

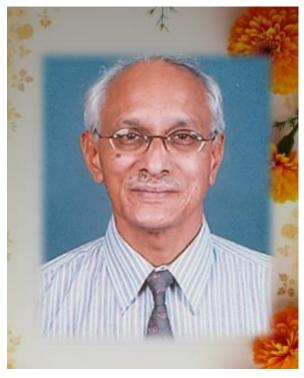
ROTARY CLUB OF PUNE CENTRAL

CENTRALTURE

The Bulletin

PRESIDENT: RTN. LEKHA NAIR | HON. SECRETARY AND BULLETIN EDITOR: RTN. KRISHNA KUMAR

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OBITUARY

With profound grief and sorrow, we deeply regret the passing of Rtn. Past President Rajendra Shah on 22nd July 2025.

Rtn. PP Rajendra Shah was our club members since around 1997. After serving in our club in various capacities he was elected as Hon. Secretary in Rotary Year 2003-2004 & President of our club in year 2006-2007. In his tenure club contributed \$22,000 towards Rotary Foundation & added assets worth nearly Rs. 20 lacs at Jogging Park and had an ongoing matching grant project more than Rs. 40 lacs.

His engineering company Ms. Kasco Industries, manufacturer of environmental Test Chambers

started in 1970, exports its products to UK and USA. He was keenly interested in extracurricular activities, and he was a member of the Managing Committee of Poona Club.

We express our most sincere condolences to his family and pray to God to grant the family, strength to deal with such an irreparable loss.

OM SHANTI

Meeting TODAY, Saturday, 2nd August 2025 at 6:30 PM at Poona Club - Conference Hall 2:

Tribute and remembrance for Rtn. PP Rajendra Shah



Speaking of Which......

3131 is an angel number. It underlines encouragement and positivity. It signifies new beginnings, abundance, and the power of manifestation. It also suggests that you are on the right path, and your angels are guiding you towards opportunities for growth and success.

All this is fine, but the real magic happens when we take the first step towards change. Towards growth. And seize the opportunity that presents itself. That is where the power of RCPCians comes in. We are a formidable group of people who do not wait for the magic to happen. We define it. Pursue it. Relentlessly. And then somehow the magic unfolds.



The various committees used last Saturday to meet and discuss their plans. The commitment of the committees is contagious. A wonderful mix of veterans and new members is what the highlight is. The gold standard has been set with the heap of awards coming our way at the District 3131 annual awards ceremony. We all have the opportunity and the challenge to do an encore. Let us go for it.

Speaking of veterans, it is sad to see Rtn. PP Rajendra Shah, depart to the heavenly abode. May his soul rest in eternal peace. I had the distinct opportunity to meet Rtn. PP Dr. Aruna Umranikar and Rtn. Vinit Ketan. Both represent a spectrum, and I hope that you all enjoy reading about them.

The Nostalgia page has been introduced. I request all of you to send me photographs and memories of those days. It would be wonderful to relive those moments.

Krishna

Please write to krsnarti@gmail.com for contributions, suggestions and feedback.



Rotary District 3131 Annual Awards Ceremony RY 2024-25 : A Proud Moment For Rotary Club of Pune Central

The Rotary District 3131 Annual Awards Ceremony was held on 27 July 2025 at the Poona Club, where the performance of all 140 Clubs across the Pune District was evaluated and recognized. The Rotary Club of Pune Central (RCPC) was represented by a vibrant contingent of 18 Rotarians and Rotary Anns, who enthusiastically cheered as our Club received an impressive number of accolades.

A highlight of the evening was District Governor Rtn Shital Shah conferring the 'Lifetime Achievement Award' on Rtn. PP Narayan Rathi for his remarkable 40 years of Rotary service, including 28 years of unwavering support for children battling leukemia—thanks to which hundreds have survived and now lead healthy lives.

Rtn PP Ravi Kapoor received a **Special Award** from the DG for his stellar efforts in organizing the highly successful District CSR Awards Function. **Rtn. PP Rakesh Bhargava** was also acknowledged by name for his contribution to this initiative.

Another proud moment for RCPC was when **IPP Brig. PKM Raja** was honoured with the **'Seven Star President Award'** for outstanding leadership. The occasion became even more special when the DG announced that Brig. Raja had been conferred with the prestigious **'Rotary International Award for Avenues of Service'** for RY 2024-25—making him the only sitting Club President to receive this global recognition this year, and the first ever from RCPC since its inception in 1984.

