



Rotary Club of Navi Mumbai

Feb. 2023

MONTHLY NEWSLETTER

Vol 8

Rtn. Jennifer Jones
R.I. President

Rtn. Kailash Jethani
District Governor 22-23

Rtn. Yuvaraj Mahajan
Club President

Rtn. Sujata Agarwal
Club Secretary

Fellow Rotarians,

Welcome to RCNM's Monthly Newsletter. A brief content of this Newsletter is enclosed for your ready reference at a glance.

Newsletter Editor

Rtn. Yuvaraj Mahajan, FAB President 2022-23.

Do reach out to Editor for any feedback & Suggestion

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Visit our website - <https://rcnavimumbai.rotaryindia.org/>

**IN ORDER TO LIVE
IN THE KIND OF
SOCIETY YOU WANT,
YOU HAVE TO
HELP BUILD IT**



— JENNIFER JONES, RI PRESIDENT

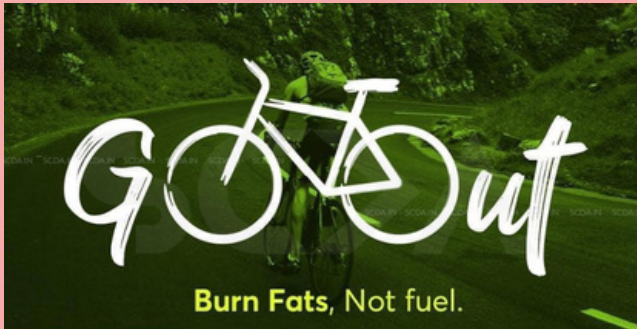
The History of the Rotary Bell

The History of the Rotary Bell

In 1922, U.S. Rotarians organized an attendance contest; the challenge was that the losing clubs would join in giving the winning club a prize. The Rotary Club of New York City was declared the winner and to them was awarded as a prize a bell from a popular patrol boat, which was placed on wood that came from HMS "Victory", Admiral Nelson's vessel at the battle of Trafalgar. Since then, the bell used in Rotary meetings started to represent, as on the ships, order, discipline and the time to guide us through the weekly hour and a half meetings. The bell informs us with its sound the beginning of the Rotary meeting, at which time people present should stand, same as at the end, in order to salute the national and Rotary flags. The gavel symbolizes the authority invested in the Rotarian elected to the highest position in Rotary, and through him/her reminds those present of his/her authority. When presidents transmit their positions to their successors at the end of their mandate, they give the bell their last hit turning the gavel over to their successor, symbolizing the transfer of authority.



11 reasons to start cycling



By: Rtn. Yuvaraj Mahajan

1. It's one of the easiest ways to exercise

Cycling doesn't need inordinate skills; just one that you picked up in childhood. You can ride a bicycle at any time, almost anywhere and at most times of the year. It also ensures that you get your "outdoor" time.

2. It's easy on the body

Everyone may recommend running but cycling is much easier on your legs, knees, ankles and feet. In an interview, Andy Clarke, the president of the Lea

gue of American Bicyclists, has said cycling "is far lower impact and engages the muscles in the legs without as much force coming down on the knees".

3. It improves cardiovascular health

Cycling uses the largest muscle groups – the legs – and raises the heart rate effectively. Research has shown that riding a bicycle to work will increase cardiovascular fitness by 3-7 percent.

4. It keeps the heart-healthy

The British Medical Association has said that cycling 20 miles a week can reduce the risk of coronary heart disease by 50 percent.

5. It helps build strength

If you thought cycling only exercised your legs, think again. Cycling builds strength holistically as it involves every single part of the body. It is especially good for strengthening leg muscles.

11 reasons to start cycling

6. It enhances muscle tone

Ensuring that you schedule cycling sessions regularly, the activity enhances the muscle tone of the hips, thighs and legs. But you won't see quick results as it improves muscle function gradually.

7. It builds endurance

Cycling can help you build stamina over time, more so because it is an enjoyable form of exercise. Improve your stamina by combining longer sessions with set training programs and a few lifestyle changes.

8. It helps burn calories

Steady cycling can help you burn between 300 and 350 calories per hour. Cycling 30 minutes every day could lead to a drop of over 5 kg a year. It's a fun way to lose weight without going to the gym. After all, finding a workout that you love will ensure that you work out

five days a week.

9. It helps reduce stress

Any exercise reduces stress and depression and enhances the feeling of well-being. Many studies have shown that bike commuters tend to have lower stress levels than people who use the car or take mass transit systems.

