

Rotary Club of Navi Mumbai

Jan. 2023

MONTHLY NEWSLETTER

Vol 7

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.

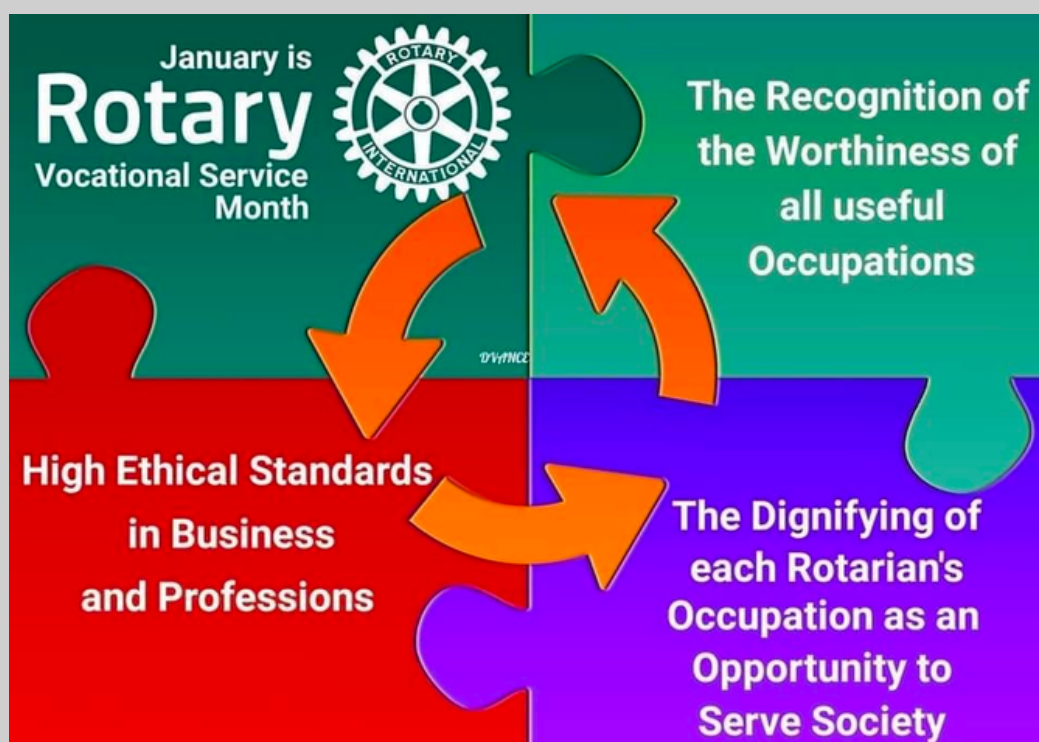
Newsletter Editor

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/>



Our President Elect in her Pre-PET



My special thanks and gratitude to our 'DGE Milind Kulkarniji', first lady to be, 'Mrs Madhaviji' and the district core team officials for organizing the splendid meticulously planned PREPETS at Matheran, for 3 nights 4 days stay from 15th to 18th Dec' 2022.

Each and every moment was well thought of & executed. The inauguration, delicious food, our stay, cultural parade, cricket tournament, skit competition and the concluding ceremony on the last day and our special friends, the monkeys, which amused us with their pranks throughout. Special mention of all the training programs which was conducted in the first half of the 3 days of our stay.

Our President Elect in her Pre-P&T

All the topics were covered during the training. The trainers explained very well with their ppts. The timings were well followed. Specially on the last day our sitting positions were changed so that we interact with all our co presidents in our group, the arrangements were made to this minute detail!!!

My special thanks and gratitude to the convener Mrs & Mr Sandeep Salvi, Guruji Dr. Ulhas Kolhatkar, Guruji CM Bendre and all the core team of the district.

All the memories are still etched inside me, the fun, bonding, fellowship and loads of learning. This was indeed a lifetime experience for me and my spouse, Rajeev. Last but not the least I have made lots of new friends.

Thankyou from the bottom of my heart!!!



Rtn. Sujata Agarwal



President Nominee's Acceptance Message



Rtn. Anil Athri

With an eager heart, I must appreciate the opportunity given to me to lead such a prestigious club such as ours during the year 2024-25.

