ROTARY CLUB OF PUNE CENTRAL

CENTRAL TURF

PRESIDENT: RTN. BRIG. PK MURALIDHARAN RAJA | HON. SECRETARY: RTN. SAGAR KHANDELWAL

EDITOR: RTN. BEHZAD RANDERIA | ASSISTANT EDITOR: R'ANN SONIA RAJORE

VOLUME NO XLI/17| DATED: NOVEMBER 16, 2024

From The President's Desk

Dear Rotarians and R'Anns,

As I reflect on my first four months as President of the Rotary Club of Pune Central, I cannot help but be filled with gratitude and admiration for each one of you. The energy, enthusiasm, and commitment I see from every Rotarian and R'Ann are truly inspiring. It is clear to me that RCPC is a unique and special club — a club whose members know how to come together to make a meaningful impact. Your collective spirit is what makes our work so impactful, and for that, I thank you all.

As I mentioned in last week's message, November is Rotary Foundation Month, an incredibly important time for us as Rotarians. Yet, I know that many of us may not fully understand what the Rotary Foundation is or why it is so critical to our work. The Foundation is far more than just a fund for charitable donations — it is the engine that powers our global projects and enables us to make lasting change in the world. On Saturday 23 November, Rtn. Vipen Malhotra, Director of RCPC's Rotary Foundation, and his Sub group have organized an insightful program with esteemed speakers who will help us better understand the Foundation's impact and significance. I strongly encourage every one of you to mark your calendars and attend this important session. I am confident that after the program, we will all feel even more empowered and motivated as Rotarians of RCPC, knowing how our contributions can change lives.

Tonight, we also have an important event — the Nominating Committee elections which will take place with physical voting. This elected nominating committee will play a vital role in helping the President Elect Rtn Lekha Nair to select the Board of Directors for the Rotary year 2025-26. As the counting is in progress, let us also take the opportunity to have a short brain storming session to reflect and discuss on how we can continue to evolve and grow as a Club. Change is a constant, and it is essential that we embrace it to remain dynamic and effective in our mission.

Let us continue to work together, learn from one another, and drive positive change. I look forward to seeing you at our upcoming events and to our continued success as a Club.
Warm regards,

Rtn Brigadier PK Muralidharan Raja
President RY 2024-25

The Bulletin contains news and views from the RCPC and Rotary community and may not reflect the view of RCPC's Board of Directors

Today

This Weekly meeting's main agenda is to elect the Nominating Committee that will nominate the Board of Directors for 2025-26. You will have the opportunity to cast your vote for electing the 7 members of the Nominating Committee. A wide participation of the electorate is always good for any election - so please do attend this meeting and cast your vote.

While the counting is going on, we will be conducting a brainstorming session to discuss few very important administrative points that will set the course for the future of the functioning of RCPC. We want to know your views and hence request your attendance.

This meeting will be followed by a mini-fellowship dinner which has been arranged by the Fellowship Committee.

Additionally, there will be a half-hour Pre-Meeting Fellowship starting at 6:30 PM, with the meeting officially commencing at 7:00 PM.

So let's not miss the opportunity to CAST YOUR VOTE this Saturday, 16 November 2024, 6.30 PM at the Poona Club –Conference Hall 1.

We look forward to seeing you there!

The Week That Was

(From Rtn. Sagar Khandelwal)

Our latest session brought together the RCPC family for an evening filled with service, generosity, and camaraderie. President Brig. PKM Raja opened the meeting by leading us in the National Anthem and extended a warm welcome to all.

The "Salute to the Spirit of Giving" segment followed, honoring the generosity of Rtn. Yogesh Shah, Rtn. PP Madhu Rathi, Ms. Dolly Desai, Rtn. Oni Kakajiwala, and Rtn. Sanjiv Agarwal. These contributions are the backbone of our projects, enabling us to drive impactful initiatives within the community.

