



District 3131

Rotary Club of Pune Metro

Club No. 31769

METROPOLITAN

President Rtn Amita Nene Secretary Rtn Rajas Phadke Editor Anna Uday Subhedar

ISSUE 8

February – Peace & Conflict Prevention/ Resolution

INDEX

- ✚ Presidential
- ✚ Club Projects
- ✚ Club Meetings
- ✚ Club News
- ✚ Rtn Shobhana
- ✚ RID 3131 updates
- ✚ Health Corner-
Ann Ashwini Joshi
- ✚ Feb Birthdays &
Anniversaries



February Calendar

Feb 13 AG Visit

**Feb 20 Know the
Birds**

Feb 27 DG Visit



February कलायात्री

**Pres. Amita Nene & Sachin Nene
Rtn Rajesh & Deepshri Ingale,
Rtn Rajas & Milind Phadke,
Rtn Neelkanth & Shubhada Joshi,
Rtn Kiran & Shweta Kumbhar,
Rtn Narendra Dravid,
Rtn Seema & Vivek Deshpande,**

PRESIDENTIAL – Rtn Amita Nene



My Dear RCPM family members,

We have embarked on a very exciting chapter with the advent of 2025, and it is wonderful to reflect on the incredible accomplishments we've made together so far. Our club has continued to demonstrate the power of service, fellowship, and teamwork, and the warmth, friendship and camaraderie amongst us is something we all are proud of.

January 2025 brought to us exactly all of these and this entire month has enriched us with rewarding experiences.

We kicked off the year with a very well-attended Online Club Assembly. It was a vibrant session where our Avenue Directors presented the incredible work RCPM has achieved in the first half of the Rotary year, as well as the plans for the months ahead. The passion and commitment of our Board of Directors, committees, and each of you were evident in every presentation. The active participation and discussions that followed were particularly encouraging, and we are well-positioned for the upcoming visits from our Assistant Governor (AG) and District Governor (DG). Once again, we've proven that when we work together, **TEAM: Together Everyone Achieves More.**

District 3131 held its first **Rotary Marathi Sahitya Sammelan** where our club proudly co-hosted this one-of-a-kind literary festival. RCP Metro stood out and shone brightly throughout and garnered excellent visibility and mileage across this 2-days festival. It was a fantastic event that allowed us to showcase our commitment to culture, community, and service in a creative way. Some of our very own litterateurs were recognised for their writings and contribution to the literary world.

We had a truly inspiring session with Rtn PP Mukund and his team of young seniors, who shared their experience of a 3,400 km **cycling expedition** across the country. Their 28-day adventure left us all in awe of their determination and spirit. The session was engaging and left all members feeling as though they had been part of the journey themselves.

We had a remarkable day at the Phalode-Sawarli-Ghodegaon village cluster, as we reviewed the ongoing development initiatives focused on farming infrastructure and women empowerment. We were also thrilled to felicitate the women who completed their adult literacy modules and meet those who are still undergoing training. It was truly a proud moment for RCPM as we presented the Charter for **RCC Phalode Metro** to its members.

RCPM reiterated its prowess at the **Geet Gayan Spardha**, where we won awards, including 1st Prize in the Senior Citizens Category, Consolation Prize in the Senior Citizens Category, and 2nd Prize in the Duet Category. Our talented members showed once again that RCPM excels in all areas, including cultural activities. Many congratulations to the winners for making RCPM proud.

Our Annual sports day event was another harbinger of friendship, fellowship and bonding that all of us enjoyed as we connected over games and friendly competition.

This month, we successfully completed the last 2 phases of our **Book Donation project** and we have successfully donated over 400 library books to 4 rural schools and 1 low-income bracket school in Pune.

Phase 2 of our **Borewell Recharge Project** is complete, with 23 borewells being successfully serviced. This project is a testament to our commitment to sustainable water management and community welfare, ensuring that we continue to serve the needs of our communities in the long run.

