



**UNITE
FOR
GOOD**
Rotary



**Rotary
DISTRICT 3030**

ज्ञान वार्ता



Governor's Monthly Letter 2025 - 2026



**DNYANESHWAR SHEWALE
DISTRICT GOVERNOR**



RI President's Message

TO HEALTH AND HAPPINESS



This month's special issue of Rotary magazine is all about happiness, that mostly mental of human yearnings. More than a feeling, though, this state of positive well-being, and the conditions necessary to create and sustain it, should be considered a universal right.

December also marks Rotary's Disease Prevention and Treatment Month, when we highlight our members' work to promote health and wellness, including mental wellness. Globally, nearly 1 in 7 people have a mental health disorder, according to a recent World Health Organisation report. Yet only 9 per cent of people with depression receive adequate treatment.

We are fortunate in Rotary to have a powerful way to support emotional well-being and happiness: friendship. The connections we build in Rotary can be a powerful force for change. I know this from personal experience.

When my fellow members first proposed that I become club president, I demurred. I had a stutter. I was terrified of speaking. But having club members who supported me and surrounded me with affection enabled me to face my fear, and I found a way to stand confidently before a crowd.

Today, I regularly address audiences — some numbering in the thousands in a language that is not native to me. The Rotary members in my life helped me create lasting change within myself.

That fellowship gives us the courage and means to create lasting change in the world as well, and mental health services are in desperate need of improvement. The WHO reports that governments on average devote only 2 per cent of their health budgets to mental health, and only 11 per cent of that funding reaches community-based services. In some countries, only one trained mental health professional is available for every 100,000 people. The WHO has called for strategic and urgent action to close the gap.

Rotary can answer that call by championing mental health awareness in our clubs, working with local health systems, funding training for community health workers, and supporting initiatives that bring care to places where none exists. Even small investments in mental health yield enormous returns in productivity, public health and happiness. While we are creating lasting change in the world, we cannot forget to take care of each other. Past RI President Gordon Mc Inally wisely reminds us that we must go beyond asking, "How are you?"

We owe it to each other to instead ask, "How are you really?"

As we transition to a new year filled with new possibilities, let us Unite for Good for healing, friendship, and access to happiness.

Francesco Arezzo
President, Rotary International

From the Desk of the District Governor



Dear Rotary Family,
December is Disease Prevention and Treatment Month, a reminder of Rotary's commitment to improving global health. Our work whether it's polio eradication, immunization drives, access to clean water, sanitation projects, or support to local healthcare systems continues to save lives and strengthen communities every single day.

This month, we come together for one of our biggest district-wide initiatives: the Mega Blood Donation Camp on 8 December 2025, taking place simultaneously across multiple locations in District 3030. I request every club to participate wholeheartedly and help us ensure that no patient in need is left waiting.

December is also the month of the International Day of Persons with Disabilities. Rotary has always championed dignity, inclusion, and equal opportunity. From building accessible infrastructure to supporting vocational programs and medical care, our work already makes a difference—but there is much more we can do. Let's renew our commitment to creating a world where people with disabilities are empowered to thrive.

On Kisan Diwas (23 December), I extend heartfelt wishes to our farmer Rotarians, especially those from our rural clubs. Your contribution to society, your communities, and Rotary adds immense strength and wisdom to our movement.

As we celebrate Christmas, let's embrace the spirit of giving. This month also marks the birth anniversary of a great humanitarian and philanthropist, Sir Ratan Tata (28 December). His life reminds us that generosity builds legacies. I encourage all Rotarians to support The Rotary Foundation with the same spirit of humility and service.

As the year draws to a close, I wish you and your families a joyful New Year's Eve. Step into 2026 with renewed energy, fellowship, and purpose. Let's also prepare ourselves for our much-awaited District Conference – Dnyansagar, happening on 24 and 25 January 2026 in Goa. It promises to be a celebration of learning, bonding, and inspiration.

Together, let's continue to Unite for Good and strengthen our commitment to improving health and well-being across our district and beyond.

