

Rotary Club of Navi Mumbai

Nov. 2022 MONTHLY NEWSLETTER

Vol 5

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/>



Presidential Message



Rtn. Jennifer Jones
R.I. President 2022-23

Being asked to Imagine Rotary can seem like a big, heady exercise, but the most important element of it is something quite small, even personal.

Not too long ago, Rotary members were expected to perform our acts of service quietly. I understood and appreciated the thought behind that — humility is a wonderful trait, and we should continue to nurture it in other ways.

But keeping Rotary to ourselves has a cost. and by sharing our Rotary moments, we are being generous with others and giving them an opportunity to

understand the impact of Rotary. It brings to mind that wonderful aphorism: “People will forget what you said. People will forget what you did. But people will never forget how you made them feel.”

So how do we make people feel Rotary? The best way is to share our Rotary moments. We have all had them — when the ordinary collides with intention to create something extraordinary.

Some people have those Rotary moments the first time they go to a meeting. For others, it can take years, before seeing the joy in the eyes of someone we serve. Or perhaps in hearing from another member something that hit close to home.

As Nick and I share this journey, we are amazed at the work you are performing and the lives that are transforming. Throughout the year, I’m going to share with you the sights and the stories that made those tours meaningful for us.

I hope you can do the same in your corner of Rotary. It can be something you share in meetings

Presidential Message

or on social media. For the most savvy and ambitious, it could be an event you publicize with local media. Even sharing your stories with friends has impact.

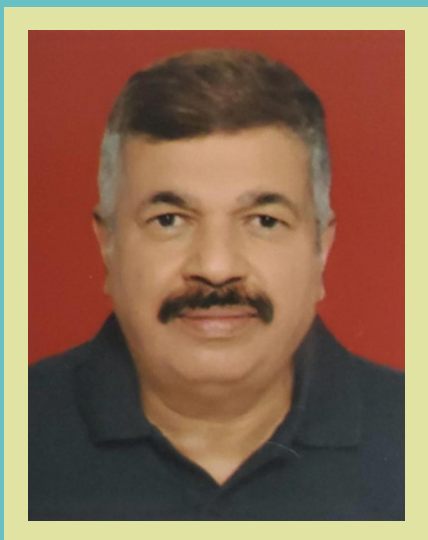
We need ambassadors for Rotary's message and our dreams for a better world. The best ambassadors are you. The more you share stories — and share them from the heart — the more you encourage others to partner with us, to join us, and to stay.

To give you just one small example, in the months ahead, I

will be turning over this column to Rotary members who will share their personal stories as they relate to diversity, equity, and inclusion in our organization. It's important that we hear these stories directly from the people who experienced them as a way of feeling the importance of DEI for the future of Rotary.

In everything we do, what people feel about Rotary will shape our future. I can only imagine what you will inspire through the stories you'll tell.

What is TRF?



Anand Natarjan
Director (TRF Support)

Dear Friends,
November is celebrated as TRF month and it is appropriate that this edition of our Club Bulletin contains an article on the same. What is TRF? It is nothing but the charitable arm of Rotary i.e. The Rotary Foundation. And what does it do? It transforms your gifts into projects that change lives both close to home and around the world.

What is TRF?

It taps into a global network of Rotarians who invest their time, money, and expertise into TRF's priorities, such as eradicating polio and promoting peace. In turn Foundation releases funds in the form of grants which empower Rotarians to approach challenges such as poverty, illiteracy, and malnutrition with sustainable solutions that leave a lasting impact.

Since the first donation of \$26.50 in 1917, the Foundation has received contributions totalling more than \$1 billion.

Though there are various funds to which you can contribute, the simplest and most popular is the Annual Fund. A Rotarian can contribute any amount in Dollar terms (payable in INR & converted by our South East Asia office @ New Delhi into Dollars). Your contribution also helps your Club to earn brownie points which in turn enables it

to seek Dollar grants from either Rotary International or District Governor's office. If every Rotarian of a Club contributes every year, the Club is recognized as EREY (Every Year Every Rotarian) Club. If every Rotarian contributes USD 100 every year, he or she is recognized as Sustaining Member and the Club is recognized as Sustaining Member Club. And If every Rotarian contributes USD 1000 every year, he or she is recognized as PHF [Paul Harris (our founder) Club] and the Club is recognized as 100% PHF Club. Strong financial oversight, a stellar charity rating, and a unique funding model mean that we make the very most of your contribution. Therefore give and become a part of Rotary's life-changing work !
Jai Hind. Long Live TRF.

