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CLUB OF PANAJI



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FOR
GOOD**

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THE **SPARK**

SERVICE | FELLOWSHIP | LEADERSHIP

“
Together
we Inspire,
Together
we Achieve.
”

A JOURNEY OF
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SERVICE &
SPIRITUALITY**
BUILT ON VALUES,
DRIVEN BY PASSION

**BUILDING
BETTER COMMUNITIES**
THROUGH COMMITMENT
AND COMPASSION

**YESTERDAY, TODAY
& TOMORROW**
CONTINUING THE LEGACY
OF SERVICE

ENGINEER
LEADER
MENTOR
ROTARIAN
FAMILY MAN

— INTRODUCING CLUB PRESIDENT —

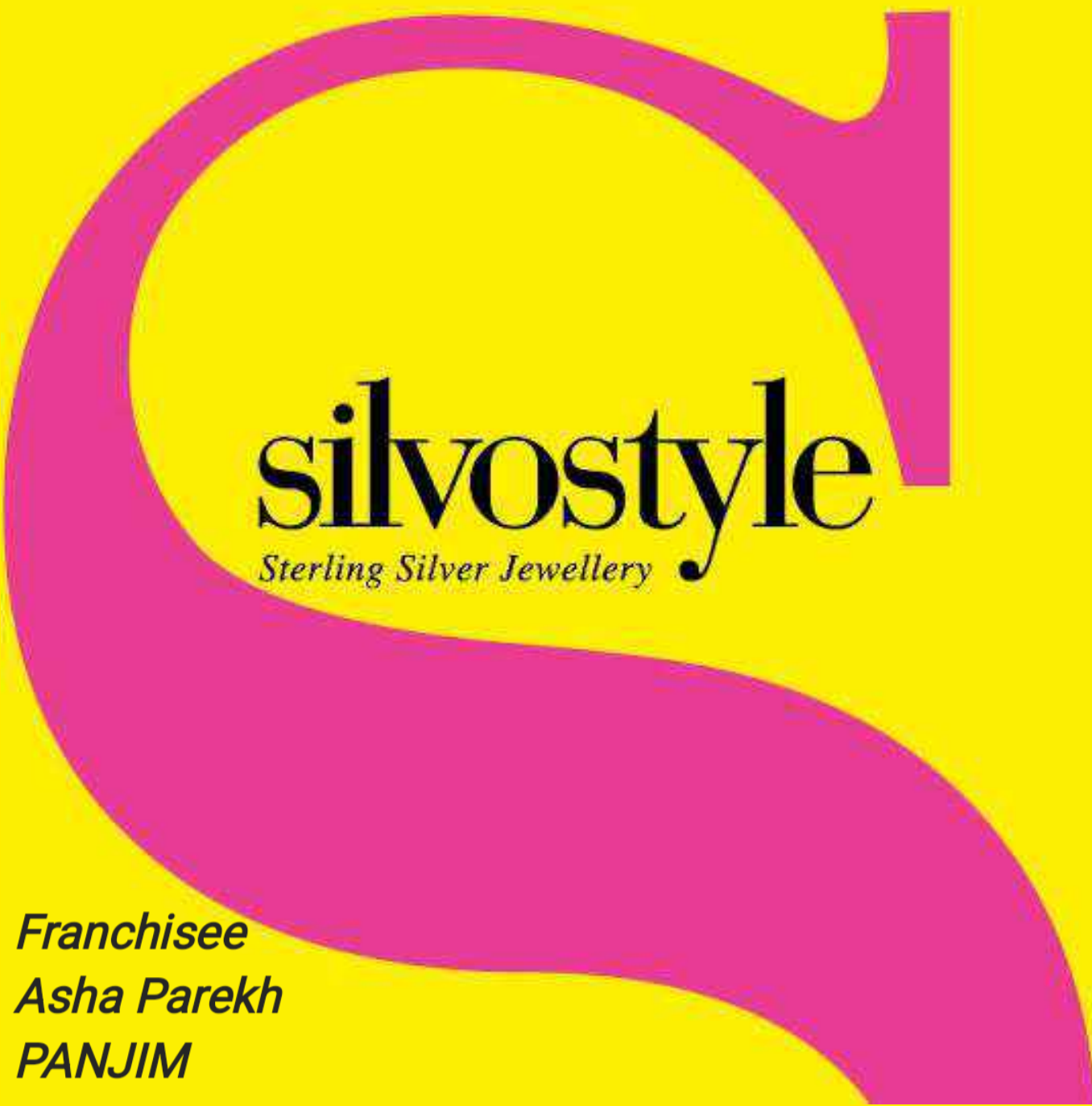
Rtn. **SANJAY (SADASHIV) GAONKAR**

MAY / JUNE 2026

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ISSUE 10

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PRESIDENT'S MESSAGE

Rtn. Prashant Kaisare



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Rtn. Deepak Gopani

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Rtn. Rajesh Kunde

SERGEANTATARMS
Rtn. Sandeep Phaldesai

Dear Fellow Rotarians,

As I enter the final month of my tenure as President, I am filled with gratitude and pride for all that we have accomplished together.

Every project undertaken, every fellowship event enjoyed, and every life touched has been possible because of your unwavering support, dedication, and commitment to the ideals of Rotary.

I take this opportunity to thank each and every one who stood by me during the year, My Board of Directors in particular, A big thank you to all of you for your extraordinary support, Dedication and commitment.

As this month is dedicated to fellowship we have two fellowship events coming up, Legends cricket and Day Picnic at Singbal farm. Let's come together and make the most of it.

This year has been a journey of service, friendship, and collective achievement. While I may have had the privilege of leading, the true strength of our club has always been its members. Thank you for your trust, encouragement, and willingness to serve whenever called upon.

A special word of appreciation to the Editor for the outstanding work throughout the year. Your dedication, creativity, and tireless efforts made every issue of our Rotary magazine informative, inspiring, and memorable. We deeply appreciate your commitment and the wonderful legacy you have created." Thank you.

As we prepare for a new leadership team to take charge, let us continue to support them with the same enthusiasm and unity that have been the hallmark of our club. Rotary's work never ends; it simply passes from one set of hands to another.

I cherish the memories we have created together and remain deeply grateful for the opportunity to serve as your President.

Thank you for making this a truly memorable and rewarding year.

Yours in Rotary Service,
President



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FROM THE SECRETARY'S DESK

Rtn. Deepak Gopani

Respected President Rtn. Prashant Kaisare, Past Presidents, Fellow Rotarians, Inner Wheel Members, and Guests, As we reach the end of Rotary Year 2025-26, it gives me immense pleasure to present the Secretary's Report for the months of May and June 2026. These final two months of the Rotary year were marked by meaningful meetings, impactful service projects, educational initiatives, fellowship activities, and celebrations of member achievements.

