

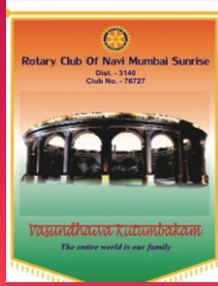
Rotary



SERVE TO CHANGE LIVE

ROTARY CLUB OF NAVI MUMBAI SUNRISE

CLUB ID 76727 RI DISTRICT 3142



Suryodaya

Service above Self

Rtn. Shekhar Mehta
RI President

Rtn. Mayuresh Warke
District Governor RID 3142

Rtn. K M Shirolkar
Club President

Issue - July 2021, Editor : Rtn Smruti Gore, Editorial Committee - Rtn. Srivatsan Iyer and Rtn. Shaleen Tonk

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THE GREATEST SELF IS A PEACEFUL SMILE,
**THAT ALWAYS SEES
THE WORLD SMILING BACK.**

Rotary Greetings

Greetings to the fellow Rotarians of our District 3142 It does not seem like a time for great optimism, isn't it? but it must be. Even before these testing times, the Rotary world has dealt with crisis that tested Humankind's ability to progress and endure. In the age of Rotary also the world has faced many catastrophes, however we have survived and at every step of the way Rotary has helped the world heal. Friends, we are Rotarians who: SERVE using our own unique skills. EMPOWER others with our experience and expertise and INSPIRE others with our acts of integrity We are a group of individuals who may not be equal in Age, Experience, Talent or Qualifications but we are EQUAL in one aspect and that is the COMMITMENT. Commitment to Serve and do good in this world. Rotary has survived the test of time and survived for 116 years, a feat which no other organization has done probably because we have touched millions of lives across the world and have made a difference in their lives. Normally we have just 365 days in a Rotary year to execute what we plan, but at times destiny has some other plans for us and not always we get to do what we plan. But every challenge is an opportunity not only for renewal but also for growth.



Rotary opens opportunities for us to live a meaningful life with friends around the world. Covid has forced us to adapt, which is in fact good because our Strategic Plan asks us to adapt. In these difficult times we have learned that we can still do lifesaving humanitarian projects without being on field all the time. We have learnt to give despite the adversities and last but not the least, most of us have become Digitally advanced...Today if Rotary must realize its proper destiny, it must be revolutionary at times, but evolutionary always. As rotary leaders all of us have that ONE Year, 365 days to go forth and serve. Let this Rotary year be that blank page on which we will write the most wonderful script as we pass through the journey together and spreading smiles as we pass. Great leaders don't set out to be leaders, they set out to make a difference. It is never about the Role, it's always about the Goal. A Leader has to be a Dealer of Hope. He has to be ready to take risks, have vision and more dreams. He should be ready to recognize the potential in others and also celebrate others success. One individual can do nothing in Rotary because it is always about the Teamwork. Remember that there is no "I" in the team but there is always a "U" in Volunteer. A leader should learn to delegate. The world needs Rotary now more than ever. It is now up to us to make sure Rotary opens opportunities for generations to serve. More so we are lucky in our Rotary year 2021-22 to have an Indian, Rtn. Shekhar Mehta as our Rotary International President. Hence, we need to deliver more than we promise. Ambition is the first step to success and second step is Action. Failure is acceptable but not trying at all is not. It is the action and not the fruit of action that's important. One thing is certain, if you do nothing, there will be no result. So, let us do whatever we want, whenever we want, let us get serious occasionally, show some affection, change the look and when everything else fails let us SMILE. Though no one can go back and make a brand-new start, let us start from now and make a brand-new ending.

LET US BE THAT SOMEBODY WHO MAKES EVERYBODY FEEL LIKE A SOMEBODY. LET US GO FORTH TO SERVE TO CHANGE LIVES.

