

Designated Months For 2020-21

July 2020
New Leadership Month

Aug. 2020
Membership & New Club Development Month

Sept. 2020
Basic Education and Literacy Month

Oct. 2020
Economic & Community Development Month

Nov. 2020
Rotary Foundation Month

Dec. 2020
Disease Prevention & Treatment Month

Jan. 2021
Vocational Service Month

Feb. 2021
Peace & Conflict Prevention or Resolution Month

Mar. 2021
Water and Sanitation Month

Apr. 2021
Maternal and Child Health Month

May 2021
Youth Service Month

Jun. 20201
Rotary Fellowships Month



- Projects
- Meetings
- Off the Cuff
- Skill in a box
- and more ...





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A W A R D E E S

2019-20

PDG Dr. Satish Sule Trophy
for the Best Rotary Couple
(More than 3 Year Standing)
Manisha & Sanjay Agrawal
Mamta & Manjot Kahai



PP Rtn Arun Bhargav Trophy
for the Best Humanitarian work
done by Rotarian / Rotary Ann
Cyrus Watchmaker
Naushad Bhagwagar

Rtn. Ann Kailsahrani Sahni Trophy
for participation in most number of
club projects & Significant Contribution
Harneet (Rinku) Suri
Geeta Rao



Uday Bhaskar Nair Trophy
for the Best Rotary Ann
(Less than 3 Yrs Standing)
Alka Singh
Shubh Saini

Mrs Swadesh Chugh Trophy
for the Best Rotary Couple
(Less than 3 Years Standing)
Grishma & Daveendeeep Dhingra
Neha & Prashant Pimpalwar



PP Rtn Sati Khanna Award
for the Outstanding Rotarian
Pritesh Tank
Rahul Chaudhary

PP Jal P Gimi Award
for the Best Interact School
Centre Point School, Wardhman Nagar,
South Public School.



PP Himmatbhai Thaker Award
for the Best Rotary Ann
(More than 3 Years Standing)
Rajasi Sengupta
Sakira Master

S P Surjan Silver Salver
for the Best Chairperson
(Other than Community Service)
Tari Chawla, Neerja Kartik
Rocky Batra



PDG Vishwas Sahasrabhojane
Shatabdi Meet Award
for the Outstanding Rotarian
of the Year
Namita Sharma

Roshani Doshi Award
for Best Rotaractor
Neharika Tandon (IGGMC)
Yash Goyal (Nagpur)



Dr. Bakula & Dr. Pramod Shah Trophy
for Best Rotaract Club
Sadabai Raisonni Women's
College

PP R D Mohta Shield
for the Best Director
Sonia Khurana, Ragini Sahu
Danny Vaid



I extend my heartiest greetings to all Rotarians, Anns, Rotakids, Rotaractors and Interactors for the new Rotary Year 20-21. The first month has gone by in a flash - or shall I say flash in the pan!! There were no Rotaract or Interact installations nor the flurry of meetings, physical events and activities that are generally synonymous with any Rotary July month. COVID and the Epidemic Diseases Act, 1897 (coming out of

hibernation) has put paid, albeit temporarily, to all hopes of meetings in person.

Good news came in the shape and form of excellent results by our Rotakids in the CBSE examinations. Itne percent to hamaare do exam ke marks milaake bhi nahi milte the was the general feeling of Rotarians and Anns who however took it upon themselves to make up for lost percentages in their student years, by ideating and executing projects for the society at large on a virtual platform.

"Virtual" was the mode in which Board 20-21 were installed on

2nd July in a first of its kind in the history of the club – landmark or dubious? Be that as it may but one cannot deny that the outreach increases tremendously because of this latest advance in technology. More than 150 school teachers could be reached out to in a wonderful presentation called "Teachers are Gods Angels" and told about how to keep themselves calm in this trial by byte era. This is but one of a series of initiatives by the club to run awareness campaigns on various topics of current interest. An educative and informative program on Organ Donation at the last regular meeting was much appreciated. We have come up with a Donor Form with our club logo which accompanies this issue. I urge all of you to please consider your first step towards immortality by pledging to donate your organs. The RO-Tree challenge for sapling plantation, photograph and funny caption is on and the response so far has been overwhelming. Its really heartening to note that nothing can dampen our efforts to make our city greener. At the end of the campaign, the wittiest of the witty will have something green (pun intended) in his kitty.

Stay happy stay safe folks!!

- Sandip J Dhodapkar

Editor Speak



The rains bring forth a sense of newness. This year too, the city is adorned with overgrown foliage bringing a sense of freshness to the air. Just as every year, going Green has been the mantra of the month of July.

The RO-Tree Challenge caught everyone's fancy and the run for greens started. The Green City Committee was flooded with requests for saplings and our Green Warriors reached out to all enthusiasts with their

selected saplings.

Nature, of course, is revelling in the new-found tender-loving-care that is being showered on it NOW. NOW, that most have realized the bounty that Nature has showered on mankind since time immemorial and how mankind reciprocated by plundering it.