Yours in Rotary Service,
Rtn. Dnyaneshwar Shewale
District Governor 2025–26
Rotary International District 3030

Club projects



**ROTARY CLUB OF PUSAD WORLD
DIABETIC DAY PROGRAME**



**INTERACTIVE INFORMATIVE SESSION OF
UROLOGY RC NASHIK ROAD**



NEW CLUB AT ARNI DIST YAVATMAL



**ON THE OCCASION OF CHILDREN'S DAY
ROTARY CLUB OF NASHIK EAST CONDUCTED
AN INFORMATIVE SESSION ON ORAL CARE BY
DR.SAMATA DUPPAD**



**ROTARY CLUB OF MANMAD MAGIC
EXTENDS A HELPING HAND TO
FLOOD-AFFECTED FAMILIES
THROUGH 'EK HAATH MADATICH'A
INITIATIVE**



**ROTARY CLUB OF MANMAD MAGIC
LAUNCHES ROAD SAFETY
AWARENESS INITIATIVE**



BOX CRICKET DISTRICT FELLOWSHIP EVENT



**ROTARY CLUB PACHORA BHADGAON
CELEBRATED CHILDREN'S DAY WITH
GREAT ENTHUSIASM.**



ROTARY CLUB OF DIGRAS EDUCATION CITY



ROTARY CLUB OF NAGPUR HORIZON



**WITH THE ROTARY CLUB OF
KAZAN, RUSSIA, PRESIDENT
RAJAN FROM RCN
UDYOJKA AND PP
CHAITRA SALANKAR FROM
RC NAGPUR GREEN CITY**



ROTARY CLUB OF CHALISGAON



**ROTARY CLUB OF DEOLALI UNIFORM DISTRIBUTION
PROGRAM FOR CANTONMENT SCHOOL**

Rotary DIST 3030 UNITE FOR GOOD

Rtn. Dnyaneshwar Shewale
District Secretary 2025-26

Rtn. Francesco Arezzo
President 2025-26

A Milestone of Membership Achievement!

District 3030 Proudly Welcomes

500+

New hearts of service within 4 months.
GROWING STRONGER AS WE UNITE FOR GOOD.

Rtn. Jatin Sampat
District Membership Chair

Rtn. Satish Kalantri
New Club Development Chair

SERVICE ABOVE SELF

District Public Image Team 25-26

Rotary DIST 3030 UNITE FOR GOOD

Rtn. Dnyaneshwar Shewale
District Secretary 2025-26

Rtn. Francesco Arezzo
President 2025-26

MISSION LIFE

MEGA BLOOD DONATION CAMP

All Over District 3030

109 CLUBS - SINGLE PROJECT

8th DECEMBER 2025

Blood Donors are Life Savers!

SERVICE ABOVE SELF

District Public Image Team 25-26

Rotary DIST 3030 UNITE FOR GOOD

Rtn. Dnyaneshwar Shewale
District Secretary 2025-26

Rtn. Francesco Arezzo
President 2025-26

24th OCY OF YEAR 2025-26

Rotary Club of Nagpur North
Date 1/11/2025

Key Points

- Breast Cancer Awareness & Mammography screening with Municipal Authorities

Rtn. Tushar Firke
District Secretary OCY

SERVICE ABOVE SELF

District Public Image Team 25-26

Rotary DIST 3030 UNITE FOR GOOD

Rtn. Dnyaneshwar Shewale
District Secretary 2025-26

Rtn. Francesco Arezzo
President 2025-26

25th OCY OF YEAR 2025-26

Rotary Club of Nagpur West
Date 8/11/2025

Key Points

- Visit to Shakti guest Project, SOCM, WASH, DDT Training and Inclusion Center For Women
- Organization of Club's Project on Old Age Home (Senior Citizens) by the support of information about Govt. & Educational institutions, NGOs, etc.
- Organization of ICDM, Aarohi Old Club Involvement Project
- Publication of the Club of Old Club Report (History & Legacy) of Club Day on New Material Old Booklet Compiled by Anurag
- Tree Plantation by OC at Rotary Building
- Club Night - along with the upcoming Blue Ribbon Commemorative Project

