian gooseberry (amla), green vegetables, strawberries
- * **Vitamin D:** Egg yolk, liver, chicken, red meat, oily fish, milk, mushrooms
- * **Zinc :** Dairy products, whole grains, breakfast cereals, nuts, oysters, red meat, poultry, shrimp, crab and other shell fish, legumes including lentils, beans & chickpeas
- * **Selenium:** Eggs, liver, cod & other fish, sunflower & chia seeds, chicken, brazil nuts, barley, mushrooms
- * **Iron :** Soyabean, lentils, white & red kidney beans, nuts such as almonds & cashews, spinach, red meat, shell fish
- * **Glutamine:** Spinach, yoghurt, salmon fish, eggs, cabbage, cottage cheese, dairy products, nuts & seeds, quinoa

A deficiency of single nutrients can alter the body's immune response. These nutrients help the immune system in several ways: working as an antioxidant to protect healthy cells, supporting growth and activity of immune cells, and producing antibodies.

Diets that are limited in variety and lower in nutrients, such as consisting primarily of ultra-processed foods can negatively affect a healthy immune system. It is also believed that a diet high in red meat and refined sugar which has a similar chemical structure as Vitamin C and gets absorbed first before the vitamin and thus delays latter's absorption and low in fruits and vegetables can promote disturbances in healthy intestinal microorganisms, resulting in chronic inflammation of the gut, and associated suppressed immunity.

The microbiome is an internal metropolis of trillions of microorganisms or microbes that live in our bodies, mostly in the intestines. It is an area of intense and active research, as scientists are finding that the microbiome plays a key role in immune function. **The gut is a major site of immune activity and the production of antimicrobial proteins that are responsible for almost**

70% of body's immune response. A diet plays a large role in determining what kinds of microbes live in our intestines. A high-fibre plant-rich diet with plenty of fruits, vegetables, whole grains, and legumes appear to support the growth and maintenance of beneficial microbes. Certain helpful microbes break down fibre into short chain fatty acids, which have been shown to stimulate immune cell activity. These fibres are sometimes called prebiotics because they feed microbes. Therefore, a diet containing probiotic and prebiotic foods may be beneficial. Probiotic foods contain live helpful bacteria, and prebiotic foods contain fibre and oligosaccharides that feed and maintain healthy colonies of those bacteria.

* **Probiotic foods** the live active cultures of bacteria & yeasts mainly include yoghurt, buttermilk, paneer, apple cider vinegar, fermented vegetables, etc.

* **Prebiotic foods** include garlic, onions, leeks, asparagus, artichokes, bananas, grain such as barley and pulse like lentils. However, a more general rule is to eat a variety of fruits, vegetables, beans, and whole grains for dietary prebiotics.

The elders are a particularly high-risk group. The immune response generally declines with increasing age as the number and quality of immune cells decreases.

This causes a higher risk of poorer outcomes if the elders develop chronic or acute diseases. Some reasons include a poorer appetite due to chronic diseases, depression, or loneliness; multiple medications that can interfere with nutrient absorption and appetite; malabsorption due to intestinal issues; and increased nutrient needs due to hypermetabolic states with acute or chronic conditions. It is therefore important to plan and strictly follow a diet regimen of immune boosting foods and proper exercise to improve and maintain good health.

We can periodically check our body's immunity level (score card) by its response on following 8 points—

- * Whether it daily cleans out bowels well
- * No obesity
- * Clear body skin without acne, spots & rashes
- * Absence of laziness- feel fresh in the morning, not feeling sleepy but remain energetic throughout the day
- * Experiences a strong sense of hunger
- * Experiences a deep sleep
- * No pain in the body
- * Always experiencing positive thoughts

If we positively tick on all 8 points, then we can claim to have the best immunity score card.

Rtn. Pratap Rege

SABUDANA DUMPLINGS

प्रथम साबुदाणा स्वच्छ धुऊन घेणे. नंतर पाणी घालून तो खिचडीसाठी लागेल तसा ४-५ भिजवून ठेवणे. डम्प्लिंगच्या फिलिंगसाठी लाल भोपळा काकडी किसनू, त्यातले पाणी काढून कोरडे करून ठेवणे. त्यातच बारीक हिरव्या मिरच्या चिरून, थोडसे दाण्याचे कुट, मीठ घालणे, थोडीशी बारीक चिरलेली कोथिंबीर. भिजलेल्या साबुदाण्यातले पाणी स्वच्छ निथळून घेऊन आता चक्र पिळून काढणे. त्या साबुदाण्याला मीठ आणि लाल तिखट हाताने चोळणे. मग साबुदाण्याची एका हातात पारी करून घेणे त्या डम्प्लिंग सारण भरणे, वरून परत साबुदाण्याचा एक लेयर देणे. दोन्ही हातांनी छान गोलाकार डम्प्लिंग तयार करणे उकडायच्या पात्रात तेल लावून. तयार केलेली डम्प्लिंग दहा ते बारा मिनिटं वाफवून घेणे साबुदाणा पारदर्शक दिसला की गॅस बंद करणे. एका छोट्या वाटीत गरम तूप त्यात थोडेसे लाल तिखट आणि मीठ घालून. हे तुपाचे मिश्रण तयार झालेल्या डंप्लिंगवर खायला देताना घालणे. खूप सुंदर रंग येतो.