We celebrated with warm wishes Birthdays of Rtn. Pres. Brig. PKM Raja, Rtn. Arun Jindal, Rtn. PP Dr. Ramesh Dumbre, Rtn. Dr. Ashok Bhave, R'Ann Sweety Kalra, and R'Ann Beena Shroff. Here's to a year filled with joy and accomplishments for each of them!

Among the project highlights was the success of the District Project - Chatrachaya, which provided umbrellas to street vendors, allowing them to continue their work despite challenging weather conditions. Rtn. Rakesh Makhija, Rtn. Nitin Rajore, and Rtn. PP Ajay Dubey led the way with their generous support, making a difference in the lives of local vendors.

Another impactful moment was the distribution of spectacles to students and staff at schools near St. Patrick Church and Netaji Subhashchandra Bose School. It's inspiring to see how small gestures, like the gift of clear vision, can have a profound impact on lives.

Our visit to Ghorpadi village highlighted the importance of sustainable community support, with RCPC initiating improvements in primary schools, anganwadis, and facilities for children with special needs. This visit laid the

groundwork for establishing a Rotary Community Corps in Ghorpadi, which will empower the local community to drive positive change.

Operation Dynamo, presented by PP Suhas Merchant, aimed to propel our club to the top of district rankings. Suhas outlined key areas where we can improve our score and elevate RCPC to the number one club in the district, encouraging everyone to engage actively and contribute to our shared goals.

As we concluded, a special announcement set the stage for next week: our Nominating Committee election will take place on Saturday, November 16, 2024, with physical voting. Please be sure to attend as we elect our new committee members.

Looking forward to seeing everyone at the polls and continuing our journey of service and fellowship together!

Some Interesting Happenings to Take Note Of

Eye Check-up Camp

The Rotary Club's vision care initiative at MKSSS Vision English Medium School, Wadgaon Sheri, benefited 530 children and 15 staff members. The eye camp revealed 443 children with normal vision, while 39 require corrective glasses and 28 were referred for cyclo-refraction testing. Five children were referred for additional vision-related concerns. To address these needs, the project aims to provide glasses, schedule cyclo-refraction tests and ensure comprehensive vision care. Regular check-ups will monitor progress. This initiative promotes healthy vision, enhances educational productivity and fosters well-being among students and staff.

Key Statistics:

- Total Children Examined: 530
- Normal Vision: 443 (83.58%)
- Children Requiring Glasses: 39 (7.36%)
- Referred for Cyclorefraction: 28 (5.28%)
- Referred for Other Reasons: 5 (0.94%)
- Staff Examined: 15

My City My Promise

RCPC'S Project 'My City My Promise' is aligned with 'City and Coastal Cleanup Project' being undertaken by Rtn. Parvin Malhotra and ICC, Sea Scouts & Guides and Boys Brigade on different dates in different parts of the City.

The first such cleanliness drive took place on 10 November afternoon at 3.00 pm at Salunke Vihar Road by seniors and youngsters who are undertaking this phenomenal task of beautifying our Pune City.

Chhatrachhaya Project

ROTARY CLUB OF PUNE CENTRAL
B3/102, YOGI PARK, 12, KOREGAON PARK, PUNE 411001
T: +91-20-26154379 | **M:** +91 9527716505 | **E:** office@rcpunecentral.org

50 Things Every Rotarian Should Know About Rotary

(Inputs from Rtn. PP Suhas Merchant

16 - TOLERANCE OF DIFFERENCES

Occasionally there is a temptation to criticize the laws, customs and traditions of another country which may seem strange or contrary to our own. In some instances, illegal practices or customs of one nation are completely lawful and acceptable in another.

As members of an international organization dedicated to world understanding and peace, it behovess Rotarians to exercise restraint in judging our Rotary friends and citizens from other countries when their behavior seems unusual to us. A Rotary policy has existed for more than half a century relating to this dilemma of international relationships.

