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From The President's Desk



Dear Rotarians & R'Anns,

As the Rotary Year 2024-25 ends, let me take this opportunity to express my sincere thanks and heartfelt gratitude to each one of you for having made this year a remarkable one.

Being the President of Rotary Club of Pune Central has been one of the most cherished moments of my life and I will always remember the countless friendships that have been forged during this journey. We have achieved remarkable progress together—from our impressive service projects to our regular weekly meetings and fellowship events which created camaraderie and bonhomie amongst us.

A special thank-you to our Board of Directors RY 2024-25, CLF, Committee Chairpersons, Past Presidents and Members for your wholehearted support and participation, without which this phenomenal success would not have been possible. This year reminded me that we are far stronger when we pull together. One lesson that I have learnt is that leadership is not about doing everything—rather it is about empowering others, listening deeply, and building a shared vision. These lessons will stay with me always. Let me confess that I have realized that all Rtns & R'Anns of our Club are amazing persons who have willingly contributed to the 'Tan, Man & Dan' effort which is something unique followed by RCPC.

It gives me great pleasure to welcome Rtn Lekha Nair as our incoming President for RY 2025-26. She along with her Board of Directors RY 2025-26 are a very confident and dedicated team, full of fresh innovative ideas and I am sure that they will have a magnificent year ahead.

Finally, I would like to thank you all for trusting me with this role, for your camaraderie, and for your tireless work. It has been a wonderful journey. Though my term ends, I remain fully committed—and eager to support RCPC always.

Please join us at our Installation Ceremony at 6.00 pm on Saturday 05 July 2025 to celebrate the transition and express your good wishes to the incoming President and Board of Directors RY 2025-26.

Warm regards,

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



Installation Ceremony : RCPC Board of Directors RY 2025-26

It is our pleasure to invite you for the **Installation Ceremony of the President Rtn Lekha Nair and Board of Directors of Rotary Club of Pune Central for the Rotary Year 2025-26.**

Date & time: **Saturday, July 5, 2025, 6 pm onwards**

Venue: **'POCHA HALL', Royal Connaught Boat Club, Bund Garden, Pune 411001**

Please do join us for **cocktails & dinner** immediately following Installation Ceremony.

Please note that the dress code for the meeting is formal. Don't forget to wear all those glorious pins you have earned..

We look forward to your joining us in welcoming the incoming officers so that together, we can make the installation a visible reminder of the shared purposes and values that make us one community to fulfil the new Rotary theme of 2025-26 **"UNITE FOR GOOD"**.



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The Week That Was – June 21, 2025

(From Rtn. Sagar Khandelwal)

This past Saturday, the Rotary Club of Pune Central gathered for a memorable weekly meeting, marking the conclusion of an impactful Rotary year. The meeting was called to order by President Rtn. Brig. PKM Raja, followed by the reverent rendition of the National Anthem.

🎁 Spirit of Giving

Continuing the Club's tradition of generosity, heartfelt contributions were acknowledged:

- Rtn. Delshad Karanjia – USD 250 towards TRF – APF
- Rtn. Vaishali Karwa – USD 500 towards TRF – APF

📱 Bridging the Digital Divide

In a special moment of service, RCPC presented 5 laptops to representatives of the Sindhutai Sapkal School, enabling educational access for underprivileged children—a powerful gesture reaffirming RCPC's commitment to meaningful community impact.

🎉 Pleasantries & Celebrations

The Club extended warm birthday wishes to: Rtn. PP Ravi Kapoor (June 21), R'Ann Krishna Saboo (June 24), Rtn. Akshay Kejriwal (June 25), Rtn. PP Neeraj Handa (June 28), Rtns. PP Ramesh More (June 30), Mukund Sheth (June 30), and Rajesh Yadav (June 30).

👏 New Members Welcomed

A proud moment of expansion as four dynamic individuals were inducted into the RCPC family: Ms. Lata Agarwal, Lt. Col. Julius Rocque, Mr. Kripashankar Rajappa and Mr. Ankit Maheshwari

📅 Year in Retrospect

President Brig. PKM Raja took the stage for a power-packed presentation titled "Year in Retrospect", walking us through an exceptional year filled with impact, purpose, and innovation. The room brimmed with pride as the President shared milestone achievements — from the record-breaking ₹1.2 crore fundraising event to the execution of multiple high-impact medical and non-medical projects across Mulshi, Satara, Shirur, and beyond.