We accomplished our **Annual Health Check-up** Project this year too at our 2 interact schools and have been able to complete check-up of about 600 students in 2 days.

Every year, we take pride in presenting the **Vocational Service Awards** to honour individuals who have demonstrated outstanding professional achievement in their area of expertise. It is our endeavour to recognize meaningful vocational contributions by those who exemplify service to the community through their vocations. This year, keeping focus on our theme of 64 kala; we have felicitated local artisans for their exceptional skills and craftsmanship in their area of expertise. From masseuse to jewellery artisan and darning specialist to gardener, we recognized their vital contributions to the community. It was a beautiful reminder even the most unsung of vocations are full of incredible talent and dedication.

As we move ahead with lot of enthusiasm and excitement to work on the plans we have in place, we also are eager to tap newer opportunities ahead. Let's continue to work together with the same gusto and passion that has defined our club's success so far.

Our club is highly valued in Rotary circles, and it's all because of your continued dedication and commitment! Thank you for making RCPM such a vibrant and respected club.

With lots of warm wishes,

Rtn Amita Nene

President RCPM RY 24-25

RCPM PROJECTS

1) RCPM visits Phalode region

On 13th January a visit was paid to the Phalode region by RCPM team. It covered the following

- Visit to Phalode Strawberry farm



- Visit to Sawarli Shivankala Gat and conversation with the members
- Visit & Conversation with Women from an ongoing **Adult Literacy Center**, experience sharing & Certificate distribution to Women who completed the Adult Literacy module



- Book Donation to 3 schools in Ambegaon Taluka



- RCC charter presentation and installation



- Discussion with RCC members on initiatives for cluster development

- RCPM badges and RCPM T shirts to RCC team



2) Vocational Service Awards Distribution

The felicitation program on January 23rd was organised and conducted by Ann Madhavi Kulkarni.

It started with beautiful song rendered by Annet Ananya Joglekar praising Shri Sharada, the Goddess of various art forms.

The first recipient was Mr. Harish Shah. His vocational art form being "Patwekari". He was introduced by Manjiri Kuvavala. Mr Shah was accompanied by his wife.

The second recipient was Mr. Dattatreya Bhosale. His specialisation being Rafoo work (darning). Introduction of Mr Bhosale was given by Rtn Aparna Sowani and some videos of Mr Bhosale at work were shown.

The third awardee was Mr Vaijnath, a Gardner. His introduction was done by Sujata Mhalgi. Some photographs of his plants and flowers were shown. Mr Vaijnath was accompanied by his wife and daughter.

The forth recipient was Ms Sonali Pawar Her skill set being massaging. She was introduced by Madhavi Kulkarni.

All awardees expressed their thanks for the recognition given to them by Rotary Club of Pune Metro. The awardees got very emotional and said that they had very humble beginning. All the recipients were self-made and learnt the skills by their own hard work. One common factor of all was their commitment to their trade & the love & respect they received from their clients.

Mr. Harish Shah said that his art is a dying art as nobody is interested to take up this art as their livelihood. So he expressed his willingness to teach this trade to any young person so that this art-form sustains.

The program ended on a positive note.



3) Other Projects Updates

3a) Update of Bore well Project-In its Phase 2, 23 bore wells were completed.



3b) In addition, during this month, the last of the 3 Happy Schools under CSR Project in association with Atos Prayas Foundation completed on 13th Dec 2024

Congratulations to Team Happy School!

3c) A medical project was conducted by Rtn Altaf and team on 21st and 22nd January. It covered medical check-up of 180 students of Rathi School and 400 students of Agashe School.



RCPM MEETINGS

1) Meeting dated January 9th

1a) Cycle Expedition

The very first meeting for the new year was as charged up as everyone is at the time of the new year!!

We had a vibrant team of four young seniors share their experiences of the phenomenal 3000+ kms expedition that they merrily accomplished in a time frame of 28 days!! Kudos to their conviction we must say!

All four made the narration very engaging and each of us actually felt as if we were part of their expedition! Another great RCPM meeting indeed!