The statement, adopted in 1933, says that because it is recognized that some activities and local customs may be legal and customary in some countries and not in others, Rotarians should be guided by this admonition of tolerance:

"Rotarians in all countries should recognize these facts and there should be a thoughtful avoidance of criticism of the laws and customs of one country by the Rotarians of another country." The policy also cautions against "any effort on the part of Rotarians of one country to interfere with the laws or customs of another country."

As we strive to strengthen the bonds of understanding, goodwill and friendship, these policies still provide good advice and guidance.

The Rotary Foundation Annual Report

(Compiled by Rtn PP Raja Kharadkar)

Trustees of The Rotary Foundation have released its 2022 Annual Report. Some highlights include:

The Rotary Foundation raised $434 million, exceeding its annual fundraising goal of $410 million, including:

- The $50 million fundraising goal for fighting polio was reached, earning a $100 million match from the Bill & Melinda Gates Foundation
- Donors contributed more than $15 million for Ukraine disaster relief
- A record $1.2 million was raised on Giving Tuesday

It spent $330 million on projects including:

- $150 million was spent on PolioPlus
- Global Grants totaling $73 million were awarded
- $27 million in District Grants were awarded
- $8 million in Disaster Grants were funded

we celebrated a decade of our formal partnership with Shelterbox

Family Corner

Dady Guliani Celebrated 103rd Birthday
(By Rtn. Kanwal Guliani)

Our father Sh. L. D. Guliani (Lachhman Datta born in Mianwali now west Pakistan turned 103 on the 31st of October 2024 and his birthday was celebrated on the 10th November in the Empress Court society club house with fanfare, music, children's programs song and dance and beating of drums.

Members of the society with families joined the celebration.

Also Dady Guliani's family members from USA, Canada, Karnal and Gurgaon.

Dady Guliani is physically active and mentally alert, communicates with siblings, grand and great grandchildren. His humours intact.

I would say the magic of his longevity is his discipline in all facets of life as well connecting and communication with helping nature. He is running a free homeopathic hospital for the last 40 years in Gurgaon to help weaker sections of the society.

Joyful Moments- A poem that's happy!

Warm sunshine on my face,
Birds singing in their sacred space,
Gentle breeze that whispers low,
Nature's beauty starts to grow.
Smiles abound, hearts full of cheer,
Laughter echoes, year by year,
Love shines bright with pure delight,
Filling lives with warm, golden light.
Dreams unfold like morning dew,
Hopes renewed, all things anew,
Gratitude fills every place,
Joyful moments, smiling face.
Reflection
In life's tapestry, vibrant hues,
Happy memories, forever muse,
Celebrate each joyful day,
Embrace love along the way.

-Anonymous

HAPPY HAPPY JOY JOY!

Joy is a profound emotion enriching our lives with delight, happiness and contentment. It manifests as fleeting moments of happiness from everyday pleasures or deep fulfillment from meaningful relationships, achievements and personal growth. Spiritual joy connects us to something greater, transcending life's challenges.

Sources of joy abound: serenity, awe and beauty in nature; love, support and connection in relationships; achievements, learning and self-im provement in personal growth; expression, imagination and innovation in creativity; and gratitude for life's simple pleasures.

Cultivating joy requires mindfulness, self-care, positive thinking, connection and purpose. Mindfulness grounds us in the present, while self-care nurtures physical, emotional and mental well-being. Focusing on the good, building strong relationships and pursuing meaningful goals also foster joy.

The benefits are transformative: improved mental health reduces stress, anxiety and depression; physical well-being boosts immunity and energy; resilience enhances coping; deeper connections and empathy enrich relationships; and inspiration sparks creativity and motivation.

Embracing joy involves letting go of worries, being present, appreciating life's beauty, sharing joy with others and celebrating milestones. By embracing joy, we unlock happiness, well-being and profound fulfillment.