Rtn. Tushar Firke
District Secretary OCY

SERVICE ABOVE SELF

District Public Image Team 25-26

Rotary DIST 3030 UNITE FOR GOOD

Rtn. Dnyaneshwar Shewale
District Secretary 2025-26

Rtn. Francesco Arezzo
President 2025-26

28th OCY OF YEAR 2025-26

Rotary Club of Amalner
Date 16/11/2025

Key Points

- Prize kit distribution to HIV children
- Visit to - Tree plantation Plant on Inland, Rotary Garden, Mangal Grah Health Project & Community Service Digital Board

Rtn. Tushar Firke
District Secretary OCY

SERVICE ABOVE SELF

District Public Image Team 25-26

Rotary DIST 3030 UNITE FOR GOOD

Rtn. Dnyaneshwar Shewale
District Secretary 2025-26

Rtn. Francesco Arezzo
President 2025-26

29th OCY OF YEAR 2025-26

Rotary Club of Bhusawal Tapti Valley
Date 23/11/2025

Key Points

- 1 PWF member

Rtn. Tushar Firke
District Secretary OCY

SERVICE ABOVE SELF

District Public Image Team 25-26

Rotary DIST 3030 UNITE FOR GOOD

Rtn. Dnyaneshwar Shewale
District Secretary 2025-26

Rtn. Francesco Arezzo
President 2025-26

31th OCY OF YEAR 2025-26

Rotary Club of Nagpur Downtown
Date 30/11/2025

Key Points

- Grand inauguration of Library, study centre & Digital classroom at Mohan Zilla at the hands of DC
- Advanced wheelchair donation to muscular atrophy patient
- Cultural program with family members

Rtn. Tushar Firke
District Secretary OCY

SERVICE ABOVE SELF

District Public Image Team 25-26

Rotary DIST 3030 UNITE FOR GOOD

Rtn. Dnyaneshwar Shewale
District Secretary 2025-26

Rtn. Francesco Arezzo
President 2025-26

32nd OCY OF YEAR 2025-26

Rotary Club of Warora
Date 1/12/2025

Key Points

- Donation of RO Water plant to ZP School of Warora

Rtn. Tushar Firke
District Secretary OCY

SERVICE ABOVE SELF

District Public Image Team 25-26

Rotary DIST 3030 UNITE FOR GOOD

Rtn. Dnyaneshwar Shewale
District Secretary 2025-26

Rtn. Francesco Arezzo
President 2025-26

33th OCY OF YEAR 2025-26

Rotary Club of Nagpur South East
Date 27/11/2025

Key Points

- Organization of a Health Check-up Camp
- Celebration of Charter Night

Rtn. Tushar Firke
District Secretary OCY

SERVICE ABOVE SELF

District Public Image Team 25-26

Rotary DIST 3030 UNITE FOR GOOD

Rtn. Dnyaneshwar Shewale
District Secretary 2025-26

Rtn. Francesco Arezzo
President 2025-26

35th OCY OF YEAR 2025-26

Rotary Club of Nagpur Elite
Date 28/11/2025

Key Points

- 1 PWF member
- Launching the Monthly Sanitary Pad supply for the Girls of Jvaha Kanya Nivas
- Donation of water filters to school in RCC Sukali Kalai.

Rtn. Tushar Firke
District Secretary OCY

SERVICE ABOVE SELF

District Public Image Team 25-26

Rotary DIST 3030 UNITE FOR GOOD

Rtn. Dnyaneshwar Shewale
District Secretary 2025-26

Rtn. Francesco Arezzo
President 2025-26

रोटरी क्लब ऑफ मालेगांव क्लिजन

प्रोजेक्ट क्रमांक -39

रोटरी क्लब ऑफ मालेगांव क्लिजन व उद्योग आराध्य सोनेचा यांचे संयुक्त विद्यमाने...