To add the details, here is an account from Rtn PP mukund himself-

Myself and four members from our cycling group called Young Seniors set out on a cycling expedition from **Delhi to Kolkata to Raipur, Nagpur and finally to Pune.**

We started our journey from India Gate on 8th of November 2024. Prior to that, we had packed our cycles in boxes and got them sent over to Delhi. We also travelled from Pune to Delhi via train. The expedition spanned over 31 days, out of which we were riding for **28** days and took rest on 3 days. We travelled through eight states and covered a distance of some **3444** km.

We used to ride **125** to **150** km everyday. Out of the five members in our team, the eldest one was 79 years and the youngest was 53. Average age of the group was **67**. We specially visited some places, notably the Taj Mahal at Agra, Agra fort, various ghats and Baba Vishwanath temple in Varanasi, Bodhgaya and also some places in Kolkata and Nagpur.

The ride brought us very close to the life of common man in all the states. It gave us a flavour of cuisine in all these States. We met countless people, YouTubers, bloggers, media persons, etc.

We had numerous photo opportunities. Hence, the ride was a memorable experience, and very enriching & satisfying learning for all of us.



1b) Induction of a new member

It was with great pleasure we welcomed our new member Rtn. Shama Kelkar to our family... Another lovely bubbly addition!

An article article by Rtn Shilpa-

We added Ms Shama Kelkar, 4th new member of this year, in our RCPM family. PP Mohan has given Rotary oath to Shama.

With her addition our total strength has become 68.

Rtn Shama runs her own parlour in Karve Nagar area. One of her hobbies is managing events, apart from gardening, art work, and danc.

Anna Prashant, who is a mechanical engineer is Cummins Kothrud for last 22 years.

Annet Chinmayee is studying in Ferguson college and also taking lessons of Kathak dancing.

Rtn Shama is younger sister of Ann Shilpa Apte. Thanks to Rtn Amit Apte for referring her to RCPM.

Shilpa Choudhari

Membership Director RY 24-25



2) RCPM Sports Day 19 Jan 2025

An amazing fun-filled morning spent together with all of you!!

Applause for the vibrant Conveners and all their super enthused organising supporters.... You gave us a wonderful pampered time!

The warm up n the Dodge ball geared everyone up.... And the chinese whispers culminated into a laughter riot thanks to the unimaginable hilarious reproductions of the original acting script.... It gave us our full quota of dopamine and serotonin 😊

Upma and coffee was amazing and the cricket that followed was out of this world... It was full of fashionable sweeps and photo moment catches and highly stimulating conversations and discussions to determine wide balls. Kudos to the rotating umpires for retaining their sanity and thriving in chaos... The buttermilk break was welcome and helped cool the temperature and the temperament both 😊😊

On the parallel scene, serenity and peace prevailed with a round of tambola....

Lunch was very nice and thoroughly enjoyed by everyone....

There was a lot of fun, action, activity, conversations, socialising and camaraderie....

Congratulations to Team RCPM..... May many more such good times prevail!



RCPM NEWS

1) Geet Gayan Competition

As a grand annual event Rotary Geet Gayan Competition was held on January 12th by RCP Kothrud.

After a fantastic performance in this competition RCPM was awarded the following-



First prize in Senior citizen category... Rtn PP Avinash Joshi



Second prize in duet.... Rtn prez. Amita & Rtn Prerana



1st consolation prize senior citizen Ann Madhavi Kulkarni



The handsome Trophies



The Winning Team



2) RCP Parvati invites President RCPM

On January 18th, President Amita was invited by RCP Parvati to take a workshop on Self Development for their InterAct students at Hujurpaga School.



3) In January there were four weddings.

Son of Rtn PP Madhav Tilgulkar and Ann Neha,
Daughter of Rtn PP Bhavana and Anna Milind Chahure,
Daughter of Rtn Manjiri Kuvavala and
Daughter of Rtn Milind and Ann Rajyashree Sakunde.