It is both Humbling and Rewarding to have been elected to such an opportunity.

But at the same time, it also brings the uncertainty and doubts that go through my mind of doing justice to such a prestigious role.

I have been lucky in my life with many aspects, so far. I don't know if luck is anything real, but I believe that if it exists, I'll need a lot of it for the rest of my life too.

I have been through roles in my life that have started with being a child, a brother, a student, a son, a husband, a father and also a business leader. Each role comes with its own sense of responsibility and dynamics through the years. As we grow older, we develop a deeper understanding of the world around us through these roles. I have always preferred learning my way through life the hard way, through experimentation and through being deeply involved. This way of learning leads to a much richer experience, but it also moulds our thought processes and outlook to the world through our window of understanding and experiences.

The current phase of my life has me pushing myself to experience more through new roles and responsibilities so that I can challenge my own limitations.

As I step into new self inflicted roles, I am patterned to make and take decisions that may seem correct to me and those close to me.

I seek your guidance and

support to think bigger and make decisions that will help our association grow and thrive.

During the next few years, it is my interest to extend my circle of closeness to each and every Rotarian of our club. It would help us understand ourselves better and make our common life experience more enriching.

Empathy, emotional intelligence, social maturity and self desire to fulfil community needs is every Rotarian's true nature.

My only request from every Rotarian is to work together to be closer to remind ourselves of who we truly are!

Let's work on ourselves everyday, so we can truly make a difference to the needs of our community and society. I am humble to have learnt under my father (Rtn. Sriram Athri, Innerwheeler Mother Mrs. Jayashree Athri) and a strong lineage of Rotary leaders (our past presidents) whose names will be etched in my memory always.

Let's take up the opportunity together and be true to ourselves and to the Rotary Spirit.

A welcome 2023 and many more wonderful Rotary years ahead!

Sun Festivals in India



Rtn. Surekha Mhatre

Sun Festivals in India

India celebrates a large number of festivals. Some festivals are religious festivals, cultural festivals, harvest festivals, and some Sun festivals. Here we are going to talk about the Sun Festival in India.

The Sun, the greatest source of light and energy, on which depends the very existence of all the life on Earth. To offer prayers there are various Sun festivals in India.

Makar Sankranti (मकर संक्रांत) is celebrated in various parts of the

Indian subcontinent. The day marks the shift of the sun into ever-lengthening days. It is the time when the sun transits the zodiac sign Makar (Capricorn) and moves toward the north. The festival is a seasonal observance as well as a religious celebration. Since it is a solar event making it one of the few festivals which fall on the same date in local calendars every year: 14 January, with some exceptions when the festival is celebrated on 15 January.



Makar Sankranti is the festival of Til-Gud where sesame and jaggery laddoos or chikkis are distributed among all with popular marathi words "तिळगूळ घ्या गोड बोला " Some part of India it is celebrated as Kite festival .

Pongal is one of the Sun Festivals in India celebrated by

Sun Festivals in India

the Tamil community In Tamil Nadu as well as through out India.

You can see the south Indian culture during the Pongal festival celebration. The four-day Pongal celebration thanking the Sun God for an abundant harvest is called as Pongal festival. Pongal is celebrated by boiling rice in milk and offered first to the gods, then to the cows, and then to family members.



The Pongal festival is celebrated for four days. The first day of the Pongal festival is called Bhogi. The second day of Pongal is an important celebration called the Pongal festival. The third day of Pongal is known as "Jallikattu". The fourth day of Pongal is called "Kaanum Pongal".



Lohri is also considered one of the Sun festivals of India. It marks the beginning of the end of winter, the coming of spring and the New Year. The festival is traditionally associated with the harvest of rabi crops.

Lohri is essentially a festival dedicated to fire and the Sun god. Gur Rewadi, Peanuts, and Popcorns are the three munchies associated with this festival.

Besides these, in Punjab villages, it is a tradition to eat Gajak, Sarson Da Saag, and Makki Di Roti on the day of Lohri. It is also traditional to eat 'Til rice' -

Sun Festivals in India

sweet rice made with Jaggery (Gur) and sesame seeds.

