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HUMANITY

Rotary Club of Curchorem - Sanvordem

CLUB NO. 15634

DIST. 3170

DATE OF CHARTER 19.11.1977

Rotary



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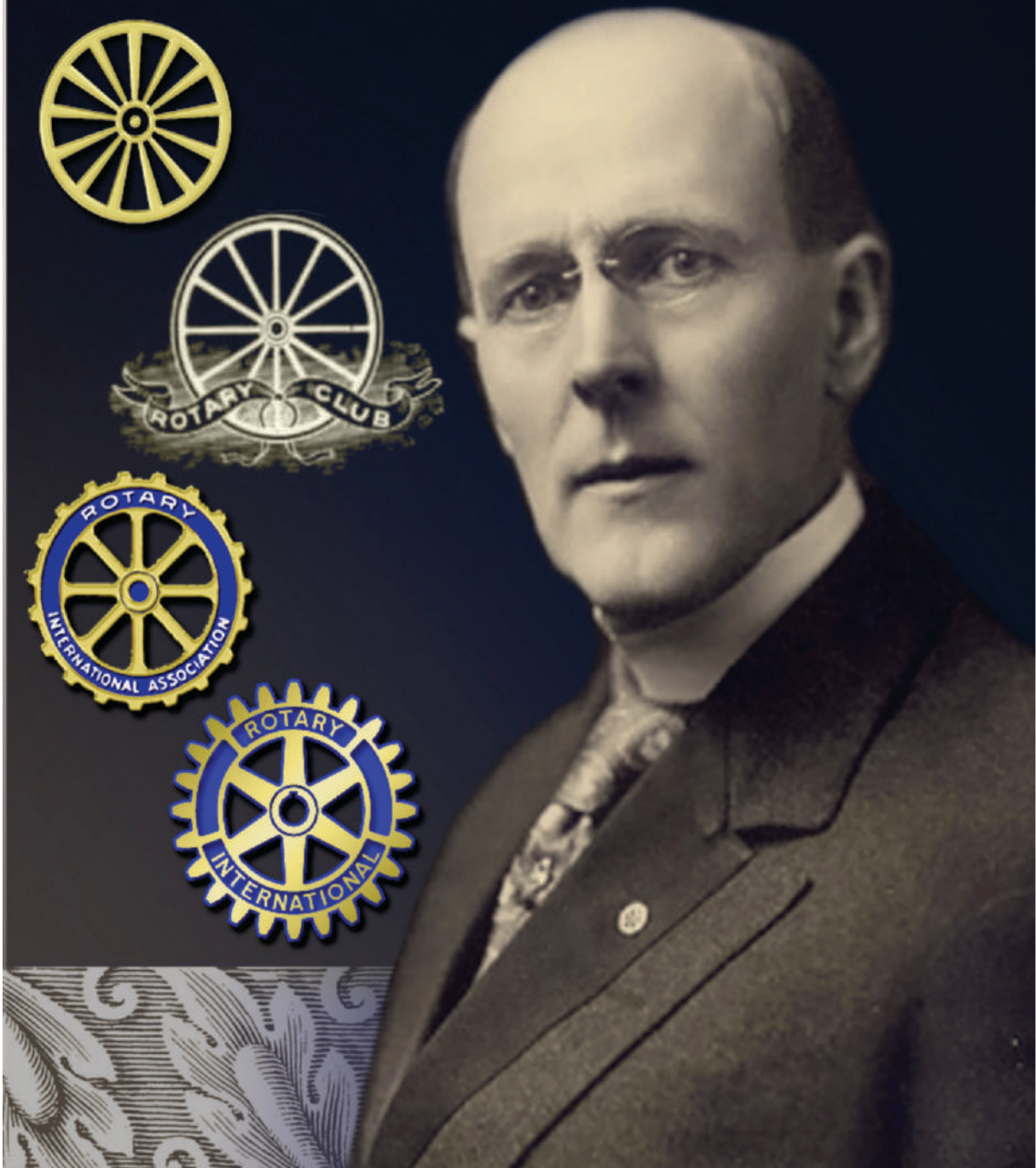
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We Pledge our sincere efforts to your dream

Rtn. Paul P. Harris

R. I. Founder





Prayer

Thank You, Lord,
For these perfect arms,
when so many are impaired,
for these perfect eyes,
When so many walk in darkness,

For this voice raised in song,
When so many have fallen silent,
for these hands able to work,
when so many can only beg.

How wonderful, Lord,
To have a safe place to live,
When so many are homeless alone.

By Michael Quoist

THE OBJECT OF ROTARY

The object of rotary is to encourage and foster the ideal of services as basis of worthy enterprises and in particular to encourage and foster

FIRST: The development of acquaintance as an opportunity for services.

SECOND: High ethical standard in business and profession; the recognition of the worthiness of all useful occupations and dignifying each Rotarian's occupation an opportunity for services.

THIRD: The application of the ideal of services in each Rotarian's personal business and community life.

FOURTH: The advancement of international understanding, goodwill, the peace through world fellowship of business and professional person united in the ideal of services.

The 4 Way Test

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL & BETTER FRIENDSHIP?
4. Will it be Beneficial to all concerned?

RI Presidents Message.....



Acting on the desire to help

Dear Fellow Rotarians,

Growing up in Chattanooga, Tenn., my brothers and I learned young to work hard. It was a lesson taught to us by our father, who had come to the United States, alone, as a teenager. He wanted our lives to be better and easier than his had been; he wanted to give us the education and opportunities that he had missed. We always knew, when he came home at 8 o'clock in the morning after working a night shift at the paper mill, that he was doing it for us. **Looking back**, through the prism of many years, I see in my father's hard work not only an expression of his love for us, but the universal desire of each generation to care for and lift up the next. And looking back at this year of service in Rotary, I see that desire reflected in each of us who have chosen to be part of this great organization. It is natural for parents to want to make things better for their children. Through Rotary, we can do so much more; we can make things better, not only for our own children, but for all children. We have the opportunity to care for and lift up those who need us the most—whether they are in our own community or on the other side of the world.

As Judith and I have travelled the world for Rotary over the last two years, we have been reminded, again and again, of what motivates us in Rotary; the simple desire to be of assistance, to give a helping hand to those who need it. Whether it means building a blood bank in Uganda, delivering an X-Ray machine to a village in Guatemala, or taking care of refugees in Lebanon, Rotarians are doing what is needed most for the people who are most in need. They are working hard for the Communities they care about, helping the people of those communities lead better lives.

To me, that is the essence of Rotary; that desire to be of assistance, that willingness to work for the good of others. In Rotary, when someone needs help and you can give that help, you don't walk away. You don't turn your back. You say, I am here for you. I will do whatever I can. And I know that whatever I do, I am not doing it alone – I am doing it with **ROTARY SERVING HUMANITY**.

**John F. Germ,
President, Rotary International.**

(From Rotary News June 2017)

ROTARY MOTTO

Service above self

He Profits more who serves best

Every Rotarian is an example to youth

“Some find difficulty in every opportunity

Some find opportunity in every difficulty.”

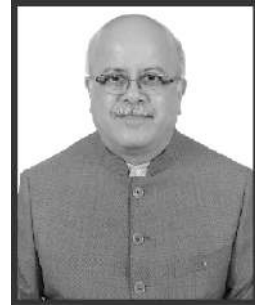
“Each Rotarian is a connecting link between
the idealism of Rotary and his profession.”