10. It improves co-ordination

Riding a bicycle is a balancing act and an activity that involves the whole body. It leads to improvement in arm-to-leg, feet-to-hands and body-to-eye coordination.

11. It's a fun way to exercise

Getting on a bicycle brings back memories of being a child. Cycling allows you to make fitness a part of your day in a fun manner. The best part? It lets you explore the area around you thoroughly!

My Visit to Muscat ,Oman 2023



Rtn. Surekha Mhatre

Oman, officially known as the Sultanate of Oman, is an Arab country in western Asia.

The discovery and exploitation of oil in the 1920s and 30s marked a new era for Oman.

Oman is a country steeped in rich historical and cultural heritage. From the majestic city of Muscat and bustling souqs, to the historical forts that dot the countryside. The natural beauty of Oman is one of the greatest treasures in the regions, from the shifting sands of deserts to the dramatic mountains , from the

multi-hued waters of wadis (Valleys) to the glittering sea itself , it is a wonderland of captivating landscapes and wild life.

If you visit the capital and the largest city of Oman, Muscat you will witness a spread of greenery, flower beds, fountains and beautifully landscaped parks. There are many mosques having huge courtyard with fountains and gardens and also prayer places such as Temples , Churches, Gurudwara around the city. There is a Lord Shiva Temple which more than 100 years old.

About 40% population is made of the expact of various religions and faiths, that includes people from India , Pakistan, Srilanka and most of the other Asian and European countries.

Muscat has a fairly extensive bus network which connects the major bus stations, the airport, and all the main tourist attractions. There are private Orange White Taxis too for hiring. But No trains or Metros. Here most of the people have

My Visit to Muscat ,Oman 2023

their own vehicles so public transport is not much developed . It is indeed a treat to see luxurious cars of different makes zooming on roads.

The network of roads is well developed. These roads lead through the desert and into even more remote Wadis to connect the individual metropolitan areas and smaller towns.

Here roads are generally in excellent condition and very important to mention that everybody follows the traffic rules very seriously ...Oman is



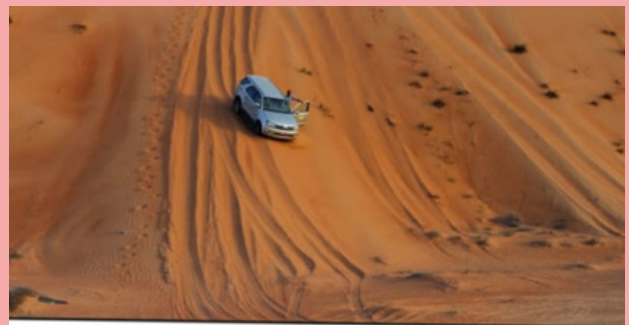
Omani vendors at a local Market, where fresh fish, vegetables & fruits from nearby farms, Omani Herbs, spices, Dates etc are available

one of the safest countries globally, especially for tourists.

About currency , it's Omani Rial .
1 OMR = 2.60 USD (211.81 Indian Rupee as on 29th Jan 2023)

I have been visiting Muscat since 2006. My nephew Francis ,who is like son to me , works for BMW dealership which is exclusive for whole Oman.

After spending so much time here , now Muscat has become second home for us. It's a very 'cool' ,moden , friendly and clean place to live in.



There are many sand Dunes for overnight camping. We visited one of them

My Visit to Muscat, Oman 2023



In Muscat and around there are many beaches with clean blue water and huge parks with full of greenery. You load your car with chairs, matts, stuff of breakfast, lunch or dinner and drive to any park or beach to spend quality time with family or freinds. This is very favourite weekend program of people over here.



The Royal Opera House Muscat is Oman's premier venue for musical arts and culture. The building reflects unique contemporary Omani architecture. Its complex consists of a concert theatre, auditorium formal landscaped gardens, Cultural markets etc..



Mutraj Corniche is a must visit in Muscat. One side of the road there is much decorated beach with lots of small ships and boats, seagulls flying here and there .Other side of Mutrah Soul where shops of handicrafts, Antiques, toys, cloths, Omani dresses etc

My Visit to Muscat, Oman 2023



Late Sultan of Oman, Qaboos Bin Said Al Said with ex President of India Shri. Shankar Dayal Sharma

During his visit, three unusual incidents took place.

