

Last Week

Last Saturday the speaker was the well-known Yoga exponent Anil Kulkarni.

Mr. Kulkarni gave an interesting talk wherein he mentioned many useful facts about Yoga. Yoga can be done by anybody above the age of 7 years.

Yoga is an art refined over many centuries and should be practiced only under expert guidance, else there are chances of injuries. He also mentioned that Yoga can prevent or delay a health problem, but cannot cure. Yoga can at best help the healing process of medical treatment. It should be used more as a preventive measure than as a means of treatment for various ailments. There are three levels of Yoga – Beginners, Intermediate and Advance. As we practice, we become more adept at it and can hold the pose or asanas for longer time and hence advance to higher level.

He spoke in some detail on how Yoga helps in achieving health and happiness by addressing stomach disorders, sleeping disorder, diabetes and lung disorders. Regular practice of Yoga also delays aging process. Before ending the talk he gave demonstrations of simple Yoga postures which we could easily do at home. He also distributed handouts which gave yoga asanas for every joint of the body and general good health.

His final message was that it is never too late to start Yoga.

Rtn. Prasanta Choudhury

ROTARY INFORMATION LAST WEEK

Rtn. Arti Rani Bayas gave Rotary Info. in the last meeting. She asked three questions with 3 options to each question.

1. Who are actually the members of Rotary International ?
a) All Rotarians b) All Rotary Club Presidents c) All Rotary Clubs
2. When is generally International Assembly of Rotary is held ?
a) Nov. – Dec. b) Feb. – March c) May – June
3. Who is suppose to attend this International Assembly ?
a) Rotary Club Presidents b) Dist. Governors c) Dist. Governor Nominees

Membership of Rotary International is limited to Rotary Clubs only. No individual Rotarian can become member of Rotary International. All Clubs belong to the organization which we call as Rotary International.

International Assembly is held every year in Feb. – March. It has mainly training and motivational sessions for the District Governor Nominees assembled from all over the world. Here they meet Special Rotarian who will serve as Rotary International President during their year as District Governors.

The correct answers are : 1. c 2. b 3. c

Very few Rotarians could answer these questions and were mainly answered by Past Presidents.

Rtn. PP Raja Kharadkar - Chairman - Rotary Info. Cmt.

This Week

As part of Assimilation, there will be 'Know Your Rotarian'. Dr. Aruna Umranikar will interview three new members. The members participating will be Rtn. Pramod and Ranjana Bhalla, Rtn. Dr. Aditya and Dr. Jai Kelkar and Rtn. Tanu and Ajay Hora.

The meeting will be followed by Mini fellowship.

Chaitanya Health Care Centre

The Board has recently received a proposal for the provision of Solar Water Heaters for Chaitanya Medical Health Care Centre situated at Katraj Kondhwa Road, Pune 411048. They are looking after 170/180 patients providing them psychosocial rehabilitation services as well as looking after psychological and social support to the families of the mentally ill.

The Solar Heaters are for providing hot water for bathing for the patients and about 85 staff members who are staying at the Campus. The total cost of the entire set up for this is in the range of Rs.5.50 lacs and we are contemplating going ahead with Public Service Project. With the money saved from switching over from electrical water heating to solar water heating, which will be to the tune of 15-20 thousand per month, we have suggested to the organization to utilize that amount for looking after mentally disturbed patients who are needy and economically weak. This Project is in the initial stages and we would like our Rotarians to come out with their ideas and suggestions regarding this Project. For further details please get in touch with Rtn Ramesh Arora

Rtn Ramesh Arora



Next Week

Dr. Jagdish Hiremath, a very renowned and eminent cardiologist, to speak on 'Health and Lifestyle'. Be there to take advantage of a very rare occasion!

DRISHTI APPLAUDED

At a function organized by RC Down Town our club screened the movie "DRISHTI" which was very widely applauded by over 300 persons present at Mazda Hall on Saturday 3rd September 2006. Rotary Club Down Town felicitated family members and relatives of over 300 eye donors, Rahul Solapurkar was the Chief Guest. Ruby Hall, Jan Kalyan Eye Bank, National Institute of Ophthalmology and HV Desai Hospital were sponsoring the event.

