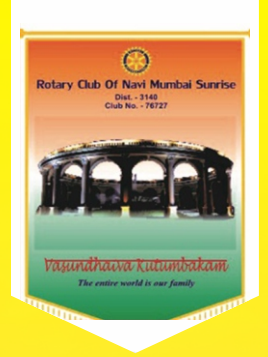




ROTARY CLUB OF NAVI MUMBAI SUNRISE

CLUB ID 76727 RI DISTRICT 3142



Rtn. Holger Knaack
RI President

Rtn. Dr. Sandeep Kadam
District Governor RID 3142

Rtn.K.V.Chandrasekhara
Club President

Issue - June 2021, Editor : Rtn Smruti Gore, Editorial Committee - Rtn - KM Shirolkar and Rtn RK Srivastava

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Suryodaya

Service above Self

MONTHLY BULLETIN | JUNE 2021



THE FOUR WAY TEST

of the Things we think, say and do

1. Is it the **TRUTH**?
2. Is It **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIP**?
4. Will it be **BENEFICIAL** to all concerned?



Object of Rotary

The object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

First. The Development of acquaintance as an opportunity for service;

Second. High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society:

Third. The application of the ideal of service in each Rotarian's personal, business, and community life:

Fourth. The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

● **ROTARY INTERNATIONAL** ●

Message From District Governor



My dear fellow Rotarians,

It gives me immense pleasure to once again communicate with all of you through this edition of your Club Bulletin Suryodaya. Rotary Club of Navi Mumbai Sunrise has been one of the leading Clubs of District 3142 and has been a beacon for Community Projects in the District.

I am very happy with the performance of the Club lead by President Rtn K V Chandrasekhara during the year. Despite all the adversities due to COVID pandemic challenges, your club has bonded well together to organize as well as participate in maximum number of projects, seminars and events throughout the year. Now is the time, for your District Governor to say Alvida to all of you and your families and express my sincere gratitude and thanks (Shukriya) for your enthusiastic participation in District events. I am very sure that your Club will continue your service to the community and Rotary in the years to come with the same zeal and enthusiasm as at present.

With my Best Regards,
Yours in Rotary

Dr. Sandeep Kadam
District Governor 2020-21
Rotary District 3142

Message from President

Rtn.Chandrasekhara

Dear Sunrisers,
Greetings from the President's desk.

Another year passes. Rotary year 2020-21 - JOSH year has come to an end. We see the end of the year with mixed feelings. Due to ongoing Covid 19 Pandemic we did not have any physical meeting for a year. But this was more than compensated by the number of webinars, seminars, training sessions and local and international meetings. We could explore greater areas of knowledge and reach far off places and get acquainted with people from different regions and different countries.



During this difficult year, all of you rose to the occasion and helped the club reach greater heights. With your support and participation, we could sponsor a new Club, first for our Club, donate maximum to the TRF \$ 16,250. We have achieved a net growth of 8 members, implemented many relevant and impactful projects. All this would not have been possible without your wholehearted support and cooperation be it by donating to TRF, project funding, volunteering physical presence. Some of the important projects were inauguration of Sensory Garden at Helen Keller Institute for Deaf and Deafblind which was completed with CSR funding, lead hosting of all the webinars of De-addiction, which was a project under Governor's Special Emphasis Area, distribution of covid related items like PPE Kits, ordinary and N95 masks, sanitisers, steam inhalers and medicines. We also provided financial support to some deserving students and for treatment of a child suffering from cerebral palsy. This year has been one of co-operation and collaboration among the seven clubs of Zone 9. Many a project was implemented jointly by all the clubs. The co-ordination among the clubs was of extremely high order. I thank all my co-presidents in the Zone for their camaraderie. I also thank District Secretary Rtn Jitendra Jadhvani for his guidance and support. I will be failing in my duty if I do not acknowledge the unstinted support of Inner Wheel Club of Navi Mumbai Sunrise. My heartfelt thanks to Inner Wheel President Sheelaji. I also thank Rotaractors for their participation in the club projects.

I thank all my fellow Sunrisers for their total commitment and wholehearted support during a difficult year.

My best wishes to Smile President Rtn Kamalnayan and his team for a great and successful Smile year.

With warm regards & best wishes.

President Elect 21-22 Rtn KM Shirolkar

Rtn.Kamalnayan Shirolkar

Dear Sunrisers

It gives me immense pleasure to communicate to you through our club bulletin. This is for first time our club had publish a BULLETIN every month and made a record. The credit goes to dynamic President K V Chandrasekhara and the enthusiastic young Rotarian Smruti. Despite of Covid Pandemic challenges all club activities were carried out smoothly and efficiently by QUICKLY ADOPTING THE NEW ONLINE TECHNOLOGY.



