



ROTARY CLUB OF PUNE CENTRAL



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

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Today.....



Today, **"Blossoming in Isolation-The Secret Seven"** hosted by our own **Rtn. PP Prakash Gurbaxani**

SEVEN of our Rotarians and R'Anns are going to share with us how they made the most of the last 16 months of the Pandemic and the lockdowns that accompanied it. Going beyond Netflix and bartan/jhadoo, many of us have had the opportunity to do things that bring joy and positivity.

This evening we showcase seven of our very own:

- Master chef
- Artist
- Fitness Buff
- Horticulturist
- Artificial Intelligence Techie
- Holistic Life-stylist
- Wool Craftswoman

Their names will be revealed at the meeting, after the guessing contest closes. Do join in with spouses, family and friends for a fun evening.

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

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, which started at 6 PM on Zoom, was attended by many members who 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. 53471 vaccines have been administered as on 24th July.

On 20th July a virtual celebration of 'Vaccine on Wheels' Project was held for reaching the landmark figure of 50000 vaccinations in areas covered under BMC, PMC, Satara ZP and PCMC. The celebration was attended by RCPC members, CSR partners and Rtn. Jignesh's team involved in the Project.

N95 Mask distribution, donated by TKT Greentek Pvt Ltd., was continued with 2400 masks given to Sassoon hospital and 1200 masks to an orphanage. The distribution was done by Rtn. Oni and R'Ann Nafisa Kakajiwal.

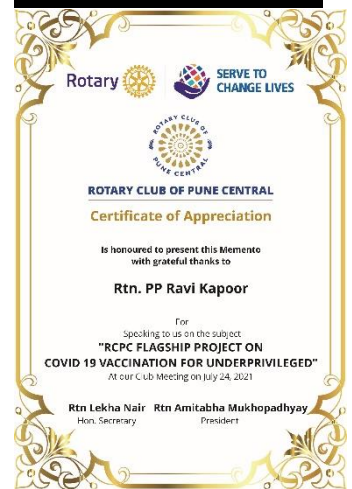
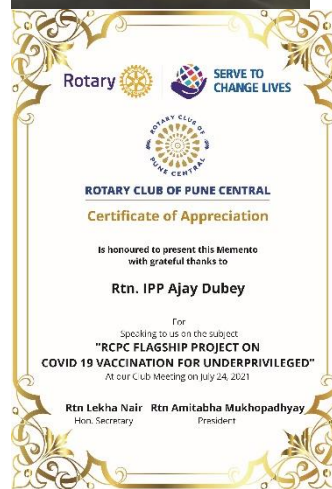
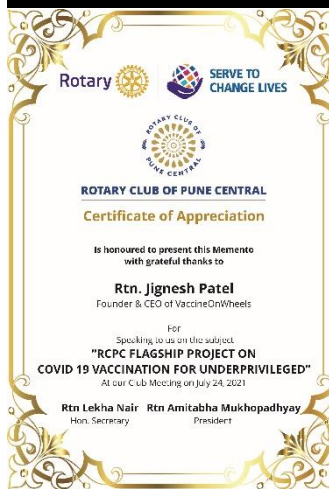
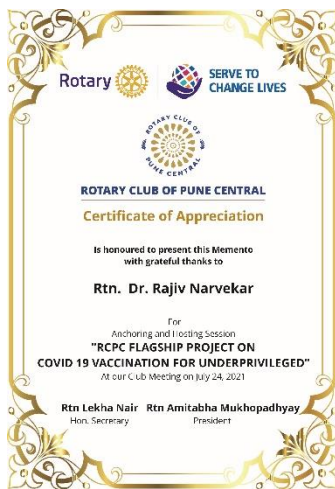
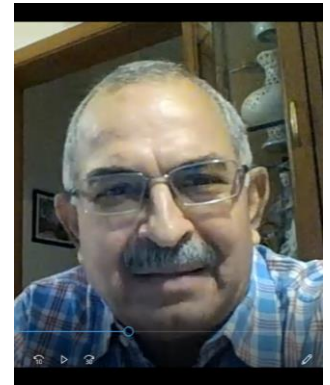
Rtn. Arvind Saraf made an individual announcement in the capacity of co-Director District CSR avenue. During the DG installation program on 19th July, the CSR avenue made a commitment of Rs 5 crore of which RCPC has committed rupees 30 lakhs, thanks to the funding by Rtn. Vipen Malhotra's company Arya Omnitalk.

We wished happy birthday to Rtn. Amit Borkar, R'Ann Meera Luthra, Rtn. Rakesh Makhija, Rtn. Ruchika Sidhwani, R'Ann Anjali Karnik, Rtn. PE Uday Dharmadhikari.

