

• R.I. Dist. 3170 • Club No. 76595 • Charter on 29th June 2007 •



SERVE TO  
CHANGE LIVES

# ROTARY CLUB *of* GARGIS KOLHAPUR

## VOICE OF GARGIS

ANNUAL SPECIAL ISSUE 2021-22



**Rtn. Shekhar Mehta**  
RI President



**Rtn. Gaurish Dhond**  
District Governor



**Rtn. Amit Mate**  
Asst. Governor



**Rtn. Deepika Kumbhojkar**  
President



**Rtn. Anagha Pendharkar**  
Secretary



**Rtn. Reshma Shah**  
Treasurer





## MESSAGE of R.I. PRESIDENT **RTN. SHEKHAR MEHTA**

What a year it has been for Rotary.

You have lived up to every challenge, including to grow more, do more, and Rotary has grown in a way that we haven't in many years. This year saw life-changing new projects across all areas of focus, as we took up important work at the highest level — with UNICEF, the Commonwealth, and global leaders. Our efforts opened opportunities to empower girls, improve the environment, and advance literacy and health.

I want to thank each of you for your proactive service. I also want to thank the wonderful Rotary staff for ensuring that we can work with care for our fellow human beings, with peace in our hearts.

Personally, this has been an extremely enriching year for Rashi and me. We've met with thousands of Rotarians and been inspired by their great work around the world. We were also able to showcase Rotary's work at the highest level, meeting with heads of state, leaders, and bureaucrats and offering to work with them to show that Rotary cares and brings peace in this world. With our swan song, Rashi and I wish you the very best as you Serve to Change Lives.





MESSAGE *of* DISTRICT GOVERNOR  
**RTN. GAURISH DHOND**



Dear President Rtn. Deepika Kumbhojkar & Rotarians of Rotary Club of Gargis Kolhapur,

It has been a pleasure knowing all the “Service above Self” projects from Rotary Club of Gargis Kolhapur. It is heartening to see your club’s work in spite of the challenging circumstances faced during the beginning of year 2021-22 due to Covid pandemic.

Your club has been making waves in the Rotary Parivar through your keynote projects like Project UDAAN and Project ASMITA which primarily deal in bringing awareness on Menstrual Health through usage of sanitary napkins as also camps for early detection of cancer in women.

Your club’s noteworthy contribution across in women empowerment through Women Entrepreneurship Development programme for training women in skill development has been highly appreciated.

Congratulations for a year well spent in serving the community in all the five areas of Avenues of service.

On behalf of the District 3170 & Rotary International, First Lady Rtn

Pratima joins me in wishing your club the very best in coming years.

Thank You.

Yours in Rotary Service,  
**Rtn Gaurish M. Dhond**  
District Governor  
(2021-22) RID 3170



MESSAGE *of* ASST. GOVERNOR  
**Rtn. AMIT MATE**



***Greetings and Compliments to Team RC Gargis !*** On the on set let me congratulate out going change maker president Rtn. Deepika and Secretary Rtn. Anagha for a wonderful Rotary Year 21-22 dedicated to service for changing lives of the community. Team Deepika has not kept any stone unturned as far as the district goals for service, membership growth, TRF contribution and Leadership development in the club. All the projects executed by Team Gargis in 21-22 were rooted to ground and within focus areas of RI helping the community to the core. The club also has completed District Grant which will help the community in a better way! I once again congratulate Team Gargis for a wonderful Rotary year 21-22 under the able leadership for President Rtn. Deepika and Secretary Rtn. Anagha. I wish the incoming team good luck for future Rotary Endeavours.

Thank You.

**Rtn Amit Mate**  
Asst. Governor  
(2021-22) RID 3170



MESSAGE *of* PRESIDENT  
**RTN. DEEPIKA KUMBHOJKAR**



In the famous words of Woodrow Wilson,

"There is no higher religion than human service. To work for the common good is the greatest creed."

Rotary Year 2021-22 lived by these words, with the theme SERVE TO CHANGE LIVES. While the theme not only promoted changing the lives of others through service, it also changed my life by allowing me to be of service.

When I look back at the past year, I am filled with joy and contentment. The year has been eventful, and the transition into the new world post-pandemic was an adventure. While we all continued to live with the fear of the virus, the past year opened doors to allow us to shift our perspectives on how we can be of service through Rotary. It allowed us to come together and provide aid and support to society and each other in every small and big way possible.

Women's Empowerment has been the key theme of our Rotary Club of Gargis, Kolhapur, and the same was proposed by DG. Rtn. Gourish Dhondji for Dist. 3170. Over the years, we have all come together under the leadership of our past Presidents, Secretaries, and Founder Members to engage in providing support to women from all backgrounds.