The month of May commenced with our 42nd Weekly Meeting on 6th May 2026, featuring an informative talk by Shri Sanjay Amonkar on Goan Youth and Entrepreneurship. The session provided valuable insights into opportunities and challenges faced by young entrepreneurs in Goa. During the meeting, President Rtn. Prashant Kaisare felicitated Secretary Rtn. Deepak Gopani on winning the Bronze Medal at the All India Masters National Table Tennis Tournament held in Pune, bringing pride and recognition to our club.

The 43rd Weekly Meeting on 13th May 2026 was dedicated to the much-awaited Cricket Legends Auction conducted exclusively for members. The auction was efficiently organized and conducted by Event Chair Rtn. Siddhesh Shetye, generating enthusiasm and camaraderie among members. On the same occasion, the club's bulletin Spark was released in a timely manner under the stewardship of Editor Rtn. Dhilan Shah, reflecting the excellent communication and documentation efforts of the club.

At the 44th Weekly Meeting on 20th May 2026, members benefited from an enlightening presentation by Smt. Sunetra Talaulikar on Post-Harvest Management of Local Goan Fruits and Value Addition. The session highlighted innovative enhancing usage of local produce, contributing to awareness about Nutritious and Preparations of the local fruits.

The 45th Weekly Meeting on 27th May 2026 celebrated educational excellence. The Interact Clubs of Anjuman Nurul Islam and Shree Sharda Vidyalaya were felicitated

for achieving 100% results in their academic examinations. The function was conducted by Event Chair Rtn. Bhalchandra Amonkar, with Chief Guest Rtn. Pratima Dhond presenting the awards. Teachers and students of Union School were also honoured for representing their robotics project at the international level, showcasing innovation and talent among young students.

Beyond our weekly meetings, the club remained actively engaged in service and fellowship. On 10th May 2026, Rotary Club of Panaji, along with Inner Wheel members, organized a Karaoke Evening for the senior residents of Sneha Mandir. The event brought joy and companionship to the residents, and the club also sponsored lunch for all participants.

On 16th May 2026, the club organized a memorable cruise aboard Paradise for the Rotakid Club of Panjim. Accompanied by members of the Inner Wheel Club, the children along with their parent enjoyed a delightful outing filled with music, dancing, and fellowship. Such activities continue to strengthen our commitment to nurturing and encouraging the younger generation.

The club also sponsored a Ten-Day Natyashibir for high school and higher secondary students at Volvoi from 15th to 24th May 2026, promoting cultural development and creative expression among youth.

We proudly congratulate Rtn. Satish Kenkre, winner of the First Prize, and Rtn. Raja Gadekar, Runner-Up, at the All Goa Rotary Karaoke Contest organized by Rotary Club of Curchorem. Their achievements brought laurels to our club and reflected the diverse talents of our members.

The month of June began with the 46th Weekly Meeting on 3rd June 2026, where Quiz Masters Rtn. Hemant Ramani and Rtn. Subhash Sajane, ably supported by Rtn. Prashant Kuncolienkar, conducted an engaging and informative World Football Quiz. The event generated

enthusiastic participation and healthy competition among members.

At our 10th June Weekly Meeting, the club had the privilege of felicitating two distinguished Rotarians, Rtn. Dr. Clarissa De Souza and Rtn. Sanjay Bhandari, in recognition of their valuable support and contributions to the Rotary Club of Panaji. The felicitation was conducted at the hands of AKS PDG Rtn. Dr. Vinaykumar Raikar.

One of the noteworthy service projects completed, a silent project was the painting of the premises of the National Association for the Blind at Santa Cruz. This project significantly improved the appearance of the institution and was successfully undertaken through the dedicated efforts of Rtn. Raja Gadekar.

June being Fellowship Month, members enthusiastically participated in the Legendary Cricket Tournament, an event that rekindled sporting spirit and strengthened bonds of friendship. Congratulations to the winning team led by IPP Rtn. Raghuvir Salkar and the runners-up led by Rtn. Bhalchandra Amonkar. The tournament was a wonderful reminder that Rotary fellowship remains one of the strongest pillars of our club.

As we conclude the Rotary year, members are eagerly looking forward to our final fellowship event, a Day-Out Picnic at Singbal Farm on 28th June 2026, which promises to be a fitting celebration of another successful year of service and fellowship.

As Secretary, I consider it a great privilege and honour to have served under the leadership of President Rtn. Prashant Kaisare. His profound knowledge of Rotary, calm demeanour, commitment to excellence, and inclusive leadership style ensured that our meetings, projects, and events were conducted with efficiency and purpose. His guidance inspired confidence, fostered teamwork, and helped the club achieve its objectives with distinction.

I express my sincere gratitude to the Board of Directors, Committee Chairs, Past Presidents, members of the Inner Wheel Club, and every Rotarian who contributed their time, talents, and resources during the year. The achievements of Rotary Club of Panaji are the result of

collective effort and shared commitment to the Rotary ideal of Service Above Self.

As we hand over the reins to the incoming leadership team, we do so with pride in our accomplishments and optimism for the future. May Rotary Club of Panaji continue to grow, serve, and inspire in the years ahead.

Sharing my last thought of the year 2025-2026

When you are good to OTHER'S, you are best to YOURSELF,"Just Remember," The thing's you do for YOURSELF are gone when you are gone, But the thing's you do for OTHER'S remain as your legacy. Develop the habit of Understanding and you will Experience Peace and Love in all Relations.

United for Good.

Yours in Rotary,

Rtn. Deepak Gopani

Secretary

Rotary Club of Panaji

Rotary Year 2025-26



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STRENGTHENING BONDS THROUGH SPARK

FROM THE EDITOR'S DESK

Rtn. Dhilan Shah



A Journey of Purpose, Passion & Togetherness

As I write this final Editor's Note for *SPARK* for the Rotary year, I do so with a heart full of gratitude, pride, and wonderful memories. Every edition of this magazine has been a reflection of our collective spirit — the enthusiasm of our members, the dedication towards service, and the beautiful stories that showcase the impact we continue to create together.

Being associated with Rotary has always been a journey of learning, growth, and meaningful experiences. One of the most fulfilling aspects of this journey has been the opportunity to embrace new roles every year — each role bringing its own set of challenges, responsibilities, and invaluable lessons. Every responsibility entrusted to me is not just a position, but an opportunity to contribute, connect, and grow as individuals while strengthening the larger Rotary family.

Serving as the Editor of *SPARK* has been a truly enriching experience. This magazine has been more than just a collection of articles and updates; it has been a platform to celebrate achievements, share ideas, highlight the incredible work done by our members, and preserve the memories of our Rotary journey. Seeing the pages come alive with contributions, photographs, stories, and messages has been a reminder of the passion and commitment that each member brings to this wonderful organisation.