Lights, Sound, Action



R/Ann Monica Jhalani

Now that the festivities are over, and most of us are limping back to our routines after a week of feasting and celebration, it is time to reflect on the significance of the festival of lights. The celebrations that had been subdued and quiet in the last two years, thanks to the pandemic, seemed to have sprung back to 'normal' this year. This was evident, not only in the long queues outside sweet shops and markets, the large gatherings of family and friends, but also the statistics of the number of fireworks that were sold. As people circulated pictures of themselves and their family members dressed in their best traditional attire looking

resplendent and festive, their beautiful rangolis and exquisite Diwali celebrations, one image that caught my eye was that of a full grown dog crouching inside a cupboard, plagued and disturbed with fear at the sound of the fire crackers. The image was haunting and distressing. Animals were not the only ones who were shaken up by the terrifyingly loud sounds – babies, senior citizens, and even common citizens trying to sleep were impacted by the noise that was reverberating till late hours of the night. While some of us could voice our displeasure, animals and babies had no way to communicate, no way to express their anxiety and panic, which was truly heart wrenching. As we celebrate the festival of lights, we must do it with caution and sensitivity. What is 'fun' for some can be traumatic for others. We as Rotarians can bring about change by raising awareness – for every drop makes an ocean, and together, we can make a difference. Instead of spending money on fire crackers which add

Lights, Sound, Action

to air and noise pollution, and adversely affect both animals and humans, let us use that money to bring cheer and brightness into the lives of those who are less privileged than we are. Diwali is

the festival of lights. Let us not make it the festival of sounds. Let us take action and pledge to make Diwali a festival of joy for everyone next year.

Healthy weights & Diet



Dr. Rahul Wadke
MD Internal Medicine
(USA)

At some point of time, we all have been worried about our or our loved one's weight. In the last 20 years we have all seen increase in people who are overweight or obese. We have all tempted with advertisements claiming, "Quick weight loss," "Lose 30

pounds in 30 days". We are being bombarded with information at every social media platform including Facebook & Instagram. Bottom line is we all want to look good and feel better about ourselves.

What is an ideal weight?

Weight is just a number. It will not tell you if it is a healthy weight or not, e.g., if you are a 70kg person and are able to run 5Km 5 days a week: that is a healthy weight. But if you are a person with 70kg and spend the day sitting around whether in office or at home, this weight puts this person at a higher risk for developing diabetes, high blood pressure, and heart disease.

Healthy weights & Diet

What is a BMI?

You may have heard about BMI; it stands for Body Mass Index. It is a calculated number which takes your weight as well as your height in consideration.

Even though BMI has similar limitations of using weight as your health indicator, it is the most widely used indicator to identify people who are overweight or obese.

Underweight < 17.9

Normal BMI 18 to 24.9

Overweight 25 to 29.9

Obese > 30

Scientific research and observations have made it abundantly clear that people with higher BMI are more likely to suffer from chronic diseases like diabetes, high blood pressure and heart disease.

Why should you lose weight, especially if you are overweight or obese?

Achieving healthy weight loss is not about a “diet” or “program” but a lifestyle with healthy eating patterns, regular physical activity, and stress management.

People with gradual and steady weight loss (about 1 to 2 pounds per week) are more likely to keep the weight off.

Even a modest weight loss of 5% to 10% of your total body weight is likely to produce health benefits, such as improvements in blood pressure, blood cholesterol, and blood sugars.

Losing weight is not easy, and it takes commitment. But if you are ready to get started, we have a step-by-step guide to help get you on the road to weight loss and better health.

So even if the overall goal seems large, see it as a journey rather than a destination. You will learn new eating and physical activity habits that will help you live a healthier lifestyle. These habits can help you maintain your weight loss over time.

Why do we struggle to achieve and maintain healthy weight?

Here are some of the causes that makes this journey so much harder

Daily life stresses: we ignore the needs of the body so we can eat quickly and get back to our work.

Healthy weights & Diet

Processed food: cakes, pizza, burgers, fried food and eating outside most of the week has become a new norm.

Lack of sleep: It is not just about simply what you eat but how much rest you are getting as well.