By Paul. Harris, Founder of Rotary

ROTARY AT A GLANCE

As on April 3, 2017

Rotarians	:	12,37,483
Clubs	:	35,610
Districts	:	534
Rotaractors	:	2,33,312
Clubs	:	10,144
Interactors	:	4,95,857
Clubs	:	21,559
RCC members	:	2,16,315
RCC	:	9,405



District Governors Message

My dear Star Presidents,

As the New Rotary year begins, I Wish The Incoming Club officers and my Dear Friend DG Anand a wonderful year. I shall be forever grateful to my District for giving whole hearted support to me during the centennial year of the Rotary Foundation. I might have been little harsh on occasions but I meant good for the District and Rotary.

I congratulate all my **Star Presidents** for leading the clubs in a befitting manner. I shall forever cherish the memories of my association with you all.
God Bless.

Rtn. Dr. Vinayakumar Pai Raikar,
District Governor,

District 3170(2016-17)



MESSAGE

It was indeed a proud moment to be associated with RC Curchorem-Sanvordem as Asst. Governor for the year 2016-17, under the able leadership of Rotary International President Rtn. John Germ and District Governor Rtn. Dr. Vinaykumar Raikar.

Rotary Club of Curchorem-Sanvordem under leadership of President Rtn. Dilip Rampurkar and the board of directors for 2016-17, did many important signature projects under the RI and District Governor's focus areas like water and sanitation, happy school etc. and set itself a very high standard in community service truly signifying the Rotary theme "ROTARY SERVING HUMANITY". It is an example of what a club far away from bigger cities can achieve with the will and determination of the leaders and club members.

It was also heartening to see the excellent bonding and camaraderie between the Rotarians of the club and their families.

I take this opportunity to congratulate Rtn. Dilip Rampurkar, Secretary Rtn. Dr. Mithun Bondre and the Board of Directors along with all the Rotarians of RC Curchorem-Sanvordem, for the excellent year 2016-17.

And I wish all the best to incoming President Rtn. Adv. Atrey Kakodkar, and his Board for another excellent year 2017-18.

S/d
Rtn. Sitaram Singbal
Asst. Governor 2016-17

President speaks.....

It was indeed great opportunity to serve the society as **PRESIDENT** of Rotary club of Curchorem-sanvordem, part of Rotary International an international organizationand indeed unforgettable ravishing experience of my life.

My sincere thanks to Club secretary Rtn. Dr.Mithun Bondre and Board of Directors for their cooperation throughout the year

I extend my sincere thanks to members of our club for guiding and helping me throughout the year.

Friends; in coming year 2017-18 we are fortunate to have young dynamic enthusiastic person, Rtn.Adv. Atrey Kakodkar as President of our club.

We are confident that Rtn. Atrey and his team will work hard and will take our club to new heights. I wish Rtn. Atrey and his Board of Directors a successful year ahead.

Last but not least my sincere thanks to all well wishers and Donors for their generous support.

Thank you all once again,

**Rtn. Dilip Rampurkar
(President 2017-18)**

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Dr. Vishnu V. Sheldekar

MD(Bom), D.G.O. (C.P.S)

Sr. Consulting Obstetrician & Gynaecologist

Dr. Aditya V. Sheldekar

MBBS, M.D.

**Consulting Obstetrician & Gynaecologist
Infertility Specialist & Vaginal Surgeon
fellow in Infertility, Endoscopy + USG**

HISTORY OF ROTARY IN INDIA

The Rotary Club of Calcutta became the first Rotary club chartered in India on 1 January 1920. Today, more than 3,000 clubs operate throughout the country, R.J. Coombes is credited with starting India's first club. But Canadian James Wheeler Davidson is largely responsible for Rotary's growth in the country.

As a member of the Rotary International committee that explored extending the organization into other countries, Davidson departed in August 1928 to help establish clubs in Asia and the Middle East. His trip turned into a two-and-a-half-year odyssey that resulted in the chartering of 23 clubs in 12 countries.

Only two clubs held charters in India at the outset of Davidson's journey: Calcutta and Lahore (in present-day Pakistan). The clubs were more than 1,000 miles and a 40-hour train ride apart, Davidson noted in reports back to RI.

Arriving in Bombay in February 1929 with his wife and daughter, he was intent to start a club there.

“It was not an easy task to organize a club in this big city of 1,200,000,” he mused. Three attempts had failed prior to his arrival. But in March of that year, Davidson successfully formed a club in Bombay that would receive its charter on 8 May.

He organized a club in Delhi next, before visiting Rotarians in Calcutta, where Nitish C. Laharry was serving as club secretary. Laharry would become the first RI president from India in 1962-63.

On to Madras

On 23 April, Davidson boarded a train in Calcutta for a 1,032-mile trip to Madras. He had been advised to travel by sea to avoid the excessive heat common at that time of year, but opted to go by rail to see the countryside.

"It was a real delight to watch the change as we passed from north to south, from the temperate zone into the tropics," he later wrote. "Not only did the vegetation change, but the buildings altered some and the people appeared to take on a different appearance, the tendency to dress in white at Calcutta changed to red as we worked south."

Two days later, Davidson convened a committee in Madras, which organized a club on 10 May. (It received its charter on 19 July). "With the organizing of the Madras club, my plans as originally formulated, have been carried out," Davidson noted. "We now have a club in each one of the main geographical divisions in India and further extension work should now be carried out by local Rotarians. I consider that the five clubs that now exist firmly establishes Rotary in India."

Today, Rotary has grown to include more than 1,20,000 Indian Rotarians. In addition to RI President Rtn.Nitish Laharry,(1962-63) Rtn. Rajendra K. Saboo (1991-92) Rtn.Kalyan Banerjee (2011-12)and many Rotary leaders have called the country home, including more than 10 RI Directors.

With the opening of Rotary to Women in 1989, clubs in India started began to invite the fair sex also to join Rotary clubs. In 1991-92 three clubs in India had Women Presidents R.C.Thuckalay (Dist.3210),R.C. Palladam(Dist.3200), and Mudagod(Dist.3170), apart from a charter President in Thiruvanathpuram(Dist.3210) District 3200 also had a woman charter President in 1992,Rtn. Elsamma Thomas of Nilgris West, wife of RI Director Rtn.P.C.Thomas. A few clubs were formed in India with exclusive membership of women Rotarians.

In 1998-99 Rotary year India had her first woman District Governor; she was none other than the well informed Rtn. Madhura Chatrapathy of District 3190. Next was the turn of the neighbouring District 3230 to present a Woman District Governor, Rtn. Rekha Shetty. As of April 2017 the women population in Rotary in India is more than 10000 and many more women leaders.

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ROTARY INTERNATIONAL DISTRICT 3170



 Rotary District
3170

A Brief History of District 3170(Zone 5)

The present RI District 3170 was first carved out as District 317 from the erstwhile District 315 in the year 1959-60, which was covering entire Maharashtra, Andhra Pradesh, Karnataka and part of Tamil Nadu. Later in 1970-71, some more areas were converted into new districts 318, 319, and 313. The territory of District 317 then included entire North Karnataka, Southern parts of Andhra Pradesh and Maharashtra. Then again in 1983-84, another new district 316 was formed taking out Gulbarga, Raichur, Bidar, Bellary, Chitradurga and Anantpur and Nellore district of Andhra Pradesh. Now district 3170 covers Kolhapur, Sangli, Ratnagiri, Sindhudurg districts of Maharashtra State, Dharwad, Gadag, Haveri, Bijapur, Bagalkot, Belgaum and North Kanara districts of Karnataka State and entire Goa State.

It was in 1959-60 that our district was created by redistricting of District 315 and 320 with 36 clubs as its constituents. The boundaries were defined as "Goa India", Maharashtra State, that portion south of latitude 18 degrees, Mysore State, that portion south of latitude 18 degrees, Andhra Pradesh, south of latitude 16 degrees.

