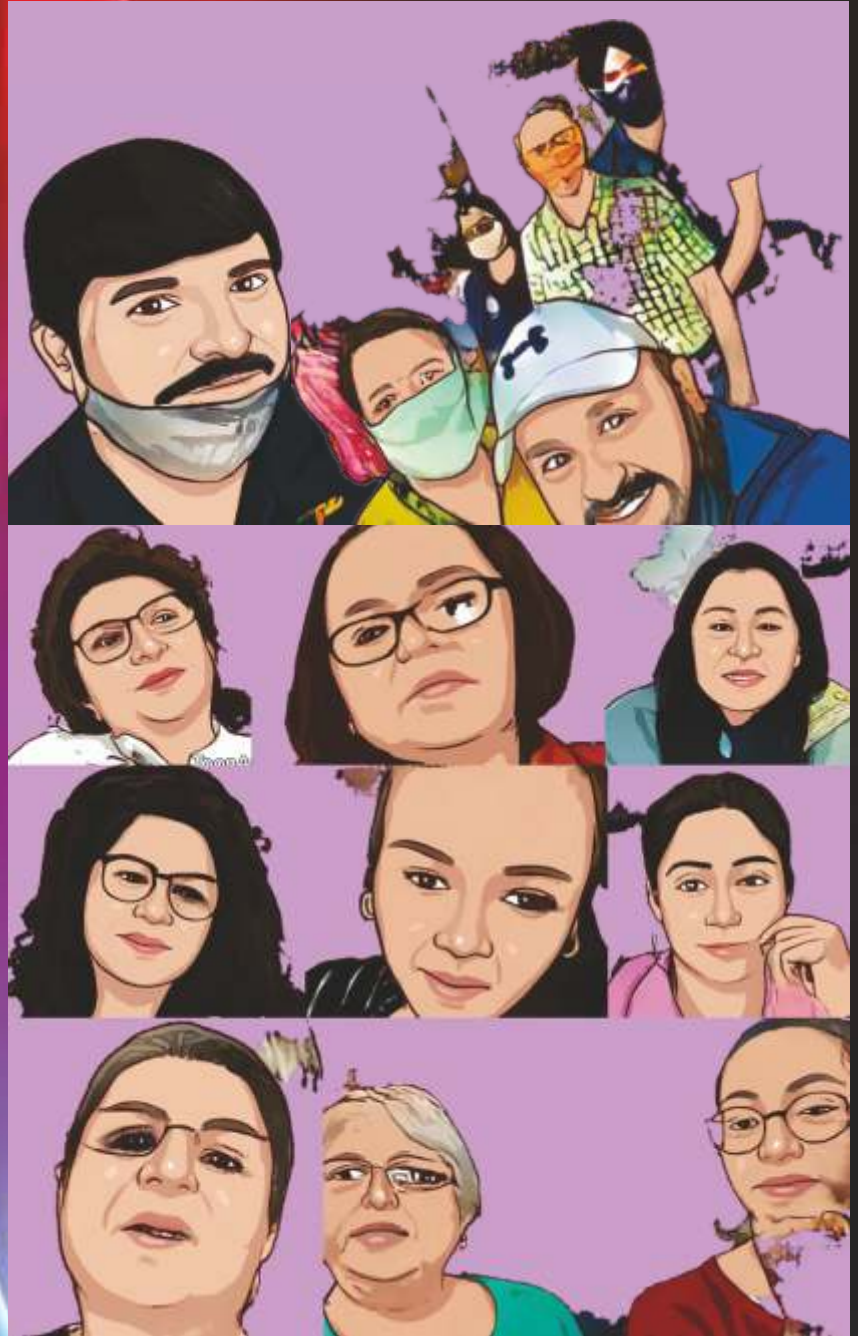


Golden Orange



- *Youth Service*
- *Skills in a box*
- *Off the Cuff*
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President's Message



"Dear God – I know you said "This too shall pass" and really I do believe you but.... its been a year now and things are really coming to a pass instead of actually passing. High time you stepped in, don't you think?"

This could be the gist of prayers of people of all ages, creed, colour, race in the recent past.