With all limitations the club carried out projects like donation of food grain, steam inhalers, PPE kits etc.; Distribution of grains to families of blind was a novel idea. We cannot forget commendable support given by Rtn. Jasmina and her son Alpesh, Rtn Biswaranjan Sabat. Some of the projects which I would say has an impact on society and help the community are like 'Sensory Garden for Visually Impaired', 'Felicitations of Covid Warriors', Blood donation.

It is worth appreciating that again for the first time our club under the leadership of Chandrasekhara, has ventured in supporting the Mega Project of the District "De-ADDICTION' as a LEAD CLUB. It is also in the process of seeking the GLOBAL GRANT'. This needs to be further followed up seriously. This calls for good team efforts and I appeal all Sunrisers to rise to the occasion.

Many sincere Rotarians in our club have worked hard for our club, however, during the whole year there was one silent person, Rakesh Srivastava, who gave an excellent support to the president and very well maintained the websites, which is the need of the day.

My sincere congratulations to the President Chandrasekhara for proving that 'Rotary opens opportunities' and taking the club to new heights even with the extreme limitations during the Covid Pandemic.

Kamalnayan Shirolkar
President Elect Yr2021-22, RCNM Sunrise.

Message from Inner Wheel President

Dear Sunrisers

It gives me immense pleasure to congratulate RCNM Sunrise and President Rtn K V Chandrasekhara for such stupendous performance during the year 2020-21. I am feeling proud to say that the club has carried out many meaningful projects under leadership of Rtn Chandrasekhara, which were the need of the hour at such unprecedented time. Projects like organising blood donation camps, Covid-19 related preventive measures, such as distribution of regular masks, N95 masks, steam inhalers, sanitisers, medicines, etc. to name a few.



We along with Rotary have partnered in numerous projects, such as: providing financial assistance to deserving students, for treatment of the child with cerebral palsy. We jointly sponsored Solar lights for villagers of Wakadi. We also partnered in donating nutrient and vitamin supplements to expectant mothers, bed tables to Girija Old Age Home. We also were together for distribution of groceries and many more to serve the needy community.

Amidst the turmoil of pandemic, we've made it to the end of this difficult year with the cooperation of each other. We chose endless HOPE and spread JOSH in lives of innumerable people, as IWC and ROTARY always do.

I want to express my heartfelt gratitude to President Rtn K V Chandrasekhara for his support wherever it was needed. He is very unassuming and focused. He has set many benchmarks during his tenure. Once again, I congratulate him for an excellent year and wish the incoming President Rtn Kamalnayan Shirolkar all the very best.

With warmest regards,

Sheela Srivastava

President 2020-21

Inner Wheel Club of Navi Mumbai, Sunrise

LIST OF PRESIDENTS OF ROTARY CLUB OF NAVI MUMBAI SUNRISE



RTN.DILIP CHAUDHURY
2007-08



RTN.S.SURYANARAYANAN
2008-09



RTN.DR.C.BABU
2009-10



RTN.DR.R. RAJARAM
2010-11



RTN.DR.C ADHIKARI
2011-12



RTN.PRADIP SINHARAY
2012-13



RTN.V.V.N.RAJU
2013-14



RTN.MITA RAJARAM
2014-15



RTN.P.K.ADAK
2015-16



RTN.RAGHAVA RAJU
2016-17



RTN.MANOJ SHARVIDRE
2017-18



RTN.M PRAKASH
2018-19



RTN.BISWARANJAN SABAT
PRESIDENT 2019-20



RTN.K.V.CHANDRASHEKHAR
PRESIDENT 2020-21



RTN.K.M.SHIROLKAR
PRESIDENT ELECT-2021-22



RTN.DIPEN DALAL
PRESIDENT NOM 2022-23

BOARD OF DIRECTORS



K M SHIOLKAR
VP & PE



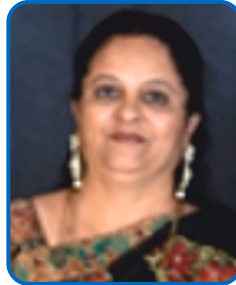
B SABAT
IPP



R K SRIVASTAVA
SECRETARY



DIPEN DALAL
JT SECRETARY



JASMINA THAKKAR
TREASURER



VIKAS SABLE
DIRECTOR



PRADIP SINHARAY
DIRECTOR



MANOJ NAYAK
DIRECTOR



SHALEEN TONK
DIRECTOR



UJJAVAL DAVE
SERGEANT IN ARMS



DR MITA RAJARAM
DIRECTOR

BOARD OF DIRECTORS



**M PRAKASH
DIRECTOR**



**BHAL SHEKAR CHILANA
DIRECTOR**



**DILIP CHOUDHARY
DIRECTOR**



**DR R RAJARAM
DIRECTOR**



**SRIVASTAN IYENGAR
DIRECTOR**



**MANISHA PARPIANI
DIRECTOR**



**P K ADAK
DIRECTOR**



**DR ANIL BHARDWAJ
DIRECTOR**



**DR V VENUGOPAL
DIRECTOR**



**G D SHARMA
DIRECTOR**



**SANCHAYAN MAJUMDAR
DIRECTOR**

Big ticket TRF donor





Thank You

Josh President K V Chandrasekhara
Rotary Club of Navi Mumbai Sunrise
for your generous contribution to
The Rotary Foundation
INR 202600
(US\$ 2755)
Rotary Year 2020-21