Here are some iconic and heartwarming movie recommendations that spread joy:

Classic Feel-Good Movies

1. **The Sound of Music** (1965): A timeless musical about love, hope and resilience.
2. **E.T. the Extra-Terrestrial** (1982): A timeless tale of friendship and kindness.
3. **The Wizard of Oz** (1939): A magical journey of self-discovery.
4. **Forrest Gump** (1994): Triumphant tale of friendship, love and perseverance.
5. **The Princess Bride** (1987): Swashbuckling romance, humor and heart.

Inspirational True Stories

1. **Hidden Figures** (2016): Pioneering women in space exploration.
2. **The Imitation Game** (2014): Alan Turing's heroic code-breaking.
3. **Coach Carter** (2005): Transformative high school basketball journey.
4. **The Blind Side** (2009): Overcoming adversity through kindness.
5. **Remember the Titans** (2000): Unity through sports.

Uplifting Animated Films

1. **Inside Out** (2015): Emotional intelligence and self-awareness.
2. **Soul** (2020): Discovering purpose and passion.
3. **The Lego Movie** (2014): Embracing individuality.
4. **Zootopia** (2016): Inclusive community building.
5. **Moana** (2016): Empowering self-discovery.

Recent Heartwarmers

1. **The Best Exotic Marigold Hotel** (2011): Life-affirming friendships.
2. **Amélie** (2001): Whimsical kindness and connection.
3. **The Intouchables** (2011): Life-changing friendship.
4. **Wonder** (2017): Compassion and acceptance.
5. **Green Book** (2018): Unlikely friendship transcending prejudice.

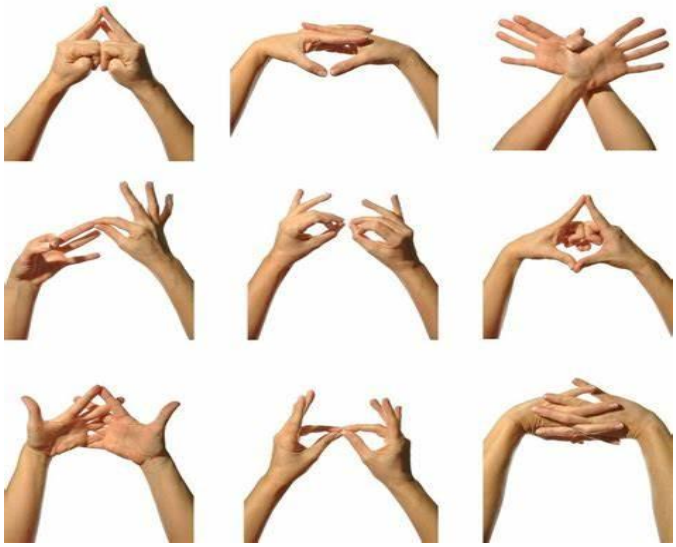
Holiday Classics

1. **It's a Wonderful Life** (1946): Timeless tale of kindness and purpose.
2. **Miracle on 34th Street** (1947): Heartwarming faith and generosity.
3. **Elf** (2003): Joyful Christmas spirit.
4. **Love Actually** (2003): Interconnected love stories.
5. **The Holiday** (2006): Serendipitous love.

Documentary Recommendations

1. **Free Solo** (2018): Courage and resilience.
2. **The September Issue** (2009): Creative passion.
3. **Jiro Dreams of Sushi** (2011): Artistic dedication.
4. **The Human Spark** (2010): Curiosity and creativity.
5. **March of the Penguins** (2005): Perseverance.

Unlocking Joy Through Yoga Mudras



Yoga mudras, ancient hand gestures, unlock life's essence: joy, balance and harmony. These subtle yet powerful practices cultivate emotional well-being, spiritual connection and physical vitality. By incorporating mudras into your yoga journey, discover profound joy, clarity and inner peace.