With regards,

DG Rtn .Dr. Mayuresh Warke

From the desk of President,

RCNM Sunrise. Dear Rotarians, I am overwhelmed with the good wishes messages from fellow Rotarians. My sincere thanks to each one of you. Further let me thank you all for reposing your confidence in me and giving me an opportunity to lead the club. Every new year is more challenging and demanding with higher expectations. I shall do my best to live up to your expectations and at the same time request for your support, participation, and cooperation. With your support we should be able to take up some major projects. We have already committed as a 'Lead Club' for De-Addiction/ Addiction prevention webinars, and seeking Global Grant for the same Our dynamic JOSH President Rtn. K V Chandrasekhara has 'Opened the Doors for Opportunities'. Now it is our turn to avail the 'Opportunities ' With SMILE and strive for some good projects for upliftment of community and 'Server To Change The leave'. I earnestly request for your sound and proactive support for taking our club to newer heights.



With regards,

Rtn. K.M. Shirolkar
President, 2021-22

Dear Smile Presidents,
Rotary Greetings!

Please accept my heartiest congratulations on taking over the leadership of your Rotary Club as Smile leaders- one of the acknowledged club of RI District 3142. We are fortunate to have a very dynamic and proficient District Governor Dr. Mayuresh Warke for the Smile year 2021-22. I am honoured and privileged to get an opportunity to work with you all in the District Team as District Secretary Event for year 2021-22. I am sure you have already set your goals and planned club activities for the next 12 months. As you are aware RI has designated various months so to enable clubs to undertake programmes, activities and projects under all the five avenues of service covering all the six Thrust areas of Rotary. To make the year more interesting we shall also be working on providing a learning learning curve from the interacting and fellowship events in the Smile year. It shall be my humble endeavour to keep updating you on the same every time to help you plan better so that you enjoy the fullest. Please feel free to contact me and/or District team for any assistance, help or guidance at any time. I am just a phone call away. I am confident that Rotary Club of yours would scale newer heights of action, performance and service under your able and worthy leadership.



Wishing you all the best,

Yours in Rotary,

Rtn. Harsh Makol
District Secretary Events
District 3142 (2021-22)

BOARD OF DIRECTORS SMILE TEAM



**K M SHIROLKAR
PRESIDENT**



**DIPEN DALAL
VICE PRESIDENT & PE**



**RTN.K.V.CHANDRASHEKHAR
IMMEDIATE PAST PRESIDENT**



**SRIVASTAN IYENGAR
SECRETARY**



**SMRUTI GORE
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**UJJAVAL DAVE
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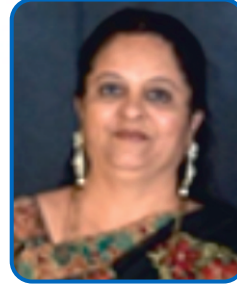
**MANOJ PANDEY
SERGEANT-AT-ARMS**



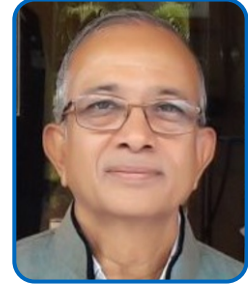
MANOJ NAYAK
E-ADMINISTRATION
& WEB MASTER



B SABAT
CLUB ADMINISTRATOR



JASMINA THAKKAR
MEMBERSHIP-CHAIR



SURYANARAYANAN
TRAINER



RAJESH NAIK
TRF - CHAIR



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DR ANIL BHARDWAJ
INTERNATIONAL CONNECT



KOUSTAV
YOUTH & PARTNER
IN SERVICE



DR.MITA RAJARAM
THRUST AREA

PASSING THE BATON

RTN K V CHANDRASEKHARA, IMMEDIATE PAST PRESIDENT.

At the outset I would like to congratulate Rtn Kamalnayan Shirolkar for taking over as President of our Club. I wish him and his team a great year ahead. He is a seasoned player in implementing projects and has implemented highly technical and complex projects. So, implementing Rotary projects will be child's play for him. The Club is bound to scale greater heights under his leadership, his dedicated team and committed members.

The past 15 months have been quite different from the normal times. I do not say difficult period, because the pandemic has not stopped Rotarians from serving the community. Rotarians all over, including our Club have implemented many Covid related projects in addition to, and not in lieu of, regular projects. Rotarians have wholeheartedly supported the efforts. Members of our Club were no exception. They contributed generously for donating Covid related materials like PPE kits, ordinary masks, N95 masks, sanitisers, medicines etc and for distribution of dry ration for the affected families. Thus, it has been a satisfying year, rather than a difficult year.