On 23rd April 1959, as a result of ballot, Rtn B. S. Sidwa of Bangalore was elected as the first governor nominee of District 317. Being bitten by the Rotary Extension bug, Governor Sidwa went all out to sponsor new clubs. Firmly believing in establishing new clubs of Rotary to exert its widest influence, Sidwa spared no pains in going ahead with his plans with unimaginable speed. His sponsoring 22 new clubs in his year 1959-60 may probably a world record then! He had the experience of sponsoring of 8 clubs as Governor's Special Representative even before 1959. At the end of 1959-60 there were seven clubs in Maharashtra, 37 in Mysore and 13 in Andhra Pradesh.

With 22 additional clubs in the very first year, District 317 started with the Rotary Message reaching even Taluka towns. Through subsequent Governors, believing in strengthening the existing clubs could not be as enthusiastic rather over enthusiastic as Sidwa, there was slow but continuous growth in number of Clubs. By 1969-70, this district 317 has grown into an unwieldy district with 88 clubs. As the other five districts in India has also similar growth in the number of clubs, Rotary International decided to double the number of districts. So it was in the year 1970-71, that 12 districts were carved out of the previous six districts. The Bangalore conference in 1970 under the leadership of Governor Rangaswamy was the last District Conference of the undivided District 317.

The newly formed District 317, was given the following jurisdiction "India, Maharashtra, that portion south of latitude 18 degrees, Goa, Mysore that portion north of latitude 14 degrees, Andhra Pradesh, that portion of south of latitude 16 degrees and north of latitude 14 degrees, and the number of clubs came down to 40.

Rtn Nahni T. Kapadia was earlier nominated as Governor Nominee for 1971-72. Due to the sudden decision of bifurcation and lack of time, Nahni was asked whether he was prepared for preponement of the district leadership. On account of his inability to accept the permitted proposal, a postal ballot for election of Governor-nominee was held in April 1970, which gave the late Rtn Sakharam Ghatge of Kolhapur as the first Governor of the newly constituted District 317.

From 1970-1973 three clubs in Andhra Pradesh namely, Bupatla, Chirala and Ongole were facing the problem of proper communication with the Governors of District 317, thus retarding their progress. These clubs being nearer to the clubs in district 315, Rtn Pandurang Mangalwedhe DG 317 and his counterpart Governor Rtn Umamaheshwar Rao of 315 jointly proposed to the Rotary International Redistricting Committee to transfer these clubs to the district 315. The district conferences of both the districts passed the resolutions accordingly. The R. I. Board agreed and after transfer the original description of the boundaries remained the same, with the addition of a clause "excluding the district of Prakasam" in May 1973.

For a Governor to start his year by losing three clubs was not an enviable position. But the district's loss was as much of a gain to these clubs as to district 315. Chartering three new clubs under the leadership of District Governor Rtn Pandurang Mangalwedhe of Chikodi, Chiplun and Solapur North in 1973-74 made up this loss. Thanks to the spade work done by his predecessors.

Like on the previous occasion the number of clubs in not only district 317 but also in other districts increased to such an extent that R. I. had to consider redistricting within little over a decade. The new districts formed by reallocation of clubs were more than doubled. The last conference before the bifurcation was held at Hubli under the governor-ship of Rtn Dr R. B. Patil in 1984. After redistricting District 317 had to part with 33 clubs in Maharashtra, Karnataka and Andhra Pradesh and gained two clubs from Uttar Kannada and the new Rotary Year 1984-85 began with 46 Clubs. In this redistricting, as already mentioned earlier, revenue districts were the constituents of the Rotary District. From then on till up to date the jurisdiction of District 317, now called as District 3170 is as follows:

Karnataka – Revenue Districts of Bijapur, Belgaum, Dharwad, Gadag, Haveri and Karwar.

Maharashtra – Revenue Districts of Kolhapur, Sangli, Sindhudurg and Ratnagiri.

State of Goa.

Looking to the slow and steady growth in the membership of the clubs in all the then 30 districts the day may not be far off for consideration of further redistricting.

As Governor for 1971-72 the second year of the newly formed district, Rtn Nahni Kapadia laid a strong foundation for systematic district organization with well knit and coordinated committees and this has been a boon to his successors.

While many other districts were struggling in selecting the Governor-Nominee by the method of election, leading sometimes to unhealthy and un-Rotary like practices, our district boasted of a strong nominating committee procedure for nominating Governor-Nominee even before 1970. The procedure of selection by the nomination committee has been continuously streamlined to make it almost foolproof. Except three freak exceptions, the district has approved all the candidates selected by the nominating committee, though there were many occasions in the later stages when elections became necessary, yet the nominating committee's candidate came out successfully.

Brief history of Rotary club of curchorem

The year 1977 saw the beginning of new era in Curchorem, Sanvordem with the formation of the Rotary Club of Curchorem-Sanvordem. This idea was originally conceived by Rotarian Durganand Sanvordekar, a senior Rotarian of R. C. of Margao, who resides in Curchorem. Subsequently in the month of July 1977 this Rotary Club of Curchorem- Sanvordem was founded and installed.

It is very important to note that ROTARY CHARITABLE TRUST was formed in the year 1998-99 and still continues to give financial and other assistance to the needy people of the locality.

In 1983-84 the club decided to adopt Chirkonali Village the village along with the primary school children are given proper services by this Rotary Club. Also the village was provided with Electricity and mini bus service through the respective departments. The club also adopted new village "Shirvoi" on 2nd October 1997 and a Rotary library was inaugurated at the hands of the District Governer.

And the service to the society through Rotary continued till 2017 and will continue.... In years to come under the Leadership of able presidents.....

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**List of Rotarians as PHF, Sapphire, Major Donor
Rotary Club of curchorem Sanvordem
as on 30th June, 2017**

MAJOR DONOR LEVEL. 2

1. Rtn. Shyam Satardekar

PAUL HARRIS SAPPHIRE

1. Rtn Dr. Vishnu Sheldekar
2. Rtn. Dr. Satish Kudchadkar
3. Rtn. Vinayak Chodnekar
4. Rtn. Sudesh Rane
5. Rtn. Ajay Angle

**HONORARY MEMBERS
(BENEFACTORS)**

1. Mr. Akash A. Timblo
2. Mr. Ambar A. Timblo
3. Mr. Anuj A. Timblo

PAUL HARRIS FELLOW (PHF)

1. Rtn. Ashok Naik
2. Rtn. Avadhut Laad
3. Rtn. Dr. Ganapati Kakodkar
4. Rtn. Dr. Paresh Kamat
5. Rtn. Pradip Kakodkar
6. Rtn. Shantaram Naik
7. Rtn. Shekhar Mandurkar
8. Rtn. Shekhar Sail
9. Rtn. Raghuvir Kunkolienkar
10. Rtn. Vinod Shetti
11. Rtn. Vithaldas Bhat
12. Rtn. Dr. Pradnya Kakodkar
13. Rtn. Dipti Rampurkar