I would like to extend my heartfelt gratitude to every contributor who shared their thoughts, experiences, articles, and creativity with us. Your valuable inputs have been the soul of *SPARK* and have helped make every edition more vibrant and meaningful. A special thank you to all our readers for your encouragement, appreciation, and continued support. Your engagement and enthusiasm have been the motivation behind every issue. I would also like to take this opportunity to express my heartfelt gratitude to Weldroy Fernandes Welferns Creations, our Graphic Designer and Printer, whose creativity, patience, and commitment have played an integral role in bringing every issue of *SPARK* to life.

The year gone by has been a fulfilling one — filled with moments of learning, collaboration, friendship, and service. Rotary has a unique way of bringing people together with a common purpose, and it is this unity that makes every initiative special. The friendships built, the projects accomplished, and the lives touched are the true rewards of being part of this incredible movement.

As I pass on this responsibility, I carry with me immense satisfaction and gratitude for the trust placed in me. I am confident that *SPARK* will continue to shine brighter in the years ahead, capturing the spirit of Rotary and inspiring many more members to share their stories and contribute towards making a difference.

To everyone who has been a part of this journey — thank you for making this experience memorable. Let us continue to support one another, embrace new opportunities, and keep the Rotary spirit alive.

As we move forward, may we always remember:

“The greatest way to find yourself is to lose yourself in the service of others.” — Mahatma Gandhi

With gratitude and warm regards,

Editor, SPARK



ROTARY INTERNATIONAL



THE FOUR-WAY TEST

**OF THE THINGS WE THINK,
SAY OR DO**

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

ROTARY INTERNATIONAL



FROM SQUARE FEET TO CUBIC POTENTIAL: THE POWER OF CLEAR HEIGHT IN REAL ESTATE

Rtn. Harshal Shah

In commercial real estate, success is often measured by occupancy rates, rental values, and tenant retention. Yet one critical design element continues to be overlooked during the planning stage of many retail and mixed-use developments:

Usable clear height below the beam.

Many projects are still designed around maximizing saleable area, while insufficient attention is paid to how modern brands actually use the space. As a result, developers often face challenges attracting premium tenants, national brands, and high-value retailers after construction is complete.

The reality is simple:

Tenants do not only lease square feet. They lease possibilities.

A modern retail space must accommodate branding, customer experience, mechanical services, operational requirements, and future adaptability. Without adequate clear height, even a prime location can become difficult to lease.

The Shift in Tenant Expectations

Over the last decade, retail design has evolved dramatically.

Today's tenants require far more than four walls and a floor slab. Whether it is a quick-service restaurant (QSR), a fashion retailer, a bank, or an experience-driven brand, every occupier needs infrastructure that supports both operations and customer engagement.

A tenant evaluating a property today looks beyond carpet area. Their assessment typically includes:

- Storefront visibility
- Signage opportunities
- Customer circulation

•HVAC and ventilation requirements

•Lighting design flexibility

•Fire safety integration

•Future scalability

•Overall customer experience

All of these factors are directly influenced by the available clear height. When floor-to-floor dimensions are inadequate, tenants are forced to compromise. False ceilings become lower, ducting becomes difficult to conceal, signage loses impact, and the overall customer experience suffers. The consequence is reduced tenant interest, longer vacancy periods, and downward pressure on rental values.

Recommended Clear Heights for Different Retail Categories

While every project and brand has unique requirements, current market trends suggest the following benchmarks:

QSRs, Restaurants & Cafés

Recommended Clear Height: 12–14 ft (3.6m–4.2m) below beam

Food and beverage operators typically have the highest service requirements. Kitchen exhaust systems, fresh-air ducts, grease ducts, fire protection systems, electrical trays, decorative lighting, and branding elements all compete for ceiling space. A low ceiling often results in a cramped environment and operational challenges. Adequate clear height allows restaurants to maintain both functionality and an inviting customer atmosphere.

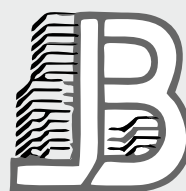
Fashion, Electronics, Beauty & General Retail

Recommended Clear Height: 11–13 ft (3.3m–4m)



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below beam

Modern retail brands invest heavily in visual merchandising and store presentation.

Higher ceilings enable:

- Stronger storefront design
- Better lighting layouts
- Larger display fixtures
- Enhanced customer perception
- Premium brand positioning

The perceived value of a retail store often increases with the sense of openness created by additional height.

Banks & Financial Service Outlets

Recommended Clear Height: 10–12 ft (3m–3.6m)
below beam

Although banks generally require less dramatic interiors than retail stores, they still need sufficient space for:

- Security systems
- Surveillance infrastructure
- Air conditioning systems
- Customer service areas
- Modern interior layouts

A comfortable ceiling height contributes significantly to customer confidence and overall branch experience.

Why Floor-to-Floor Height Matters More Than Ever

One common misconception among developers is that designing for the minimum acceptable height is sufficient.

However, what ultimately matters to a tenant is not the structural height but the **usable height remaining after services are installed.**

Mechanical, electrical, plumbing, fire-fighting, ventilation, and interior finishes can easily consume 2–4 feet of vertical space.

A retail unit that appears generous during construction may feel restrictive after fit-outs are completed.

For this reason, many contemporary commercial projects worldwide are designed with **14–16 ft (4.2m–4.8m) floor-to-floor heights**, providing the flexibility required by multiple tenant categories.

This approach future-proofs the asset and significantly broadens the pool of potential occupiers.

The Business Case for Developers

Designing with greater vertical flexibility is not merely an architectural decision—it is a commercial strategy.

Projects with better clear heights often benefit from:

- Stronger tenant demand
- Increased leasing velocity
- Improved rental values
- Greater flexibility across retail categories
- Better brand retention

Enhanced long-term asset value

Developers frequently spend substantial resources on façade design, landscaping, and marketing. Yet a simple design decision made during the planning stage can have a greater impact on leasing success than many post-construction enhancements.

Final Thought

The next generation of commercial developments will not be judged solely by location or area.

They will be judged by how effectively they accommodate modern occupiers.

As retail continues to evolve, flexibility is becoming the most valuable feature a commercial building can offer.

The question every builder, architect, and developer should ask during the design stage is:

“Are we creating a space that tenants can occupy today, or a space that tenants will still want five years from now?”

Because in commercial real estate, tenants don't merely lease area.

The author of this article specialises in commercial leasing and is instrumental in getting many brands to Goan market. He is founder of XEA Commercial Leasing and can be reached on +91 9004040370 or on harshal.shah@xea.co.in



With Best Compliments from

Santosh Mahanandu Naik

PANJIM - GOA

THROUGH MY LENS: A JOURNEY OF DISCOVERIES, MOMENTS & MEMORIES AROUND THE WORLD.

