



PRESIDENT: RTN. BRIG. PK MURALIDHARAN RAJA | HON. SECRETARY: RTN. SAGAR KHADELWAL
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From The President's Desk



Dear Rotarians & R'Anns,

This week holds special significance for the Rotary Club of Pune Central as we celebrate the 90th birthday of our own dear Rtn. Past President Narayandas Rathi—a true embodiment of generosity and humility. His unwavering commitment to serving others continues to inspire us all.

We also mark the successful completion of a major year-long CSR initiative: the support of the Spinal Cord Injury Centre at Military Hospital, Kirkee. This project has enabled the provision of critical medical equipment and accessories for the treatment of tetraplegic and paraplegic patients. Our heartfelt gratitude goes to Rtn. Past President Madhu Rathi, whose generous contribution played a pivotal role in this achievement.

The scale and impact of projects undertaken by RCPC this Rotary year have been remarkable—driven by the wholehearted support and generosity of our members. I look forward to sharing a comprehensive overview during the 'Year in Retrospect' presentation on June 21. You will be amazed at the breadth of initiatives and the profound difference they have made.

I request you to kindly attend this evening's club meeting. We will be joined by children undergoing cancer treatment, beneficiaries of a noble initiative launched 30 years ago by our Rtn Past President Narayandas Rathi. Hearing their stories is a powerful reminder that while financial assistance is vital, our presence and moral support can be equally transformative. Dr Kannan Subramanian, Head of Bone Marrow Transplant Unit at KEM Hospital will speak about treatment being imparted to the children and their status now.

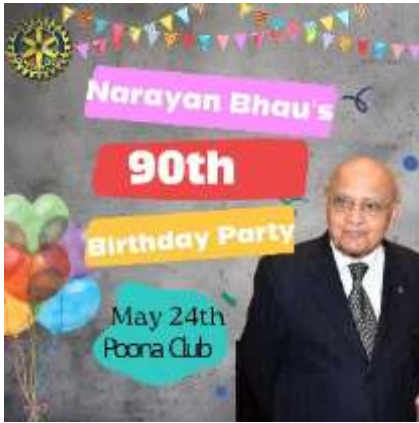
We look forward to welcoming you all this evening at 6:30 PM at Poona Club Hall No. 1 for pre-meeting fellowship. The session will conclude with a post-meeting fellowship, graciously hosted by Rtn. PP Narayandas Rathi and his spouse Rtn. Aruna Rathi (Past President of RC Poona Downtown).

Warm regards,

Rtn Brigadier PKM Raja (Retd)
President RY 2024-25
Rotary Club of Pune Central



Today



This Saturday, we have a special meeting as we come together **to celebrate the 90th birthday of our dear Rotarian, PP Narayandas Rathi.**

As many of you know, PP Rtn. Narayan Rathi has been passionately supporting the treatment of cancer-affected children for the past 30 years. To share more about this inspiring project, we will be joined **by Dr. Kannan Subramanian, a leading Consultant Hematologist who will speak to us about the impact and journey of this initiative.**

Dr. Kannan Subramanian is a Consultant Hematologist at Sahyadri Super Speciality Hospital, Pune, and also serves as the Head of the Bone Marrow Transplant Unit and Consultant Hematologist at KEM Hospital, Pune.



He completed his MBBS from Nagpur, followed by a postgraduate degree in General Medicine (DNB) from New Delhi, and later earned his DM in Hematology from Christian Medical College (CMC), Vellore. Dr. Subramanian received specialized training and extensive experience in bone marrow transplantation at CMC Vellore.

He is actively involved in academics as an undergraduate teacher and co-guide for DNB Hematology programs in Pune. He has authored several scientific papers published in reputed journals focusing on hematology and blood cancers in India.

In addition to his medical and academic contributions, Dr. Subramanian participated in humanitarian work during the 2001 Bhuj earthquake, where he provided medical aid to victims for a week.

The meeting will be followed by a birthday dinner graciously hosted by Rtn. PP Narayan Bhau and Rtn. Aruna Rathi.