Significant highlights included:

- Eye camps benefitting over 5,000 children, and 14 successful pediatric cancer treatments.
- Ground breaking projects like Rajapur Dam repair, the Happy Village initiative, and Green PC distribution in rural schools.
- Over ₹6.2 crores mobilized — a feat that made RCPC shine in the district.
- Massive strides in Rotary Foundation giving, securing 2nd Rank in Total TRF Contributions.
- The Club also saw a vibrant surge in fellowship and public image. Weekly bulletins, national press coverage, and a digital-first strategy helped position RCPC as one of the most visible clubs in RID 3131.

Above all, the year was defined by the spirit of giving, camaraderie, and vision — a journey not just of service, but of collective transformation.

With gratitude to the outgoing Board and optimism for the incoming leadership, the meeting ended on a celebratory note, applauding each member who made this stellar year possible.

Here's to a legacy of impact — and many more milestones ahead! 🌟🙌

CENTRAL TURF





Progress of Wheels – Distribution of New Bicycles

On 24th June 2025, **distribution of 25 new bicycles was made under the 'Wheels of Progress' initiative**—one of the Eleven District Thrust Areas—at Ghorpadi Village High School. This impactful project, valued at ₹1 lakh, was generously funded in full by Rtn. Vipen Malhotra and R'Ann Radhika Malhotra, in loving memory of R'Ann Radhika Malhotra's late mother, Smt. Shashi Kumar.

The bicycles will greatly benefit underprivileged girls aged 14 to 17, enabling them to commute safely and efficiently to school, tuition classes, and other educational activities. This initiative not only saves them valuable time but also supports their academic focus and overall development.

Special thanks to Rtn. Shireesh Nadkar for his exemplary leadership and coordination, with strong support from RCC Ghorpadigaon, ensuring the smooth execution of the project from start to finish.

The event was graced by President Rtn. Brigadier PKM Raja, PE Rtn. Lekha Nair, Rtn. Vipen Malhotra, R'Ann Radhika Malhotra, Rtn. Shireesh Nadkar, Rtn. Krishna Kumar, Rtn. Jeevan Mahaldar, and Gajanan Tinkhede from RCPC.



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What Every Rotarian Should Know?

(Inputs from Rtn. PP Suhas Merchant)

41 - GROUP STUDY EXCHANGE

One of the most popular and rewarding programs of The Rotary Foundation is the Group Study Exchange. Since the first exchange between districts in California and Japan in 1965, the program has provided educational experiences for about 25,000 business and professional men and women who have served on about 5,500 teams. The GSE program pairs Rotary districts to send and receive study teams. Since 1965, more than \$42 million has been allocated by The Rotary Foundation for Group Study Exchange grants.

One of the attractive features of GSE is the opportunity for the visiting team members to meet, talk and live with Rotarians and their families in a warm spirit of friendship and hospitality. Although the original Group Study Exchanges were male only, in recent years teams include both men and women.

In addition to learning about another country as the team visits farms, schools, industrial plants, professional offices and governmental establishments the GSE teams serve as ambassadors of goodwill. They interpret their home nation to host Rotarians and others in the communities in which they visit. Many of the personal contacts blossom into lasting friendships.

Truly, the Group Study Exchange program has provided Rotarians with one of its most enjoyable, practical and meaningful ways to promote world understanding.

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Somewhere Along The Line

Contributed by Rtn Pankaj Mehrotra)

Somewhere along the line
When everything was going on fine
Batters were scoring centuries ruthlessly
When dame luck just turned lucklessly.

Slippery hands and ruffled feathers
Unfortunate decisions in contentious matters
Doubts on shape of Red Leather Ball
Nerves of bowlers totally shattered

Public and game stalwarts forgot
Test Cricket is a Gentleman's Game
Equating good play with winning always
Has brought us more national shame.

Commentators and stalwarts opine
Recklessly they crib and whine
Players are reduced to performing pawns
Scarcely can dressing rooms survive the storms.

This is the age of instant gratification
The game has become opium to the nation
Each Indian wants to be perpetually entertained
The hell with the Skipper, his reputation stained.

Nostalgic Throwbacks: A Trip Down Memory Lane

As the year winds down, let's take a moment to pause—not for a meeting, not for a goal—but to remember.