RCPC was ranked **9th overall** in the **Club Points Index (CPI)** among 140 Clubs. While many higher-ranked Clubs were smaller in size, RCPC stood out by receiving the **maximum number of awards** at the ceremony—earning applause for its exceptional performance in key areas such as CSR Contributions, TRF Giving, and Service Projects.

Awards won by RCPC during RY 2024-25:

- 1. **DG's Special Service Award** Rtn. PP Narayandas Rathi
- 2. DG's Special Significant Achievement Award Rtn. PP Ravi Kapoor
- 3. **7 Star President Award** IPP Rtn. Brig. PKM Raja
- 4. Rotary International Avenues of Service Award Rtn. IPP Brig. PKM Raja
- 5. Numero Uno Visionary Leadership & Impactful Project Execution RCPC
- 6. CPI Topper 9th Rank RCPC
- 7. Foundation Award (Highest Total Contribution Rank 2) RCPC
- 8. Foundation Award (Highest CSR Grant by Value) RCPC
- 9. **100% Foundation Giving Club** Full Member Participation RCPC
- 10. Playing 11 All Rounder RCPC
- 11. **Community Service** Innovative Project RCPC
- 12. Community Service Skill Development/Self-Employment Project RCPC
- 13. RI Focus Area Water & Sanitation Project RCPC
- 14. Drushti (Cataract Surgeries) RCPC
- 15. **Youth Service** Interact Club Support RCPC

This remarkable recognition reflects the passion, commitment, and teamwork of all RCPC members. **Heartiest** congratulations to everyone who contributed to this truly memorable year!



RCPC WINS - Pictures Speak A Thousand Words

























Eye Check-Up: Camp No. 2

Project Lead - Rtn. Oni and R'Ann Nafisa Kakajiwala

On 17th July 2025, an eye check-up (Camp No. 2) was organised by Rtn. Oni and R'Ann Nafisa Kakajiwala at the Rosary School, in the Camp area. A total of 300 students were examined and out of them 236 were found normal, whereas 62 were found to require glasses; and 31 students were referred for Cyclorefraction, also known as cycloplegic refraction. One student was referred for a cataract review., The good work continues, unabated......



Lavale School Basic Skills Education

Project Lead - Rtn. Narendra Sanghvi

In today's dynamic era, textbook education alone is not enough, it has become very necessary to develop various skills in students. Therefore, as per the National Education Policy NEP 2020, Skill Education i.e. Skill-Based Vocational Education was started today on 24/07/2025 at PM Shree Zilla Parishad Primary School, Lavale Taluka, Mulshi District, Pune. Through this initiative, students will get training in many life skills like technology, handicrafts, entrepreneurship, communication skills. Congratulations to Rtn. Narendra Sanghvi for making a yeoman's effort to achieve this project.







Rajapur Dam Repair Project - Site Visit

Rtn Giri Sakhrani, Project Lead for the Rajapur Dam Repair initiative, organised a site visit for RCPC members to Velu, Satara, to witness the significant impact the project has had on the surrounding villages.

Members had the opportunity to interact with local beneficiaries and hear first-hand how the dam repair has transformed their lives, ensuring they no longer face water scarcity during the summer months.

This impactful project was initiated in Rotary Year 2023–24 and successfully completed in 2024–25. Rtn Giri Sakhrani, Rtn. Pres. Lekha Nair Rtn PE Cmde Pavan Malhotra, Rtn. Jeevan Mahaldar, Rtn. Vaishali Karwa, Rtn Deepak Bharadia, Rtn. Gurvinder Singh, R'ann Mohini Patheja, Rtn Col Julius Rocque were visited the project site.







Water Colour painting by Rtn. Col Julius Rocque of the Rajapur Dam Project site...

The painting has names of all the members who visited the site!



Tête-À-Tête

A Conversation with Rtn. PP Dr. Aruna Umranikar

Interview with PP Dr. Aruna Umranikar, at the Lopmudra Meera Hospital, Shankarshet Road on 30^h July 2025.

I met Rotarian PP Dr. Aruna Umranikar at her hospital, Lopmudra Meera Hospital, Shankarshet road for what turned out to be an hour-long conversation. Her demure & unassuming personality complemented the authoritative aura around her.