More things are wrought by prayer than this world dreams of. Wherefore let thy voice rise like a fountain for Me night and day. For what are men better than sheep or goats, that nourish a blind life within the brain, if, knowing God, they lift not their hands of prayer, both for themselves and those they call friend (Alfred, Lord Tennyson)

Friends, elders and those at high risk have begun to get their vaccinations and by the time you read this, everyone above 45 years of age would be eligible too. Two of our members in the medical profession together with our youth brigade continue to provide excellent facilities to ensure that technologically challenged seniors are able to get their shots without much ado.

The second wave is turning out to be much worse than the first one and one would be wise to maintain extreme caution in venturing out among friends and family to avoid getting infected, vaccinated or otherwise. Trust me, I'm speaking from personal experience.....and quarantine!!

The RI District actually held a training session on how to apply for the District Awards. It would be a challenge for most clubs to actually identify which projects did they execute to be eligible to apply for certain awards. Award for International Service anybody??

As we commence the Maternal & Child Health month, our club continues its premier role in providing mental health guidance and counselling for those facing such issues. We have done our bit in creating and propagating a guidance video, helpline and continuous seminars to reach out to the more susceptible and fragile minds – the youth - by providing them a positive environment to express their thoughts and views in order that they are properly and adequately counselled.

Positive thinkers remind themselves that every problem is temporary.

By staying positive, good things will eventually come your way.

Have a Safe and Peaceful Month ahead!!

- Sandip J Dhodapkar

Editor Speak

Come summer and nostalgia sets in. Nostalgia of what summer vacations were like in not so distant a past!

"Those were such happy times and not so long ago...."The mind sings momentarily, taking one back to those delightful, carefree times. Times when wearing a mask, carrying a sanitizer along was not a MUST.

Cut to present times. What will the summer be like? Will we cocoon ourselves indoors? Or, will we just drive out to a destination where there's no fear of that miniscule "thing" in the air? These and many such thoughts flit across one's mind.

Fear of the unknown predator reigns Supreme. But face fear, we must. We can't let fear stop us in our tracks and hold us back.

Let's mask ourselves; distance ourselves; wash/sanitize ourselves and push through without throwing caution to the winds. Just remind yourself of the song, " Hum honge kamyab..." and move on.

Take care. Stay safe.



ON THE COVER

Rotarians-
people of action.



CREDITS

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Meetings

11th March

Decrypting Crypto Currency

The weekly meeting was held on the Zoom digital platform. The guest speaker of the day, an eminent scholar and vastly experienced CA Dr. Tejinder Singh Rawal, explained lucidly about Block chain technology And Crypto currencies.

Dr. Rawal informed the members , that a white paper presented by a person or group of persons , using the pseudonym Satoshi Nakamoto, started the Bitcoin revolution.

He is also being credited with implementing the first block chain database. A blockchain is essentially a digital ledger of transactions , that is duplicated and distributed across the entire network of computer systems on the blockchain. This makes it impossible to hack into and that's why considered as flawless. Bitcoin was created as a reward for a process known as mining.

Digital currency is gaining increasing acceptance world over and is also considered as an investment option. Using the analogy of the Dutch Tulip mania of the seventeenth century, Dr Rawal warned the members that Digital currency are probably heading in the same direction. With no intrinsic value, the digital currency is a bubble waiting to burst. Given the highly speculative nature of the digital currencies, he advised not to invest in them. Dr Rawal also highlighted the dangers of crypto currency, being used to buy drugs, weapons on the dark web.

All in all a much appreciated and highly informative session for the members.

– Jitesh Sedani



Rotary International

Rotary has identified five key categories as areas in which clubs and members can play an important role to support regional and local COVID-19 vaccination efforts.*

1. *Community education* - sharing information from health departments and supporting their efforts.
2. *Equitable distribution* of the vaccine.
3. *Combating misinformation* by sharing accurate and fact-based information in regionally appropriate way.
4. *Prevention* by engaging in projects supporting mask wearing ,social distancing, proper hygiene practices, donation of PPE etc.
5. *Encouraging preparedness* to receive the vaccine (Example - advocacy efforts to ensure governments to have the preparedness plans in place)

A robust process is in place to identify projects via international Offices, Club & District Support regional leaders and RI staff.

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2021**

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Category	Registration Charges		
	Early Bird upto 15th Feb 2021	After 15th Feb 2021 upto 30th April 2021	After 30th April 2021
Single	5500	6500	8000
Couple	10000	12000	15000
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Patron (without accommodation)	21000	23000	26000
Rotaractors	4000	5000	6500

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LADIES COMMITTEE

MAA TUJHE SALAAM - Woman's Day Celebration



8th March, International Women's Day, is the day to honour the strength and abilities of women and to celebrate their achievements and contributions.

