



Rowind



SERVE TO CHANGE LIVES

Dist. : 3131 Club No 26500 Charter Date June 1989

President :

Secretary :

Editor :

Rtn Jagmohan Singh

Rtn Suhas Dhamale

Ann Vishakha Kulkarni

Bulletin For Private Circulation

Vol 02 Date 09/07/2021

Today's Program Club Assembly



Yes !!! We are Ready to Rock

Hello Friends,

Today is our Club Assembly.
All the Directors are going to present their plans for the year 2021-22.

Join in large numbers to listen their plans & encourage them.

Rotary Year 2021-22
Yes!!!! We are Ready to Rock

Topic: Planning Club Assembly
Speaker: Our own BOD Members
Date: 09-07-2021
Time: 7.00pm
Venue: Zoom Meeting

President: Rtn Jagmohan Singh
Secretary: Rtn Suhas Dhamale



Jack Daniels Fishing Story

I went fishing this morning, but after a short time I ran out of worms. Then I saw a cottonmouth with a frog in its mouth. Frogs are good bass bait. Knowing the snake couldn't bite me with the frog in its mouth, I grabbed it right behind the

head, took the frog, and put it in my bait bucket. Now the dilemma was how to release the snake without getting bit. So, I grabbed my bottle of Jack Daniels and poured a little whiskey in its mouth. Its eyes rolled back, and it went limp. I released the snake into the lake without incident and carried on fishing, using the frog. Not long after, I felt a nudge on my foot. It was that damn snake... with two more frogs. Life is good.



INSIDE THIS ISSUE:

- Club News 2
- Science of Yoga 3
- Ann's Chit Chat 4
- Editors desk 5

Forth-Coming Programs

Happiness is a collection of joyful experiences shared with soul friends. Get together and have some fun!

- Amy Leigh Mercree

| Day | Program/ Topic |
|-----------|------------------------|
| 12th July | President Installation |
| 19th July | DG Installation |
| 23rd July | Program On Leadership |
| 30th July | Family Night |

Step Into The Club News

Vaccination Initiative By Pooja Castings & Rotary Club Of Nigdi

Rotary club of Nigdi with the support of **PP Rtn Anil Kulkarni** organized a vaccination drive for 600 employees of **Pooja Castings, Chakan**. This was done on **7th July 2021**, it being the **birthday of PP Rtn Anil Kulkarni**. Our president Rtn Jagmohan Bhurji, First Lady Rtn Hardeep kaur Blhuri, Rtn keshav Mange, Rtn Ashok Lulla, Rtn. Rakesh Singhania Rtn Jayanti Yewale, Rtn. Sonali Jayant Rtn. Sandeep Munot, Secretary Rtn Suhas Dhamale, Rtn. Pranita Alurkar, Managingdirector Rtn Anil Kulkarni, Jayashree Kulkarni, Sanket Kulkarni, Namrata Kulkarni etc were present for this camp. On this Special Occasion Tata Motors Senior General Manager Purchase and So TML CVBU Mr. Jaikumar was the chief guest. He said that employees are the center point of any industry and in order to focus on their health many more such vaccination drives must be organized. The organizer Sanket Kulkarni mentioned that, 'Corona is a looming danger to the whole world and hence he has taken effort to get rid of it.'



Distribution of Android phones



Distribution of Android phones In the present situation where education is happening online, the demand for Android phone are on an increase. Unfortunately all children do not have the luxury of owing a phone. Coming to their rescue RC Maval organized an initiative to distribute Android phones to the needy students at Alegaokar school in Khadki. Our PP Rtn. Vijay Kalbhor was invited as Guest of Honor on this occasion. Three cheers to RC Maval and PP Rtn. Vijay Kalbhor.

BLOOD DONATION CAMP

On the 8th of July 2021, the Rotary Club of Nigdi, Rotary Club of Pimpri, Rotary Club of Kalyaninagar and Rotary Club of Udyognagari Pimpri organized a blood donation camp at the Rotary Community Centre, Thermax chowk, Chinchwad. The chairperson of this event was Dr. Manish Pharande.