As the theme for the year "Rotary opens Opportunities" indicated the pandemic has opened new opportunities for us to serve the community and also the way we conduct our meetings and fellowships. We have discovered more and better ways to use the virtual format. A combination of in person and virtual meetings appears to be future format for conduct of meetings at Rotary Clubs. To quote, IPRIP Holger Knaack "Everything we do in Rotary opens another opportunity for someone, somewhere."

I once again wish all the best to Rtn Kamalnayan and his team for a remarkably successful SMILE year.



Arts *with Best Artist*



PICNIC
Ibhanaabih Haldar (8 years)
(G/o Rtn. Pradip & Sulekha Sinharay)



Swara Gore
D/o Rtn Smruti Gore

IN LOVE WITH FOOD

RTN MAYURI PANDIT.

Eating a good meal is a way of healthy lifestyle. We often think of what to eat, where to eat and how to eat! Presentations do matter where food is concerned. And also making them with lots of love. The food should definitely look good besides tasting good! Generally we have our daily meals maybe four times a day? Breakfast, lunch, snacks and dinner. In between also we like to munch something or the other: maybe a fruit, chips, chivda, sweets or nuts.. well the list goes on!! Dr's do advice to "eat more of little portions " at equal intervals. This helps in digestion and keeping the weight under check. Do agree to some extent but the cravings can increase! Also if you are the one who is cooking the meals, sometimes it's easier if food can be made all at onc □. This is however not possible! We do encourage a habit of eating fresh and healthy so it's always better to cook multiple times. The extra efforts for your loved ones is always beneficial and that way one pampers self too. We may resort to shortcuts like ready soup sachets, order food from outside, fruits, biscuits, eggs or milk! However if the presentation is good nothing like it! So enjoy the preparation by putting all your love and also present well. Good food needs to be enjoyed for a healthy life.



Love your food and don't forget to pray and thank for it



LET'S SMILE YAAR

RTN.PRADIP SINHARAY

Some BEAUTIFUL QUOTES ALWAYS TO BE KEPT IN MIND.



1. A smile is the universal welcome.
2. Peace begins with a smile.
3. A smile is happiness you'll find right under your nose.
4. Smile, it's free therapy.
5. Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.
6. Use your smile to change the world; don't let the world change your smile.
7. Teeth aren't pearly, until you smile.
8. Smile at strangers and you just might change a life.
9. Always find opportunities to make someone smile and to offer random acts of kindness in everyday life.
10. If you smile when you are alone, then you really mean it.
11. Strong people are ones who can smile for others' happiness.
12. It's hard not to feel happy when you make someone smile.
13. Smile, it is the key that fits the lock of everybody's heart.
14. Let us always meet each other with a smile, for smile is the beginning of love.
15. Everyone smiles in the same language.



STRONG INTERGENERATIONAL RELATIONSHIP

RTN.K. M. SHIROLKAR

To promote Rotary Activities, interaction by the 'Senior Rotarians' with 'Interacts', 'Rotaracts' and 'New Generation Rotarians' is necessary. It is need of the day that we have better understanding about the intergenerational gap & relationship.

Rotary International, on 29th April conducted an International Webinar on BUILDING STRONG INTERGENERATIONAL RELATIONSHIP from Chicago USA, under the series of webinars on ACCOUNTABILITY AND INCLUSION.

It was attended by more than 500 participants all over the world. The invitees were DGs, DGEs, AGs, Rotary Co-ordinators, Presidents, PEs and Chairs etc.

