



Issue # 05 - November 2023



# HILL ECHOES

Club Bulletin of Rotary Club of Thane Hills, RI District 3142

**Gordon McInally**  
RI President, RY 2023-24

**Milind Kulkarni**  
Dist. Governor, RY 2023-24

**Govind Khetan**  
Club President, RY 2023-24

**Dr. Anagha Karkhanis**  
Club Secretary, RY 2023-24

**YOU**  
**Can Make**  
**a Difference**  
**DONATE**  
**Today**



*Rotary Foundation Month*



**Govind Khetan**  
Club President



**My Dear Hillers,**

Warm Greetings!

Thank you very much for your active participation in the community service projects and fellowship events in the month of October.

Our club's RYLA (Rotary Youth Leadership Awards) held on Oct 8 was memorable on several counts.

This much awaited celebration of the youth was an apt recognition of the role and potential of the younger population of our country in nation building. The aptitude, energy, enthusiasm and effervescence of our Rotaractors and their peers was an in abundant display at this festival held by our club to harness and channelise their strength.

The fact that the esteemed faculty that conducted the lectures, workshops and tutorials in this Tech RYLA event were largely our own Hillers, is a testament to the brilliance and diversity of talent in our club, in our family.

Friends, our e-learning program for SSC students has received its due recognition in the district and across the country for its innovativeness and the scale at which it has been launched and is being executed by our club. We have received excellent feedback from students, teachers and parents.

We are also making rapid progress in our initiative towards preventing, detecting and curing the growing cases of cervical cancer amongst young women in our society. RCTH is proud to take the lead in creating awareness and providing much-needed protection against cervical cancer which has lately been one of the leading causes of untimely fatalities among women.

Friends, the festival of lights and joy is around the corner. I wish you all a beautiful month of festivities. November is the designated month of Giving to the Rotary Foundation. I urge you to enthusiastically contribute towards our twin objectives of being a 100 % PHF club and a EREY club in the Excellent year.

Let us all spend quality time with our families and friends and share our joy and abundance with the community around us.

Let us together create Hope in this world !

**Thank you !**



**Dr. Anagha Karkhanis**  
Club Secretary



**Dear Hillers,**

November is upon us, and it brings with it a sense of warmth and festivity. As we enter this month, we are reminded of the importance of giving back, and it is especially significant as we observe The Rotary Foundation Month. In November, we have an array of exciting events and initiatives planned, making it a memorable and purposeful month.

**1st November: E-Learning App Distribution**

We commence this month with an act of dedication to education. On the 1st of November, our club will distribute e-learning apps to St. Lawrence School and Brahman Shikshan Mandal English Medium School, tailored for the benefit of SSC students. This initiative will empower the younger generation through technology and education.

**2nd November: Thoughtful Thursday**

On the 2nd of November, we are thrilled to have our own Ann, Lata Gwalani, address the club with her intriguing topic, "Different Strokes for Different Folks" (Grahak Dekh Ke Pudhi Bandho). The subject promises to be an engaging and thought-provoking discussion, offering fresh perspectives and valuable insights.

**9th November: Diwali Dhamaka Party**

The month of November brings with it the joyous festival of lights, Diwali. On the 9th of November, we have planned a grand Diwali Dhamaka Party, a night of celebration and camaraderie. This event will not only celebrate Diwali but also include the induction of new members into our Rotary family and the recognition of generous contributors to The Rotary Foundation. We are privileged to have PRID Shri Ashok Mahajan Ji as our esteemed Chief Guest. Hillers, prepare to illuminate the evening in your ethnic ensembles, win posh prizes, and relish delectable delicacies.

**18th November: Dr. V Subramanian Autism Centre Start-Up**

Our commitment to making a positive impact on the community remains unwavering. On the 18th of November, we will inaugurate the Dr. V Subramanian Autism Centre, which will serve as a beacon of hope for individuals and families affected by autism.

**30th November: Preparatory Meeting for Triumph Run**

As November draws to a close, we turn our attention to the 30th of November when we will gather for a preparatory meeting to discuss, align, and plan for our upcoming signature event – the Triumph Run. Your active participation in the planning of this event will be instrumental in ensuring its success.

In conclusion, November is a month of significance and celebration for Rotary Club of Thane Hills. So let us all come together and make it a month to remember, filled with light, joy, and purpose.

Yours in Rotary !

**First Rotary Club** - Rotary Club of Chicago (On 23 February 1905)

**2nd Club** - San Francisco in 1908

**First Club Charter Members** - Paul Harris, Gustavus Loehr, Silvester Schiele & Hiram Shorey

**First Club President** - Silvester Schiele.

**First Club chartered outside of North America** - Rotary Club of London (1 August 1912)

**First RI President** - Paul Harris (National Association of Rotary Clubs, which later became Rotary International) in 1910. Paul is the only RI President to have served two terms.

**First RI Presidents from Asia** - Nitish Chandra Laharry (1962-63)

He was a lawyer, and film producer from Kolkata and was the producer of the first motion picture of Bengal, 'Bilat Ferat'. It was during his presidency that Rotary International started its Youth wing, Interact Club.