Let's sustain the enthusiasm that the Green City Committee has generated. Let's sustain this enthusiasm in all things Rotary in these new normal times. As we step forward to learn newer ways, let's also unlearn some of our ways which have brought upon us these difficult times.

Stay safe. Stay connected!

PP Khushnoor S.Chugh

Zoom Installation, online weekly and committee meetings, webinars, projects, full on activities, have kick started the 76th year of RCN with the 'New Normal'. I don't see lockdowns and restrictions, stopping our members' enthusiasm from putting their best foot forward to carry on club activities to the fullest. In

past few months, we've learned to prioritize our work and have realized that, less can also be more. After running from morning to night, whether for work or social commitments, now with the slow-mo button pressed, has led to introspection and self rediscovery. This will definitely be reflected in our future times. I firmly believe, we are always being trained by life, for what we are destined to be. So let us all welcome the new rotary year with open arms and full enthusiasm.

Rtn Anjali Mnocha



ON THE COVER

Three Wise Men
Looking Ahead



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District Governor's Message



My Dear Friends in RCN,

Rotary Opens Opportunities!!

The last few months have been revolutionary in many ways. For one, the digital platform has been accepted and embraced by all so spontaneously that it now seems, we will not be able to survive without it. So many of us have been connected like

never before. Attending Installations; participating in meetings; enjoying the fellowship before and after; attending meetings of different Clubs. Not only being able to communicate but also see each other.

The restrictions arising out of lockdowns have not been able to stop us from carrying out service activities. The modes and methods have changed but the reach to our community has strengthened. There are so many meaningful activities which can be done at these times – environment related, Covid related, awareness campaigns, online training models, skills training programmes, identifying and reaching out to the needy,

sourcing quality speakers on digital platform for Club meetings.....the list is long. RCN and all other Clubs are engaged in big ways.

The fact that we are unable to meet physically and enjoy the company and fellowship of our friends in Rotary can be compensated by devising alternate and innovative methods. Organise games, debates, panel discussions, fun quizzes or competitions for the kids and family members or simply chat sessions. I am certain that President Sandeep and his team will be only too glad to organise these sessions frequently. The challenge is participation and involvement by our members. 'Stay Home Stay Safe', but stay connected virtually.

I request all of you to dip into your pockets and contribute to TRF. The quantum of amount does not matter, participation does. Is it too much of a utopian thought to expect each Rotarian to contribute (even if the contribution is \$10)?

But then, most important, do not forget to Enjoy. Enjoy the Service. Enjoy the Fellowship. Enjoy the Friendship. Enjoy Rotary.

- Shabbir Shakir

Women Power in RI



Johrita Solari
RI Vice President



Mintu Ibrahim

Mintu Ibrahim



Virpi Honkala
Director 2020-22



Susan C. Howe
Director 2020-22



Aikaterini Kotsati-Papadimitriou
Director 2020-22



Valarie K. Wafer
Director 2020-22



Stephanie A. Urchick
Director 2019-21

Six extraordinary women Rotarians sit in 2020-21 board, apart from three TRF Trustees and leading Rotary International to greater heights.

9th July 2020

The club's second online meeting on Thursday 9th July 2020 using Zoom was conducted and around 50 Plus members attended the meeting. President Sandip chaired the meeting, The Board 20-21 was introduced under the theme " Alag Andaz" Rtn Prince Tuli hosted the program, the Board members were introduced in a lighter mood and every one enjoyed it. Mohammed Master announced the next weeks and also presented the formal vote of thanks.

Rtn Mohammed Master

16th July 2020

The weekly meeting of the Rotary Club of Nagpur, was held on the Digital platform on 16/07/2020 and the topic for the same was the most relevant topic during the current times "ONLINE EDUCATION- THE NEW NORMAL"

PP Rina Sinha conducted the panel discussion and the participants were carefully picked so as to cover all aspects of the scenario .

Rtn Dr Rita Aggarwal discussed the topic from a Psychologist's view point , Rtn Dr Mrunalini Dasture highlighted how this new normal has helped teachers focus more on teaching and less on other clerical work, Rtn Dr Sameer Gade brought to focus the need for giving the much needed rest to eyes and suggested a few tips to take care of them, but the most hard hitting words came from the guest speaker Mrs Himanshi Mulchandani of St. Michael High School. She discussed in detail how the lower strata of society is facing numerous difficulties and challenges in using digital platforms for educating their children.

The 3rd meeting of the term of President Sandip saw more than 60 participants logging in to put their respective points across in this meeting, PP Rina handled the show like an Orchestra conductor and created beautiful symphonies in the form of meaningful discussions for everyone in attendance to take home some wonderful thoughts and guidance to adapt to the new normal.

