



ROTARY CLUB OF NIGDI-PUNE

Rowind



SERVE TO CHANGE LIVES

Dist. : 3131 Club No 26500 Charter Date June 1989

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Today's Program

Hello Friends.....,

Today Evening is the Club Assembly.

It's already three months of current Rotary year & all the Directors will present the tremendous work initiated during this period.

Come let's see, listen & encourage our dynamic directors so that they can get charged & deliver more.

Venue RCC
Time: 7pm

Team Club Admin



***A man was laughing when telling his friend 😊**

- At 3:30am last night, a thief entered my house... I was at the pub and didn't see anything..

His friend replies:
- A thief entered your house and you are laughing ?? Didn't he get anything from your house ?

- Yes, he got...
He got beaten by my wife as she thought it was me arriving

A VERY TOUCHING STORY



A man purchased a Royal Enfield Bullet 500cc so that he could take his girlfriend for long drives.

But unfortunately, he was not able to hear his girlfriend's voice while riding on it because of the loud Bullet sound.

He got fed up and sold his Bullet and bought Honda Activa.

He got married to his girlfriend and one year later... He sold the Activa and bought a Royal Enfield Bullet 500cc again.

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Forth-Coming Programs

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

Any Leigh Merzree

Day	Poogram/ Topic
1st Oct	Family Night
8th Oct	Sports Box Cricket
15th Oct	Holiday

Our club is a synergy partner in this project
 We have received over 350 entries in the various categories
 From our club Aarti Muley and Sonali Jayant helped on the technical aspects of the virtual contest.
 Pranita Alurkar and Nirupma Chadha are on the jury panel for the dance competition.
 Umaa Ranganathan is judge for the elocution competition.

Results will be declared in the first week of October.
 We thank all those who supported and participated in this project.

Eco Friendly Ganesh Festival Competition
 Rotary District 3131 &
 Rotary Club of Udyognagari, Pimpri

It's time for nature and making the planet green!!!

Competition Details

Sr. No.	Composition	Category
1.	Ecofriendly Ganesh Festival Celebration	A. Domestic B. Industrial C. Public
2.	Solo Dance Competition (Based Ganesh Song)	A. Age 5 to 10 Yrs B. Age 11 to 15 Yrs
3.	Elocution Competition	A. Age 5 to 10 Yrs B. Age 11 to 15 Yrs

10th Sep. 2021
 LAST DATE OF REGISTRATION

15th Sep. 2021
 LAST DATE OF CONTENT SUBMISSION

Register Yourself

95 BIG FM

Media Partner

Synergy Partner

- RC Pradhikaran
- RC Rajgurunagar
- RC Pune Diamond
- RC Dynamic Brocari
- RC Telangana Dakshina
- RC Pimpri Town
- RC Walhakenwad
- RC Narayangan
- RC Chakan Airport
- RC Chinchwad Moriya
- RC Nigadi
- RC Pimpri
- RC Naval



RI News



The Ugandan Parliament adopted a motion commending the work of Rotary Service in social and economic transformation of the country.
 On this special occasion RI President Shekhar Mehta was present along with First Lady.

Know About Rotary

WOMEN IN ROTARY

Until 1989, the Constitution and Bylaws of Rotary International stated that Rotary club membership was for males only. In 1978 the Rotary Club of Duarte, California, invited three women to become members. The RI board withdrew the charter of that club for violation of the RI Constitution. The club brought suit against RI claiming a violation of a state civil rights law which prevents discrimination of any form in business establishments or public accommodations. The appeals court the California Supreme Court supported the Duarte position that could not remove the club's charter merely for inducting women into the club. The United States Supreme Court upheld the California court and do have a "business purpose" and are in some ways public-type organizations. This action in 1987 allowed women to become Rotarians in any jurisdiction having similar "public accommodation" statutes.

The RI constitutional change was made at the 1989 Council on Legislation, with a vote to eliminate the "male only" provision for all of Rotary.

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

Rotary club. The organizing that Rotary clubs organizations. This action





I am Sharing Two well researched articles that promote vegetarianism. When India's best athlete Virat Kohli and world's best Novak Djokovic have turned vegan there must be a compelling reason for it. Articles are researched and written by Mr Subramaniam Pancha-ratnam from Chinchwad.

