

southern star

...अवघे धरू सुपंथ

Official Bulletin Of The Rotary Club Of Pune South

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*Celebrating Basic Education
and Literacy Month*





GUIDING STARS

Most of us missed hearing RI President Jennifer on DEI (Diversity, Equity and Inclusion).

The August issue of Rotary magazine covers it in detail. [PI read...](#)

It's time for Rotary to take our next step in advancing diversity, equity, and inclusion (DEI) across our organization.

Embracing an experience where people feel included is more than just making our membership numbers more diverse. It's about making our meetings and events places where we can speak openly and honestly with each other, where our members feel welcome and safe. This means removing barriers for entry and opening doors for inclusion. Our values remain our strength – and our commitment to excellence requires us to maintain high standards for our members as well.

I believe we are all determined to advance DEI across Rotary. This is rooted in the deepest traditions of our organization, and it will ensure that we remain vibrant and relevant for decades to come.

A few years ago, our Rotary Board set the ambitious goal of increasing the share of female members to 30 percent by 2023. We have less than a year to go, but I believe we can meet and exceed this target.

We need Rotary leaders to rise from every continent, culture, and creed. We need young members and young thinkers to take on larger roles and responsibilities.

We need to listen to new Rotary members just as keenly, and with as much respect, as those with many years of membership. During our recent convention in Houston, we heard from astronauts about their journeys into space. We reflected upon a time in the 1960s when U.S. President John F. Kennedy urged the world to dream, with his declaration that we would "go to the moon [and do] other things, not because they are easy but because they are hard."

Fully committing Rotary to DEI and meeting our ambitious membership targets may seem as unlikely as a moon shot. But I know that when people of action are committed to a big goal, we make it worth every ounce of our energy.

Jennifer Jones
RI President 2022-23



“सूर्यासारखे चमकण्यासाठी
आधी सूर्यासारखे जळायला हवे.”



Expert Speaks



Rainy season & Eye care

Ann Dr. Anushree Gosavi

RAINY SEASON & EYE CARE. Rainy season is going on with full swing giving every one a relief from heat. As the air gets filled with bacteria & viruses, eye infections become a common occurrence.

Few of these:

1) **STYE (Ranjanwadi)** is caused by bacteria. In this condition, there is swelling on eyelid, redness & pain. Hot fomentation gives relief in early stage.

2) **CONJUNCTIVITIS** This could be due to bacteria & viruses.

Here you get redness, watering, irritation & discharge from the eyes. Also there may be sticking of the eyelashes. This is highly contagious & use of artificial tears ,with frequent washing of eyes with water helps to some extent. Self medication should be avoided.

3) **FUNGAL INFECTIONS.**

This is commonly seen in patients with compromised Immune system. It's causes may be Uncontrolled Diabetes, HIV, & Post Covid state. We have seen many cases of Mucormycosis in post covid state. In this always consult Eye specialists.

All above conditions can be best avoided by –

A) Wear protective glasses.

B) Avoid frequent touching of eyes.

C) Frequent washing of hands.

D) Avoid sharing of handkerchief or napkin with others.

F) Swimming should be avoided as far as possible.

G) Take utmost care of Contact lenses.

H) Keep contact lenses in proper hygienic conditions & never use it when there is eye infection.

So Prevention Is Better Than Cure.



OpiniOn

Matters

मत महत्वाचे



Eka Deshachi Khoj - Part 9

Rtn. Dr. Subhash Deshpande

Pt.Nehru was facinated by Buddha's story from his childhood, His life's journey from Siddhartha to Lord Buddha, His sufferings, pain and torment.Edwinl Arnold's book 'light of Asia was his favorite. In his travels he used to visit Buddha's birthplace 'Lumbini' at the border with Nepal and other places. He visited in his wondering,Bodhi Tree in Gaya, where Buddha achieved enlightenment, places where He gave His sermons and Kushinagar in U P where he achieved His Mahanirvana in 487 BCE.

Pt.Nehru also visited the countries where Buddhism flourished and is still being practiced. He visited Temples, Monasteries, met with the Monks and Laymen to gauge the effect of Buddhism on them and the status of the religion now.What he saw did not please him. The straightforward, ethical religion was mired in excessive verbal expressions, in religious ceremonies, in rules and regulations, rituals, even magic. Many of the Monks were ignorant of the true meaning of the religion, arrogant and were demanding respect from others, for themselves and the religion. The basic characteristics of the religion changed according to the image of the host countries. But there were also good points to notice. There was an atmosphere of peace and tranquility, with calm expressions on the faces of Monks and Students. They were dignified, gentle, with the feeling of disinterest in worldly affairs and worries. Pt.Nehru contemplated whether this detachment was in accordance with the modern life of .

continuous struggle and could it be accommodated in the modern life style to tone down it's harshness.

This detachment with the life and it's challenges, did not agree with Pt.Nehru's lifestyle. He liked to enjoy life with enthusiasm and tackle the conflicts face on. Even in sufferings and distress he was always active.

