



Rotary

ROTARY CLUB of GARGIS KOLHAPUR

VOICE OF GARGIS

2019-20



ROTARY
CONNECTS
THE WORLD



Rtn. Mark Daiel Maloney
R.I. President 2019-20



Rtn. Dr. Girish Masurkar
District Governor 2019-20



Rtn. Meghana Shelke
President 2019-20



Rtn. Yogini Kulkarni
Secretary 2019-20

Rtn. Laxmi Shirgaokar Treasurer 2019-20
Rtn. Madhulika Jagdale Bulletin Editor 2019-20

Bulletin No. 3

Date : 26-01-2020

10th Nov., **MHM Seminar**

Gargis
attaining
MHM
seminar in
Dharwad



10th Nov., **TOTS**

Rtn. Shobha Tawade attaining TOTS in
Kankawali



13th Nov., Interesting Facts about Diabetes

On account of World Diabetes Day, Gargis along with Rotract Club of Sarojini College, Samarpan is arranging for an interesting talk and interaction by Dr Shreya GadveMD (medicine) FCCMApple Hospital, Kolhapur Subject : Interesting facts about Diabetes Date : Wednesday, 13th November Venue : Kolhapur Public school.



16th Nov. Annual Scout and Guide Camp

The opening of the Annual Scout and Guide camp 2019-20 on 16/11/19, Saturday at 6:30 pm at Scout and Guide camp Kolhapur Public School followed by dinner. A very well organized camp with fun and dance performances by the school girls.



18th Nov., Women Health check up camp

Rotary club of Gargis along Prachi Endocrine clinic, Dr Prachi Jadhav have arranged for a Women health check up camp at Pattankadoli. Women in this village have been tested for extremely low haemoglobin and high blood sugar.



20th Nov., Yamini Success Celebration

Yamini success celebrations at Rtn.Saroj Shinde's farm.



22nd Nov., Live Demonstration

Program with RCC Kandalgaon ladies. Kanchantai motivated the ladies with so much of guidance and ideas. Live demonstration of items like candle making, Diwali lantern, jute items, food stuff such as popcorn, chikki, rajgira biscuits.



26th Nov., I, REINVENTING - A group coaching workshop

I, REINVENTING - A group coaching workshop for women on 26.11.19 by life and performance coach Manjiri Jawadikar.

A very different coaching session. Women learnt through NLP techniques how to respond to a situation in life. Various brain storming assignments were given which gave clarity about personal values and goals.



I, Reinventing

A group coaching workshop for women

Only when you become aware of something you can change it

Awareness empowers you!

Join the upcoming group coaching program in November and become aware of what may be limiting you and get clarity in what you truly want.

Can I participate?

- If you are at a phase in life where you are wondering what next. Yes!
- If you are feeling stressed and burnout at work and seem to not enjoying what you are doing. Yes!
- If you have an aspiration, a goal and do not have clarity on how to go about it. Yes!
- If you want to redesign your life. Yes!

www.manjiricoach.com

27th Nov., Dental Checkup Camp & Blood Donation Camp

Maitreya Interact club of Kolhapur Public School arranged dental checkup camp and blood donation camp at Kolhapur Public School, Rajendra Nagar. A generous blood donation was contributed. The event was a great success where all the students were benefited with the dental check up.



9th Dec., Eye Checkup Camp & Cataract Surgery Free

Gargis along with RC club of Ichalkaranji Central and Nab hospital, Miraj performed cataract surgery free of cost after an eye check up camp for 7 people



10th Dec., Samhita2020 Planning Meeting

All the past district governors of Kolhapur and DG 20-21 Rtn Sangram Patil to guiding gargis for the mega event of International Women In Rotary conference.



14th Dec., Health Care Program

MHM and health care program at Swayambhu school and junior college.



18th Dec., MHM Awareness and Training Program

We are having our 3rd MHM awareness and training program at Dattajirao Mohite Patil Vidyalaya, Tisangi. The program was conducted by our member Rtn. Dr. Saroj Shinde.



