

R.I.PRESIDENT  
HOLGER KNAACK

DISTRICT GOVERNOR  
PRASHANT JANI

PRESIDENT (2020-2021)  
DR.AJAY MAHAJAN

SECRETARY (2020-2021)  
CA TEJAS GANDHI

EDITORS (2020-21)  
NEHAL SHAH  
PP KAMAL GANDHI

ISSUE 06 7th August

Membership and New Club Development Month

## Report of Weekly Meeting dated 07-08-2020 at 8.00 pm (Virtual Meeting)

Addiction: The Next Big Hurdle to Cross by PDG Deepak Purohit

1. President Rtn. Dr. Ajay Mahajan called the meeting to order and welcomed all.
2. Four-way-Test was recited by Rtn. Atmaram Tripathi
3. Introduction of speaker was given by PP Rtn. Girish Sethi
4. Speaker PDG Rtn. Deepak Purohit gave a power-point presentation about various types of addiction. He gave facts and figures about all types of addiction prevailing in the society. He also outlined various actions that we, as Rotarians, can take for benefit of the community in this area.
5. Know Your Member Series - Rtn. Harish Nagpal gave his brief introduction under Know Your Member series.
6. Secretarial announcement was done by Hon. Secretary Rtn. Tejas Gandhi\7. Birthday and Anniversary greetings: There were no birthday and anniversaries to be announced.
8. Vote of thanks was given by Rtn. Nehal Shah
9. Meeting was adjourned by President Rtn. Dr. Ajay Mahajan

## INCOMING PROGRAMMES

Medical Talk show  
– Dr. Ramakant Panda  
– Cardiovascular Disease  
& Covid 19



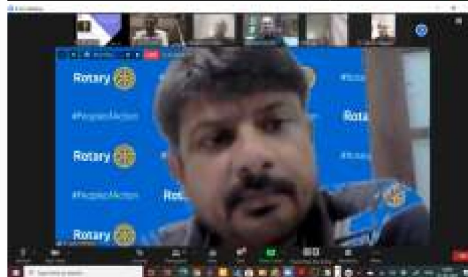
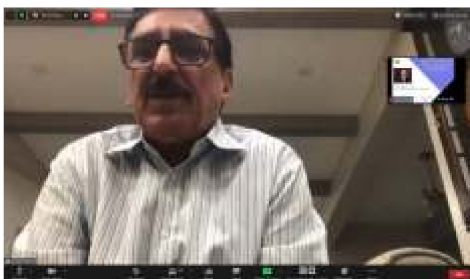
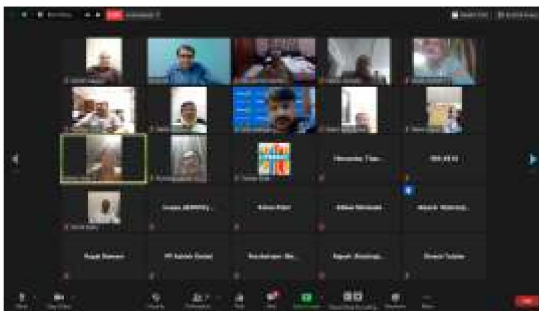
15<sup>th</sup> Aug - Rtn Dimple Jariwala

15<sup>th</sup> Aug - Rtn Dr. Rinkle Jariwala

18<sup>th</sup> Aug - R.Partner Jyotsna Rajen Shah



15<sup>th</sup> Aug - Meena & Pankaj Trivedi



## Good Reads

Krishna Avtar by Kanaiyalal Munshi an exhaustive collection of 3 volumes about the epic stories of Lord Krishna - Written in Gujarati and translated into English

(Courtesy – PP Kamal Gandhi)

**Club Office:** Dr.Sarosh Bhacca Memorial Rotary Hall, Jivan Bharti School Annexe, Timaliyawad, Surat-395001. Gujarat, India.

E-Mail : [rotaryclubofsurat@gmail.com](mailto:rotaryclubofsurat@gmail.com). Web : [www.rotaryclubofsurat.org](http://www.rotaryclubofsurat.org). Time : Friday 7:30 PM



## HOME REMEDIES:

**AGE SPOTS** - Try buttermilk. It has lactic acid and ascorbic acid. Save on expensive skin creams. Apply on the spots with a cotton ball and rinse it with water after 20 minutes.

**ALLERGIES:** Vitamin C not only good for the common cold but also an effective natural antihistamine. Recommended dose 2 grams per day from food or supplement.

