



# ROTARY CLUB OF KOLHAPUR

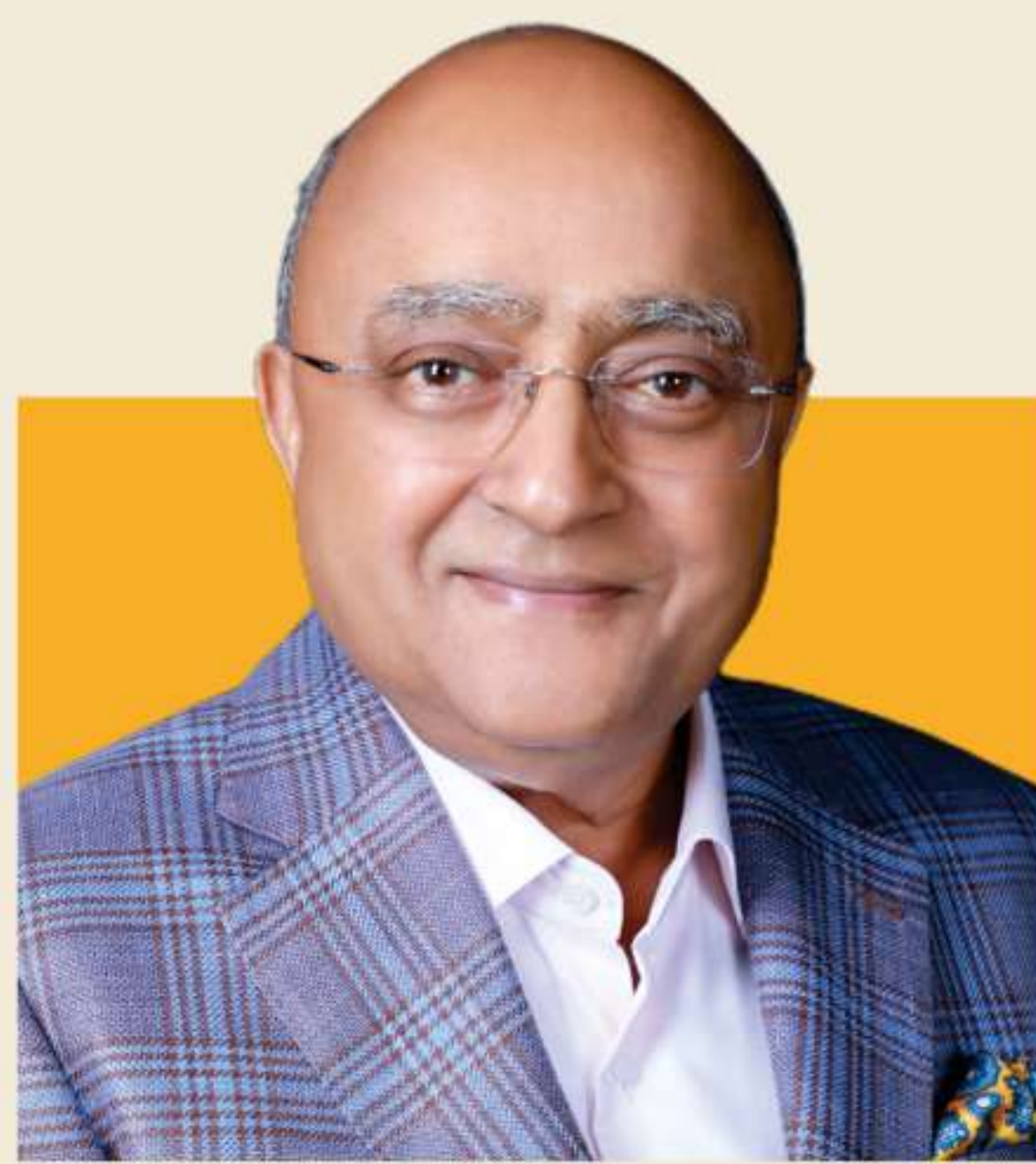
RI DISTRICT 3170 | CLUB NO. : 15655 | CHARTER NO. : 5685 | ESTD ON : 01.11.1943