"हविता जीवन - बांबू अभियान"
(रोटरीर आणि पर्यावरण संवर्धन अभियान)

BAMBOO and Sustainable Development

प्रमुख अतिथी
भा.स.प.स. कोळणे
(विद्यार्थ्यांसाठी वीडीओ प्रोग्राम आयोजीत)

से. विद्या सोरोणे
से. प्र. डॉ. ज्ञानेश्वर सोरोणे
से. विद्या प्रभो
से. विद्या शंभरी

से. विद्या प्रभो
से. विद्या शंभरी
से. विद्या प्रभो
से. विद्या शंभरी

दिनांक - सोनी, या. वाठारात (बांबूक)
कुठार दिनांक- 12-11-2025 वेळ- सकाळी 10-30 वाजता

प्रोजेक्ट डिवेलप #
से. पूनम कोळणे । से. रंजित सोरोणे (होस्ट)

Rotary DIST 3030 UNITE FOR GOOD

Rtn. Dnyaneshwar Shewale
District Secretary 2025-26

Rtn. Francesco Arezzo
President 2025-26

रोटरी क्लब ऑफ मालेगांव क्लिजन

प्रोजेक्ट क्रमांक -42

रोटरी क्लब ऑफ मालेगांव क्लिजन आणि सिकावगुम संस्था कु. विद्यार्थ्यांसाठी संयुक्त विद्यमाने

निरामय आरोग्य
मोफत नेत्र आणि कुपफस तपासणी सिबीर

प्रमुख अतिथी
मा. सारामन सिबीर (संस्थाध्यक्ष अतिथी)
सचिव

विद्या आय केकर मालेगांव । विद्या प्रीती श्री प्रीत्या सिबिरिड

से. विद्या सोरोणे
से. प्र. डॉ. ज्ञानेश्वर सोरोणे
से. विद्या प्रभो
से. विद्या शंभरी

दिनांक - विद्या नगर, मालेगांव - डीय
दिनांक-19-11-2025 वेळ - सकाळी 9-30 वाजता

प्रोजेक्ट डिवेलप #
डॉ. सराव सिबिरिडे । से. विद्या सोरोणे

UNITE FOR GOOD Rotaract DISTRICT 3030

NEW CLUB ANNOUNCEMENT

This certifies that the Rotaract Club of
MGV's Pharmacy College

ROTARY INTERNATIONAL

We are glad to Welcome a new club to our beloved family of RI District 3030!

UNITE FOR GOOD Rotaract DISTRICT 3030

NEW CLUB ANNOUNCEMENT

This certifies that the Rotaract Club of
Amalner

ROTARY INTERNATIONAL

We are glad to Welcome a new club to our beloved family of RI District 3030!

UNITE FOR GOOD Rotaract DISTRICT 3030

NEW CLUB ANNOUNCEMENT

This certifies that the Rotaract Club of
G H Raison Skill Tech University

ROTARY INTERNATIONAL

We are glad to Welcome a new club to our beloved family of RI District 3030!

Rotary Club of Nagpur Green City

Tree Plantation Drive at Wakeshwar

In association with Nisargaved Chip Foundation

Date: 9th November 2025

Time: 9:00 AM

For the past seven years, we have been conducting our annual tree plantation drive at Wakeshwar in collaboration with the Nisargaved Chip Foundation. The foundation has consistently taken innovative approaches to expand and protect the forest area. This year, they introduced a unique initiative collecting used sarees to protect young trees. These sarees are used to wrap the tree guards, shielding them from animals. Additionally, the foundation offered free saplings in exchange for saree contributions for every 10 sarees donated, 3 plants were given free.

Rotary Club of Nagpur Green City proudly

contributed 200 sarees, receiving 80 saplings

in return — a remarkable effort for a noble cause. The sarees were generously donated by both Rotarians and non Rotarians. The project was executed at zero cost, with the enthusiastic participation of 6 members from our club.

Total cost of saplings - 20,000/- (1 sapling cost is 250/-)

Rtn. Padma Dethe – President



Rotary Club of Akola Midtown

Dear Rotary Family,

To spread awareness about AIDS, Team Udaan 25-26 of Rotary Club of Akola Midtown has taken a small yet meaningful initiative.

