

VSPM Physios
Rotaract



#BEINGBETTER



SERVE TO CHANGE LIVES

Zone 1

Club Name – **Rotaract Club of VSPM Physios**

Project Name- World peace day

Project Mode- Online mode

Start Date- 21/09/21

End Date- 21/09/21

Description of Project in brief by Rtr. Umisha Rathi

Club Report-2021

On account of International Peace day on 21st Sept, VSPM Physios organised a great event entitled Mann ki baat wherein our fellow rotaractors and friends shared their views as to what peace is according to them. I was much obliged by their response. I am thankful to Saburi Infale, Apoorva Andhare, Mansi Manekar, Shreya Dohare, Sejal Jaiswal, Mahel Tripathi, Harsh Gupta, Pragati Patel and Saloni Rangari for their views. I wish that all of our lives be filled with spirits of kindness, love a brotherhood in everyone's heart and attain everyone peace.

THANK YOU!!_RAC VSPM Physios

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"I came home through the horrors of pandemic, with all those tiring days, the quelle horreur of loneliness and aloof relationships, mere the sight of the family felt like relief. This relief is peace for me." Peace could be what the end of the war feels majority but it can be vacation for a 1st grade child. It can be meeting a grandchild after long to the grand parents. Or completing a race to the athelete. Peace is very subjective but peace is all we are running for. Here though I must not miss to mention the malignancy of a few that by their own rudimentary beliefs disrupts the peace for others in the society, in the name of religion or god or political demarkations. QED it can be bieng able to go to school for some, or for some being able to love. To me it is preaching and preserve love.

-Mahek Tripathi (vspm physio 1st year)

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If you are depressed you are living in the past, if you are anxious you are living in the future, if you are at the peace you are living in the present

-Shreya Dohare (vspm physio 2nd year)

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Where do I find Peace?
Oh, I can find it under Trees,
Also, near the sea breeze.
I believe, it's one's heart's piece,
As it do not have a limit crease.
Peace just cannot be on lease!

-Sejal Jaiswal (vspm physio 1st year)

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Peace begins from within...
The environment around you can be peaceful only if your own mind and body is calm and at harmony.
Precisely, righteousness & love for all the creatures in the world is all that it takes for your and everyone's life around you to be peaceful

-Saburi Ingale (vspm physio 2nd year)

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"PEACE" is a state where the atmosphere is to solve any issue by dialogue, healthy discussion/debate where each and every individual can express his/her opinions freely without any fear or harassment and his/her views are heard and respected. Peace is a state where everyone looks for a constructive solution and the intention is not to belittle others. A state where society strives for development and not destruction. It's a state where there is absence of enmity, people aren't deprived of their basic rights and enjoy and respect law and order. Peace cannot prevail in the absence of freedom and equality.

Every individual irrespective of caste, gender, creed, colour is loved and respected and considered valuable. PEACE is also a state where there is co-existence of both healthy competition as well as collaborative efforts, so that the main motive is to benefit the society and the whole world. Peace means that society is free of oppression, depression, violence, jealousy and the happiness index is high where everyone has the access to basic needs for living, where the approach is to lessen the gap between the rich and the poor. Even when the chips are down and our backs are against the wall, the love and support for each other continues. On the occasion of International Peace Day, we at Rotaract Club of RCOEM, hope and pray for peace to prevail in each and every corner of the world.

Mr. Varad Loya, International Service Director, Rotaract club of RCOEM, on the behalf of my club RAC RCOEM



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Peace is not what we can acquire by force but it can be found in the things we love, places we visit, people we care for or the hobbies we have.

Maybe it is found in the satisfaction which certainly brings happiness.


What brings peace to one's heart? This question is answered differently by each and every one.

The soothing sounds of the waves or the view from a building or just sitting under the dark and starry sky.

Life here has become so busy and stressful that no one realises that peace is not only the harmony between people or countries but also with the inner self of a person.

Being calm is a step towards bringing inner peace. And familiar things, they always calm you.

-Mansi Manekar (2nd year vspm physio)



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Peace for me is freedom from fear


Peace is inner feeling of happiness no matter what goes around. Peace is being lost in thoughts..

Peace is where you find love, respect and happiness without any discrimination.

Peace is feeling of being comfort when at major blizzard

Peace is silence in a chaotic world

-Saloni Rangari (3rd year vspm physio)



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Peace can be anything, A person, a book or a song, for some it's a nap pretty long.

Peace should make you feel like you belong, Make you feel strong, Even if its not what it's supposed to be, Don't worry! Your peace isn't wrong.

-Pragati Pate (vspm physio 1st year)

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