Rtn Rocky Batra

23rd July 2020

On Thursday 23rd July meeting, guest speaker were, Mr. Avinash Eleizer and Mrs. Aarti Eleizer and they spoke on hair care and skin care. They answered member's questions and also put to rest the fear of visiting a salon.

The meeting was held on google meet and around 40 members attended it.

The speaker were introduced by Rtn Manisha Kapoor and she also moderated the program.

Tari Chawla presented vote of thanks.

Rtn Mohammed Master

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Mega Organ Donation Drive

DG Shakir Shabbir, formally launched the Rotary Organ Donation Drive by releasing the Organ Donation Pledge Form and its online link. He also launched the logo of RODA / Rotary Organ Donation Ambassadors. The Drive was launched on 30th July during the Weekly Meeting.

President Rtn Sandip Dhodapkar, speaking on the occasion said that there is about 95% shortage of organs in India because of which many patients suffer and die for the want of organs. This grave situation RCN undertake this Mega Rotary Organ Donation Drive this year with Rtn Dr Anil Masand, Director, Community Services-Medical and Rtn Dr Harish Warbhe, Chairperson of Rotary Organ Donation Drive. Rtn Shiraz Doongaji is the Patron of this drive.

Dr Harish Warbhe said that the organ donation rate in India is about 0.8 persons per million which is much less compared to developed countries.

Dr Vibhavari Dani, Chairperson, ZTCC (Zonal Transplant Coordination Committee, Nagpur) spoke about the importance, need and current situation of organ donation in India. Every year, about 5 Lakh people die due to Organ Failure who could have been saved with organ transplantation. Only about 5% of needy patients get the required organs, she said.

She further informed that living person can donate 1 Kidney, part of Liver, Lobe of Lung and Bone Marrow. The brain dead patient can donate multiple organs like Heart, 2-Lungs, 2-Kidneys, Liver,

Pancreas and save up to 8 lives. He/ She can also donate multiple tissues like Corneas/Eye Balls, Skin, Bones, Heart Valves, Blood Vessels and benefit about 50 needy patients.

Rtn Dr Sanjay Kolte, Secretary, ZTCC shared his experience of initial difficult time in the field. He stressed upon the need to wipe out all the myths about Organ Donation in the society through proper awareness.

Rtn Dr Warbhe, briefed about 12 point program of Rotary Organ Donation Drive comprising Mass Awareness through Talks, Hoardings, Posters, Leaflets, Videos, Contests, Competitions, Skits, Dramas, Walkathons etc. To take the movement of Organ Donation further, Rotary formed a special group, RODA (Rotary Organ Donation Ambassadors).

Rtn Dr Warbhe further said that, the first step for Organ Donation is submission of Organ Donation Pledge. Rotary will offer two simple options; filling and submitting physical forms and the ease of online Pledge.

Lastly, the real hero couple Dr Kishor & Lata Mohril who are the live kidney donors shared their experience and views on organ donation

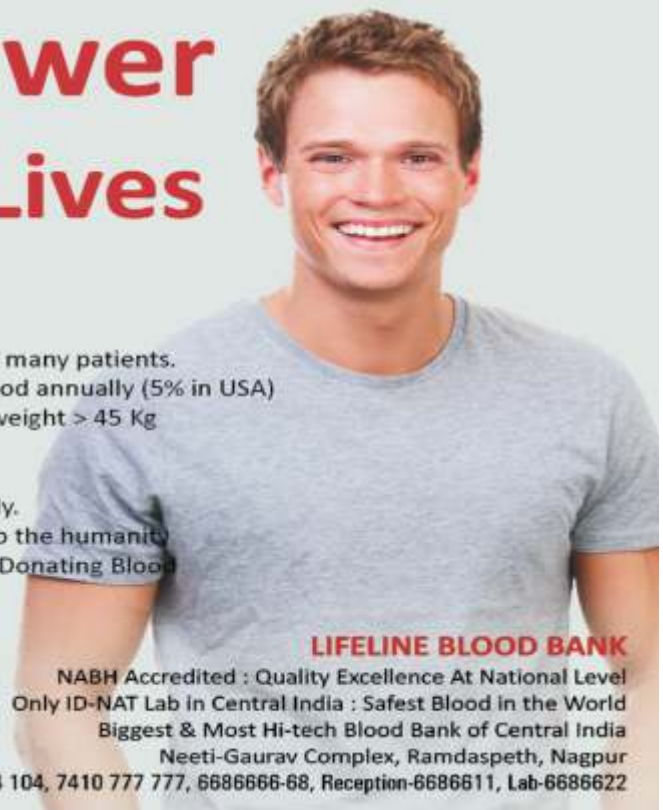
The meeting concluded with formal vote of thanks from Rtn Dr Parag Date, Hon. Secretary, Rotary Club of Nagpur.

- Dr Harish Warbhe

Share Your Power To Save Lives

DO YOU KNOW.....?