A Cyclothon was organised on 30th November 2025 by IMA & All the Rotary Clubs of Akola in association with the Health Department.

As a part of this initiative, a Drawing Competition for CLHIVs (Children Living with HIV) was organised to encourage, motivate and inspire them. This competition was aimed to bring out the hidden talent in these children and support their creative expression.



After the competition, there was Prize distribution, Felicitation of various NGO dignitaries and Refreshments for all children on Sunday, 7th Dec 2025 at Lady Harding Hospital Meeting Hall, Akola.

ROTARY FIRST



When we share with others about our Association with Rotary, seeking to highlight Rotary organization's commitment to community service, high ethical standards, and Professional Networking, it automatically gives us a pride in being a part of such a great 120 year young organisation.

Let us now delve into some of the Firsts..

Rotary established the Rotary Endowment Fund in 1917, which became the forerunner of The Rotary Foundation.

Rotary first established Paul Harris Fellow recognition in 1957 for contributions of US\$1,000 to The Rotary Foundation.

The Rotary emblem was printed on a commemorative stamp for the first time in 1931 for the Vienna convention.

First Meeting: February 23, 1905, in Chicago, by Paul Harris.

First Convention: Chicago, 1910.

First Club Outside U.S.: Winnipeg, Canada (1910).

First Club Outside North America: Dublin, Ireland (1911).

First Club in Asia: Manila, Philippines (1919).

First Club in Africa: Johannesburg, South Africa (1921).

First Non-U.S. President: E. Leslie Pidgeon (Canada, 1917-18).

First Rotary Club in India: Rotary club of Calcutta chartered on 1st January 1920

First Foundation Program: Fellowships for Advanced Study (now Global Grants Scholarships) began in 1947.

First Rotary International President from India Rtn Nitish C Laharry from Rotary Club of Calcutta

The first Rotary club banner (from the Houston Space Center Rotary Club) to orbit the moon was carried by astronaut club member Frank Borman on the Apollo 8 flight in 1968.

Sylvia Whitlock was the first woman president of a Rotary Club -- Duarte Rotary Club, California, U.S.A., in 1987.

Dr. Sita Bhateja was the first woman to join the Rotary Club of Bangalore, also in 1989,

Dr. Anne L. Matthews, of Columbia, South Carolina, U.S.A., was the first woman Vice President of Rotary International, in 2013-2014. She was also the first woman Rotary Foundation Trustee and the first woman Director of Rotary International.

Rtn Asha Venugopal First Lady District Governor of Rotary District 3030 India.

Dr. Jennifer E. Jones, LLD, of the Rotary Club of Windsor-Roseland, Ontario, Canada, was the first woman President of Rotary International, in 2022-2023.

P.P. Vibha Patil
R. C. Nashik Road

The Rotary Club of Chandrapur

The Rotary Club of Chandrapur successfully hosted the First Interact Conference ज्ञानगंगा at LKMIMSR College, Padoli, Chandrapur, on November 1, 2025.

The event brought together 190 students from 8 schools

*Chanda Public School

*Shri Maharshi Vidhya Mandir

*St.Micheal CBSE School

*Chandrapur Public School *Chotubhai Patel High School

*Narayana Vidyalaya

*Paramount School

*Rafi Ahmed Quidwai School

accompanied by their teachers.

The conference featured esteemed Guest PDG Kishor Kedia, PDG Asha Venugopal, AG Amit Lahori, Rtn/Ann Mokhalkar Madam.

Speakers at the Conference covered a range of topics.

The Knowledgeable & Vibrant speakers,

*PDG Rtn Mahesh Mokhalkar (Time Management)

*Rtn.Dr.Rajashree Markandewar (Carrier Guidance)

*Mr.Bandu Dhotre (Food as Medicine)

*PDG Rtn.Shabbir Shakir (Goal Setting)

*PP Rtn.Virendra Pathrikar (Self motivation)

*ASI Mujawar Ali (Cyber Security) who skilfully guided the session, and was moderated by PP Rtn.Sachin Gangreddiwar, Rtn. Smita Jiwatode.