Rtn Jayant Yewale

SAVE THE EARTH + MONEY!

VEG. SOURCES AND COST OF PROTEIN: (All Nonveg. items > 1500)

There is a craze for protein (+other nutrients) esp. for children to grow big. This has grown by health advisory. Compare cost of sources and avoid wasting precious earnings!

SOURCE	%	PRICE Rs/kg	COST Rs/kg	REMARK
Soybean*	40+	100	250-	Cheapest yet unknown! See usage note.
Soya Nugget	52%	120	230	Cheaper, w/o oil. Meat substitute!
Dals	20+	120+/-	600+/-	Similar for various.
Red Beans	23	115	500	-do-
Groundnut	25	125	500	Bless the poor!
Wheat	12	36	300	-do- Similar for other cereals.
Rice	7	35	500	Light on stomach; prefer brown.
Green Peas	7	50-175	700-2500	Seasonal
Cow Milk	3.6	48	1300	Many other benefits
" Powder	35+	450	1300	Skim; good for curd.
Buffalo Milk	3.8	58	1500	Much higher fat!
Khova* 20	200+	1000		Fresh. Base of sweets.
Paneer*	20	500	2500	Fresh. Base of sweets.
Cheese	18	600	3300	Fermented, Tamasic
Tofu*	8	100	1250	Fresh. Popular costly version of Soya!
Ice cream*	4	400	10000!	Costly fun.
Mushroom	3-4	200+	5000+	Fungus, Tamasic. False Ads.

Prices are retail, in Pune (2021). Prices & protein content vary somewhat.

*Many items can be made at home at basic cost of materials. Sweets costlier, with sugar!

All essential amino acids are available from soya and dals (by rotation) + dairy.

All other nutrients are available in veg, fruits, groundnut, veg. oils except Vit. D, B12.

They can also be sourced w/o nonveg. - As done for centuries!

Milk and curd have become necessary due to our conditioning of digestive system.

Processed forms are always much costlier; e.g. Tofu; Paneer; Sooji/ Noodles from wheat.

There is also loss of nutrition in processing.

All protein supplements and dairy sweets cost >Rs 1500/kg (as also nonveg.).

Conclusion: Soya/Dal-Roti-Veg-Fruit diet is very best! (+ Curd-rice for stomach health.)

*Use of Soybean: Raw seeds to be soaked in water overnight and pr. cooked. Add tomato, spices, tadka to suit. It is like sprouts; can't form paste like dals, due to low starch.





Using hot water and/or dry roasting (till skin breaks) can reduce soaking time to < 4 hrs.

Caution: Too many false ads, even by paid doctors/ 'experts' try to belittle veg. diet for fear of loss of huge business + jobs tied to nonveg.

CARBON COUNT OF FOODS:

Have you seen this alarming table for items of daily use? Please Do!

ITEM:	CARBON COUNT, kg CO ₂ /kg
Red Meats	50-100
Chicken, cheese, etc.	15-20
Veg, fruits, nuts, milk, etc.	1-3

The water usage, requirement of land, fertilizer, pesticide, power, etc. and pollution of air/ water are in similar ratio. The actual figures vary in various countries, but the trend is same.

With rising affluence, all countries are following the trend seen in rich ones - wrong and excess consumption of food + wastage! Population growth makes it worse every day. Agriculture is leading to 80% of deforestation. By adopting to veg + dairy diet, global farmland use can be reduced by whopping 75%! This will automatically lead to restoration of environment and all life forms. It will also lead to better health and lower cost of medicines and Medicare.

Simple solution is to impose Carbon-Tax @Rs 20/kg CO₂ over 5 kg! [= nil for Veg!]

All other items of our daily use also cause big addition of CO₂ and loss of resources.

So to save the earth + money (!), we Must Simplify our life style and seek contentment vs. economy of vices and artificial harmful consumption. Here also Carbon-Tax is necessary!