Thank You

Rtn Ramaswamy Rajaram
Rotary Club of Navi Mumbai Sunrise
for your generous contribution to
The Rotary Foundation
INR 116000
(US\$ 1568)
Rotary Year 2020-21















Thank You

Rtn Mita Rajaram
Rotary Club of Navi Mumbai Sunrise
for your generous contribution to
The Rotary Foundation
INR 111000
(US\$ 1500)
Rotary Year 2020-21











Thank You

Rtn Suryanarayanan Subramanian
Rotary Club of Navi Mumbai Sunrise
for your generous contribution to
The Rotary Foundation
INR 110500
(US\$ 1500)
Rotary Year 2020-21











Thank You

Rtn Biswaranjan Sabat
Rotary Club of Navi Mumbai Sunrise
for your generous contribution to
The Rotary Foundation
INR 73000
(US\$ 1000)
Rotary Year 2020-21







Joyous Jewels of Josh Year

Rtn.Sujaya Rai, President, RC Navi Mumbai

Seven Rotary Clubs of Navi Mumbai viz Navi Mumbai, Palm Beach, Bayside, Satellite City, Garima and Sunrise and Rotary Club of Linktown Airoli were designated as Joyous Jewels of District Secretary Rtn Jitendra Jadhvani. Rtns Nitin Shah, Sujaya Rai, Poonam Lama, Purushotham Kumar, Nandita, Dr Anil Bharadwaj and Vinaya were respectively the Presidents. Consequent on Dr Bhardwaj withdrawing, he was replaced by Rtn Chandrasekhara. Later on RC of Linktown Airoli was taken out of the Zone and was replaced by the new Navi Mumbai club – RC of NM Central, with Rtn Vilas Choudhary as President.

Prior to the beginning of the year, when the situation was normal Our District Secretary, AGs and ATs took initiative in having every week physical meetings. We were trained to prepare the Strategic Planning, SWOT etc for the clubs. The guidance provided by them really helped us during in the year.

Practice sessions of the skit to be enacted during the Pre-pets at Pune, directed by Dinesh Singh was the beginning of a beautiful journey. We thoroughly enjoyed the sessions, conducted at Rotary centre and Poonam's studio, leading to performance at the Pre-pets. The bonding was augmented during the two days spent at the Pre-pets. We were all excited about the activities that followed during January 2020. We attended a few initial meetings in Thane. This helped us bond better with all the Presidents. Everything seemed to be going great for the JOSH Presidents and Joyous Jewels in particular.

Suddenly pandemic hit us badly. Everything came to a standstill. We all were inside the house for two months. Many things changed with the pandemic: Everyone started wearing mask and started washing hands frequently. Our plans for the physical projects/family nights/picnics did not happen. We all waited for some time and realized that it is going to take long time.

We all started learning technology and started using virtual platforms for the meetings. Everyone accepted change and started thinking differently. Our thoughts changed; way of working changed. All seminars, training sessions were held on Zoom platform. The flip side of this was that we learnt lot many things sitting in the comfort of our homes without any distractions.

We started doing virtual projects. A Career Guidance Project was organized in the initial month which was attended by almost 300 youth from around 7 states and 2 Union Territories. We realized that by going virtual there is possibility of reaching larger number of people from across the world. We did not stop there. We did bigger and bolder projects using the resources available across India and outside India. We did not compete with each other, we collaborated for a bigger change. Each one of us chose a particular lead project and all of us participated in each other's projects. In fact, most of the projects were treated as Zonal projects rather than Club projects. Today we are inseparable, and our bonding is for Life. It is to the credit of all of us Presidents and members of individual clubs that we were not deterred by the ongoing pandemic. Physical meetings were not held but physical projects were executed wherever and whenever possible. Blood donation camps organized by Nitin, donation of covid related items by Puru, plastic collection for recycling by Poonam, various webinars organized by Nandita, many awareness programmes for the specially-abled

by Sujaya and lead hosting of De-addiction webinars by Chandrasekhara were some of the highlights of the year.

We are fortunate that now the Covid cases are reducing. However, People are afraid of the third wave. Many Rotarians are stuck in various places. Many Rotarians were infected by Covid – some could not survive, and some fought against it and came out of it. Let us all think about their contributions to the mankind and hope to have better time soon.