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

Looking forward to seeing you all at **Saturday, May 24, 2025 at 6:30 PM at Poona Club Conference Hall 1.**

Let us all join in full strength to celebrate Narayan Bhau's remarkable milestone and honour his selfless service.

Induction of New Member

Thanks to our members' support, more of which is required, we are in celebration mode on Saturday May 24, 2025. This is because we are welcoming one member into our RCPC Family. Induction of a new member will be done during Saturday May 24, 2025's regular meeting at Poona Club. at 6.30 p.m.

A brief Introduction of the new member is given below:

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Mr. Vinit Ketan



Vinit Ketan is the Founder and CEO of MRFR based in Pune, Maharashtra, India, with over a decade of experience in market research and business consulting. His primary goal is to ensure client satisfaction by delivering high-quality, customized research solutions that meet specific business needs. Under his leadership, Market Research Future (MRFR) – a part of Wantstats Research and Media Pvt. Ltd. – and WiseGuy Research Consultants have grown into trusted names in the industry, offering a range of services from comprehensive syndicated reports to targeted, client-specific consulting.

Vinit leads teams committed to precision, responsiveness, and analytical depth, helping clients make well-informed decisions with confidence. He holds an MBA in Marketing from MIT School of Business and a BBM in International Business from Maharashtra Institute of Technology. His professional journey began with a marketing internship at Mondelēz International, where he contributed to the cold chain deployment project for the Tang brand.

Mr. Vinit Ketan is married to Indu, who serves as COO at Market Research Future (MRFR) and holds an M.E. in Biomedical Engineering. They are proud parents of a daughter, Reva, and a son, Som.

We are pleased to welcome Vinit and Indu to Rotary!

The Week That Was – May 17, 2025

(From Rtn. Sagar Khandelwal)

The weekly meeting of the Rotary Club of Pune Central held on Saturday, May 17, 2025, was a reflection of Rotary's enduring values — service, celebration, and thoughtful learning.

🔔 The session began with the meeting being called to order by President Rtn. Brig. PKM Raja, followed by the National Anthem, setting the perfect tone for the evening.

🎁 Salute to the Spirit of Giving

The evening witnessed an outpouring of heartfelt generosity from several RCPC members — a powerful testament to the Rotary spirit of service above self. The following members were acknowledged for their substantial contributions:

Rtn. Giri Sakhrani and R'Ann Usha Sakhrani – A generous donation of ₹5,71,000 towards RCPC projects.

Rtn. Madhvi and Mr. Sonjoy Kshetty – Contributed ₹1,18,000, reinforcing their commitment to meaningful change.

Rtn. Vipen and R'Ann Radhika Malhotra – Donated ₹1,00,000 for the club's ongoing initiatives.

Rtn. PP Uday Dharmadhikari, Rtn. Giri Sakhrani, and Rtn. Shirish Nadkar – Extended their support with USD 1,000 each towards The Rotary Foundation Annual Programs Fund (TRF - APF).

These acts of giving not only fund impactful projects but also inspire the entire RCPC family to follow suit with empathy and vision.

🎉 Pleasantries: Celebrating Milestones Together

The club took a warm moment to celebrate the birthdays and anniversaries of several esteemed members and spouses:

🎂 Birthday Greetings To

Rtn. PP Narayandas Rathi – The beloved senior member and guiding light of RCPC, who turns 90 this month.

Rtn. PP Sukhminder Kalra – A dedicated Rotarian with unwavering commitment.

Rtn. PE Lekha Nair – Our President-Elect and a driving force of innovation.

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Rtn. Dilip Karnik, R'Anns: Sujaya Raja, R'Ann Neena Talwar,

🎉 Wedding Anniversary Wishes To

Rtn Nitin and R'Ann Meena Desai

Rtn Ramesh and R'Ann Jyotsna Arora

Rtn. PP Jinendra and Rtn. Amita Munot

Rtn Arun and R'Ann Beena Shroff

Rtn PP Uday and R'Ann Savita Dharmadhikari

Rtn Pres. Brig. PK Muralidharan and R'Ann Sujaya Raja

Rtn. Krishna and R'An Aarti Kumar

Each of these occasions was acknowledged with heartfelt applause, smiles, and blessings from fellow Rotarians.