**First Interact Club** - at Melbourne High School, in Florida, USA, 5 Nov, 1962

**Rotary Foundation firsts:**

**First Community Service Project** - Comfort Station (Public Toilets) in Chicago - 1907.

**First Gift from TRF** - In 1929, The Rotary Foundation gave its first gift, US\$500, to the International Society for Crippled Children founded in 1921.

**Convention facts**

**First RI Convention** - Chicago, 1910, 16 Clubs, National Association of Rotary Clubs of America

**First RI Convention outside North America** - Edinburgh, Scotland, June 1921.

**First RI Convention in Asia** - Tokyo in 1961

**First Rotaract Club** - Rotaract Club of the University of North Carolina sponsored by Rotary Club of North Charlotte, North Carolina, USA

**WOMEN IN ROTARY:**

**First Rotary Club to have Woman Charter Member** - RC of Marin Sunrise, California

**First Woman Rotary Club President** - Sylvia Whitlock, RC of Duarte, California (1987)

**First Woman Club President in RCTH** - Sucheta Rege

**First Woman District Governor** - July 1995 - 8 DGs - Mimi Altman, Gilda Chirafisi, Donna Rapp, Reba Lovrien, Virginia Nordby, Anne Robertson, Janet Holland, and Olive Scott.

**First Woman District Governor in Asia** - Madhura Chhatrapati (from Bangalore, who was the Chief Guest at the installation of PP Atul Bhide as Club President and the BOD in July 2013 at RCTH, along with her brother PDG Srikant Chhatrapati)

**First Woman Trustee of The Rotary Foundation** - Carolyn E. Jones, 2005

**First Woman elected to RI Board of Directors** - Catherine Noyer-Riveau, 2008

**First woman RI Treasurer** - Elizabeth S. Demaray, 2012

**First woman to serve as RI Vice President** - Anne L. Matthews. 2013

**First woman Vice-Chair of The Rotary Foundation** - Brenda Marie Cressey, 2019

**First woman Chair of The Rotary Foundation** - Brenda Marie Cressey, April - June, 2019

**First Woman President of Rotary International** - Jennifer Jones, 2022

**ROTARY IN ASIA:**

**First Rotary Club in Asia** - Rotary Club of Manila - 1 June 1919

**First Rotary Club in India** - Rotary Club of Calcutta, 1 Jan, 1920

**First Indian Rotarian** - Sir Phiroze Sethna (Charter Member, RC Bombay 19/3/1929)

- PP Atul Bhide





# IMPACTING LIVES WITH CARE - CREATING HOPE



### DONATION OF EDUCATIONAL APPS IN SCHOOLS: PHASE 2

Just last month, RCTH made a foray into the sphere of e-learning by distributing educational apps, free of cost, to Grade 10 students of some schools affiliated to SSC Board. The donation for the purchase of the apps was materialized by large hearted Hillers through its Charitable Trust, the 'Triumph Foundation'. The feedback from the first phase of the app distribution was very positive and hence, RCTH decided to move onto the next set of schools in Thane (Phase 2).

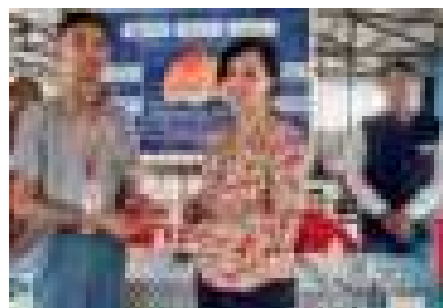
On 4th October, 2023, the Club President Govind Khetan, Club Secretary Dr. Anagha Karkhanis, CEO of Prism solutions Mr. Amol Kamat, Rotarians Ravjit Khurana, Pawan Adnani and Satish Shetty and Ann Radhika Padmanabhan visited five schools in Thane city for the distribution of the 'Ideal Study' app.

- In Saraswati Vidyalaya High School and Junior College (Rabodi), 280 apps were distributed, all for English medium students at around 8.15 a.m.
- In Dr. Bedekar Vidya Mandir, Thane, 186 apps were distributed at 9 a.m.; the beneficiaries are Marathi and semi English medium students.
- In Adarsh English School, Shivaji Nagar, Thane, 66 apps were distributed at 9.45 a.m.
- In Adarsh English School, Kissan Nagar 2, Thane, 42 apps were distributed at 10.30 a.m.
- In Brahman Shikshan Mandal School, Thane, 175 apps were distributed for students at 11.45 a.m. (for both Marathi and semi English medium students).

The distribution of the apps, totally free of cost, to underprivileged students bears testimony to the fact RCTH is forever ready to reach out to the needy.



### Ann Radhika Padmanabhan



# IMPACTING LIVES WITH CARE - CREATING HOPE



### FOOD DONATION DRIVE FOR THE VISUALLY CHALLENGED:

The 'Help Blind Welfare Association' has been organising a food donation drive every Amavasya at Yogi Hills, Mulund. This drive was organised on 14th October, 2023 for this month. This day coincided with Mahalaya Amavasya. Being an auspicious day, the number of donors, volunteers and beneficiaries assembled at the venue was larger than usual. Rotarian Pawan Adnani coordinated and led a group of Hillers who distributed rice, sago, chana dal and poha to more than 1100 visually challenged people gathered at the venue. Other groups contributed many food and grocery items besides utility items like towels, stool, clothes etc.