Medications: Occasionally some of the medications you are taking for your chronic illnesses may make it harder to lose weight.

Illnesses: Chronic illnesses do make it harder to lose weight.

Dietary habits: midnight snacks, late dinners, multiple days of fasting followed by binge eating may not be helping your body.

Wrong food choices: Without planning, we always end up choosing the wrong food.

Lack of physical activity: There is no way you will be able to achieve a weight loss without an equal focus on exercise.

Body image problems: social media is creating body image issues for vulnerable individuals and teenagers.

Unrealistic expectations: 30 pounds in 30 days is unrealistic. It is achievable but unrealistic. You will end up damaging your body during the process and once you stop that diet, it is more likely you will gain all that weight back.

Which Weight-loss programs you need to avoid?

Avoid weight-loss programs that make any of the following promises:

Lose weight without diet or exercise!

Lose weight while eating as much as you want of all your favorite foods!

Lose 30 pounds in 30 days!

Lose weight in specific problem areas of your body! Other warning signs to look out for include Information with very small print, asterisks, and footnotes, which may make it easy to miss important information, before-and-after photos that seem too good to be true and personal endorsements that may be made up from celebrities.

Diet: To do or not to do

Diet: the kinds of food that a person, animal, or community habitually eats. The word "Diet" is now associated with weight management or nutrition for health.

Although we are omnivores, each one of us have food preferences and food taboos that are

Healthy weights & Diet

important, which may be due to habit, taste, cultural preferences, geographical reasons. We all make food choices sometimes healthy, sometimes unhealthy. Our choices play important part in our health, our longevity and quality of life.

We need food to provide us with energy to fuel our bodies, it also provides us with building blocks for growth, maintenance, and repair of the body. Main food categories are Carbohydrates, Fat and Protein.

Body also needs vitamins, minerals, and other essential components for daily cellular function.

A healthy diet comprises of balance of carbohydrates, fat, and proteins along with vitamins and minerals to improve and maintain optimal health. You can eat a healthy meal without having to sacrifice the taste and pleasure. Multiple studies have shown the kind of food we should avoid or limit; like energy-dense foods and sugary drinks, eating plant-based food, limiting consumption of red and processed meat, and limiting alcohol intake.

The recommended healthy eating pattern includes:

Include these in diet:

- A broad selection of vegetables, including dark green, red, and orange, legumes (beans and peas), starches (potatoes, squash, etc.), and others
- An emphasis on whole fruits
- An emphasis on whole grains
- Dairy products that are either fat-free or low fat, including milk, yogurt, cheese, and fortified soy beverages
- Protein foods to include seafood, lean meats, poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products

Limit these in diet:

- Trans fats
- Saturated fats to less than 10% of calories
- Added sugars to less than 10% of calories
- Sodium to less than 2.3 g/day (5.8 g of salt/day), including both added table salt and salt in foods
- Bottom line
- It is a long-term commitment to your body.

Healthy weights & Diet

Remember Obesity increases risk of injuries / chronic illnesses. Short term diet can lead to quick weight loss, but people usually tend to gain that weight back quickly. Make smart choices when it comes to food. Exercise will be an integral part of your

daily routine. It is your commitment to stay healthy and maintain your quality of life as long as possible. This is the best investment you are going to make for yourself, after all Health is Wealth.

शायराना अंदाज



Rtn. Ajay Jhalani
Director Membership 2022-23

इस ब्रह्मांड मे
दान जैसी कोई संपत्ति नहीं ,
लालच जैसा कोई रोग नहीं ,
सरल स्वाभाव जैसा कोई आभूषण नहीं,
और
संतोष जैसा कोई सुख नहीं ।

शायराना अंदाज



Rtn. Sujata Agarwal
Secretary & President elect 2022-23

वो दस कदम

जन, पशु, पर्यावरण हेतु प्रोजेक्ट्स सोचने हैं हमें,
कौन से, कहां, कैसे?
ये प्रश्न पर विचार करना है हमें।

माथाखर्ची करके प्रोजेक्ट्स तो समझ लिया,
अब शुरुआत करना बाकी है....

नई ऊर्जा, उमंग, जोश से, पहला कदम मैंने रखा,
दूसरे कदम से ठान लिया, मुश्किलों को पीछे है रखना,

तीसरे कदम में जोश बरकरार है,

चौथे मैं साथियों ने छोड़ दिया है हाथ,

अकेले हो गए अब, रास्ता समझ नहीं आ रहा,
गूँज रहा मन कश्मकश में की आगे अब कैसे बढ़ें?