So, tell me about this hospital, which seems to be under a finishing touch of the upgrade being done to it.

This hospital, originally an obstetrics & gynaecology hospital operated out of a bungalow in this premise, was made into a public charity hospital right from the beginning, formed



under a trust. We built this new hospital in 2009 under our public charity trust, named Harsha Vardhan Medical Foundation. But since the passing of my husband a few years ago, we were contemplating but finally have handed it over to someone to run this as a multi-speciality hospital. I am the managing trustee and have an overall watch over it. Late Rotarian PP Rajendra Shah was also a trustee in the hospital. Rtn. PP Raja Kharadkar is also a trustee of my Foundation.

We have funded this entirely out of our pockets and so far, we haven't depended on charity. However, as this hospital becomes upgraded, there is an idea to equip it with modern facilities such as CT scan, ICU etc, for which we will need CSR support. This hospital is in a prime location, spread over 26000 square feet.

What keeps you busy now?

I continue to do honorary work for KEM, for undergraduate and postgraduate students. And then there is this hospital, that requires attention.

Tell me about your family...

I have 4 children, including one daughter and 3 sons. 3 of them are doctors including their spouses, in UK. One son runs a vegan café in Pune, and his wife is a political science professor in Fergussons.

You were the 2nd woman President of Rotary Club of Pune Central. Please tell me more about that.

Yes, Rotary International allowed women to become members in 1989. My husband was a Rotarian at RCPC since it started in 1984, and he was the club President during the term of 1995-96. I thoroughly enjoyed being a Rotarian, since we did a lot of charity and community service. Besides the social work, the socialisation was a big attraction. We made so many friends here. You know, when you make friends at Rotary, they are your friends for life. I was the 2^{nd} woman President of RCPC for the year 2003-04. Rotarian PP Late Manjula Vishwanath was the first woman President. It was a tough act to balance our very busy life as doctors with our social work through RCPC. But I had a good team to support me as the President.

How do you compare your time as the President versus today?

Being a President today is a very challenging job. The times have changed. Digitalisation has happened, due to which there is a lot of social media exposure. Besides there is a huge demand from the President today, from all quarters, including Rotary International, District and the club itself. On top of it, the members are occupied with their personal



business, job or professions, and it is not easy to pay attention to everything at the same time. It is amazing to see the Club doing so many good projects.

How do you feel about all this charitable work you have done and continue to do?

I feel very satisfied. We are now helping the third generation to deliver beautiful babies to the world. We feel happy when people meet and greet us with respect us. It makes the last 45 years of honest work worth the while. It is also very gratifying to see our children continue the work as doctors, albeit outside India.

We, as the public trust hospital have done several projects with Rotary, including international projects like HPV Vaccine for girls and Cardiac surgeries for children. And therefore, we are seen as major donors. We also have contributed to KEM hospital for upgrading their obstetrics and gynaecology departments.

Any memorable stories from your long experience?

I studied in the Armed Forces Medical College (AFMC). My father was a doctor, but we had no one in the Armed Forces. I was a Poona girl and had no exposure to anything outside Pune. But at AFMC, students from all over the country came to study and I learnt so many things during those five years, that it has become an incredible and indelible memory.

One of the many episodes in my life as a practicing doctor, was about delivering the child of a doctor. It was a very stressful job, because in those days there was no ultrasound. And one had to depend on one's ability and skill completely. The child was in a breech position. The mother went into labour and it was highly stressful for me, because of what could go wrong. But it went well, and I was hugely relieved. I have faith in God and believe in prayers, that there is something above us that takes care of us.

Is it true that doctors prefer doctors as their spouses?

It is not a rule, but it is true that couples who are both doctors are more compatible as they understand each other better. They help each other to grow, and that is the key to a successful marriage. I have been blessed to be one of those happy, successful people.

There is a myth that doctors are very serious people.

(laughs). No, no that is not true. We doctors still meet, often at Poona Club and have a good time, filled with laughs, jokes and stories, and of course good food.

What do you like to do besides being a doctor?

I was very good in the arts, such as drawing, painting, embroidery. That was before I joined medical college. I would like to pick some of it up again, including reading, when time permits.

What is your message to the new members of RCPC?