- ◆ Every 2 seconds someone needs blood.
- ◆ One in three of us will need a blood transfusion.
- ◆ In India, there is 20-30% blood shortage leading to the death of many patients.
- ◆ In India, despite young population only 0.8% people donate blood annually (5% in USA)
- ◆ All healthy people can donate blood having age 18-65 years & weight > 45 Kg
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4 WAY TEST BOARD INSTALLATION



The First 'Four Way Test' board of the year 20-21 was inaugurated by D.G.Rtn. Shabbir Shakir on 1st July 2020 at Dhingra House, Mount Road, Sadar, Nagpur, in presence of President Sandip Dhodapkar, Dist. Secretary, PP Tauby Bhagwagar, First Lady of district Rtn. Jumana Shakir.

Rtn. Dhaveen Dhingra worked very hard to make first program of RCN for the year 20-21 a grand success. Hon. Secretary Parag Date, Director Harshit Jain, Cyrus Watchmaker, Rtn.T ari Chavla , Rtn. Rinku Suri, Rtn.Vikram Raina were present.



The Second 'Four Way Test' board of the year 20-21 installed at 'PUKHRAJ HOUSE', VIP ROAD, Nagpur. IPP Parag Paranjpe and Varsha Paranjpe inaugurated it on 28th July in presence of President Sandip Dhodapkar, Hon. Secretary Parag, Rtn.Tari Chavla, Rtn. Dhaveen Dhingra and Rtn.Prashant Pimpalwar. Thanks to Rtn.Prashant wonderful arrangements for the event.

"Helpline for Depression"

The Mental Health Committee kick started a project named "First-Aid Depression". This aims at prevention of depression in various schools and colleges through awareness webinars and will put a HELPLINE in place named "FRIENDS IN SERVICE". Six Rotarians and Rotary Ann's were trained for three hours in two sessions, in the Basics of Depression with Basic Counselling Skills required who will volunteer for the Helpline. They were also trained in Positive Thinking by Shaily Gambhir. The Committee is supported by Director Dr Anil Masand and Chairperson Rita Aggarwal. Volunteers who attended the program are Neerja Shukul, Ragini Sahu, Namita Sharma, Mamta Kahai, Manisha Agrawal, Meeta Shaw and active part of team are Rozina Rana and Manisha Kapoor.



- Rita Aggarwal

"Teachers are God's Angels"

Civic awareness committee of RCN had organised webinar for teaching fraternity . Subject of the webinar was "Teachers are God's Angels"

Webinar was addressed by Rtn Dr Mrunalini Dasture . All most all required elements relevant to today's scenario were successfully covered by her with ease. The story based on Chanakya Neeti was highly motivating to the teachers. She also spoke about the importance of teacher's mindset and its impact on online teaching. She emphasized that in these difficult times the emotion of anger needs to be replaced by love and then automatically happiness will become one's way of life .

The Webinar was attended by 146 delegates .

Credit for this great number goes to Civic Awareness committee, Interact committee and director Rtn Neeraja Shukul.

The Webinar was organised under an able guidance of advisor and PP Rina Sinha .

The Webinar was graced by the presence of President Sandip Dhodpakar, Secretary Parag Date and RCN members. The Civic Awareness Committee Advisor PP Rina beautifully concluded the session.

Certificates of participation will be given to all participants.

- Neerja Shukul

RO - TREE CHALLENGE

Rotary Club of Nagpur once again celebrated the arrival of Monsoon with its 'Tree Plantation Drive' from July 15 onwards. The current situation doesn't allow the usual

gatherings for plantation , so Team Green City under the guidance of Director Mayank Jain organised a unique competition ." The RōTree Challenge" has been launched , wherein the Rotarians and Rotractors were given a challenge to post a video or picture promoting greenery while planting a Sapling themselves, which was provided by the club , also a bonus Hybrid Bonsai trees will be given to winners of the competition.

Members were distributed more than 25 variety of saplings like neem, tuls, jasmine , different types of ferns, gulmohar and many medicinal varieties of saplings. The challenge received a huge response from Rotarians, Rotary Anns and Rotractors.



President Sandip, in his address during the weekly meeting on the digital platform laid emphasis on the importance of trees and plants to motivate the members

that planting a sapling yields many benefits like recharges ground water, prevents soil erosion and makes homes for many birds.

This encouraged many members to plant a tree in their premises, taking the total count of planted saplings to more than 1000 within 10 days of the competition being launched . Members of Team Green City Mamta Kahai, Tari Chawla and Harshit Jain took the onus of booking orders and delivering the saplings to the members. This project is still in process and members interested in plantation can contact anyone of the above

mentioned persons for further details.

- Mayank Jain



Before

WATERSHED AT GWALIOR

The Watershed Project at Gwalior has been completed successfully, with the water overflowing in the first rain. Thanks to the team from RC of Gwalior, Parhit, colleagues from GAPL Gwalior and all who were involved in the project. PP Bhargava of RC Gwalior's personal involvement and valuable inputs are greatly appreciated.