**ADMINISTRATIVE STRUCTURE
ROTARY CLUB OF CURCHOREM SANVORDEM FOR THE
YEAR 2016-17**



Rtn. Dilip Rampurkar
President

CLUB BOARD



Rtn. Dr. Mithun Bondre
Secretary

VICE-PRESIDENT	: RTN. DR. PARESH KAMAT
JT. SECRETARY	: RTN. VITHALDAS BHAT
TREASURER	: RTN. ATREY KAKODKAR
PRESIDENT ELECT	: RTN. ATREY KAKODKAR
IMM. PAST PRESIDENT	: RTN. MAHESH KUDCHADKAR
CLUB ADMIN. DIRECTOR	: RTN. AJAY ANGLE
CLUB MEMBERSHIP DIRECTOR	: RTN. PRADIP KAKODKAR
CLUB PR DIRECTOR	: RTN. VENKATESH PRABHU DESSAI
CLUB SERVICE PROJECT DIRECTOR	: RTN. SHEKHAR SAIL
CLUB ROTARY FOUNDATION DIRECTOR	: RTN. DR. VISHNU SHELDEKAR
SERGEANT AT ARMS	: RTN. SIDDESH NAIK TARI
POLIO CHAIRMAN	: RTN. DR. VINAYAK BHUVAJI
VOCATIONAL SERVICE CHAIRMAN	: RTN. VINAYAK CHODNEKAR
CLUB PROGRAM CHAIRMAN	: RTN. ASHOK NAIK
CLUB COMMUNITY SERVICE CHAIRMAN	: RTN. RAGHUVIR KUNKOLIENKAR
CLUB INTERNATIONAL SERVICE CHAIRMAN	: RTN. SHYAM SATARDEKAR
CLUB TEACH & WIN CHAIRMAN	: RTN. SUDESH RANE

**ADMINISTRATIVE STRUCTURE
ROTARY CLUB OF CURCHOREM SANVORDEM FOR THE
YEAR 2017-18 (INCOMING)**



RTN. Atrey S. S. Kakodkar
President



RTN. Siddesh Naik Tari
Secretary

CLUB BOARD

VICE-PRESIDENT	: RTN. DR. SATISH KUDCHADKAR
JT. SECRETARY	: RTN. AMRISH DESSAI
TREASURER	: RTN. SHAILENDRA KUMAR SALVI
PRESIDENT ELECT	: RTN. DR. MITHUN BONDRE
IMM. PAST PRESIDENT	: RTN. DILIP RAMPURKAR
CLUB ADMIN. DIR	: RTN. DR VISHNU SHELDENKAR
CLUB MEMBERSHIP DIR	: RTN. AJAY ANGLE
CLUB PR DIRECTOR	: RTN. ASHOK NAIK
CLUB SERVICE PROJECT DIRECTOR	: RTN. DR PARESH KAMAT
CLUB ROTARY FOUNDATION DIRECTOR	: RTN. VINAYAK CHODNEKAR
SERGEANT AT ARMS	: RTN. PAPU KEJRIWAL
POLIO CHAIRMAN	: DR. VINAYAK BHUVAJI
VOCATIONAL SERVICE CHAIRMAN	: RTN. VITALDAS BHAT
CLUB PROGRAM CHAIRMAN	: RTN. DR. PRADNYA KAKODKAR
CLUB COMMUNITY SERVICE CHAIRMAN	: RTN. SHEKHAR SAIL
CLUB INTERNATIONAL SERVICE CHAIRMAN	: RTN. DIPTI RAMPURKAR
CLUB TEACH & WIN CHAIRMAN	: RTN. PRADIP KAKODKAR
ROTARY SPORTS / CRICKET	: RTN. SUDHESH RANE AND RTN. MAHESH KUDCHADKAR

DISTRICT OFFICERS FOR THE YEAR 2017-18



Rtn. Vithaldas Bhat



Rtn. Mahesh Kudchadkar



Rtn. Rajendra Kakodkar



COME TO A ROTARY MEETING

- Why we became involved in this World Wide Organization?
- *Enrich your personal knowledge with our weekly expert speakers.
 - *Develop your leadership ability & people management skills.
 - * Interact with a cross section of local leaders and business professionals.
 - *Discover how your unique talents can assist us in helping those in need.
 - * create lifelong friendships with likeminded ethically driven peers.
 - *Influence change and in communities around the world.
 - *Experience the mental and Physical benefits of helping others.
- There are many local Rotary clubs meeting at different times & places to fit your schedule.

Check out WWW.ROTARY.ORG for details.



Pradip Kakodkar & Associates

Chartered Accountants



&



Dr. Pradnya Kakodkar

Consultant Physician & Cardiologist

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With Best Compliments from:-



DR. SATISH KUDCHADKAR
MS FICS FMAS

Charter member & Sapphire Paul Harris fellow
of Rotary Club Curchorem - Sanvordem

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(i) Brush twice a day.

(ii) Floss daily to remove plaque from between your teeth and under the gum line, before it can harden into tarter; flossing can be started after 4 years of age.

(iii) Eat a well-balanced diet, that limits starchy or sugary foods.

(iv) Use dental products that contain fluoride, for children above 3 years of age, including toothpaste. Parents and caregivers should dispense not more than a pea-sized amount of fluoride toothpaste.

(v) And, take your child to the dentist for regular check-ups, after every 3-6 months.

Dr. GARGIE RAMPURKAR

With Best Compliments from:-



Rtn. Vishwas Naik & Family

2016-17 YEAR AT GLANCE.....

July, 2016

On 1st July On the occasion of Doctors Day, with the initiative of Rtn. Dr. Paresh Kamat we have organized cycle rally from Rotary Hall to Rtn. Dr. Paresh Kamats Residence Via Railway station Road with Banner Giving Message EXERCISE A BIT & KEEP YOURSELF FIT. Charter Member Rtn. Dr. Satish Kudchadkar was felicitated on the occasion, concluded with healthy breakfast prepared by Anne. Suvarna Kamat.

On 2nd July Rtn. Dilip Rampurkar was installed as President of this prestigious club along with Board of Directors at the hands of Chief Guest PDG Rtn. Dilip Salgaonkar, Rtn. Adv. Sitaram Singbal was the Guest of Honour.

Meritorious Students of S.S.C. and H.S.S.C. Board Examination from curchorem centre were felicitated during the function.

We inducted five new members in rotary fold Mr. Vishwas Naik, Mr. Shailendrakumar Salvi, Mr. Anil Gaonkar, First time in the history of Rotary club of curchorem-sanvordem we inducted two lady members Dr. Pradnya Kakodkar and Dipti Rampurkar

On 3rd July To create Environmental protection awareness we have organised VANAMAHOTSAV –TREE PLANTATION in Government Primary school(Kendrashala) Curchorem and planted fruit bearing plants also variety of species of saplings were planted. We also planted badam plants in front of Santeri Temple in open space. Rtn. Sail was the project Coordinator.

On 9th July District event PURUMENT –VISION 20-20 organised by Rotary club of Panaji Attended by Rtn. Dilip and Rtn. Dipti at Gasperdias Club panaji

On 9th July There was a training program on NUTRITIONAL DIET FOR SPECIAL CHILDREN-LEVEL -1 Organised by Sanjay school Porvorim. Our club sponsored six teachers(five from Sanjay school Curchorem and one from Lokvishwas pratishthan school, Quepem) for training.

On 10th July Installation of District Governor : Attended Installation of District Governor Rtn. Dr. Vinayakumar Pai Raikar along with Rtn. Dipti, Rtn. Dr. Pradnya, Rtn. Dr. Vishnu sheldekar.

On 14th July We have once again organised tree plantation along the road to Chandor from Ambedkar Chowk. This programme was in Association with CTN Higher secondary, Curchorem. We have planted 400 Fruit bearing Saplings.

On 24th July We have distributed ten coconut saplings to needy.

AUGUST, 16

3rd August On regular meeting day we have organised orientation /training for new and prospecting members, presentation by Rtn. Dr. Vishnu Sheldekar. Very interesting, informative and refreshing for all members.

11th August To create awareness of cleanliness in Children We have distributed Dustbins to government primary schools in curchorem. Project was sponsored by Rtn. Dipti Rampurkar.