Rtn. Suvir Ahuja



My journey with involved photography started when I was the General Manager of a company called Genetco in Muscat for 3 years from 2004 – 2006 and one of the product line we were agents for was Canon cameras. The Divisional Manager of Canon division reporting to me , got to know of my likeness for photography and made sure that I buy one of latest DSLR Cameras then and also showed how to use it for best pictures. Since then, I have been a hardcore Canon user and every change in Camera was with a new Canon model only. In fact, it's time for me change to a newer model now .

Meanwhile cellphone cameras have swept the market, and the total dynamics of photography have changed. Every individual who uses a cell is a photographer and taking pictures has become a basic living norm by every individual. It's great to see so much advancement has taken in this field and photography has become a basic activity for everyone in their lives. Even a three -year-old child can click pictures.

I am a total fan of Samsung Color technology, and I use S 25 Ultra which has the zoom capability of 100 times!!! In fact, in most of my recent trips, I don't carry my DSLR as its heavy and bulky . From results point of view, my S25 results are as good as any Digital Cameras. Many of the pictures I am sharing are from my Samsung S25.

I also regularly use photo stitch software regularly ie taking pictures in sequence of four to six shots and stitching them together for a seamless picture . In my opinion, the results are better than panoramic option available in most of the cell phones

I did get a good opportunity to travel around the world during my Corporate days and as a result I was fortunate and lucky to have seen the beauty of the world and taken some good pictures. Also, now since both my sons are settled abroad, one in US and other in Canada, we do travel regularly to various destinations.

The best places in my opinion which are par excellent in terms of nature and beauty are Banff in Canada, Niagara

falls during the day also in the evening when totally lighted up, parts of New Zealand (Queenstown, Milford Sound, Mirror lake etc), parts of Australia (Pinnacle Desert , Great Barrier Reef , Melbourne & Sydney cities) , Cherry blossom season in Washington US, Mediterranean Cruise, The Pyramids of Egypt, Japanese Cities and their disciplined society and country first attitude .

The Giant Manufacturing hubs in China of any product ,Taiwan and its manufacturing base of Computers , semi conductor chips and its allied products etc etc . The list is endless as there is so much to see around the world .India has equally good destinations and we have travelled to most of the places but will need a separate discussion .

Our recent trip to Phu Quoc, Vietnam this January with some friends was quite an experience. It's a small island south of Vietnam and has been developed into a major tourist resort in last 20 years. Its development started in 2004 as a tourist hub and got its international airport in 2012 only .

The north and south cities based on some Italian towns are a treat to watch with various art & culture shows & the sidewalk cafes along the beautifully created wide canal and amazing lighting along the walk paths and bridges. In the South city, near the lake , the combination of Fireworks with Jet Ski shows is something I have not seen anywhere. Very reasonable and would recommend everyone, a visit there. Similarly a small island called Koh Samui, north of Thailand its an amazing destination to visit. Its airport is a small but exceptionally beautiful airport I have seen in the world.

Snow mountains of Himalayas- The Pir Panjal Range which is visible on a clear day from our house in Dalhousie (situated at a height of 7800 ft), Himachal Pradesh is one of my favorite subject for photography .

I normally go to Dalhousie in early April for a short trip post winter season when all the peaks are laden with snow. On a bright clear day, the views are just awesome.

Since I play golf and have been doing so for last 40 years at various places and destinations, we have our own Golfing group of Mumbai friends since 2001. We do travel to various parts of the world every year or so for a week or ten days to play golf in those countries which have one of the best courses. The top of the list is St Andrews in Scotland, called the Mecca of Golf. It is where Golf started and rated as one the best courses.

I strongly urge everyone to take a sea cruise if you have not been on any. We have done nearly 5 to six cruises in US, Europe & Singapore. A 5 to 6 days cruise in one the large ships carrying 3000 + passengers & a crew of 1000+ is an experience by itself. Its interesting the way every cruise is also an entertainment center, has excellent sports and gym facilities, bars and discos. theatre with latest plays etc etc & amazing choice of food and drinks. Of course all these cost a lot but I would suggest go for the better cruises than compromise.

In summary I would like to say that capturing good pictures is an art which is not very difficult but storing them properly in a way you can retrieve whenever you want to see them is also a must for keeping your photographic interest alive.

All the views expressed above are my own.

I am always available if any of Rotarians wishes to

discuss anything, have questions or share any feedback. My no & whatsapp no is 9818222774 and email id : suvirahuja@gmail.com.

Best wishes !!!

Rtn Suvir Raman Ahuja



Best Wishes From

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CAPTURING THE SPIRIT OF OUR WEEKLY MEETING



42nd Weekly Meeting – 6th May
Talk By Shri Sanjay Amonkar On Goan Youth & Entrepreneurship.



43rd Weekly Meeting - 13th May
Auction For Legends Cricket Cup Was Conducted By Event Chair Rtn Siddhesh Shetye.



44th Weekly Meeting - 20th May
Talk On Post Harvest Of Local Goan Fruits And Vegetables And Their Value Addition By Smt Sunetra



45th Weekly Meeting - 27th May -
Felicitation Of 2 Interact Schools For Achieving 100% Results In Ssc By Smt Pratima Dhond.



46th Weekly Meeting on 03rd June
RCP Conducted Football Quiz for the Members by Quiz Masters - Rtn Hemant Ramani and Rtn Subhash Sajane.



47th Weekly Meeting - 10th June
Felicitation of 2 resourceful person,
Rtn Sanjay Bhandari & Rtn Dr Clarissa De Souza

CAPTURING THE SPIRIT OF OUR WEEKLY MEETINGS



48th Weekly Meeting - 17th June
President Elect Rtn Sadashiv Gaonkar presented the Club Budget for Rotary year 2026-2027.



Rtn Deepak Gopani being felicitated at Club meeting for securing 3rd place at the All India Masters National Table Tennis Tournament held in Pune,



Release of the Spark Magazine at the hands of R Madhan.



Felicitation Of Anjuman Nurul Islam High School Cujra for securing 100% results at SSC exam at the hands of Chief Guest Rtn Pratima Dhond



49th Weekly Meeting - 24th June
Advice to Incoming President Rtn Sadashiv Gaonkar by Outgoing President Rtn Prashant Kaisare



Teacher and 2 students from Union High School were Felicitated at the hands of Chief Guest Rtn Pratima Dhond for presenting their robotics project at international level.



Felicitation of Shree Sharda Vidyalay School, Kumbharjua for securing 100% results at SSC Exam at the hands of Chief Guest Rtn Pratima Dhond

SERVICE IN ACTION: CAPTURING OUR JOURNEY OF IMPACT



On 10th May, our Club Along with Inner Wheel Members organized Karaoke Singing evening for the Senior Residents of SNEHA MANDIR.