In this meeting, a panel discussion was held to discuss our flagship Project '**Vaccine on Wheels**' with RCPC members Rtn. Jignesh Patel, Rtn. IPP Ajay Dubey and Rtn. PP Ravi Kapoor. IPP Ajay and PP Ravi's dedication and efforts in leveraging CSR funds towards this Project and the efficient co-ordination and implementation by Rtn. Jignesh has brought in immense laurels to our Club in the district.

Next Week meeting will be held on Saturday, 31st July 2021 on ZOOM at 6.00 PM.

Rtn PP Prakash Gurbaxani will host a program - ' Blossoming in isolation' wherein our own members will showcase and talk about their newly acquired talents and skill sets during the lockdown.



From Rtn. PP Raja Kharadkar



From Rotary Connect Committee or RCC

Past Presidents Raja, Prakash, Neeraj and Arvind

Rotarians, Rotaractors, and Interactors worked together in a nationwide project that promoted behaviour change and initiated safety standards for businesses

Rohantha Athukorala felt helpless. It was April 2020 when Sri Lanka was on lockdown due to the coronavirus pandemic, and he wanted to do something immediately to help the country slow the spread of virus.

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"The lockdown was so sudden and absolute. It was hard not being in control of what you can and can't do," says Athukorala, a member of the Rotary Club of Colombo Reconnections, Sri Lanka. "Especially for us Rotarians who pride ourselves on helping our communities in desperate times."

But sheltering in place had its advantages, he says, providing the time and opportunity to connect with fellow members online. Their discussions sparked ideas about what they could do to help people understand how to stay safe from the coronavirus.

Promoting safety through social media

Athukorala started by contacting club and district leaders, talking with government officials, and listening to business leaders. In late April, he launched 'Stop the Spread', a comprehensive effort to reduce new infections through behaviour changes.

Our Interactors have been fantastic and made a real difference in getting crucial information out to the public.

Rohanth Athukorala Rotary Club of Colombo Reconnections

He asked the more than 5,000 Sri Lankan Interactors to lead the campaign and be community advocates for specific behaviors such as wearing masks, washing hands, and social distancing. Interactors used their social media networks to blast daily messages about staying safe from the virus, and posted relevant communications from the Ministry of Health.

To complement the Interactors' communication, Athukorala worked with the country's Ministry of Sports and the National Olympic Committee to get top athletes to become ambassadors for Stop the Spread. More than 280 athletes — including stars in cricket and rugby, as well as Olympians — participated in videos and graphics that were posted on social media.

Stop the Spread also promoted safety protocols through a certification process for businesses. Athukorala and fellow Rotary members created the certification with the Sri Lanka Standards Institution that enabled companies that are compliant with certain safety guidelines to be certified as a COVID-19-controlled environment. Protocols such as mandatory mask wearing, temperature checks, and social distancing had to be in place in order to receive the certification. Nearly 300 businesses, educational institutions, supermarkets, and other retailers have passed the program's rigorous audits and received certification, allowing customers and students feel safe while supporting these businesses.

When the lockdown order was lifted in early May, Interactors fanned out across their communities to visit businesses, homes, and public transport to give people educational materials and safety guidance. They became leaders in helping schools implement COVID-19 safety protocols, which allowed schools to open in early July.

"Our Interactors have been fantastic and made a real difference in getting crucial information out to the public," Athukorala says, who was chair of the Sri Lanka Tourism Bureau and served as the chief business development officer for Sri Lanka at the United Nations.



Interact clubs bring together young people ages 12-18 to connect with leaders in your community and around the world. Rotary and Rotaract club sponsor mentor and guide ITools and technology.

To encourage hand washing, local Rotary clubs worked with **S-lon**, a plastic water pipe company, and **PickMe**, a transportation organization, to build nearly 2,000 mobile hand washing units that attach to three-wheel bikes. Riders are encouraged to wash their hands before and after using the bikes. The aim is to promote hand washing hygiene in public spaces and increase hand washing rates, which is one of the best protections against COVID-19 infection.

The Rotaract Club of Kelaniya created a mobile app, 'Track the Spread', that allows Sri Lankans to log symptoms and register positive tests. The app is integrated with local hospitals and health centres, so medical professionals can identify hotspots and communicate with people about their symptoms. It also allows people to purchase goods online from grocery stores, pharmacies, retail shops, and even pay utilities with the app, while allowing people to stay home and thus contain the spread. "This is helping commerce continue," Athukorala says.

The government of Sri Lanka is now testing the app for widespread adoption across its health departments.

The next phase

As vaccinations are increasing in the country, more than 800,000 doses have been administered so far, Rotary clubs have also worked with local health officials to support vaccine sites including logging data.