President Rtn.Sandeep Ramteke, Chief Convenor PP Dr.Vijay

Ainchwar, Co-Convenor PP Rtn. Mahesh Uchke, Project Director-

Rtn.Smita Jiwatode, Youth Director Rtn. Santosh Telang & MOC PP . Anup

Yadav & Our Rotarians, Innerwheel members work tirelessly to ensure

the success of Interact Conference.

The conference concluded with a vote of thanks delivered by Secretary

Rtn.Rajesh Gannarpwar , who expressed gratitude to all participants, speakers, and organizers for making the event a grand success.

The event provided a platform for Interactors to engage, learn, and grow, with discussions, presentations, and interactions that fostered leadership, teamwork, and community.



Eye and cataract camp- Rotary Club of Akola

Rotary Club of Akola organized a mega eye camp in the old city of Akola for poor and low-income families. More than 300 old patients were examined and out of them 150 patients were selected for free cataract surgery. Rtn. Dr Manish Harshe, the surgeon specialist for cataract surgery carries out cataract operations on the patients at Shri



Dammani Eye Hospital at Akola. The said hospital is under the administrative care of Rtn Sabhapati Shulawho always provides the services of the hospital for patient care to Rotary. All the patients shall be operated on for cataract surgeries by the end of November 2025. The club has built a reputation for high-quality patient focused care and remains responsive to the needs of the patients. Our Rotarians put in hard work and provide all the necessary cooperation as required. Rtn Dr Harshe's healing touch enables the poor and old patients to restore their vision strength and live life with dignity and without dependency on others in their day-to-day activities in old age.

Rotary club of Nagpur Horizon

Workshop was held at Forest Department Hall at Project Tiger Bor for farmers in the surrounding villages. The program was organised jointly by The RCC Salai Pebath of Rotary club of Nagpur Horizon and Forest Department.

The topic was Organic Farming and value added crops.

Mr Anant Bhojer Gavkus group of farmers of Kachari Sawanga was the speaker.

He spoke on organic ways of preparing manure and pesticides and growth boosters to get best yields from the crop. He also showed simple methods by which the farmers could minimise the use of labours for irrigation and other activities.

He also gave a list of crops that could be grown together so that one crop would support the other. In the second session he stressed on harvesting, packaging and marketing, and explained with figures how he had doubled his earnings by above methods instead of taking his product to Mandi and selling it to middle men, Organic farming is not just a method of farming but a way of life.

More than 40 farmers from near by village attended workshop and listened with rapt attention.

Earlier the program started with Pooja of the Banyan plant by

Mr Mangesh Thengadi Deputy director Bor Tiger Reserve, President Dr Sudhir Mangrulkar, Mr Devendra Bhendare adviser to RCC and Mr Anant Bhojer.

Rtn Vijay Ambulkar, Rtn Dr Mrs Maya Ballal. IPP Dr Rajesh Ballal

and Mr S S Notey attended the workshop Mr Manoj Waghmare

Chairman RCC worked diligently for the workshop. The program

was conducted by Radha Vitthal Sakhare forest guard at Bor

wildlife sanctuary.



Interact Club of Young Serving Hearts Brings Joy to Residents of Vatsalya Vruddhashram

The Interact Club of Young Serving Hearts, sponsored by the Rotary Club of Nasik East, conducted a formal visit to Vatsalya Vruddhashram as part of its ongoing commitment to community service and youth-led social engagement. The initiative aimed to provide companionship to the elderly residents while sensitizing the young members to the values of empathy, gratitude and respect for senior citizens.



The Interact members were accorded a warm welcome by the residents, setting a cordial tone for the programme. An interactive Antakshari session formed the centerpiece of the visit, during which the elders sang evergreen songs with great enthusiasm, joined by the club members who actively participated and encouraged them. A structured sharing circle followed, where elders were invited to complete guided sentences and share personal memories, experiences and life lessons.