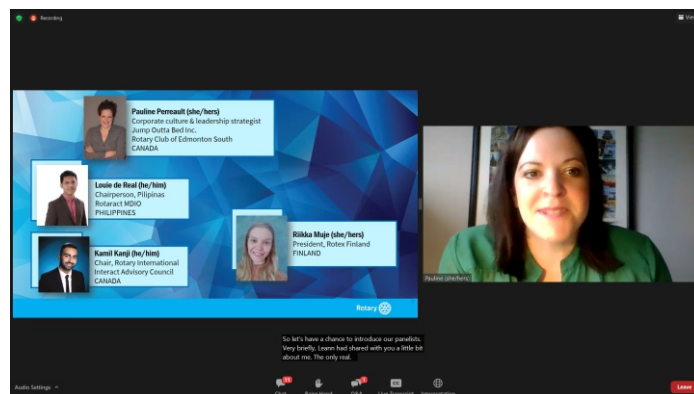
For the panel discussions young Rotarians who have good experience of working in Rotaract Club, and also with Rotary were invited from different countries.

Know The Panellist :

Mr.Louie de Real, Chairperson, Philipinas Rotaract MDIO, from PHILIPPINES.

Mr. Kamil Kanji, Chair Rotary International Interact Advisory Council, from CANADA.

Ms. Riikka Muje, President Rotex Finland, from FINLAND.



Panel discussions were conducted by Ms. Pauline Perreault, Corporate Culture & Leadership Strategist, Jump Outta Bed Inc. Rotary Club of Edmonton South, CANADA. Ms Lee Ann, RI Staff Conducted the proceedings.

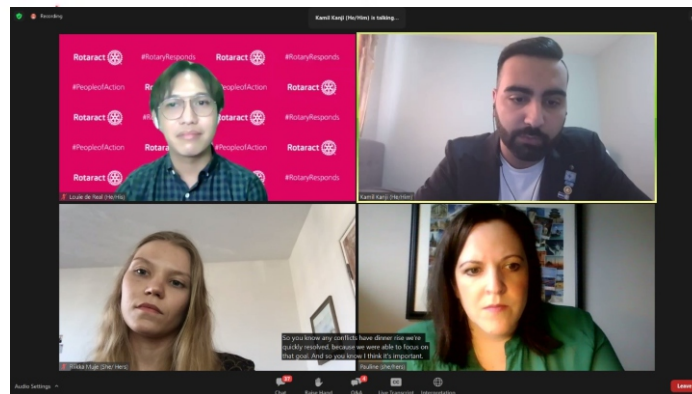
It will be interesting to know the observations and views expressed by the panellists. These can be summarised in brief as follows.

Very first observation was that, in general the Rotaracts or junior Rotarians have a 'Complex' and a feeling that "My ideas will not be accepted." Hence an open discussion and encouragement will help more. Juniors feel more comfortable when seniors treat them as a colleague.

When their actions are criticised, it should not be taken as personal. However, Microaggression should be avoided.

It will be highly appreciated if Rotarians reach out and have discussions over a cup of coffee. This approach will make young more vocal and less shy. It will bring more clarity, if the new generation give an idea about their 'likings' and the 'activities' they

enjoy to the seniors. It is necessary to learn science of new generation.



Diversity is of value in an any organisation. Young should be invited to club meetings, and instead of summarily rejecting, welcome and accept their different opinions and ideas.

There should not be an impression that young just want to do fun. They can also take responsibility.

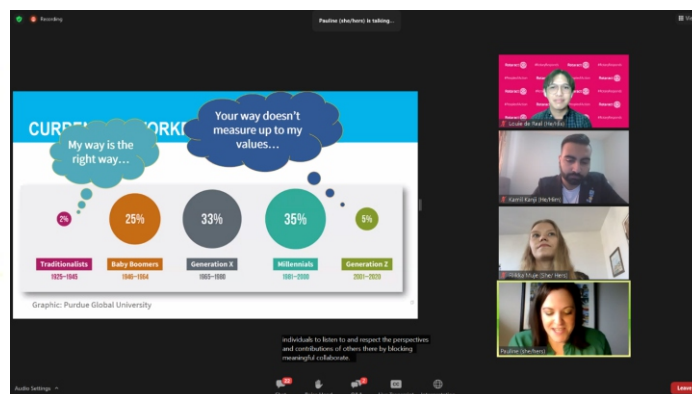
Old generation have a feeling that new generation will change everything they have set up. However new generation can come up with fresh ideas to make Rotary better. It is necessary to watch pace of change and accept new ideas from any generation.

