



Rowind

Rotary Club Of Nigdi- Pune

Dist. : 3131

Club No 26500

Charter Date June 1989

President :

Rtn Pravin Ghanegaonkar

Secretary :

Rtn Harbinder Singh Dullat

Editor :

Rtn Dayasagar Mrig (E-Mail dsmrig@me.com)

Weekly Bulletin For Private Circulation Only Vol 16 Dt 16.10.2020

- 1 He has Modest Appearance
- 2 Smiles while showing 2 deep dimples
- 3 Always ready with new ideas for events
4. Yaron Ka Yaar
- 5 Tech Savvy
- 6 Passion for Car n Bike
- 7 Pen and Watch collector
- 8 Painter and Singer
- 9 DC Rules Encyclopedic

Pehchan Kaun???



Guest





On 9th October we had **Maj Gen (Retd.) Manoj Oka** as our speaker who enthralled us with the real-life stories of war heroes and made us proud and aware of the immense sacrifice the army personnel do to ensure our peaceful life . He also spoke about the **leadership qualities** that are similar to Army and Corporate life. He ended with a brief mentioned of the Kashmir **Sadbhavna program** which aims at rehabilitation of Kashmiri youths. It was a speech that inspired the feeling of pride and honour amongst all!!!

Rtn Jayant Yewale: Very good experiment Shashank.... anything that gets people to be active is always appreciated... 🙌🙌🙌

Rtn Pranita Alurkar: Great efforts by Shashank..always trying out something new...tried assimilation...well done..I personally enjoyed. 😊😊

Rtn Shubhangi Kothari: Enjoying your new experiment...Hoping that more & more such new experiments will happen .👍👍
And I am sure everyone enjoying it & looking forward to Friday morning. From Next Friday onwards we will miss this 🙌🙌🙌🙌

Rtn Dr Pravin Ghanegaonkar: Shashank, Really appreciate your efforts. Keep doing such experiments.

Ann Monika Inani: Good initiative 👍. Enjoyed all sessions.

Dr. Ranjana Kadam: Enjoyed all sessions. Thank u Shashank, you have taken great efforts, 🙌🙌

Rtn Jagmohan Singh Bhurji: Great engagement, Good work Shashank, Suhas ji& Pravin Sir 🙌🙌

Rtn Pranita Alurkar was declared the **Winner of Make Over Challenge** by the President.

Congratulations Pranita!!



Cycling Sunday!

Cycling Sunday.
Sunday 18th October 2020
Time 7.15 am

Start from various points of your choice.

1. Pimpri Phinolex chowk
2. Chinchwad chowk
3. Akurdi chowk
4. Nigdi chowk

Keep gathering and without delay start cycling from your spot of convenience and reach Rotary Community Center by 8 am latest.

Enjoy pattice, sandwiches and tea/coffee till 8.30/8.45 am.

Meet fellow Rotarians after long time.

Every participant shall take a selfie at start of his/her journey and post on dedicated short-term WhatsApp group. It will be a fun for 90 min, with social distancing and without more stress.

Please confirm your presence and start point.



-Rtn Shashank Phadake



Visited with President Pravin to Tokavade School Computer Lab on 15th October 2020. Computers donated by Enpro. We will soon have inauguration of the lab

- Rtn Mukund Muley

Ideal Study App for Tenth Standard Students



Today on 16th October 2020, we handed over 100 **Ideal Study App** to **Inner Wheel Club of Pimpri** for various school students. **President Pravin, PP Shubhangi, Rtn Shakuntalaji** and myself were present along with team from Inner Wheel Club of Pimpri and **President Rtn Atul Kamat of RC Dehuroad**.

This is the result of efforts taken by **Rtn Shakuntalaji** for the project.

-Mukund Rtn Muley

Grocery Items for SOFOSH

Rakesh Singhania: *SOFOSH* have a need for some grocery items in view of the festivals ahead for the orphanage. There are 95 children with SOFOSH right now. The list of items is attached. Approx. cost is Rs. 30K

1 Shubhangi	2500
2 Pranita.	1500
3 Savita.	2000
4 Sunanda.	2500
5 Aarti Jadhav	2000
6 Alka	2500
7 Sujata	2500
8 Ashvin Kulkarni	5000

Rakesh Singhania: I now have silent donors of Rs. 14,000. So we are able to close this project.