Dr. Shekhar Kulkarni arranged for the screening of the movie, a copy of which was presented to President RC Down Town by our President Rtn. Rajendra Shah. Among several others our Rtn. Dr. H.C. Saxena was duly felicitated by the Organizers for his contributions to Corneal Transplants. Among our Rotarians present were Rtn. M.M. Sharma, Rtn. PE Polly Patel, Rtn. Mukund Rajopadhye.

**USE OF THE ROTARY EMBLEM
(By PRIP Cliff Dochterman)**

The Rotary International emblem is officially registered with the U.S. Patent Office as a trademark and "service mark", which prevents it being used in improper ways or by unauthorized individuals. The Rotary emblem should not be altered or modified in any way.

Rotarians are encouraged to wear the emblem as a lapel button. It is frequently used on jackets, pens, caps and other personal items manufactured by firms or individuals licensed by RI Board of Directors. Rotary badges, banners, road signs and official Rotary club stationery naturally use the emblem as a mark of identifications.

As per RI constitution the Rotary emblem cannot be used for any commercial purpose. It is not permissible to use it in a political campaign or in connection with any other name or emblem not recognized by Rotary International. Individual Rotarians should not use the Rotary emblem on business cards or stationery or for any other use intended to promote business. Nor is it considered proper for Rotarians to use the emblem on doors or windows of their business premises.

It is the responsibility of all Rotarians to use the emblem with pride. The restrictions are provided to assure that the Rotary emblem will not be misused and that it will always bring distinction to the organization.

Rtn. PP Raja Kharadkar - Chairman – Rotary Info. Cmt.

Blood Donation Camp

Continuing the excellent tradition set in the past few years, the staff of Rtn PP Madhubhau's Yerwada unit again came forward for a Blood Donation Camp at Rathi Transpower office on Friday, 8th of this month. A total of about 25 bags of the life giving fluid was collected. President Rtn Rajendra Shah, Director Medical Rtn Dr Shekhar Kulkarni as well as Rtn PP Madhu Rathi attended. Other Rotarians who came for this important activity were M M Sharma, Dr Arti Khatter, and Shirish Mohile. This is the second camp this year and one more at EXL (Rtn Pominder's Company) is going to take place shortly. Thank you Madhubhau !



Prescription

A lady walked into a drug store and told the pharmacist she needed some cyanide.

The pharmacist asked, "Why in the world do you need cyanide?"

The lady then explained she needed it to poison her husband.

The pharmacist's eyes got big and he said, "Lord have mercy, I can't give you cyanide to kill your husband!"

That's against the law! I'll lose my license... They'll throw both of us in jail and all kinds of bad things will happen! Absolutely not! You can NOT have any cyanide!"

Then the lady reached into her purse and pulled out a picture of her husband having dinner in a restaurant with pharmacist's wife.

The pharmacist looked at the picture and replied, "Well, now... You didn't tell me you had a prescription".

The Rotary Foundation Seminar

Rotary Foundation Seminar will be held on 14th September, 2006 from 4.30p.m.to 7.30 p.m. followed by Fellowship / Dinner

Venue- Symbiosis Hall at Range Hills
Address by PRIP Luis Vincent Giay, Chairman Rotary Foundation from USA
Registration Fee Rs 350 per head upto 11th September,2006 and thereafter Rs 450 per head

Notice

Rtn. Ashok Ghia's email id is changed to ashok.ghia@ktglobal.com.

Birthdays

- Rtn Ajay Aggarwal 11 Sep.
- Rtn Dr Krishna Kewal 12 Sep.
- Rtn Harinder Chopra 13 Sep.
- Rtn Ravindrasingh Negi 13 Sep.

CALENDAR	
Today	Know Your Rotarian Mini Fellowship
16-Sept.	Dr. Jagdish Hiremath on Health & Life Style
23-Sept.	Business Meeting
30-Sept.	Presentation by Early Act & IYE