



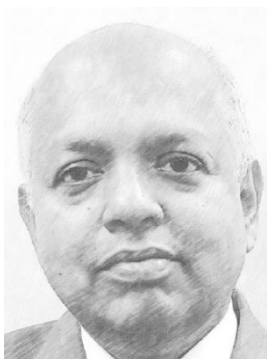
## ROTARY CLUB OF PUNE CENTRAL



PRESIDENT: RTN. AMITABHA MUKHOPADHAYAY | HON. SECRETARY: RTN. LEKHA NAIR | EDITOR: RTN. PRASANTA CHOUDHURY

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### From President Amitabha Mukhopadhyay.....



As the 'greatest show on earth' is being held in Tokyo in a never-seen -before state of emergency and with empty stadiums, like every other Olympic games it is stirring imagination and evoking emotion across the world. For us, this Olympic games has already provided many inspiring moments. After decades, we have remained glued to the TV set watching hockey. While the Indian men have won a medal after 42 years, Rani Rampal has become the most inspiring name amongst Indian dreamers. In celebrating our medal winners, we also inspire a generation of new sportspersons who will take up challenges with ever more grit and determination.

Closer home, our vaccination-on-wheels project has gained further traction and now crossed the 75000 mark. We are also putting together detailed plan for other projects and getting ready for the fund-raiser and first fellowship. However, we need to wait till the risk levels come down substantially for government regulations to permit such events. As numbers of new Covid cases coming down, hopefully our wait will not be too long.

### Today.....

We have had five very interesting meetings in July 2021 with speakers from diverse fields such as Disrupting the Narrative of your life by Ms. Vandana Saxena Poria, Rurbanization by Ms. Seemantinee Khot, Traitors and Treason in Indian context by Air Marshal (Retd.) Shirish Baban Deo. We have witnessed a very interesting Panel discussion on "RCPC Flagship Project on Covid 19 Vaccination for underprivileged" with Rtn. Jignesh Patel, Rtn. IPP Ajay Dubey, Rtn. PP Ravi Kapoor and have also witnessed a very interesting program "Blossoming in Isolation-The Secret Seven" hosted by Rtn. PP Prakash Gurbaxani along with our own six club members and one R'Ann. The response of our members has been very encouraging.

In our quest to keep everyone engaged, the RCPC program committee brings to you an interesting talk on "**Get Fit with Genetic Secrets**" by guest speaker **Dr. Amol Raut** who is a postgraduate and doctorate in microbiology.



He has published/presented more than 13 research articles in different national and international scientific journals and symposia, and has over 26 gene sequence submissions in the electronic domain for gene bank (NCBI).

He has been involved in collaborative research work with different national research institutes.

Dr. Raut has a keen interest in the area of molecular microbiology, host-pathogen interactions and industrial fermentation processes.

He is trained in the area of PCR-based detection of pathogens at All India Institute of Medical Sciences, Delhi.

#### **Details of Zoom Meeting :**

Join Zoom Meeting : <https://zoom.us/j/98234745097?pwd=RmszRm5aaHlFa0xSWlh4aWJCcHZqUT09>

Meeting ID: [982 3474 5097](https://zoom.us/j/98234745097?pwd=RmszRm5aaHlFa0xSWlh4aWJCcHZqUT09)

Password: 584742

Please do join for this interesting talk with **Dr. Amol Raut** on Zoom.

I look forward to meeting all of you on Zoom today at 6pm. **(6.00 pm to 6.30 pm Pre-meeting fellowship and meeting called to order at 6.30pm).**

## **The week that was .....**

### **From Rtn. Lekha Nair.....**

Pre-fellowship started at 6 PM on Zoom where many members joined and interacted with each other on various topics. Post pre-Fellowship, the meeting was called to order by Pres. Amitabha Mukhopadhyay and all members and guests were welcomed to the meeting.

President Amitabha updated all members about the Vaccination on Wheels Project status. 71018 vaccines have been administered as on 31st July.

The Vaccination on Wheels project is continuing to get tremendous response. President Amitabha announced the receipt of donation of rupees 11 lakhs from Tata Technologies for the Project.

N95 Mask distribution donated by TKT Greentek pvt ltd was continued with 1200 masks given to Shirur Medical frontline workers. Rtn. Oni Kakajiwala handed over the masks to Rtn. Anil Bora.