Ratha Saptami is also one of the Sun Festivals celebrated in India. It falls on seventh day of month of Magh

This day is also known as Surya Jayanthi because it celebrates the power of the Sun God who is believed to be an incarnation of Lord Vishnu. Lord Vishnu in his form as Surya is usually worshipped on this day.



Chhath Puja is an ancient festival in India. It is dedicated to God Sun thus this festival is a Sun festival in India. The celebrations lasting four days take place throughout the country. During this, people bring prayers and offerings to Surya and his wife Usha, the Goddess of the Daybreak.

The North Indian state of Bihar is the center and birthplace of the festival. The festival is also The Main Festival of Bihar.



Unlock The Secrets of Scientific Weight Loss: How to Lose Weight Fast!



Weight loss is something that many of us struggle with. We all have different reasons for wanting to lose weight, but the basic goal is the same: to look and feel our best. The good news is that there are scientifically proven ways to do this. In this blog, we will discuss the benefits of weight loss, understanding calories and macronutrients, weight loss tips and strategies, foods to include and foods to avoid, recommended exercises, motivation, and accountability, and getting support. Let us dive in and learn how to lose weight fast!

SECTION 1: Introduction

The truth about weight loss is that it can be difficult, but it is possible. It requires dedication,

commitment, and hard work. But the rewards are worth it. Not only will you look and feel better, but you will also be healthier and more energetic. It is a win-win situation!

In this article, we will discuss the science of weight loss and provide you with the information you need to get started. You will learn about the benefits of weight loss, understanding calories and macronutrients, weight loss tips and strategies, foods to include and foods to avoid, recommended exercises, motivation and accountability, and getting support. Let us dive in and learn how to lose weight fast!

Unlock The Secrets of Scientific Weight Loss: How to Lose Weight Fast!

SECTION 2: Benefits of weight loss

The benefits of weight loss are both psychological and physical. On the psychological side, weight loss can improve your self-esteem and confidence. It can also help you feel more in control of your life and give you a sense of accomplishment.

On the physical side, weight loss can reduce your risk of certain diseases and illnesses. It can also help you look and feel better and have more energy.

Weight loss also has other benefits, such as improving your sleep quality and reducing stress levels. All of these benefits can help you lead a healthier, happier life.

SECTION 3: Understanding Calories and Macronutrients

The key to successful weight loss is understanding calories and macronutrients. Calories are a measure of energy, and macronutrients are the nutrients that provide energy.

Calories come from the foods we eat and are measured in kilocalories (kcal). To lose weight, you need to create an energy deficit. This means you need to

consume fewer calories than your body needs.

Macronutrients, on the other hand, are the nutrients that provide energy and help with bodily functions, such as digestion and muscle growth. They are divided into three categories: carbohydrates, proteins, and fats.

Carbohydrates provide the body with the energy it needs. Proteins help build and repair muscle, and fats help with a variety of bodily functions, such as hormone production.

SECTION 4: Weight Loss Tips and Strategies

Now that you understand calories and macronutrients, let us look at some weight loss tips and strategies.

The first tip is to create an energy deficit. This means eating fewer calories than your body needs. This can be done through diet and exercise.

It is also important to keep track of your calories and macronutrients. Keeping a food journal can help you stay on track and make sure you are getting the right amount of nutrients.

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It is also important to stay motivated. Set goals and reward yourself when you reach them. This will help keep you focused and motivated.

You should also make sure to get enough sleep and drink plenty of water. These are essential for weight loss and overall health.

Finally, it is important to remember that weight loss takes time. Do not compare yourself to others and do not be too hard on yourself. Just keep working towards your goals and you will get there in the end.

SECTION 5: Foods to Avoid

When trying to lose weight, it is important to know what foods to avoid.

Processed and fast foods are high in calories and should be avoided. These include foods like chips, cookies, candy, and soda.

You should also avoid foods that are high in saturated and trans fats, such as fried foods, butter, and red meat.

Sugar-sweetened beverages like soda and energy drinks should also be avoided. These are high in calories and can lead to weight gain.

Finally, it is best to avoid alcohol, as it is high in calories and can lead to weight gain.

SECTION 6: Foods to Include

Now that we have looked at what foods to avoid, let us look at what foods to include in your weight loss diet.