On 16th May, Our Club organized a Boat Cruise for Rotakids Club of Panjim..



Our Club Sponsored 10 Day Natyashibir Program For Students Of High School And Higher Secondary School Held At Volvoi From 15th May To 24th May.



Our Club Completed Painting of premises of National Association for the Blind at Santa Cruz, thanks to Rtn Raja Gadekar.



On 16th May 2026 Rtn Satish Kenkre & Rtn Raja Gadekar won 1st Prize & 2nd Runner up respectively at the All Goa Rotary Karaoke Singing Contest organized by Rotary club of Curchorem and Sanvordem

GAME ON: CELEBRATING SPORTSMANSHIP, FELLOWSHIP & FUN



**Legends Cricket Tournament Best Bowler Rtn Nester Sequeira, Best Batsman Rtn Clyde Barreto
Best Fielder Rtn Sarfraz Shaikh**



Man of The Match Trophy's presented to top performers of the Legends Cricket Tournament



Winners of the Football Quiz held on 3rd June



**Legends Cricket Tournament - Winners Team Blue,
1st Runners Up Team Black and
2nd Runners Up Team White**



**Rotary Fantasy League 2025-26 Contest Winners 1st
Place Rtn Clyde Barreto 2nd Place Rtn Rajesh Kunde
3rd Place Rtn Siddhesh Shetye**

A NEW CHAPTER BEGINS: WELCOMING OUR INCOMING PRESIDENT RTN. SADASHIV (SANJAY) GAONKAR

Born on 4th October 1965, Rtn. Sadashiv (Sanjay) Gaonkar is a respected civil engineer, accomplished administrator, community leader, sports enthusiast, and dedicated Rotarian whose life journey exemplifies leadership, service, integrity, and commitment to societal development. His remarkable blend of professional achievement, social responsibility, spiritual values, and community engagement has earned him admiration among colleagues, friends, and fellow Rotarians alike.

Raised and educated in Panaji Goa and Karwar Karnataka, Sanjay displayed leadership qualities from an early age. During his formative years, he consistently demonstrated a natural ability to organize, motivate, and represent his peers. His leadership journey began in school, where he served as Class Representative, and continued during his engineering education in Karnataka, where he was elected General Secretary of his Engineering College—one of the most prestigious student leadership positions.

Alongside academics, Sanjay developed a deep passion for sports and physical fitness. An active participant in athletics, hockey, football, and several other sporting disciplines, he excelled both as an individual performer and a team player. His sporting achievements earned him numerous awards and recognitions at school and state levels. These experiences instilled in him values of discipline, resilience, teamwork, and determination, which continue to guide his personal and professional life.

Growing up in a family rooted in strong cultural and spiritual traditions, Sanjay developed a profound appreciation for spirituality and self-development. Inspired by the teachings of Maharishi Mahesh Yogi, he embraced the practice of Transcendental Meditation and sought to share its benefits with others. During his younger years, he voluntarily dedicated his time to

teaching yoga and meditation to children across various parts of Goa, helping them cultivate mental discipline, emotional balance, and physical well-being. His belief in holistic development remains a cornerstone of his philosophy of life.

Professionally, Sanjay embarked on his career with Thaly Construction, where he gained valuable experience in the field of civil engineering. His dedication, technical



expertise, and commitment to excellence soon led him to join the Goa Housing Board as a Junior Engineer. Over the years, through hard work, integrity, and professional competence, he steadily rose through the ranks and currently serves as Housing Engineer with the Goa Housing Board. Throughout his career, he has played a significant role in the planning, execution, and supervision of housing and infrastructure projects that have contributed to the development of Goa and improved the quality of life for many citizens.

Long before joining Rotary, Sanjay was actively involved in community service through Giants International. His commitment to humanitarian work and social welfare saw him occupy several leadership positions within the organisation. He served two successful terms as President and later as Federation President for two years during the unprecedented challenges posed by the COVID-19 pandemic. Under his leadership, numerous initiatives were undertaken to support affected families, healthcare institutions, frontline workers, and vulnerable sections of society. His ability to lead with compassion, decisiveness, and vision during difficult times earned widespread appreciation and respect.

The spirit of service found an enduring platform when Sanjay joined the Rotary Club of Panaji in Rotary Year 2009–10, sponsored by Rtn. Adv. Santosh Bharne. From the very beginning, he embraced Rotary's ideals of fellowship and service with enthusiasm and dedication. Over the years, he has served the Club in a variety of important leadership roles, including Secretary, Director of Youth Service (three terms), Club Spark Editor, and Sergeant-at-Arms. His involvement has extended across numerous community service projects, youth development initiatives, vocational programmes, sports activities, and club administration responsibilities.

A passionate advocate of youth empowerment, Sanjay has been particularly committed to initiatives that nurture leadership, character building, and community engagement among young people. His efforts have strengthened the Club's outreach and enhanced its impact on the community. Whether coordinating service projects, supporting educational initiatives, promoting health awareness, or strengthening fellowship among members, he has consistently demonstrated dedication and commitment to Rotary's mission.

His exemplary service has been recognised through several awards and accolades, including the Outstanding Club Chairman Award for Rotary Year

2011–12 and multiple recognitions at the District level. Yet, for Sanjay, the greatest reward lies not in awards but in the opportunity to serve and make a positive difference in the lives of others.

Reflecting on his Rotary journey, he often describes Rotary as an “extended family” that has enriched his life through meaningful friendships, inspiring experiences, and opportunities to serve humanity. Weekly fellowship meetings, community projects, district conferences, sports events, leadership training programmes, and collaborative initiatives have all contributed to a fulfilling and memorable Rotary experience.

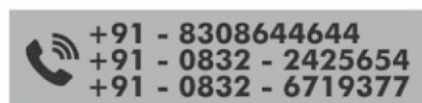
As he assumes office as President of the Rotary Club of Panaji for Rotary Year 2026–27, Rtn. Sadashiv (Sanjay) Gaonkar brings with him a wealth of experience, a spirit of inclusiveness, and a clear vision for the future. He is committed to strengthening fellowship among members, expanding impactful community service projects, empowering youth, enhancing partnerships with Rotaract and Interact Clubs, and fostering meaningful collaborations that create sustainable change. He believes that Rotary's true strength lies in the collective efforts of its members working together for the greater good.

He expresses his sincere gratitude to all Past Presidents, senior Rotarians, mentors, and club members whose guidance, encouragement, and confidence have inspired and supported him throughout his Rotary journey. He considers the opportunity to serve as President both a privilege and a



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responsibility, and he looks forward to leading the Club with dedication, humility, and purpose.