# ROTARY HERALD

## WEEKLY BULLETIN 2024-25



**Rtn. Stephanie Urchick**  
Rotary International President



**Rtn. Arunkumar Goenka**  
President



**Rtn. Sahil Gandhi**  
Secretary



**Rtn. Sharad Pai**  
District Governor (RID 3170)

ISSUE NO. 29

PUBLISH DATE : 19 JAN 2024



07 JAN 2025

## FELLOWSHIP GROUP MEETING

Group Meetings of RCK Emerald, RCK Pearl and RCK Coral was hosted by Rtn. Dr Menghraj Chugh, Rtn. Girish Karnawat, Rtn. Bansi Chipade, Rtn. Vinay Kulkarni on 07th of January, Tuesday 7:00 PM at Chipade's Farmhouse, Panhala. Fellowship group meeting was a great initiative for the bonding of the members. Special Entertainment session of singing was arranged for the members. More than 64 members attended the meeting.



11 JAN 2025

## CATARACT SURGERIES

Rc Kolhapur conducted the third batch of Cataract surgeries on 14th. Thanks to Rtn. Dr. Pooja Sasurkar for treating the patients. Rtn. Abhijeet Hawal, Rtn. Dr. Vaibhav Sasurkar were present for the same. Total 10 patients were treated.





11-12 JAN 2025

## SPEECH AND HEARING CHECKUP CAMP

RC Kolhapur and Rotary Institute of Speech and Hearing organized "Deafness Diagnosis and Screening Camp for Hearing aids" on 11th and 12th January, in association with ENT association Kolhapur and Sivantos India Pvt Ltd. Camp Inaugurated by the hands of Dr Rajshree Mane, president ENT association in presence of Dr. Vasant Patil, Dr. Shirish Kulkarni, Dr. Santosh Kulkarni, Dr. Umesh Joshi, Rtn. Sahil Gandhi, Rtn. Subhash Malu, Rtn. Avinash Raste and Dr. Abhijeet Haval. 206 patients from various places in Kolhapur attended the camp.





12 JAN 2025

## FELLOWSHIP GROUP MEETING

Rtn. Dr. Gurudas Harshe of RCK Sapphire group hosted the fellowship group meeting for the group members and few other Rotarians. 16 members attended the group meeting. Meeting was held at Hotel Opal.



12 JAN 2025

## BLOOD DONATION CAMP

Blood Donation Camp was held by RC Kolhapur at Sane Guruji Vasahat, Kolhapur. Rtn. Mahendra Parmar, Rtn. Mohan Patel and Rtn. Dhiraj Batheja were present for the camp. 91 blood units were collected in the camp.



14 JAN 2025

## FELLOWSHIP GROUP MEETING

Rtn. Rajiv Parikh of group RCK Topaz hosted the fellowship group meeting for all the members of the club. 50 plus members attended the group meeting held at RSSK.







14 JAN 2025

## CLOTH BAGS DISTRIBUTION

Rc Kolhapur Donated 500 bags cloth bags to the fruit and vegetable vendors in order to promote the use of cloth bags over plastic bags. This environmental initiative was taken by Rtn. Sanjeev Chiplunkar. Few club members joined for the bags distribution.



15 JAN 2025

## WEEKLY MEETING

This week's meeting featured an insightful session by guest speaker Mrs. Sonal Joshi, who shed light on the importance of mental health. She engaged the audience interactively, concluding that mental health is essentially peace of mind and awareness of both our own and others' mental states. Drawing a comparison with earlier times, she highlighted how large family structures fostered open communication and mutual support, while modern lifestyles—characterized by reduced social interaction, increased competition, and evolving career options—have added to mental health challenges. Mrs. Joshi emphasized the generational gap in understanding new-age problems and the urgent need to address mental health issues to build stronger relationships and emotional connections.







Mrs. Joshi introduced various innovative tools and approaches to maintaining mental well-being, including apps offering cognitive behavioral therapy, tele-help centers for depression and suicide prevention, and online sessions to ensure consistent access to mental health professionals. She discussed how emotional, social, and physical factors interlink to provide a holistic approach to mental health. Mrs. Joshi also stressed the importance of activities like singing, dancing, meditation, travel, yoga, and laughter in achieving happiness. Physical health, she noted, is the foundation of mental well-being, with regular exercise releasing endorphins that boost happiness.

In her closing remarks, Mrs. Joshi underscored the importance of maintaining positive relationships and adopting a mindful approach to life. Mindfulness, distinct from meditation, involves being present in the moment and practicing gratitude for the positives in life. She encouraged the audience to live like a “conductor”—actively participating but not overburdening themselves with responsibilities beyond their control. With practical insights and relatable examples, Mrs. Joshi provided actionable ways to achieve happiness and improve mental health, leaving the audience motivated and reflective.