1. The Sultan of Oman never goes to the airport to receive dignitaries of any country. But he made an exception this time & went to the airport to receive President of India
2. When the flight landed, the Sultan climbed up the steps and received the President of India
3. After alighting the flight there was a car with the chauffeur standing. But the Sultan signalled the driver to move & he himself drove the car with the President as his passenger.

Later when the reporters questioned the Sultan why he broke so many protocols, the Sultan replied, "I did not go to the airport to receive Mr. Sharma because he was India's President.

I studied in India and learnt so many things, when I was studying in Pune, Mr. Sharma was my Professor - that is why I did this!"

Rotary Themes through the Years



Rtn. Tilak Sankaran

Each January, as Rotary district governors-elect convene at the International Assembly for training and fellowship, they can be certain of two things: a lot of take-home reading and the announcement of a new RI theme.

The tradition of crafting a theme is credited to 1949-50 RI President Percy C. Hodgson, who outlined a list of four objectives for his term in office. Among them were the better application of the principles of vocational service and

dedication to world understanding and peace through international service programs.

Though Hodgson's 83-word proclamation ran substantially longer than today's shorter, punchier themes, Rotarians' desire to celebrate and support their president's annual program of service has remained the same. Other early themes include Rotary Is Hope in Action (Joaquin Serratoso Cibils, 1953-54), Kindle the Spark Within (Nitish C. Laharry, 1962-63), and Good Will Begins with You (Ernst G. Breitholtz, 1971-72).

In the decades that followed, RI presidents introduced theme logos, lapel pins, ties, and scarves. Theme ties were introduced in the 1990s, and are now given out yearly. Many have incorporated the theme for the year. The first scarves showing the RI theme were designed by 1998-99 RI President James L. Lacy and his wife, Claudine, Follow Your Rotary Dream.

Rotary Themes through the Years

2022-2023	Imagine Rotary
2021-2022	Serve to change lives
2020-2021	Rotary Opens Opportunity
2019-2020	Rotary connects the world
2018-2019	Be the Inspiration
2017-2018	Rotary: making difference
2016-2017	Rotary Serving Humanity
2015-2016	Be a gift to the world
2014-2015	Light up Rotary
2013-2014	Engage Rotary. Change lives
2012-2013	Peace through service
2011-2012	Reach within to embrace humanity
2010-2011	Building Communities Bridging continents
2009-2010	The future of Rotary is in your hands
2008-2009	Make Dreams real
2007-2008	Rotary Shares
2006-2007	Lead the way
2005-2006	Service above self
2004-2005	Celebrate Rotary
2003-2004	Lend a Hand
2002-2003	Sow the seeds of love
2001-2002	Mankind is our business
2000-2001	Create Awareness, Take Action
1999-2000	Act with consistency, credibility, continuity
1998-1999	Follow your Rotary dream
1997-1998	Show Rotary Cares
1996-1997	Build the future with action and vision
1995-1996	Act with Integrity, Serve with love, Work for peace
1994-1995	Be a Friend
1993-1994	Believe in what you do-Do what you believe in
1992-1993	Real Happiness is helping others
1991-1992	Look Beyond your life

Rotary Themes through the Years

1990-1991	Honor Rotary with faith and enthusiasm
1989-1990	Enjoy Rotary
1988-1989	Put life into Rotary-Your Life
1987-1988	Rotarians- united in service – dedicated to peace
1986-1987	Rotary brings Hope
1985-1986	You are the Key
1984-1985	Discover a new world of service
1983-1984	Share rotary, serve people
1982-1983	Mankind is One
1981-1982	World understanding and peace through rotary
1980-1981	Take Time to Serve

Bollywood Quiz

Last Month's Bollywood quiz & its Answers:

1. What was the original name of Superstar Rajesh Khanna ?

Ans: Jatin Khanna

2. A 3 words film, that had 3 popular artists, who made their debut ?

Ans: Dil deke Deko. Debut of Asha Parekh, Rajendranath (both actors) and Usha khanna (music director)

Also.. Hum ek hain.. With PL Santoshi, Dev Anand, Gurudutt.

3. A popular lyricist produced a Film but got all the lyrics of songs of that film written by another popular lyricist. Who were they and the Film ?

Ans: S. H. Bihari the lyricist, was Producer of Film Do Badan (along with his brother) and got all song lyrics written by Shakeel Badayuni

4. At which place did lyricist Hasrat Jaipuri get the inspiration to write the song.. Badan pe sitare lapete huve ?

Ans: Moulin Rouge, Paris when a dancer with tiny light bulbs came and sat next to him

5. Which model car did the Ganguly brothers use in the Film... Chalti ka naam gaadi ?

Ans: 1928 Ford model car which belonged to their father.

