



Rotary 

 **IMAGINE
ROTARY**

• R.I. Dist. 3170 • Club No. : 15655 • Charter No. : 5685 & Dated : 01-11-1943 •

ROTARY CLUB OF KOLHAPUR

ROTARY HERALD

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अन्न आणि आहारा बदलचे गैरसमज
वक्त्या : डॉ. शक्ती पाटकर



वक्त्यांचा विस्तृत परिचय रो. उपेन्द्र देऊसकर यांनी करून दिला.

वक्त्यांनी आपल्या विषयाची सुरुवात करत Diet म्हणजे काय व लोकांचा त्याबद्दल काय गैरसमज आहे या विषयी माहिती दिली.

वजन कमी करणे बरोबर ते वाढवणे, नियंत्रित करणे, गरोदरपण दरम्यानचे, रोगी यांचे वेगवेगळे आहार असतात हे समजावून सांगितले.

(Continued... Next Page)

Rtn.
Jennifer
Jones



RI President 2022-23

Rtn.
Venkatesh
Deshpande



District Governor 2022-23

Rtn.
Arvind
TaraI



President 2022-23

Rtn.
Pradeep
Karande



Secretary 2022-23

Rtn. Nitesh Patel

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Joint Bulletin Editor

वेळोवेळी diet मध्ये कसे व का बदल करावे या विषयी बोलले. सफरचंद, सीताफळ व कलिंगड या फळातील गुणवत्ता विषयी विस्तृत माहिती दिली.

बीट व पालक मधील लोह (iron) विषयीच्या समज - गैरसमज विषयी बोलले.

धान्य-कडधान्य मधील सत्व विषयी विस्तृत माहिती करून दिली.

Vitamin C विषयी माहिती देत लिंबू पेक्षा आवळा, गावठी पेरू, पपई, स्ट्रॉबेरी हे कसे उत्तम हे समजावून सांगितले.

पाणी किती प्यावे या विषयीचे समज - गैरसमज सांगितले.

आपल्या आरोग्य विषयी diet ची काय व कशी काळजी घ्यावी हे उदाहरणासह समजावून सांगितले.

Veg. - Nonveg आहारातील सत्व विषयी सांगितले.

अतिप्रमाणात घेतलेलं प्रोटीन सुद्धा कसे घातक हे

समजावून सांगितले.

प्रश्न उत्तर सत्रा दरम्यान उपस्थितांनी आपल्या शंकांचे समाधान करून घेतले.

गूळ, मध आणि साखर या विषयीच्या सत्व व समज - गैरसमज सांगितला.

आजचे सत्र हे प्रत्येकास वैयक्तिक उपयुक्त असलेने उत्तम प्रतिसाद मिळाला.

Vote of thanks रो. अभय गोळवलकर

Lucky Rotarian - रो. अभय गोळवलकर



रोटरॅक्ट चषक



रोटरॅक्ट चषक आंतर शालेय फुटबॉल स्पर्धेचे आयोजन रोटरॅक्ट क्लब ऑफ कोल्हापूर यांनी केले होते. या चषकाच्या उद्घाटनप्रसंगी प्रेसिडेंट रो अरविंद तराळ यांनी नाणे फेक करून सामन्याचा शुभारंभ केला.

DONATE BLOOD!! FEEL PROUD!!



On 4th May 2023, we organised our 43th Blood Donation Camp at Kalsh Mandir Gokul Shirgaav, Kolhapur. A total of 30 pints of blood were collected and donated to Shri Rajashri Shahu Blood Centre. Appreciate the efforts initiated by Rtn Arvind Taral, Rtn Mahendra Parmar. Staff of Shri Rajashri Shahu Blood Centre were present during the camp.



On 4th May 2023, we organised our 44th Blood Donation Camp at Malkapur, Kolhapur*. A total of 27 pints of blood were collected and donated to Shri Rajashri Shahu Blood Centre. Appreciate the efforts initiated by Rtn Arvind Taral. Staff of Shri Rajashri Shahu Blood Centre were present during the camp.



VISION IS THE ART OF SEEING THE INVISIBLE!!!



Cataract Phase - 11

On 3/5/2023 In project Vision operated to 6 beneficiaries for cataract surgeries, at Orange Multispecialty Hospital. We have plan to operate a 80 to 100 surgeries in a year 2022-2023. Appreciate the support extended by Rtn Dr Vaibhav Sasurkar and Ann Dr Pooja Sasurkar and their team. President Arvind Taral, Rtn Vaishali Taral were present to greet the patients.

Presidential Message



Jennifer Jones
RI President
2022-23

MAY 2023

I believe it is a time in our world for brave, courageous, intentional leadership.