**UPCOMING EVENTS**

<p><b>Plastic Surgery Camp</b> D Y Patil Hospital, Kolhapur</p>	<p>23-25 Jan 2025</p>
<p><b>District Conference - Nakshatra</b> Belgavi</p>	<p>31 Jan - 02 Feb 2025</p>
<p><b>CricMania 2025</b> TCK Turf, Kolhapur</p>	<p>16 Feb 2025</p>



## SONG OF MY HEART

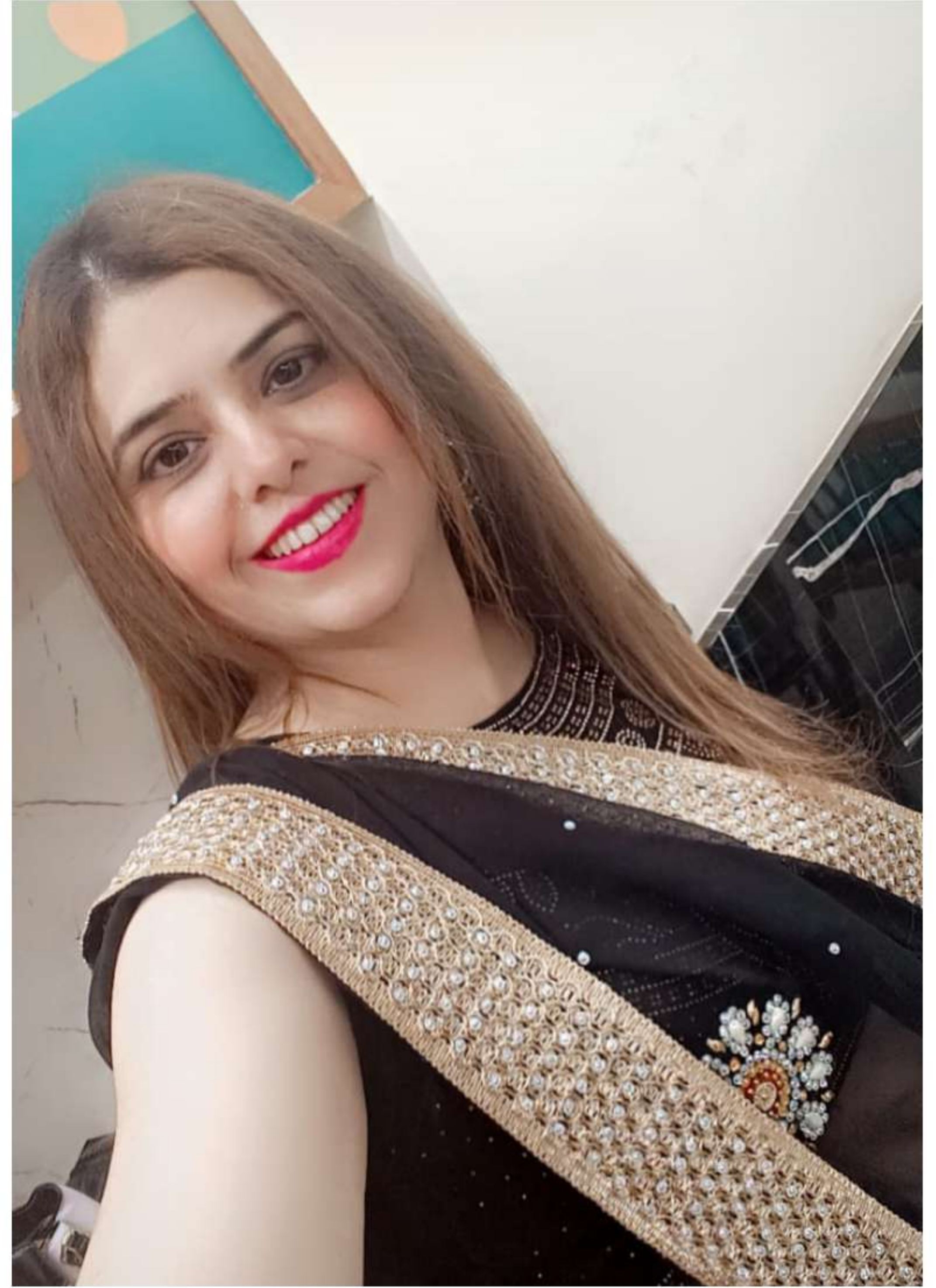
**Ek ladki toh dekha toh aisa laga. ( Kumar Sanu ) ( 1942 - A love story )**

Heard it for the first time in theatres in 1994. I was 12 years old when I heard the song for first time. I love the actor and the actress and the way they are acting.