Stay safe.



**President Rtn K V Chandrasekhara and
First Lady Rama Chandrasekhara**

Members' Impressions

Rtn. S.Suryanarayanan

One of the important aspects which makes Rotary unique is the annual change in team leadership. Our current rotary year, known as Josh or Divine year has also been vastly different from other earlier years. Our beloved President Rtn.K.V.Chandrasekhara (known as Chandra among friends) also made a difference resulting in a unique and amazing year. Though Chandra took up the mantle little later than usual due to unavoidable circumstances, he did succeed in providing appropriate leadership to make a difference and result was a WOW year. Our club is perceived to have performed in this year as an effective club, all parameters normally used for assessing performance of clubs, to name a few key ones, TRF contribution, Membership, community Service, participation and attendance at weekly meetings, special awareness sessions on diverse fields etc, district events etc., during the year. We all are aware how tough this entire year was, given the pandemic conditions, various restrictions imposed by Government on mobility and normal day to day life as such was becoming very tough. Chandra modest to the core, simple, unassuming, cool and composed but could succeed in this circumstances too and lead the club to emerge as one among the top. With his skills of adapting admirably to conducting diligently weekly meetings consistently and regularly in digital mode thus transacting by making adversities to advantages, discrete delegation, persuasive skills, excellent relations with other clubs and many others in a very effective manner. Even in a year when no exchange projects, projects in ground level were not possible etc., yet he could draw the best from the members and guided them when needed and the outcome was Club excelled in this unusual year. I feel, it will be pertinent to share a few Firsts in this year, Sponsor a new club in Navi Mumbai (NM Central), played a pioneering/pivotal role (in association with knowledgeable peers and mentors in rotary and external experts) in avenue of addiction prevention/deaddiction, in introductory year, Completing all requirements and sanction for a Global Grant Project in the above area, Predominant active participation in so many district events and training programs, Prominent presence of club members in many Dist programs /events, joint meetings at District/Zonal levels, Implemented several community service projects, (including COVID specific ones and many others). Chandra was complemented by constant and consistent support from by First Lady Rama, Club Secretary Rakesh, Treasurer Jasmina, IPP Sabat, PE Kamal and entire team. Best wishes to Kamal and Swati. Warm Regards,



Rtn. Biswaranjan Sabat

Rtn Chandrasekhara an able leader who had acumen to lead and drive through the most difficult situation . Being upright , decisive , clear in thoughts , transparent and above all humble , he stirred through one of the most difficult phase in Rotary history.The year was phenomenal. Lot of new things and overall we excelled . New Club formation , membership and TRF growth , de addiction project and sensory garden are few things which add feather in his cap. Sunrise is blessed to have statesman like Rtn Chandrasekhara. Wishing him and Rama madam all the best.Have great times ahead . God bless you and family . Continue doing good for society .Corona Ke chalte Sunrise ki कशती डगमग थी किनारे लगा दियाNavi Mumbai से उठाकर dist 3142 पर बिठा दियाऔर क्या तारीफ करूं आपका आपने तो sunrise ko Naye Mukam par pahuncha diya.



Rtn Dipen Dalal

Rtn. Chandrasekhara ji, a camera shy person, a rarity in Rotary. He is a calm, composed, hardworking and go to person which are the perfect qualities of a President. We were fortunate to have such a President in one of the most difficult years. He is one with whom most club members feel comfortable.

Thank you Chandrasekhara ji for extraordinary efforts put in during the year.



Rtn Soniya Wanza

I commenced my Rotary journey during COVID19 pandemic lockdown but I was really fortunate to have Chandrasekhar Sir at the helm of Rotary affairs. He has been a True Guide and Mentor who also made me realise, that it is fine to be at home and still get connected to the outside world. I have seen Chandrasekhar Sir, executing great work under pressure, during lockdown. He is a kind hearted soul with serious looks but jolly good Nature, who always inspires us to move on in life, with huge smile on our face even under great adversities.



Three Cheers for our Three Musketeers

Rtn.Pradip Sinharay

This real story started in Rotary Year 2012-13 when I, fortunately happened to be the President of our club, Rotary Club of Navi Mumbai Sunrise, under the erstwhile Rotary International District 3140. That year, our club got the Best Membership Award in the district for bringing the club membership strength from 26 to 42, a phenomenal rise of almost 62%. Obviously, in that year, a strong army of good Samaritans joined our Sunrise family.