Fruits and vegetables are an important part of any diet. They are low in calories and high in vitamins, minerals, and fiber.

Whole grains are also an excellent choice for weight loss. They are high in fiber and can help keep you feeling full for longer.

Lean proteins, such as fish, chicken, and eggs, are also a good choice. Proteins help build and repair muscle and can help you feel full for longer.

Finally, healthy fats, such as olive oil, nuts, and avocados, are important for weight loss. Healthy fats help keep you feeling full and can help with weight loss.

SECTION 7: Recommended Exercises

Exercise is an important part of any weight loss plan.

Cardio exercises, such as

Unlock The Secrets of Scientific Weight Loss: How to Lose Weight Fast!

running, biking, and swimming, are great for burning calories and improving cardiovascular health. Strength training is also important for weight loss. It helps build muscle, which can help increase your metabolism and burn more calories.

High-intensity interval training (HIIT) is another fantastic way to burn calories and boost your metabolism. This type of exercise combines short bursts of intense activity with periods of rest.

Finally, it is important to include some form of flexibility exercises, such as yoga and Pilates. These exercises help improve your range of motion and can help reduce stress.

SECTION 8: Motivation and Accountability

Motivation and accountability are key to successful weight loss.

It is important to set realistic goals and stay motivated. Setting small, achievable goals can help you stay on track. Rewarding yourself when you reach a goal can also help keep you motivated.

It is also important to find an

accountability partner. This can be a friend, family member, or even a fitness coach. Having someone to keep you accountable can be a great motivator.

Finally, it is important to stay positive. Weight loss can be hard, but it is important to remember that it is possible.

SECTION 9: Get Support

Getting support is also key to successful weight loss.

It is important to find a support system who can help you stay motivated and on track. This could be a friend, family member, or a fitness coach.

It is also important to find a community of like-minded people who can provide you with encouragement and advice.

There are many online communities where you can find support and advice from others who are trying to lose weight.

Finally, it is important to get professional help if you need it. A nutritionist or dietitian can help you create a diet plan that is tailored to your needs.

SECTION 10: Conclusion

Losing weight can be a challenge,

Unlock The Secrets of Scientific Weight Loss: How to Lose Weight Fast!

but with dedication and hard work, it's possible. In this blog, we discussed the benefits of weight loss, understanding calories and macronutrients, weight loss tips and strategies, foods to include and foods to avoid, recommended exercises, motivation, and accountability, and getting support.

Remember, weight loss takes time and hard work. It is important to stay motivated, stay positive, and get support. With

these tips, you will be well on your way to achieving your weight loss goals.

So, that for which are you waiting? Unlock the secrets of scientific weight loss and start your weight loss journey today!

CTA: Ready to start your weight loss journey? Sign up for our program and get the guidance and support you need to reach your goals!



Dr. Rahul Wadke
MD Internal Medicine
(USA)

History of the Four-Way Test



Rtn. Tilak Sankaran

One of the world's most widely printed and quoted statements of business ethics is The Four-Way Test, which was created in 1932 by Rotarian Herbert J. Taylor of Rotary Club of Greater Rochester (who later served as RI president) when he was asked to take charge of a company that was facing bankruptcy.

Back in 1932, the Creditors of the Club Aluminium Company assigned Rtn. Herbert the task of saving the company from being closed out as a bankrupt organization. The company was a distributor of cookware and other household items but owed its creditors over \$400,000 more

than its total assets. It was bankrupt but still alive.

At that time the company borrowed \$6,100 from a Chicago bank to give little cash on which to operate.

While the company had a good product, competitors also had fine cookware with well-advertised brand names and much stronger financial condition than their company were. With tremendous obstacles and handicaps facing the company, they felt the need to develop something which competitors would not have in equal amount and decided that it should be the character, dependability and service mindedness of our personnel.

Rtn. Herbert Taylor and his employees believed that "In right there is might" and determined to do their best to always be right. They felt that there is need of a simple measuring stick of ethics which everyone in the company could quickly memorize. They also believed that the proposed test should not tell their people what they must do, but ask them questions which would make it

History of the Four-Way Test

possible for them to find out whether their proposed plans, policies, statements or actions were right or wrong.