Rotarians Pawan Adnani, Ruby Khurana, Satish Shetty, Prashant Ojha and Nilesh Pitale as well as Ann Radhika Padmanabhan participated in the camp and volunteered for almost 3 hours between 7.30 a.m. and 10.45 a.m.

**Radhika Padmanabhan**



## IMPACTING LIVES WITH CARE - CREATING HOPE

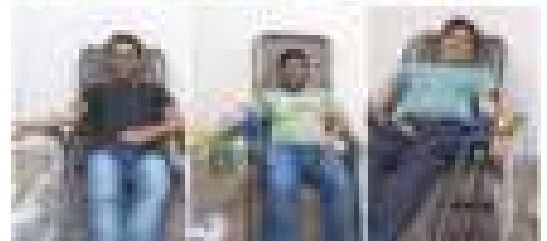
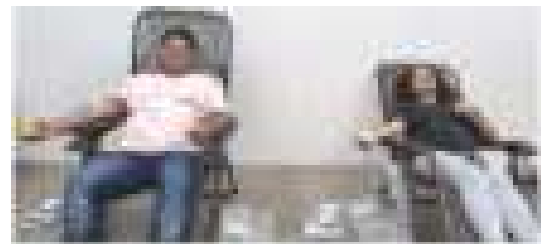
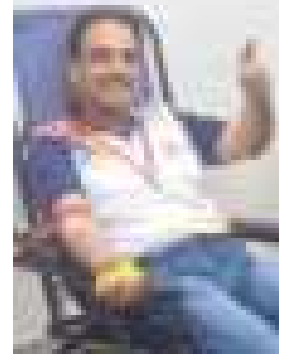
### BLOOD DONATION DRIVE AT METTLER TOLEDO GBSI :

On Monday, October 9, 2023, we organised a blood donation camp at Mettler Toledo GBSI. It was heartening to see many young employees of the company coming forward to donate blood. In fact, we had a sizeable number of first-time donors.

The camp started at 2:00 p.m. and the first donor was our own Club President Govind Khetan. After that wonderful beginning, we saw a slow but steady stream of employees walking in to donate blood. We collected 35 units of blood and each drop of blood will assist in providing healthier and better life to many thalassaemic children supported by our Thalassaemia Day Care Centre.

9th October also happened to be the World Post Day. So it was fitting that our Charter Member Ruby Khurana and Past President Atul Bhide presented the Special Cover and Cancellation on our Club's Rural Sanitation project [#RightToGo](#) issued by Department of Post, in June 2014, to Arun Krishnamurthy, head of Mettler Toledo GBSI. He was thrilled to receive it and enquired about various other projects of our club. Besides them, Rtn Sunil Gwalani was present during the camp. We are sure this is just a beginning of our association with a reputed corporate house and we can definitely rope them in to partner with us for some of our community development projects.

The icing on the cake was an impromptu talk delivered by Dr Varsha Pancholi to around 100 young employees of the company. In her talk, she spoke about Thalassaemia and the importance of getting tested for Thalassaemia before one's marriage. Kudos to our blood bank team led by Dr Varsha Pancholi who continue to do their best.



# IMPACTING LIVES WITH CARE - CREATING HOPE



### **BLOOD DONATIONS CAMPS IN PAWAR PUBLIC SCHOOLS, CHANDIVALI AND BHANDUP BRANCHES: OVERWHELMING RESPONSE:**

Students visit Triumph blood bank along with their teachers for a guided tour of the Blood Bank devoted to 85 Thalassemia patients. Dr.Varsha Pancholi, C.M.O. of the Blood Bank explains to the students what the blood bank is meant for, what is meant by thalassemia and why blood transfusion is so essential for the survival of thalassemia patients. She then takes them around the various sections of the Triumph Blood Bank as the kids get a lifetime opportunity to view the various instruments and get an idea of how the components of the blood collected from donors are separated and stored. The students also get an idea as to how to eliminate the birth of thalassemic babies.

With this knowledge, the students of the Interact Club of Pawar Public School, Chandivali and Bhandup branches- return to their respective schools, disseminate the information among their peers and urge them to convince their parents to donate blood for thalassemia patients on the Open Day. They draw posters on the themes of blood donation as well as thalassemia and put them up at all strategic places in the school campus. During the blood donation camp in the schools on their respective Open Days, these student volunteers complete a marvelous job of explaining about thalassemia to the parents and requesting them to donate blood / money towards thalassemia patients.

The response was overwhelming in both the schools as this model turned to be highly successful. The blood collected would save the lives of the patients and the funds raised would go towards the maintenance of the Triumph Blood Bank. In all, the blood donation camp organized by the RCTH in collaboration with the two schools for the Triumph Blood Bank was a resounding success!

In Pawar Public School, Chandivali, on 7th October,2023 - 76 units of blood and a sum of Rs. 46,300 was collected from the parents and teachers on the School Open Day.