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Our member Vikram Salunkhe's company **Accurate Gauging and Instruments Pvt Ltd** has launched **India's first Mobile Oxygen Generator "PRAN VAYUDOOT"**.

President informed about the installation ceremony of the Inner Wheel Club of Pune Central for the year 2021-2022 on 27th July 2021. The Incoming Office Bearers for 2021-22. are,

- President -Padmaja Jalihal
- Vice President -Poonam Buch
- IPP- Anjana Thakkar
- Secretary - Anindita Tagore
- Treasurer- Asha Naik
- ISO- Hina Shah
- Editor- Shernaz Irani
- CCCC- Hutokshi Pundole.

We wished happy birthday to Col V Nanadakumar, Col Nikhil Apte, R'Ann Bhavna Rote, R'Ann Gaury Mohile, Rtn. PP Prakash Gurbaxani, Rtn. PP Jinendra Munot, Rtn. Giri Sakhrani, Rtn. Dr Arti Khatter, R'Ann Disha Patel.

The week's meeting was a special one with Rtn PP Prakash Gurbaxani hosting a unique program - **"Blossoming in Isolation-The Secret Seven"**

SEVEN of our Rotarians and R'Anns shared how they made the most of the last 16 months of the Pandemic. Because of the lockdowns, apart from Netflix and bartan/jhadoo, many people have had the opportunity to learn and do things that have been different from their routine life. Our Rotarians too developed new skills and worked on their hobbies and passions which they were otherwise unable to because of the busy work schedules.

Seven of our members who showcased such newly acquired talents. They were

#### **Master chef**

**Krishan Jhunjhunwala** is so passionate about Pizzas that he designed and made a Wood fired Oven at his home during the lockdown. He ensured that he and his family does not miss out on their favourite food due to restaurants being closed. He rolled his own Pizza and experimented with different toppings. He hosted many guests to cook their own Pizzas and had fun get-togethers. Krishan who loves cooking, feeding and eating made the most of the lockdown.

#### **Artist**

**Seema Handa** utilised the lockdown time to try her hand at painting. Using water colors from her grandson's return gifts, she started to paint. As Seema loves flowers, most of her art work consists of beautiful flower paintings. Seema says the pandemic time has shown all of us what really matters in life. It is important to be at home, safe and healthy and do something that you enjoy. Painting kept her happy throughout the lockdown.

#### **Fitness Buff**

**Arvind Saraf** found the lockdown as an opportunity for personal growth. Fear of Corona and boredom drove him to do something that maximises hope and minimises fear. He found it in pursuing fitness goals and a healthy living. Hence Arvind completed four online courses related to fitness during the lockdown. One of them was the 'Science



of Exercise'. He followed a strict disciplined routine with workouts, running and maintaining a healthy lifestyle. Arvind says one needs to practice to get a strong will power and always do something that will keep the brain active.

### **Horticulturist**

#### **Neeraj Handa**

Neeraj Hand kept himself busy with pursuing his passion for horticulture. He could give more time and attention to tending to his fruit trees and vegetable garden. His orchard includes a variety of fruits such as mangoes, jamun, lemon, pomegranate, thai oranges, custard apple and others. He also has numerous flowering plants that give flowers all year round. He has 4 to 5 brahma kamals that blossom once a year for only three to four hours giving beautiful fragrance.

Neeraj has also started making organic manure in his garden making use of the large amount of foliage available.

### **Artificial Intelligence Techie**

**Sanjiv Kumar** has been working in the field of Computer Science. However, the lockdown gave him time to explore latest trends in Artificial Intelligence which otherwise was difficult to do because of routine work pressures. He did an online course on Machine Learning from the prestigious Stanford University. He also completed another course related to AI and Healthcare. Sanjiv thus fully utilised the free time during pandemic and realised the potential of online learning. In his words 'Online learning has democratised education'.

### **Holistic Life-stylist**

**Ebe Chaney** has been a diabetes and hypertension patient for 38 years. In 2019 he was on 10 pills a day for various ailments. His weight was 89 kg and BP was high.

During a trip to Phuket Ebe met a guy who introduced him to intermittent fasting. Ebe researched about it and decided to follow the diet plan with no sugar, no refined carbs and low bad fats. Ebe with his strong will power and perseverance was able to lose 13- 14 kgs and 6 inches in waist in 6 months time. His health parameters improved so much that his allopathic pills reduced to 3 to 4 a day. Ebe now feels healthier and younger. Ebe says that chronic diseases can be taken care of by addressing the root case. Our quality of life and what we eat matters a lot. Our body has infinite capacity to rejuvenate and we must give it time together with firm intention and belief.