MHM guidance and lecture along with health care for school girls of Kalleshwar school Beed was organised on 21.12.19. This was conducted by Dr Saroj Shinde.



Congratulations

Rtn. Dr Anjali

Club member Rtn Dr Anjali at the event ISACON 2019 as a speaker on state of the art labour analgesia. Congratulations

Congratulations

Rtn. Anagha and Rtn. Deepika

Winner Rtn. Anagha and Runner Rtn. Deepika with their trophies. Outstanding performance at the district Rotary sports. Event - Carrom.

FIRST DAY AT WORK....



Manjiri Jawadekar
| Bangalore

NLP Life and Performance Coach
Corporate facilitator, Bangalore.

Let us Re-Invent!

"As we move ahead in life, based on the natural laws that govern human growth and progress, enriched with experiences, and changing circumstances, our roles and goals keep on changing and to keep up with the momentum we need to keep on reinventing ourselves. Of course, we need to always be who we are but there can always be a better you"

These are a few lines that I had penned five years back when I became a Facilitator. I had to decide a name for my company and the word "Reinvent" kept coming back, but I thought it sounded like a formula and decided to reinvent it further and called my company "Reivent". I realise now, that the fascination with this term was coming more out of my experience, as with the new venture of mine I was reinventing myself. Little did I know that this small written piece would capture the essence of my work with people!

A few days back one of my clients read this out (it is printed on the book that I give them) loud and mentioned how it had set him thinking deeply. Now as I read it I feel it could have been worded better, but yet it captures the meaning of reinventing as I saw it then. Admittedly at the same time, today the meaning of the term has expanded.

My Understanding of Reinventing self... Today:

I am a big fan of animation movies and one of my favourites is the Kung Fu Panda series. While I love all the sequels, there are a few scenes which I simply adore. Do you remember the first of the series, where Shifu, the master is trying to teach Kung Fu to Po the student panda and is being unsuccessful? Then one day he comes across Po in the kitchen doing a split midair, enjoying cookies. Thus now the master found a way of training his disciple the way that fits him, works for him. In that moment, I feel Master Shifu reinvented himself.

Being an ardent fan of Mr Bachchan and having seen his movies right from the 70s, I always feel inspired when I see how he has reinvented himself in the 2000's.

My grandmother-in-law gave up wearing her nine-yard sari and got into a five-yard sari as she wanted to move ahead with times and called it a refreshing change. That also is a way of reinventing self.

In my previous days of working in our family business, as I had mentioned, I used to avoid conflict situations and felt it was a noble thing to do. It was protecting me for sure, but also

pushing me into a bubble where I pretended that all is well. As my world expanded and I got into the role of a coach, this behaviour was almost like pulling wool over my eyes and I felt that I was not serving my clients well because of this inhibition. As a coach worked with me I realised I wanted to stop pretending and told myself that whether I am training or sitting with a client and feel that something else is on their mind, I will bring it out in the open and discuss it. Just being vulnerable set me free because I allowed myself to be uncomfortable and have an honest dialogue with the client. I suddenly found myself feeling stronger as I had adapted myself to the new role I had stepped into and this change in attitude has helped create a new perspective in almost all situations in life. This for me is evolution, growth, personal development, re-invention.

Why am I writing this, what is it that I want to share?

As a coach what I see happening is while most people are open to coaching, there is also an apprehension. I feel this hesitation comes mostly from the comfort of living life with our well-anchored beliefs and values. Coaching is also a tool for personal excellence that encourages people to take responsibility for their life and consciously work on reinventing themselves. But most people would rather continue to do what they have been habituated to do and wait for miraculous results.

As I meet people for business, I hear a common thread of discomfort about handling perplexing relations in office, career not shaping well or ways of the management. Now while I completely agree it is not possible to control the fast-moving external world or not feel a tad bit of pity for self, I also sense we have discovered a comfortable way of doing things or approaching problems and then keep telling ourselves this is who I am. Imagine in the movie Kung panda, if Master Shifu had not chosen to reinvent himself, how would have the universe responded?