Pt. Nehru wonders ' whether Buddhism gloomy and unresponsive?'.Some may say 'yes' Pt. Nehru doesn't consider himself competent enough to comment on that question. But he thinks that a religion merely based on passivity and pessimism could not have been so popular with vast numbers of people in the world.

Buddha can be understood through his idols carved by the loving hands of sculptors. Seating on the Lotus Flower with calm and impressive expression, above any wishes or lust, away from disturbances and struggles in life.So far away, that He seems almost unreachable. And still if we stare at His still features, we feel the emotions, far beyond our understanding. Though His eyes are closed, some powerful feelings ooze out of them with lively energy. Though long time has passed by, Buddha seems to be with us, whispering in our ears, not to run away from struggles of life, but face them calmly, to avail of the greater opportunities ahead. Buddha must have been a great personality to impress vast majority of the mankind by His presence,as Swiss religious scholar Barth says about Him, 'He was a complete model of graceful calmness and sweetness, with endless kindness for living beings and pity for the sufferers, with great moral values, away from preconceived opinions. The nation and the people who could produce such a great person must be having large reserves of wisdom and inner strength within them.'

Second Mahamanav in the history of Bharat is Samrat Ashoka. In his era Buddhism acquired Royal patronage and the religion spread all over India as well as outside India. The foreign relations established by Chandragupta Morya continued during the reign of his son Bindusara.Ambassadors came from the countries like Egypt, court of Antiochus of western Asia. Ashoka the grand son of Chandragupta added to these contacts and India became an important International centre, specially due to the rapid spread of Buddhism.

Ashoka ascended the throne of Mourya Empire at about 273 BCE. Before that he was a Viceroy of North Western Province. The Empire had spread upto Central Asia and the greater Part of India. Only Southeastern part and part of Southern India were not in its dominion. Under the ambition of Akhand Bharat, Ashoka attacked state of Kalinga and after the massacre of soldiers and people, conquered it. On learning the news of the slaughter, Ashoka was ashamed of his deeds and abandoned the warfare halfway through. Though most of India was under his rule, except tip of Southern India, Ashoka refrained from attacking it. Instead he devoted his time in conquering life according to Buddha's teachings.

There are innumerable statements, carved in rock or metal, given by Ashoka, which give us an idea about his actions and thoughts. In one of them it says 'After eight years of rule, Ashoka conquered Kalinga. In doing so, one hundred and fifty thousand persons were captured, one hundred thousand were killed and many more died. After conquering Kalinga, Ashoka regretted his actions, as it involved in killings, death and taking prisoners. So earnestly he followed the law of Buddhism, which includes pity'. After that Ashoka forbid his army from killings and taking prisoners, as 'True victory consists of winning the hearts of people through Buddhist religious dictum. Such victories were won by Ashoka, not only in his Kingdom but also in other distant Kingdoms.' He further states 'If anyone does anything wrong with Ashoka, he must bear it patiently, as far as possible. He also must take care of the forest dwellers in his Kingdom, because if he does not do so, he will be sorry, as Samrat wishes, that all living beings in his Kingdom should be secure, well behaved, peaceful and happy.'

Samrat Ashoka was liked by everybody in the country, as well as in the parts of Asia. He is still popular as he devoted himself to promote Buddhism, good moral conduct, helping friendly behavior and social work. He did not spent his time passively doing nothing, looking after himself, but worked hard for the welfare of the people. He declared that 'he is available at all times, anywhere, even in his dining room or bedroom or bathroom or during his travels in his chariot or palace garden, for the officials, to inform him and conduct any official business, for the good of his subjects'. He sent messengers and Ambassadors to various countries in goodwill, with the messages of Lord Buddha, like in Syria, Egypt, Macedonia, Greece, Cyrene and Epirus in Greece, Libya and Albany. He sent his Son Mahendra and his Daughter Sanghamitra to Cylon.

He also sent people with Buddha's messages to central Asia, Burma and Siam i.e. present Thailand. Every where he appealed to the mind and heart of the people and tried to convince them without any force. He respected all other religions, though he was very much devoted to Buddhism. He declared, ' All religions should be respected. By doing so, not only one honors his own religion but also does good to the other religions.' During his rule Buddhism spread rapidly from Kashmir to Kanyakumari, to Nepal, Ceylon, Tibet, China, Mongolia. In India due to its influence vegetarianism and non-alcoholism proliferated. Animal sacrifice was also forbidden. Along with the spread of Buddhism, contacts and trade with the foreign countries increased. There is a mention of a foreign colony in Khotan or Sinkian in Central China. Indian University of Taxila was famous abroad.

Ashoka constructed many magnificent buildings. Some of them had a foreign architecture, like clustered columns, designed by foreign craftsmen. His palace hall in Pataliputra (Patana) had wooden pillars which were in perfect condition, when found, and laid out with the precision that cannot be matched even today. There seems to be a technology available at that time for the treatment and preservation of wood. There is no record of Nalanda University, which lies between Patana and Gaya, being operational at Ashoka's time.