हौसला कर रखा पांचवा कदम,
छटे मैं बादल छटा, रास्ता दिखा,

सात और आठ में साथियों का फिर मिला साथ,

नवा कदम एक नई उमंग लेकर आई,

दसवाँ में मंजिल है पाई,

और फिर ये देखो मेरे भाई, आदत सी पड़ गई है अब,

गग्यारहवा कदम अपने आप ही उठ पड़ता है,

अगले कदम में ज़ोर नहीं लगता,

अब कदम लिए बिना रह नहीं पाता,

अब कदम लिए बिना रह नहीं पाता।

Various Club activities carried out in the month of October

Projects	
Date	Projects carried out in the month of October
01-Oct	27th Blood Donation camp at IDBI Bank, Nariman Point
20-Oct	Diwali Mela
21-Oct	Diwali Mela
22-Oct	Nutritional packet distribution to TB Patients

Meetings		
Date	Type	Major Topic
04-Oct	Planning	Legal Aid Program innaugration ceremony's planning
08-Oct	Fellowship	Innaugration ceremony of Legal Aid Program
14-Oct	Regular	Weekly Meeting with Speaker Session
29-Oct	Fellowship	Family Night

27th Blood donation Camp



Cost of project: 5000
Direct Beneficiaries: 57
Man hours: 64
Rotarians Involved: 8
Rotaractors Involved: 0

Rotary Club of Navi Mumbai has conducted 27th Blood donation camp at IDBI Banks, Zonal Office at Nariman Point where out of 60 employees of the Bank, 57 eligible employees donated their Blood. The Camp was organized on the occasion of the Banks Foundation day.



Diwali Mela



Cost of project: 3000
Direct Beneficiaries: 50
Man hours: 48
Rotarians Involved: 5
Rotaractors Involved: 0

Diwali Mela was arranged on 20th & 21st Oct, 2022 at Rotary Center. Where the stalls for 35 ladies were provided free of cost. One stall was provided to Specially abled Children of NMMC school to sell the decorative items made by them. The Mela was inaugurated by Club President Rtn Yuvaraj Mahajan. The purpose of Diwali Mela is women empowerment where all the ladies presented the articles such as Diwali Faral, Sweets, Decorative Diyas, Sarees & Cloths put on the sale.



Nutritional support to TB Patients



Rotary Club of Navi Mumbai has got registered as a “नि-क्षय मित्र” with Navi Mumbai Municipal Corporation’s Health Department to provide community service to TB patients under Ministry of Health & Welfare’s ambitious National Strategic Plan for “क्षय रोग मुक्त भारत”. Under this program our Club have adopted 50 TB patients from underprivileged group. For these patients, we will be providing nutritional support every month. On 21st Oct, 2022 we distributed nutrition packets to 50 TB patients at Ghansoli UPHC, Ward Office, Ghansoli.

This month's nutritional packets worth Rs. 35,000 were sponsored by Chetana & Nitin, Deepna & Mrunal Shah

Cost of project: 35000
Direct Beneficiaries: 50
Man hours: 40
Rotarians Involved: 6
Rotaractors Involved: 0



Family Nights



To celebrate Diwali, Family night was organised on 29th Oct, 2022 where 26 families attended the program. It was a fun filled program with Karaoke Singing by our own family members. The program was followed by sumptuous food & gift distribution to all families



Family Nights



Speaker session & Birthday celebrations



Weekly meeting was conducted on 14th Oct, 2022 at Rotary Center at 7.30 pm along with a speaker session on Healthy Weight & Different Diet Trends by Dr. Rahul Wadke. The meeting was followed by birthday & anniversary celebration.



Rtn. Dr. Venkatesh Katgeri, Rtn. Sanjay Pal Vengali and Rtn. (Dr.) D.K. Patil celebrated their birthdays

Inauguration Ceremony of Legal Aid to Marginalized People



On 8th October 2022, the inauguration function of Rotary Club of Navi Mumbai's year long project of providing legal aid to the marginalised in association with Maharashtra National Law University took place at Rotary Centre, Vashi. Rtn Sathish Mane the Chief Aide of the District 3142 being the Chief Guest lit the traditional lamp in the presence of Special Guest Vice Chancellor of MNLU Prof Dr Dilip Uke, the Guest of Honour Prof Dr Anil Variath, Registrar MNLU amongst other dignitaries.