In Pawar Public School, Bhandup, on 21st October,2023 - 58 units of blood and a sum of Rs. 69,487 was collected from the parents and teachers on the School Open Day.

Dr.Varsha and her team from the Triumph Blood Bank worked tirelessly during the blood donation camp as President Govind Khetan, Rotarian Satish Shetty and Ann Radhika Padmanabhan represented RCTH and worked non-stop in helping the Doctor and the parents. The donors were seen happily posing for pics behind a selfie placard after they received their refreshments and certificates.

One has to mention that the real heroes were the student volunteers of the two schools who did not spare any effort in convincing the parents to donate blood /money towards the cause of the Thalassemia patients. RCTH is very grateful towards Pawar Public School, Chandivali and Pawar Public School, Bhandup – the Management, the Principal, students, teachers, non-academic staff and the Parents- for supporting the entire camp.

**Radhika Padmanabhan**



## IMPACTING LIVES WITH CARE - CREATING HOPE

### MUSCULOSKELETAL DEFORMITY CORRECTION CAMP:

The introduction of polio vaccination in India dates back to around 1972 through the Expanded Programme on Immunization (EPI). By 1999, about 60% of infants had received three doses each. Throughout the 1990s, India grappled with a significant polio endemic, with over 30,000 cases reported annually.

The focus of polio immunization was primarily to prevent the disease. However, attention was necessary for children already affected by polio, resulting in asymmetric paralysis and subsequent limb deformities, especially in the lower limbs. This need gave rise to the concept of surgically correcting and realigning functionally useless limbs, easing the burden on families and empowering affected children towards independence.

In 2000, Rtn. Dr. Joy Patankar, Rtn. Dr. Kale, PDG Dr. Mayuresh, and a group of likeminded individuals and Rotarians initiated "Polio Corrective Surgery Camps." These camps began in the Polio Hub area of Western Uttar Pradesh, conducting nearly 1,500 procedures in locations such as Chandausi, Moradabad, Badayun, and Gajraula until 2007. All these camps were organized through the Indian National Polio Committee and Rotary. In 2003, Rtn. Dr. John Clegg from London joined the team, leading to the expansion of these camps to regions such as the Konkan area, which includes Ratnagiri, Chiplun, Dabhol, Dapoli, Barshi, Pandharpur, Sastur, Shirwal, and later into Gadchiroli and Belgaum in Karnataka.

As screenings progressed, it became evident that patients presented not only with polio-induced deformities but also those from congenital anomalies, cerebral palsy, and metabolic diseases. As cases of polio-induced deformities



## IMPACTING LIVES WITH CARE - CREATING HOPE

decreased, the scope broadened to include correction of various deformities, prompting a renaming of the camp from "Polio Corrective Surgery" to "Musculoskeletal Deformity Correction."

These camps are conducted in well-equipped hospital setups and operational theatres, spanning civil hospitals, sub-district hospitals, trust-run, or Rotary-run hospitals. To date, over 6,000 patients have undergone surgeries in these camps, named "Dr. Joy Patankar Memorial Musculoskeletal Deformity Corrective Camps" in honor of Late Dr. Joy Patankar, the pioneer of this initiative. Initially, these camps were collaboratively organized and financially supported by Rotary clubs in Ambarnath, Deonar, and Coventry Phoenix (UK), along with substantial assistance from local NGOs in the operating areas.

Our club, the Rotary Club of Thane Hills, joined the effort to conduct camps. On 1st & 2nd April 2023, our inaugural camp took place in Nandurbar, where we organized and provided partial financial support for 32 procedures at Civil Hospital, Nandurbar, with the assistance of local health workers, Rotary Club of Nandanagari, Hegadewar Samiti, and Nandurbar Medical Association.

Later, on 6th & 7th October 2023, another camp was held in the village of Satur, District Dharashiv, Maharashtra. Our members, Pawan, Shailesh, Ann Aditi, and I were present to support only the camp's organization. This camp received partial financial support from the Rotary Club of Thane Green City and successfully completed a total of 56 procedures.

Due to word-of-mouth publicity and the high patient demand, the team has planned another camp in Nandurbar on 24th & 25th February 2024. Similar NGOs are ready to support this upcoming camp.

**PP Shirish Songadkar**





## Empowering Tomorrow's Leaders with Artificial intelligence (AI)

*"The Illiterate of the 21st century will not be those who cannot read and write but those cannot learn, unlearn and relearn" – Alvin Toffler*

The recently concluded Tech RYLA event organized by RCTH on 8th Oct, 2023 at the Federation House (TMA) auditorium, left an indelible mark on all the participants. With the participation of 45 enthusiastic young leaders from Rotaract Clubs as well as non Rotaractors, belonging to the age group 16 to 30 years, this year's Tech RYLA was an astounding success. The special focus of this year's event was on technology, particularly AI. The organizing team for TECH RYLA- 2023 was led by Rtn. Jayant Nagavkar.

The event began with the participants divided into four dynamic teams, each ready to embark on a journey of leadership and personal growth.