Samrat Ashoka died in 232BC after a reign of 41 years. H.G. Wells writes about him, 'Among the thousands of names that clutter the pages of History, Ashoka's name shines like a bright lonely star. He is remembered from Volga to Japan. China, Tibet, even India, where Buddhism is not prevalent now, preserve his tradition. More people remember him than Constantine or Charles the Great.'

The End



Eating

Rtn. Yogendra Natu

Recently came across an interesting news - Average American consumes 4000 calories per day. It was 2000 calories per day in 1975. So double the consumption in say 50 years. More than 50% Americans are obese.

Japanese are skinny and average consumption is 2000 calories per day. Their diet consists of lot of sea food.

Average Indian consumes 2150 calories per day.

Four years ago Dr. Rajeev Sharangpani, delivered a lecture on “Healthy Living”. During the lecture one of the questions he asked was “When do you have lunch ?” Somebody said at noon, other man said at one pm and third man said two pm. Dr. Rajeev Sharangpani was surprised that nobody said he eats when he is hungry. Now a days we eat to celebrate, kuC malza hao jaaya. We eat as time pass. We eat because food is tempting.

That reminds me of Fletchrism - after Horace Fletcher (1849-1919). He was so popular that even American president was his follower,

Fletchrism - A dietary system prescribing

- 1) The repeated chewing of food until all taste is lost.
- 2) In abstention from food until very hungry.

What Fletcher says is simple and easy to follow. It shows the way to healthy happy life.



The holy month of Shravan

Ann Sugandha Natu

Shravan is the fifth month of the Hindu calendar. The Shravan (श्रवण) Nakshatra or star rules the skies, hence this month derives its name from this Nakshatra.

As per the Hindu calendar there are six seasons in the year and accordingly the Rainy season falls in the month of Shravan and Bhadrapada.

The month of Shravan is considered very important for the entire Indian subcontinent as it is connected to the South West monsoon. In this month there is a constant play between the pitter patter of rain followed by sunshine. They probably play hide and seek with each other. In this season nature is at its best. Mother Earth is covered in a thick blanket of lush verdant foliage. The scenic beauty of the landscape simply takes your breath away.

Shravan is a holy month of fasting. Many Hindus fast every Monday to Lord Shiva and every Tuesday to the Goddess Parvati.

Wednesday is dedicated to Lord Krishna or Lord Vishnu

Thursday is when Lord Budha is worshipped.

Friday is for the worship of Goddess Lakshmi.

Saturday is dedicated to Lord Shani

Sunday is for Lord Surya dev.

Besides a great religious belief behind fasting there is also a scientific reason associated with it. As the digestive system becomes weak, waterborne diseases spread very fast. Hence, this is a process to detoxify the system.

This month is the best time to conduct all important religious ceremonies as the ruling deity is Lord Shiva and hence all days in this month are auspicious for 'Shubh Arambh' i.e a good start for any important activity!

Each Monday is celebrated as Shraavan Somvar across all temples with the 'Dharanatra' hanging over the Shiva pinda bathing it with holy water and milk, bael leaves, flowers.

This month is synonymous with many festivals which are celebrated with great pomp and fervour. Some of them are :

Nag Panchami : It is symbolic as snake worship celebrated on the fifth day in the month of Shraavan.

Raksha Bandhan : It is the celebration of the strong bond of any brother sister relationship.

Narali Purnima: A ceremonial day observed by the fishing community around Mumbai and Konkan coast where coconuts are offered to the ocean.

Pola,: A Thanksgiving festival celebrated by farmers in Maharashtra and Chattisgarh to acknowledge the importance of bulls and oxen who are a crucial part of agriculture and farming activities.

Janmashtami : It is celebrated when Lord Krishna is believed to have been born in Mathura according to Hindu traditions and mythology.

Thus in conclusion, we can see that Shraavan is a fascinating month with all its unique facets and is celebrated with great enthusiasm across India.

In today's age of conflict, stress, discontent and maladies the Lord is our saviour and the Almighty brings blessings and peace of mind to its devotees.

So, this month is enjoyed with great zeal and fervour and holy spirit.



Marthanda Verma The Indian King Who Destroyed The Dutch

P.P. Rtn. Abhijit Joag

We are always told that India's history is a story of continuous defeats. But today I am going to tell you a story of an Indian king who not only fought but comprehensively defeated a global super power.

Anizam Thirunal Marthanda Verma was born in the year 1705 to Queen Karthika Thirunal and Raghava Verma of Killimanur Royal family in Kerala.

His uncle Raja Rama Verma was the chief of Venad Kingdom whose powers were curtailed by the Dutch and British trading companies who exerted a huge influence on him.

Young Marthanda Verma joined his uncle at a young age of 14. He brokered an alliance with Madurai Nayaks and advised the king to sign a treaty with the British to counter the rising Dutch power in Kerala. Marthanda Verma ascended to throne in 1729.

He built a large army of 50000 soldiers and created what later came to be known as the Travancore Kingdom.