Within 2 hours we were able to close SOFOSH requirement. Hats off to our donors 🙏🙏

The requirement is for 2 centers of *SOFOSH*. One is being sponsored by Agarwal Club, and other is being sponsored by our Rotary Club of Nigdi-Pune

Particular	Qty.	Cost	Amount
Rawa	50	40	2000
Maida	50	40	2000
Basin	50	60	3000
Groundnuts	50	50	2500
Dry Coconut	25	210	5250
Edible Oil	50	125	6250
Bhaja ke Pohe	50	80	4000
Sugar	50	50	2500
Jasmine Hair Oil	25	40	1000
Moti Soap	25	60	1500
			30000

Exercise facility at Akurdi Police Chowki



Dear All,

We will be **inaugurating Exercise Facility** provided by our club at **Akurdi Police Chowki** on **Saturday 17th October 2020 at 10:30 AM**

Request all to be present at the venue. 🙏

-Mukund Rtn Muley

Old Memories...!



-By Umaa Rananaathan

Inspired by "WINGS OF FIRE" by my mentor, Dr. A P J Abdul Kalam

I was fortunate to handover the poem personally to DR. A P J Abdul Kalam during Dada J.P. Vaswani's ninetieth birthday celebrations where he was a speaker.

A REALITY DREAM

M - Mass awakening through education.

A - A successful medium to control population.

K - Kindle the urge for emancipation.

E - Elevating the standards through transformation.

D - Deviate not from the path of determination

R - Reconcile not in the growth of civilization.

E - Earnest in removing poverty & serve with dedication.

A - A must for the citizens of this nation.

M - Mere words serve no purpose, show it with action.

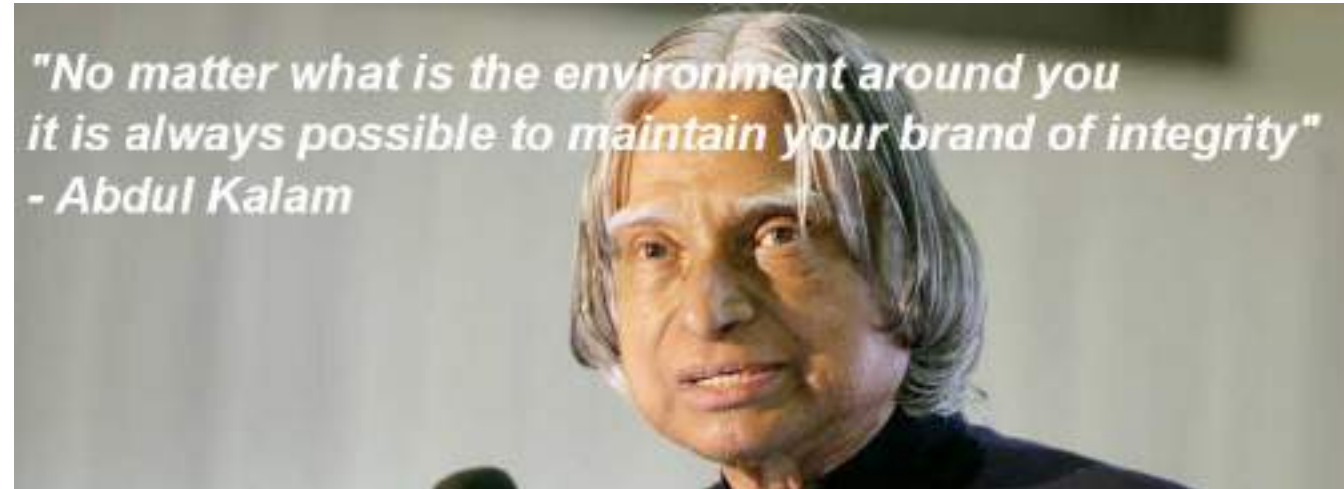
S - Success will not be far off when done with devotion.

R - Right to live and right to learn be our areas of concentration

E - Excellence in Science & Technology be our contribution

A - Adopt the method of excellent communication

L - Lack we will not in any co-ordination.



- Umaa Ranganaathan (#PennedByUma #UmaThoughts)

FUN TIME :

Kauffman's Paradox of the Corporation: _

The less important you are to the corporation, the more your absence is noticed.

The Salary Axiom: _

The pay raise is just large enough to increase your taxes and just small enough to have no effect on your take-home pay.

Miller's Law of Insurance: _

Insurance covers everything except what happens.

First Law of Living: _

As soon as you start doing what you always wanted to be doing, you'll want to be doing something else.

Weiner's Law of Libraries: _

There are no answers, only cross-references.

The Grocery Bag Law: _

The candy bar you planned to eat on the way home from the market is always hidden at the bottom of the grocery bag.