Rotaractors are given lot of activities assuming that they are free. However, many a time they are also very busy.,

People from different area, and different generation will bring diversity to the organisation. It is essential to establish relationship between Rotaractors and Rotarians. Rotaractors should get connected and get mentored form experienced Rotarians. It will make Rotary an evolutionary and revolutionary organisation.

Conclusion:

In general, it may be just observed that very old generation are of the opinion 'My way is the right way'. However, the youth thinks, 'Your way does not measure up to my values'. It indicates that, there is a need to change our way of thinking.



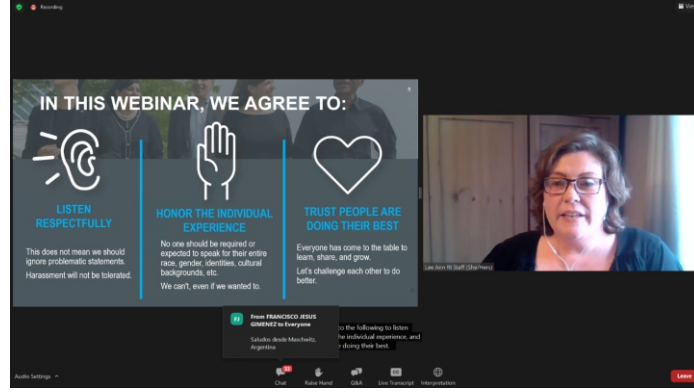
Young people are very much aware of issues in the world and want a change before it is too late. Younger people seem to value EQUITY and JUSTICE and expect action and accountability from us elders

Is Rotary really any different in respect of 'Generational' differences than any other business or community organisation?

If you have a brain, you have a bias. Peoples limited beliefs and unconscious bias impact behaviour. We need to bring awareness through empathic social emotional learning.

The biggest challenges to Intergenerational Collaboration and Relationship are

proper communication, views on work/life flexibility and expectation of advancement/development.



At the end, an emphasis is given on:

- Listen to young members respectfully.
- Have open and clear communication.
- Honour the individual experience.
- Trust people are doing their best.
- Avoid microaggression.

Following approach is recommended:

- Invite Rotaracts and involve them Rotary activities.
- Elevate Rotaracts, Mentor them.
- Empower young leaders to act on issues they are passionate about.
- Build awareness of biases that create tension between generations.
- Recognise that everyone, no matter how old or young, has something to teach and something to learn.

This webinar should give good overview on what should be Rotary's approach on developing a Strong Intergenerational Relationship and how to bring up Rotaracts to become skilled Rotarians.



लोकमत

महात्मा गांधी हॉस्पिटलला रोटरी क्लबचा पुरस्कार

कोरोनाकाळात रूग्ण सेवा दिल्याने केला गौरव

लोकमत न्यूज नेटवर्क
नवी मुंबई : कोविड काळात उत्तम कामगिरी बजावणाऱ्या सीबीडी येथील एमजीएम हॉस्पिटल आणि रिसर्च सेंटरचा नवी मुंबईतील सर्व रोटरी क्लबने अवार्ड ऑफ एक्सलेंट हा पुरस्कार देऊन विशेष गौरव केला आहे. कोरोनात एमजीएम रुग्णालयाने उत्तम सेवा दिली. त्याची दखल घेत रोटरी क्लबच्या वतीने हा विशेष पुरस्कार बहाल करण्यात आला आहे. रोटरी क्लबचे डिस्ट्रिक्ट गव्हर्नर डॉ. मधुरेश वारके, यांच्या हस्ते एमजीएम हॉस्पिटलचे संचालक व्ही.जे. महाडिक यांना प्रशस्तीपत्र आणि पदक देवून सन्मानित करण्यात आले. याप्रसंगी रोटरी क्लबाचे सेक्रेटरी डॉ. हर्ष मोकल,



एमजीएम हॉस्पिटलचे संचालक डॉ. व्ही.जे. महाडिक यांना प्रशस्तीपत्र देताना रोटरी क्लबचे डॉ. मधुरेश वारके आणि इतर.