An empowered woman empowers the world! This was the concept taken up by Ladies Committee for the program- Maa Tujhe Salaam- as a tribute women. What better than a mother passing the entrepreneurial baton to the daughter!

Ladies Committee Advisor, PP Rina Sinha, a successful woman entrepreneur herself, organised an interesting talkshow with some successful mother-daughter entrepreneurs on the nuances of this beautiful relationship.

It was a pleasure to have with us Linda & Melanie of Jubilee Bakery, Madhuri Daga & Priyam of Auric Gems, Dr Ruxana Master of Dalal Nursing Home, PP Khushnoor & Niharika of Flourish and Neeta & Manveen of JD's Dessert Boutique as our cherry-picked panelists from varied backgrounds.

The beautiful mom- daughter relationship has both strengths and weaknesses- they are friends; have heated arguments; are advisors. And, if both have the same interests then they can give a new dimension to the enterprise by the daughter carrying the legacy to newer heights.

The panelists shared their struggles, hurdles and success stories which they experienced while establishing their ventures.

Initially, Linda, being a woman was discouraged by her father in joining the bakery. Later, her passion revived the shut down business; making her father proud. Melanie an interior designer has joined her mother's bakery and learnt

a lot from Linda's experiences over the years.

Dr Ruxana Dalal Master, walked the path her mother had taught her. She imbibed sincere work ethics and work commitment from her mother Dr Nargis Dalal. Now, these precious qualities her daughter Ayesha would like to carry forward.

Madhuri Daga, with a passion for jewellery, feels lucky to have Priyam in her life to share her dream and carry it forward. Priyam made new additions by starting the silver line and more.

PP Khushnoor with her passion for gardening and to keep herself occupied, was able to start her second innings in a big way with motivation and support from Niharika who helps her in marketing.

Nita, always had passion for baking. With her parents' support, she was able to start JD's Dessert Boutique. Nita's experience helped Manveen to experiment and introduce new varieties. Thus taking the bakery to a different level.

Domination of mothers, different work styles, not tech savvy etc create temporary hard feelings which soon melt away in this beautiful maa-beti relationship.

Rtn Namita Sharma proposed a vote of thanks. A token of thanks sponsored by Sameer Priya nursery was given to all.

PP Rina Sinha, for conceptualized and executed the interesting program. Rtn. Manisha Kapoor provided the flawless technical support.

More than 50 RCN ladies joined in and enjoyed the program.

– Rtn Ragini Sahu

ROTARACT CLUB OF TGPCA

WOMEN'S DAY CELEBRATION

Rotaract Club of TGPCA felicitated Women police officers, on the occasion of "International Women's Day" at Ranapratap police station. Women vegetable and street food vendors of trimurti nagar were also given token gifts, to show gratitude and respect.



VACCINATION DRIVE

The Rotaract Club of Tulsiramji Gaikwad-Patil College of Architecture in collaboration with NMC volunteered for Online Corona vaccination registration for old age people of various slums Rambagh, Babulkheda, Balaji Nagar. The Rotaractors did around 200 online registration for vaccination under this drive from 22nd – 27th march 2021.



ROTARACT

ROTARACT CLUB OF IGGMC

Rotaract Club of IGGMC Nagpur organised a one day event about social action for climate changes. eminent speakers Suvha Lama (Scientist), Yasara Ramanayake & Miss Kanchana Veerakoon were invited.



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Interact

CPS KATOL ROAD INTERACT CLUB

The Interactors of Centre Point School, Katol Road donned the mantle of techhies who were out to teach elders about the digital world.

They spread the word amongst the elders of their families, distant relatives and household helps, that they would teach them the basic functions of the digitalized world. For the purpose, they narrowed down certain basic topics to be discussed which included- Basic features of laptop, Online payments, Online shopping, Emailing, looking for news online and being able to fact check it, using messaging apps like whatsapp and facebook, using online platforms, Zoom and Google Meet.

124 elders were taught various kinds of applications and technological functions by 58 Interactors. The activity is still going on.

PLANTATION DRIVE

The Interact Club of Centre Point School, Katol Road, worked in collaboration with the Green Fingers Club of the school to carry out their next meaningful activity. The members of the two clubs worked enthusiastically to make the Plantation Drive a success by putting making efforts to do their bit as conscientious citizens.