LAND + WATER REQUIREMENTS

ITEM:	LAND, m ² /kg	WATER, Lit/kg	REMARK
Red Meats	250	10-15000	Includes grass, grains
Chicken, Eggs	10-15	4-5000	Includes feeds
Cheese	75!	5000!	Milk solids
Milk	10	1000	Includes grass, grains
Grains	4-8	2500	Directly used!
Veg, fruits, nuts, etc.	2-4	200-800	Directly used!

Rewilding + Restoring Land

Data from Bernardo Strassburg (expert from forest burning Brazil) as in 2020: Total agricultural area in the world about 3 billion hect.

Only about 15% of this or 450 million hect. needs to be restored to prevent 60% extinction of animals and reduce 30% of CO₂. Of this 70% is pastureland (all for dairy+ meat)

and only 30% is used for crops!

This can be surely achieved by reducing nonveg consumption. Though millions are giving up in developed nations, sadly millions in developing countries are consuming more due to prosperity.

A small carbon tax and penalty against free healthcare to obese can assure this!

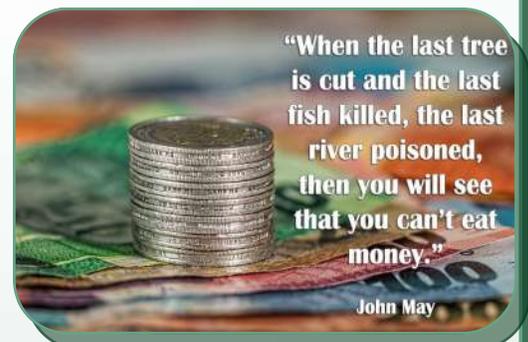
Let us keep a close watch on ALL our items consumed and minimize the same.

It is quite easy to make substantial reduction in use of electricity, gas, fuel, soaps, toothpaste(!), cosmetics, etc. by actual trials to see the real need vis-a-vis. performance!

Ensure that we give away old items after buying new durables like clothes. Always carry cloth bag for shopping. Reuse bags 2-3 times if given in food malls.

Let us sincerely make our tiny individual contribution to the global movement and aim to leave

the world better for our future generation. Feels Great, with less karmic burden!





For language aficionados here are some intelligent puns..creating some good fun..in the bargain!!!

1. My best mates and I played a game of hide and seek. It went on for hours... Well, good friends are hard to find.
2. You're not completely useless, you can always serve as a bad example.
3. I broke my finger last week. On the other hand, I'm okay.
4. Someone stole my Microsoft Office and they're gonna pay. You have my Word.
5. Don't spell part backwards. It's a trap.
6. And the Lord said unto John, "Come forth and you will receive eternal life." But John came fifth, and he got hell.

7. What is the best thing about living in Switzerland?
Well, the flag is a big plus.

8. Did you hear about the guy who got hit in the head with a can of soda? He was lucky it was a soft drink.

9. How did I escape Iraq?
Iran.

10. To the mathematician who thought of the idea of zero. Thanks for nothing!

11. Son: "Dad, can you tell me what a solar eclipse is?"
Dad: "No sun."

12. My math teacher called me average.
How mean!

13. Clinic Receptionist: "Doctor, there's a patient on line that says he's become invisible".
Doctor: "Well, tell him I can't see him right now."

Meri Nazar Se Galib Part III- By Rtn Ashwin S Kulkarni

Koee mere dil se pooche tere teer-e-neem kash ko

Yeh khalish kahaan se hotee jo jigar ke paar hota.

Teer-E-Neem kash :- Arrow fired from a half pulled Bow.

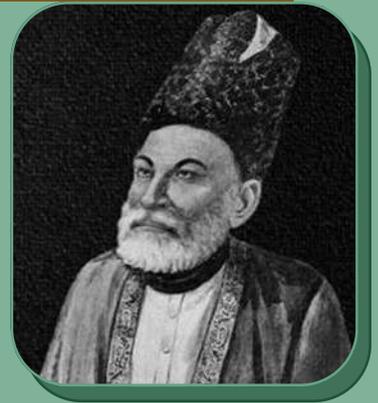
Khalish :- Pain.

Ghalib here refers to the look of his beloved as a arrow fired from a bow whose string is not pulled back fully i.e from a half pulled bow.