The ice-breaker game 'Catch Your Bus' by our new Rotarian Anuradha Sukhathankar set the stage, encouraging participants to collaborate and strategize from the start.

A highlight of Tech RYLA was the lecture by Rotarian Sunil Gwalani, titled 'Leadership from Within', which inspired participants to explore their inner leadership potential.

This was followed by an engaging communication workshop by our new Rotarian Yamini Kundetkar, featuring the 'Communication Charade' game. This game was designed to enhance effective communication skills.

Team building activities such as the challenging jigsaw puzzle by Rtn . Anuradha Sukhathankar and the thrilling 'Desert Survival' game conducted by Rtn Asawari Palwankar, were not only fun but also formed the foundation for evaluating the participants' teamwork and problem-solving abilities.



During the lunch break, a special pledge was taken by all the participants to be responsible citizens of the city, emphasizing their commitment to be mindful of the environment and use their skills for the betterment of their community and the environment.

A groundbreaking moment came with an AI workshop linked to a live Rotary project, led by Dr. Vinay Kulakarni, an eminent professor and an AI expert from IIT Mumbai and our own Rtn. Madhumita Ghosh.

Laptops were provided to the teams for their live AI projects, showcasing their innovation and commitment to harnessing technology for creating positive change in our community.

The event reached its pinnacle with a motivating talk by celebrity youth icon Ms Perna Singh, who shared her insights on her leadership journey in a very engaging manner.

The Awards Ceremony, graced by Perna Singh's presence, recognized and celebrated the exceptional achievements of our young leaders identified during the RYLA event. The following awards were distributed during the ceremony: - RYLA King - RYLA Queen - Best Team - Best Project.



Behind the scenes, the success of Tech RYLA was made possible by the dedication, hard work and the tireless efforts of the RYLA committee members: PP Sucheta Rege, Kalita Subramaniam, Anuradha Sukhthankar,



Yamini Kundetkar, Asawari Palwankar, Madhumita Ghosh, Sunil Gwalani, Saket Gadkari and Vidyadhar Naik.

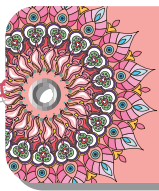
The commitment of our assessors: PP Atul Bhide, PP Rajeev Tipnis, PE Harshad Divekar, PN Samir Limaye, Rotarians Pushpalata Chaurey, A.S Kumar, and Sujit Uchil, Anns Radhika Padmanabhan and Manjiri Limaye, who meticulously evaluated the participants' leadership potential throughout the event, was invaluable.

PP Vikram Mane , PP Shirish Songatkar and Rtn. A.S. Kumar provided the much needed support through mentoring, logistics, and various forms of assistance. The force behind the entire event were undoubtedly President Govind Khetan and Club Secretary Dr. Anagha Karkhanis. The collective efforts of our club reaffirm our commitment to nurturing the leaders of tomorrow in a technology-driven world.

Tech RYLA-2023 was an extraordinary journey, and we look forward to continuing this tradition of excellence in the years to come.

**Rotarian Jayant Nagavkar** - Director Youth Services





## BOOKED FOR LIFE



### *A joyous look at books through the phases of life - Ann Lata Gwalani*

Ah, books! Those trusted companions who handhold us through thick and thin, through all the phases of life. We are happy to present to you a monthly column titled BOOKMARK, where I will give you a peek into the world of books.

Join me in this curtain-raiser, dear readers, as I take you on a whimsical journey through life, as told through the books I have read.

I grew up to be the kind of person who believed that books could solve all of life's problems. I was always surrounded by books that spanned every genre, from self-help to fantasy to cookbooks. Yes, I collected all the little cookbooks that accompanied the Prestige and Hawkins Pressure cookers that my mother or my aunts added to the kitchen. Reading these books, I became convinced that I could whip up gourmet meals every night. Armed with Tarla Dalal's book and a dream, I set out to conquer the kitchen. My first attempt at making a puffed up bhatura ended with a fire alarm and a burnt flatbread. But that still did not kill my appetite for reading cookbooks.

As I went through the different phases of life, my reading habits changed.

#### **The Naïve Novice**

During my childhood days in Zambia, I was like a blank page, eager to soak up the wisdom of the world. As little as I was, I devoured every little Ladybird book my parents often gifted me. Rapunzel, Snow White and the Seven Dwarfs, Sleeping Beauty...transported me to a fairy tale world of magical wonders. I met Enid Blyton during these years. I returned to India and to enchanting storytelling in the pages of the legendary Amar Chitra Katha (ACK). Tinkle, Chanda Mama, Mandrake the Magician... slowly morphed into Archies and Mad comics. ACK remains one of my go-to books for those lazy, no-heavy book, afternoons.

Then came the turbulent adolescent years. I turned to the self-help books 'imposed' upon me by my well-meaning elders. 'How to Win Friends and Influence People' to 'The Seven Habits of Highly Effective People.' Driven by these newfound nuggets of wisdom, I tried to make friends and influence people but ended up with a bunch of half-hearted handshakes and awkward conversations. Nevertheless, I soldiered on, because Shiv Khera said You can Win.