And Here goes the last one !!

Lampner's Law of Employment: _

When leaving work late, you will go unnoticed. When you leave work early, you will meet the boss in the parking lot!

ABSTAIN FROM GOSSIP

- By Ann Neetu Jain

(Based on the philosophy of Prajapita Brahma Kumari Ishwariya Vishwavidyaya)

Gossip is the simplest way to deplete your energy and to pollute the environment. No matter how skilfully we polish and present a negative opinion about people, gossip cannot turn into gold. Negative conversations not only harm the reputation of the other individual, but also lower our moral credibility.

Focussing on peoples' goodness also makes us look good. Sit back and programme your mind to speak only nice things about others and abstain from gossip. Increase your self-control and will-power.

Raj-yoga practice can control the fickle and unstable mind. It helps in checking and changing our thoughts from negative to positive by shifting our mind from Body consciousness to Soul consciousness. It helps to control and reduce the speed of thoughts in attaining lasting Peace and Happiness. Your positive thoughts and words about others helps us to raise our energy and we start vibrating at the highest emotional frequency.



Ann Neetu Jain

Plan your meals

Add complex carbohydrates to your meals

Eat lots of fruits [Hard Fruits] contain more fructose

Add more of soups ,salads, veggies to your diet

Add Thermogenic food to your meals

Drink plenty of warm water through out the day

After menopause following bodily changes are seen in women:

Metabolic rate goes down

Women tend to put fat on lower body

Degeneration process of the bones begins

Hormonal imbalance

Oestrogen , Progesteron levels go down

Andropause stage in men:

After 55 to 60 years onwards men show andropausal effects

There are hormonal changes ,levels of testosterone hormones start depleting

Men usually tend to have a protruding stomach

Depressive ,insomnia, reduced muscle mass



Diet at menopause:

Women should go for Dairy products :

Milk, milk products, paneer, tofu

Soy protein as it contains estrogen

Flax seeds also contain estrogen

*Complex carbs especially whole grains like wheat ,
barley, Quinoa, jowar, bajra*

*Having more of proteins in your food will prevent
fractures and also*

Regular exercise and sleep

Nutritional benefits

**EAT YOUR FOOD AS MEDICINE OR YOU WILL HAVE TO
EAT YOUR MEDICINES AS FOOD**

**“TIME AND HEALTH ARE TWO PRECIOUS ASSETS THAT
WE DON'T
RECOGNISE AND APPRECIATE UNTIL THEY HAVE
DEPLETED”**

Diet at andropause:

*Foods rich in meat , chicken , soy are good for
testosterone production*

Avoiding smoking, drinking will be beneficial

Being active will reduce stress levels

Omega 3 rich foods[walnut, fish ,capsules]

*Fruits and vegetables will help in controlling body
weight*

*Regular exercise and sleep will keep you healthy and
fine*



Blood Donation Camp

Blood donation at our HO of Vasantgroup

-Rtn Anil Mittal



Rules & Regulation:

<http://bit.ly/MonologueRCPNIBM>

DECLARATION OF PRELIMINARY ROUND RESULTS 17th October 2020

FINAL ROUND DATE-24th October Live Competition

GENERAL RULES:

- LANGUAGE: HINDI AND/ OR MARATHI.
- Selection type can include Comedy, Drama, Classical, or Original work.
- Extreme vulgar language and/or sexual content is not permitted.
- Participant should also state Name, Age, and Title/Play reference of monologue in video.
- No instruments or pre-recorded music is permitted.
- Costumes, make-up, props, and furniture are secondary considerations
- Only one submission per person

Rules & Regulation:

MONOLOGUE COMPETITION:

GROUPS

A) UPTO AGE 25 YEARS

B) 25 YEARS and above

FORMAT:- Apply online

Entry Form with details Name, Age, and Title/Play reference of monologue in video.

Video to be submitted online by Google drive.

Entry fee to be paid online.

Gpay/ patm/ bank Entry fees ₹ 300 for Group A
₹ 500 for Group B

• Preliminary round video submission.

• Final Round online competition.

o PRELIMINARY ROUND:

- TIME LIMIT: 3 MINS(15 seconds grace period will apply. After the grace period, points are deducted from the performance)
- Video To Be Submitted Online by Google drive (access to be given)

FINAL ROUND:

- TIME LIMIT: 4 MINS, 15 seconds grace period will apply. After the grace period, points are deducted from the performance
- Same monologue as in Preliminary round or entirely new.
- ONLINE COMPETITION

PRIZES

- Attractive prizes
- Renowned Judges
- Top 3 in each group
- Certificate of participation

DATES: PRELIMINARY ROUND -Entries should reach by 10th October 2020.