Several Milestone Projects were hosted by our club, keeping in mind our central theme. We hosted a Women's Entrepreneurship Development workshop, which was aimed at providing women who run small businesses with the right tools to expand their businesses in professional and systematic ways. By providing 25 adopted girls with sanitary napkins and vitamin supplement supplies for a year, along with hosting counselling sessions on menstrual health and hygiene, MHM Projects ASMITA and UDAAN laid a pathway for building menstrual health awareness among them. In this year's District Grant Project, we will also be providing bicycles to 25 girls, in an attempt to ease their mobility in reaching school.

While empowering women and girls was a key focus, we also equally catered to providing health care services along with preventive measures throughout this

year. The club hosted a Mammography camp to provide ease of screening for breast cancer among women. In this camp, we also provided them with access to overall physical health and dental check-ups. We also organised an Eye Check-up camp, and Pro Bono Cataract Surgeries were hosted, along with the running of the worldwide Defeat Diabetes Campaign.

During the years of the pandemic, we saw a rise in the number of students learning remotely. While many could access such facilities, many were excluded from gaining rightful access. In an attempt to provide relief, the club has also funded and set up an E-Learning Center.

It was only because of the support of you, my fellow Gargis, and Rtn. Anagha, Rtn. Reshma, and my Board of Directors, that I was filled with the strength and humility to serve our society. I thank AG Rtn. Amit Mate for his constant words of encouragement and for guiding the Club throughout the year. I also take this as an opportunity to extend my gratitude to DG. Rtn. Gourish Dhondji and the District team for providing us with the resources and enthusiasm to be of service in this new world.

Last but not least, I would like to express my gratitude to my family and my office staff. Without their support, strength, and guidance, I would not have been able to sail through this year.

I thank everyone who has been a part of making Rotary Year 2021-22 a success. I wish all the very best for the incoming team.

Yours in Rotary,  
**Rtn. Deepika Kumbhojkar**  
President 2021-22



## MESSAGE *of* SECRETARY **RTN. ANAGHA PENDHARKAR**



Leadership is not a title, position or designation - it's an action.

Stories of Rotary, its initiatives, their work had always inspired me. But over and above that I was keen to meet, know and learn from the people behind all this. Rotarians as per me are a unique collective, that I always admired - for their drive to do more, to use their position for larger good.

In 2019, when I finally joined rotary, is when I actually came to know what it takes and what it involves. I saw rotary at one of its best, there was continuous work towards pandemic relief and every single person showed so much involvement, commitment and put in so much effort, it was inspiring and overwhelming at the same time.

It's when I got a true sense of what exactly rotary is and what all it does. So when I was approached for the position of secretaryship, I wasn't sure if I was ready. I had all but 2 yrs of experience with rotary and its activities and knew very little about what this position would demand. How different would my role be, what would I have to do? Without knowing that, how well would I do? These questions were put to rest when they said I would be trained for this position and the training was truly an empowering one. It broke down all that I would have to do very simply and in detail, how much planning matters and how should one go about it is what I learnt and it has been the one thing that has helped me immensely during my tenure.

All our projects around women empowerment & women child education across villages around Kolhapur would not have been possible without this. But what exceeds this feeling of confidence is how satisfying & rewarding all these projects were for me personally. Many students from our entrepreneurship programs and trainings started their own small set up in their villages, many girl children could pursue their basic education with greater ease and hassles. And it's a very happy feeling that we could enable this for them through my efforts.

All in all, I feel I could do a lot more than I set out to do when I joined. I always felt that I was already quite well connected, and knew a lot of people across Kolhapur. But after joining rotary I realised that wasn't totally true. There were so many new & lovely people I met and connected with through my work not just in Kolhapur but beyond. It extended my network. However beyond it all, I feel great satisfaction and pride for all that I was able to do as a Rotarian.

**Rtn. Anagha pendharkar**  
Secretary (2021-22)



MESSAGE *of* TREASURER  
**RTN. RESHMA SHAH**



Hello Gargis !!

My post as a treasurer commenced under the shadow of corona pandemic and was overcasted by strict lockdown. The normal life of all the people was paralised with staying home, wearing masks, social distancing etc...

We were thus restricted to conduct meetings, seminars, lectures and even fellowships online. We concentrated all our projects and efforts towards the corona affected people and strived to help them in treatments, resources, equipments, medical supplies etc...

The restrictions relaxed later. We were able to conduct some activities physically and witnessed a large participation from our members, full of enthusiasm and enjoyed each others company after a very long time.

As a treasurer I take this opportunity to thank all Gargis for fully supporting me and making prompt payments towards the fees and donating generously.

I would also like to thank our President Mrs. Deepika kumbhojkar and Secretary Mrs. Anagha Pendharkar for their co-operation and total support during my tenure.

Health is the greatest gift, Contentment the greatest wealth, and Faithfulness the best relationship. May God bless you with all three.