Dutch East India Company founded in 1602 had grown into one of the most powerful organizations in the world history that followed a strategy of colonization to boost their trade, just like their British counterparts. They defeated the Portuguese in Malabar coast and became the dominant power in the region, with a monopoly over the pepper and cinnamon trade from Kerala.

Considered to be the first company to be listed on an official stock exchange, it expanded its global presence in 17th and 18 Century. They were highly influential in South-East Asia and operated from their. Asian Head quarters in Jayakarta (now Jakarta).

Within the colonies controlled by them, they operated as quasi government, enforcing deals and treaties to facilitate their commercial and political interests, often by force, much like the British East India Company.

Like most of the European colonial powers of that time, the Dutch had a powerful navy that allowed them to exert their influence in Indonesia, Japan, Taiwan, Malaysia, Thailand, Vietnam, Mauritius, South Africa and India.

By the early 1700s Dutch influence over Kerala was at its peak. They had defeated the Zamorin of Calicut and the Kochi Kingdom too. It was inevitable that the Travancore Kingdom under Marthanda Virma would be their next target. The immediate reason was pepper trade. The Dutch and a treaty with Odanad kingdom for purchase of pepper to be exported to Netherlands for huge profits. The Dutch feared that Marthanda Verma's aggressive policies would endanger their spice trade.

So they decided to attack his kingdom.

When clashes arose between Marthanda Verma and the Dutch on various issues, the Dutch Governor of Ceylon Gustaaf William van Inhoff threatened to attack Travancore Kingdom. To which Marthanda Verma replied that he was thinking of attacking the Dutch Republic itself!

A war soon followed in which Marthanda Verma won a resounding victory. He then proceeded to attack and seize control over all the Dutch forts in the region, dealing a crushing blow to the Dutch East India Company.

The Dutch called for reinforcements from Ceylon and launched an assault from sea as well as land. In November 1740 they set up base at Colachel town near present day Kanyakumari .

From here they marched deep into Travancore territory, finally laying a siege to Kalkulam fort. From here on, the Dutch started getting into problems as local fishermen held them at bay till the Travancore forces would arrive.

After worshipping Lord Adi Kesava at the Thiruvattar Temple, Marthanda Verma rode towards Kalkulam. The Dutch army suffered heavy losses and retreated back to their base at Calachal.

The King's forces, were now joined by legendary Dewan Ramayyan Dalwa who was busy at the Northern frontier but rushed back to assist the king. King's fearsome personal guards known as Nair Pattalam. (Nair Brigade) also joined the front. Marthanda Verma and his army not only laid siege to the Dutch post at Colachel but also took to the seas to outflank and relentlessly attack the Dutch ships.

On 10th August 1741 in a major battle, Travancore forces destroyed the Dutch defences capturing a large number of prisoners, including the Dutch commander De Lannoy. It was probably the only occasion in the middle ages when an Asian king so comprehensively defeated an European power.

After their rout in the 'Battle of Colachel', the Dutch were never able to re-establish their power in Kerala again, as they were repeatedly defeated by the forces of Marthanda Verma and Ramayyan Dalwa.

Finally the Dutch settled for peace and signed the treaty of Mavelikkara in 1753 According to this treaty, Dutch agreed to never counter Travancore's expansion campaigns and to sell Marthanda Varma their arms and ammunition.

The Dutch commander De Lannoy joined the Travancore army and helped its modernisation. Marthanda Verma became one of the greatest rulers Kerala. He was a staunch devotee of Padmanabhaswamy temple. In 1750 he donated his entire kingdom to Lord Padmanabha and ruled as the Lord's Vice- Regent. He was one among the great Indian tradition of Spiritual kings.

If anyone tries to tell you that India's history is one of constant defeats, remember Marthanda Verma and ask that person to take a walk!



Tarsar and Marsar Trek, Kashmir

P.P. Rtn. Sudarshan Natu

Last year we completed KGL Trek ie Kashmir Great Lakes. Immediately after that we were to complete Tarsar and Marsar lakes Trek but unfortunately, we could not and that time only we had decided to complete the unfinished task this year. So, we registered for this Trek from 7th to 14th August 2022.

This trek is considered to be undoubtedly one of the best Treks in the Kashmir valley. During the summer period one gets to see the (unfrozen) Alpine lakes which are formed by melting of ice and the view is breathtaking. Camping near the lakes, magnificent meadows, various types of flowers, fauna and streams of water flowing through big boulders makes it a picture-perfect view. Everyone, who loves nature should do this trek and enjoy it's beauty. During this trek, you get to see three beautiful lakes namely Sundarsar, Marsar and Tarsar. On the way there is one more shallow water lake called Hokasar.

Generally, this trek starts and ends from the Aru valley of Pahalgam. However, because of Amarnath Yatra and the unfortunate incident which happened this year, there was restrictions on the movement of people in that region till 14th August. There was a big question mark whether we would be able to do the trek this year or do we need to choose an alternate location. We had booked our trek through India Hikes organisation, a well-known professional company who manage high altitude trekking in the best manner. Till the 4th August they were not sure of getting required permissions from the military and the forest department so were exploring alternate routes for the same trek. Expert team explored the new route & finally, it was decided to complete the trek from a new route.