नवी मुंबई रोटरी कोविड टास्क फोर्सचे आशिष जैन, बिर्कडंजन साबन, पुरुषोत्तम कुमार आणि प्राची चौधरी आदी उपस्थित होते. नवी मुंबईतील नागरिकांना उत्तम आरोग्य सेवा देण्यासाठी एमजीएम हॉस्पिटल आणि रोटरी क्लबने संयुक्त उपक्रम राबविले

तर अधिक आनंद होईल, असे प्रतिपादन डॉ. मधुरेश वारके यांनी यावेळी केले. तर नागरिकांना उत्तम व दर्जेदार आरोग्य सेवा देण्याचे सर्वंकष प्रयत्न केले जातील, असे आश्वासन एमजीएम हॉस्पिटलचे डॉ. महाडिक यांनी दिले.

Hello Navi Mumbai
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CAR FESTIVAL

AMARTYA NAYAK, S/O – RTN.MANOJ NAYAK

The World famous, Car Festival or Chariot Festival, popularly called as Rath Yatra, is a Hindu festival associated with Lord Jagannath held at Puri in the state of Odisha. The Car festival starts from the day of Akshay Tritiya, which is observed on the third day of the bright half of the lunar month of IBaisakhal of the traditional Hindu calendar. On this auspicious day the carpenters start building the chariots of Lord Jagannath, Lord Balabhadra and Devi Subhadra. The festival of Puri Rath Yatra is devoted to Lord Jagannath, who is believed to be one of the incarnations of Lord Vishnu.



The next ritual is Debasnana Purnima also known as 'Snana Yatra', an auspicious bathing festival for devotees of Lord Jagannath. It is observed on the 'Purnima' (full moon day) of the 'Jyeshtha' month in the traditional Hindu calendar. It is the auspicious birthday of Lord Jagannath. Debasnana Purnima is a significant ritual just prior to the world renowned Rath Yatra. This is the first occasion in the year as per the Hindu calendar. During this ritualistic bathing ceremony, the deities of the Jagannath Temple, namely, Lord Jagannath, Devi Subhadra and Lord Balabhadra are worshipped with full devotion and dedication. The ceremony is observed in a traditional way with full grandeur and is also one of the most anticipated rituals of the Lord Jagannath Temple. Devotees from different parts of the country come and witness this unique event.



On the eve of the Snana Yatra, the idols of the deities are brought out in a grand procession from the IGarbhagrihal (sanctum sanctorum) to the ISnana Bedil (bathing platform) or the Bathing Altar. This procession is called as 'Pahandi' procession that is bought alive with the sounds of chanting mantras and beat of ghantas, drums, bugles and cymbals. The water used for bathing the deities is taken from the well, present inside the Jagannath Temple. Prior to the bathing ceremony, few puja and rituals are performed by the priests. A total of 108 pitchers of herbal and aromatic water are used to bath the three main deities of the Jagannath Temple. After the completion of the bathing ceremony, the deities are then dressed up in 'Sada Beshha' (white colour dress). Later in the afternoon, Lord Jagannath, Devi Subhadra and Lord Balabhadra are dressed up in elephant headgear representing the God Ganesh. This form of the God is called the IHathi Beshal. A special Bhog is prepared as offering to the Lord on the day of Debasnana Purnima. Again in the evening, the deities appear for

'Sahanamela', to enable public viewing.

After the Snana Yatra, the Gods are traditionally believed to fall ill and are kept in a sick room to recuperate in privacy under the care of the Raj Vaidya. During this period known as 'Anasara' the Gods cannot be seen by devotees. At this time three patta chitra paintings are displayed for devotees to view instead. It is said that with the ayurvedic medication administered by the Raj Vaidya, the Gods recover in a fortnight and then appear for public viewing only 15 days after, that is, the day just before the famous Rath Yatra.

It is a belief among devotees of Lord Jagannath that if they make a pilgrimage to see the deity on this day, it's more auspicious. The Skanda Purana mentions that King Indradyumna arranged this ceremony for the first time when the idols of the deities were first installed in the Jagannath Temple.

Rath Yatra is an annual event and the oldest one, whose descriptions can be found in Brahma Purana, Padma Purana, and Skanda Purana and Kapila Samhita.