The members of the Green Fingers club and the Interact club zealously planted saplings and sowed seeds in their homes as a symbolic representation of "sowing the seeds for a greener earth". The students were creative and chose eco- friendly methods to execute this activity. They encouraged and motivated the people around them to use reusable materials such as plastic and glass containers. They suggested making of vertical gardens in their homes. They have also sown seeds of fruits and vegetables in pots themselves in an effort to grow them organically.

The students have not only executed the activity successfully but have also planned to take a feedback from the participants on a regular basis for the real achievement of the project.

CPS WARDHMAN NAGAR INTERACT CLUB

Kabaad Se Jugaad – An innovative Mission

Collect all the useless stuff or Kabaad and convert it into



something useful or Jugaad and distributed to many needy and poor ones.



The Art of Small Talk



Every single person in your life was once a stranger to you, until you had that first conversation. For some of us initiating a conversation with unknown people is easy but for most, it can be a daunting task. Most of us take only 3 seconds to start forming opinions based on appearance, body language, demeanor, mannerisms

and dressing, to name a few.

Here is a handy set of tips that will be useful to all age groups and gender mix. After all, finding, nurturing and cherishing relationships is one of most gratifying experiences of our life time!

1. Be Yourself:-

Do not lose yourself or pretend to be someone you're not. Being your authentic self will make you feel more confident, help you to build trust, and earn the respect and integrity from the people you meet.

2. Smile Genuinely:-

A warm and confident smile will put both you and the other person at ease. Let it reflect through your eyes. But don't go overboard with this – people who take this too far can seem insincere and artificial.

3. First Word Flood-gates:-

Start with a simple "hi" and don't over think the conversation ahead of you. Ask open ended questions. You will be surprised how much people like talking about themselves.(For example, "Interesting name! How did your parents think of it?")

4. Find the "Me-Too!"s:-

Try and find that one thing that you and the person may have in common. You'll find that the conversation becomes a lot easier. (For example: Maybe you both were born in the

same city, or maybe you both like the winters).

5. Pay a Unique Compliment:-

Be generous and give a compliment. Having said that, I believe in the concept of 'compliment immunity meter'. If you tell a very beautiful girl that she's beautiful, chances are that she may never remember you. That's because she may be immune to the word "beautiful" as she may have heard it a million times. So try and look for something unique about the person and pay a genuine compliment. (For example "I love how your eyes light up when you smile")

6. Ask for an Opinion :-

Trust me, we all want to be heard. When you ask for an opinion, the real communication begins. There's a lot you can know about people by listening to their views. However, keep the question simple and generic. (For example, "Which was the last movie you saw? What did you think of it")And when they reply, listen!

7. Be Courteous and Attentive :-

Be present! Set aside modern day distractions, for instance, by turning off your mobile phone so that you can give the person your full attention.

To make meaningful connections we need to communicate. A conversation is like reading a book. You can turn to any page you want, you can flip to your favorite chapter. You can read as long as you want, as much as you want. EVERY PERSON IS A REALLY GOOD BOOK and it saddens me, that the entire human lives are being boiled down to 140 characters on Twitter and catchy headlines on Instagram. That's not what we are! We are not abridged versions. We are entire human stories and deserve more from each other. So in this big world that we call 'LIBRARY', reach out for a book, open a page and start reading a story!




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Summer Skin Care Tips

Increase in temperatures during summer months , combined with humidity & heat, increases activity of sebaceous glands, thereby making our skin more oilier, dry, rough, & patchy. Harsh sun rays also tan due to excessive melanin production.

TIPS:

1. Consider a change in your face wash, for dry skin - non foaming cleanser, for oily skin-face wash.
2. Include antioxidants serum in your facial routine to hydrate your skin.
3. Stock up your fridge with green veggies, citrus fruits, green tea, nuts.
4. Use a moisturiser every night after facewash, & a hydrating mask once a week.
5. wear sunscreen between 30-50 SPF to block UVA & UVB rays.

6. Cut down on makeup, allow skin to breathe.

7. Use a refreshing toner to clear pores.

8. Drinking 2 - 3 litres of water will soften our skin.

9. Exfoliate & moisturise hands & feet.

10. Skin around eyes is much thinner, so use undereye gel that has hyaluronic acid, cucumber, aloe vera, honey, to prevent wrinkles.