This year route was planned from Sumbal Bala village on the Sonmarg road. This was exactly on the opposite side of Aru valley.

The challenge in this new route was; on the first day we would need to climb to the height of 11000 ft starting from 6700 ft & over a stretch of 10 km of steep ascent and camp at Sona Masti village. Need to get acclimatized to the high altitude to avoid AMS (Acute Mountain Sickness, usually above 8000 ft). This was not an easy task as even an expert trekker can get affected due to AMS and we had many first timers!

This Trek is considered as moderately difficult level trek. Crossing of big boulder section, juggle steep ascent and descent which can really take a toll on your knees. We were required to demonstrate our fitness either by jogging 5 km in 30 minutes or 10 km walk in 90 minutes and upload pictures and get approval. Not an easy task! This year they asked us to do a stress test (TMT) and submit the certificate. Four of us namely Girish Gokhale, Ashish Joshi, Prashant Kulkarni and myself - Sudarshan Natu were together from Pune. All of us did follow a good fitness regime - swimming, cycling, jogging, walking etc. We also did practice short treks to nearby places like Sinhagad fort Harishchandra gad fort. This helped us prepare for the upcoming challenge so that we could enjoy the trek! A total of 22 trekkers from various part of the country in the age group of 21 to 64 years joined this trek. Myself and Girish were the senior most.

We reached Srinagar on the 6th afternoon and checked in at the hotel. In the evening we walked and strolled at the famous Dal Lake. We came to know that in Srinagar curfew was declared on 7th Aug and all movements were restricted. The Curfew was lifted around 5pm and we had to walk about a Km with our luggage and report at IH camp site. All the formalities were completed and our trek leader briefed us about the trek, do's and don'ts and how everyone needs to be sensitive and ensure that the environment is kept clean. During the trek everyone had to carry an ECO bag and pick up plastic waste and then collect it at the camp site. Everybody introduced themselves and we felt like a team. Trekking is a team event and all need to be together and help each other then only one can enjoy the trek.

Our schedule for the trek was;

Day-1 7 Aug : Report to the base location at Srinagar and complete the formalities.

Day-2 8 Aug : Sumbal Bala (6702 ft) to Sonamasti (11200 ft.)

We got up around 4 AM to notice heavy rains outside! Felt like a bad omen to start the trek! By 6AM we were ready to board the minibus and go to Sumbal Bala village. Rains had subsided by then too. We had a good breakfast at the hotel and carried a packed lunch.

We reached Sumbal Bala around 7.45AM and started trekking around 8AM. As it was drizzling, we wore ponchos. Once we came out of the village area the entire scene changed dramatically. We were walking next to the river stream and could hear the roaring sound of water. Clouds were covering the entire valley but in next couple of moments we could see clear valley and dense jungle. Huge hill slopes covered with very tall pine trees. We crossed the stream a couple times using narrow bridges made up of tree trunks. Because of heavy rains a couple of hours ago, the pathways were muddy and slippery. At a couple of places, we got stuck, many slipped and our guide helped us steer through such patches. Slow pace and frequent short breaks were necessary to regain our breath. After four hours of walking, we took a lunch break and rested for 15/20 minutes. Even though the distance to cover was okay the elevation gain was tedious Finally, we reached Sona Masti campsite around 4PM and by then everybody was exhausted but super thrilled! We were at the altitude of 11000+ feet! Everyone felt a sense of achievement. A refreshing welcome drink of Aam Panha was waiting for us! Later we enjoyed Pasta and hot tea. Dinner was a special one - Rajma, Roti, Rice & Dal.

Day-3 9 Aug

Trek about 5km and reach to Sundarsar lake at about 12945ft level

We got up early and got ready for the day's adventure! Everybody's vital parameters like SPO2 and BP were recorded. Today's terrain was really challenging. We had to climb about 500meters through steep ascent and through Rocky patch. Negotiating the loose rocky slope was very difficult. The entire landscape was beautiful. After 6 hours of long walk, we reached our camp site which was next to Sundarsar lake. This was a very big lake but we couldn't admire the real beauty because of bad weather and clouds. All were tired so everyone retired early.

Day-4 10 Aug : Trek of about 2km to Marsar lake at about 13150ft and come back to Sundarsar lake again.

On this day we had good time on our hands as we were to visit Marser lake and come back. Early morning view of the sky was magnificent. We saw the beauty of sunrise and colorful skies. Water in the lake was still so we could see the reflection of the mountain in the lake. Captured the moments in mobile. After the breakfast we headed towards Marsar lake. We came on the other side of Sundersar lake and climbed the hill. Wow! The view of the lake and our camp site was so beautiful everyone forgot the pains and aches. We thought we would see Marser lake too. But to see the alpine lake we were required to climb down the hill and climb one more! Even though the distance was short it was not that easy to climb. Once we reached the top of the mountain at 13100 ft we witnessed the divine beauty of the magnificent Marser lake. This lake is supposed to be an evil lake and no one is supposed to touch or throw stone or drink the water. Obviously, we didn't dare to do anything & just enjoyed the view and the calmness. Everyone clicked photos and relaxed. To our surprise we got Airtel range as well. Nearby People come to this place to make a call. Imagine taking so much of efforts to make a call. But local people are so agile and quick they cross such distance in a couple of minutes!