Remember **childhood joy** in its purest, most ridiculous, most delightful form. The smell of new books. The thrill of finishing a rasna before your sibling. The heartbreak of losing your favorite pencil. The quiet magic of simple days that didn't need Wi-Fi to feel alive.

This section is a tribute to those **tiny joys** that made our young hearts race—proof that happiness doesn't always come from big things. Sometimes, it comes from a floppy disk. Or a packet of tamarind. Or a Sunday cartoon.

Take a trip back with us. And maybe—just maybe—you'll feel a little more like your 9-year-old self again.



Nostalgic Throwbacks: Remember When...

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1. ✂️ Sharpening pencils just for the smell
2. 🎒 Carrying a school bag that was almost bigger than you
3. 🥤 Drinking from triangle-shaped juice boxes (and poking the straw through too hard!)
4. 📼 Recording songs off the radio onto cassettes
5. 📞 Memorizing landline numbers and saying, "Hello, aunty, may I speak to...?"
6. 📺 Saturday morning cartoons and fighting for the remote
7. 💾 Saving files on a floppy disk and praying it worked
8. 🪁 Flying kites on rooftops and yelling "Bo kataaa!"
9. 🐣 Keeping tamagotchis, sea monkeys, or pet rocks "alive"
10. 🧸 Believing toys came to life when you left the room
11. 🖋️ Using scented erasers (and secretly smelling them during class)
12. 📄 Making friendship bands and passing secret notes in class
13. 🖋️ Having a 'lucky' pen you used for all exams
14. 📖 Covering your books with brown paper and labeling them like a pro
15. 🐛 Blowing bubbles with Lifebuoy wrappers or sticky hands from tamarind
16. 🎮 Playing Mario, Contra, or Roadrash on pixelated screens
17. 🍳 Hoarding Rasna packets and pretending you were the family chef
18. 📧 Writing actual letters to pen pals or relatives and checking the mailbox
19. 🧦 Using socks as makeshift puppets during power cuts

☁️ Jumping in puddles and pretending you were in a music video

☀️ *The Sun Will Rise, and So Will You*

But for now — maybe just stretch.

In a world that praises hustle, we forget the quiet power of **pausing**. Of **breathing**, not just surviving. This simple moment is your gentle reminder: **you don't have to be on all the time**. The sky takes breaks. So can you.

Here's a **1-Minute Mindfulness Reset** to help you reconnect with yourself — anytime, anywhere:

1-Minute Mindfulness Activity

1. Look away from the screen

Unplug, even if just for 10 seconds. Gaze at something real — the sky, a tree, or the texture of your wall. Give your eyes and mind a break.

2. Take 3 slow, deep breaths

Inhale through your nose for 4 counts.

Hold for 4 counts.

Exhale slowly through your mouth for 6 counts.

Feel your shoulders drop. Feel your heartbeat slow.

3. Wiggle your toes

It sounds silly, but it's grounding. It brings your awareness gently back to your body — to *now*.

4. Smile for no reason

Seriously. It actually tricks your brain into releasing feel-good hormones. Even a fake smile can lead to real calm





My Early Morning Happiness Routine

Start soft. Start small. Start with joy.

Before the world rushes in with pings, plans, and pressure, give yourself the first few minutes of the day. No deadlines. No expectations. Just you — gently waking up to life.

Here's a simple happiness ritual to begin your day with intention:

My Early Morning Happiness Routine

A slow start. A happy heart.

1. **Wake up gently:** No alarms screaming. Just soft light, silence, or a calming sound to start the day.
2. **Say thank you:** Before anything else, whisper or think of three things you're grateful for — however small.
3. **Stretch like a cat:** A few mindful stretches in bed or on the floor to wake up your body.
4. **Open a window:** Let fresh air and natural light in. It tells your brain: *we're awake and it's a new day.*
5. **Sip something warm:** Tea, coffee, or warm water — slowly. Without distractions.
6. **Breathe with intention:** Close your eyes. Inhale for 4 counts, hold for 4, exhale for 6. Repeat three times.
7. **Speak an affirmation:** Try: *"I welcome peace, joy, and clarity into my day."* Or make your own.
8. **Smile — even if you don't feel like it:** Science says it helps. Your nervous system will thank you.
9. **Avoid screens for 30 minutes:** Let your mind wake up without jumping into the digital chaos.
10. **Write or read something uplifting:** A quote, a journal note, a verse, a silly doodle — anything that reminds you joy can be small.