Considerable time was spent in developing four short questions which now make up the Four-Way Test. Here are the four questions:

1. Is it the truth?
2. Is it fair to all concerned?
3. Will it build good will and better friendships?
4. Will it be beneficial to all concerned?

Rtn. Herbert placed this little test under the glass top of his desk and determined to try it out for a few days before talking to anyone else in the company about it. He had a very discouraging experience and almost threw it into the wastepaper basket the first day.

After about sixty days of faithful constant effort on his part to live up to the Four-Way Test, he felt greatly humiliated, and at times discouraged, with his own performance as President of the company. He had, however,

made sufficient progress in living up to the Four-Way Test to feel qualified to talk to some of his associates about it. He discussed it with his four department heads, who were having different religious faith of these four men. One was a Roman Catholic, the second a Christian Scientist, the third an Orthodox Jew and the fourth a Presbyterian.

He asked each man whether or not there was anything in the Four Way Test which was contrary to the doctrines and ideals of his particular faith. They all four agreed that truth, justice, friendliness and helpfulness not only coincided with their religious ideals, but that if constantly applied in business they should result in greater success and progress. These four men agreed to use the Four Way Test in checking proposed plans, policies, statements and advertising of the company. Later, all employees were asked to memorize and use the Four-Way Test in their relations with others.

The checking of advertising

History of the Four-Way Test

copy against the Four-Way Test resulted in the elimination of statements, the truth of which could not be proved. All superlatives such as the words better, best, greatest and finest disappeared from the advertisements. As a result, the public gradually placed more confidence in what they stated in the advertisements and bought more of our products.

The constant use of the Four-Way Test caused the Company to change their policies covering relations with competitors. All adverse or detrimental comments on the competitors' products from their advertisements and literature were eliminated. When they found an opportunity to speak well of our competitors they did so and gained the confidence and friendship of the competitors.

The application of the Four-Way Test to their relations, with their own personnel and that of suppliers and customers helped the Company to win their friendship and good will. They learned that the friendship and

confidence of those with whom we associate is essential to permanent success in business.

Through, over twenty years of sincere effort on the part of the personnel, they started making steady progress towards reaching the ideals expressed in the Four-Way Test and were rewarded with a steady increase in sales, profits and earnings of the personnel. From a bankrupt condition in 1932, company paid its debts in full, paid its stockholders over one million dollars in dividends and has a high present value. All of these rewards came from a cash investment of only \$6,100, the Four-Way Test and some good hard-working people who have faith in God and high ideals.

Intangible dividends from the use of the Four-Way Test have been even greater than the financial ones. The Company enjoyed a constant increase in the good will, friendship and confidence of their customers, competitors and the public and what is even more valuable, a great improvement in the moral character of our own personnel.

Bollywood Quiz

1. What was the original name of Superstar Rajesh Khanna
2. A 3 words film, that had 3 popular artists, who made their debut
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
4. At which place did lyricist Hasrat Jaipuri get the inspiration to write the song.. Badan pe sitare lapete huve..
5. Which model car did the Ganguly brothers use in the Film...
Chalti ka naam gaadi

Rtn. Premkumar

**Kindly submit the answers to this quiz on (+91 9820086333)
The winners will be announced in the next volume of the
Bulletin.**

Various Club activities carried out in the month of December

Projects	
Date	Projects carried out in the month of November
05-Dec	Save Soil
06-Dec	Nation Builder Award
09-Dec	Financial Support to Visually Impaired Student
10-Dec	2nd Legal Aid Services program to Needy People
27-Dec	Musical Interactive program for senior citizens
27-Dec	Financial Assistance to Specialty Aabled Children
30-Dec	Nutrition Support to 50 TB Patients

Meetings		
Date	Type	Major Topic
06-Dec	Fellowship	Joint Meeting with Other Navi Mumbai Rotary Clubs for Nation Builder Award Ceremony
16-Dec	Fellowship	Weekly Meeting
27-Dec	Assembly	Annual Meeting
30-Dec	Assembly	Joint Meeting with Rotaract Clubs

Save Soil



Cost of project: 500
Direct Beneficiaries: 150
Man hours: 10
Rotarians Involved: 3
Rotaractors Involved: 0