In addition to musical engagement, a series of light recreational activities were conducted, including passing the ball, rhythm-based games and simple interactive tasks designed to involve residents of varying abilities. Members also ensured personal interaction with each resident, offering attentive listening and individual conversation. Refreshments were arranged and served to the residents, further enhancing the atmosphere of care and hospitality.

During the visit, the Interact Club members met the founder of Vatsalya Vruddhashram and were briefed on the ashram's 15-year journey, its founding purpose and its continuing mission to provide dignity, support and a homely environment to senior citizens. The interaction created a deep emotional impact, with residents expressing happiness at feeling remembered and valued, while the students reported gaining meaningful insights, gratitude and lasting memories from the experience.

The programme was conducted on behalf of President Shehrebhanu Abojiwala, under whose guidance the Interact Club of Young Serving Hearts continues to undertake structured, value-based community service initiatives in alignment with the ideals of the Rotary movement.

Rotary and me



As a kid, I was bestowed with decent genes from my parents. I could study well, get good grades and could be one of the toppers. But then, it had a side effect. My teachers felt, I could speak as well.

Hence, they shoved me into an elocution competition. It was not a difficult topic. But still, I wasn't sure of what to speak. And when my turn came, disaster struck...I could not remember much and the audience could not fathom a bit. I started trembling. I started hearing the giggles from

the kids sitting ahead. But then, these giggles got drowned in my inconsolable sobs and sighs. This was the first time, I recognised my shortcoming of difficulty of expressing my thoughts, especially in front of an audience.

Thereafter, there was no elocution or public speaking for me. In fact, I could not even voice my feelings in gathering of friends or known people. But God had to test me further. After passing MD, I was studying in Boston at Harvard. When my turn came, I had no choice but to give a presentation in weekly meetings. On the D day, I stood ground in front of an elite audience, experts, waiting to hear me speak. And me...I was stunned, dumfounded, stone faced and numb. I stood there sweating for a good five minutes. I completed the talk without the audience understanding much. Fortunately, could not hear any loose talks. After my stint in Boston, I returned to India for good. Since practice was not good, I had a lot of free time.

It was then, that Rotarians Sundaraman and Sameer invited me for a talk in rotary. I was pessimistic, but Sameer insisted.

On that Thursday, I spoke about our research on beneficial effects of moderate alcohol consumption. However, there was a difference this time. I was confident about what I knew and what I had to speak. More importantly, the audience knew nothing about it. And lastly, I was speaking about what the audience wanted to listen. The people were friendly. The interaction was entertaining. The talk was a hit.

Later on, I was then invited to speak at multiple rotary clubs. Now, I could do it more fluently. Confidence was setting in. Also, I had to speak in doctors meetings. This was more challenging. Even though, I was theoretically an expert, I was wary about the questions I may have to encounter from people who knew about the topic. But these meetings went of well.

Eventually, I became a rotary member. Climbing up the ladder, I had to become a director of various projects, vice president, or sometimes, the acting president. I had no choice but to face a learned audience. It started with small presentations and initiating the meetings. Sometimes, I had to lecture on a relevant topics. Many times, I had to introduce the speaker or propose a vote of thanks.

By now, I had realised that reading from the paper is not elocution. Public speech had to be spoken, looking into the eyes of the public. And then, I graduated into being an 'acting president' a few times.

I had to conduct an entire meeting. The comments at the conclusion were encouraging. Simultaneously, I also had to address many meetings as the chief of medical association, after being forced to become the IMA president.

Speaking in rotary meetings, had built up my confidence. I got good friends to help. And the year was an astounding success.

Fast forward to the present date. The phobia of public speaking is gone. Confidence has multiplied. A big audience doesn't scare me anymore. I feel poised and tenacious. To test this conviction, opportunity came last month. I had to address a national conference of elite rheumatologists last month in New Delhi. I researched the topic well and practiced well. And lo and behold, it went off well.

Such is the audacity now, that I wait to be called as a speaker in a meeting. It feels good to have overcome the phobia.