(Courtesy – PP Kamal Gandhi)

## Activities of RC Surat for the Month of July 2020

### Club meetings

- 03/7 Installation team 20-21
- 10/7 What is Rotary -by PP Abbas Motiwala
- 17/7 Awareness on Cyber Crime by renowned Cyber Law expert Snehal Vakilna
- 24/7 Club Awards 19-20
- 31/7 Fun meeting

### Board Meeting - 1

#### Community Projects

- Tree plantation at Sachin GIDC 150 saplings
- Tree plantation at Magdalla farm 50 saplings
- Tree plantation by RCC Lajpore 300 sapl
- Tree plantation by RCC Dindoli at 2 places 400 saplings
- Distribution of plantar to member's house on their Birthday & Anniversary.
- Vatsalya puram 2 events on 4 July & 12 July 2020
- Social media awareness campaign on covid -ongoing
- Khakhra Distribution-on going
- Medical lecture series - 1st lecture on Diabetes and covid by Dr Piyush Desai was conducted
- Relief work in Nisarg affected Dapoli village in Maharashtra (500 km from Surat) by PP Tushar Shah and PP Chirag Gandhi

### District Event attended by members

Rotary.Org and Rotary India training webinar on 23/07

- All projects uploaded on rotary. Org and rotary India and monthly report submitted to district.
- RI Dues
- Rotary news dues
- Dist. Dues paid

## Welcome

**Rotary Club of Surat**  
DIST 3060  
In The Service Of Humanity, Since 1937

# ROTARY CLUB OF SURAT

## Welcome

**Rtn Dr. Ishita Mehta**

Rotary ID: 10907727  
Classification: Physiotherapist  
Business: Mahek Physio Clinic  
Designation: Owner

Rotary Club of Surat District 3060



IF YOU FEEL SICK,  
STAY HOME!



WASH YOUR HANDS  
FOR AT LEAST  
20 SECONDS!



CLEAN YOUR  
PHONE OFTEN!



DON'T SHAKE HANDS!



USE HAND SANITIZER!



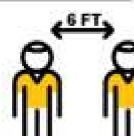
CLEAN ALL SURFACES  
WITH APPROVED  
COVID-KILLING  
CLEANERS!



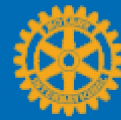
DON'T TOUCH  
YOUR FACE!



COVER YOUR COUGH



KEEP 6 FT. FROM OTHERS!



## Goodness of Rotarians steer new Rotary Clubs

If you want to get involved - find a Rotary Club ...

August is our priority month for membership and an important goal in our action plan is to expand our reach and attract new members. If you want to contribute, you should ask yourself how and why people find Rotary. A Rotary Filipino Peace Fellow tells a remarkable story about her mother.

The main person who inspired my commitment to peace today is my mother. She has always motivated me to give something back to the community. And no matter how hard her own life was, she consistently acted according to this maxim.

My mother is originally from the Cagayan Valley in the Philippines, a more provincial region. Our family moved to the capital, Manila, because there were more opportunities for education and work there. She was a full-time housewife and dedicated her life to caring for my brother and me. She was a cook, tutor and friend and gave us all the support we needed as children. On the side, however, she also did a lot of voluntary work, for example as the president of the neighbourhood association and as a community mediator.

Time of exams

Of course, life wasn't always perfect. We had economic difficulties as part of the lower middle class in the Philippines. When our parents separated, my mother was faced with a major challenge: she had given up her career and now did not know how to find a return to work.

My mother eventually moved back to her hometown of Solana in the Cagayan Valley region. Among other things, to take care of her aging mother. She originally worked in agriculture there, but the physical strain caused her to set up a small business for the production of handicrafts and wood carvings. I helped her set up with a small amount of start-up capital. That income kept my family afloat while I was doing my Masters in Rotary Peace Fellowship Program at the University of Queensland in Brisbane, Australia.

### Inspired to found

I told my mother all about my host club, the Rotary Club of Paddington, and spoke about my supervisors in the host country. So excited about the club's initiatives and the support I received from my carers that my mother decided to start a Rotary club in her ward herself. She explained to me that, in gratitude for the support Rotary gave me, she wanted to open up new opportunities for the marginalized and vulnerable in her neighbourhood.

My mother established good networks in Solana and found contact with family and friends she had missed during her years in Manila. She has already been in contact with, and won support for, a number of members of the Citadel Rotary Club to start a club in the Solana Ward. The Rotary Club Solana Moonlight started with 30 members and was founded in 2020.

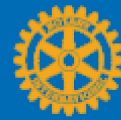
Over 1,000 reading glasses and COVID-19 aid campaigns

In the first month of its existence, the club donated more than 1,000 reading glasses for senior citizens. Members also initiated a COVID-19 relief effort for people who have lost their jobs, with a particular focus on agricultural communities, the elderly and people with disabilities. And they are currently looking for more funds to conduct a second round of relief operations.

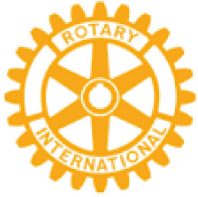
By building the Rotary Club Moonlight Solana, my mother was able to translate negative feelings and experiences from her private life into positive actions. Her heart found healing through commitment to others. For them, Rotary is a way of giving back.