#### **The Starry-Eyed Romantic**

As I entered the teenage years, I discovered the world of romance novels hidden between the covers of my Physics text book. Mills & Boon, Barbara Cartland, Gone with the Wind, The Thorn Birds - I couldn't get enough of bodice-ripping heroines and the tall-dark-handsome brooding, mysterious heroes. I believed that love should be passionate, intense, and involve a lot of longing gazes. Unfortunately, real-life dating didn't quite match up to the romance novels. Thankfully, I quickly learned that not every love story needs a damsel in distress and a knight in shining armour.

#### **The young philosopher**

In my late teens, I decided it was time to become an adult. I started reading what the world recommended as 'must reads'. Howard Roark from Ayn Rand's The Fountainhead became my idol, role model, and I gushed about him wherever people were polite to lend me their ear. Sidney Sheldon's The Prodigal Daughter and Jeffrey Archer's As the Crow Flies left an indelible mark on my impressionable mind. To date, I remain their loyal devotee.

#### **The quarter-life Comedy**

As I entered my twenties, I was all about mirth, wit and hearty laughter. P. G. Wodehouse entered my life and swept me away on the arms of Jeeves and his inimitable brand of British humour. As I rounded the corner and encountered 25, the laughter died in my mouth. Work, money, matrimony consumed me. The only books I read were bank passbooks and chequebooks.



## BOOKED FOR LIFE



When the little one arrived, optimism and apprehension blended into a potent potion in my overwhelmed heart. Dr Spock's Baby and Childcare manual became my bible. The thirties brought in the urge to read travel books. What the physical body could not do, the mind fulfilled through the pages of Eat, Pray, Love. What Elizabeth Gilbert sought became my inspiration.

### The Midlife Crisis Memoirs

As I hit middle age, I started to question the meaning of life. I turned to memoirs written by people who had undergone midlife crises and who came out the other side, wiser and calmer. I read Rumi, and of course, the mother of the written word – the Bhagavad Geeta. I read about people who had quit their jobs to travel the world, to take up extreme sports, or to become yogi gurus. Mythology helped me tide over the burden of everyday living. Chitra Banerjee Divakaruni's Palace of Illusions touched the right spot.

### Books don't age

Standing on the other side of fifty, I thought it might be time to embrace books meant for my age. I picked up Chicken Soup for the Golden Soul. Two chapters in, I realised I was not ready yet. Instead, I turned to A Man Called Ove by Fredrik Backman. Ove reeled me back into the carefree joy of childhood.

When books don't age, why should my reading age? The joy of re-reading classics is an unmatched high, is it not?

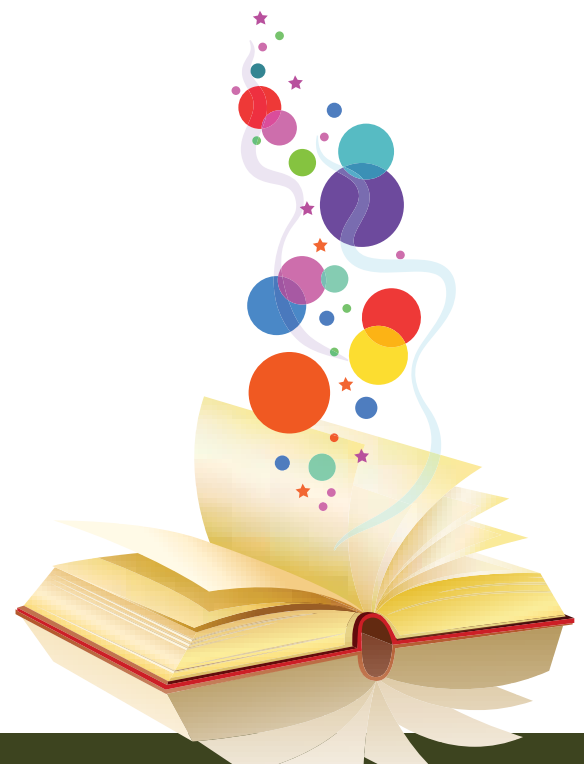
As my life unfolded on the screen before me, I saw how books were a reflection of my journey. My heart overflowed with gratitude. As a token of my gratitude, I decided to do my bit.

### I started writing books.

Between the covers of the books I wrote, and continue to write, I scattered the pearls of wisdom I had gathered over the years of reading. Incognito, Prisoners of Secrets, Road to Abana, and every forthcoming book of mine is a tribute – a salute to all the books that have contributed to shaping my personality. The stories I write borrow generously from the buffet of words that I have gluttonously consumed during the years.

So, here you have it—life's literary odyssey, complete with laughter, tears, and plenty of questionable book choices. As we turn the page to each new phase, let's remember that the real treasure isn't on the shelves but in the association and memories we create with each book we read. Happy reading, and may your life's story be filled with plot twists and comedic relief!

**Till we meet again next month, BOOKMARK this!**



## DR. SEETHA FELICITATED!

Everyone associated with RCTH refers to this Ann as 'angel'. She is none other than Dr. Seetha Raju. Seetha is a very well-known medical practitioner not just in Thane. Her name and fame has spread across the country.