Thank you,

**Rtn. Reshma Shah**  
Treasurer (2021-22)



## BOARD OF DIRECTORS 2021-22



**Rtn. Deepika Kumbhojkar**  
President



**Rtn. Anagha Pendharkar**  
Secretary



**Rtn. Reshma Shah**  
Treasurer

**Rtn. Preeti Mantri**  
Joint Secretary

**Rtn. Supriya Doijad**  
Joint Treasurer

**Rtn. Sheetal Kulkarni**  
Sargent at Arms

**Rtn. Kavita Ghatge**  
President Elect

**Rtn. Laxmi Shirgaokar**  
Vice President

**Rtn. Gauri Shirgaokar**  
Imm. Past President

Club Service Director  
**Rtn. Laxmi Shirgaokar**  
**Rtn. Unnati Sabnis**

Community Service Director  
**Rtn. Dr. Saroj Shinde**  
**Rtn. Jaya Maheshwari**

Vocational Service Director  
**Rtn. Trishala Gandhi**  
**Rtn. Preeti Marda**

International Service Director  
**Rtn. Savita Padey**  
**Rtn. Mona Patil**

New Generations Director  
**Rtn. Kalpana Ghatge**  
**Rtn. Pallavi Korgaonkar**

Club Counsellors  
**Rtn. Asha Jain**  
**Rtn. Sadhana Ghatge**

Public Relation Director  
**Rtn. Mamta Zanwar**  
**Rtn. Harshada Naik**

Rotary Foundation Committee  
Chairman

**Rtn. Sujata Lohia**  
Co-Chairman

**Rtn. Meghana Shelke**  
Mentor

**Rtn. Veena Sinha**  
Member

**Rtn. Sucheta Menon**  
**Rtn. Sheetal Kulkarni**

Membership Committee  
Chairman

**Rtn. Renuka Sapre**  
Co-Chairman

**Rtn. Anjali Mohite**  
Mentor

**Rtn. Beena Janwadkar**  
Member

**Rtn. Madhulika Jagdale**  
**Rtn. Aarti Pawar**

Club Administration Committee  
Chairman

**Rtn. Surekha Ingrole**  
Co-Chairman

**Rtn. Vrushali Shinde**  
Mentor

**Rtn. Gayatri Menon**  
Member

**Rtn. Savita Upadhye**  
**Rtn. Preeti Menon**

Service Project Committee  
Chairman

**Rtn. Dr. Archana Pawar**  
Co-Chairman

**Rtn. Dr. Anjali Kaddu**  
Mentor

**Rtn. Pratima Patil**  
Member

**Rtn. Sujata Prabhu**  
**Rtn. Shilpa Ajgaonkar**

Yamini Committee  
Chairman

**Rtn. Preeti Mantri**  
Co-Chairman

**Rtn. Mayura Achrekar**  
Core Committee

**Rtn. Deepika Kumbhojkar**, President  
**Rtn. Anagha Pendharkar**, Secretary

**Rtn. Reshma Shah**, Treasurer  
**Rtn. Neeta Narke**

**Rtn. Girija Kulkarni**  
**Rtn. Vishakha Apte**

**Rtn. Renuka Sapre**  
**Rtn. Suzie Lohia**

**Rtn. Meghana Shelke**

Member

**Rtn. Nupur Magdum**  
**Rtn. Gauri Shirodkar**

Pulse Polio Committee  
Chairman

**Rtn. Dr. Geeta Pillai**  
Co-Chairman

**Rtn. Dr. Neeta Narake**  
Member

**Rtn. Dr. Sheetal Desai**  
**Rtn. Dr. Padmarekha Jirge**

Literacy Committee

**Rtn. Shobha Tawade**  
**Rtn. Girija Kulkarni**

Public Image Committee

**Rtn. Meghana Shelke**  
**Rtn. Yogini Kulkarni**

Environment Committee

**Rtn. Sulaxmi Patil**  
**Rtn. Vishakha Apte**



E Learning Centre for Students



E Learning Centre for Students



E Learning Centre for Students



E Learning Centre for Students



Entrepreneurship Development Programme



Entrepreneurship Development Programme



Entrepreneurship Development Programme



Entrepreneurship Development Programme



Entrepreneurship Development Programme for Students



Entrepreneurship Development Programme for Students



Entrepreneurship Development Programme for Students



Entrepreneurship Development Programme for Students



Entrepreneurship Development Programme for Students



Entrepreneurship Development Programme for Students



Felicitation of Teachers on Occasion of Gurupournima



BASIC EDUCATION AND LITERACY



Nation Builder Awards



Nation Builder Awards



Teachers Training Programme



Teachers Training Programme

DISEASE PREVENTION AND TREATMENT



Adoption of 25 Girls for Distribution of Sanitary Pads - Project UDAAN July



Adoption of 25 Girls for Distribution of Sanitary Pads - Project UDAAN July



Blood Donation Camp



Blood Donation Camp

DISEASE PREVENTION AND TREATMENT



Defeat Diabetes Campaign