I see a few friends who keep changing jobs as they are unhappy with their teams and management, and as they share their problems the core thinking is that they want everything and everyone to change, except them. I admit I

too have been there and sometimes tend to slip in that place. But sometimes this resistance to look inward and grow can be the point where we miss our bus towards living life fully and completely. We want our lives to get better, have amazing relations and work promotions but then also want to be who were being since medieval times.

Rather than that how about taking a good look at ourselves, sensing, reflecting and shifting? It is about change, yes! But change does not mean losing self. What if we looked at change as a part of growth? Or maybe a way of adding one more dimension to our personality?

I believe change is inevitable. It is the law of nature. While we refuse to evolve consciously we forget that other people, circumstances, our goals, and unconsciously we too are changing and it's our choice whether to be that child who wants things his way or discover ways to reinvent.

Where to begin?

You may begin in small ways like being aware of self, looking at situations and yourself from different perspectives, associating with people who help you grow. Then slowly move towards breaking the not so useful patterns and develop powerful routines. I will be sharing more about this in the weeks to come.

As we choose new goals and new horizons to walk towards, let us choose to develop and grow into that person who needs to evolve to get there. Also as the external environment is being true to the inevitable nature of change, can we shape ourselves to meet that change in a way where we do not lose our true spirit but just add more colours to it?

“If you only do what you can do, you'll never be better than what you are” – Master Shifu

Love

Manjiri

■ ■ ■

Rotary Youth Exchange

Rotary Youth Exchange builds peace one young person at a time.

Students learn a new language, discover another culture, and truly become global citizens. Exchanges for students ages 15-19 are sponsored by Rotary clubs in more than 100 countries.

What are the benefits?

Exchange students unlock their true potential to:

- Develop lifelong leadership skills
- Learn a new language and culture
- Build lasting friendships with young people from around the world
- Become a global citizen

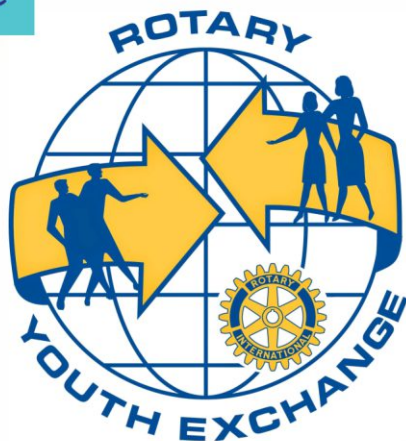
How long do exchanges last?

Long-term exchanges last a full academic year, and students attend local schools and live with multiple host families.

Short-term exchanges last from several days to three months and are often structured as camps, tours, or homestays that take place when school is not in session.

What are the costs?

Room and board are provided, as well as any school fees. Each program varies, but students are usually responsible for:



- Round-trip airfare
- Travel insurance
- Travel documents (such as passports and visas)
- Spending money and any additional travel or tours

How can I apply?

Candidates are ages 15-19 and are leaders in their schools and communities. Contact your Rotary club to see what exchange opportunities are available and what the application process involves.

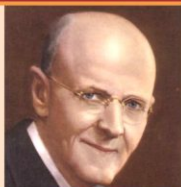


"During my year in Brazil, I was a representative of Australia, of my family, and of Rotary. Doing something bigger than yourself, it humbles you."

Joel Jackson, former Youth Exchange student from Australia

"Before, I would never be able to make a conversation with a person I didn't know. Now, I can proudly say it isn't like that anymore. I can go up to people. I have become more open, more mature."

Varda Shah, former Youth Exchange student from India



"Of all the hundred and one ways in which men can make themselves useful to society, undoubtedly the most available and often the most effective are within the spheres of their own occupations."

Paul P. Harris