On the family front, Sanjay is blessed with the unwavering support of his wife, Mrs. Sujata Gaonkar, Chief Branch Manager with Bajaj Finance, whose encouragement has been instrumental in his personal and professional accomplishments. Their son, Dhruv Gaonkar, is a Civil Engineer who continues the family's tradition of professional excellence and commitment to growth.

Beyond his professional and Rotary commitments, Sanjay enjoys sports, music, spirituality, and fellowship. These interests continue to inspire a balanced and purposeful approach to life, helping him remain grounded while pursuing excellence in all spheres of endeavour.

Guided by Rotary's timeless motto, "Service Above Self," and inspired by the ideals of integrity, fellowship, diversity, and leadership, Rtn. Sadashiv (Sanjay) Gaonkar remains steadfast in his commitment to serving humanity, strengthening communities, and

advancing the proud legacy of the Rotary Club of Panaji. His journey stands as a testament to the belief that true leadership is measured not by personal achievement, but by the positive impact one creates in the lives of others.



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A PROUD STROKE OF SUCCESS: CELEBRATING A NATIONAL TABLE TENNIS ACHIEVEMENT

Deepak Gopani Wins Bronze medal at 32nd National
A contingent of around 30 table tennis players from Goa participated in the 32nd National Table Tennis Tournament held at Pune from 23rd April to 4th May. The tournament featured events in the 40+, 45+, 50+, 55+ 60+ 65+ and 70+ age categories.

Among the Goan participants, veteran paddler Deepak Gopani delivered an outstanding performance in the 55+ category by reaching the semi-finals winning the Bronze medal. bringing pride to the state, the first ever Singles medal for Goa.

One of the most crucial matches of his campaign was against top Delhi player Anil Jajoo in the team event. Deepak won the match 3-1, with the opening set ending in a thrilling 21-19 scoreline. The victory boosted his confidence and set the tone for his impressive run in the tournament.

In the Men singles 55+ category there were three players in each group and only one player would be qualified. It was a tough group with two other players, Suchit Kumar Chaturvedi from IA&AD and Srinivas Matur Rao from Telangana, both tough opponents. Deepak played a fantastic strategic game to beat both of them 3-2 to top the group.

Matches got more exciting as he went from round of 64 to Round of 32, where he met another tough opponent from Chandigarh, Sanjay Laheja, he too a sinder. This match Deepak had an upper hand throughout the match as he beat him 3-1. Score sheet 11-7, 8-11, 12-10, 11-5 to proceed to round of 16. Here the opponent was Shagun Sutaria from Gujarat another tough challenger who had defeated Karnataka top seed Cyril Arun 3-0. In spite of that Deepak played his fearless game and beat him 3-2. Score sheet 12-10, 7-11, 5-11, 12-10, 11-3

Believing in himself, Deepak Gopani faced Maharashtra's Atmaram with great confidence in the crucial podium match. After losing the opening set, Deepak staged a strong comeback to win the match 3-1 to secure the podium finish. With this remarkable victory, he entered the semi-finals of the Men's 55+

singles category. Deepak thus became the first Goan paddler to reach the semi-finals in singles at the National Table Tennis Tournament. Ultimate game in Semi Final the opponent was again another top player from host Maharashtra Ravindra Joshi who had defeated good top ranked players. The match started with cheers from the Goan supporters for Deepak as he took the lead but at the end the Ravindra took the set to lead 1-0.



In the second set, Ravichandran has the set point but Deepak avenged his first set defeat, to level the scores 1-1. In spite of a spirited fight by Deepak he lost the match 1-3 which ended his hope for the Finale.

The enthusiastic support and cheering from fellow Goan players and supporters present at the venue played a major role in motivating him throughout the competition.

Deepak's achievement is a proud moment for Goa's table tennis fraternity and an inspiration for upcoming players in the state.

Deepak thanked the players Rtn Dinesh Sinari, President of Goa Veteran Table tennis association. Rtn Clyde Barreto Jt Secretary of Goa



Veteran TT Association and above all his wife Hanisha Gopani for their continuous support throughout the tournament and made him believe that he could be a finalist. He will be ever grateful to all the participants who full heartedly supported him till the semi final match



WHERE PASSION MEETS FELLOWSHIP: THE LEGENDS CRICKET LEAGUE

Rtn. Siddhesh Shetye



Cricket has always been more than just a game—it brings people together, builds friendships, and creates memories that last a lifetime. Continuing this spirit of fellowship and camaraderie, the **Rotary Club of Panjim (RCP)** recently organized the much-awaited **RCP Legends Cricket Tournament** for its members on **13th June at STICA Panjim Gymkhana Indoors**.

The tournament was specially curated to bring together members of the club on a common platform beyond regular meetings and projects, encouraging teamwork, bonding, and healthy competition. The evening witnessed four enthusiastic teams of RCP Legends battling it out for the coveted championship trophy. The four teams—**Team Red, Team White, Team Black, and Team Blue**—showcased great energy, passion, and sportsmanship throughout the tournament.

The tournament followed an exciting **5-over-a-side format**, ensuring fast-paced action and plenty of thrilling moments. Each match was filled with competitive spirit, laughter, and cheers from fellow members, making it a truly memorable experience for everyone present.

A total of **four exciting matches** were played to determine the winners, runners-up, and individual award winners. While every team gave its best on the field, the true victory of the evening was the wonderful spirit of friendship and togetherness displayed by all the participants.

One of the biggest highlights of the tournament was the sensational batting performance by **Rotarian Clyde Barreto**, who entertained everyone by smashing **four consecutive sixes in one over**, leaving the crowd cheering and adding an unforgettable moment to the evening.

Adding further excitement to the event, the **RCP A Team** also played a special match against the **Rotaractors**, giving them an opportunity to participate and enjoy the spirit of the tournament. This initiative reflected the strong bond between Rotary and Rotaract and further strengthened the fellowship between members of both groups.

The individual performances were also recognized with well-deserved awards:

•**Best Bowler:** Rtn. Nester Sequeira

•**Best Batsman:** Rtn. Clyde Barreto

•**Best Fielder:** Sarfaraz Shaikh

The **Man of the Match** awards for the four games were presented to:

•Rtn. Sailesh Phaldesai

•Rtn. Sandeep Phaldesai

•Rtn. Jorge Bravo Da Costa

•Rtn. R Madhan

After four thrilling encounters, the final standings were:

Winners – Team Blue

Led by Rtn. Rohit

First Runners-up – Team Black

Led by Rtn. Bhalchandra Amonkar

Second Runners-up – Team White

Led by President Rtn. Prashant Kaisare

The tournament was not just about winning or losing—it was about celebrating the Rotary spirit of friendship, participation, and fellowship. Every player contributed to making the evening vibrant, and the enthusiasm shown by all members truly reflected the unity and bonding within the Rotary Club of Panjim.