This arrow from a half pulled Bow gets stuck in the heart causing continuous pain. If the arrow would have been fired with all the force it would have passed through the heart eliminating the continuous pain experienced by Ghalib.

Meri Nazar Se:- There are many incidences, happenings experienced by us that remain in our heart as the Arrow from the half Pulled Bow. These incidences trouble us, give us pain throughout our life. These sorrows would not have been in life if we were not sensitive and allowed them to pass through.

Rtn.ASHWIN S KULKARNI



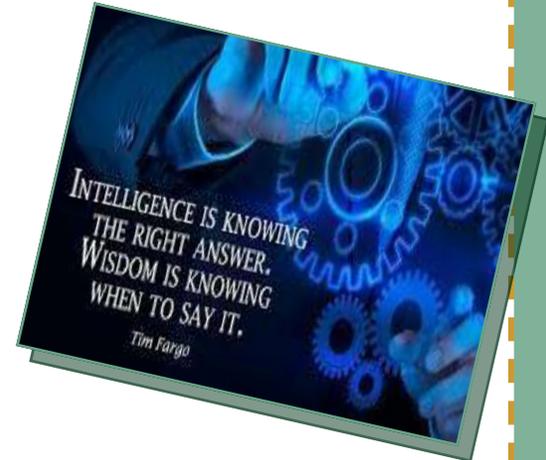
Profound distinctions between Intelligence and Wisdom!!



By Rtn Dayasagar Mrig

Profound distinctions between Intelligence and Wisdom!!

1. Intelligence leads to arguments.
Wisdom leads to settlements.
 2. Intelligence is power of will.
Wisdom is power OVER will.
 3. Intelligence is heat, it burns.
Wisdom is warmth, it comforts.
 4. Intelligence is pursuit of knowledge, it tires the seeker.
Wisdom is pursuit of truth, it inspires the seeker.
 5. Intelligence is holding on.
Wisdom is letting go.
 6. Intelligence leads you.
Wisdom guides you.
 7. An intelligent man thinks he knows everything.
A wise man knows that there is still something to learn.
 8. An intelligent man always tries to prove his point.
A wise man knows there really is no point.
 9. An intelligent man freely gives unsolicited advice.
A wise man keeps his counsel until all options are considered.
 10. An intelligent man understands what is being said.
A wise man understands what is left unsaid.
 11. An intelligent man speaks when he has to say something.
A wise man speaks when he has something to say.
 12. An intelligent man sees everything as relative.
A wise man sees everything as related.
 13. An intelligent man tries to control the mass flow.
A wise man navigates the mass flow.
 14. An intelligent man preaches.
A wise man reaches.
- No doubt Intelligence is good, but Wisdom achieves better results.





25 September - Antyodaya Diwas

In 2014, on 25th September 'Antyodaya Diwas' was declared in honour of Pandit Deen Dayal Upadhyaya's 98th Birth Anniversary.



26 September - European Day of Languages

European Day of Languages is celebrated on 26 September annually to promote awareness among the public about the importance of language learning and protecting the heritage of the language.



Starts last week of September and ends on the last Sunday of September - Day of Deaf

Day of Deaf or International Week of Deaf starts on the last week of September and ends on the last Sunday of the month. It is also known as World Day of Deaf. The day draws attention not only to the affected person but also to the general people, politicians, and development authorities towards the achievements and challenges faced by the community of the deaf people.



26 September - World Contraception Day

World Contraception Day is observed on 26 September annually. It is a global campaign to improve awareness about the contraceptive methods available and enable young people to make informed decisions regarding their sexual and reproductive health.



26 September - World Environmental Health Day

The day has been declared by the International Federation of Environmental Health.



26 September (Fourth Sunday) - World Rivers Day

World Rivers Day is celebrated on the last Sunday of September. In 2021, it falls on 26 September. The day highlights the importance of rivers and generates awareness and encourages people to improve and save water, rivers around the world. It is necessary to care for our water resources.



27 September - World Tourism Day

World Tourism Day is annually celebrated on 27 September to highlight the importance of tourism which helps in generating employment and build a future for millions of people around the world.