RCPM wishes all the newly wed couples a lifetime of love and happiness. May their bond grow stronger with each passing day.

4) Rtn Anagha Joshi lost her father in this month. We in RCPM are saddened for the same and wish his cherished memories bring comfort and peace to the family

Special Contribution by Rtn Shobhana Paranjpe

आपल्या रोटरी क्लब पुणे मेट्रोच्या सदस्या रे. शोभना परांजपे, २०१७ पासून, वनबन्धु परिषद/ Friends of Tribals Society या स्वयंसेवी संस्थेच्या, राष्ट्रीय महिला समितिद्वारा प्रकाशित 'एकल शक्ति' या द्वैमासिकाच्या संपादनाचे कार्य करीत आहेत.

वनबन्धु परिषद/ Friends of Tribals' Society अर्थात् ग्रामीण भारताच्या सर्वांगीण विकासासाठी, शैक्षणिक सशक्तिकरणासाठी भरघोस कार्य करणारी एक गैरसरकारी, स्वयंसेवी संस्था. स्थापना १९८९. एकल अभियान या मोहिमेंतर्गत ८७,००० पेक्षा जास्त खेड्यांमध्ये One Teacher Schools ही विद्यालये आणि Ekal on Wheels या चालत्याफिरत्या संगणक प्रशालांच्या आधारे शिक्षण; तसेच स्वास्थ्य, स्वावलंबन, सेन्द्रिय खतांचा उपयोग आणि शेती इत्यादी समन्वित पंचमुखी योजनेद्वारा केलेल्या भरघोस कार्याबद्दल २०१७ मध्ये पंतप्रधान नरेंद्र मोदी आणि राष्ट्रपती वेंकटरमन यांच्याहस्ते 'शांतता पुरस्कार' देऊन गौरविण्यात आलेली ही संस्था. २०१२ च्या London Olympics ची Torch Bearer आसमची पिकी कर्माकर आणि Intermediate National Karate Championship मध्ये सुवर्ण पदक मिळवणारी महाराष्ट्राची दिव्या मालगवे या एकल अभियानच्याच विद्यार्थिनी ! २०१९ च्या Zee Cinema Awards मध्ये या दोघींच्या अभिनंदनाचा Video सुध्दा उपलब्ध आहे. अशी ही वैशिष्ट्यपूर्ण संस्था!

२०११ मध्ये वनबन्धु परिषदेच्या राष्ट्रीय महिला समितीच्या स्थापनेनंतर २०१६ पर्यंत देशाच्या विविध शहरांमध्ये ३२ महिलासमिती कार्यरत झाल्या आणि त्यामुळेच परस्परसंवाद, एकात्मता, कार्याचा अभिलेख आणि प्रचार-प्रसार यासाठी Digital माध्यमाद्वारे समन्वय साधण्याच्या उद्देश्याने 'एकल शक्ति' या द्वैमासिकाच्या प्रकाशनाला सुरुवात झाली आणि ही जबाबदारी सांभाळण्यासाठी निवड झाली श्रीमती शोभना परांजपे यांची..

३२ महिला समितींच्या कार्याच्या माहितीचे द्वैमासिक संकलन आणि आकर्षक प्रस्तुतीकरण..अक्षरशः मॅरिथॉन शर्यतीत धावण्यासारखे किंवा Circus मध्ये Acrobatics करण्यासारखेच कौशल्याचे काम..! शोभनार्जींनी Post Graduate Diploma मध्ये Computer Programing Languages शिकवण्याचा व्यवसाय अनेक वर्ष केलेल्यामुळे Computer, Internet, Mobile Phone इत्यादींबरोबर जणु खेळायचीच सवय लागल्यामुळेच की काय, हे सर्व त्यांना सहज जमले.

सामाजिक संस्थामध्ये वार्षिक सभा आणि Awards ही असतातच. पण एकल अभियानमध्ये Awards फक्त समितींना दिली जातात, व्यक्तींना नाही. वनबन्धु परिषदेच्या २०२३ वार्षिक सभेत मात्र Awards दोन व्यक्तींना देण्यात आले.