Defeat Diabetes Campaign



Donation of Stretcher Trolleys



Donation of Stretcher Trolleys



Eye Checkup Camp



Eye Checkup Camp



Eye Checkup Camp



Eye Checkup Camp

DISEASE PREVENTION AND TREATMENT



Medical Checkup Camp at Hanmantwadi



Medical Checkup Camp at Hanmantwadi



Menstrual Health And Hygiene Awareness Lecture



Menstrual Health And Hygiene Awareness Lecture

ENVIRONMENT



Tree Plantation

MATERNAL AND CHILD HEALTH



Asmita Project on  
MHM Dudhganga Highschool, Kagal



Asmita Project on  
MHM Dudhganga Highschool, Kagal



Distribution of Clothes to Newborn Babies



Distribution of Clothes to Newborn Babies



UDAAN Project on MHM



UDAAN Project on MHM

WATER, SANITATION AND HYGIENE



Maintenance of Toilet - Build under Global Grant



Water Purification Plant at  
Government Medical Centre Kale



Installation of Interact



Seminar on How to Learn easily & Enjoy Learning



Seminar on How to Learn easily & Enjoy Learning



Seminar on How to Learn easily & Enjoy Learning



Lecture for Students of Designing



COMMUNITY ECONOMIC DEVELOPMENT



Entrepreneurship Orientation Programme



Entrepreneurship Orientation Programme



Financial Assistance to Widow for Starting Business



Lecture on Financial and Costing Awareness



Food Kits to Flood affected Families



Food Kits to Flood affected Families



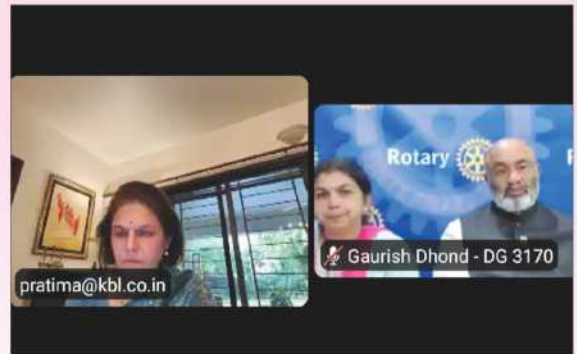
Pulse Polio Vaccination



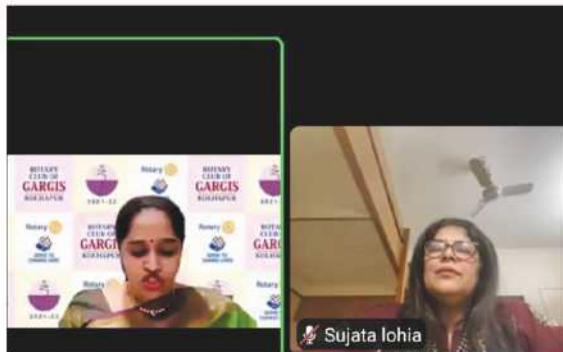
Pulse Polio Vaccination



National Girl Child Day Celebration



National Girl Child Day Celebration



National Girl Child Day Celebration



National Girl Child Day Celebration



Vocational Awards

# Tyger Tyger



**Rtn. Mona Patil**

***“ Tyger Tyger, burning bright,  
In the forests of the night;  
What immortal hand or eye,  
Could frame thy fearful symmetry?”  
-- William Blake***

Yes Indeed , Tigers do burn really bright whether by night or by the day.

The more you study these apex predators the more intriguing, you realise, they are!! He is the true King and in my opinion it is time now , the Lion passes on the crown to the tiger!!!

It is rather rare and difficult to be alone and powerful both. And which the Tiger is. With it, the tiger shows Grace and poise. Tigers are fiercely territorial and a male tigers claims at least fifty square kms of an area.

He is a lone hunter.

They may share their territory with one to four females but it is almost impossible for any male to share a same space with another one. Since they occupy such large territories , sighting of a tiger, while on a safari is 25 percent



planning, 25 percent behavioural study/ tracking and 50 percent of Chance and luck.

Though I have had ten years of experience as a wildlifer and sighting of hundreds of tigers, I still experience the same nervousness, jitters and anxiousness over sighting of a Tiger as I felt on my first safari!!

One such experience was on my recent trip to Bandhavgad Tiger reserve. It was mid summer!

The gates in summers open a little earlier than in winters and I always believe in being the first jeep to enter the reserve because if after a nights kill , the tiger has decided to ease off on the soft muddy path of the jungle , chances of spotting it are high.

While we were at the gate, we realised we had the tickets from another different gate.

Frustrated, we zoomed off to the other gate which was half an hour away and entered the forest at 7 O ' clock. Gates were open since 6:45 am as it was summer time!!

We drove into the forest. It was absolutely quiet. We would stop once in a while to check out for alarm calls.

Alarm calls are the calls that Sambar deers or Chitals or monkeys give when the King gets up and walks his regal walk!!!!