28 September - World Rabies Day

World Rabies Day is observed on 28 September every year to make people aware of the prevention regarding rabies and to highlight the progress in defeating this horrifying disease.



28 September - International Day For Universal Access To Information (IDUAI)

International Day For Universal Access To Information (IDUAI) 2021 is observed on 28 September every year. The day focuses on the right to seek, receive, and impart information.



29 September - World Heart Day

World Heart Day is observed annually on 29 September. This day informs people about heart disease and stroke which is the world's leading cause of death.



30 September - International Translation Day

International Translation Day is observed on 30 September every year. This day provides an opportunity to pay tribute to the work of language professionals. It also plays an important role in making nations together and strengthens world peace and security.

Beautiful Punjabi poetry

मंजीया ते बैदे सी,
कोल कोल रेंदे सी,
सोफे बैड आ गये ने,
दूरियां वधा गये ने,
वेड़े विच रुख सी,
सांझे दुःख सुख सी,
छत्ता ते न सोन्दे हुन ,
गलां ना कर पान्दे हुन,
बुआ खुल्ला रेन्दा सी,
राही वी आ बैन्दा सी ।
कौवे वी कुरलान्दे सी,
परोणे वी घर आन्दे सी,
साईकिल ही कोल सी,
तां वी मेल जोल सी।

रिशते निभान्दे सी,
रुसदे मनान्दे सी।
पैसा भांवे घट सी,
पर मत्थे ते न वट सी।
कन्दा कोले कच्चे सी,
पर रिशते सारे सच्चे सी।
शायद कुज पाया है,
*ते बोहता कुज गवाया है।



A BIG CHALLENGE IN TODAY'S LIFE

Today, One of the Biggest Problems in Life is: DHOL
You might be wondering why?

This is how...

- D - Diabetes
- H - Hypertension
- O - Obesity
- L - Lipids imbalance



So, what should we do when there is DHOL playing?

Well...

The answer is simple - we should start doing:
BHANGRA

- B - Behavior change
- H - Happiness
- A - Active lifestyle
- N - Nutrition
- G - Glucose control
- R - Risk reduction
- A - Abstinence from substance abuse



Annet's कट्टा (Proud Moments For Us)

Madhura Patankar is working in the MF business for last 2 years and handles a team of 30 advisors . She has achieved the milestone of being a youngest team leader with a consistent top performance !

URI SWATANTRA is conducting a financial awareness programme for women, to increase their knowledge about investments and gain financial freedom.

With this regard our dear annet, Madhura Patankar will be interviewed on 94.3 FM.

Our best wishes are with you dear Madhura and carry on the good work.



Congratulations
— and —
Best Wishes.



Eat whatever you want By Ann Sandhya Rao



Eat whatever you want, because:

1. The inventor of the treadmill died at the age of 54
2. The inventor of gymnastics dies at the age of 57
3. World Bodybuilding Champion Dies At 41
4. World's best footballer Maradona dies at the age of 60

But but

5. KFC inventor died at the age of 94
6. Nutella brand inventor dies at age 88
7. cigarette maker Winston dies at the age of 102
8. The inventor of opium died in an earthquake at the age of 116
9. The inventor of Hennessy's world-famous brandy brand dies at the age of 98
10. Eat more spices too because the gentleman with MDH spices lived for 97 years.

Then how did these doctors come to the conclusion that exercise prolongs life?

The rabbit always jumps up and down but he only survives 2 years and the turtle that doesn't exercise at all survives 400 yrs.

So, relax a little, be calm, be cool, eat, drink and enjoy your life to the fullest.....

मङ्गलं जन्मदिनम्।



27th Sep Rtn Annaray Biradar

29st Sep Rtn Kiran Rakhe

सुदिनम् सुदिना जन्मदिनम् तव | भवतु मङ्गलं जन्मदिनम् ||
चिरंजीव कुरु कीर्तिवर्धनम् | चिरंजीव कुरु पुण्यावर्धनम् ||
विजयी भवतु सर्वत्र सर्वदा | जगति भवतु तव सुयशगानम् ||

THANK YOU
HAVE A BLESSED WEEK