🎓 Celebrating Academic Excellence

The club beamed with pride while recognizing the students of NFBM Jagriti School for Blind Girls for their 100% SSC exam pass rate. The top achievers were:

- Purva Naik – 79.4%
- Gayatri Dhep – 76.4%
- Harshada Lokhande – 75.4%

RCPC's consistent support to the institution through resources and mentorship has played a key role in enabling these bright young minds.

💧 Water for Life: Dam Restoration in Satara

Rtn. Giri Sakhrani presented an impactful update on the dam restoration and water conservation initiatives being carried out in Velu, Bhosare, and Rajapur in Satara. A recent field visit revealed immense community satisfaction, especially from the farming community who are now seeing direct benefits in crop yields and water availability thanks to Rotary's desilting and CCT work.

🏥 Health Awareness Talk – “Prostate Health”

An enlightening session by Dr. Ashish Pardeshi, renowned Consultant Urologist, educated members about prostate health, breaking myths and emphasizing early detection. Introduced by Rtn. Behzad Randeria, the talk was timely and well received, especially by senior members.

🔒 Meeting Close

President Rtn. Brig. PKM Raja wrapped up the meeting with a gracious vote of thanks, lauding the collective spirit of generosity and learning, and reminding all of the power of Rotary to bring change, one initiative at a time.





Successful Completion of RCPC's Mega CSR Project at Military Hospital Kirkee (Inputs by Rtn Brig PKM Raja)

We are delighted to share that RCPC's mega CSR project—valued at over Rs 1 crore—was successfully completed on 19 May 2025. The formal handing-over ceremony took place at the Auditorium of Military Hospital Kirkee. President Brigadier PKM Raja, PP Madhu Rathi, IPP Cmde Ajay Chitnis, PE Lekha Nair, Rtn Shireesh Nadkar and Mr Gajanan Tinkhede from RCPC were present

As part of this initiative, we handed over a range of critical medical equipment, including:

- Ottobock Mechanical and Forzza Manual Wheelchairs
- Head Movement-Controlled Mouseware
- Ultrasonic Bone Cutting Scalpel
- Quadrant Minimally Invasive Surgical System

This impactful project began with the generous and inspiring contribution of Rs 18 lakhs by Rtn. PP Madhu Rathi, through the Sri Madhusudan Rathi Charity Trust. With additional support from RC Pune Metro, RC Pimpri Elite, and RC Chinchwad Pune, it evolved into a CSR Grant Project of Rs 22 lakhs.

A major boost came with a **substantial CSR contribution of Rs 80 lakhs from Axis Bank, enabling the procurement of critical equipment and transforming this into a truly mega project.** This initiative is set to make a significant difference in the lives of paraplegic and tetraplegic patients at the Spinal Cord Injury Centre, Military Hospital Kirkee.

Our **sincere thanks to Rtn. Rakesh Makhija** for his invaluable support in connecting us with Axis Bank's CSR team, drawing on his experience as the bank's former Head of CSR.

Congratulations to Director CSR PP Arvind Saraf and Director Rtn. Shireesh Nadkar for their dedicated efforts over several months in identifying suitable equipment and managing procurement processes. Special thanks also goes to Rtn Dr Sarang Rote, Rtn Dr Balasaheb Bande and Rtn Jeevan Mahaldar who helped in identifying and finalising the vendors.

Photos of the handing-over ceremony at Military Hospital Kirkee on 19 May 2025 are given below.





Annual Training Camp Of Sea Scouts And Guides

(By Rtn. Cmde Parvin Malhotra)

A 10-day Residential Annual Training Camp of Sea Scouts and Guides, India was conducted at Nature Hunt Camp Site Khopoli from 14-23 May 2025. The main aim was to inculcate sea mindedness and national spirit amongst children. 90 cadets participated successfully in Cleanup Activity near the Camp Site under the guidance of RCPC & IMF.

A few photos are as given below.



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What Every Rotarian Should Know?