The other Jeeps had gone way ahead. We were alone.

It was an hour since we had entered, and the Golden hour was ticking away.....!!

My anxiousness rising high along with the bright and scorching summer sun!!

Once the sun comes out bright and hot ,

chances of sighting decreases as the Tigers find it impossible to bear the heat.

They just find themselves a shady place near the waters and lie down and sleep..... sometimes even throughout the day, that is if they have made a kill at night and fed on it!!

The Gold and black of the tiger merges with the dry foliage and shade of the forest in a complete camouflage!!

Beautiful are the ways of nature and survival is the Cliché!

We decided to head towards Jhumree talliyya and try our luck there.

Still there was no sight of any other Jeep.

As we started our drive towards the Jhumree Talaiyya, suddenly ,this huge and mighty beast ran in full throttle across the road.

“TIGER , TIGER” My husband shouted!!

Our Jeep braked to see where and why it ran so fast!!

Tigers normally don't run, they walk and they walk as if they don't care.....The tourist Paparazzi !!!



We turned off the engine and it was suddenly all quiet again and within seconds we could hear a rustle in the bushes and a loud Crunch.

A KILL !!

It had made a kill inside the Bamboo thicket. Now we waited for some movement to happen and from that movement and our Naturalist's experience and study, he knew where exactly it would come out from.

We were soon on that road which wound and came to the place, just in time. Thanks to naturalist and his precise-assumptions!!

Yes now a tigress was visible with a fawn in her mighty n strong jaws.

We reversed and decided to give her space and confidence to go across.

This tigress, Dotty , came out on the road. The little fawn in her Jaws. A little life still in the eyes of the fawn.

RAW IS THE JUNGLE AND RAW ARE ITS WAYS!!

But then its survival. The Tigress gave us “THE STARE” dragged her prey across the jeep trail and disappeared into the forest to have a hearty breakfast. If I may call it so!

We moved on..... Mixed feelings, goose bumps, Images on our mind of the wonderful sighting and sadness too !! The look and little life in the eyes of the fawn was impossible to erase from our mind. Even today!!

This was one hundred percent chance and luck. No strategic plans. No study from previous evening sightings.

Such is the jungle. Full of surprises and Wonders and magical moments!!!

So people , when on a safari, be alert, feel the forest on your skin and fill it into your blood veins straight to your heart!!

You don't know what lies around that next corner!!!!



# कलात्मक व्यवसाय



रो. आर्कि. गिरीजा कुलकर्णी

आजच्या आधुनिक युगात इंटरिअर डिझायनिंग या क्षेत्राकडे छंद म्हणून न पाहता एक व्यवसाय म्हणून पाहण्याइतकी जागरूकता निर्माण झाली आहे. कल्पकता, कलात्मकता, रंगसंगतीची जाण व संवदेनशीलता याची जाणीव असणे, हे इंटरिअर डिझायनर्सच्या दृष्टीने महत्त्वाचे आहे.



कोल्हापूर नाव घेतलं की आठवंतं, ते तोंडाला पाणी सुटणारं चमचमीत कोल्हापुरी जेवण. चांदीचे कलात्मक दांगिने किंवा वस्तू. कोल्हापुरी चप्पलने तर जगाच्या नकाशावर स्थान मिळवले आहे. इथल्या लाल मातीतूनच आबालाल रेहमान, बाबुराव पेंटर यासारखे अनेकविध कलाकार निर्माण झाले. आशुतोष गोवारीकरसारखे प्रायोगिक दिग्दर्शक आकारास आले. जिथे असे प्रतिभावान कलाकार, गायक, कारागीर, शेतकरी, पैलवान निर्माण झाले, जिथे सहकार चळवळीचा पाया रोवला गेला आणि राजर्षी शाहू महाराजांच्या काळात लघुद्योगाची सुरुवात झाली. असे कोल्हापूर नव्या युगाच्या स्पर्धेला तोंड देण्यास उद्योग, गरजेचे तंत्रज्ञान व सांस्कृतिक बदल करून सज्ज झाले आहे.

कोल्हापूरच्या आर्थिक नाड्या मजबूत करण्यास साखर कारखाने, इचलकरंजीतील यंत्रमाग उद्योग व उत्तम प्रतीचे सुटे भाग पुरवून पुणे व इतर ठिकाणच्या कारखान्यांना मजबूत करणाऱ्या फोर्टीजनी वर्चस्व गाजविले आहे. नजीकच्या काळात कोल्हापुरात आगमन करून विस्तारत चाललेल्या फॉरेन बँका, Infosys Foundation चा शिवाजी विद्यापीठाशी करार, कोल्हापूर विमानतळावरील नाईट लॉण्डिंगची सोय, इंधन



भरण्याची सुविधा, यामुळे अनेक विमान कंपन्यांचा विमान सेवा सुरू करण्यात रस निर्माण झाला आहे. मांगील काही दिवसांतील पहिल्या बी. पी. ओ. युनिटची कोल्हापुरातील सुरुवात दाखवून देत आहे की, कोल्हापूरला सुद्धा आता भारतातील इतर शहरांबरोबरच आय. टी. जगताने पसंती दर्शविण्यास सुरुवात केली आहे.