Rotary is a lovely institution, and I encourage all new members to find time from their busy schedules to spend some time with Rotary and its initiatives. Soon you will realise it's worth and you will become part of it forever. I do understand that new members find it odd that there are so many aged members in the club. But if you look at it differently, you will realise that all these members have done a lot for Rotary and earned their rightful place in the club. Young members must take advantage of their wisdom.

It is also important for the older members to find ways to connect with the new young members and make them feel part of the club. That is healthy to do so. This effort is best done by both older and new members, and it is up to us. Assimilations and mini fellowships are good, but there are so many members that it becomes challenging to create a one-on-one bonding. Besides, involving new members in projects is a great way to bring all of us together. We need to revive the fireside get-togethers & picnics.

Rotarian Past President Dr. Aruna Umranikar had stood first in the University in her MD exams. That was despite the challenging circumstances in her life at the time. It shows her grit, conviction and determination to persevere and excel in her pursuits, academic or otherwise. Her cheer and smile rubbed off on me, as I thanked her for her time.

Knowing Rtn. Vinit Ketan



Knowing more about one of our new members, Vinit Ketan, CEO/ Founder of Wantstats Research and Media Pvt. Ltd, was like a bottomless pit. Or rather like peeling an onion. The more I spoke to him, and asked questions, new dimensions about him revealed itself.

Let me begin this interview with this question: Who is Vinit Ketan?

I'm Vinit Ketan, born and raised in Bhagalpur, Bihar, in a family of educationists. Both my parents are professors, so I grew up in an atmosphere where books, debates, and ideas were part of daily life. My father taught at Delhi University in my early childhood, so my initial schooling was in Delhi. Later, when he was transferred to Patna University, I continued my education in Patna from Class 5 to 12.

After school, I moved to Pune to pursue my graduation in International Business and later did my MBA in Marketing.

If I were to describe myself, I'd say I'm someone who has been shaped by both intellect and curiosity. Growing up, my father, a sociology professor always spoke about how education and social structures influence people's lives. My mother, being a political scientist, introduced me to history and politics in a way that made me think deeply about the world.

Even as a child, I was entrepreneurial at heart I remember trying to sell Avon cosmetics through a family friend or setting up a photocopy booth during college just to experience business firsthand. These little experiments gave me a taste of what it meant to create something of your own.

My real entrepreneurial journey began in 2015, after I worked at Markets and Markets. That's where I realized that I could build something meaningful and decided to take the plunge.

You were at MIT and did your BBM there and went on to complete your MBA from the same institution. How did those years help you find your true calling?

Those years at MIT were truly transformative for me. I've always been a Type A personality - a bit of a risk-taker, never afraid to step into something new. At MIT, I jumped into student politics, contested elections, and served as class representative. I became deeply involved in the cultural and social fabric of the college. I was part of the NSS and volunteered to build dams in villages.

I also explored my creative side through ad-making competitions where I'd conceptualize and shoot media ads for brands and that really awakened the marketing guy in me. Those experiences helped me understand how creativity connects to people and business.

Being part of the Student Council and events like Chhatra Sansad also exposed me to leadership, teamwork, and the responsibility of representing others. Looking back, these were the years when my entrepreneurial instincts and my desire to contribute to society really began to take shape.

Market research is about asking the right questions and analyzing outcomes. Are you a keen listener? How can anyone become one?

Absolutely! Market research is all about listening and observing without bias. We're often the intelligence hub for our clients, and that demands not just collecting data but truly understanding what people are saying.



Over time, I've realized that the key to being a good listener is asking thoughtful questions and then pausing. That silence gives people the space to open and say what's truly on their mind. Everyone wants to feel heard, and real listening is the foundation of meaningful communication, whether in business or life.

Tell us about an interesting incident in your life that transformed you.

The pandemic in 2020 was a life-changing experience for me. Until then, I thought I'd faced challenges, but nothing prepared me for what came with COVID.

I was responsible for 300 employees and their families and suddenly, people around me were falling sick, losing loved ones, and struggling. At the same time, I had to keep the business running because so many livelihoods depended on it.

I remember getting calls from employees late at night, not just about work but about their fears, their losses. People saw me as someone who could help them, and I wanted to but I was just as human and helpless in many ways.

That time taught me that entrepreneurship isn't just about making profits. It is about standing by your people, listening to their pain, and being there when they need you. It deeply changed how I see leadership and my role as an entrepreneur.

What hobbies do you pursue in your leisure time?