श्रद्धा A TRIBUTE TO OUR SOLDIERS

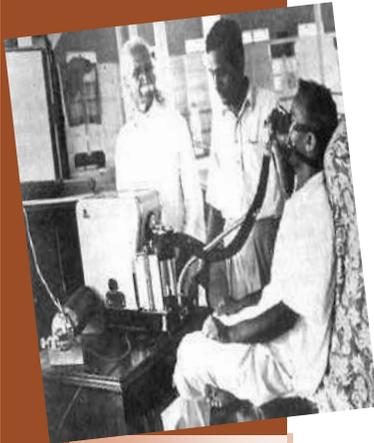
A couple from Pune has taken a unique responsibility on their shoulders: Installation of Oxygen Generation plants at Siachen. We have lost the lives of many near and dear ones in the 2nd wave of Corona due to scarcity of oxygen cylinders. This has increased our awareness of the importance of oxygen for supporting life. Though this may be new to us, low levels of oxygen is a daily fight for our soldiers who are stationed at high altitudes. This provoked Yogesh and Sumedha Chithade from Pune to install an oxygen generation plant at Siachen. Sumedha sold her jewelry initially and then the couple went door to door to collect money for this project. Their good work was recognized by our Prime Minister Narendra Modi who met them when he was in Mumbai. Also the Chief of Defence Staff, General Bipin Ravat met the couple and congratulated them.

Our District Governor, Pankaj Shah has a vision to sponsor 2 such plants at high altitude military camps to show our gratitude to our soldiers who are saving our lives selflessly. Our District has arranged a presentation by Mr. Yogesh and Mrs. Sumedha Chithade to give us an understanding of the same. The presentation will happen on zoom on the 11th July from 10 am to 12 noon. We are proud of our PP Sunil Jejurikar, this project was given by him to DG Pankaj Shah and he accepted it immediately and took the necessary steps. So please attend this program on Sunday 11th July.



Science of yoga

From Wikipedia



Kavalayananda watching an experiment on oxygen consumption in yogic practice at his Kaivalyadhama Health and Yoga Research Center, Lonavla, 1955

The **science of yoga** is the scientific basis of modern yoga as exercise in human sciences such as anatomy, physiology, and psychology. Yoga's effects are to some extent shared with other forms of exercise, though it differs in the amount of stretching involved, and because of its frequent use of long holds and relaxation, in its ability to reduce stress. Yoga is here treated separately from meditation, which has effects of its own, though yoga and meditation are combined in some schools of yoga.

Yoga has been studied scientifically since the 19th century physiology experiments of N. C. Paul. The early 20th century pioneers Yogendra and Kavalayananda both set up institutes to study yoga systematically.

Yoga helps to maintain bone strength, joint mobility, and joint stability. It improves posture, muscle strength, coordination, and confidence, in turn reducing the risk of injury and bone fracture. As it is generally slow and conducted with awareness, it may be safer than many other sports; but some postures such as headstand, shoulderstand, and lotus position have been reported as causes of injury.

Yoga is also used directly as therapy, especially for psychological conditions such as post-traumatic stress disorder, but the evidence for this remains weak. Yoga has sometimes been marketed with pseudoscientific claims for specific benefits, when it may be no better than other forms of exercise in those cases; and some claims for its effects on particular organs, such as that forward bends eject toxins from the liver, are entirely unfounded. Reviewers have noted the need for more high-quality studies of yoga's effects.

Know About Rotary

THE OFFICIAL ROTARY FLAG

An official flag was formally adopted by Rotary International at the 1929 Convention in Dallas, Texas. The Rotary flag consists of a white field with the official wheel emblem emblazoned in gold in the center of the field. The depressed spaces on the rim of the Rotary wheel are colored royal blue. The "Rotary" and "International" printed at the top and bottom depressions on also gold. The shaft in the hub and the key way of the wheel are white. The first official Rotary flag reportedly was flown in Kansas City Missouri, 1922 a small Rotary flag was carried over the South Pole by Admiral in his expedition to the North Pole.

Some Rotary clubs use the official Rotary flag as a banner at club meetings. In these instances it is appropriate to print the words "Rotary Club" above the wheel symbol, and the name of the city, state or nation below the emblem.

The Rotary flag is always prominently displayed at the World Headquarters as well as at all conventions and official events of Rotary International

Every Rotarian Should Know About Rotary (by Steve Garret, District Governor 1994-1995)

four words

the wheel rim are

in January 1915. In

Richard Byrd, a member of the Winchester, Virginia Rotary Club. Four years later, the admiral carried a Rotary flag



ROWIND



Ann's Chit Chat

“Let Us Serve To Change Lives” By Ann Umaa Ranganaathan

I wish to share a story which goes well with the Rotary Theme of this year "SERVE TO CHANGE LIVES"

A certain company had a tradition of holding a party and a lottery every Christmas Eve. The rules of the lottery draw were as follows: each employee pays ten dollars as a fund. There were three hundred people in the company. In other words, a total of three thousand dollars can be raised. The winner takes all the money home. On the day of the lottery draw, the office was filled with a lively atmosphere. Everyone wrote their names on the slips of paper and put them in the lottery box.