I would like to thank Rotarians of RC of Nagpur, who had done the initial documentation under then President Khushnoor Chugh. Our partner Club for this project was RC of Omaha and Rotary International. Special thanks to our Past President Aspi Bapuna for his very generous donation which was put to use to take water to the parched region.

- PP Shiraz Gimi



After

From parched lands to flowing waters ! Gratifying indeed !!

PRAKASH OPTICALS

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Team 2020-21 Installation



On 2nd July 2020 at 7pm, Rotary Club Of Nagpur's 76th Installation meeting was called to order by IPP Parag Paranjpe on the Zoom platform. It was the first ever Installation meeting to be held virtually! He welcomed more than 180 dignitaries , Rotarians and guests who

his board and promised his whole hearted support. The Club bulletin, The Golden Orange was released by editor Rtn. Nilufer Rana which was followed by the presentation of the Awards in recognition of the exemplary work done by Rotarians and Rtn Anns.



Outgoing President : Parag Paranjpe



Bonding !



President Sandip Dhodapkar

had logged in from all over the district. IPP Parag in his report, expressed his heartfelt thanks to his team and fellow Rotarians, who inspite of facing challenging times, kept the Rotary spirit high and the good work going. He wished the very best to incoming President Sandip and

PP Khushnoor Chugh introduced incoming President Rtn. Sandip Dhodapkar. He was then pinned as President by IPP Parag Paranjpe. In his address, President Sandip thanked everyone for showing confidence in him and in brief highlighted his



Prez Sandip pinning IPP Parag



The lucky attendees



Secretary Parag Date with IPP Parag Paranjpe

Team 2020-21 Installation



Director Dr. Anil Masand & Jaishree



DG Shabbir Shakir - Chief Guest



Director Mohd. Master & Alefia



Director Shweta Singh with Prashish



President-Elect Jerry with Cyrus



Vice President Nilufer with Mehernosh



Serg.-at-arms Neerja with Navneet



Ragini with Rajiv



Mrs Paranjpe Sr. with happy Rotarians



Director Mayank with Shweta



Director Kusum with Shashank



PP Tauby proposing the Toast

plan for the coming year. The new board of 2020-21 was introduced by Rtn. Neerja Kartik and Rtn. Rocky Batra.

District Governor Rtn. Shabbir Shakir was introduced by Assistant Governor Rtn. Ajay Kapoor. DG Shabbir in his address called for a standing ovation for the outgoing team and wished the very best to the incoming board. His motivating words were encouraging, as he emphasized on the importance of the exemplary way of working of the RCN members, it being his home club.

A toast was raised to the President of Republic of India by

President Sandip, to the RI President by PP and District Secretary Rtn. Tauby Bhagwagar, to all the Gentlemen by Rtn. Poonam Khandelwal and to all the Ladies by Rtn. Rajesh Yadav.

Project announcements were made by Dir Rtn. Mohammed Master.

The vote of thanks was given by Hon. Secretary Parag Date. The meeting was adjourned by President Sandip after singing of the National Anthem.

-Rtn Anjali Minocha



Rotary Club of Nagpur DOWNTOWN

DG Shabbir Shakir giving blood sample for executive blood check-up on the occasion of opening of Rotary Pathology Lab. The District team, PDG Kishor Kedia, Presidents and Secretaries of other clubs in Nagpur were present.



Hi - Tech, Hi- Speed, Hi- Volume RNA- DNA Extraction Unit was handed over to IGGMCH in the presence of DG Shabbir Shakir and other dignitaries.



RC Nagpur Black Gold installed a Sanitary pad Vending Machine at CP & Berar School and Jr.College and Dharampeth Polytechnic. DG Shabbir Shakir was present on the occasion.

International Youth Exchange



I was an exchange student to District 2080, Rome, Italy. Right from being selected as an exchange student to my home coming, every experience was unique. Things were great till The beginning of 2020. I was having fun in school, at home and was comfortable in the city of Rome, until January when covid-19 disaster struck in North of Italy. Schools closed and we were at home. Soon the program was called off and we were to return to our respective countries. Thanks to the efforts of the Indian government, on 22nd March we reached Delhi where we were comfortably Quarantined.

Finally when the quarantine period was over, my father and his friend drove me home to Nagpur. I was excited to meet my parents and sad to leave my newly found bunch of crazy loving friends at the Quarantine facility.

I am thankful to Rotary, my parents, my well wishers, my host parents and the Indian government for their immense support.

Above all I thank the Almighty for giving me the strength, confidence and courage to hold on and face the situation boldly.

- Anushka Kelkar

Hey everyone I'm Yohaán Gimí, I went to Bergerac, South of France for my Rotary Youth Exchange. It was the experience of a lifetime for me, I got to learn about their culture, history and also learn their language. I was lucky to have 3 very kind host families that took great care of me. I also visited many other places in France with my host families and made many friends there. I enjoyed my exchange in France and will always cherish the memories I have of it.