After spending a good amount of time, we came back to our camp site. At night we were treated to a special dinner!

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Day-6 12 Aug : From Jasmargi proceed to Sona Masti camp through long walk and steep decent and camp at Sona Masti

By now we had seen all the three main lakes and it was time to start the return journey. We headed for Sona Masti campsite directly and it was a long trek and through steep decent through Rocky patch and a slippery hill. A descent to 11000 ft. We bypassed Sundarsar lake & took an alternate route. On the way we saw many marmots playing hide and seek. We also saw an Alpine chough (yellow beak crow) I could capture a photo after many attempts. After about 7 hours of long trekking, we reached the campsite. Even though we were tired we headed to the river stream and enjoyed the cascading cold water. This was our last night in the tent and we would be parting ways so debriefing session was held and everyone expressed their views and what they got from the trek. We were very happy to know that youngsters enjoyed our company and appreciated our fitness, long years of friendship and our daily activities.

Day-7 13 Aug : End the trek and walk back to base camp location of Sumbal Bala to height of 6700ft.

As we had to climb down long distance, we got up early morning and packed our stuff. Enjoyed special breakfast and met the Indiahikes support staff, our mule men, guides etc and thanked them for taking good care of us. We headed back with packed lunch as there was no time to go to any campsite.

The return journey was relatively easy, enjoyable and on the way, we enjoyed nature's beauty. Throughout the trek we were walking next to the river stream. By 3pm we reached Sumbal Bala village and took rest. Had lunch and waited for the transport bus to take us back to Srinagar. We said good bye to all and headed back to Srinagar.

It was a memorable experience for us. This trek was an ECO trek. We carried bags with us and picked up plastic and other garbage thrown by locals and other trekkers and collected it at the campsite. We used very little water and washing of utensils was done with saw dust first and then with little water. Our toilets were a dry type and we used bio degradable tissues and compost was created in the pits. We used to unpitch our tents and pack them so the support staff can be relieved and setup next camp site quickly.

We enjoyed tasty and hot food throughout the trek. They served us sweets like - kheer, Shahi Tukda, Gulabjam etc. Special dishes like Paratha, raita, uppit, dosa, pohe, Bhel, Pakodas, Rajma, Halwa etc. Indiahikes really ensured that trekkers ate well & healthy food. Our guides were excellent. They were experienced professionals, knowledgeable and capable of handling emergency situation if arise unfortunately.

Few photos attached will give you glimpses of the trek and I am sure you will be motivated to explore such places in India.

Ensure that you respect the nature, take care of it and in return it will give you abundant joy!





A little help is what they need!

FEED THE NEED

By our Rotractor Club of Pune Royal. Where food grains were donated by the Rotractor Group and financed partly by Members of RC Pune South to GHAR. This GHAR is supported by all Retired Officers from the Army this has just started in the month of April 22.

GHAR has the capacity to look after 40 orphans, paralysis patients and Old Age persons . A Very unique concept and operated army style with respect to cleanliness and discipline with lot of love for the orphans. It's a must visit place if anyone intends to donate for a worthy cause. This GHAR was introduced to RCPS and Rotractor by Rtn Dr Vijaya Gujarathi.

Thankyou Vijayatai and all the Members who donated for the FEED THE NEED.



आपल्या क्लबच्या P.I. साठी अनेक नावीन्यपूर्ण उपक्रम नेहेमी राबवणारे रो. दत्ता पाषाणकर यांनी गेल्या वर्षी केलेल्या मोतीबिंदू शस्त्रक्रिया मदत प्रकल्पाचा पुढील भाग आज अजून चार शस्त्रक्रिया करण्यासाठी मदत देवून संपन्न झाला.

या प्रसंगी प्रे. रो. संजीव व माजी अध्यक्ष रो. राजेन्द्र गोसावी सुद्धा उपस्थित होते. क्लबच्या प्रतिमा संवर्धनातील या योगदानातील रो. दत्ता पाषाणकर, प्रे. संजीव तसेच संबंधित सर्व आजी-माजी पदाधिकारी यांची कामगिरी खूपच कौतुकास्पद आहे. अभिनंदन! ग्रेट! वेल डन!!

आमच्या घरी काम करणाऱ्या वैशालीताई १९ ऑगस्टला आल्या आणि म्हणाल्या की आईचे मोतीबिंदूचे ऑपरेशन करायचे आहे सुट्टी लागेल आणि थोडे पैसेही.