Yoga mudras (hand gestures) cultivate joy, balance and well-being. Here are mudras promoting joy:

Mudras for Joy

1. **Abhaya Mudra (Fearless Mudra):** Right hand outward, palm up, calming fears.
2. **Varada Mudra (Gift-Giving Mudra):** Left hand downward, palm out, embracing generosity.
3. **Prana Mudra (Life Force Mudra):** Thumb, ring and little fingers joined, boosting vitality.
4. **Anjali Mudra (Offering Mudra):** Palms together, gratitude and connection.
5. **Hridaya Mudra (Heart Mudra):** Thumb, index and middle fingers touching, heart-centered.

Practice Tips

1. **Relaxed Posture:** Sit comfortably, back straight.
2. **Focused Breathing:** Deep inhales, slow exhales.
3. **Mudra Consistency:** Practice regularly for optimal benefits.
4. **Mindful Intent:** Visualize joy, positivity.
5. **Duration:** Hold mudras 5-30 minutes.

Benefits

1. **Emotional Balance:** Reduces stress, anxiety.
2. **Increased Positivity:** Cultivates happiness.
3. **Improved Well-being:** Enhances physical, mental health.
4. **Spiritual Connection:** Deepens self-awareness.
5. **Calming Mind:** Clarifies thoughts.

Additional Recommendations

1. **Yoga Asanas:** Combine mudras with joyful postures (e.g., Sun Salutations).
2. **Mantras:** Repeat uplifting affirmations.
3. **Meditation:** Visualize joy, compassion.
4. **Nature Connection:** Practice outdoors.
5. **Gratitude Journal:** Record daily joys.

ROTARY CLUB OF PUNE CENTRAL
B3/102, YOGI PARK, 12, KOREGAON PARK, PUNE 411001
T: +91-20-26154379 | **M:** +91 9527716505 | **E:** office@rcpunecentral.org

CENTRAL TURF

Stephen Hawking: A Life of Resilience and Brilliance

Stephen Hawking's remarkable life transcended adversity, exemplifying resilience, genius and determination. At 21, Hawking received a devastating ALS diagnosis, with doctors predicting a mere two-year lifespan. Undeterred, he pursued academic excellence, earning his Ph.D. from Cambridge. His groundbreaking research revolutionized theoretical physics and cosmology, introducing concepts like Hawking radiation and black hole theories.

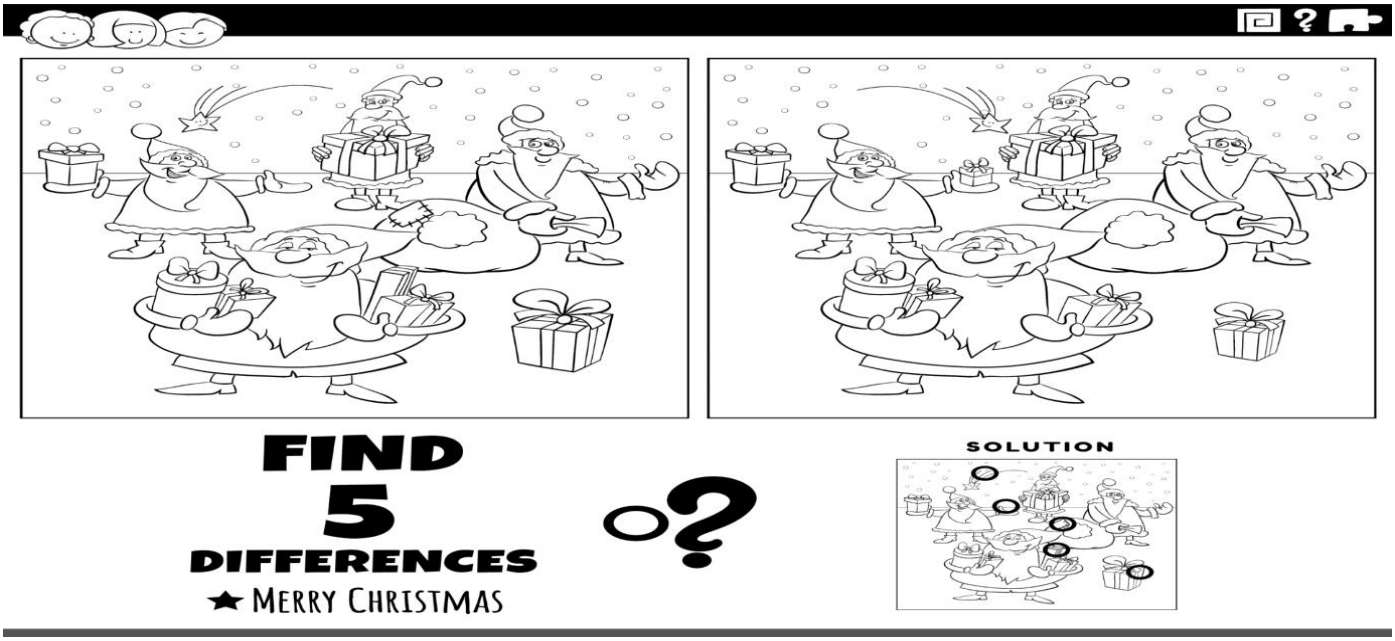
Hawking's iconic publications, including "A Brief History of Time" (1988), sold 10 million copies, making complex science accessible. Despite gradual paralysis confining him to a wheelchair, Hawking's intellect, wit and technological adaptations enabled vibrant communication. Global recognition followed: Presidential Medal of Freedom, CBE, Fundamental Physics Prize and numerous honorary degrees.