(Inputs from Rtn. PP Suhas Merchant)

37 – ROTARACT

After the success of Interact clubs for high school-age youth in the early 1960s, the RI board created Rotaract in 1968. The new organization was designed to promote responsible citizenship and leadership potential in clubs of young men and women, aged 18 to 30. The first Rotaract club was chartered by the Charlotte North Rotary Club in Charlotte, North Carolina. In 1994 there were more than 149,000 members in more than 6,500 Rotaract clubs in 107 countries.

Rotaract clubs emphasize the importance of individual responsibility as the basis of personal success and community involvement. Each club sponsors an annual project to promote high ethical standards in one's business and professional life. Rotaract also provides opportunities leading to greater international understanding and goodwill. Rotaractors enjoy many social activities as well as programs to improve their community. A Rotaract club can exist only when continuously sponsored, guided and counseled by a Rotary club. The programs of Rotaract are built around the motto "Fellowship Through Service."

Happy Birthday Rtn. PP Narayandas Rathi Jiss

नब्बे बसंतों की छाया

नवयुग के नारायण, अनुभव के सागर,
आपके जीवन का हर पल है अमर।

नब्बे बसंतोंकी ये अनुपम कहानी,
संग लिए आती है स्नेह और रवानी।

न केवल अपने लिए जिये यह जीवन,
किया मानवता को अर्पित हर क्षण।
कैंसर से पीड़ित नन्हे बच्चों के लिए,
बने आप आशा की चमकती किरन।

दर्द को देखा, और छाया बन गए,
कष्ट में डूबों को किनारा बन गए।

संवेदना का स्वर है आपका हृदय,
ममता से भर देता सबका अंतःकरण।

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चलते रहे पथ पर सदा मुस्कराकर,
जीवन को सिखाया हर रंग अपनाकर।
मित्रों के बीच आप हैं रत्न समान,
आपका सान्निध्य है जैसे वरदान।

जन्मदिन के इस पावन अवसर पर,
हम करते हैं नमन श्रद्धा से भरकर।
ईश्वर दे आपको दीर्घायु और बल,
खुशियाँ बरसें हर दिन हर पल।

By R'Ann Adv. Pratibha Subhash Devi

The Joy of Turning 90

To turn 90 is not just to count years.
It is to gather moments—thousands of them.
Moments of laughter, loss, love, and learning.
At 90, life isn't measured by the speed of your step,
but by the depth of your stories,
the strength of your presence,
and the lives you've touched along the way.
It is the joy of seeing generations bloom before your eyes.
It is the quiet pride in lessons passed down—some spoken, many simply lived.
Turning 90 means you've outlived trends and timelines,
witnessed change beyond imagination,
and become a living bridge between the past and the future.
It is a celebration not just of longevity,
but of resilience, perspective, and grace.
It's the wisdom to know what matters,
the freedom to let go of what doesn't,
and the heart to keep loving, laughing, and giving—every single day.
To turn 90 is to shine—not with the fire of youth,
but with the glow of a well-lived life.

- Anonymous



A Note on Turning 90

Turning 90 is a beautiful milestone—one that speaks of a life lived with strength, wisdom, and grace.

It is a time to pause and look back with pride at the journey taken—the roads smooth and rough, the moments of triumph, and the quiet lessons learned along the way.

At 90, each wrinkle tells a story, each smile carries decades of memories, and each day is a gift earned through years of experience.

It's not just about the number of years—it's about the **richness of life** those years contain:

Family raised.

Friendships built.

Challenges faced.

Love given and received.

And most of all, it's about the inspiration you continue to offer—your presence is a legacy, and your story, a treasure.

Here's to 90 years of living fully, loving deeply, and touching the hearts of everyone lucky enough to know you.

With admiration and warmest wishes,



All of us from this Rotary Chapter.



Gratitude

As the years go by, **gratitude takes on a deeper, more powerful role**—it shifts from a polite habit to a profound source of perspective, peace, and resilience. Here's how:

🌿 1. Gratitude becomes grounding.

With age comes both joy and loss. Life brings its share of change, grief, and transition. Gratitude acts like an anchor—it reminds you of what still *is*, even as things change. It keeps you rooted in the now.

💡 2. It changes how we measure success.