Thank you rotary for instilling this confidence.

Dr. Praveen Jadhav

रोटरी जळगावचा सारेगम कार्यक्रम रंगला उडान दिव्यांग केंद्रास आर्थिक मदत



जळगाव - रोटरी क्लब जळगावच्यावतीने रुशील मल्टिपर्पज फाऊंडेशन संचालित उडान दिव्यांग पुनर्वसन केंद्रात सारेगम या सांगीतिक कार्यक्रमाचे आयोजन करण्यात आले होते.

संस्थेतील या विशेष मुलांसाठी हिंदी, मराठी गीतांचे सादरीकरण करण्यात आले. उडानच्या मुलांनी कार्यक्रमात एकच जल्लोष केला.

यावेळी क्लबचे अध्यक्ष गिरीश कुळकर्णी यांचा वाढदिवस साजरा करण्यात आला. तसेच क्लबच्यावतीने संस्थेस आर्थिक मदत म्हणून २४,५०० रुपयांचा धनादेश देण्यात आला.

सांगीतिक कार्यक्रमाची सुरुवात कॅप्टन मोहन कुळकर्णी यांच्या गजानना श्रीगणराया या बासरीवरील गीताने करण्यात आली. योगेंद्र कासट यांनी तू बुद्धी दे तू तेज दे हे गीत सादर केले.

आदिती कुळकर्णी यांनी अगोबाई ढगुबाई, सुबोध सराफ यांनी आ चल के तुझे मैं ले के चलू, स्मिता पाटील यांनी मामाच्या गावाला जाऊ या, विशाखा पोतदार यांनी सा सा रे आणि सुरेश केसवानी यांनी आओ बच्चो तुम्हे दिखाए हि धमाल गीते सादर केली.

या सर्व गाण्यांमध्ये संस्थेमधील मुलांनी तल्लीन होऊन ठेका धरला. अध्यक्षांसह उपस्थितांनी त्यांच्या सोबत नृत्य करित आनंद घेतला. सुबोध सराफ यांनी सूत्र संचालन व आभार प्रदर्शन केले.

संस्थेच्या अध्यक्षा हर्षाली चौधरी यांनी स्वागत केले. कार्यक्रमास मानद सचिव सुभाष अमळनेरकर, जितेंद्र ढाके, अशोक जोशी, अॅड. श्रीकांत भुसारी, डॉ. जयंत जहागीरदार, शशिकांत कुळकर्णी, पूनम मानुधने, स्नेहा भुसारी, माधुरी जहागीरदार, शुभदा कुळकर्णी, स्वाती ढाके यांची उपस्थिती होती.

From the Editor's Desk



Dear Rotarians,

As the year draws to a close, I hope the festive lights have brought warmth, laughter, and a sense of togetherness to you, your families, and your clubs. December is a time to pause, reflect on the impact we've made, and look ahead with renewed purpose.

This month we celebrate the spirit of service that defines dedication of members.

Looking ahead to 2026, the District Conference promises fresh ideas, inspiring speakers, and opportunities to connect with fellow Rotarians from across the region.

As we enjoy the holiday season, may you find time to relax, recharge, and cherish the moments that matter most. Let the joy of giving and the promise of a brighter tomorrow guide you into the new year.

Wishing you a wonderful December filled with peace, prosperity, and the true Rotary spirit.

As December unfolds, we also observe Disease Prevention Month—a timely reminder that the health of our communities is the foundation of every Rotary mission.

This month, let's turn the spirit of giving into action. Whether it's organizing a health-check fair, launching a vaccination drive, or blood donation drives, awareness about preventable diseases, every effort amplifies Rotary's promise of "Service Above Self." I encourage each club to share their prevention projects in our newsletter and on social media, inspiring others to join the cause and showcasing the impact of our collective work.

As we enjoy the holiday lights and gather with loved ones, let's also carry forward the message of prevention into the new year. Together, we can protect the well-being of those we serve and build healthier, brighter communities for all.

Warm regards,
Sandhya Sundararaman
Editor.