11. Other skin problems during summer can be fungal infections, malaria, sunburn - consult a Dermatologist.

Take care, Happy summers.

– Dr. Jaishree Masand





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Off the Cuff

The age of 'The Couch'!!



We have come a long way, from the time 'Couch Potato' being considered, not a very desirable title to now Govt and Society literally begging us to be one. Now finally, I can come out of the closet and proudly say, 'Yes I am a couch potato and have always been one'. When the whole world is struggling with restrictions of lockdown and having trouble passing time, literally counting

hours, my life's experience is really coming oh so Handy!

Now since I am charitable at heart and the plight of my near and dear ones is painful for me to watch. I am sharing a few tips from my rich and vast experience gained over the decades on how to while away your time and not feel guilty about it and how to be at the top of your game at being the 'Super Couch Potato'.

First and Foremost, throw that alarm clock or simply disable the app from your mobile. Remember 'You are never late for anything'. Never get up before others at home, you will be made responsible for all things 'Morningy', collect the News Paper, fetch the Milk, brew the Coffee etc. etc. Second, Never be Pleasant and greet people in the mornings, be 'The grouch'. Remember, mornings are the predatory times, people are always listing things to do through the day and looking for someone just anyone to be assigned those to. With these simple and easy to implement habits you will ensure that you have nothing but time on your hands to do all the things you always wanted to do, Watch TV, Drink beer during daytime, snack from those colourful looking crispy packs.

Things you need to check before you enter the second phase of the day, rather second and the last phase (of course there cannot be more than two!). Before you install yourself on that couch, keep these things at one hand distance. Remember, no one around you likes you now and is looking for revenge. Never let your guard down, you are on your own.

My Mantra to become a Basic level couch potato:

- 1) Find the most worn out Pyjamas and T-Shirt. Never look presentable to save yourself from any possibility of getting selected for that trip to Grocery store.
- 2) A side table with all things important, mobile on charge, Snack packets, new batteries for Remote Control, a few bottles of beverage of your choice. The choice of beverage should be made based on number of TV sets at home and possibility of a Coup while you make that essential trip to the bathroom. In any case always carry the TV remote and AC remote to the bathroom for any such eventuality.
- 3) Always keep two Cushions of different sizes and densities to support various different postures you will be taking during the course of the day, on 'The Couch'.
- 4) Train your mind like a true warrior, never get instigated by a mumbling spouse, block any question which is not related to decision on selection of menu for lunch or dinner. Remember nutrition is important. Oily greasy food ensures your body never betrays you and demands a walk.
- 5) Download a pedometer, ensure the count of your steps doesn't exceed 50 per day.

I can go on and on, but I guess these tips should be enough for coming 3 months. The monsoon edition will have more such tips for an advanced level course. Hail the Couch!

– Neeraja Kartik

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DO YOU KNOW?

What is the difference between the flag ceremony on 15th Aug and 26th Jan?*

An interesting fact :

On 15th Aug the flag is HOISTED (from below) and unfurled. Reflecting the very first day in 1947 when it was done so for the first time.

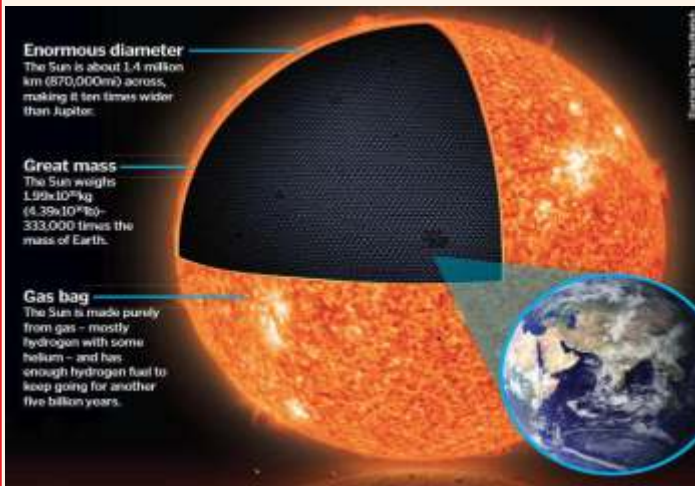
On 26th Jan, the flag is already up there and is UNFURLED

Even the ceremonies are called flag hoisting and unfurling the FLAG.