Out of that batch of new Rotarians, Sunrisers have identified 3 Musketeers by entrusting the job of leading our club for 3 years in succession from 2018-19 to 2020-21. They are Rtn.M.Prakash, Rtn.Bishwaranjan Sabat and Rtn.K.V.Chandrashekhara. I am sure that these unanimous decisions or mandates over a period of consecutive 3 years taken by the Sunrisers, definitely not even knowing that this progression of the club Presidents is unheard of and unique, probably in the entire Rotary world. I call them 3 Musketeers because they are really like heroic, chivalrous swordsmen who used to fight for justice. Under their leadership in last 3 years RCNM Sunrise has been able to add many glorious chapters in the club's existence since 2007-08.



In 2018-19, PERFECT President Rtn.Prakash added quite a good number of new members braving the problem of retention and ended the year with good net addition of members. He also achieved a better TRF contribution and raised good amount of funds for a huge number of projects like Adopt a Mother, Upgrading of Panchayat School etc., including 'Whispering Cinema', a new concept of enabling blind persons to enjoy cinema which was a first in India. The baton was successfully handed over to Rtn.Sabat in 2019-20 who being a multi tasker, finished his year with a net addition of 10 members to make a total of 74 members to make RCNM Sunrise the club having highest number of members in Navi Mumbai.

He relentlessly raised funds almost doubling the previous year's collection for various projects under CLC, District Grants, Global Grants (1st for RCNMS) and other avenues. Our club also received Platinum citation and became the Top Gunners in RID 3142. Though the dreaded Corona pandemic obstructed the execution of many projects for almost 4 months of the year, Then, came the art of doing good social work under the unprecedented pandemic situation which dark- clouded the entire world by bringing massive socio economic downtrend throughout the entire year and our club required the JOSH of President Rtn.Chabdrashekhara, fondly called 'Chandra'. Like a true soldier, he meticulously planned, energised his team and executed successful projects including 4 District projects as Lead Host and did all thrust areas relevant projects by the club alone or sometimes hand in hand with other clubs of our district and also with other district clubs. During his leadership RCNMS formed a new club namely RCNM Central which is a first for our club.

A unique project of 'Sensory Garden-SPARSH' for the Blind-Deaf students in association with Hellen Keller Institute has taken shape this year. Keeping the tradition of remaining the number one in membership among the Navi Mumbai clubs he continued the thrust of adding new members and brought the RCNMS family size to 85. The fantastic fact is that under his leadership our club also achieved the highest

ever TRF contribution despite of the pandemic situation. It's a story of unintentional, never before incidence of strange coincidence, which transformed into a PERFECT, SMART and JOSH period for our club and an everlasting happy memory for all of us. So, friends, let's give THREE CHEERS for our THREE MUSKETEERS. IT'S A HAT TRICK BY SUNRISERS.



Khushali Dalal Daughter of Rtn.Dipen Dalal won 3rd prize in solving Pyraminx by doing it in 7seconds. This was organised by Indian Cubes Association.



Results

Age Category: 10-14 Years



Pyraminx

Genius Kid Vashi - +919004896292

Aryan Bhavesh Morbia	0.07.24	CHAMPION
Mayank Kulkarni	0.07.64	1ST RUNNER UP
Khushali Dalal	0.07.66	2ND RUNNER UP
Saahil Lohiya	0.08.48	4TH POSITION
Saanavi Pujari	0.09.13	5TH POSITION
Vandan Dharmesh Gohil	0.09.18	6TH POSITION
Tanush Mani Pitchuka	0.09.29	7TH POSITION
SWAYAM KAKODKAR	0.09.51	8TH POSITION
Rishi Krishna Menon	0.09.69	9TH POSITION
Prateek Jain	0.09.91	10TH POSITION



Geniuskidvashi1



Geniuskid.vashi



geniuskidvashi@gmail.com



www.genius kid.org



www.indiancubeassociation.com

Lead hosting of Addiction Prevention Webinars

Rotary Connect

THE BIGGEST SEMINAR ON ADDICTION PREVENTION FOR ALL ROTARY & ROTARACT CLUBS

On
13TH DECEMBER 2020
10 AM TO 12 PM

ZOOM Meeting ID: 860 3665 2394
Passcode: 318955

Mandatory participation of All presidents, President Elect and Club Addiction Prevention Chair

FIRST BLOCKBUSTER
Project of RID 3142 RY.20-21

Rotary Dist. 3142

DISCONNECT
PAN INDIA SEMINAR ON DEADDICTION

Tea Time with Kapil Dev

Join us to meet the Legendary Cricketer on

FIRST BLOCKBUSTER
Project of RID 3142 RY.20-21

Rotary Dist. 3142

DISCONNECT
PAN INDIA SEMINAR ON DEADDICTION

Join us to understand the "Road Ahead" on

05 Sunday, 5th July 2020

09:00 am to 01:00 pm

De-Addiction
Awareness | Orientation | Action
Pan India Seminar on Addiction Prevention for Health Professionals