Hawking's impact extends beyond science. He inspired millions with unwavering optimism, advocating for disability rights, STEM education and inclusivity. His remarkable journey demonstrates:

1. **Unwavering spirit**: Thriving despite life-threatening adversity.
2. **Intellectual curiosity**: Pursuing groundbreaking research.
3. **Innovative communication**: Overcoming speech limitations through technology.
4. **Resilience**: Defying prognosis expectations.
5. **Empowerment**: Using success for social good.

Stephen Hawking's legacy continues motivating generations.

Spot The Difference - Christmas Is Coming!



ROTARY CLUB OF PUNE CENTRAL
B3/102, YOGI PARK, 12, KOREGAON PARK, PUNE 411001
T: +91-20-26154379 | **M:** +91 9527716505 | **E:** office@rcpunecentral.org

Embracing Joy: Uplifting Affirmations

Uplifting affirmations empower your mind, nurturing joy, positivity and resilience. Repeating these statements fosters self-love, confidence and happiness. Incorporate them into daily routines like meditation, journaling or mirror work.

Daily Joy Affirmations

1. I radiate joy, warmth and kindness.
2. Every day brings new opportunities for happiness.
3. I choose joy in every moment.
4. My heart overflows with love and gratitude.
5. Life's beauty surrounds me.
6. I trust my journey, embracing joy and growth.
7. Happiness is my natural state.
8. I release worries, embracing peaceful joy.
9. My spirit shines with inner light.
10. I am worthy of love, laughter and joy.
11. Every experience enriches my joy.
12. I attract positivity, nurturing joy.
13. Joyful moments fill my life.
14. Love, laughter and joy surround me.
15. I celebrate life's vibrant beauty.
16. Inner peace brings me joy.
17. Smiling, I spread joy and happiness.
18. Life's simplicity brings profound joy.
19. Gratitude fills my heart with joy.
20. Joy is my guiding force.

Tips for Effective Affirmations

1. **Repeat regularly:** Morning, evening or during meditation.
2. **Believe fully:** Trust the affirmation's truth.
3. **Visualize:** Imagine joy surrounding you.
4. **Feel deeply:** Connect emotionally.
5. **Write down:** Reflect in journals.
6. **Share:** Spread joy to others.