No exceptions.

(This includes Entry Form, video monologue and entry fee.)
Submissions are not accepted after the deadline.

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- Only one submission per person

Monologue Judging Criteria

' convincing character portrayal

' appearance of spontaneity

' ability to handle props casually and naturally



RCP NIBM
110, 111, 112

रोटरी इंटरनेशनल डिस्ट्रिक्ट 3131 सांस्कृतिक समिती
आणि रोटरी क्लब ऑफ पुणे एनआयबीएम संयुक्त
विद्यमाने सादर करीत आहे

"स्वगत"स्पर्धा

नामवंत परीक्षक

स्पर्धा
सर्वासाठी खुली

मान्यवर अतिथी
गिरीश कुलकर्णी

भाषा माध्यम : हिंदी
आणि मराठी

अंतिम फेरी तारीख
२५ ऑक्टोबर २०२०

सर्व माहिती खालील
लिंक नुसार समाविष्ट आहे

रोविषकुलकर्णी
मुख्य अतिथी

<http://bit.ly/MonologueRCPNIBM>

आकर्षक बक्षिसे
प्राथमिक फेरी अर्ज सादर
करण्याची अंतिम तारीख
१० ऑक्टोबर २०२०

डॉ. भारती करवा, सचिव,
रोटरी क्लब ऑफ पुणे एन
आय बी एम ९८२२२१३७१७.
९८२२२१३७१७



Dear Rotarians, Anns and Annets.

I am pleased to inform you that our club
Rotary club of Nigdi-Pune
 Is organizing
Inter District “e RYLA” jointly with
Rotary club of Kakinada Green City Dist. 3020

On Sunday 18th Oct.2020

On Zoom meeting.

Timing 10.00 AM to 1.00 PM

3D AURA Gate Way to Success

Speakers - Topic

Rtn. Manju Phadke - Dream Big

Rtn. Jitendra Sharma - Dedication

Rtn. Sharan Joshi - Decision making

You are requested to attend in large number with your family and friends and get benefitted

-PP Rtn Arvind Khandkar



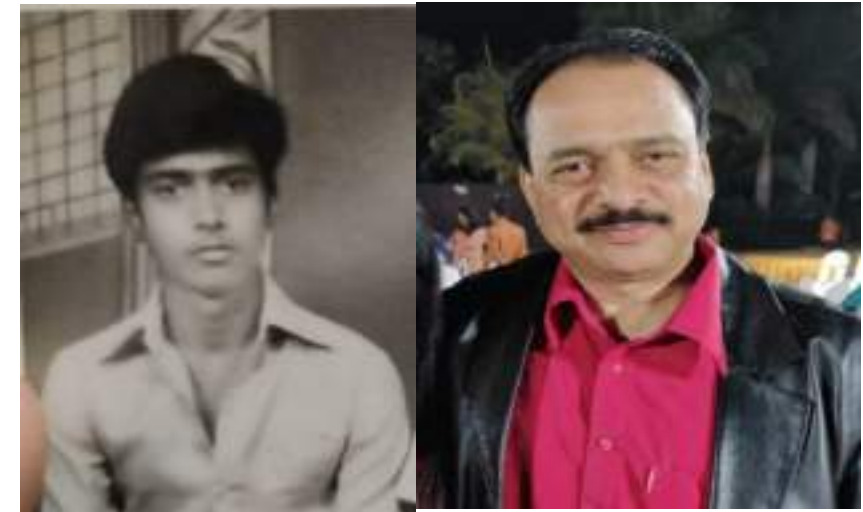
16th Oct Rtn Gurdeep Singh Bhogal



17th Oct Ann Suman Khinvasara



22nd Oct Rtn Renu Mitra



24th Oct Rtn Anna Mahesh



21st Oct Rtn Alka Karkare
Suryavanshi

Forth-Coming Programs

Date

Program/Speaker

16th October

Coffee with Rotary Club of Nigdi



23rd October

District Event

30th October

Family Night



Dear All,

We are having many requests from the schools for the school benches to be supplied to them.

I think our members should come forward and donate generously for this project.

We require approx. Rs 2000 per bench from our trust. Hence each member can easily donate Rs 10000 towards this project.

Please come forward and donate Generously. This year runathon may not be possible and hence request all the Rotarians to donate 10 k to 25 k minimum so that we can raise funds for our service projects.