The part where Anil Kapoor falls in love just after seeing Manisha Koirala for the first time makes me go crazy. And just see how the song is picturized and till the end I am totally engrossed in the song for the part where Anil can't control his happiness.

I totally relate to this situation. This happened to me when my husband saw me for the first time in his college party and had decided to marry me!

**Rtn. Poonam Chugh**



## RECIPES

### दही वांगी

**For 3 servings:**

250 grams or 5 to 6 small brinjals

**For stuffing ( masala ):**

1 tsp cumin seeds	1.5 tbsp peanut powder
2 tsp coriander powder	1 tbsp finely chopped coriander leaves
3 tsp sugar	1 tbsp oil
4 tsp red Chili powder	Salt to taste.



Rinse brinjals first. Slit them on 4 sides without breaking them apart. You can keep a portion of the stems, if you prefer. Stuff the prepared masala paste inside each brinjal. Keep aside.

In pan, heat 3 to 4 tablespoons oil. Add 1 tsp asafoetida, place stuffed brinjals in one single layer. Saute for few seconds then add remaining leftover masala, gently mix the stuffed brinjals with the rest of the masala. Saute for a minute on low heat. Add 1 cup water or as required. Mix the entire curry gently. For a more gravy, you can add more water. 1 cup water gives a slightly thick gravy.

Cover and let the brinjals cook for 20 to 22 minutes on low to medium-low heat. Keep checking in between and if the stuffed brinjals looks a bit dry, then add some more water. Turn off the heat when brinjals are fork tender. Garnish with some coriander leaves. Serve this sabji hot or warm with steamed rice, chapati or bhakri.

**Dhara Sheth**



**BIRTHDAYS NEXT WEEK**

- 21 JAN** Rtn. Poonam Chugh
- 22 JAN** Rtn. Rohit Khandelwal
- 22 JAN** Rtn. Arvind Ruia
- 22 JAN** Rtn. Girish Joshi
- 24 JAN** Rtn. Nitin Gundesha
- 24 JAN** Rtn. Poonam Chugh



**ROTARY CLUB OF KOLHAPUR'S  
ROTARY SAMAJ SEVA KENDRA BUILDING**

**ANNIVERSARIES NEXT WEEK**

- 21 JAN** Rtn. Dr. Deepak Sahastrabudhe & Ann Anupama
- 21 JAN** Rtn. Pratap Puranik PDG & Ann Gayatri

**NEXT MEETING**

**WEDNESDAY | 22 JAN 2025 | 04:00PM**

**GUEST SPEAKER**



**Nikunj Bagdia**

**Subject: Globalization - Opportunities and Challenges**

**Venue :** Madhavprasad Goenka Bhavan, Govind Gundesha Hall, RSSK, Kolhapur

Weekly meet along with Vocational Visit at **Ken Enterprises Limited.**

Visit followed by meeting and fellowship.

Born in Mumbai and schooled in Panchgani, he is a Textile Engineer from DKTE, Ichalkaranji. He took over his family's fabric and apparel manufacturing business, Ken Enterprises Limited, in 2009. Under his leadership, the company, employing 75% women, exports to over 20 countries and has won Texprocil export awards for 8 of the last 9 years. A state-level basketball player in his youth, he is now a guest lecturer, mentor for second-generation entrepreneurs, and Chairman of the Fabric Sub-Committee at TEXPROCIL. A cycling and adventure enthusiast, he holds a Guinness World Record and lives in Ichalkaranji with his family.

**GLOBAL ROTARY AT A GLANCE**

**INVENTOR OF RADIO, MARCONI WAS A ROTARIAN**

Guglielmo Marconi, Italian Inventor and Electrical Engineer, well known as the Inventor of Radio and Nobel Prize Recipient for Physics in 1909, was a Member of Rotary Club of Bologna.



**GET IN TOUCH**

**ROTARY CLUB OF KOLHAPUR**

**WE MEET EVERY WEDNESDAY AT 5.30 PM**

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