Convener - Rtn. Pushan Vaidya
Co-Convener - Rtn. S Suryanarayanan

30 Sunday, 30th Aug 2020 09:00 am to 01:00 pm

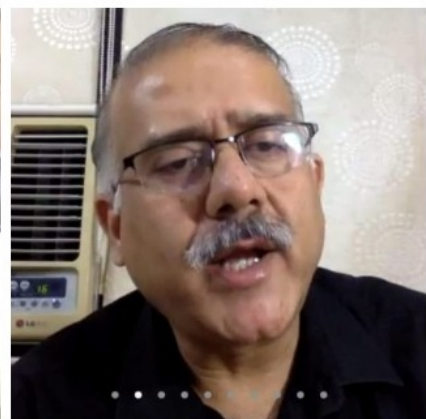
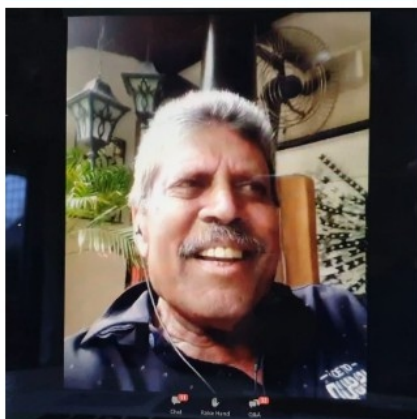
Meeting ID : 835 9160 0336



DISCONNECT
PAN INDIA SEMINAR ON DEADDICTION

Features

- Participation by 2500 Students
- Addresses by Rotary World Leaders & Celebrity
- Expert Talks
- Ask a Question



Distribution of Food Grains



Distribution of dry ration to blind families in Nerul, sex workers in Turbhe, sponsoring of milk, vegetables and fruits for cancer affected children at StJudes Childcare Centre.

Environment Projects



E-Waste Collection, Plastic for recycling & Tree Plantation

Award Functions



Felicitation of Covid warriors, women achievers and vocational excellence.

Covid Related Projects



Donation of Covid appropriate items like PPE kits, ordinary and N95 masks, sanitizers, medicines etc

Blood Donation Camps



Sensory Garden

Rtn.Chandrasekhara

A sensory garden seeks to enliven sensory perceptions through a curated selection of garden elements. It can be viewed as an outdoor classroom learning experience that is a valuable resource for a wide range of uses, from education to recreation. These are designed to help children with disabilities to build confidence and improve communication and social skills in their quest to explore the outdoor world. A sensory garden is a way of communicating with nature and stimulate community members to the value of their five senses, promoting social inclusion for any individual with or without disabilities and can be used as an aid in healing and meditation.



The common focus of all sensory gardens is the creation an immersive experience that appeals to one or more of the five senses that is beyond the scope and design of an average garden. Children who have Multiple Disabilities with Vision Impairment miss out on many opportunities for incidental learning of concepts & language as they may not be able to observe and effectively interact with their world due to issues with sensory integration. We need to create these opportunities for them by providing them with meaningful multisensory experiences and interaction with real objects that they can touch, hear, smell and see. If not provided by us in a constructive and acceptable manner, their strong sensory needs compel them to acquire these sensory experiences in a manner which instead of helping them in learning about the world around, become big distracters and obstruct learning, age-appropriate concept development and social inclusion. So, it becomes extremely important to create a world around him/her where such a child can receive a variety of sensory inputs in a natural, meaningful and unobtrusive manner.

The garden will provide children with real life math, science, language, gross/fine motor, and social/emotional opportunities which will foster social interaction, build a strong sense of community, build self-esteem, a connection with nature & will also be a therapeutic experience. The garden will continue to be accessible and inclusive to all students irrespective of their disability. With imaginative sensory design and sensitive attention to detail, a garden becomes a sensory feast.

The sensory garden at Helen Keller Institute for Deaf and Deafblind has various kinds of plants (in addition to the existing plants) which can be recognized by taste, smell or touch, for instance mint or tulsi. Also, various kinds of grasses will be planted to help children differentiate textures. Students will be involved in the planting, caring for these gardens. It will also have a variety of plants to water and pluck from (in case of herbs or vegetables/ fruits) with leaves of all shapes and sizes, to smell, feel and taste.

Brass bells & Handcrafted Brass bells in different sizes are arranged like a xylophone and create a beautiful sound. They sensitize children to different variations of sound. Bamboo chimes create a resonance when hit against each other and have a soothing effect.

Water bodies in the sensory garden will allow children to explore & learn in safe

environment. Balance, coordination, communication skills would also see an improvement.

Tactile Path Tactile path will use different material to stimulate motor planning by allowing children to experience a variety of textures. They learn to adapt the environment from game experience & helps in increasing awareness of body position & balance. It will also help in mobility & create self-confidence.