राष्ट्रीय महिला समितीच्या संस्थापिका श्रीमती पुष्पाजी मुंदडा यांना 'Lifetime Achievement Award', तसेच श्रीमती शोभना परांजपे यांना सतत सहा वर्ष एकल

शक्ती या ट्रेमासिकाचे संकलन, संपादक आणि प्रकाशन यशस्वीरित्या करण्याप्रीत्यर्थ 'National Level President's Award' देऊन गौरविण्यात आले.



शोभनाजींचे हे कार्य या नंतर अजूनही सुरूच आहे. या योगदाना प्रीत्यर्थ जुलै २०२४ ला पुणे येथे 'एकल सुर ताल' कार्यक्रमात एकल अभियानचे राष्ट्रीय अध्यक्ष व कार्यकारी अध्यक्ष यांच्याहस्ते शोभनाजींचा विशेष सन्मान करण्यात आला.



या स्वयंसेवी संस्थेचे प्रेरणास्थान आणि ध्येय आहे, 'If the child cannot reach the school, the school must reach the child', ही स्वामी विवेकानंदांची विचारधारा. ये शोभनाताईच्या या प्रेरणादायी कार्यास क्लबकडून शुभेच्छा

Anna Uday Subhedar

RCPM in RID 3131 Events

पहिले रोटरी साहित्य संमेलनात दिनांक ४ व ५ जानेवारी ला साहित्य रसिकांना भरगच्च कार्यक्रमाची खुमासदार मेजवानी मिळाली.

मान्यवरांच्या हस्ते दिमाखदार उद्घाटन सोहळा पार पडला व तत्पश्चात पानिपतकार विश्वास पाटील आणि ज्येष्ठ क्रिकेटीयर चंदू बोर्डे यांचेशी मुलाखातीमधून मनमोकळ्या गप्पा झाल्या. 'यशस्वी लेखनाची सूत्रे' या परिसंवादातून शिवराज गोर्ले, श्रीनिवास भणगे आणि वंदनाताई बोकील यांनी मार्गदर्शन केले. दुसऱ्या सत्रात श्री.रामदास फुटाणे यांच्या वात्रटीकतून बाहेर आणली. अंजलीताई कुलकर्णी यांच्या छानदार सूत्रसंचालन आणि रोटरीच्या सभासदांनी सादर केलेल्या कवितांचा कार्यक्रम एकदम झकास झाला. 'संगीत कट्यार काळजात घुसली' नाटकाने सर्वांनाच रात्री उशीरापर्यंत खिळवून ठेवले होते...अभिनयाची जुगलबंदी चांगलीच रंगली होती.





दुसऱ्या दिवशी सकाळच्या सत्रात ज्येष्ठ व्यंगचित्रकार शतायुषी शि.द. फडणीस यांना 'रोट्टी व्यावसायिक गुणवत्ता पुरस्कार' ज्येष्ठ कवी अशोक नायगावकर ह्यांच्या हस्ते प्रदान करण्यात आला.



मिर्तींद जोशी यांनी घेतलेली अशोक नायगावकर यांची घेतलेली खुमासदार मुलाखत, विनोदी कविता हार्याचे कारंजे फुलवून गेली आणि रसिक प्रेक्षकांनीही त्याला दिलखुलास दाद दिली. 'AI चा साहित्यावर होणारा परिणाम' परिसंवादातून

दीपक शिकारपूर आणि सहकाऱ्यांनी AI बद्दल सुरेख आणि सुलभ शब्दात उलगडा केला. 'अमृतसंचय' ह्या गदिमांच्या गीतांवर आधारीत बहारदार कार्यक्रमात रोटरीच्या दीपक महाजन आणि आसावरी गोडबोले यांनी सुरेल गाणी सादर केली. श्री.भाऊ तोरसेकरांशी झालेल्या मनमोकळ्या गप्पा म्हणजे icing on cake च होत्या.