However, a young man hesitated when he wrote. Because he thought that the company's Cleaning lady's frail and sickly son was going to have an operation soon after the dawn of New Year but she did not have the required money to pay for the operation, which made her quite troubled. So, even though he knew that the chance of winning was slim, with only a three percent chance, the man wrote the name of the Cleaner lady on the note.

The tense moment came. The boss doubled in the lottery box, and finally drew out a note. The man also kept praying in his heart: hoping against hope that the Cleaning lady can win the prize... Then the boss carefully announced the winner's Name, a miracle happened!

The winner turned out to be the Cleaning lady. Cheers broke out in the office, and the Cleaning lady hurriedly rushed to the stage to accept the award. She almost burst into tears and said, " I am so fortunate and blessed! With this money, my son now has hope!"

At the beginning of the party, while thinking about this "Christmas miracle", the man paced to the lottery box.

He took out a piece of paper and opened it casually.

The name on it was also the name of the Cleaning lady!

The man was very surprised.

He took out several pieces of paper one after another.

Although the handwriting on them was different, the names were all the same, all of them were the names of the Cleaning lady. The man's eyes were filled with tears and he clearly understood that there was a Christmas miracle in the world, but "The miracle will not fall from the sky, the people were required to create it by themselves!"



Installation Ceremony Of IWC Pride



Mrs. Nirmal Kaur Bhogal was installed as the president of the Inner Wheel Club of Nigdi Pride, for the year 2021-22 on the 8th of July. It was an online event which took place on zoom. The chief guest of the ceremony was DC Mrs. Santosh Singh(Dis 313) and the Guest of Honor was PAP Mrs. Smita Ingale. We wish Mrs. Nirmal Kaur Bhogal and her team all the very best for the new year and lots of success.

Editor's Desk (ready to Shoot Life)



Dear Fellow
Rotarians, Anns & Annets

Thank you so much all for accepting Rowind's new look and for your heartfelt appreciation. Rtn Dayasagar Ji worked hard for Rowind over the last year. You all are experienced it throughout the year. You all are experienced it throughout the year. Rtn Dr. Shubhangi Kothari wrote a nice poem for his Glory. Along with this I am shearing that Poem for you. I am grateful for the guidance Rtn Dayasagar ji have given me. I hope you all will continue to help and encourage me throughout the year.

Warm Regards,
Ann Vishakha Kulkarni
Bulletin Chairman



*रोविंडची *कविता*

काही स्वच्छ शब्द
काही निर्मळ भावना,
कोणाच्यातरी ओठांवरचं हासू
कोणाचे तरी आसू.....

मनातली आशा
साधी सरळ भाषा
काही अजाण नाती
काही सुंदर चित्रफिती

दयासागरजी तुम्ही
रोविंड ला दिली गती..
सर्वजण करू लागले रोविंड वर प्रीती....
केला तुम्ही रोविंड चा कायापालट
रोटरियन पाहू लागले त्याची आतुरतेने वाट...
यातच सार सामावले
तुमचे यश द्विगुणित झाले..
रो.शुभांगी कोठरी

Important Day's Celebrated

3rd July - National Fried Clam Day

National Fried Clam Day is celebrated every year on 3rd July. Fried clam is the process of deep-frying the clams after being coated in the bread crumbs and striping it further. Tis is a traditional way to prepare fried crumbs.

4 July - Independence Day USA

Independence Day USA is celebrated on 4 July. United States Independence Day is also known as the Fourth of July or the Fourth. This day commemorates the adoption of the Declaration of Independence on 4 July, 1776 from the Kingdom of Great Britain.

6 July - World Zoonoses Day

World Zoonoses Day is observed every year on 6 July to emphasise and bring problem awareness amongst people and teach them to take the right action. Do you know the first vaccination against a zoonotic disease was administered by Louis Pasteur on 6 July, 1885?

मङ्गलं जन्मदिनम्।

11th July Rtn Sheetalkumar Khinvasara

11th July Rtn Ranu Singhania