Apart from fulfilling the sensory needs of a sensorily deprived child, the range of language and concepts that such a surrounding can help develop is unlimited. The concepts of size, number, shape, texture, plant life, weather, and time (by feeling the varying intensity of sun through skin at different part of the day) etc. can be developed in a fun filled and healthy manner. Nothing can be more interesting for a child without vision to find the fruits and vegetables hidden among leaves and pluck and gather in a basket to be cooked/ eaten for the next meal!

Water Bodies Water bodies in the sensory garden will allow children to explore & learn in safe environment. Balance, coordination, communication skills would also see an improvement.





Bhumika Foundation

Vocational training and Adult Independent Living centre

Reg. No: Maharashtra/536/2015Raigad/1860/21

Village- Kolwadi, Panvel – Walap road,

Opp. Sanjay Gandhi Smarak High School, Post- Padghe,

Taluka- Panvel, Dist- Raigad. Navi Mumbai Pin code: 410206.

Maharashtra, India

Bhumika Foundation: Vocational Training and Adult Independent Living Centre is located in Panvel, it is a residential set up and is a home for rehabilitation for adults with disability. We train students in different domains that assist in achieving independent living skills. The domains are self-help skills, Skill training / Vocational Training, Sports and Fitness, Job Placement and analysis, Self-management, Business management, Sales and Marketing, Finance, Technological Update, Safety Skills etc. Regular Clinical rehabilitation like cognitive training, Money concept, Problem solving are the part of the individualized program planned for the student based on the detailed assessment and observations by the rehabilitation professionals.

The services are evidence based and the approach of Total Quality Rehabilitation Model (TQR Model) is followed. The services provided in the model are holistic, comprehensive, 24 hrs monitoring, Individualized plan, Quality assurance and evidence based practices. The overall physical, psychosocial wellbeing and the environmental factors are looked upon for opportunities for training and transition to independent living.

Bhumika Foundation strives and formulates way for promoting independent living for adults with disability. Disability can be termed as differently abled when the ability is foreseen and equipped with skills. The equipped skills are further trained for job for income generation a key element for survival and a precursor for achieving independence to the fullest. We have started our journey and are committed to serve adults with special needs.

We have been honored with

1. The Maharashtra State Award (2018) by the Government of Maharashtra
2. National Excellence Award (2019) in Rajasthan for our service.
3. Certificate of Excellence award (2020) for contributing in the field of disability rehabilitation
4. Vocational Excellence Award (2021) for achieving excellence in the field of mental health, clinical rehabilitation psychology as well as in academics by Rotary Club of Navi Mumbai Sunrise

Our learning centre is focused for trainees across two age groups 14 to 18 years and above. Our organization is a residential setup, focusing on

1. Skill development, training and employment
2. Help trainees with special needs to earn a livelihood
3. Create a productive environment harbor their capabilities for a sustainable future
4. We build their self- esteem and dignity, spread awareness and ensure, to the best of our ability, that the world is inclusive of all

Our Facilities:

Bhumika Foundation is equipped with all basic requirements and safety measures

1. CCTV surveillance & Care Taker round the clock
2. Consultants, Medical and Allied Health Practitioners
3. Well Trained team and class rooms
4. Vocational workshops
5. Kitchen / Food Court
6. Research and Development in the field of Rehabilitation
7. Workshops for Professionals and Parents
8. Pet Assistance
9. Vocational Training and Business Management

Our Future goals

The skill training / Vocational Training is a source by which an adult with disability can be made capable to combat personal expenses in turn their family. Training in this manner can create larger groups of disability from being dependent to an independent adult.

The future may not be as bright as it seems just by earning a living, as the individual ages the immediate family may not be there for some. The solutions are achievable wherein Bhumika Foundation desire is to make a village cum industry for hundred adults with disability. The village is owned and governed by them. Their ownership will be from having their shops, farms, managing their home.

Caring and sharing their homes wherein, the mild and moderate disability adults will care themselves and the profound individuals, thus forming their new and independent family.

About Our Director:

Dr Vishal Ganar is a rehabilitation Psychologist practicing in this field for 20 years. He is renowned in the country and has trained students with disability to live an independent life with dignity. He has authored many books and research papers. He has believed in change and appreciates new innovations in the field of rehabilitation. Bhumika Foundation is the result of ongoing research and practice to solve the most difficult issue of parents with disability offspring i.e what after me.

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Instagram: Bhumika Foundation

25 Reasons to Read books

Rtn.Khushali Dalal

Since I love reading books many people ask me “Why should I read books”. So here is the answer to all those who ask this question.