***Rtn Surekha Mhatre gave three correct answers.
Congratulations to her**

Bollywood Quiz for this Month

Bollywood Quiz 2 :

1. How many times did Kishore Kumar marry and names of his wives
2. The First Indian film to have 2 intervals
3. Which Hindi film song was sung in 5 different languages and which were the languages
4. A Hindi movie with 2 title songs. Film and songs
5. Popular heroine who used to collect Stones and her drawing room and bedrooms were decorated with her collections.

Quiz Time has five interesting questions on Hindi Movies. I am sure you will enjoy responding to it.

Please send us your response to Rtn Premkumar at +91 9820086333

Various Club activities carried out in the month of January

Projects

Date	Projects carried out in the month of January
06-Jan	Blood Donation dedicated to Thalassemia Patients
08-Jan	Happy Street at Mini Seashore, Vashi
11-Jan	Musical Entertainment with Senior Citizens
21-Jan	Blood donation by a dedicated Blood Donor for Thallassemia Patient
21-Jan	Musical Entertainment Program for Senior Citizens
29-Jan	Inauguration of e-Waste Collection Center at Rotary Center, Vashi
31-Jan	Mental Health Awareness Session
31-Jan	4th months Nutrition Support to TB Patients

Meetings

Date	Type	Major Topic
06-Jan	Regular	Weekly Meeting
13-Jan	Fellowship	Rotary Lohri
14-Jan	Fellowship	Fellowship Meeting

Blood Donation dedicated to Thalassemia Patients



Cost of project: 0
Direct Beneficiaries: 3
Man hours: 16
Rotarians Involved: 8
Rotaractors Involved: 0

RCNM has Identified Ten dedicated Blood Donors and these donors will donate their Blood exclusively for Three Thalassemia Patients through out the year tern by tern. On Wednesday, 6th January first three donors donated their Blood to Thalassemia Patients at NMMC Blood Bank



Musical Entertainment with Senior Citizens



Cost of project: 1000
Direct Beneficiaries: 30
Man hours: 25
Rotarians Involved: 5
Rotaractors Involved: 0

Musical Entertainment and interaction with Senior Citizens at All Is Well Foundation at Ulwe was conducted on Wednesday, 11th January 2023 where Rtn Premkumar conducted a interactive session on Bollywood Music with the residents of the foundation.



Blood donation by a dedicated Blood Donor for Thallassemia Patient



Cost of project: 500
Direct Beneficiaries: 1
Man hours: 4
Rotarians Involved: 3
Rotaractors Involved: 0

Second set of dedicated Blood Donors donated their Blood to Identified Thallassemia Patients on 21st Jan 2023 at NMMC Blood Bank.

Musical Entertainment with Senior Citizens



Cost of project: 500
Direct Beneficiaries: 1
Man hours: 4
Rotarians Involved: 3
Rotaractors Involved: 0

Musical Entertainment and interaction with Senior Citizens at Aadharwad Old age Home at Panvel was conducted on Wednesday, 21st January 2023 where Rtn Premkumar conducted a interactive session on Bollywood Music with the residents of the foundation.

Inauguration of e-Waste Collection Center at Rotary Center, Vashti



Inauguration of Permanent e-Waste Collection Center was carried out on Sunday, 29th January 2023 at Rotary Center with the hands of Smt Divya Vaibhav Giakwad. During the inauguration ceremony, we have collected around 11 Kg of Waste. Rtn Kedarnathrao Gorpade District Director-Environment briefed about importance of e-Waste collection and its scientific ways of disposal / recycling. The Managing Director of Enviocare Pvt Ltd also briefed the gathering about process of recycling & disposing e-waste collected.

Cost of project: 10000
Direct Beneficiaries: 100
Man hours: 64
Rotarians Involved: 12
Rotaractors Involved: 0

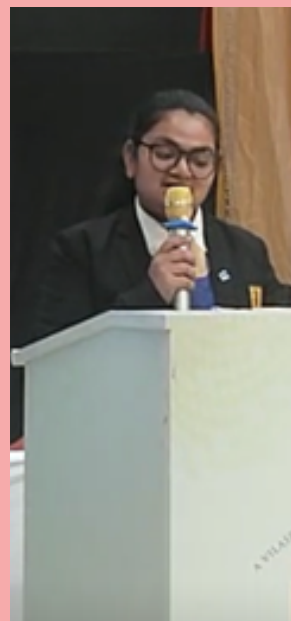


Mental Health Awareness Session



Mental Health Awareness session was conducted by Sakshi Khandelwal (Clinical Psychologist & Therapist) at Gold Crest High, Vashi on Tuesday, 31st January 2023. It was an interactive session for the student of grade 7th to grade 12th where around 500 student participated in the workshop. During the workshop Sakshi has taught the student simple technics to deal with mental health issues.