Thanks to Rotary for giving me this opportunity to widen my horizon.

- Yohaán Gimí

Yours In Rotary ...

Dear Fellow Rotarians,
I have, after a lot of arm twisting by the Editor, PP Khushnoor, agreed to write on "Mentoring", in the Golden Orange (GO).
Funnily, I will not twist your arm, but like the old Beatles Song "I want to hold your hand"! The writing will be "tongue in cheek" and no one should feel offended, as it is just my style and as we go along, I shall pass on some

and our observance of Rotary Protocol in all matters, including how we address each other, is impeccable.

Sadly, terms like "Bhaya", Bro, "Bhai Saheb", "Paaaji", "Didi", "Bhabiji" seems to have crept in to the Rotary vocabulary of late and it is most disturbing to hear in Meetings and read it on



Rotary Group chats.

I am not for a moment trying to belittle or deride our Indian way of showing respect, I am all for it, but in Rotary forum it sounds a little too casual, even flippant and feels like one is in some "Saas / Bahu" TV Serial rather than a Rotary Meet. May I, through this column, request you to please address our fellow members with the correct nomenclature, like Rotarian (Rtn.) Rotary Anne (R/Ann), Rotakid, President (Pres.) Past President (PP), Immediate Past President (IPP), District Governor (DG) Past District Governor (PDG), Immediate Past District Governor (IPDG) etc. You do

get my drift, don't you ?

Let us maintain a certain Protocol in our meetings as has been our Club's tradition for over 76 years.


Yours in Rotary,


- PP. Shiraz Gimi




Rotary information and experiences of over 45 years in Rotary Club of Nagpur.

This wonderful Club of ours prides itself in many traditions- "Time Management" being paramount where we start Meetings in time, but more importantly end on time. Our programmes and projects have been and continue to be innovative and useful, our Service to Society is "on going"








DAIRY



BAKERY



ICE CREAM

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FELLOWSHIP

noun

friendly association, especially with people who share one's interests.

"they valued fun and good fellowship as the cement of the community"

Fellowship, the verb, is an act of making a fellow into a fella! When one "fellow" gives you the joy of 10 fellows, I call him a fella!

The first vision that I have is that of "Jolly good Fellows" who are ready to not only share their good times together but also be a part of "not so good" times of fellas. This then becomes an extended family which rocks together in this ship called "Rotary"!

Diplomacy is one great virtue of fellowship

where you tend to ignore things you do not like about fellows because there is so much more that you like in them, isn't it? Surely in fellowship we never read "diplomat" as "dip-low-mate"!

Friendship is a direct output of fellowship.

Friends who can tell you "No" when they want to and "Yes" even when they do not want to. Friends, who can be contacted in the middle of the night to ask for the exact time of DG visit to the club tomorrow! Friends, who can be asked to give "vote of thanks" because you forgot to ask someone else to prepare for it. For me, I look for friends who come on board with "No conditions apply!"

Gratitude. "Givers Gain!"

Fellowship is a wonderful opportunity to gain by giving

and not by taking. Give your time, give your positive energy, give your money, give your expertise, give your patience, give your counseling, give your hand! Give everything but unsolicited advice. Why is this virtue (shall I call it vice?) inversely proportional to one's age in Rotary. Like single malt whisky, does it not get better with age? I am sure, I am reading it wrong. Let me wait to become old enough in Rotary!



Fellowship leads to great **teamwork**.

Together Everyone Achieves More and after a hard day's work where everyone has been working like a dog (These dogs are different from what the music group Beatles meant) everyone crashes down for a bottle of wine! (Guys! Please hit the bar and pick up your choice.) This teamwork becomes even more interesting when there are two teams with one of them having a vision and the other one has a mission. Well, my team is made of people who say that "I love you for what you are and not for what I want you to become".

I thank all my "jolly good fellows" in Rotary who ensure that I am able to enjoy my fellowship with friends who share my principle of gratitude and teamwork and I am never required to be "dip-low-matic" with them!

Fellowship! Thou shall help every human to become Rotarian cos all Rotarians are humane!

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OUCH !!!



Lockdown began and we thought people are resting at home, hence the misery will be solved. But there have been many other issues, One of them being acute backache. I get fanatic phone calls saying doc please help – I woke up with a severe catch in the back, I can't bend, walk, have pain radiating to legs, have numbness in legs, and so on & on. And the Commonest cause of backache is self-neglect.

Actually 87% of the population has backache at some phase in life. People generally relate it to ageing. But the main reasons are sitting for longer sessions leading to muscle fatigue and bending to do household chores which one is not used to, thereby giving rise to slip disc problems.

A common home test for this is, SLR- Straight leg raising test, while lying down flat one should be able to lift each leg upto 90, but if it is below 60 it indicates muscle tightness, & below 30 indicates slip disc which require a visit to the Doctor.