जागतिकीकरणामुळे झालेल्या बदलांचा परिणाम शैक्षणिक, औद्योगिक, आरोग्य, रियल इस्टेट या सर्व स्तरांवर वाढत चालला आहे. त्याला कोल्हापूरच कसा अपवाद होईल? यासाठी आवश्यक असणाऱ्या योग्य डिझाईन केलेल्या इन्फ्रास्ट्रक्चरची साथ देण्याची ग्वाही कोल्हापुरातील प्रशासनाने पुणे येथील कोल्हापूर बाबतच्या प्रदर्शनात सर्व आय. टी. कंपन्यांना दिली आहे.

आय. टी. हब या बिरूदाबरोबरच कोल्हापूर एज्युकेशन हब, मेडिकल हब होण्याकडे यशस्वी व दमदार वाटचाल करत आहे. त्याचबरोबर कोल्हापूरने पर्यटनाचे महत्त्व जाणून पर्यटनस्थळांच्यावरील सुविधांमध्ये प्रगती करण्यास महत्त्व दिले आहे. सखोल व अभ्यासू सर्वेक्षणातून भारतामध्ये येत्या



आर्थिक वर्षात रिअल इस्टेट बरोबरच बाकीच्या क्षेत्रात ३० टक्के इतकी आश्चर्यकारक वाढ अपेक्षित आहे. अर्थात ही प्रगती मोठ्या शहरात जास्त प्रमाणात होईल. तरीसुद्धा कोल्हापूरसारख्या शहरांमध्ये ही प्रगतीची लाट झिरपणे नक्कीच अपेक्षित आहे. या प्रगतीच्या लाटेला सामोरे जाण्यासाठी दळणवळणांबरोबरच, राहण्यासाठी उत्तम डिझाईन केलेल्या इमारती, काम करण्यासाठीच्या जागी इंटरिअरच्या माध्यमातून उत्तम वातावरण निर्मिती करणे गरजेचे आहे. चांगल्या डिझाईन केलेल्या इमारतींबरोबरच सुंदर सजविलेली घरे व ऑफिसेस याबद्दल आजपर्यंत कधीही नव्हती इतकी जागरूकता जनमाणसांत निर्माण होत चालली आहे. या लाटेवर प्रभुत्व मिळविण्यासाठी आर्किटेक्ट, इंटरिअर डिझायनर्सनी सज्ज होण्यास हरकत नाही.

आजच्या आधुनिक युगात इंटरिअर डिझायनिंग या क्षेत्राकडे छंद म्हणून न पाहता एक व्यवसाय म्हणून पाहण्याइतकी जागरूकता निर्माण झाली आहे. बदलत्या सामाजिक परिस्थितीमध्ये इंटरिअर डिझाईन ही गरज बनत चालली आहे. इंटरिअर डिझायनिंगचा व्यवसाय करण्याची कल्पकता, कलात्मकता, रंग संगतीची जाण व संवेदनशीलता या बाबींची जाणीव असणे, हे इंटरिअर. डिझायनर्सच्यादृष्टीने महत्त्वाचे आहे. त्याचबरोबर टेक्नॉलॉजी, सर्व्हिसेस व नावीन्यपूर्ण मटेरियल्सचा इंटरिअर डिझायनिंगमध्ये योग्य वापर करणे हे यशस्वी इंटरिअर डिझायनर होण्यासाठी अत्यंत महत्त्वाचे आहे. कोल्हापूर हे कलेचे माहेरघर म्हणून ओळखले जाते. इंटरिअरमध्ये पेंटिंग्ज, स्कल्पचर्स इत्यादी अनेकविध कलांचा यथायोग्य वापर केल्याने अंतर्गत सजावटीमध्ये कलात्मकता वाढते. म्हणजेच इंटरिअरबरोबर इतर कला व कलाकारांना सुद्धा येणाऱ्या काळामध्ये संधी उपलब्ध होणार आहेत. या सर्व अनुषंगाने कलेशी निगडित दीर्घ मुदतीचे शिक्षण देणाऱ्या संस्थामध्ये हा व्यवसाय करू इच्छिणाऱ्यांनी शिक्षण घेणे हेही अत्यंत महत्त्वाचे आहे.