Cost of project: 1000
Direct Beneficiaries: 500
Man hours: 15
Rotarians Involved: 5
Rotaractors Involved: 0



4th months Nutrition Support to TB Patients



Cost of project: 25000
Direct Beneficiaries: 50
Man hours: 12
Rotarians Involved: 4
Rotaractors Involved: 0

4th monthly Nutrition support to 50 TB patients from Ghansoli Primary health Center was provided as our commitment as Ni-Kshay Mitra.



Rotary Lohri



Club Members participated in Lohri Festive celebration on Friday, 13th January 2023 arranged by Rotary Clubs of Navi Mumbai where RCNM was the Platinum Co-Host of the event at CIDCO Exhibition & Convention Center, Vashi. We have also invited fellow Rotarian Samuel from Rotary Club of Ibadan Jerico Metro, Nigeria for the event



Happy Streets at Mini seashore Vashi



Happy Street event was organised on 8th January 2023 at Mini Sea Shore in association of other Navi Mumbai Clubs and NMMC. The event was attended by around 500 people and took part in various activities like Zumba, Yoga, Old Board Games, Gymnastics, Cross fit training activities, Pet Ramp Walks, Singing, Dancing & role play on Metal Health Awareness.



Happy Streets at Mini seashore Vashi



Presence of RCNM in the Print Media

Newsstand

E-waste collection center inaugurated at Vashi

Washington, DC (RCNM) – A new e-waste collection center was inaugurated at Vashi, Maharashtra, India, on Monday, August 14, 2017. The center is the first of its kind in the region and is expected to help reduce the amount of e-waste that ends up in landfills. The center is managed by the local government and is open to the public. It provides a safe and secure place for people to dispose of their old electronics. The center is also equipped with a shredding machine to ensure that all data is destroyed. The inauguration was attended by local officials and members of the community. The center is expected to help reduce the amount of e-waste that ends up in landfills and to provide a safe and secure place for people to dispose of their old electronics.



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Personal Achievements



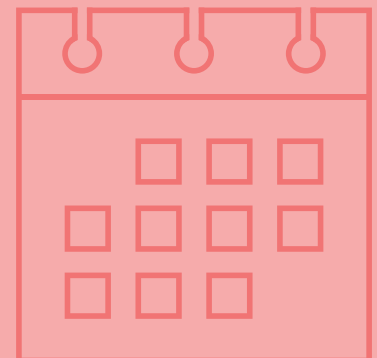
Rtn. Ajay Jhalani's company Interplas Co Limited was awarded with Plastics Innovation Award at JW Marriott by Turkey High Commissioner.



Upcoming events in the month of February

Calendar for January, 2023

Date	Time	Venue	Event
03-Feb	11:00 AM	NMMC School No. 72	Distribution of Braille Books to Visually Impaired Students
04-Feb	9:00 AM	Hotel Westin, Powai	Discon
05-Feb	9:00 AM	Hotel Westin, Powai	Discon
08-Feb	8:30 PM	Virtual	DTA Core Committee Meeting
11-Feb	7:30 PM	Palava City	BOD Meeting
11-Feb	11:00 AM	Rotary Centre	Legal Aid Program
17-Feb	7:30 PM	Rotary Centre	Weekly Meeting
24-Feb	7:30 PM	Nerul Gymkhana	Chater Day Celebration cum Family Night



Birthdays & Anniversaries in the month of February

Birthdays / Anniversary of the Rotarians & Ann in January

Name	Birthday	Anniversary
Prithvi Pal Singh	06-Feb	
Shailendra Apte	09-Feb	
Bhisham Gupta	15-Feb	
Aadesh Sikchi	15-Feb	
Dr. Vishan Lakhani	15-Feb	
Pramod Shah	18-Feb	
Prachi & Pratik Sathe		19-Feb
Chetana & Nitin Shah		21-Feb
Rotary Club of Navi Mumbai	24-Feb	
Shashank & Sayali Shirodkar		24-Feb
Manasi Kekre	26-Feb	