25 Reasons to read books:

1. Reading books improve knowledge about language.
2. Reading improves knowledge about different topics.
3. It improves our writing skill.
4. Books are a good companion when you are alone.
5. Reading at night gives you good sleep.
6. Reading improves our vocabulary skills.
7. We can get good morals by good books.
8. Reading is a good time utilisation.
9. It improves different types of creativity.
10. Reading improves your memory.
11. Books can help in your studies.
12. Reading keeps us peaceful and calm.
13. Some books are good entertainers.
14. Reading induces your thinking skills.
15. If you are not in a good mood, reading can improve your mood.
16. Reading can help in skills like leadership presentation and more.
17. We can learn new languages by reading books on those languages.
18. When you read books it reduces your screen time.
19. Books reading can improve focus and concentration.
20. Reading autobiographies can be a good inspiration.
21. Reading helps you to be more positive.
22. Reading can be a good hobby for some of you.
23. Reading helps in stress reduction.
24. Benefit of reading is improvement in conversation.
25. Reading improves your mental health.

Now I hope you are convinced and can convince others. For videos about books please watch my channel “Talented kids” on YouTube by Khushali Dalal.



ROTARY MEANS
BUSINESS
FELLOWSHIP



Rotary Mean Business (RMB) - The Next Big Thing in Rotary's Future

MISSION STATEMENT
'Rotary Means Business encourages Rotarians to support the success of their fellow Rotarians by doing business with them, and by referring others to them.'

Rotary's biggest forum of business fellowship (for local and global business generation) is now available for Rotarians of District 3142, 3141 and beyond. where members can build business connections, discuss their businesses, learn from others about trends and patterns impacting their markets and industries, seek and exchange referrals/know-how/expertise

Welcome you in the new world of opportunities known as "RMB DISTRICT 3142 CORPORATES"

OUR LEADERS



SK



DR.MANGAL



DEORAMJI



RAVINDRAN



RAGHAVA
RAJU



Mission Target

Create 100 Cr Business per annum, 1000 Members

WHY RMB?

WE ALL JOIN ROTARY WITH THE INTENT TO SERVE COMMUNITIES USING OUR TIME, TALENT AND RESOURCES. WE ARE TOTALLY FOCUSED IN VOLUNTARY SERVICE IN ROTARY AND NEVER HAD THE OPPORTUNITY TO ENHANCE OUR OWN BUSINESS THROUGH ROTARY. FOR BUSINESS NETWORKING, WE HAD TO LOOK OUTSIDE ROTARY. HENCE, THOSE WITH MORE OF BUSINESS INTEREST WERE OPTING OUT OF ROTARY AND THIS WAS AN IMPEDIMENT TO ROTARY'S MEMBERSHIP GROWTH TO SOME EXTENT.

ROTARY INTERNATIONAL HAS UNDERSTOOD THIS NEED AND THEREFORE HAS ENCOURAGED "ROTARY MEANS BUSINESS" (RMB) AS A RI RECOGNISED FORUM FOR BUSINESS FELLOWSHIP. SINCE 2014, RMB HAS GROWN MULTI-FOLD IN MORE THAN 35 COUNTRIES TO SUPPORT MUTUAL BUSINESS INTERESTS OF FELLOW ROTARIANS BY DOING STRAIGHTFORWARD BUSINESS WITH EACH OTHER OR REFERRING THEM TO OTHERS.

- IT IS AN OPEN FORUM FOR ROTARIANS TO PROMOTE AND ADVERTISE YOUR BUSINESS.
- FELLOWSHIP GROUPS TO HELP ROTARIANS TO ACHIEVE NEW HEIGHTS IN BUSINESS USING GLOBALLY STRONG ROTARY NETWORK
- ALSO ACTS AS A CHANNEL TO ATTRACT NEW ROTARIANS
- OPPORTUNITY TO BE GLOBAL BECAUSE EVERY RMB MEMBER WILL BE A PART OF GLOBAL DIRECTORY.
- BEING A MEMBER OF ROTARY-MEANS-BUSINESS WILL TRANSFORM YOUR BUSINESS AND HELP YOU GROW PAR IMAGINATION

To Know More



Contact:
Dr. SanjayKumar Tiwari
98213 44250

I STRONGLY RECOMMEND RMB AS STRONGEST TOOL TO RETAIN MEMBERS AND ATTRACT NEW MEMBERS. I AM CONFIDENT THAT THROUGH THIS FELLOWSHIP WE WILL EMPOWER ROTARIANS AND ACHIEVE DREAM OF SELF SUFFICIENT ROTARY.

DR. SANJAYKUMAR TIWARI
FOUNDER CHAIRMAN
RMB DISTRICT 3142 CORPORATES



Rotary



ROTARY CLUB OF NAVI MUMBAI SUNRISE

Club ID 76727 | Dist 3142

Holger Knaack

RI President

Dr Sandeep Kadam

District Governor

K V Chandrasekhara

Club President

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