The sporting event was followed by a wonderful fellowship gathering where members came together, shared conversations, and celebrated the success of the tournament. It was an evening filled with laughter, memories, and moments that will be cherished by all.

The RCP Legends Cricket Tournament was a perfect example of how sports can bring people closer, strengthen relationships, and create a stronger Rotary family. With such initiatives, the club continues to nurture the values of fellowship, fun, and friendship among its members.

Indeed, it was not just a cricket tournament—it was a celebration of the Rotary spirit!



SERVICE IN MOTION: A GLIMPSE INTO ROTARACT CLUB OF PANJIM'S INITIATIVES

CLUB SERVICE AVENUE

Celebrating Togetherness: March Birthdays

On 1st April 2026, after the 34th GBM, the Rotaract Club of Panjim celebrated March birthdays with a cake-cutting session that strengthened fellowship and created a joyful atmosphere among members.

Model UN

On 1st April 2026, the club organized a Model UN session led by Rtr. Brett on Iran war scenarios and global diplomacy. Twelve members participated, enhancing communication, analytical thinking, and teamwork skills.

Jenga Game Night

On 15th April 2026, after the 36th GBM, the club conducted a Jenga Game Night promoting fellowship, interaction, and teamwork among **13 participating members**.

Wealth Out of Waste

On 22nd April 2026, the club organized a "Wealth out of Waste" activity led by Rtr. Aparna for World Earth Day. **Members used recycled paper to create origami items, promoting sustainability and creativity among 19 participants.**

Club Sports Meet

On 24th April 2026, the club hosted a Sports Meet at Galacticos Ground featuring cricket and football matches. Fifteen members participated, encouraging fitness, sportsmanship, and fellowship.

COMMUNITY SERVICE AVENUE

Drishti: Eye Screening Camp

From 6th–8th April 2026, in collaboration with Aloka Vision Foundation, the club conducted a Free Eye Screening Camp across four schools. **A total of 491 students were screened, and 39 students identified with vision issues will receive free spectacles.**

Serve with Heart: Food Donation Drive in Panjim

On 12th April 2026, in collaboration with The Great Indian Kitchen, the club distributed 50 food packets across Panjim, spreading kindness and supporting

individuals in need.

Drishti: Spectacles Donation Camp

During the second phase of Project Drishti, the club distributed free spectacles to 39 students identified during the screening camp, promoting better eye health and accessibility to healthcare support.

Blood Donation Camp in Collaboration with GCCI, Women's Wing & Rotary Club of Panaji Riviera

On 30th April 2026, the club organized a Blood Donation Camp at GCCI to support GMC's healthcare requirements and promote awareness about voluntary blood donation.

Nirmaladhara: Beach Clean Up (District Initiative)

On 22nd April 2026, the club organized "Nirmaladhara – Beach Cleanliness Drive" at Caranzalem Beach with around 200 participants and multiple collaborating organizations, promoting sustainability and environmental awareness.

PROFESSIONAL SERVICE AVENUE

Awareness Session on Biodiversity

On 23rd April 2026, the club conducted a Biodiversity Awareness Session at Popular High School led by Rtr. Aidan Fonseca. Thirty students attended the interactive session on biodiversity, conservation, and mangroves.

The Pulse: Club E-Bulletin (March Edition)

On 29th April 2026, the club released the March Edition of "The Pulse" under the theme "Pulse of Change," highlighting the club's projects, achievements, and service journey.

World Earth Day Awareness

On 26th April 2026, the club shared Instagram stories highlighting "Nirmaladhara: Beach Clean-Up Drive" to spread awareness about Earth Day and sustainable environmental practices.

INTERNATIONAL SERVICE AVENUE

Heritage Connect: Joint Bulletin with RAC Batangas Mid-West, RID 3820 (Philippines)

On 1st April 2026, the club released a Joint ISD Bulletin titled "Heritage Connect" with RAC Batangas Mid-West, promoting cultural exchange and appreciation of heritage.

Attended Charter Presentation of Rotary Club of Panaji Central

On 16th April 2026, members attended the Charter Presentation of Rotary Club of Panaji Central, strengthening Rotary-Rotaract fellowship and collaboration.

Changed Lifestyles & Its Mental Health Effects by RAC Sunshine Sangli

On 18th April 2026, members attended a webinar on lifestyle changes and mental health awareness, encouraging balanced and mindful living practices.

Personal Branding Masterclass by RAC Chandigarh Shivalik, RID 3080

On 19th April 2026, members attended a webinar on personal branding, storytelling, and building a strong digital presence.

Green Gavel by RAC Delhi Pegasus, RID 3012

On 25th April 2026, members attended "Green Gavel," a webinar on environmental law and sustainability conducted by Adv. Anushka Kishwar.

Roots of Resilience

On 28th April 2026, the club organized a webinar led by Rtr. Rohitesh Sutar on mangrove awareness, conservation, and environmental sustainability.

DISTRICT INITIATIVES

Yagna: RID 3170 District Conference 2026

From 10th-12th April 2026, members attended the District Conference – Yagna District Assembly at Fairfield by Marriott. RAC Panjim proudly won the "Best Presentation" Award and announced hosting the final Gurukul for District 3170.

Sewing Kits Donation 2.0 under Lok Abhiram

On 3rd April 2026, under Lok Abhiram, the club donated two sewing machines to promote women empowerment, financial independence, and sustainable livelihood opportunities.

Jallosch 9th District Bulletin (March Edition)

The club contributed to the March Edition of District 3170's bulletin "Jallosch: Our Week, Our Celebration," showcasing World Rotaract Week projects and fellowship activities.



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JACKFRUIT RECIPE - SUNETRA TALAULIKAR

INTRODUCTION

Jackfruit scientifically known as *Artocarpus heterophyllus* Lam belongs to the family Moraceae.

Western ghats is blessed with a natural wealth of jack trees. They are found abundantly in the Goa. It forms a part of homestead garden and an inevitable component of *kulagars*, the arecanut based traditional gardens inherited from generation to generation.

Jackfruit has got great potential for value addition. Variety of items can be prepared from jack fruit right from immature stage to well ripened stage. Each item has its own virtues in terms of taste, preference, keeping quality, etc. Jackfruit contributes three parts namely bulb (30-32%), seed (18%) and rind (10-55%) of the ripe fruit.

Nutritive value of jackfruit (100 g)

Constituent	Average value
Moisture (%)	76.20
Energy (cal)	88.00
Protein (g)	1.90
Fat (g)	0.10
Fibre (g)	1.10
Carbohydrates (%)	18.90
Potassium (mg)	350.00
Calcium(mg)	20.00
Phosphorous (mg)	41.00
Iron (mg)	0.56
β Carotene (mg)	175.00
Thiamine (mg)	0.30
Riboflavin(mg)	0.13
Niacin (mg)	0.40
Vitamin C (mg)	7.00



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8. Strengthens the bone
9. Prevents anaemia
10. Maintains healthy thyroid



RECIPES

Few interesting and selected recipes of dishes that can be prepared out of jackfruit are given below.