15th August Independence Day was celebrated at Government Primary School, Kamral Flag hoisting was done at the hands of President Rtn. Dilip Rampurkar. Distribution of sweets and school shoes to students was also part of the programme. School shoes were sponsored by Rtn. Ashok Naik. Quiz, Sports, and games were organized for parents, students, every one enjoyed, prizes were given to the winners. On the same day we have Donated Dustbins in NEI High school, sponsored by Rtn. Pradip Kakodkar.

28th August We have participated Beach Football at Miramar Beach Panaji Organised by Rotary club of Panaji.

SEPTEMBER, 16

8th September On the occasion of Ganesh Chaturthi we have organised Decoration Competition. Rtn. Vithaldas Bhat was the Project Coordinator. Prizes of total Rs 25000/- were given to winners. Prize amount was sponsored by Rtn. Ashok Naik.

14th September On the occasion of teachers day we have Felicitated two teachers from curchorem-Sanvordem for their services in the field of education Teachers felicitated –

- 1) Mrs. Supriya Mahale, Head Mistress Kakodkars New Education High School, Curchorem &
- 2) Mrs. Smita Kamat, Head Mistress Sharada High school, Sanvordem

16th September Dental check up camp was organised at Government Primary school, Kamral students were examined by Annet Dr. Gargie Rampurkar, Tooth Brushes, Tooth Pastes were Provided to all students.

18th September Rotary club of Bicholim organised Rotary SUV Escapade. Rtn. Dr. Paresh Kamat with Annet. Parth participated the event.

17th September Training the Trainer, (Wise Rider) Workshop organised by RC Panaji at Panaji attended by Rtn. Pappu, Rtn. Vishwas, Rtn. Anil, Rtn. Dr. Mithun.

28th September Training programme on How to prepare for Board Examination organised for the benefit of students of 10th standard, at Government High school, Valkini. Training programme was taken by Mr. Avin Naik, National Trainer.

OCTOBER, 16

8th October Blood Donation Camp in Association with Police station and Hospicio Blood Bank was organised at Rotary Hall. Twenty five people Donated blood Project Coordinator was Rtn. Vishwas Naik

18th October Fundus screening & Biosthesiometry Camp for diabetics was Conducted at Dr. Pradnya kakodkars Clinic by Dr. Pradnya Kakodkar 40 patients have taken benefit of the camp.

25th October Visited Keshav sadhana Hostel at Neturlim Village along with group of Art of Living. Distributed Towels, Tooth Pastes, Tooth Brushes, soaps, sweets and eatables sponsored by Rotarians. Session of meditation was also conducted by volunteers from Art of living, project was coordinated by Rtn. Atrey & Rtn. Dr. Paresh

26th October Diwali celebration with the students of Government Primary school, kamral . Distributed sweets to all students and organised games and competitions.

NOVEMBER, 16

8th November Donated Barrels, eatables, cloths etc. to Tribals (Vanarmare) at Nirankal

19th November TRF Seminar organised by Rotary club of Panaji Riviera PRIP Rtn. Kalyan Banerjee was the chief guest a well organised District event . Attended by President Rtn. Dilip and Rtn. Dipti.

20th November Charter nite was celebrated at Grandeza-Archies Gallery chandor in presence of DG Rtn. Dr. Vinayakumar Pai Raikar, AG Rtn. Sitaram Singbal, District Secretary Rtn. Kishor Dhume. Lots of fun games for every one, singing by DG and our Rotarians, Anne's, Annett's and Guests.

DECEMBER, 16

During the Month of December we have carried out various repairing jobs at Government Primary school Kamral

- 1) Repairing of Electrical wiring, Fans , Tube lights and Fixtures.
- 2) Painting of school(Sponsored by Rtn. Ashok Naik)
- 3) Miscellaneous Repairing , changing of window sheets, Water meter door etc.

24th December celebrated Christmas at Govt. Primary School by distributing Sweets to all students.

JANUARY, 17

15th January Cataract Eye Camp and Jaipur Foot camp was organised in Association with RC Panaji Riviera, Bhagawathi Trust(Rtn. Neeta Rajani) and Rotary club of Kolhapur Mid Town. 125 patients benefited from cataract Eye camp and 20 patients were benefited from Jaipur foot camp. We are thankful to RC Panaji Riviera , Bhagavathi Trust and RC Kolhapur Mid Town for there Association. Out of 120 only 74 needed Cataract surgery and were operated at MY EYE HOSPITAL,NUVEM by Dr.Chandrakant Gaonkar & Dr. Madhavi Gaonkar

27th, 28th, 29th January District Conference of Our District 3170 a three day event attended by Twenty five Rotarians was a great Experience Full of Talks of good speakers, entertainment and Rotary official business .

FEBRUARY, 17

12th February CRPL-2017 Most Awaited yearly sports event of Rotary club of Curchorem Sanvordem A Cricket tournament; was organised at MCC Ground, Madgaon Ten teams have Participated. There was cricket and fellowship.. enjoyed and appreciated by everyone. Final was played between RC Panaji & RC Curchorem-Sanvordem , RC Panaji won the Final Match .Prizes for best Batsman ,Best Bowler, Best Fielder and Disciplined team were Given at the Hands of DG Rtn. Dr. Vinaykumar Pai Raikar The Event was well organised by the Programme coordinator Rtn. Sudesh Rane and efforts of all Rotarians.

23rd February On the occasion of celebration of 111th Anniversary Rotary International we have visited Old Age Home at Assolda and distributed Fruits ,Towels, sweets, soaps etc. sponsored by Rotarians, project was coordinated by Rtn. Dr. Vishnu Sheldekar, Rtn.Dr.Paresh, Rtn.Vinayak.

MARCH, 17

6th March POLIO PLUS as all Know Rotary is globally involved in eradication of Polio and India is Polio free; on National Immunization Day(NID) Rotary as its Global Programme participate with Government in a drive of immunization by rendering necessary help in Promotion and to reach the corner of the remote & rural areas. We have sponsored Jeeps and Juice packets to the staff of Government Primary Health Centre, Curchorem and helped to organise immunisation of maximum children.

19th March Once again for the people of Quepem we in association with RC Panaji Reveria and Bhagawathi Trust(Rtn. Neeta Rajani) , RC Kolhapur Midtown organised Cataract Eye camp at Sports Complex, Quepem. Also Jaipur Foot camp for providing artificial limbs to those, whose measurements were taken in January Camp of Curchorem and for new needy. Cataract eye camp got overwhelming response and more than 200 people took benefit out of which 77 were found eligible for operation were operated at MY EYE HOSPITAL, NUVEM by Dr. Chandrakant Gaonar & Dr. Madhavi Gaonkar. This programme has restored sight of total 151 old people and made 15 people walk independently without the help of crutches. Thanks to our Partners in Programme.

APRIL, 17

2nd April POLIO PLUS as you all Know Rotary is globally involved in eradication of Polio and India is Polio free; on National Immunization Day(NID) Rotary as its Global Programme participate with Government in a drive of immunization by rendering necessary help in Promotion and to reach the corner of the remote & rural areas. We have sponsored Jeeps and Juice packets to the staff of Government Primary Health Centre, Curchorem and helped organise immunisation of maximum children.POLIO PLUS.

7th April ' Depression let's talk' on the occasion of world Health day we have organised talk on Depression and how to deal with it. Following Eminent speakers have given talk:

- 1) Rtn. Dr. Mithun Bondre,
- 2) Swamy Badrish Chyatanya(Chinmaya Mission),
- 3) Dr. Suraj Kanekar,

9th April Fellowship and get together at spice wood Malkarnem attended by all Rotarians.