Thanks.

Looking forward for your support.

Please let us know your contribution amount on this group which will enable us to plan the school bench donation project. 🙏 🙏

Following are the commitments for the bench project so far:

President Rtn Dr Pravin Ghanegaonkar 10 k

PP Rtn Dr Shubhangi Kothari 10 k

Ann Manisha Phadke 10 k

Rtn Sampat Khinvasara 10 k

Rtn Rakesh Singhania 20 k

Rtn Ankaji Patil 20 k

-Mukund Rtn Muley



Rotary Club of Pune Gandhi Bhavan
presents a series of lectures on
"Humans in Cyber Wonderland"
Session 4 -
The endless concerns around
Cyber Bullying, Gaming Addiction,
Screen Time - Is there a solution ?

Registration Free
Open to All

Join us on 18th Oct, Sunday at 7 pm IST on ZOOM in large numbers

Zoom Meeting ID :
894 5016 3490
Passcode :
107015

Mukta Chaitanya
Social Media Specialist

Nirali Bhatia
Cyber Psychologist & Tech Speaker

Moderated by:
Rtn. Adv. Vaishali Bhagwat

Contact :
Pres. Shashank Sapre - 9422323201
Rtn. Meenal Dhotre - 9423572342
Rtn. Ashwini Shiledar - 9822792579



गेल्या काही महिन्यात covid 19 मुळे उद्भवलेल्या परिस्थितीचा शिक्षणक्षेत्रावर फार मोठा परिणाम झाला आहे. खास करून शालेय शिक्षणाचं स्वरूप अनपेक्षित रित्या बदललं आहे. मोबाईल, इंटरनेट इ. पासून मुलांना लांब ठेवण्याचा आटोकाट प्रयत्न होत असताना अचानक ही सगळं माध्यमं शिक्षणाची प्रमुख साधनं बनली आहेत.

अशा वेळी या सगळ्याचा मुलांवर दुष्परिणाम होऊ न देता त्याचा वापर मुलांना विधायक पद्धतीने करण्याची सवय कशी लावायची हे शिक्षक आणि पालक यांच्या पुढचं मोठं आव्हान आहे.

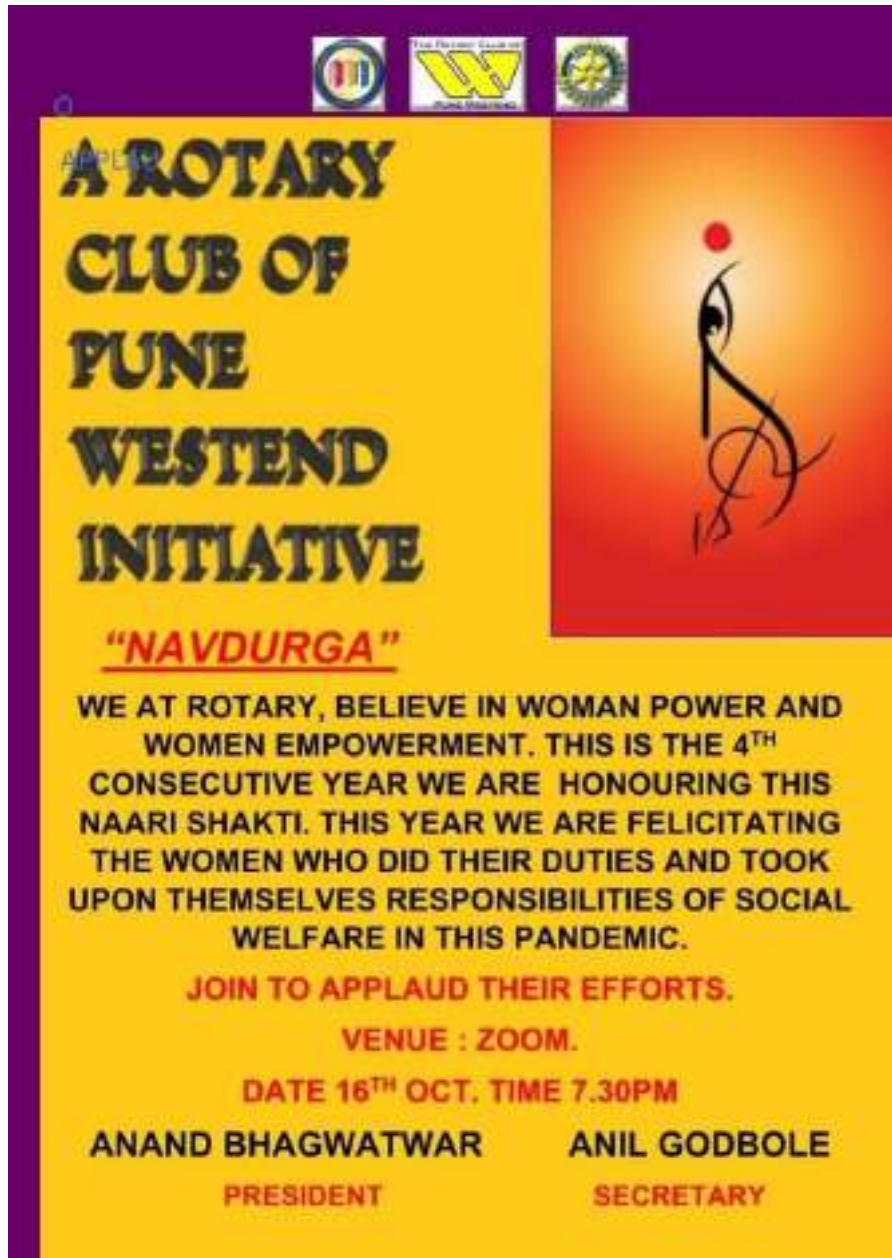
रोटरी क्लब ऑफ पुणे गांधीभवन आयोजित "Humans in cyber wonderland " या व्याख्यानमाले अंतर्गत चौथ्या आणि शेवटच्या सत्रात आपण या विषयावर सखोल मार्गदर्शन करण्यासाठी या क्षेत्रात प्रत्यक्ष कामाचा मोठा अनुभव असणाऱ्या तज्ज्ञ वक्त्या मुक्ता चैतन्य आणि निराली भाटीया यांना आमंत्रित केले आहे.