About the author: Erika Yague is a Rotary Peace Fellow at the University of Queensland, Brisbane, Australia. She received the 2020 Janet Lawrence Peace Prize and a Paul Harris Fellowship in recognition of her service and dedication to her classmates and her community

**(Courtesy – PP Tushar Shah)**



## Rotary's Wheel Emblem



A wheel has been the symbol of Rotary since our earliest days. The first design was made by Chicago Rotarian Montague Bear, an engraver who drew a simple wagon wheel, with a few lines to show dust and motion. The wheel was said to illustrate "Civilization and Movement." Most of the early clubs had some form of wagon wheel on their publications and letterheads. Finally, in 1922, it was decided that all Rotary clubs should adopt a single design as the exclusive emblem of Rotarians. Thus, in 1923, the present gear wheel, with 24 cogs and six spokes was adopted by the "Rotary International Association." A group of engineers advised that the geared wheel was mechanically unsound and would not work without a "keyway" in the center of the gear to attach it to a power shaft. So, in 1923 the keyway was added and the design which we now know was formally adopted as the official Rotary International emblem.

## Making Sudarshan more participative

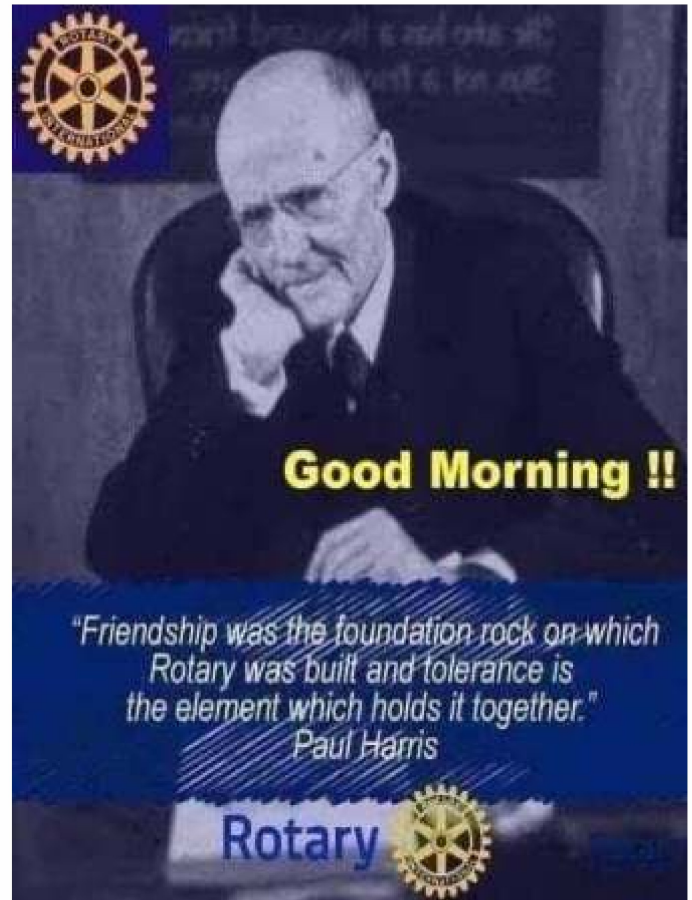
Dear friends of RC Surat,  
Season's Greetings!

Our team of Editors, President and Hon. Secretary intend to make "SUDARSHAN" our weekly bulletin, more interesting so as to increase readership. In the process we need to add some new features which will increase participation and involvement of members.

After some dedicated exchange of ideas, we suggest as follows:

- 1) Participation of members by sharing their experiences in their Rotary Journey. For each issue we would request one veteran member to give a brief write up - **"My Rotary Journey"**
- 2) Expressions from old and new members about their expectations and aspirations from the club - **"My Expressions"**
- 3) Members can share their travel experiences both inland and abroad in **"The Explorer"**
- 4) Any creative work such as painting, photography, poetry, short story, etc. - **"The Creative Corner."**
- 5) Members can share their professional work or experience and anecdotes - **"The Professional"**
- 6) Inspirational paras & quotes both from Rotary leaders and renowned persons and writers - **"Quotes"**
- 7) Humour because - **"Laughter is the best medicine."**

Looking forward to your contribution.



## Congratulations

Congratulations PDG Himanshu Thacker to be invited to serve as Founder member of National Executive Committee of Rotary Action Group – Addiction Prevention India under Chairmanship of PRIP Kalyan Banerjee.

Rotary Club Of Secunderabad

## DID YOU KNOW?

**Dakaju Appointed as Rotary Foundation AKS Association Ambassador for India**

On 22 July 2020 PRIP K.R.Ravindran Chair - Rotary Foundation 2020-21 has invited Rtn. Ravishankar Dakaju – a past Rotary club president and now member of the Rotary Club of Bangalore Orchids, District 3190, who with his wife Paola are members of the Arch Klumph Society at the Foundation Circle level – to serve this year as Rotary Foundation Arch Klumph Society (AKS) Association Ambassador for India. As you might be aware, Ravi has committed to contribute 100 crores total in the coming years to The Rotary Foundation to support global grants with high impact and sustainable results.

**Rtn. Valmiki Hari Kishan**  
Chairman - R I Convention, 2020-2021  
R I Dist 3150

*"Rotary is made of men made of good stuff; the ideal of service is developing into practice. As a consequence, the organisation will never stand still." – Rtn. Arch C. Klumph*