19th April Official DG Visit of Our Beloved DG Rtn.Dr. Vinayakumar Pai Raikar. On the occasion of DG visit we Have Inaugurated Wash station at Government Primary school, Kamral and provided them with Hand wash and Napkins. We also donated SNELLEN chart to the school for eye checking of children. Teacher was taught, how to use it, sponsored by Rtn. Dr. Paresh Kamat. Warm welcome from Teachers, Parents & Students of the school with short cultural programme by students. DG and AG appreciated the efforts by club Members and school.

On the same day there was a public function and we have felicitated Two locals with Vocational Awards

- 1) Mr. Subhash Kashinath Naik , Photographer by Profession for his service to the society through his profession.
- 2) Mr. Namdev Shiva Tiloji , Tailor by Profession for his service to the society through his profession.

MAY, 17

27th, 28th May Attended 'SIDDHI' 58th District Training Assembly 2017 at Hubli hosted by Rotary club of Hubli. President elect, Secretary, Treasurer and B.O.D. 2017-18 attended the assembly and benefited. Many other Rotarians attended Assembly.

JUNE, 2017

30th June We have Donated Water cooler to Smt. Chandrabhaga Tukoba Naik Higher Secondary School, Curchorem to cater the need of cool and Hygienic drinking water to the students. Inauguration of the cooler was done at the Hands of Charter Member Rtn. Avdut Laad in presence of College Principal, Chairman, other staff, students, PTA Chairman and Rotarians.

Rtn. Dr. Mithun Bondre
Secretary



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Rtn. Ajay Angle

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&
Rtn. Dipti Rampurkar**



With Best Compliments from:

Deepak Prabhu



- * Member of Goa Legislative Assembly, Sanvordem Constituency
and
- * Chairman of Goa State Infrastructure Development
Corporation (GSIDC)



Sandeep Prabhu

- * Sarpanch of Village Panchayat Sanvordem



Installation of Rtn. Dilip Rampurkar as President for 2016-17



Induction of 5 new members



Board of Director 2016-17



Felicitation of Meritorious Students



Felicitation of Meritorious Students



Cycle Rally



Vanamahotsav



Installation of District Governor



Vanamahotsav



Orientation
for new
members



Distribution
of Dustbins in
Govt. Primary Schools



Celebration of Independence day in Govt. Primary School



Beach Football at Miramar Panaji





Dental Checkup Camp



Ganpati Decoration



Wise Riders (Training of Trainers)



SUV - ESCAPADE



Teachers Felicitation



**Training Program How to prepare
for Board examination**



Diwali Celebration



Blood Donation



**Visit to
Keshav Sadhana
Hostel Neturlim**



Fundus Screening & Biosthesiometry Camp



TRF Seminar



**Charter Night
Celebration**





**Distribution of Barrels
to Tribals**



Christmas Celebration



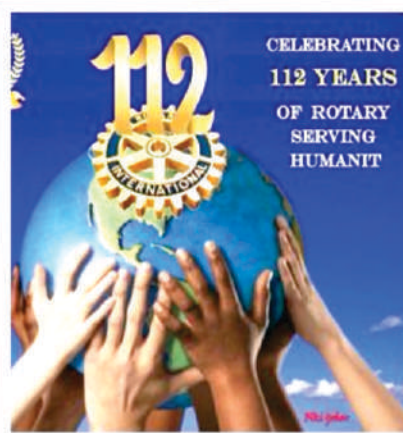
**District
Conference**





Cataract Eye Camp January 2017





111th Anniversary
of Rotary



CRPL 2017





Pulse Polio 6th, March at GPHC



Cataract Eye Camp March 17





Pulse Polio 2nd April



World Health Day





Vocational Awards



Inauguration of Hand Wash station at Govt. Primary School





58th District Training Assembly SIDDHI



Donation of Watercooler to CTN Higher Secondary



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A LOVELY STORY

Compiled by Dr. Vishnu Sheldekar

Two men, both seriously ill, occupied the same hospital room. One man was allowed to sit up in his bed for an hour each afternoon to help drain the fluid from his lungs. His bed was next to the room's only window. The other man had to spend all his time flat on his back. The men talked for hours on end. They spoke of their wives and families, their homes, their jobs, their involvement in the military service, where they had been on vacation. And every afternoon when the man in the bed by the window could sit up, he would pass the time by describing to his roommate all the things he could see outside the window. The man in the other bed began to live for those one-hour periods where his world would be broadened and enlivened by all the activity and colour of the world outside. The window overlooked a park with a lovely lake. Ducks and swans played on the water while children sailed their model boats. Young lovers walked arm in arm amidst flowers of every color of the rainbow. Grand old trees graced the landscape, and a fine view of the city skyline could be seen in the distance. As the man by the window described all this in exquisite detail, the man on the other side of the room would close his eyes and imagine the picturesque scene. One warm afternoon the man by the window described a parade passing by. Although the other man couldn't hear the band -he could see it in his mind's eye as the gentleman by the window portrayed it with descriptive words. Days and weeks passed. One morning, the day nurse arrived to bring water for their baths only to find the lifeless body of the man by the window, who had died peacefully in his sleep. She was saddened and called the hospital attendants to take the body away. As soon as it seemed appropriate, the other man asked if he could be moved next to the window. The nurse was happy to make the switch, and after making sure he was comfortable, she left him alone. Slowly, painfully, he propped himself up on one elbow to take his first look at the world outside. Finally, he would have the joy of seeing it for himself.

He strained to slowly turn to look out the window beside the bed. It faced a blank wall. The man asked the nurse what could have compelled his deceased roommate who had described such wonderful things outside this window. The nurse responded that the man was blind and could not even see the wall. She said: "Perhaps he just wanted to encourage you."

Epilogue... There is tremendous happiness in making the others happy despite our own situations. shared grief is half the sorrow, but happiness when shared, is doubled. If you want to feel rich, just count all the things you have that money can't buy. "**Today** is a gift, that's why it is called **the present**".

With Best Compliments from:-



Rtn. Vithaldas Bhat

Development Officer
Life Insurance Corporation of India



भारतीय जीवन बीमा निगम
LIFE INSURANCE CORPORATION OF INDIA

Email.: vpbhat10@rediffmail.com

Office:

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Curchorem - Goa. Ph.: 2650394, 2650295

Res.:

“Rukmaee” Kakumoddi, Xeldem, Quepem - Goa.
Ph.: 2652762 (M). 9822127110

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BHANUDAS H. GAONKAR

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(M): 9420678455 / 9765261899

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GRAB THE OPPORTUNITY.....

When the great library of Alexandria burned, one of the books that were saved was brought by a poor man. Between its pages was written the secret of the "Touchstone" ! The touchstone was a small pebble that could turn any common metal into pure gold. The writing explained that it was lying among thousands of other pebbles that looked exactly like it. However, the secret was this; the real stone would feel warm, while ordinary pebbles are cold.

The man bought some simple supplies, camped on the seashore, and began testing pebbles. He knew that if he picked up ordinary pebbles and threw them down again because they were cold, he threw it into the sea. He spent a whole day doing this but none of them was the touchstone. Yet, he went on and on this way. Pick up a pebble. Cold –throw it into the sea. Pick up another. Throw it into the sea. The days stretched into weeks and the weeks into months. One day, he picked up a pebble and it was warm. He threw it into the sea before he realized what he had done. He had formed such a strong habit of throwing each pebble into the sea that when the one he wanted came along; he still threw it away.

Ditto, with opportunity. Unless we are vigilant, it is easy to fail to recognize an opportunity when it is in hand and it is just as easy to throw it away. Most of us are waiting for opportunity to knock on our doors, even if it is standing right before us. Opportunity needs to be recognized by having an open mind.