आईचे पाहणारे कोणीच नाही आम्ही दोन मुलीच करतो सगळे. लगेच त्यांना आपल्या कॅटरेक्ट ऑपरेशन प्रोजेक्ट बद्दल सांगितले आणि आपले रो. दत्ता पाषाणकर यांना फोन केला. दत्ताभाऊंनी लगेच त्यांना कागदपत्र (आधार, रेशन कार्ड व बँक पासबुक) घेऊन येण्यास सांगितले. तासाभरात दत्ताभाऊंनी सर्व व्यवस्था केली व डॉ. एच. व्ही. देसाई हॉस्पिटल मध्ये तपासणी होऊन दुसऱ्याच (ता. २०) दिवशी सकाळी ८ वा. ऑपरेशन झाले. वैशालीताई, त्यांचे पती व वडील यांच्या डोळ्यातील आनंद आणि कृतज्ञतेची भावना सर्व काही सांगून गेली. त्यांच्या आईने "तुमचे उपकार कसे फेडू. तुमच्या संस्थेच्या लोकांना खूप पुण्य लाभेल" असे आवर्जून सांगितले. रो. दत्ता पाषाणकर व रोटरी क्लब पुणे साऊथ चे खूप आभार

रो. अभिजित देशपांडे

मी संतोष चंद्रकांत पाटणकर. आपल्या रोटरी क्लब ऑफ साऊथ, पुणे, यांचा खूप खूप आभारी आहे माझे दि:- २४ ऑगस्ट २०२२ रोजी डोळ्याचे मोतीबिंदूचे ऑपरेशन झाले.

ते व्यवस्थितपणे पार पडले. तसेच श्री वाळिंबे सर आणि श्री पाषाणकर सर यांच्या मदतीनेच मला एकही रूपया खर्च न होता. माझे ऑपरेशन व्यवस्थित पार पडले. त्याबद्दल दोघांचेही मानावे तितके आभार कमीच आहेत. आणि एच.व्ही देसाई हॉस्पिटल मधील डॉक्टर,स्टाॅफ यांचा मनपूर्वक आभारी आहे. आपण करत असलेल्या महान कार्याची माझ्यासारख्या गरजवंताना खूप मदत होते. त्यामुळे आपल्या रोटरी क्लब ऑफ साऊथ पुणे, यांचे खूप खूप आभार. धन्यवाद!



दक्षिण तीरी

मोदक मेकिंग वर्कशॉप १४ ऑगस्ट २०२२

मोदक बनवण्याची कार्यशाळा

14.08.2022

Organised by Ann's Participation
Committee

Report.

- Ann's Participation Committee Organised a 'Modak Making workshop', on Sunday, 14.08.2022 at 3:00 pm.
- Rtn. Manisha Belgaonkar was the Resource Person.
- The workshop was conducted at her residence at Treasure Park, Sahakarnagar No. 1, Pune-9.
- PP Rtn. Sonal Patwardhan, Ann Anjali Deodhar, Ann Radhika Waghmare, Ann Asmita Apte, Ann Anjali Pashankar, Ann Sangeeta Deshpande and First Lady Sneha Ogale participated in the workshop.
- No. of Participants: 7
- All the steps were showed by Manisha in detail and the participants learnt how to make modak in a very hands-on fashion.
- This workshop also resulted in a good assimilation amongst the lady Rotarians and Anns.
- Rtn. Manisha was a very gracious host and offered a very good fellowship too.

मोदक बनवण्याची कार्यशाळा : 14.08.2022



मोदक बनवण्याची कार्यशाळा: 14.08.2022



रानमळा येथील वृक्षारोपण २९ ऑगस्ट २०२२





Installation RY 2022-23 Interact Club Nandadeep High School

4 August 2022

Ann Madhavi Deshpande

- Avenue Director Service Projects (Youth and Partners in Service) - Rtn. Raghavendra Ponkshe
- Committee Chairperson Interact - Ann Madhavi Deshpande
- Beneficiary Details
- 34 boy and girl students of Std 9 of Nandadeep High School
- Number of Beneficiaries:34
- Budgeted: YES
- Project Start Date: 04/08/2022
- Project End Date: 04/08/2022
- Number of Participating Rotarians: 3
- Number of Participating Anns: 3
- Project Duration (Hrs): 1
- Total Person Hours Spent: 6.00 Hrs.
- Project Partners (e.g. Other RCs, NGO): Teachers and Staff of Nandadeep High School
- Brief Project Description
- Installation of President, Vice-President, Secretary and Treasurer of Interact Club at Nandadeep High School RY, Pune for 2022-23 was held on 4th August 2022.
- 34 students were present for the program along with School Principal Mrs. Kondekar and teacher Mrs. Mane.
- President Rtn. Sanjeev Ogale, Secretary Rtn. Abhijit Deshpande, Avenue Director Rtn. Raghavendra Ponkshe, First Lady Ann Sneha Ogale, Ann Asmita Apte were present.
- Program was organised by Interact Committee Chairperson Ann Madhavi Deshpande
- Submitted By : Ann Madhavi Deshpande



Installation RY 2022-23 Interact Club Nutan Balvikas Mandir

6 August 2022

Ann Madhavi Deshpande

- Avenue Director Service Projects (Youth and Partners in Service) - Rtn. Raghavendra Ponkshe
- Committee Chairperson Interact - Ann Madhavi Deshpande
- Beneficiary Details : Boys & Girls of std 9 of Nutan Balvikas Mandir School
- Number of Beneficiaries: 30
- Total Project Cost (INR): 0
- Budgeted: YES
- Means of Funding: -
- Project Start Date: 06/08/2022
- Project End Date: 06/08/2022
- Number of Participating Rotarians: 4
- Number of Participating Anns: 2
- Project Duration (Hrs): 1
- Total Person Hours Spent: 6.00 Hrs.