Clubs worked with the World Health Organization and Ministry of Health to develop a booklet for parliament representatives and religious and community leaders to facilitate a successful vaccination program. The printable booklet has information on different vaccines, safe practices, and key messages that leaders can use to better inform people about the COVID-19 vaccines.

More than 88,000 cases of COVID-19 have been confirmed as of mid-March, with over 530 deaths.

"We have done a great job at keeping COVID-19 at bay, but our next focus is making sure Sri Lanka can adequately provide vaccinations to its people," Athukorala says.

From Rtn. Shernaz Irani, Editor Inner Wheel Club of Pune Central.....

Installation Ceremony - Board of IWC Pune Central

Inner Wheel Club of Pune Central had their Installation Ceremony for the year 2021-2022 on 27th July 2021. The Installation was partly conducted on Zoom and a few members were hosted by Asha Naik at her residence.

The Incoming Office Bearers for 2021-22

President -Padmaja Jalihal

Vice President -Poonam Buch

IPP- Anjana Thakkar

Secretary - Anindita Tagore

Treasurer- Asha Naik

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ISO- Hina Shah

Editor- Shernaz Irani

CCCC- Hutokshi Pundole.

Suchi Bhargava was conferred the Honoured Active Member which she very well deserved.

Sweetie Kalra was a real sweet compere for the evening.

The Installation Ceremony was very well attended by IWC DC Santoshji, IWC District Dignitaries, our RCPC President Amitabha, other Rotarians and our Inner Wheel friends.

The Installation Ceremony went off very well.

All the Best to Padmaja and her team.



From Rtn. P K Malhotra.....

A 50-year-old gentleman was suffering from deep depression and his wife took an appointment with a counselor who was also an astrologer.

The Wife said:- "He is in severe depression, please see his horoscope also."

The astrologer saw the horoscope and found everything correct. Now he started his counseling. He asked some personal things and asked the gentleman's wife to sit outside.

The gentleman spoke...

I am very worried...

In fact I am overwhelmed by worries...

Job pressure...

Children's education and job tension...

Home loan, car loan...

I don't like anything...

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The world thinks of me as a cannon...

But I don't have as much stuff as even a cartridge..

I am depressed..

Saying this he opened the book of his whole life in front of the counselor.

Then the learned counselor thought something and asked, "In which school did you study your 10th standard?"

The gentleman told him the name of the school.

The counselor said:-

"You have to go to that school. From your school you locate your 'Class X' register and look up the names of your peers and try to get information about their current well being.

Write down all the information in a diary and meet me after a month."

The gentleman went to his school, managed to find the register, and got it copied.

There were 120 names in it. He tried day and night throughout one month, but was barely able to collect information about 75-80 classmates.

Surprise!!!

20 of them were dead...

7 were widowed/widowers and 13 were divorced...

10 turned out to be addicts who weren't even worth talking about...

5 came out so poor that nobody could answer for them..

6 turned out to be so rich that he couldn't believe it...

Some were cancerous, some were paralyzed, diabetic, asthmatic or heart patients.

A couple of people were in bed with injuries to the arm/leg or spinal cord in accidents.

The children of some turned out to be insane, vagabonds or useless.

One was in jail... one person after two divorces was looking for a third marriage.

Within a month, the register of class X was narrating the agony of fate itself.

The counselor asked:- "Now tell me how is your depression?"

The gentleman understood that he had no disease, he was not starving, his mind was perfect, he was not brought up by the court\police\lawyers, his wife and children Were very good and healthy. He was also healthy.

* That gentleman realized that there really is a lot of sorrow in the world, and that he was very happy and lucky.

Leave the habit of peeping at others' plates, take the food off your plate with love. Don't compare yourself with others. Everyone has their own destiny.

And still, if you think that you are in depression, then you should also go to your school, bring the register of class X and.....*



Have a nice day 🙏



What to expect in the next Four weeks.....

- **07 Aug:** Guest Speaker Dr Amol Raut will talk on “What your DNA reveals about your health”
- **14 Aug:** Guest Speaker Dr. Kaustubh Joag will talk on “COVID-19 pandemic and mental health”
- **21 Aug:** To be announced
- **28 Aug:** To be announced

Birthdays and Anniversaries...



Rtn / R'Ann

Col V Nandakumar (Retd)
R'Ann Dr. Bhawna Rote
Rtn. Nikhil Apte
Rtn. PP Prakash Gurbaxani
R'Ann Gaury Mohile
Rtn. PP Jinendra Munot
Rtn. Girdharilal Sakhrani
Rtn. Dr. Arti Khatter
R'Ann Disha Patel

Birthday

August 01
August 02
August 02
August 03
August 03
August 04
August 04
August 05
August 06



NO WEDDING ANNIVERSARY THIS WEEK!!!