Dr. Vaishali Rampurkar Shukla

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CURCHOREM - GOA



10 things to know before GST rollout



GST will be rolled out from July 1, 2017 and just before its implementation the Govt. had issued various notifications on GST.

Key takeaways from such notifications are given hereunder:

1. There is a requirement to mention HSN code of items in tax invoice under GST. Now the Govt. has given some relief to small assesseees with annual turnover upto Rs 1.5 crores. They are not required to mention HSN code in their tax invoice. Taxpayers having turnover in the range of Rs 1.5-5 crore will be required to mention only two digits of HSN code and taxpayers with turnover more than Rs 5 crore will be required to mention four digits of HSN code.

2. Now the Govt. has given exemption from reverse charge in those cases wherein the value of goods or services does not exceed Rs 5000 and such goods or services are received by registered person from the unregistered person.

3. Earlier Military canteens ('Canteen Stores Department') were not required to pay any indirect tax on purchase of goods. Now Military canteens will be required to pay GST at the time of purchase of goods and they would be entitled to refund of 50 percent of input tax under GST.

4. Now e-commerce operators (like Ola, Uber) are required to pay GST on radio taxi services.

5. Now e-commerce operators (like MMT, Oyo rooms) are required to pay GST on services of hotel accommodation only when such hotels are not registered under GST.

6. Exemption from reverse charge has been given to registered person on purchase of second hand goods from unregistered person subject to the condition that buyer will pay GST on its subsequent sales.

7. Now builders would not be able to claim credit of unutilized input tax on supply of construction services.

8. Earlier UN and Foreign diplomatic missions were not required to pay any indirect taxes. Now they are required to pay GST and they will be entitled to claim a refund of GST subsequently.

9. GST will be levied at rate of 5% on various goods used for petroleum operations subject to some conditions.

10. Any services provided by Panchayat will not be liable to GST.



With Best Wishes from:



Rtn. Adv. Atrey Kakodkar

Curchorem - Goa



With Best Wishes from:



**Rtn. Dr. Ganapati Kakodkar
&
Ann. Seema Kakodkar**

Health Officer C.H.C. Curchorem Goa

With Best Wishes from:

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Weekdays : 5.30 PM - 8.00 PM

Res.: H. No. 1131, Kamral, Curchorem, Goa 403 706
Email : mithunbondre23@yahoo.co.in / bondremithun2014@gmail.com

With Best compliments from:



Rtn. Adv. Siddesh Naik Tari

Curchorem - Goa



WHO AM I

Hi! My name is Parth Paresh Kamat. I am writing this to tell some personal things about me. Actually I am writing because Dad told me to write for the magazine.

Well, to start of let me tell you that I am literally a scary cat. I am afraid of horror movies. I am more of an indoor person.

I love to play video games in an air conditioned room. I want to become a professional musician when I grow up. I play drums and learning guitar. My favourite musician is Jimi Hendrix. I like science. I hate maths. I love the game TRUTH OR DARE. If you think you can beat me I dare you to put this sentence up to a mirror and then read it as loud as you can.

(mirror) **ИOЯOM A MA I**

By Annet. Parth Paresh Kamat

READ OUT LOUD

This is this Cat.

This is is Cat.

This is how Cat.

This is to Cat.

This is keep Cat.

This is an Cat.

This is idiot Cat.

This is busy Cat.

This is for Cat.

This is forty Cat.

This is seconds Cat.

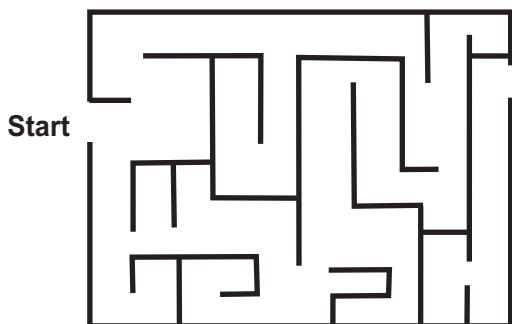
JOKES

Patient: The problem is that obesity runs in our family.
Doctor: NO, The problem is that no one runs in your family.

NOW GO BACK AND READ THE 3RD WORD OF EACH LINE FROM THE START.

Intelligence Tester

Do this maze and then check to see if you're Dumb or Smart



Finish

(If you can finish this
you are smart
and if you can't
you are dumb)

Compiled by Annet. Parth Paresh Kamat

A TALE OF A TONGUE


Parents and teachers can use this short story to encourage children to speak up and improve social skills.

Once there lived a girl named Tina. She was knowledgeable but shy. She felt comfortable to speak to only her family members and one or two friends at school. When her parents would introduce her to anyone, or even if she met someone she knew, she would neither greet that person nor speak anything. Tina's parents kept encouraging her to speak to others but she never listened. In school too, Tina would not respond to questions asked by her teacher, despite knowing the answers. Her tongue was very upset with her as she was not making good use of it. One day, Tina had gone for a school picnic. While playing, she got lost in the forest. In the forest, she came across several people but she didn't feel comfortable asking them for help, as she had never spoken to people other than her family before. She tried to search her way out but only got deeper into the forest. Tired, she fell asleep under a tree. When she woke up, she saw her parents and teachers who had managed to find her with the help of some locals. Out of joy, she wanted to scream "mamma" but no words came out from her mouth despite her best efforts. Her parents and teachers got worried and immediately took her to the doctor. The doctor asked her to show her tongue. But when she opened her mouth, lo and behold, Tina's tongue was missing! Tina was very sad and started weeping silently.

Next day, Tina's tongue came and sat on her windowsill and said hello. Tina was surprised to see this sight. Through gestures, she asked her tongue the reason for leaving her. Her tongue replied "Tina, you were blessed with a tongue but you didn't make proper use of it. You didn't speak to anyone other than your family. You didn't answer questions in class. You didn't use me even in your hour of need. So I thought I can be of use to some unfortunate child, who doesn't have a tongue but would love to speak." Tina realised her mistake. She promised her tongue that she would change. Her tongue agreed to forgive Tina and returned back to her mouth. From that day onwards, Tina started greeting known people, making new friends and answering questions in class. Tina and her tongue lived happily ever after.

by Annet Mihika Mithun Bondre

With Best Wishes from:



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engineers, consultants & developers

Prop.: **Sandeep C. Naik**

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Email: mahesh_kudchadkar@yahoo.co.in

 prop.: **Mahesh Kudchadkar**



SUVARNA PRASHANA FOR CHILDREN FROM BIRTH UPTO 5 YEARS OF AGE

Introduction:

In today's fast life style, little time is devoted towards the health of children. Not following proper community rules, decreased individual hygiene, unbalanced time restrained food habits are all the causes for different diseases, reduced growth & ill health of children.

Today's vaccines can only prevent selected & specific diseases in children, but do not take care of overall health & intellect, etc. factors. So the need of the hour is to provide a boost for physical & mental health, which is given in the correspondence to auspicious occasion to even eliminate ill effects.

Objectives of the Study:

To study the effect of Suvarna Prashan in normal children

Source of data:

The children of the age group 0-5 yrs attending Suvarna Prashana camp at CHIKITSALAYA Ayurveda Clinic & Panchkarma center, OF-9, 1st Floor, Bldg 'A', Venkatesh Chambers, Curchorem – Goa. During the period of Jan 17 to July 17 were screened. Among a total 87 children, those who were regular & attended all 7 camps were chosen, i. e. 63 children, rest 24 were dropped out.

Inclusion Criteria :

Age group 0-5 yrs.

Healthy children at time of beginning of study.

Selection irrespective of sex, caste, etc.