Household remedies include absolute bed rest for 3 days, hot fermentation, applying muscle relaxant gels and turning on your side while getting up from bed. Avoid forward bending, weight lifting. Your diet should be rich in calcium & vitamin D. A daily back exercise routine to strengthen back & abdominal muscles is also advisable.

- Rtn Dr. Anil Masand

	Do's		Don'ts
1	Tuck a pillow/rolled towel under the back while sitting /lying down.	1	Work on bed / couch with laptop.
2	Sit on study/ dining table+ chair with back support.	2	Sit in one posture for more than 1 hour.
3	Sleep on mattress of medium firmness to minimize any curve in your spine.	3	Run, jump, lift objects, drive, squat or bend if you have any pain.
4	Keep screen height at eye level.	4	Wear uncomfortable, high heels.
5	Bend at your knees & not at your waist	5	Lie on floor, use Indian toilet.



WHAT IS YOUR HAPPINESS QUOTIENT ?



On a rainy tuesday afternoon, I asked myself.. is there anything known as Happiness Quotient? Just like we measure Intelligence & emotional quotient, should we have a value attributed to how happy we are?

Well the bigger thought in my mind was not how happy I am but how easily happy I become,

may be that's an important parameter here. For some a little flower blooming in their garden is a source of happiness, while for some even a bouquet of most exclusive flowers brings no excitement.

Some people have enough of certain things, yet they long for more..

For other some, they have little bit of everything and that's enough.. bringing me back to the thought.. How easily

does one become happy, irrespective of other elements of life..

I wonder Happiness as an individual concept. Shouldn't that be a part of our personality? If we can answer some IQ questions & have decent socialising skills.. shouldn't how easily we absorb happiness in our mind, body and soul, say enough for the kind of person we are.

Some might say I am talking about contentment, well I think it's a part of it. While contentment is being satisfied with what one has, Happiness can also be being happy for what the others have.

Coming back, what is your Happiness quotient ? How easy it is for you to be happy enough to live a healthy life or I might say how smart & strong are you to understand the importance to be just Happy at that little flower which might be blooming in your garden too.

Thank you

- Rtn. Karishma Hansles



One winner in each competition will be rewarded a Tub of Dinshaw's Ice Cream



Pic Quiz

Do you remember seeing this picture recently? Quickly send your answer to Anjali Minocha on 9975897262 and win a tub of Dinshaw's Ice- cream.



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Dear Kiddos,
We've solved puzzles and strained our brains!
Now, we have some interesting facts for you.



Did you know that a cat's whiskers are more important to it than most people realize? For, when there's complete darkness, the cat finds its way around by sound and smell and by using its amazing whiskers. As it moves through the dark, each object it approaches causes minute disturbances in the currents of air, which the whiskers detect. The cat changes its course whenever it approaches a solid object.

When the cat hunts in the dark, the whiskers act as a guide system which enables it to home in on its prey. The whiskers "read off" the outline of its prey in a split second. But this time, instead of avoiding the solid object, it pounces on it.

It is interesting to know that a cat has 24 whiskers, 12 on each side of the nose, situated in the cat's upper lip and arranged in horizontal rows.

When the cat moves in semi-darkness, it uses a different aid. The device placed at the rear of the eyes is an image enlarging mechanism which helps it to use every scrap of light that enters the eyes. It is because of this device that the cat's eyes glow in the dark.

With this interesting tit-bit, bye for now.
Stay safe and stay connected with GO.

Yours,
- Aunty Kay.

Countries of the World Word Search Puzzle



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I M E J Y A A M T T U R K E Y Q N
K O G E R M A N Y L W O Q S P X S
U N I T E D S T A T E S W N F K E
C B R A Z I L G K J T S W E D E N
L A R L O Q U Q S Q A D N A A F X
B A N D L T B Z M P V P N K N M I
T X U A R O C B X A A I A N M O T
R D M O D S F E N A H I R N D T A
C T P Y F A Q I N C P A N A M A L
J Z E P C E T N J Y P I S L K I Y
U U I T C N D D C B W R G D E W R
L Z N E E N O I N G E O N C N A U
Q W E G A C D A O D U L N K Y N S
A R R L I N W U R X S A G F A C S
G A G X B R G I W O R I M I I G I
C N E U T E A K A F L F F B U T A
E M U E O Q X N Y C I O Y M J M R
    
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ARGENTINA	GREECE	PANAMA
BELGIUM	INDIA	PORTUGAL
BRAZIL	IRAN	RUSSIA
CANADA	ITALY	SPAIN
CHINA	JAPAN	SWEDEN
ENGLAND	KENYA	TAIWAN
FRANCE	MEXICO	TURKEY
GERMANY	NORWAY	UNITED STATES

Find the Countries and send your entries to [9823246226](tel:9823246226)

Let's Cook

Nut Cauliflower Pie

1 big Cauliflower
(Upto 2 kg)
1 cup chopped nuts
2 cups white sauce
2 cups maida
2 tblsp grated cheese
1/2 kg boiled potatoes

2 tblsp butter
Salt, pepper,
chilli powder to taste.