When we're younger, success often means goals, status, or accumulation. But over time, gratitude teaches us that **a meaningful life isn't built on what we have—but on what we cherish:** relationships, health, purpose, peace.

🌀 3. It helps us accept imperfection.

Gratitude softens the edges. Instead of focusing on what didn't go as planned, it invites us to see the blessings in the detours and the growth in the hard parts. With time, this becomes a kind of wisdom.





☀ 4. It keeps the heart open.

As we age, it's easy to close off—especially after hurt or disappointment. Gratitude reopens the heart. It invites joy, connection, and generosity to stay with us through every season of life.

🌀 5. It brings contentment, not complacency.

Gratitude doesn't mean we stop dreaming or growing—it means we appreciate the journey as much as the destination. It gives peace without killing ambition.

♥ 6. It creates legacy.

Those who age with gratitude become lights for others. They show younger generations that joy isn't in things—it's in how we see, how we serve, and how we love.

In short, as time moves forward, **gratitude becomes the lens that makes everything clearer—and more beautiful.** It's not just an emotion; it's a way of living wisely.

Gratitude as a Recalibration Tool (Not Just a Polite Practice)

Most people treat gratitude like manners.

"Be thankful," they say, as if it's just about being polite for what you already have.

But that's a surface-level view. The deeper, more transformative version of gratitude has nothing to do with good manners—and everything to do with how you calibrate your energy.

🔧 What Makes This Perspective Unique?

Gratitude is not the *end result* of getting something good.

Gratitude is a *starting frequency* you choose to activate—even before something good happens.

It's like tuning a radio. If you want to hear music (manifest joy, clarity, abundance), you have to tune into the right station. That station is gratitude.

It's a state of *already receiving*—even if the thing hasn't arrived yet.

You're not saying "thank you" because you got the thing.

You're saying "thank you" because you're ready to receive, and your system is now in alignment with receiving.

🧠 Neurology Behind It (Simplified)

When you practice genuine gratitude—especially when you feel it in your body—it tells your nervous system:

- "I'm safe."
- "I have enough."
- "I trust what's unfolding."

This moves you out of *survival mode* (fight/flight/freeze) and into *creation mode* (flow, intuition, manifestation). Your brain literally rewires to notice more good, to expect support, and to generate creative ideas.

🔌 So Gratitude Isn't Passive. It's Active Power.

Think of it like charging your frequency:

- Gratitude makes you magnetic.



- It makes your vision clearer.
- It helps your body relax so your energy can flow.

And here's the twist:

Gratitude isn't about what you have. It's about what you're ready to become.

✳️ **Gratitude Self-Assessment-** It may be interesting to note where you stand on this simple test

🔑 **How to Take It:**

For each statement, rate how often it applies to you using the scale below:

- 5 = Always
- 4 = Often
- 3 = Sometimes
- 2 = Rarely
- 1 = Never

? **Questions**

1. I regularly take time to notice things I'm thankful for.
2. I express appreciation to people who support or help me.
3. I feel thankful even for small or simple things.
4. I can find something to be grateful for, even on hard days.
5. I often reflect on the good that has come from past challenges.
6. I notice beauty in everyday life (nature, smiles, moments).
7. I feel a sense of abundance in my life.
8. I say "thank you" with genuine feeling, not just out of habit.
9. I appreciate my body and what it does for me.
10. I give without expecting anything in return.
11. I acknowledge and celebrate others' successes.
12. I feel grateful for my journey, even the hard parts.
13. I focus more on what I have than what I lack.
14. I feel a connection to something greater than myself (universe, divine, life).
15. I take time to slow down and be present.

✓ **Scoring**

- 65-75: ✳️ **Deeply Grateful**
Gratitude is a strong, active part of your daily energy. Keep nurturing it.
- 50-64: 🌸 **Gratitude Growing**
You're aware and practicing, but there's room to go deeper and be more consistent.
- 35-49: 🦋 **Gratitude in Progress**
You're on the path, but likely missing moments of richness. Time to tune in more often.
- Below 35: 🔄 **Gratitude Reboot Needed**
Gratitude may be blocked or underused. Begin with small daily practices to reawaken this energy.