Attending all 7 Suvarna Prashan Camps from Jan-July 17

Exclusion Criteria:

Age group above 5 years.

Having any illness at time of beginning study.

Discontinued or missed any of the 7 camps.

Design:

It is a single blind comparative clinical study. In this study comparison of the assessment criteria like growth was made with the normal growth values available in the text.

Intervention:

Suvarna Prashan drops were administered, 2 drops orally, to each child, in a single dose, from morning 8 am – 12 noon, on an auspicious occasion (Pushya Nakshatra) every month.

A total of 7 doses were given from Jan 17 to July 17.

Assessment of growth & other factors were made for the subsequent doses.

Medicine for Suvarna Prashana:

Ashtamangal ghrita

Ingredients : Vacha, Kushta, Brahmi, Shweta Sarshapa, Anantmul, Saindhav Lavana, Pippali, Water, Ghee, Honey, Suvarna bhasma.

Dose : 2 drops, orally early morning or on an auspicious occasion.

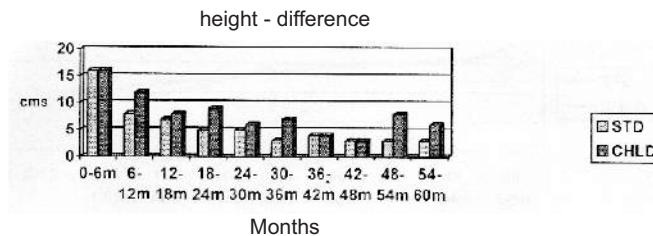
Assessment Criteria:

Growth – height & weight ; Activity of mind ; physical activity ; appetite ; digestion ; general health ; relief from specific recurrent illness – cold, fever.

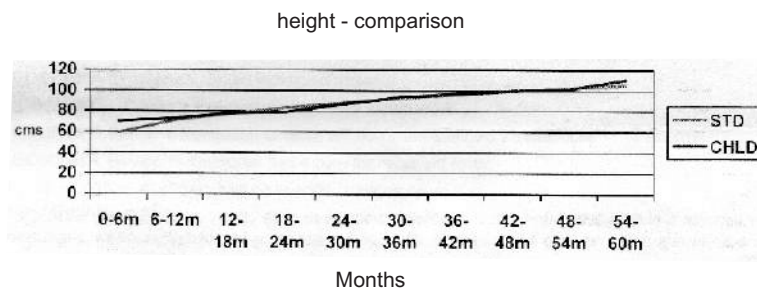
Results :

STD shows standard rise in height for a period of 6 months.

CHLD shows rise in height of children taken for the study in 6 months.

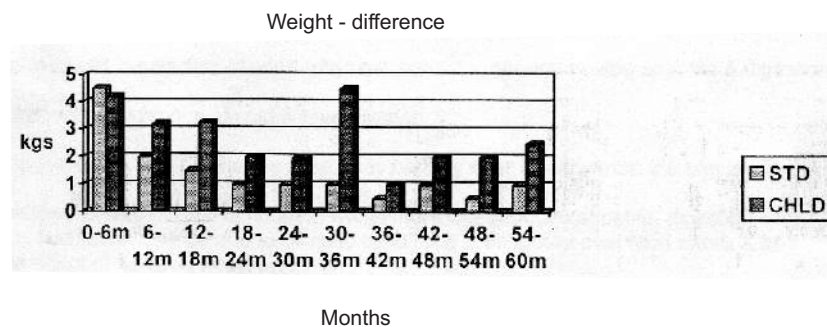


Comparison of rise in height between standard values (STD) & children taken for study (CHLD) of the age from birth to 5 years.

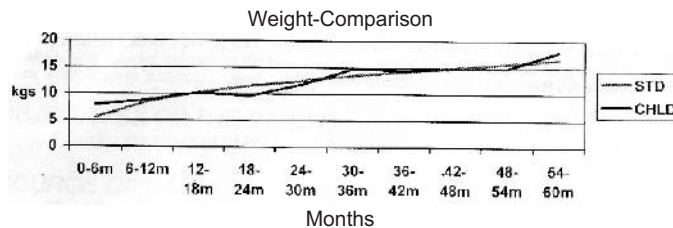


STD shows standard rise in weight for a period of 6 months

CHLD shows rise in weight of children taken for study in 6 months.



Comparison of rise in weight between standard values (STD) & children taken for study (CHLD) of the age from birth to 5 years.



Activity of mind : Positive results were seen in 26 children with respect to alertness, memory, curiosity, interest, speech & knowledge.

Physical Activity : Positive results were seen in 25 children with respect to walking & playing.

General Health : A maximum of 51 children showed improved general health.

Appetite: 16 children had an increased appetite.

Digestion: Capacity to digest the food was increased in 22 children.

Recurrent Cold: Remission of recurrent occurrence of cold was reduced in 16 children.

Recurrent fever : 4 children had a cure for recurrent fever.

No Change: 4 children had no specific changes seen.

Negative benefits: 1 child each developed reduced appetite, reduced digestion & reduced weight respectively, whereas 1 child had constipation frequently. So total of 4 children had negative experience.

Conclusion:

From the above results it is understood that growth in terms of height & weight was better than normal values as the graph climbs up the normal. At times the down slope was due to very low ht & wt at the beginning of the camp, which is justified by the difference graph which is always the normal value.

There is improvement in activities of mind, physical activities, general health, appetite & digestion.

Cure to the frequent occurrence of cold & fever is seen.

A minimum of 4 children had no change at all, may be they were healthy from the beginning.

Negative changes were seen in 4 children in which there was reduced appetite, digestion, weight & one had constipation. This results may be due to climatic conditions & uncontrolled over food & has nothing to do with the effect of Suvarna Prashana.

This regimen is economical, effective & equally safe.

Rtn. Dr. Mithun Bondre

DARE to Answer!

Parents and teachers can use this short story to encourage children to answer questions in class.

There were two friends, Riya and Siya. Siya was a confident girl while Riya was shy. Both would study together and were sincere and hardworking.

In school, Siya would speak to her teachers and answer any question that was asked in class. Riya would not attempt to answer any questions. Due to this, she would get a scolding from her teacher. Siya was a good friend and wanted to help Riya. She asked Riya, "Riya, why don't you answer when the teacher asks questions in class? Don't you know the answer? Do you feel scared of the teacher? Do you feel all will laugh at you if your answer is wrong? Do you feel the teacher will ask you further questions and then you may not be able to answer those questions?" Riya replied, "Oh Siya! I do know the answers most of the time just like you as we study together regularly. But I get scared to stand up and speak in front of all. I feel nervous and get butterflies in my stomach. So I avoid answering. Please help me." Siya replied, "Riya, I will try to help you overcome your fear. I will share a technique which helped me speak more confidently in class. You have to just use the **DARE** method." Riya asked, "What is the **DARE** method?" Siya explained, "When the teacher asks a question, the first step is **D**ecide that you will answer. The second step is **A**rrange the answer in your mind. The third step is **R**aise your hand and the fourth step is **E**xpress yourself clearly and loudly." Riya was very happy. She agreed to try out the **DARE** method the very next day for the general knowledge quiz as she had prepared thoroughly for the quiz.

The next day in class, the teacher asked in the quiz, "Which is the national bird of India?" Riya **D**ecided she will answer. She quickly **A**rranged the answer in her mind and then **R**aised her hand. The teacher was happy to give her a chance. Riya **E**xpressed herself clearly and loudly. "It's the Peacock!" All clapped for her correct answer. Riya felt as proud as a peacock.

From that day, there was no turning back for Riya. Now, she not only answers questions herself but also encourages others to **DARE** to answer questions in class!

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