I love swimming as it clears my mind and energizes me. I also enjoy reading books on self-help, psychology, and spirituality - anything that helps me understand people better.

I spend a lot of time reflecting on deeper questions too exploring Vedantic philosophy, asking "Who am I?" or "What does it mean to live a meaningful life?" These contemplations and conversations about relationships, purpose, and human nature really fascinate me.

How do you differentiate between the traditional model of market research versus the modern Al-based method? Does Al make research easy for everyone?

Traditional market research was very hands-on creating questionnaires, conducting interviews, and manually validating findings. It was a blend of primary and secondary research, and while effective, it was time-intensive and limited in scope.

With AI, things have changed dramatically. The internet has become this massive, open repository of behavioural and company data. AI allows us to scrape, organize, and analyse this data at a scale that was unimaginable before.

For example, we once helped a hair colour company identify the most popular colour. Traditionally, we would've run surveys and interviews. But instead, we wrote a script to scrape millions of posts with hashtags like #ILoveMyHair and #BestHairColor. The data showed "ombre" as the trending hair colour. This method was faster, richer, and arguably more objective than traditional methods.

Al doesn't replace research expertise, but it enhances it and democratizes access to insights.

Tell us about your family and your life in Pune.

I come from a close-knit family. My father is a sociology in education professor who served as registrar of Patna University. My mother just retired as head of political science department. My sister, who studied mass communication from AMITY Delhi, now heads partner relations at Market Research Future.

My wife, Indu, has an M. Tech in Biomedical Engineering from Martin Luther University, Germany and is currently partner as well as COO of Wantstats Research & Media Pvt. Ltd. We have two beautiful kids our daughter Reva is 10 and studies at Delhi Public School, and our son, Som is 3.5 years old, is about to start school at Symbiosis International School.

Life in Pune has been warm and enriching it's where I grew into who I am today, both personally and professionally.

What is the magic formula in your beautiful relationship with your wife, Indu?

Listening. Truly listening. I make it a point to acknowledge her dreams, support her, and never stop appreciating her beauty inside and out.

We connect deeply through our spiritual conversations about Vedanta, life, and our connection to the universe. I think that shared journey of growth and understanding is what makes our bond so special.

How would you define your happiness index?

I'd say it's a 9 out of 10. Of course, no life is perfect but I'm deeply grateful for what I have, and that keeps me content and grounded.

Tell us about the Vinit very few people know about.

Most people see me as confident, outspoken, and always ready to connect. But inside, I'm quite shy and private. I really value my personal space, my quiet time. Every morning, I spend about 1.5 hours just by myself, often reflecting or simply being. That's my sanctuary and very few people, really know about this side of me.

What would be your message to us RCPCians?

It's been just a month since I joined RCPC, but in this short time, I've been so inspired by the incredible work everyone here does for society and social welfare. At 36, I feel like a student among all of you learning, observing, and growing. Right now, I don't feel I'm able to offer advice, but I want to express my admiration and gratitude for letting me be part of this journey.

Rotary District / National News



Do you know anyone who would become a great RCPC member?





Unlocking the Heart of Rotary: Igniting Engagement, Fostering Belonging

When a valued member steps away from our Rotary family, it leaves a quiet ache, doesn't it? We're often left wondering where we missed the mark, if we truly connected with their passion, or if we simply failed to show them the vibrant tapestry of what Rotary truly is. It's a moment of reflection that brings us back to a core question: How do we truly engage the hearts and minds of our members? What does genuine belonging really feel like within our club?

Our District Membership team, with a deep understanding of these feelings, recently put their heads and hearts together. They brainstormed not just a solution, but a beautiful way to foster a stronger sense of purpose and participation: the Members Participation Index (MPI). This isn't just a metric; it's a compass designed to guide us in truly understanding and elevating how each member can find their place and joy within our diverse club activities. It's about ensuring every voice is heard, every talent is recognized, and every Rotarian feels deeply connected.

The secret to a thriving Rotary experience lies in embracing the richness of active participation. Imagine a member truly immersed – attending our weekly gatherings, sharing laughter at cultural and sports events, enjoying the camaraderie of a picnic, or stepping up to lead an impactful service project, whether as a chairperson or a dedicated volunteer. It's about the shared effort of raising funds for meaningful initiatives, contributing to the transformative work of The Rotary Foundation (TRF), and, in a truly beautiful cycle, introducing new friends to our incredible community. These new members, with their fresh perspectives and boundless energy, are the very lifeblood that keeps our club growing and evolving.