1. Jack fruit pickle

Ingredients

- Jackfruit (half matured) – 1 kg raw
- Salt – 100 g
- Chilli powder – 35 g
- Pepper – 1 teaspoon
- Fenugreek seeds – 1 teaspoon
- Asafoetida powder – 1 teaspoon
- Mustard seeds – 3 teaspoon
- Turmeric powder – 1 teaspoon
- Vinegar – 100 ml
- Oil – ½ litre



Method

- Select a jack fruit that is not fully matured. Remove or scrap away the green outer rind. Then, cut the jack fruit into big pieces along with seeds.
- Cook the jackfruit pieces in boiling water until seed is soft.
- Drain, apply salt and keep aside by spreading on a plate for complete drying.
- Heat 2-3 teaspoon of oil and roast the mustard, fenugreek and pepper.

- Cool the roasted spices and grind into fine powder.
- Heat oil in a broad mouthed cooking pan, add turmeric powder, chilli powder asafetida. After putting off the stove, add the above ground mixture.
- After the oil cools down, add the dried jack fruit pieces which should be thoroughly free from moisture.
- Then add vinegar, mix well and store in a clean dry sterilized bottle.

2. Jackfruit Papad

Ingredients

- Mature/ raw jackfruit bulb – 500 g
- Salt – 2 teaspoon
- Black sesame or cumin seeds – 2 teaspoon



Method

- Cut open mature unripe jackfruit. Remove bulbs and extract out the seeds.
- Boil the bulbs, drain well and grind into fine paste along with salt using mixer.
- Mix ingredients like sesame or cumin seeds.
- Flatten into layer of fine thickness.
- Dry in trays of electric or solar cabinet drier by open sun drying.
- Store in airtight containers.
- Can be stored well for 10 months.
- Deep fry and serve.

3. Jackfruit chips

Ingredients

- Well matured jackfruit bulbs – 1 kg
- Salt – to taste
- Water – to blanch
- Oil – 500 ml



Method of making jaggery syrup

- Dissolve 300 g of jaggery in 100 – 200 ml of water thoroughly
- Cook in an open pan and stir
- Allow it to boil. After it boils, strain it through a metal strainer to remove any dirt or dust and keep aside.
- The strainer should be washed immediately to avoid clogging of the fine holes in the strainer.

Method

- Cut open well ripe jack fruit. Remove bulbs and extract out the seeds
- Boil the jack seeds till they are cooked well.
- Remove seed coat manually, cut into small pieces and make a smooth paste using mixer.
- Boil the jack seed powder in second milk extracted. Add water if required.
- Add jaggery syrup prepared already.
- Stir well and then add first milk of coconut
- Add dry fruits and nuts fried in ghee.
- To be consumed fresh.

Acknowledgment : We sincerely acknowledge the financial assistance given by Scheduled Caste Sub Plan, Govt. of India.

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Method

- Cut open mature unripe jackfruit. Remove bulbs and extract out the seeds.
- Cut the bulbs into shreds of 0.5 to 0.6 cm width, maintaining the length as much as the bulb.
- Blanch the pieces in boiling water in which salt has been added for two minutes and allow to drain till completely and dry in hot air oven for 5 mins at 80°C
- Heat oil in a frying pan and fry the chips.
- Sprinkle salt for taste.

4. Jackfruit Cutlet

Ingredients

- Jack bulb raw – 250 gm
- Onion – 100 gm
- Green chillies – 5 to 6 nos.
- Garlic – 4 pods
- Coriander leaves – 1 small bunch
- Garam masala powder – 1 tea spoon
- Haldi powder – ½ tea spoon
- Salt to taste
- Corn flour – 30 gms
- Rawa – 100 gm
- Oil – 1 ½ carton



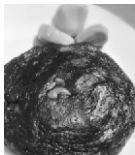
Method

- Chop jack bulb finely
- Chop onion and green chillies
- Crush garlic and keep aside
- In a kadai heat oil fry onion green chilli, crushed garlic and stir well.
- Add chopped jack bulbs cook for 5 to 7 minutes and cover with lid
- Add salt, garam masal powder and haldi powder.
- Make balls of above vegetable roll it in corn flour / bulb flour and rawa.
- Shallow fry on tawa with oil.

5. Jackfruit halwa

Ingredients

- Jackfruit pulp – 200 g
- Water – 1 cup
- Ghee – ½ cup
- Sugar – 1 cup
- Cashewnuts 10 no
- Jackfruit bulb powder – 50 gm



Method

- Basic recipes for jackfruit pulp - To 10 kg jackfruit pulp add 01 kg jaggery, 200g Ghee, 01 litre water, and boil till it is thick.
- In a broad vessel with thick base, add sugar, basic recipe, water and bulb powder and mix well. When it starts boiling, add cardamom, ghee roasted cashew nut and ghee.
- Stir till thickens to consistency of halwa
- Apply ghee to tray/plate and spread.
- Allow it to cool, cut and serve.

6. Jackfruit Seed Powder

Ingredients

Jackfruit seeds – 500 gm



Method

- Boil the seeds in water
- Cut into pieces and remove seed coat
- Dry it in hot air oven
- Grind it in mixer.
- Sieve through a mesh to get fine jack seed flour
- This can be used in making chapathi, bhajias, vada or can be mixed in infant foods. Jackfruit seeds are rich in protein, (6-8%) fat, carbohydrates and other nutrients.

7. Jackfruit Pedha

Ingredients

- Khova – 20 %
- Jack pulp – 50%
- Jackfruit bulb powder – 30 %
- Sugar – 30%



Method

- Pedha is prepared by blending a mixture of khova, jack pulp, bulb powder and sugar and it is heated on a low fire till the desired texture is obtained.

8. Jack seed kheer

Ingredients

- Jack seed – 500 g
- Jaggery – 300 g
- Coconut – 1 no
- Cardamom – 3 no
- Ghee – 100 g



Method of extracting coconut milk

- Grate the coconut
- Put the grated coconut into a mixer jar, add equal volume of warm water and run the mixer for 15 seconds
- It can be done in batches if the mixer jar is too small for the grated coconut.
- Extract the coconut milk by squeezing the ground coconut. This is called the first coconut milk. Keep it aside. Pool all the first milk extracted if done in batches.
- Then, add the coconut residue that is left out after the extraction of the first coconut milk into the mixer jar. Add equal volume of warm water and run the mixer for 10 – 15 seconds.
- Again repeat the extraction by squeezing the ground coconut residue. This is called the second coconut milk. Pool all the second milk extracted if done in batches.

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Jackfruit

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