मोकळ्या प्लॉटची उपलब्धता जसजशी कमी होत जाईल, त्याचवेळी असलेल्या जागेमध्ये नावीन्य निर्माण करण्यावाचून पर्याय राहणार नाहीत. जागेची - कमतरता हा एकच इंटरिअरच्या लोकप्रियतेमधील मुद्दा नसून, नवीन पिढीची बदलती जीवनशैली व विचारशैली, प्रसारमाध्यमांचे वाढते महत्त्व, टी. व्ही. मधील सजविलेल्या सुंदर व देखण्या अंतर्गत सजावटीच्या वास्तू (मालिकांमधील सेट्स), इंटरनेटच्या माध्यमातून जवळ आलेले जग, त्यामुळे होणारी माहितीची देवाण-घेवाण, यासारखे अनेक मुद्दे इंटरिअर डिझायनिंगचा व्यवसाय कोल्हापुरात वाढण्यास कारणीभूत ठरणार आहेत. येणाऱ्या काळातील कोल्हापूरच्या तीर्थस्थळ पर्यटनातील विकास, मुंबई-बंगळूर इंडस्ट्रीयल कॉरिडॉरची घोषणा आणि या पार्श्वभूमीवर कोल्हापुरातील लघुउद्योगांचा होणारा विकास, या गोष्टी अनेक रोजगारांबरोबर इंटरिअर डिझायनिंगमधील संधी वाढविणार आहेत. पूर्वी फक्त घर बांधण्यासाठी कर्जे उपलब्ध करून देणाऱ्या बँका आता त्यांची अंतर्गत सजावट करण्याकरिता अर्थसहाय्य उपलब्ध करून देत आहेत. ही सर्व बदलत्या पर्वाची नांदी आहे. त्यामुळेच कोल्हापूरमध्ये इंटरिअर डिझायनिंग व्यवसायातील संधी वाढणार आहे.



# SPIRITUALITY THROUGH CLASSICAL DANCES OF INDIA



Rtn. Kavitha Nair

**“INDIAN CLASSICAL MUSIC AND DANCE ARE NOT JUST FOR ENTERTAINMENT. THEY ARE DESIGNED TO ELEVATE YOUR CONSCIOUSNESS.”**

**- SADGURU**

Since time immemorable, Indian classical dance is acclaimed as the divine art. From the edicts , sculptures and paintings we understand without any doubt that in ancient India , dance was a supreme and respected art form.

It is an established fact that dance was a devotional offering to the Almighty, '**Geetam samparpayami Vadyam samarpayami, Nrityam samarpayami**'..... which states we offer singing, instrumental music and dance as the various forms of worship.

During the Vedic times the ancient sages used to dance in ecstasy while performing yagnas or sacrifice. Dance was a part of rituals during the temple festivals. Dancing was considered as the religious ceremony most pleasing to the Gods.

In fact the God's themselves were supreme dancers : Shiva is the king of dance called **Nataraja** his consort **Parvati, Krishna, Arjuna, The Apsaras**, and many more mentioned in the scriptures.

Indian classical dances were born and bred in the temples, few centuries later it reached the royal courts, it took even a few more centuries before it reached a platform.

These dances have indeed come a long way from the ancient temples and this is why all Indian classical dancers have their routes deep in the religious aspects.

India offers a number of classical dances each of which can be traced to the different parts of the



BHARATANATYAM



KATHAK



KUCHIPUDI



ODISSI



MOHINIATTAM



KATHAKALI



SATTRIYA



MANIPURI

country. Each form represents a culture and ethos of a particular region or a group of people. The criteria for being considered a classical style is adhered to the guidelines laid down in **Natyashashtra by the sage Bharata Muni.**

Today the acknowledged classical dance styles are :-

**Bharatanatyam from Tamil Nadu, Kathak from Uttar Pradesh, Odissi from Orissa, Manipuri -from Manipur, Sattriya from Assam, Kuchipudi from Andhra Pradesh, Mohiniattam and Kathakali from Kerala.**

All Indian classical dances are a combination of body movements and facial expression perfectly synchronized to represent a given context to the perfect vehicle that is human body. Though it is the body that moves, it is a man's inner consciousness that directs his movements resulting in harmonistic dance forms that combines music, rhythm to experience the **"Anand or bliss"**. Dance serves to attain a stage of supreme bliss.

The aim of all Indian dance form is to experience liberation and growth of righteousness and thus transcend the 'self' towards a higher plane and achieve bliss through spiritual expression.



## Birth of Rotary



**Paul P. Harris**  
 Founder of Rotary  
 Message to 1934 R.I. Convention

Paul P. Harris, an attorney, wanted to create a professional group with the same friendly spirit he felt in the small towns of his youth. On 23rd February 1905, Harris, Gustavus Loehr, Silvester Schiele, and Hiram Shorey gathered at Loehr's office in Room 711 of the Unity Building in downtown Chicago. This was the first Rotary club meeting. They decided to call the new club "Rotary" after the practice of rotating meeting locations. What Paul had in mind was a club that would kindle fellowship among members of the business community. In 1912, the name changed to International Association of Rotary Clubs to reflect the addition of clubs in other countries. The name Rotary International was adopted in 1922.

### AVENUES OF SERVICE

Rotary channel its commitment to service at home and abroad through five Avenues of Service, which are the foundation of club activity.