- Project Partners (e.g. Other RCs, NGO)
- Teacher & Staff of Nutan Balvikas Mandir
- Brief Project Description

Installation of President, Vice-President, Secretary and Treasurer of Interact Club at Nutan Balvikas Mandir, Pune for RY 2022-23 was held on 6th August 2022.

- 19 students were present for the program along with School Principal Mrs. Sawe and teacher Mrs. Budage.
- President Rtn. Sanjeev Ogale, Secretary Rtn. Abhijit Deshpande, Committee Member Rtn. Hemant Walimbe, Rtn Nadhuri Kirpekar and Ann Asmita Apte were present.
- Program was organised by Interact Committee Chairperson Ann Madhavi Deshpande
- Submitted By : Ann Madhavi Deshpande



Vihaan-District Interact Assembly 29 August 2022

Attending District Interact Assembly today with President Rtn. Sanjeev Ogale, Mane Madam and office bearers of the Nandadeep High School Interact Club. The school was felicitated for its long term association and commitment to Interact.



Student's General Health and Dental Checkup 29 August 2022

120 students General Health and Dental Checkup.

Medical Checkup Camp at Rathi High School conducted by Rtn Dr Vijayatai and Rtn Dr Sangeeta.





Induction of new members

22 August 2022

Rtn. Hemant Walimbe

Celebrating the Rotary Membership Month, four new members joined the RCPS family. District Membership Director, Rtn. Pankaj Patel was the Chief Guest for the induction program of these four new members joining the Rotary Club of Pune South family.

Four new members Rtn. Amithabh Akolkar, Rtn. Kedar Bhave, Rtn. Subhash Karandikar, Rtn. Archana Wadeyar and Rtn. Suhas Oka were inducted in the program at the hands of District Membership Director Rtn. Pankaj Patel and Senior Members of RCPS PP Rtn. Anil Supnekar, PP Rtn. Govind Patwardhan, PP Rtn. Sham Kulkarni and PP Rtn. Dr. Rajendra Gosavi.

Rotary pin along with a specially designed gift from Rotary District Membership Committee and a kit containing Membership Certificate, Rotary Stickers, Directory of Members etc. were given to all the new members.

The proposers of these new members President Rtn. Sanjeev Ogale, Rtn. Shrikant Paranjape, Rtn. Shweta Karandikar and Rtn. Hemant Walimbe were felicitated by giving them the certificates for the same.

President Rtn. Sanjeev Ogale gave the Oath to all the new members.

Director of Membership Committee of RCPS, PP. Rtn. Virendra Shah gave the introduction of the Chief Guest.

In his speech, Chief Guest, District Membership Director Rtn. Pankaj Patel congratulated all the new members for joining Rotary and explained the functioning of Rotary and its advantages at local and International levels. He explained how one can contribute to very large projects for the welfare of the society by effectively using

the platform of Rotary. He also guided them for their future journey.

Vote of thanks was given by Rtn. Sandeep Awadhani

The program was well attended by the members of the club and guests.

Compering by Ann. Priyadarshini Ambike was excellent added the special touch to the program.

The program was followed by an excellent fellowship as well.

Overall, it was a very well conducted event and marked a good start for the new members in the RCPS family.



नवीन मेंबर्स

Name: Amitabh Akolkar

Proposed by: Rtn. Shrikant Paranjape



Business: Business- Information Technology

Special Interest: Reading, Travelling, Making things

Ann Name: Kirti Akolkar

Profession: Business

Name: Archana Santosh Vadeyar

Proposed by: Ann Shweta Karandikar



Business/Profession: Education Faculty

Special Interest: Music, Sports, Birdwatching

Spouse Name: Santosh

Profession: I.T.

Name: Kedar Shriram Bhawe

Proposed by: Rtn. Sanjeev Ogle



Business/Profession: Ecologist / Cricketer

Special Interest: Restoration Ecologist

Ann Name: Lalita

Profession: Working in Bank of India

Name: Suhas Oka

Proposed by: Rtn. Hemant Walimbe



Business/Profession: Service at Credit Suisse A.G.

Special Interest: Contributing to the development in Rural areas

Ann Name: Madhura Oka

Profession: Indian Classical Kathak Dance



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- F) Neonatal Ventilator with inbuilt HFOV in 2020
- G) BilicareFocus Phototherapy in 2021 (Patent Pending)



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