रो. नीना पांगारकर



उत्तरदायित्वएक आनंदी नाट्यानुभव



दरवर्षीप्रमाणे यावर्षीही शिवाजीनगर रोटरी क्लबने एकांकिका नाट्य स्पर्धा आयोजित केली होती. स्वाती क्षीरसागर करंडक स्पर्धा.....एकांकिका स्पर्धेचे हे रौप्य महोत्सवी वर्ष.. ऑडिशनस झाल्या.. आणि शोभाताईचा फोन आला उद्या प्रॅक्टिसला ये.. एकांकिका स्पर्धेत भाग घ्यायचं हे माझं तिसरं वर्ष..

नाटकाची प्रॅक्टिस सुरु झाली.. म्हणजे माझी भूमिका छोटीशीच होती. पण केदारबरोबर काम करायची इच्छा होती.. आणि माझा उत्तरदायित्वचा प्रवास सुरु झाला...

प्रॅक्टिससाठी वेळेत पोहोचण्याची सगळ्यांची धडपड चाललेली असे. कोणी ऑफिसमधून, कोणी घरातील सर्व कामे उरकून, इतर सगळे व्याप सांभाळून प्रॅक्टिसला येत होते. उमेश, गायत्री, विशाल आणि विजा सर यांचं पाठांतर आणि भूमिका एकदम जबरदस्त.

एक आवर्जून सांगावसं वाटतं.. मागच्या वर्षी नाटकामध्ये शेवटी एक गंभीर रडण्याचा सीन होता. ज्यात माझ्या मुलीला माझी सासू मारून टाकते आणि मी टाहो फोडून रडत खाली कोसळते आणि ह्या वेळेसही रडण्याचाच सीन पण तो कॉमेडी करायचा होता. सिरियस रडण्यापेक्षा कॉमेडी रडून लोकांना हसवणं महाकठीण... पण हे कॉमेडी रडणं सुद्धा केदारने इतकं सहजपणे शिकवलं..तर अशा अनेक गोष्टी या प्रवासात शिकत गेले.

छोटासाच प्रसंग पण तो प्रसंग किती सुंदररित्या खुलवता येतो हे अगदी जवळून बघितले. दिग्दर्शकाची कमाल. दुसरं काय.

प्रॅक्टिस चालू असताना हॉलमध्ये कायम खेळीमेळीचे वातावरण असायचे. विजा सर आणि शोभाताई यांनी captainship अगदी समर्थपणे पेलली... भरत नाट्य मंदिरला आमची रंगीत तालीम होती.

त्यानंतर केदारने अनेक additions नाटकात केल्या. नाटक जास्तीत जास्त चांगलं व्हावं यासाठी सगळे मेहनत घेत होते. दिग्दर्शकाने शिकवलेल्या गोष्टी परफेक्ट करण्याची इच्छा,

त्यासाठीचे प्रयत्न आणि एकमेकांचे coordination सांभाळणे यासाठी प्रत्येक आर्टिस्ट ने खूप कष्ट घेतले.

बँक स्टेज मदतनीस सुद्धा प्रॅक्टिसच्या वेळी तसेच रंगीत तालमीच्या वेळेसही आले होते. त्यांचा ही नाटकाच्या यशात महत्त्वाचा वाटा आहे.

नाटकासाठी लागणाऱ्या सामानाची जमवाजमव सुरु झाली. प्रत्येकजण जे जे असेल ते सामान आणत होते. चंदू सरांनी करून दिलेली लाकडाची मांडणी आणि अर्चनाताई ने उपलब्ध केलेली पितळ्याची भांडी यामुळे आमचं नाटकातलं स्वयंपाकघर अतिशय सुंदर, लक्षवेधी दिसत होतं. सगळ्यांच्या एकत्रित प्रयत्नांमुळे आपले नेपथ्य उत्कृष्ट झाले.

आणि मग १६ ऑक्टोबरला सकाळी शेवटची प्रॅक्टिस झाली. नटराजाची पूजा झाली. नाटक यशस्वी होऊ दे अशी प्रार्थनाही केली.

मी संध्याकाळी पाच वाजता भरत नाट्य मंदिरला पोहोचले. थोड्याच वेळात सगळे जमले. सगळं सामान शोभाताई जातीने बघत होती.

मग मेकअप, इतर तयारी... बघता बघता साडे सहा वाजले.. मनात धाकधूक होती, पण केदारने ओमकार प्राणायाम घेतला आणि मन शांत झाले.