### **Wool Craftswoman**

**Rooma Dubey** has discovered her passion for knitting during the lockdown. She has knitted numerous mufflers, caps, sweaters and even blankets out of wool. She displayed pics of her work and they looked beautiful and professional.

Rooma started knitting by making a baby blanket for her grandchild. With immense patience and determination, she managed to finish it as it was a very large piece. But once completed, it gave an immense boost to her confidence and then it was a knitting fest for her. She explored different patterns and learnt new designs through YouTube videos. Rooma says knitting has kept her calm and positive in these stressful times.

Rooma did not stop at knitting and is also learning to make soft toys. She also developed a catalogue of her favourite cuisine that she cooks such as Avadhi biryani, Nalli Nihari etc.

The meeting was an inspiring one with Club members being introduced to some hidden talents and motivating all to do something that they are passionate about.





Next Week meeting will be held on Saturday, 7th August 2021 on ZOOM at 6.00 PM. **Guest Speaker Dr Amol Raut will talk on "Get Fit with Genetic Secrets"**



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## From Rtn. Oni Kakajiwal.....

1200 N95 masks were received by Rtn. Anil Bora for Shirur Medical front line workers and 1800 N95 masks were received by Dr Sanjay Lambu of Ratna Memorial Hospital, Rtn. Surinder Shroff had arranged the presentation.



## From Rtn. PP Prakash Gurbaxani .....



### From Rotary Connect Committee or RCC

Past Presidents Raja, Prakash, Neeraj and Arvind

## Rotary's Commitment to Diversity, Equity, and Inclusion

We believe that exemplifying and embracing diversity, equity, and inclusion (DEI) should be a part of everything we do at Rotary.

To ensure we live up to that ideal, the Board of Directors and our [DEI Taskforce](#) acted to strengthen the DEI statement originally adopted in 2019. The result is in a new commitment to diversity, equity, and inclusion:

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*At Rotary, we understand that cultivating a diverse, equitable, and inclusive culture is essential to realizing our vision of a world where people unite and take action to create lasting change.*

*We value diversity and celebrate the contributions of people of all backgrounds, across age, ethnicity, race, color, disability, learning style, religion, faith, socioeconomic status, culture, marital status, languages spoken, sex, sexual orientation, and gender identity as well as differences in ideas, thoughts, values, and beliefs.*

*Recognizing that individuals from certain groups have historically experienced barriers to membership, participation, and leadership, we commit to advancing equity in all aspects of Rotary, including in our community partnerships, so that each person has the necessary access to resources, opportunities, networks, and support to thrive.*

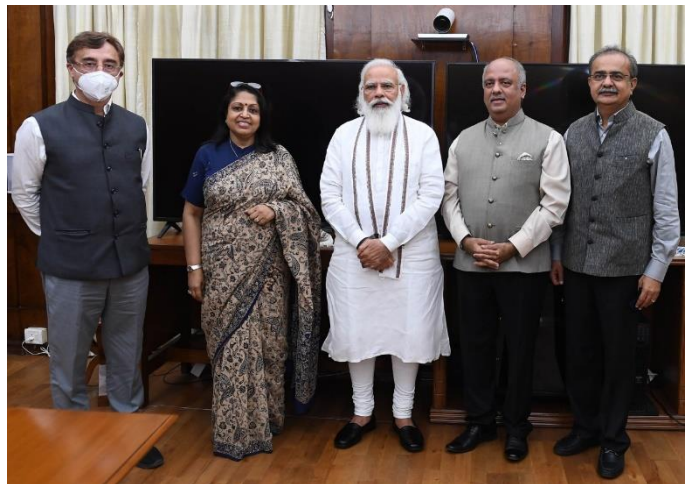
*We believe that all people hold visible and invisible qualities that inherently make them unique, and we strive to create an inclusive culture where each person knows they are valued and belong.*

*In line with our value of integrity, we are committed to being honest and transparent about where we are in our DEI journey as an organization, and to continuing to learn and do better.*

*Credit: Rotary.org*

## From Rtn. PP Raja Kharadkar.....

Rotary International President Rtn. Shekhar Mehta met Hon'ble Prime Minister of India Shri Narendra Modi to discuss development issues where Rotary can work with the Government.