Benefits

1. **Positive mindset:** Shifts focus to happiness.
2. **Reduced stress:** Replaces anxiety with calm.
3. **Empowered self-love:** Confidence boost.
4. **Resilience:** Coping with challenges.

Inner peace: Serenity

Food For The Soul

Chicken Tikka Masala : India's Most Popular Dish Globally

Chicken Tikka Masala is a creamy, mildly spiced and flavorful dish originating from India's Mughlai cuisine, now enjoyed worldwide.

Ingredients

For Chicken Tikka:

- 1 1/2 pounds boneless chicken breast or thighs, cut into 1 1/2-inch cubes
- 1/2 cup plain yogurt
- 2 tablespoons lemon juice
- 1 teaspoon garam masala
- 1 teaspoon cumin powder
- 1/2 teaspoon coriander powder
- 1/2 teaspoon cayenne pepper (optional)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons vegetable oil

For Masala Sauce:

- 2 tablespoons butter
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 2 medium tomatoes, diced or 1 can (14 oz) diced tomatoes
- 1 tablespoon tomato puree
- 1 tablespoon all-purpose flour
- 1 cup chicken broth
- 1 cup heavy cream or half-and-half
- 1 teaspoon garam masala
- 1 teaspoon cumin powder
- Salt and pepper to taste
- Fresh cilantro for garnish

Instructions

1. **Marinate Chicken:** In a bowl, mix yogurt, lemon juice, garam masala, cumin, coriander, cayenne (if using), salt and pepper. Add chicken; refrigerate 30 minutes to 2 hours.
2. **Grill Chicken:** Remove chicken from marinade, letting excess liquid drip. Grill or bake at 400°F (200°C) until cooked through.
3. **Make Masala Sauce:** In a saucepan, melt butter over medium heat. Add onions; cook until lightly browned. Add garlic; cook 1 minute.
4. **Add Tomatoes and Spices:** Add diced tomatoes, tomato puree, flour, garam masala and cumin. Cook 2 minutes.
5. **Simmer Sauce:** Gradually add broth and cream. Bring to a simmer; cook until thickened (5-7 minutes). Season with salt and pepper.
6. **Combine Chicken and Sauce:** Add cooked chicken to sauce; stir gently.
7. **Serve:** Garnish with cilantro. Serve over basmati rice or with naan.

Tips

- Adjust spice level to taste.

Note : Do please contribute your recipes to Behzad.randeria@gmail.com

From the Editor

My Dear Rtns and R'Anns

Welcome to the 16th November edition of our newsletter! As we Foundation Month, we reflect on the freedom to connect, share ideas, and grow together.

This issue brings you exciting updates, insightful articles, and inspiring stories from our community.

We're grateful for your continued support and feedback. If you have any suggestions or ideas for future issues, please don't hesitate to reach out.

Happy reading, and let's continue to empower each other!

I urge you to look through this bulletin, contribute where contributions are requested, and above all, smile, laugh and enjoy the Bulletin.

Here's wishing you a wonderful week ahead.

Warm regards

Behzad Randeria

What to Expect in the Next Four Weeks

- **November 23** – Program on 'Rotary Foundation' by Rtn Vipen Malhotra Sub Group
- **November 30** – Ms. Malati Kalmadi will talk on "Illuminate India: Presentation by Kaveri Gifted Education and Research Centre"
- **December 7** – Program by Rtn PP Madhu Rathi Sub Group on 'Disease Prevention & Treatment' – Eminent Speaker Mr. Aakash Ramchandani from SutraLETICSS
- **December 14** – Internal Program

Birthdays and Anniversaries

Rtn / R'Ann	Birthday
R'Ann Madhuri Narvekar	November 17
Rtn. Aruna Rathi	November 18
Rtn. Yogesh Shah	November 18
Rtn. Anil Bora	November 19
R'Ann Anagha Shah	November 19
Rtn. Sanjay Karwa	November 22