JAI HIND

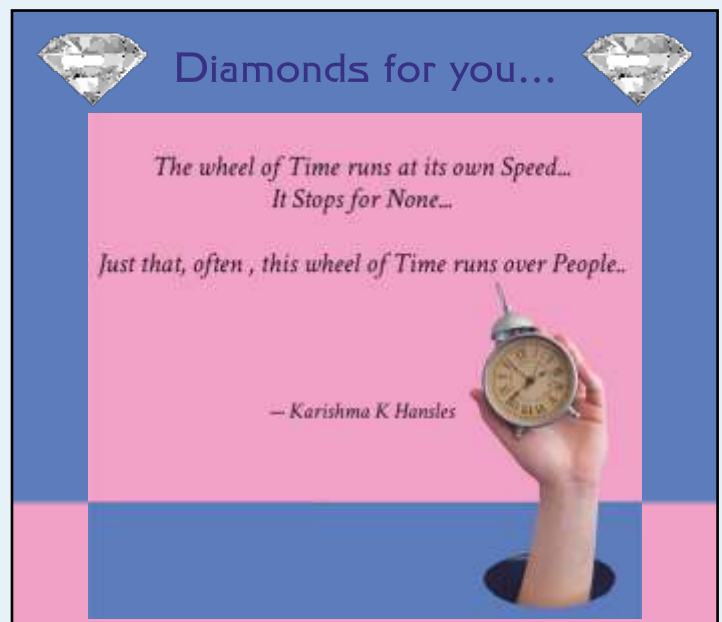
Space Facts

1. SPACE IS COMPLETELY SILENT
2. THE HOTTEST PLANET IN OUR SOLAR SYSTEM IS 450° C. - That is Venus
3. THE SUN'S MASS TAKES UP 99.86% OF THE SOLAR SYSTEM.
4. ONE MILLION EARTHS CAN FIT INSIDE THE SUN
5. THE SUNSET ON MARS APPEARS BLUE
6. THERE ARE MORE STARS IN THE UNIVERSE THAN GRAINS OF SANDS ON EARTH!
7. ONE DAY ON VENUS IS LONGER THAN ONE YEAR.



... RIDDLES ...

- Q. I have no life, but I can die, what am I?
Ans.
- Q. When the water comes down, when it rains, I go up, what am I?
Ans.
- Q. I never ask questions, but always answered, who am I?
Ans.
- Q. You can break me easily without even touching me or seeing me, what am I?
Ans.
- Q. What has six faces, but does no wear makeup, and twenty-one eyes, but cannot see?
Ans.
- Q. Before mount everest was discovered, what has the highest mountain on earth?
Ans.
- Q. What runs around the whole yard without moving?
Ans.
- Q. What has a foot on each side and one in the middle?
Ans.



Greetings



Birthdays

Atul Gupta	15th April
Shamshuddin Rana	15th April
Rahul Sharma	15th April
Dr. Iqbal Khan	16th April
Dr. Prashant Rathi	16th April
Behram Patel	17th April
Cyrus Watchmaker	17th April
Dr. Raju Wilkinson	18th April
Naseha Khan	18th April
Dr. Jumana Hussain	18th April
Hazra, Vandana	23rd April
Umesh Agrawal	23rd April
Ajmera, Sona	24th April
Dr Sanjay Kolte	25th April
Akhtar Parvez Maimoon	25th April
Dinesh Chhabra	26th April
Dilip Agrawal	26th April
Jasleen Batra	26th April
Dilshad Doongaji	27th April
Dr. Shubhada Gade	29th April
Vipul Gupta	30th April
Parul Garodia	30th April
Ruchi Chaudhary	2nd May
Kiran Gupta	3rd May
Bharat Parekh	4th May
Kanupriya Agarwal	5th May
Harshal Gajghate	6th May
Ajay Sharma	7th May
Atul Pande	9th May
Tuli Rupinder Singh	10th May
Bharati Gidwani	11th May
Atul Bangre	11th May
Jasbir Singh Arora	12th May
Kapil Bahri	12th May