इंटरनेट च्या माध्यमातून होणारे child abuse, child trafficking सारखे गुन्हे, computer gaming चं महाजाल, या सर्वांपासून मुलांना कसं दूर ठेवता येईल, त्यांच्या screen time वर नियंत्रण ठेवणं शक्य आहे का, या सगळ्यात शाळा, शिक्षक यांची काय जबाबदारी आहे, पालकांची भूमिका नेमकी कशी असायला हवी... ह्या सगळ्या प्रश्नांची उत्तरे मिळवण्यासाठी रविवार दि. 18 ऑक्टोबर रोजी संध्याकाळी 7 वाजता zoom वरून प्रसारित होणारं हे व्याख्यान अवश्य ऐका.

Please register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZ0pcumpqDguE9SCaFdNRurg-BC10PsP2cg>

After registering, you will receive a confirmation email from DG Rashmi Kulkarni containing information about joining the meeting.



A ROTARY CLUB OF PUNE WESTEND INITIATIVE

"NAVDURGA"

WE AT ROTARY, BELIEVE IN WOMAN POWER AND WOMEN EMPOWERMENT. THIS IS THE 4TH CONSECUTIVE YEAR WE ARE HONOURING THIS NAARI SHAKTI. THIS YEAR WE ARE FELICITATING THE WOMEN WHO DID THEIR DUTIES AND TOOK UPON THEMSELVES RESPONSIBILITIES OF SOCIAL WELFARE IN THIS PANDEMIC.

JOIN TO APPLAUD THEIR EFFORTS.

VENUE : ZOOM.

DATE 16TH OCT. TIME 7.30PM

ANAND BHAGWATWAR ANIL GODBOLE
PRESIDENT SECRETARY

A unique concept of our club, 'Navadurga', felicitating women from various fields, was organized yesterday. Due to the pandemic we had to restrict the invitees. So we have shot the entire event on film. The theme this year was 'Covid Warriors'. Doctors, nurses and women from essential services were felicitated. We will be showing this program in our weekly meeting on this Friday. Do join us on 16th October at 7:30 pm to listen to the stories of these Covid Warriors.

Venue : ZOOM Rotary Westend Pune is inviting you to a scheduled Zoom meeting.

Topic: **RotaryWestend pune's Zoom Meeting**

Time: This is a recurring meeting Meet anytime

Join Zoom Meeting

<https://us02web.zoom.us/j/82769508096?pwd=SjA5OFJMNtdGR1lwZUNpdXdtUEZyQT09>

Meeting ID: 827 6950 8096

Passcode: 654321



ROTARY
CLUB OF
NIGDI-PUNE



Rotary Opens
Opportunities