यजमान क्लब रोटरी क्लब ऑफ पुणे हेरिटेज, समन्वयक राजीव बर्वे, डिस्ट्रिक्ट वोकेशनल एक्सेलन्स डायरेक्टर मधुमिता आणि सर्व कमिटी मॅम्बर्स आणि क्लब मॅम्बर्स तसेच अन्य सहभागी क्लब यांनी या पहिल्या साहित्य संमेलनासाठी प्रचंड मेहनत घेतल्याने सर्वच कार्यक्रम यशस्वी झाले...

अतिशय नेटके संयोजन, उत्तम खान - पान व्यवस्था व उत्तमोत्तम कार्यक्रम ह्यामुळे पाहिले रोटरी साहित्य संमेलन अगदी दिमाखात पार पडले. यजमान क्लब RC पुणे हेरिटेज चे अभिनंदन.

आपल्या रोटरी क्लब ऑफ पुणे मेट्रोच्या रसिक सदस्यांनी ह्या संमेलनात अगदी उत्साहाने भाग घेतला. सहयजमान म्हणून संमेलनाच्या आयोजनात आणि अंमलबजावणीत प्रेसिडेंट अमिता आणि समितीच्या सर्व सदस्यांनी (योगाश्री, ताऊ, स्नेहा, उदय, राजस, प्रेरणा) अतिशय उत्साहाने व समर्थपणे जबाबदारी पेलली.





आपल्या सदस्यांनी ५८ प्रवेशिका घेतल्या होत्या. काही जणांनी आंशिक आणि बहुतांश जणांनी पूर्ण वेळ कार्यक्रमाचा आस्वाद घेतला. प्रेसिडेंट अमिताच्या हस्ते वेळोवेळी पाहुण्यांचे सत्कार करण्यात आले. आपल्या वलबमधील लेखक **माधवी मेहेंदळे**, **आनंद देवचवके**, **राहुल जोशी** व दीपक बोधनी ह्यांना सन्मानित करण्यात आले. डिस्ट्रिक्ट कार्यक्रमातील सहभागाबद्दल प्रेसिडेंट अमिताचा सत्कार करण्यात आला.

एकुणात खूप बहारदार होता हा डिस्ट्रिक्ट इव्हेंट . व्यक्तिशः मला आपल्या वलब तर्फे समन्वयक म्हणून काम करतांना खूप शिकायला मिळाले व दोन दिवसांचा हा अनुभव खूप श्रीमंत करून गेला.

- रो वर्षा डवले

समन्वयक - RC पुणे मेट्रो - रोटरी साहित्य संमेलन



Golden Turmeric milk

Turmeric and milk have natural antibiotic property. Including these two natural ingredients in your everyday diet can prevent diseases and infections. Turmeric, when mixed with milk can be very beneficial for number of health problems. This is an effective remedy to fight hazardous environmental toxins and harmful microorganisms. It is best if a pinch of black pepper (miri) powder is added. It enhances the effect.

Recipe for turmeric milk.

1. Take 1 inch fresh turmeric root. If not available, then use one level teaspoon turmeric powder.
2. Add to one glass milk.
3. Boil for 15 minutes.
4. Strain to remove fresh turmeric piece.
5. Cool it and drink it.

Benefits of turmeric milk

1. **Respiratory illness** - Turmeric milk is anti-microbial which attacks bacterial infections and 150 viral infections. It is useful to treat illnesses related to respiratory system, since the spice heats up your body, and provides quick relief from lung congestion and sinuses. This is also an effective remedy to cure asthma and bronchitis.
2. **Cancer** - this milk prevents and stops the growth of breast, skin, lung, prostate and colon cancers, since it has anti-inflammatory properties. This prevents cancer cells from damaging DNA and reduces the side effects of chemotherapy.
3. **Anti-inflammatory** - turmeric milk is anti-inflammatory that can prevent and protect arthritis and stomach ulcer. It is also known as natural Aspirin that can cure headache, swellings and pain.
4. **Cold and cough** - turmeric milk is considered as a best remedy for cold and cough due to its antiviral and antibacterial properties. It gives instant relief to sore throat, cough and cold.
5. **Arthritis** - It is used to cure arthritis and treat swelling due to rheumatoid arthritis. It also helps to make the joints and muscles flexible by reducing the pain.