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From the archives.....



Pictured above are the members of the GSE team from District 313 in India currently visiting in the district. Members of the team from left to right. Front row: Ashis Bhattacharya, Nitin Paranjpay, Makarand Dabak. Back row: Uday Gosavi, Sanjeev Bhandari, Ebrahim Chaney, team leader.

The team is visiting and speaking to one-third of the clubs in District 771. Their presentation was carefully researched. The team describes India as a country of contrasts. Beautiful slides of the countryside, architecture, and animal life were coordinated with facts.

The multiracial, multi-religious, multilingual population of 800 million, the world's largest democracy, has been able to survive because of a heritage of tolerance and respect for human freedom.

The team describes the revolution in agriculture, the working of their mixed economy, and the changes occurring in transportation, communication, and industrial production. The team emphasizes the importance of U.S.-India trade and continuing U.S. industrial development in India.

Hopefully, the Rotary clubs in the two countries can join together to increase international understanding and possibility of world peace.

Clubs hosting the team overnight include: Chapel Hill, Ahoskie, Outer Banks clubs, Elizabeth City, Tarboro, North Raleigh, Crabtree, Capital City, etc.

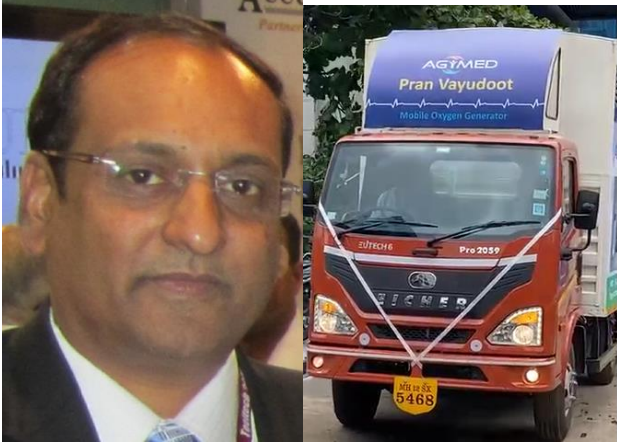
The team's final presentation will be to the District Conference, Friday afternoon, November 3.





From Rtn. PP Sanjiv Kumar.....

Our member Vikram Salunkhe's company Accurate Gauging and Instruments Pvt Ltd. has launched India's first Mobile Oxygen Generator "PRAN VAYUDOOT".



From Rtn. P K Malhotra.....

खून अपना हो या पराया हो  
नस्ल ए आदम का खून है आखिर  
जंग मशरिक में हो या मगरिब में  
अम्र ए आलम का खून है आखिर

बम घरों पर गिरें कि सरहद पर  
रूहे-तामीर जख्म खाती है  
खेत अपने जलें या औरों के  
जीस्त फाकों से तिलमिलाती है

टैंक आगे बढ़ें या पीछे हटें  
कोख धरती की बांझ होती है  
फतेह का जश्र हो या हार का सोग  
जिंदगी मय्यतों पे रोती है

जंग तो खुद ही एक मसला है  
जंग क्या मसअलों का हल देगी  
खून ओर आग आज बरसेगी  
भूख ओर एहतियाज कल देगी

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इसलिए ए शरीफ इंसानों  
जंग टलती रहे तो बेहतर है  
आप ओर हम सभी के आंगन में  
शम्मा जलती रहे तो बेहतर है

-साहिर लुधियानवी।

### What to expect in the next three weeks.....

- **14 Aug:** Guest Speaker Dr. Kaustubh Joag will talk on "Mental health issues, coping and self-care during COVID-19 pandemic"
- **21 Aug:** To be announced
- **28 Aug:** To be announced

### Birthdays and Anniversaries...



#### Rtn / R'Ann

Rtn. Tony Sachdev  
R'Ann Deepa Dharane  
Rtn. Vipen Malhotra  
Rtn. Prasanta Choudhury  
Rtn. PP Madhu Rathi

#### Birthday

August 07  
August 09  
August 11  
August 11  
August 13



#### Member and Spouse

Rtn. Baakir and R'Ann Razia Baker  
Rtn. Parvin and R'Ann Neena Malhotra

#### Wedding Anniversary

August 09  
August 10