Food For the Soul

Classic Vanilla Birthday Cake Recipe

Ingredients:

For the cake (2 layers):

- 2 ½ cups (300g) all-purpose flour
- 2 ½ tsp baking powder
- ½ tsp salt
- ¾ cup (170g) unsalted butter, softened
- 1 ¾ cups (350g) granulated sugar
- 4 eggs (room temperature)
- 1 tbsp vanilla extract
- 1 cup (240ml) milk (room temperature)

For the buttercream frosting:

- 1 cup (230g) unsalted butter, softened
- 3–4 cups (360–480g) powdered sugar (sifted)
- 2–3 tbsp milk or cream
- 1 tsp vanilla extract
- Pinch of salt
- Optional: food coloring or sprinkles



Instructions:

- 1. Preheat oven** to 175°C (350°F). Grease and flour two 8-inch round cake pans.
- 2. Mix dry ingredients:** In a bowl, whisk flour, baking powder, and salt.
- 3. Cream butter and sugar:** In a separate large bowl, beat butter and sugar until light and fluffy (about 2-3 mins).
- 4. Add eggs and vanilla:** Add eggs one at a time, mixing well after each. Stir in vanilla.
- 5. Combine and mix:** Add the flour mixture in 3 parts, alternating with the milk. Start and end with flour. Mix until just combined—don't overbeat.
- 6. Bake:** Divide batter evenly between pans. Bake for 25–30 minutes or until a toothpick comes out clean.
- 7. Cool:** Let cakes cool in pans for 10 minutes, then transfer to wire racks to cool completely.

Make the Frosting:

1. Beat butter until creamy.
2. Slowly add powdered sugar, 1 cup at a time.
3. Add vanilla, milk, and a pinch of salt.
4. Beat until fluffy. Adjust consistency with milk if needed.

Assemble:

- Place one cake layer on a plate. Spread frosting on top.
- Place second layer and frost the top and sides.
- Decorate with sprinkles, candles, or your choice of toppings!



From the Editor

Dear Rtns and R'Anns,

As I sit down to write this message, one word keeps echoing in my heart: gratitude.

In a world where conflict, loss, and uncertainty are daily realities for many, it's easy to take the simple things for granted—the roof over our heads, the freedom to gather, the safety to plan and serve. But these are not small things. They are quiet gifts, and we are deeply fortunate to have them.

This month, as our Rotary family continues its mission of service, I invite you to pause—not just to look outward at the good we're doing, but to look inward and recognize the privilege of doing it from a place of safety and peace.

To be able to help others is a gift.

To do so without fear is a blessing.

To serve while our own families sleep soundly at night—that is something we must never take lightly.

Across the globe, countless brave individuals live in unrest and uncertainty, yet still choose to act with courage and compassion. Their strength is a reminder that our safety is not just a comfort—it is a responsibility. It allows us to be active, generous, and present in the lives of those who are still searching for stability.

This edition is dedicated to that quiet, powerful awareness:

We are safe.

We are blessed.

And because of that, we can serve.

With a heart full of gratitude,

Behzad Randeria

Editor, Central Turf

What to Expect in the Next Four Weeks

- **May 31** – Club Assembly (Planning) & Know Your Board of Directors for Rotary Year 2025-26.
- **June 7** – Club Holiday (**Bakrid**)
- **June 14** – Talk on 'Renal Transplant' by Dr Deepak Kirpekar
- **June 21** – 'Year In Retrospect' (Rtn Pres Brigadier PKM Raja)

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Birthdays and Anniversaries



Rtn / R'Ann

R'Ann Sonia Rajore
Rtn. Dr. Subhash Pallod
Rtn. Cawas Pundole
Dr. Suhas Vaze
Rtn. Oni Kakajiwala
Rtn. Shernaz Irani
R'Ann Nilima Shah
R'Ann Alka Nanda

Birthday

May 24
May 25
May 27
May 27
May 29
May 29
May 30



Member and Spouse

Rtn. Rakesh and R'Ann Roma Makhija

Wedding Anniversary

May 27