6. **Aches and pains** - turmeric golden milk gives best relief from aches and pains. This can also string them the spine and joints in the body.
 7. **Antioxidant** - turmeric milk is excellent source of antioxidants, which fights free radicals.
 8. **Blood purifier** - turmeric milk is considered as an excellent blood purifier and cleanser. It can revitalize and boost blood circulation in the body. It is also a blood thinner that cleanses the lymphatic system and blood vessels from all impurities.
 9. **Liver detox** - turmeric milk is a natural liver detoxifier and blood purifier that boost liver function. It supports the liver and cleanses the lymphatic system.
 10. **Bone health** - turmeric milk is a good source of calcium which is a must to keep the bones healthy and strong. It lowers bone loss and osteoporosis.
 11. **Digestive health** - it is a powerful antiseptic that promotes intestinal health and trees stomach ulcers and colitis. It helps in better digestive health and prevents ulcers diarrhea and indigestion.
 12. **Menstrual cramps** - turmeric milk works wonder as it is antispasmodic that easiest menstrual cramps and pain. Pregnant women should take golden turmeric milk for easy delivery, postpartum recovery, improved lactation and faster contraction of ovaries.
 13. **Rash and skin redness** - ancient queens took turmeric milk bath for soft, supple and glowing skin. Soak a cotton ball in turmeric milk and apply on the affected area for 15 minutes to reduce skin redness and blotchy patches. This will make the skin more radiant and glowing then before.
 14. **Weight loss** - It helps in breakdown of dietary fat. This can be useful to control weight.
 15. **Eczema** - drink a glass of turmeric milk every day to treat eczema.
 16. **Insomnia** - warm turmeric milk produces amino acid, tryptophan that induces peaceful and blissful sleep.
- NOTE – when fresh turmeric is not available, use organic turmeric powder.

BIRTHDAYS & ANNIVERSARIES: FEBRUARY 2025

Feb	1	A	Rtn Shubhada and Abhay Joglekar
Feb	2	B	Rtn PP Shardul Gandhi
Feb	3	B	Rtn Vidya Mulay
Feb	10	B	Rtn Rajendra Erande
Feb	13	B	Rtn PP Shireesh Lawate
Feb	14	A	Rtn Amita and Sachin Nene
Feb	15	B	Rtn Vasanti Bedekar
Feb	15	A	Rtn Aarya and Swanand
Feb	17	B	Rtn Shilpa Choudhari
Feb	17	A	Rtn Prerana and Kedar Joshi
Feb	18	A	Rtn Varsha and Girish Bapat
Feb	19	A	Rtn PP Mukund and Mugdha Chiplunkar
Feb	22	A	Rtn Vivek and Madhavi Kulkarni
Feb	23	A	Rtn Sujata and Jayant Mhalgi
Feb	24	B	Rtn PP Padma Shahane
Feb	28	A	Rtn PP Bhavana and Milind Chahure

Social Media Presence of RCPM

 Website <https://rotarypunemetro.com/>

 Twitter <https://twitter.com/RotaryPuneMetro>

 Instagram [https://instagram.com/rcpunemetro?
igshid=Y2IzZGU1MTFhOQ==](https://instagram.com/rcpunemetro?igshid=Y2IzZGU1MTFhOQ==)

 YouTube [https://www.youtube.com/@rotaryclubofpun
emetro5768](https://www.youtube.com/@rotaryclubofpunemetro5768)

 Facebook [https://www.facebook.com/RotaryClubofPune
Metro?mibextid=ZbWKwL](https://www.facebook.com/RotaryClubofPuneMetro?mibextid=ZbWKwL)