On International Women's Day- 8th March 2023, business icon Dr Kiran Mazumdar Shaw one of India's most successful and richest biotechnologists, honoured 30 lady doctors from all over India for their dedicated service to society and for being a source of inspiration to others.

Not surprisingly, Dr. Seetha was one among the elite group. All the awardees were flown to Biocon headquarters in Bengaluru for the felicitation and were taken around the Biocon facility. Dr Shaw urged the lady doctors to support Indian technologies and bio pharmaceuticals which were economical as well as world class, especially their insulins and cancer chemo therapeutics.

The day ended, for Seetha and the other doctors, with dinner at Dr Shaw's palatial home . In Seetha 's words, this great achiever came across as a simple and honest woman with a definite aura about her.

The business tycoon's parting message was that the doctors, as key opinion leaders, should change the thinking of their fellow doctors.

Seetha definitely deserves to be counted as one of the most dedicated doctors in the nation. She certainly has the ability to spread the right message among her peers.

Dr. Seetha, we wish that more and more laurels come your way in your illustrious career! The Hiller family is proud of you and your lofty accomplishments!

## Ann Radhika



### PROVIDING SUCCOUR TO TROUBLED MINDS:

Ann Aneetha Shetty, spouse of Rtn. Satish Shetty, was intrigued by psychology and so she pursued the 'Robert Carkhuff' Psychotherapy Certification from 'Heart to Heart'. This progressed into learning alternative therapies like hypnotherapy and Thematic Centred Interaction (TCI) from TISS. After doing multiple modules, Aneetha also pursued Rebt (Rational Emotive Behavioural Therapy) from IPH Thane and CBT (Cognitive Behavioral Therapy) and others from Sukoon (a branch of Fortis Mental Health)

She does not practice these professionally, however she volunteers for some organizations where just lending an ear itself makes a difference. Empathy and kindness are all that is required to make a difference to someone who is going through difficult times, Aneetha feels. So she continues helping a lot of people in this direction.

Aneetha is happy doing this and she continues learning each day. In the future, she may look at pursuing it professionally (or in palliative care as she is a trained volunteer from Tata Hospital).

Aneetha strongly believes in Morgan Freeman's quote:

"How do we change the world? One random act of kindness at a time"

Kudos to you, Aneetha for reaching out!







**CLUB MEETING:** Dr. Pallavi Gijare's presentation on "Emotional Intelligence" was very interesting. The impact of this session on health was a compelling and insightful exploration of the vital role our emotions play in our overall well-being. She began by emphasizing the importance of understanding and managing our emotions, as they can significantly affect our physical and mental health. One of the key points in her presentation was the profound influence of Emotional Intelligence on coping mechanisms. Dr. Gijare highlighted that individuals with higher Emotional Intelligence tend to handle stress and challenging situations better, ultimately reducing the risk of various health issues such as hypertension, anxiety, and depression. Moreover, Dr. Gijare discussed the role of upbringing in shaping emotional intelligence. She pointed out that early childhood experiences and the way parents nurture emotional awareness can have a lasting impact on an individual's ability to manage emotions effectively. This underscores the importance of emotional education and support within families. Interpersonal skills were another area of focus in her presentation. Dr. Gijare stressed that strong interpersonal skills are closely tied to emotional intelligence and can lead to healthier relationships, reduced conflicts, and improved overall well-being. She urged the audience to cultivate these skills for better mental and emotional health. One of the most striking aspects of Dr. Gijare's presentation was her discussion of the impact of stress on pregnancy. She highlighted research indicating that high stress levels during pregnancy can lead to adverse outcomes, such as preterm birth and low birth weight. This underscored the critical need for pregnant individuals to develop emotional intelligence and effective stress-coping strategies. In nut shell, Dr. Pallavi Gijare's presentation on Emotional Intelligence, its impact on health, coping mechanisms, the role of upbringing, importance of interpersonal skills, and the connection between stress and pregnancy, provided a comprehensive and compelling perspective on the profound influence of emotions on our well-being. Her insights serve as a valuable reminder of the importance of emotional well-being in our lives, from childhood to adulthood.



**CLUB MEETING:** During a club meeting organized by Bijay Yadav, an intriguing game was introduced that bore a striking resemblance to the classic "Prisoner's Dilemma." Members gathered, not quite sure what to expect, but excitement filled the room. The rules were simple: each participant had two options – to cooperate or betray their fellow members. Laughter and animated discussions filled the room as members strategized, forming alliances and trying to outwit each other. The game's setup created a competitive atmosphere, with the allure of individual success. However, as rounds progressed, it became evident that this game wasn't designed for a single victor. In the end, no one emerged as a winner. It was a true representation of the Prisoner's Dilemma – where individual interests clashed with the collective good. As the game concluded, Bijay Yadav shared the moral of the experience. He emphasized that the game mirrored real-life situations where cooperation and collaboration can yield more significant benefits than pursuing personal gain at the expense of others. The smiles, laughter, and the shared experience reminded everyone that working together for the larger good often results in a richer and more fulfilling outcome than selfish competition. It was a lesson learned through play but applicable to the broader scope of life – the importance of choosing cooperation over betrayal for the betterment of all.