- Club Service • Vocational Service • Community Service
- International Service • New Generation Service



# Love your Self



**Rtn. Dr. Neetha Narrake**



We have all heard that we cannot love others if we did not love ourselves. Also, you will have heard that it does not matter what others think of you, but rather the image you have of yourself.

Broadly speaking, that is self-love, the ability to love yourself independently of the rest of the world. Having self-esteem will make you leave behind your fears and fears, and it will make you gain self-esteem and confidence, and it is a lasting love.

But getting to love ourselves is not easy, especially when we cannot accept all our imperfections, our illnesses, and our dark



feelings. To achieve self-love, we must work to know ourselves very well.

No one teaches us to love ourselves. self-love is something we must learn on our own over time. Nobody tells us that we should love ourselves as we are for the simple fact of being alive, and since they do not remind us daily that we do things for ourselves, we forget that we must also love ourselves.

***“There is only one love that is forever: self-love”***

I started to love myself when I realized that I wanted to improve and be a better person. I realized that the only person who will really be there for me always and always want the best is myself. I also realized that I can't let other people want to be with me if I don't accept myself, so that's when I started to change for myself.

## HOW TO LOVE YOURSELF

### **1) You like who you see when you look in the mirror**

Whether you are headed to your work or party you like how you look and how it feels to be in your skin.



My favorite self-care routine is my morning meditation. What is yours find out and indulge.

**2) Don't save things for the occasion**

When you get a new dress or purse, you don't save it waiting for the "right occasion". You recognize that now is the best time for joy.

**3) You don't hold on to the past.**

You recognize that living in the past keeps you from moving forward. If you are exhausting all your energy holding on to old stuff, you don't have arms wide open to embrace the present.

**4) Stop comparing yourself to others.**

**5) Don't worry about others opinion.**

**6) Allow yourself to make mistakes.**

Make mistakes so you can learn and growb from them. Embrace your past. You're constantly changing and growing from who you once were into who you are today and who you will be one day.

**6) Put yourself first**

Don't feel bad about doing this. Women, especially, can grow accustomed to putting



others first. Although there's a time and a place for this, it shouldn't be a habit that costs you your mental or emotional well-being.

**7) Be kind to yourself!**

Speak kindly to yourself, and don't call yourself mean things. Celebrate yourself. You've come so far and grown so much. Don't forget to celebrate yourself, and not only on your birthday!

Yes, you may struggle, but you'll look back on these moments and see how they were stepping stones on your journey to being the best you. So what are you waiting for start **LOVING YOURSELF** from this moment!



**Paul P. Harris**  
 Founder of Rotary  
 Message to 1934 R.I. Convention

**“Whatever Rotary may mean to us, to the world it will be known by the results it achieves.”**

**THE FOUR-WAY TEST**

Of the things, we think, say or do

- Is it the **TRUTH** ?
- Is it **FAIR** to all concerned ?
- Will it build **GOODWILL** and **BETTER FRIENDSHIPS** ?
- Will it be **BENEFICIAL** to all concerned ?

# Yoga in your Daily Routine



**Rtn. Babita Kulkarni**

Namaskar,

Every Women undergo changes from Menarc to Meno Pause in her life. To Over Come the challenges in her life's day to day activity here are 5 yoga asana's.

## A) Hasta Padangusthasana :-

Helps to balance, reduces osteoporis.

**Method :** Stand Straight ; raise one leg & touch the toe & now slow keep the leg straight.



## B) Matsyasana :-

Helps to Improve the thyroid function & helps to open the pelvic region.

**Method :** Lie down with your legs folded & now raise your head, till you head touches the floor, be in the pose for 30 sec to 1 min. & relax. Come back to your normal pose.



## C) Bhadrasana :-

Helps to improve the blood circulation of pelvic region & relax the hip muscles.

**Method :** Sit down with your both feet touching one another ; place your hands on

feet ; bring your feet close to your body & do butterfly movements.



## D) Balasana :-

Helps to calm the mind & relax the body.

**Method :** Sit in Vajrasana with legs apart your seat should be placed on feet. Now inhale & while exhaling , bend till your forehead touches the floor & both hands stretched in front.



## E) Abdominal Breathing :

Helps to reduce Anxiousnes s , calms the Nervous System.

**Method :** Lie on your back with legs slight apart. Place your one hand on chest & the other hand on abdomen. Concentrate on the abdominal movements during Inhalation & Exhalation.





## ROTARY INTERNATIONAL

### ROTARY'S AREAS OF FOCUS



PEACEBUILDING AND CONFLICT PREVENTION

DISEASE PREVENTION AND TREATMENT



WATER, SANITATION AND HYGIENE

MATERNAL AND CHILD HEALTH



BASIC EDUCATION AND LITERACY

COMMUNITY ECONOMICS DEVELOPMENT



ENVIRONMENT