Rotary Club of Navi Mumbai has participated in World Soil Day celebration along with Isha Vallentiers at Navi Mumbai & spread awareness in public through rally from Shivaji Chowk, Vashi

Nation Builder Award



Cost of project: 40000
Direct Beneficiaries: 34
Man hours: 150
Rotarians Involved: 15
Rotaractors Involved: 0

On 6th Dec, 2022 eight Rotary Clubs from Navi Mumbai organised felicitation ceremony of 34 Outstanding Teachers from Government & Government Aided Schools from Navi Mumbai at Rotary Center, Navi Mumbai. DG Rtn Kailash Jethani graced the occasion as Chief Guest & Rtn (Dr) D. Y. Patil as Guest of Honour. Total attendance for the event was 85.



Financial Support to Visually Impaired Student



Cost of project: 10000
Direct Beneficiaries: 1
Man hours: 4
Rotarians Involved: 3
Rotaractors Involved: 0

Financial Support was provided to Visually Impaired Student Prince Chattrapati Yadav of 12th Standard for his studies

2nd Legal Aid Services program to Needy People



Cost of project: 1000
Direct Beneficiaries: 5
Man hours: 20
Rotarians Involved: 6
Rotaractors Involved: 0

2nd Months Legal Aid Services were provided to five sets of People with the help of Legal Experts from MNLU, Mumbai on 10th Dec, 2022 at Rotary Center from 11.00 am to 2.00 pm



Musical Interactive program for senior citizens



Cost of project: 3200
Direct Beneficiaries: 50
Man hours: 12
Rotarians Involved: 4
Rotaractors Involved: 0

On 27th December 2022 a musical entertainment cum interactive session was conducted by Rtn Premkumar at Ashray Old Ege Home, Nerul



Financial Assistance to Specialy Abeled Children



Cost of project: 20000
Direct Beneficiaries: 4
Man hours: 9
Rotarians Involved: 3
Rotaractors Involved: 0

Financial Assistance of
Rs. 5000/- each was
provided to four
Special Children for
their Education.



Nutrition Support to 50 TB Patients



Cost of project: 25000
Direct Beneficiaries: 50
Man hours: 10
Rotarians Involved: 7
Rotaractors Involved: 0

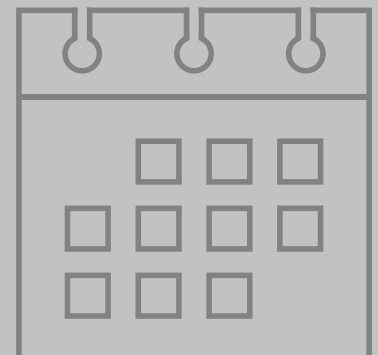
On 30th December 2022 we have distributed our 3rd months Nutrition Packets to 50 TB Patients as Ni-Kshay Mitra at Ghansoli Primary Health Centre



Upcoming events in the month of December

Calendar for January, 2023

Sr. no	Date	Venue	Event
1	06-Jan	NMMC Hospital	Blood Donation for Thalassemia Patients
2	06-Jan	Rotary Center	Weekly Meeting
3	08-Jan	Mini Seashore, Vashi	happy Streets
4	13-Jan	CIDCO Exhibition, Vashi	Happy Lohri
5	20-Jan	Rotary Center	Weekly Meeting
6	27-Jan	Rotary Center	Weekly Meeting with Birthday & Anniversary Celebration



Birthdays & Anniversaries in the month of December

Birthdays / Anniversary of the Rotarians & Ann in January

Name	Birthday	Anniversary
Dinesh Khandelwal	05-Jan	-
Deepa & Shailendra Apte	-	09-Jan
Manoharan Pillai	09-Jan	-
Mrunal Shah	14-Jan	04-Dec
Nitin Shah	16-Jan	-
Nayana Pramod Shah	17-Jan	28-Dec
Ajay Jhalani	18-Jan	-
Indu & Prithvi Pal Singh	-	21-Jan
Saraswathi & Anand Natarajan	-	24-Jan
Preeti & Amar Nair	-	24-Jan
Sharbani Dhawan	24-Jan	-
Jayashri & Yuvaraj Mahajan	-	25-Jan
Somya Gupta	28-Jan	-
Priyanka & Dinesh Khandelwal	-	29-Jan