- Rtn. Samir Limaye



# EVERGREEN EVENT: GLOBAL QUIZ



An event which the entire RCTH family awaits eagerly is the Annual Quiz conducted by the Master Quizmaster Sunil Gwalani. This year, he announced that the theme of the quiz would be 'Global'. As usual, the Hillers and family members started enrolling in the quiz with zeal and the teams were formed with catchy names like Agile Africans, Ambitious Americans, Adaptable Asians, Alert Australians, Eager Europeans, Global Giants and World Warriors. Each team had 4 Rotarians, an Ann and an Annette/ Rotaractor. Sunil gave the participants a perfect warmup through his daily questions; the response for the same was very encouraging.

The Quiz programme, conceptualized and designed by Rotarian Sunil Gwalani, was organized in TMA Hall on 7th October, 2023. Eager Hillers were seen waiting with bated breath for the quiz to unfold. It was a battle of knowledge, memory, ability to recall, speed, presence of mind and above all, nerves. The audience was kept riveted to their seats as the questions were posed by the quizmaster one after another in quick succession.

There was a great variety in the type of rounds as well as questions; also, there were quite a few rounds in which the buzzer had to be used. The quizmaster added innovative ideas for the rounds; there were bonus marks, negatives etc. There were audio and visual rounds as well as rapid fire round, besides the general text rounds. Questions from current affairs and politics, sports, literature, business, history, geography, movies and other fields, pertaining to the entire globe, found a place in the quiz.

All the seven teams battled it out till the end. Team 'Adaptable Asians' led by President Govind Khetan were the winners. Team 'World Warriors' (led by Rtn. Gururaj Agnihotri) and Team 'Agile Africans' (led by Rtn. Latha Sanjay) were the first and second Runner up teams respectively. The 'Daily Quiz' award was won by Ann Radhika Padmanabhan. The 'Best Quizzer' Award was bagged by Annete ,Ananya Kundetkar, daughter of Rotarian Yamini. The awards were presented to the winners by PP Dr.Raju and President Govind.

The Global Quiz turned out to be an extremely educative and entertaining programme, thanks to the manner in which it was structured and conducted by Rtn. Sunil Gwalani,

**Radhika Padmanabhan**



**Hello there !**

Today I am gonna tell you a story of "Yin" and " Yang".

Even if someone is a Saint, there always is a dark side which comes up if ruffled.

I am otherwise a very non- judgmental and 'live and let live' kind of a person.

In our society resided a lady who was very snobbish and snooty, she was known for rubbing everyone the wrong way and her only claim to fame was her illustrious "doctor" for a husband.

I rather not believe in hearsays unless, I experience it first-hand. I had met this lady socially a couple of times though she came across as a bit rough but, okay at times even introverts are made out to be arrogant. So, despite having the epistles of her attitude tales at the back of my mind, I never was biased by them while interacting with her until.....

One fine day, i had been shopping for groceries at a supermarket near my house and suddenly there was a ruckus in the aisle ahead of mine.

It had so happened that a salesperson/attendant at the shop was moving a trolley filled with stock and she accidentally banged her back against a customer. The saleswoman instantly apologised very profusely yet the "lady customer" was in no mood to relent despite her embarrassed husband trying to calm her down. Even the store manager had reached out to her and apologised for what had happened and ready to even pay for any first aid. (there was no injury or any such thing). This salesgirl's back had just touched the customer.

She was yelling at the top of her voice and swearing on culture and etiquettes blah blah.....

Yes, I am sure you guys must've realised by know that it was the very same arrogant Mrs. Dr. who wasn't even heeding to Mr. Dr's pleas and still screeching and mumbling.

I was trailing behind and was feeling really sad for the poor sales girl who was crying with tears rolling down her cheeks and the manager still reprimanding her in front of all and sundry.

Dunno what had happened to me, I went upto Mrs. Dr and whispered in her ears something. She started jumping up and down frantically and yelling, screaming and pulled her flabbergasted husband's hand, left her trolley there and ran out of the store like a mad woman possessed !

It was quite a scene. Everyone stood amused, while i had a wicked smirk and winked at the sales girl who was as confused as everyone to fathom what had actually happened.

Although, once the lady retreated out, all of us had a hearty laugh but no one knew what i had done.

This deep secret is about to unravel to you guys other than my husband who was the sole keeper of the mystery till date.

Well, i very coolly went upto the lady (she was wearing shorts) and whispered to her that i saw a cockroach on her thighs just now and in all probability it had reached uncharitable territories.

Hahaha.....

Till date I am yet to forgive myself and at times have the guilt pangs of wanting to go tell the truth and get myself slapped (which is quite likely) so as to unburden myself. But, fortunately in 6 months I shifted out from that town. But, I do think about the episode once a while.

So this is the "dark" side I am sure everyone of us has and would like to keep it as tamed as possible.

Have a great time.....until the next time

Signing Off,

Yours truly,

**Rtn. Yamini Kundetkar**