Because how you begin... often shapes how you continue

Happy Recipe

Here's a whimsical and heartwarming **"Happy Recipe"** — not for the kitchen, but for the soul.

Enjoy the Process!

Recipe for a Happy Day

Ingredients:

- 1 heaping cup of kindness
- 2 generous scoops of laughter
- A handful of deep breaths
- 3 spoonfuls of silliness
- A sprinkle of gratitude
- 1 pinch of childlike wonder
- Unlimited hugs (real or imagined)
- Optional: 1 dance break, mid-morning

Method:

1. **Start with kindness.**
Spread it thick — on toast, in your tone, in traffic.
2. **Stir in laughter**
Add jokes, funny memories, or even a giggle at your bedhead.
3. **Add deep breaths**
Let them simmer until calm bubbles up.
4. **Fold in some silliness**
Sing in the shower. Wear mismatched socks. Wave at your plants.





5. **Season with gratitude**

Think of 3 things you love. Say thank you — to yourself, to life, to the sky.

6. **Top it off with wonder**

Look up at the clouds. Watch a bird. Notice something new in something old.

7. **Serve with hugs and smiles**

Share with as many people as possible. Leftovers keep well for tomorrow.

👨🍳 Chef's Note:

No day is perfect. But with this recipe, it might just be *a little brighter*.

Back in My Day...

The Focus on the year end brings back another gem to mind. Enjoy reminiscing....

Back in My Day...

A gentle nod to the good old days

There's a certain magic in the way we remember our childhood — not through flashy screens or breaking news alerts, but through the scent of fresh paper, the sound of the radio crackling to life, and the feeling of sunshine on our backs as we played barefoot in the mud.

This section is a celebration of the simple joys, the slower pace, and the heartwarming memories that shaped who we are. In a world that's constantly upgrading, there's comfort in looking back at what we *wish hadn't changed*.

Take a walk down memory lane with these treasures — and maybe share one of your own. Because some things, like handwritten letters and 25-paisa sweets, should never go out of style.

Back in My Day...

Things we wish still existed today

1. ✉ Hand-written letters from friends and pen pals
 2. 🍬 25-paisa sweets and toffees from the corner shop
 3. 📺 Doordarshan serials with iconic intros and one episode a week
 4. 💃 Dancing freely at weddings without phones or selfies
 5. 📻 Tuning the radio knob to find the clearest music station
 6. 🪡 Tailor-made clothes with handwritten measurements in notebooks
 7. ☔ Playing in the rain without worrying about gadgets or Wi-Fi
 8. 🍲 Meals cooked over a coal or wood stove with real patience
 9. 🎲 Marbles, gilli-danda, hopscotch, and spinning tops
 10. 📞 Shared landlines where someone's mom always answered first
 11. 🎫 Movie tickets for ₹1.50 — and the excitement of the matinee show
 12. 🧶 Darning socks and stitching buttons instead of throwing clothes away
 13. 🛒 Grocery shopping with a cloth bag and a running tab at the shop
 14. 📷 Waiting days to see printed photos from the roll camera
 15. 🚲 Riding a bicycle to school with a tiffin tied to the carrier
 16. 🌳 Climbing trees for mangoes or guavas without "trespassing" worries
 17. 📖 Library cards with hand-stamped dates and yellowing index cards
 18. 🚂 Train journeys with home-packed meals and strangers who became friends
 19. 🕯 Diwali lamps made from mud and cotton wicks, not electric bulbs
- 🍷 Kulfi on a stick from the street vendor who rang a bell, not a jingle



From the Editor

With gratitude and grace...

As we wrap up another year, I find myself pausing — not to edit, not to format — but simply to reflect. And to say thank you.

Thank you for showing up — not just for meetings and events, but for one another.

Thank you for the laughter shared over chai, the stories tucked between the lines, and the quiet kindness that never made it to headlines but meant the world.

This newsletter has been more than ink on paper — it's been a thread that gently ties us together. Through memories, mischief, reflection, and rhythm, we've celebrated not just what we do, but who we are.

To each of you: thank you for reading, contributing, smiling, reminiscing, and reminding me — and each other — of the beauty in belonging.

May the year ahead be gentle with you. May your days be full of small joys and good surprises.

And may we always find our way back to each other — in stories, in spirit, and in shared laughter.

With warmth,

Rtn Behzad Randeria