But engagement goes even deeper. It's about embracing opportunities to lead and shape our future – perhaps serving as a passionate President, a dedicated board member, or a crucial contact for our impactful Global or CSR Grants. Even the simple act of timely payment of club dues is a quiet testament to commitment. And let's not forget the incredible energy found in participating in district-wide activities, from enlightening seminars to the inspiring District Conference. Every interaction weaves us closer together.

Beyond the rich experiences, MPI also offers a heartfelt thank you. It recognizes the dedication and effort of every Rotarian by awarding recognition points. And these aren't just points; they're a tangible acknowledgment that can be redeemed for delightful rewards from a wonderful array of renowned brands associated with RID 3131 through the special Rotary Rewards program. It's our way of saying, "We see you, we appreciate you, and your contributions truly make a difference."

What are your thoughts on MPI?

Do let us know your comments as the membership team embarks on the journey of establishing a well-designed, easy to follow and very engaging MPI. Your comments and suggestions will help us build a better platform where we all can have a very friendly and healthy competition and have fun by looking at our rank every single day and thriving to reach higher rank, not to surpass other members but to surpass our earlier joy in Rotary and finding newer experiences.

Let's learn from each other and build an even stronger, more vibrant Rotary for all.



"Members are the real wealth!"

RTN. VIVEK DIXIT
DISTRICT MEMBERSHIP DIRECTOR 25-26



RCPC Creativity / Member Corner

Psychological Strokes

Contributed by Rtn. PE Parvin Malhotra

It is an act of appreciating or criticising others. It leads to emotional and behavioral changes in them. Types of Strokes:

1. Positive stroke 2. Mixed stroke 3. Negative stroke 4. No stroke

Positive Stroke is an appreciation given to someone. It makes them feel good and energized. A genuine compliment, a pat on the back are all positive strokes. For example, a compliment like, "Your presentation was crisp and impressive".

Mixed Stroke – is appreciating others for something positive, while at the same time highlighting the scope for improvement. For example, saying something like "today your speech was impressive and enlightening. A little bit of humour would have made it even more lively." This is the best type of stroke, wherein both compliments and scope for improvement (criticism) are combined.

Negative stroke is criticism or pointing out the mistakes or something negative. For example, "your choice of cloth was not befitting to the occasion today". This sort of negative stroke is ok for a short while. But prolonged criticism will adversely affect the relationship.

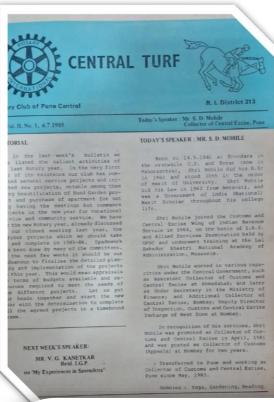
No stroke - No comments at all. Neither appreciation nor criticism. Prolonged period spent in such condition may end up in *indifference*. It shows a lack of interest or feeling towards someone. Once a relationship gets into this mode of indifference, it is toxic. Most likely to break off or get stagnated with miserable existence.



Nostalgia

























What to Expect in the Next Four Weeks

- August 09 Rakshabandhan Holiday
- August 16 Guest Speaker Ms Smita Sovani will talk on "Music for body, mind and money"
- August 24 Parsi Lunch Fellowship on Sunday, 24th Aug at Ladies Club
- **August 30** Committee Meeting Day

Birthdays and Anniversaries



Rtn / R'Ann	Birthday
R'Ann Dr. Bhavna Rote	August 2
Rtn. PP Prakash Gurbaxani	August 3
R'Ann Gaury Mohile	August 3
Rtn. PP Jinendra Munot	August 4
Rtn. Giri Sakhrani	August 4
Rtn. Dr. Arti Khatter	August 5
R'Ann Disha Patel	August 6
R'Ann Deepa Dharane	August 9
R'Ann Dr. Pushpa Yadav	August 10
Rtn. Vipen Malhotra	August 11
Rtn. PP Madhu Rathi	August 13
R'Ann Dr. Madhu Rocque	August 13



Member and Spouse Wedding Anniversary

Rtn. Baakir and R'Ann Razia Baker	August 9
Rtn. PE Parvin and R'Ann Neena Malhotra	August 10