Anniversaries

Alok & Anula Goenka	15th April
Sanjay & Richa Sethi	16th April
Poonam & Vijay Vazirani	18th April
Ranjit & Lipika Rath	18th April
Fanish & Kiran Gupta	26th April
Amit & Snehal Jhawar	22nd April
Prashant & Smita Kale	23rd April
Namita & Ajay Sharma	24th April
Shailendra & Meenu Varma	26th April
Ragini & Rajiv Sahu	27th April
Manisha & Nilesh Kanitkar	27th April
Shashi & Bela Thapar	29th April
Arun & Rajshree Jaiswal	2nd May
Ehtesham & Naseha Khan	8th May
Rajeev & Deepa Aggrawal	10th May
Rajendra Kumar & Vineeta Jaiswal	11th May
Nakul & Nilima Malani	6th May



R o t a r y



Same time last year our lives changed overnight . After a whole tough year we are back to square one with the rise in covid. But that has not deterred our friends from being achievers in their respective fields .

*Our Past President Tauby Bhagwagar has done it again . She was the first Lady President in RCN and now she has been elected , unopposed, as the first Lady President of NagpurParsi Gymkhana . Proud of you Tauby .

* Rt ann Archana Jhavery is doing a remarkable job as the President of Jito where she got awarded for her outstanding achievement as the chief project coordinator. Keep up the good work Archana .

* Neha Sinha, talented daughter of PP Rina and Amitabh Sinha was felicitated by the Minister of sports on international women's day for her various achievements . Keep soaring higher Neha.

* Our multi talented Rt ann Dr Rajasi Sengupta is going places. She has contributed a chapter in the book FAQs for Adolescent boys & girls . And also was invited to give a talk menopause at a webinar for Nagpur Mahila club. Congrats Rajasi .

*Rt ann Shaily Gambheer was invited to give a talk on self motivation for visually & hearing impaired students. Great going Shaily .

* Congratulations are in order for Dr Meena Mishra as the Covid Diagnostic laboratory, AIIMS , completed a whopping 1,00,000 RT- PCR tests .

Respect for all the doctors & technicians for their tireless & continuous efforts in these tiring times. And also cheers to Women Power .

* Heartiest congratulations to Our DG Shabbir Shakir & First Lady Jumana for the wedding of their daughter Zahra to Ammar. Wishing the newly weds eternal marital bliss.

* Tuli Trade Private limited has opened a new branch office in Aurangabad. Heartiest congratulations Rtn Prince Tuli for another feather added in your cap.

* Rtn Rajendra Jaiswal ,The Iron Man , has set his own benchmark. He won yet another medal in Dubai as the Iron Man where he ran, cycled & swam against adverse conditions & all odds ,physical as well as environmental. Hats off to your dedication Rajendra .

* Rtn Akash & Shilpa Aggarwal have been interviewed on Big FM by RJ Shonali. A truly multi talented couple.

* Rtn Dr Raju Wilkinson has started his blog in which he writes about his travels. All the best Raju.

* Last but not the least Heartiest congratulations Rtn CA Nitin Alsi for being nominated on the internal Audit Standards Board of the institute of Chartered Accounts of India for 2021-22. That's a very big honour & a prestigious post. RCN is proud of you Nitin .

* We have lost our very senior member Rtn Sylvester Issacs. Heartfelt condolences to the family.

* Sheela Diote , mother of Rtn Shishir Diote left for the heavenly abode. Condolences to the family .

* Heartfelt condolences to Rtn Manisha Kanitkar on the sad demise of her mother . May all the departed souls rest in peace.

A little Thought & A little Kindness are not so little.

Till next month. Stay positive. Stay Safe. Stay Healthy.

This too shall pass.

- Rtn Sonia Khurana

Rotary International's new monthly theme for April is Maternal and Child Health! Every day mothers risk their lives giving birth and millions of children die each year from treatable, preventable causes. At least 7 million children under the age of five die each year due to malnutrition, poor

health and inadequate care, sanitation. To help reduce this rate, Rotary provides immunizations and antibiotics to babies, improves access to essential medical services, and supports trained health care providers for mothers and their children.

Rotary's projects ensure sustainability by empowering the local community to take ownership of health care training programs. Maternal and Child Health Care is also recognized as one of Rotary's Six Areas of Focus.

Rotary



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APRIL IS MATERNAL AND CHILD HEALTH MONTH

**ROTARY MAKES HIGH-QUALITY HEALTH CARE
AVAILABLE TO VULNERABLE MOTHERS AND CHILDREN SO THEY
CAN LIVE LONGER AND GROW STRONGER.**