Last month, in this column, you heard from my dear friend Anniela Carracedo. She is an amazing member of our Rotary family, and as a past Interactor and now Rotarian, she is this kind of leader.

Anni shared a very personal story about coping with a panic attack, something that I have also experienced. The outpouring and response to this story have been tremendous and punctuate how critical it is that we acknowledge not only our strengths but our vulnerabilities too.

When we talk about finding space for one another — creating comfort and care within Rotary — we're describing a club experience where we can all feel comfortable sharing like Anni did, and we can all empathize with and support one another. Whatever we are facing in life, Rotary is a place where we know we're not alone.

We spend so much time helping our world, whether it's working to end polio, cleaning up the environment, or bringing hope to communities that need it most. Sometimes we can lose track of the need to apply some of our energy and care to our fellow members and partners in service.

The comfort and care of our members is the single greatest driver of member satisfaction and retention. We need to ensure that it remains a priority — and that we further strengthen these bonds by performing service that helps reduce the stigma of seeking out mental health treatment and expands access to care.

That is why I'm so heartened by President-elect Gordon McInally's wonderful vision to help improve the global mental health system, not only for Rotary members, but for the communities we serve.

When Gordon announced our focus on mental health at this year's International Assembly in Orlando, Florida, he reminded us that helping others benefits our mental health by reducing stress and improving our mood. Studies show that performing acts of kindness is an effective way to improve your own mental and physical health. Rotary service brings hope to the world and joy to our lives.

Our new focus on mental health will take some time to do right, and yet it builds on something that has been part of who we are for 118 years. We are People of Action, and behind that action is care, compassion, empathy, and inclusion.

Becoming champions of mental health is not only the right and kind thing to do, it is a tool that can Create Hope in the World, Gordon's inspiring theme for his upcoming year as president.

If we serve our members, we serve our communities, and if we can meet people where they are and lift them up, they will imagine Rotary in a new light and come to fully understand our value and our infinite potential.



79 YEARS OF UNTIRING SERVICE



IMAGINE ROTARY



Greetings

From -
ROTARY CLUB OF KOLHAPUR



Happy Birthday



Rtn Bhupendra Shah - 14 May
Rtn Nitin Wadikar - 15 May

Happy Anniversary



Rtn Raosaheb Deshpande & Ann Suchita - 10 May
Rtn Vijay Vatkar & Ann Ashwini - 11 May
Rtn Sopan Patil & Ann Vidya - 11 May
Rtn Abhay Golwalkar & Ann Vandana - 12 May
Rtn Rajiv Parikh & Ann Vrinda - 12 May
Rtn V N Deshpande & Ann Subhada - 15 May

Guest Speaker - Dr. Bharat Shah

Mob. +91-7722009316

BIO-DATA

- 24 years of work experience in the hospital & healthcare industry with 19 years in hospital management & 4 years in clinical practice
- Awarded with Masters in Hospital Administration from ASCI- Hinduja Institute of Healthcare management, Hyderabad and a Degree in Homoeopathic medicine from Health ministry, Gol.
- Prior work experience:
 - Hospital management - Wockhardt hospitals PL, 7 hills health city, SL Raheja hospital & Vasani eye care-Mumbai, Sahyadri hospitals private limited - Nashik & Salgaocar Medical Research Center hospital-Goa
 - Healthcare Advisory services- Ernst & Young PLC, LLP-Mumbai
 - Clinical practice- BCJ-Asha parekh hospital, Mumbai
- Current: Aster DM Healthcare, Maharashtra

NEXT MEETING



बुधवार,
दि. १० मे
सायं ५.३० वा.



वक्ते : डॉ. भरत शहा
CEO – Aster Aadhar hospital, Kolhapur

विषय : "तरंग" - जन्मलेल्या
कर्णबधिर मुलांवर कॉक्लियर इम्प्लांट
शस्त्रक्रिया आणि पुनर्वसनाचा
उपचार करण्याचा उपक्रम.

स्थळ : रोटरी समाज सेवा केंद्र,
माधवप्रसाद गोएंका भवन



wear the Rotary Pin
with PRIDE

Professional Skills

- Business –Growth and Development
- Mergers & Acquisitions of clinical practices and hospitals
- Project management
- Execution, Operations and Service delivery
- Organization transformation & Culture development
- Chief Operating Officer – Aster Aadhar hospital, Kolhapur.
- 250 bedded multi-super speciality NABH unit
- CoE in Cancer, Heart, Children's & Transplant medicine
- Business of Rs. 100 crs / annum
- EBDITA of Rs. 18 crs / annum
- New hospital project in Maharashtra state – Mumbai, Pune,
- Nagpur, Ratnagiri, Sangli

Rotary



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