Awards and Citations received by Rotary members



On behalf of IPP Prithvi Pal Singh and Rotary Club of Navi Mumbai received RI Citation for Best Rotaract Activity with more than 40 members for SMILE year 2021-22

Rtn. PP Aadesh Sikchi working as AVP in Mantra Softech India Pvt Ltd. (MSIPL), is engaged in security, surveillance & software services for past 20 years. MSIPL is OEM & leader in Aadhaar, Biometric, Access control, and RFID solutions. MSIPL also deals in CCTV and video analytics customised solutions as a system integrator. Rtn Aadesh & his team bagged three awards from prestigious customer Godrej Precision (Godrej & Boyce) for best innovative touch less time attendance solution with temperature screening and not wearing alert during COVID. His team also bagged the best after sales support & also won the quiz (fastest finger & 100% accurate). Rtn Aadesh & his team bagged is the youngest vendor to bag THREE awards.



Annette Rtr. Mannshree Sikchi, daughter of Rtn. Aadesh & Ann Meenal Sikchi is pursuing her fourth year at Govt. Law College. Recently, Mannshree secured second rank in Mumbai University. As additional qualification she stood second in Mumbai University while pursuing in post graduate diploma in Intellectual property rights (IPR). Ms' Mannshree is also an active Rotaractor.



RCNM's Presence on Social Media



Rotary Club of Nav Mumbai

२१ ऑक्टोबर रोजी ७:५६ AM वाजता · 🌐

I am happy to share with all, that Rotary Club of Nav Mumbai has got registered as a "नि-क्षय मित्र" with Nav Mumbai Municipal Corporation's Health Department to provide community service to TB patients under Ministry of Health & Welfare's ambitious National Strategic Plan for "क्षय रोग मुक्त भारत".

Under this program our Club have adopted 50 TB patients from underprivileged group. For these patients, we will be providing nutritional support every month.

On 21st Oct, 2022 we distributed nutrition packets to 50 TB patients at Ghansoli UPHC, Ward Office, Ghansoli

Rtn Yuvaraj Mahajan
FAB President
Rotary Club of Nav Mumbai



Rotary Club of Nav Mumbai
कम्युनिटी

📩 संदेश पाठवा



Upcoming events in the month of November

Date	Event	Venue
04-Nov	BOD Meeting	Rotary Centre
05-Nov	Blood Donation Camp	SS Filters, Turbhe
06-Nov	"Manosammelan" A Mental Health Awareness Program	DY Patil, Hospital building, Nerul
11-Nov	Pre-OCV	Rotary Centre
12-Nov	IFRM Convention	CIDCO Exhibition Centre, Vashi
13-Nov	Elimination round of ROTAL: A singing and Dancing Competition	Dombivali & Thane
18-Nov	Weekly Meeting with Speaker Session by Dr. Rahul Wadke on "Patient's rights and how to find the right doctor, along with Birthday Celebrations	Rotary Centre
21-Nov	Nutrition packet distribution to TB patients	Ghansoli
25-Nov	OCV	Rotary Centre
27-Nov	Semi-Final of ROTAL: A singing and Dancing Competition	
28-Nov	Nation Builder Award	Rotary Centre

Birthdays & Anniversaries in the month of November

Names	Birthdays	Anniverseries
Sujata & Rajeev Agarwal		1/Nov
Faisy Viju	3/Nov	
Rajesh Sangani	5/Nov	
Amar Nair	6/Nov	
Anil Athri	9/Nov	
Veena Gupta	13/Nov	
Padma Vishwanathan	15/Nov	
Dr. Kamal Agarwal	16/Nov	
Preeti Nair	19/Nov	
Yuvaraj Mahajan	21/Nov	
Jayalaxmi & T. J. Laxmanan		22/Nov
Vinita & Tilak Sankaran		24/Nov
Preeti & Rajesh Sangani		24/Nov
Dr. Pratik Sathe	24/Nov	
Minal & Aadesh Sikchi	25/Nov	
T. J. Laxmanan	26/Nov	
Rajshree Das Patil	27/Nov	
Sayali Shirodkar	29/Nov	