Cut cauliflower into small pieces and boil till half done.
Grease a pie dish and arrange the cauliflower pieces into it.

Mix white sauce, nuts, salt, chilly powder and pepper and pour over the cauliflower.

Sift flour and rub in the butter and mashed potatoes and add a little milk. Then, roll out on a pastry board.

Place over the cauliflower and bake in a moderate oven till firm or the top is golden brown. Serve hot.



Diamonds for you...



Sometimes it's okay to be just okay.

A Mediocre.

An Average.

A somebody among many..

Sometimes it's okay to just Live Life

And stop Competing..

— Karishma K Hansles



Birthdays

Tavinder Singh Rawal	16th Aug
Dr.Smita Deshmukh	18th Aug
Bachi Gimi	20th Aug
Dr.Lubna Haq	20 th AUG
Ashwin Mankeshwar	21st Aug
Sonia Bhasin	21 st Aug
Divya Bhati	21 st Aug
Anupama Maheshwari	21st Aug
Rahul Chaudhary	22nd Aug
Sumit Halder	22nd Aug
Ashok Mokha	23rd Aug
Babita Parekh	23rd Aug
Renuka Verma	24th Aug
Lata Rathi	26th Aug
Pramod Jain	28th Aug
Navneet Shukul	28th Aug
Rita Bhargava	29 th Aug
Yogendra Mohan Singh	30th Aug
Renu Singh	30th Aug
Sanjay Sethi	31st Aug
Pramod Jamwal	31st Aug
Siddharth Khosla	1st Sept
Shweta Gade	1st Sept
Rajeshree Dewani	3rd Sept
Jumana Shakir	6 th Sept
Sandip Dhodapkar	7thSept
Shreepriya Jaipuria	7th Sept
Pratibha Siriya	8th Sept
Deepa Aggrawal	8th Sept
Dr Meena Mishra	9th Sept
Amit Agarwal	10th Sept
Garima Singh Makhija	11th Sept
Nisha Kamath	12th Sept
Neeraja Kartik	12th Sept
Shishir Deote	13th Sept
Rakhi Bhatia	13th Sept
Jaspal Arneja	14th Sept
Anirudha Raich	14th Sept



Anniversaries

Amit & Isha Agarwal	7th Aug
Shabbar & Fatema Shakir	9th Aug
Kritika & Gaurav Choudhary	19th Aug
Rajeshree & Shyam Dewani	31st Aug
Manmeet Singh & Arveen Dheer	12th Sept

R o t a r y



Friends it's time for the Next Chapter so let's embrace the magic of new beginnings.

*Rtn Vishal Aggarwal has been elected as the President of EO (Entrepreneurs organization) Nagpur chapter. Congratulations Vishal.

* Rtn Mahendra Kamath is back yet again... This time he was invited by the Business Channel BITV to share his journey from a successful chartered accountant to an equally successful investment advisor...

Keep going MK.

* The children of two Rotary families are going to be united in a matrimonial knot.

Nischay, son of PP Rina and Amitabh Sinha and Ishita, daughter of PP Kapil and Vinita Bahri are engaged. Best wishes and heartiest congratulations to both the families .

* Farah & Feroza Sanjana daughters of Rtn Vindhya & Jimmy Sanjana have made their mark in their respective fields and how...

* Dr. Feroza Sanjana has completed her PhD from the Berlin Graduate School for Transnational Studies. She has been a visiting fellow at Stanford University, California.

Currently, She is working in a think tank providing foreign policy advice to the European Union. She has provided research and policy inputs for an ad-hoc parliamentary committee on social affairs chaired by MP Jairam Ramesh in the Rajya Sabha.

Farah Sanjana got awarded by FICCI FLO Amritsar, for being the only Lakme fashion designer working and residing in Punjab .

She recently founded the 'Saving the Artist' campaign along with 14 designers from the Fashion Industry to raise funds for Karigars and victims of domestic violence via NGO SNEHA .

*Antara Chugh, daughter-in-law of PP's Dr. Sanjiv and Khushnoor, has been involved with World Hunger Warriors from the beginning of this pandemic; raising money for food donations, providing food for migrant trains and cooks to provide food to the hungry in Bangalore.

Aaryansh Grandson of Rtn Sunil & Renu Thapar has come out with his first musical video on UTube.

Excellent Guitarist, Amazing voice and Good looks... this young lad is surely going to become a Rockstar. Blessings and the very best Aaryansh.

* And how can we end without recognising the future leaders of Rotary and our country. God bless all the super achiever children and their proud parents.

Life is not about Expecting, Hoping & Wishing... it's about Doing, Being & Becoming so let's Do our bit for the society, Be there for each other & Become True Rotarians.

Please do share your joys, sorrows & achievements on my number below.

- Sonia Khurana
9823265431