



VASCOWHEEL

The official magazine of Rotary Club of Vasco da gama, Goa, India, District 3170. 2010-11 Issue 4 – 23rd July 2010



Our Guest speaker last week was Dr. Suraj Kanekar who is head of Patanjali Yogpeeth Goa Unit.

He spoke on the benefits of Yoga in our day to day life. He stressed upon getting up early at 4am to have a healthy and energetic day. He also emphasised on the importance of a proper diet.

He suggested regular 'Anulom Vilom' for a good heart functioning and 'Kapal Bhati' for reduction of stomach and to reduce constipation.

The word Yoga is derived from the Sanskrit word 'Yuj' which essentially means to join or unite. The

union referred to is that of the individual self uniting with Cosmic Consciousness or the Universal Spirit. Yoga is a means to achieving this goal.

Born in India, almost 26,000 years ago, Yoga is believed to have evolved during the period of the 'Sat Yuga', also called the Golden age. This period became known as a time of everlasting peace and abundant blessings, filled with seekers of the Eternal Truth. That is why, probably, even today we associate yoga with sages and hermits.

Yogic exercises recharge the body with cosmic energy. This facilitates:

- * Attainment of perfect equilibrium and harmony
- * Promotes self- healing.
- * Removes negative blocks from the mind and toxins from the body
- * Enhances Personal power
- * Increases self-awareness
- * Helps in attention focus and concentration, especially important for children
- * Reduces stress and tension in the physical body by activating the parasympathetic nervous system

GIRL CHILD SCHOLARSHIPS:

Our guest speaker for today is Dr. Ravindra Karmali.

Dr. Karmali was born in Raia and studied in Goa, Belgaum, Kolhapur, Pune and Mumbai to get triple M.A. in Political Science, English Literature, French. He also also did hin M.Ed. And LLB. In 1974 he was conferred a Ph. D, in education.

He has worked as Lecturer/Headmaster of various schools/institutions in and outside Goa.

He founded Mugao High School and co-founded Vidya Mandir at Adarsh Nagar, Chicalim, which is now having a strength of 1400 students.

He is a Past Rotarian and has occupied the post of Vice-President of Rotary Club of Vasco da gama.



We thank Mr. B.S. Chhindam and Mr. C. Raja for contributing to ROTARY FOUNDATION. Both are non-Rotarians and shall be awarded their PAUL HARRIS FELLOW pins shortly.

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

- * **FIRST.** The development of acquaintance as an opportunity for service;
- * **SECOND.** High ethical standards in business and professions, the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society;
- * **THIRD.** The application of the ideal of service in each Rotarian's personal, business, and community life;
- * **FOURTH.** The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

GOAL



Take up one idea.
Make that one idea your life.
Think of it, dream of it.
Live on that idea.
Let the brain, muscles, nerves,
every part of your body Be full of that idea
and just leave every other idea alone.
This the way to "SUCCESS".
And this is the way great spiritual giants
are produced.
Others are mere talking machines.

Birthdays

Maria Luiza Fernandes 25-Jul
Lincoln Viegas 29-Jul
Arthur Fernandes 30-Jul
Prمود Metha 30-Jul
Rajneesh Heda 30-Jul



Programme for the month:

23rd July – Girl Child Scholarship
25th July – Rotary Leadership Institute Part 1
25th July – District Rotaract Leadership forum - Belgaum
28th July – Board meeting
30th July – Distribution of sewing machines
6th August – Business Meeting



A team of Global Networkers

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www.rotaryclub3170.org

Rotary eClub of D-3170 is just like any traditional Rotary club. The only difference is that members meet on-line to serve the community and enjoy fellowship.

Rotary Club of Vasco da gama, Goa, India (District 3170) is sponsoring the eClub with Global membership. It will be a Club without any GEOGRAPHICAL LIMIT.

The purpose is to extend Rotary to business, professional and community leaders around the world who are unable to meet traditional attendance requirements because of travel, occupational demands, physical immobility, or residence beyond reasonable distance from an existing Rotary Club.

Twice a year, the members shall meet for fellowship and fun. These meetings are optional, and attendance is not a membership requirement of the eClub.

The members will communicate regularly via the Web, and conduct Weekly Programs as well. Any Rotarian from around the world can make-up 24 hours a day, 7 days a week.

The annual fee shall be around \$120, with a small one-time joining fee of \$60. As a Rotarian, you shall have the opportunity to network with 1,224,384+ members in 33,855+ clubs world-wide in over 200 countries/ geographical locations.

Rotary's motto is SERVICE ABOVE SELF and it is the oldest service organisation formed in 1905 by Paul Harris in Chicago. (www.rotary.org)

Please contact Rtn. Prakash Saraswat (prakash3170@gmail.com or call on +91-98601-24071) to know more about joining the eClub.

WE MEET EVERY FRIDAY AT 7.15 PM AT ROTARY COMMUNITY CENTRE, TILAK MAIDAN COMPLEX, VASCO DA GAMA

*This issue is a collaborative effort.
Please send news & articles to the Secretary*
Vist our website: www.rcvasco.org