नाटक सुरु झाले. प्रत्येक जण आपलं काम चोख बजावत होतं. एक तास संपायला अवधी २ मिनीटं राहिली होती आणि नाटक संपलं. अक्षरशः १ मिनिटात बँक स्टेज मदतनीसांनी पटापट स्टेज बाहेर सामान हलवलं.

सगळे जण खुश होते. बाहेर सगळे मित्र मैत्रिणी वाटच बघत होते. सगळ्यांनी एकच कल्ला केला.

रविवारी २० ऑक्टोबरला बक्षीस समारंभ होता. आम्ही सगळे खूप उत्सुक होतो. एक एक नावं जाहीर होत गेली. त्यात आमच्या RCPK ला ६ बक्षीसं मिळाली. वैयक्तिक, दिग्दर्शन,



नेपथ्य आणि उत्कृष्ट एकांकिका या विभागात गौरविले गेले. मोहन जोशी प्रमुख पाहुणे म्हणून उपस्थित होते. त्यांच्या बरोबर आमचा एक फोटोही काढला. इतकं छान वाटत होतं ना. सगळ्यांच्या चेहऱ्यावर आनंद अगदी ओसंडून वाहत होता. केदार व्हिडिओ कॉल वर होता. त्याने सगळा समारंभ बघितला. त्याच्या चेहऱ्यावर खूप जास्त समाधान आणि आनंद होता.

असा हा नाटकाचा अनुभव समृद्ध प्रवास. ह्या प्रवासात थोड्या फार चुका झाल्या. सगळ्यांनी एकमेकांना सांभाळून घेतलं.

ह्या वर्षीच्या कामात अजून सुधारणा करून पुढच्या वर्षी परत भाग घ्यायचा असा सगळ्यांनी निर्धार केलाय. एक छान टीम वर्क पाहायला मिळालं. आमचे कॅप्टन विजा सर, त्यांना सावली सारखी साथ देणारी आमची शोभाताई आणि कोच केदार तुम्हाला आमच्या सगळ्यांकडून big thank you

पार्टनर वर्षा लेले

KOJAGIRI CELEBRATION

नेहमीप्रमाणेच आपल्या क्लबने मंगळवार दि. ८ ऑक्टोबरला 'कोजागिरी' साजरी करायचे ठरविले. नवरात्र सुरू असल्याने देवीची स्तुतीपर गाणी, जोगवा तसेच कोजागिरीनिमित्त चंद्र, चांदणे यांविषयी गाणी, स्वरचित कविता अथवा आवडलेल्या कवितांचे वाचन असा कार्यक्रम सादर करावयाचे ठरले.

कार्यक्रमांत भाग घेण्यासाठी अतिशय उत्साहाने भरपूर नावांची नोंद झाली. पहिल्या प्रॅक्टिसच्या वेळी कार्यक्रम दिड तासांपेक्षा जास्ती होणार असे लक्षात आले. त्यामुळे काही गाणी व कविता कॅन्सल करण्यात आल्या आणि प्रत्यक्ष तो दिवस आला. कल्चरल कमिटीने केलेल्या डेकोरेशनमुळे प्रत्यक्ष चंद्र व चांदण्या दामले हॉलमध्ये उतरल्याचा भास होत होता.

विविध गुणदर्शनामध्ये सुषमा, माधवी सरदेशपांडे यांनी लक्ष्मी स्तुती व जोगवा सादर केला. वर्षा, उर्मिला, रवि कुलकर्णी, सुमेधा, गायत्री, चंदना, अर्चना इनामदार यांनी विविध गाणी सादर केली.

गुरुराज व ललिता यांनी द्वंद्वगीत सादर केले. श्रीनिवास

रायरीकरच्या बासरीवादनाने कार्यक्रमाची रंगत वाढतच गेली. तसेच वसुधा, भक्ति, मनिषा, माधवी कुलकर्णी, नीना, गिरीश यांनी बहारदार कवितावाचन केले. रुचाने तिच्या आईच्या चारोळ्या म्हटल्या.

यामध्ये देवीस्तुती, युगुलगीत, प्रेमगीत, विरहगीत पासून सुमेधाच्या 'लश्के कमर' अशा विविध छटांमुळे कार्यक्रम खूपच रंजक झाला. माधवी कुलकर्णी व मधुरा येळसंगीकर यांच्या खुमासदार निवेदनामुळे कार्यक्रम रंगत गेला व दिड तास कसा संपला कळलेच नाही. कल्चरल कमिटीने 'उदे ग अंबे उदे' या गाण्याने कार्यक्रमाची सांगता झाली. यंदाच्या कार्यक्रमाचे वैशिष्ट्य म्हणजे आपल्या क्लबला नवनवीन कलाकार व निवेदकही लाभले.

त्यानंतर स्वादिष्ट जेवण व मधुर मसाला दुधाने कार्यक्रमाला अजूनच मजा आली.

Ann. सौ. अनुपमा क्षीरसागर



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