This festival is celebrated on the 'Dwitiya' (2nd day) during the 'Ashadha Shukla Paksha' (the waxing phase of moon in the Ashadha month of the Hindu Calendar). Puri Rath Yatra is the biggest religious festival that attracts tourists and devotees from India as well as abroad.

Over one million pilgrims visit Puri every year to witness this grand Chariot Festival. This festival commemorates the yearly visit of Lord Jagannath to the famous 'Gundicha Temple' while passing through the 'Mausi Maa Temple' (Aunt's abode).

During Puri Rath Yatra the main deities of the temple, Lord Jagannath, Goddess Subhadra and Lord Balabhadra are taken out in their respective chariots as a part of a huge procession. Each chariot has a special name. The chariots of Lord Jagannath, Lord Balabhadra and Goddess Subhadra are known as 'Nandighoshal', 'Taladhawal' and 'Darpadalana' respectively.

A mere glimpse of Lord Jagannath on his chariot is considered to be very auspicious. It should be noted that every year these chariots are newly constructed from a special wood as per the religious specifications. Even the idols of the deities are made of wood and religiously replaced every twelve years. The Puri Rath Yatra festival is symbolic of integration and equality. It is one of those rare festivals that is above all forms of discriminations. Even Muslims participate in this amazing Chariot Festival.

The Rath Yatra festival has become a common sight in most of the major cities of the world since 1968 through the ISKCON Hare Krishna movement. By the mercy of Mahaprabhu Shri Jagannath and Chaitanya, A. C. Bhaktivedanta Swami Prabhupada had successfully transplanted the festival which now happens on an annual basis in places all over the world in over 108 cities including; Moscow, New York, Houston, Atlanta, London, Rome, Zürich, Kolkata, Mumbai, Karachi, Berlin, Sydney, Paris, Mexico city, Los Angeles, Bangkok and many other cities. In Kharghar of Navi Mumbai, Rath Yatra is held at Sector-5 and Sector-3.



Puri Rath Yatra festival begins with invoking the deities with special prayers and rituals and is known as 'Ratha Prathista'. After this the three main deities, Goddess Subhadra, Lord Jagannath and Lord Balabhadra are seated in their respective chariots. The most famous ritual, Chera Panhara, is conducted by the Gajapati King of Puri, who is considered as first devotee of Lord Jagannath. The Gajapati King sweeps all around deities and chariots. He then cleanses these areas with a gold-handled broom and sprinkles sandalwood water & powder. This ritual was started by King Purushottama Dev, which bridges the gap between the rich & the poor, the low caste & the high caste.

The brightly decorated chariots are then pulled along the streets of Puri and is known as 'Badadanda' (Grand Road). 'Ratha Tana' or pulling of the Rathas is the most exciting part of this ritual. Devotees from all across the country come with an earnest desire to pull the Lord's chariot. The colourful procession moves forward with the sound of devotional songs played on tambourines, trumpets or drums. The streets of Puri are crowded with devotees who come to get a glimpse of their lords. The processions finally reaches the Gundicha Temple that is known to be the abode of Lord Jagannath's aunt. This procession and pulling of chariots by public have been restricted since last year by the local government due to COVID.

At Gundicha Temple the deities remain for 7 days and perform their return journey on the 9th day which is known as I Bahuda Yatra . During this return journey, the three deities stop for a while near the Mausī Maa temple (Aunt's abode) and have an offering of Poda Pitha, which is a special type of pancake supposed to be the Lord's favourite. The three chariots reach back the main temple in the evening. On the next day, the three deities are attired in costumes of glittering gold ornaments and are worshipped by millions of devotees. This is known as the I Sunabeshal . Next day morning, the three deities go back to their original place of the temple. Their arrival into the I Garbhagrihal marks the end of the Car festival.



Editor's Desk

During the Pandemic A single Rotary club mobilises Rs.11 crore to feed Mumbai's hungry - RC Mumbai Queen's Necklace.

Do you know

RID 3132 district secretary Ashok Toshniwal (2019-20) put forth the idea of installing the statue of Paul Harris with a short inscription in Marathi on the pedestal to inform the public about the origin of Rotary and its global activities over the decades.

