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Sponsor
Rotary
Club of Dombivli Sun City | District 3142

डोंबिवलीची
**SUNCITY
EXPRESS**
NOV 2024



Rtn. Rtr.
Radhakrishnan K.
President, 2024-25



PRESIDENT'S LETTER

Fellow Rotarians,

As we enter the month of November, I'd like to draw your attention to a very special occasion – Rotary Foundation Month. This is a time for us to reflect on the incredible work of The Rotary Foundation and its profound impact on communities worldwide.

Through the generous support of Rotarians like you, The Rotary Foundation has funded countless life-changing projects, from eradicating polio to providing clean water and education. It is a testament to the power of collective action and the enduring spirit of service that defines our Rotary family.

This month, let us renew our commitment to supporting The Rotary Foundation. Consider increasing your contributions, encouraging fellow Rotarians to do the same, and exploring opportunities to learn more about the Foundation's impactful programs.

Remember, every contribution, no matter how small, can make a significant difference. Let us work together to "Give Hope Through Service" and create a brighter future for generations to come.

With gratitude and optimism,

[Rtn. Rtr. Radhakrishnan K
President, Rotary Club of Dombivli Sun City



Rtn.
Nikhil Apte
Editor 2024-25

EDITOR'S LETTER

Welcome to the November edition of our club magazine, where we celebrate Rotary Foundation Month and the remarkable impact of our collective generosity.

This month, delve into the inspiring stories of how Rotary Foundation grants are transforming lives worldwide. Discover the power of your contributions in eradicating polio, providing clean water, supporting education, and addressing critical humanitarian needs.

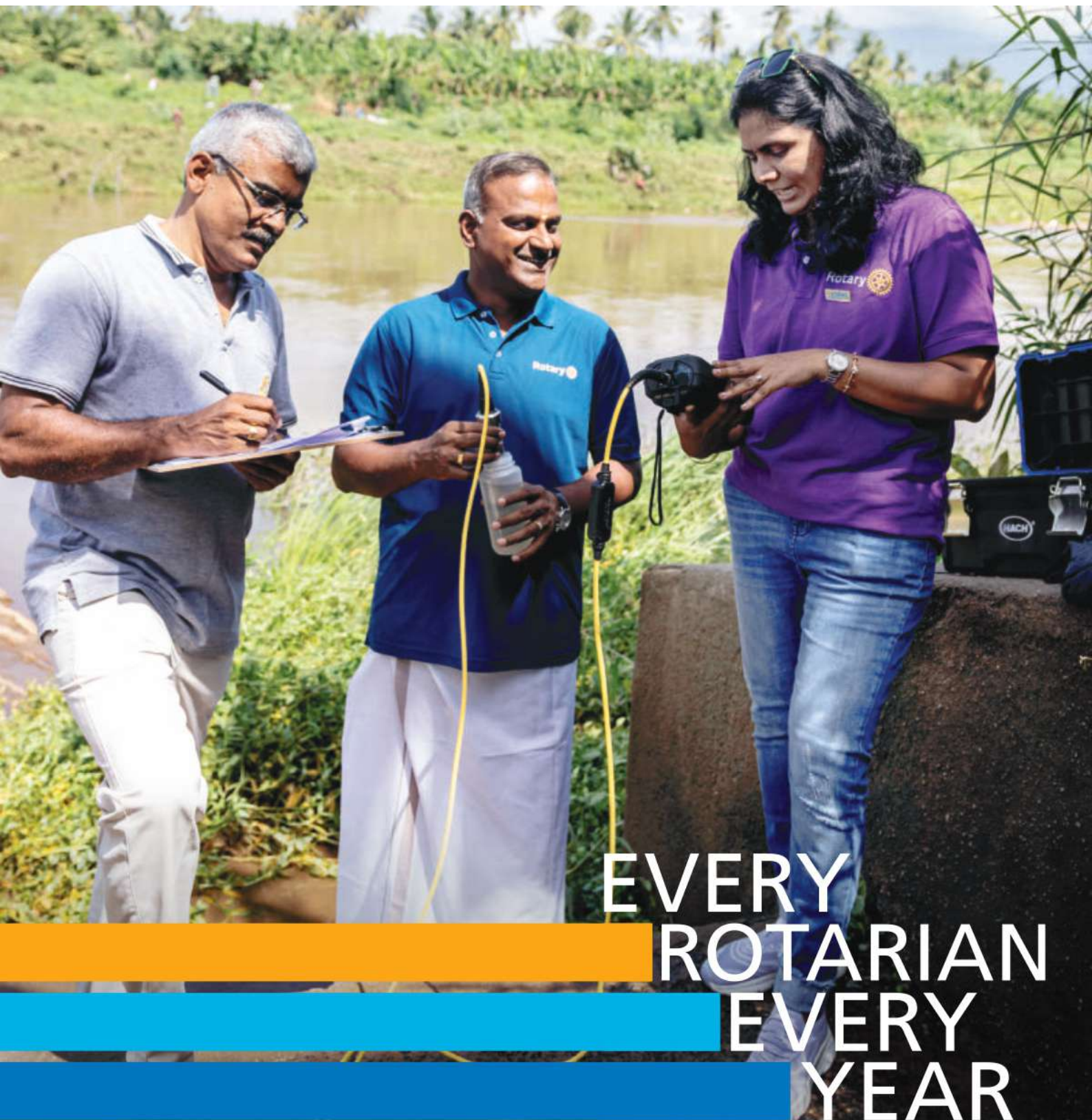
We encourage you to explore the various ways you can support The Rotary Foundation, whether it's through increased contributions, participating in fundraising events, or simply spreading awareness among your friends and family.

This edition features articles highlighting the diverse service projects undertaken by our club members, showcasing the spirit of Rotary in action. We also shine a spotlight on the achievements of our youth members and celebrate the dedication of our Rotarians.

We hope this edition inspires you to deepen your involvement in Rotary and to continue making a positive difference in our community and beyond.

Happy reading!

Rtn. Nikhil Apte
Editor, Rotary Club of Dombivli Sun City



EVERY
ROTARIAN
EVERY
YEAR

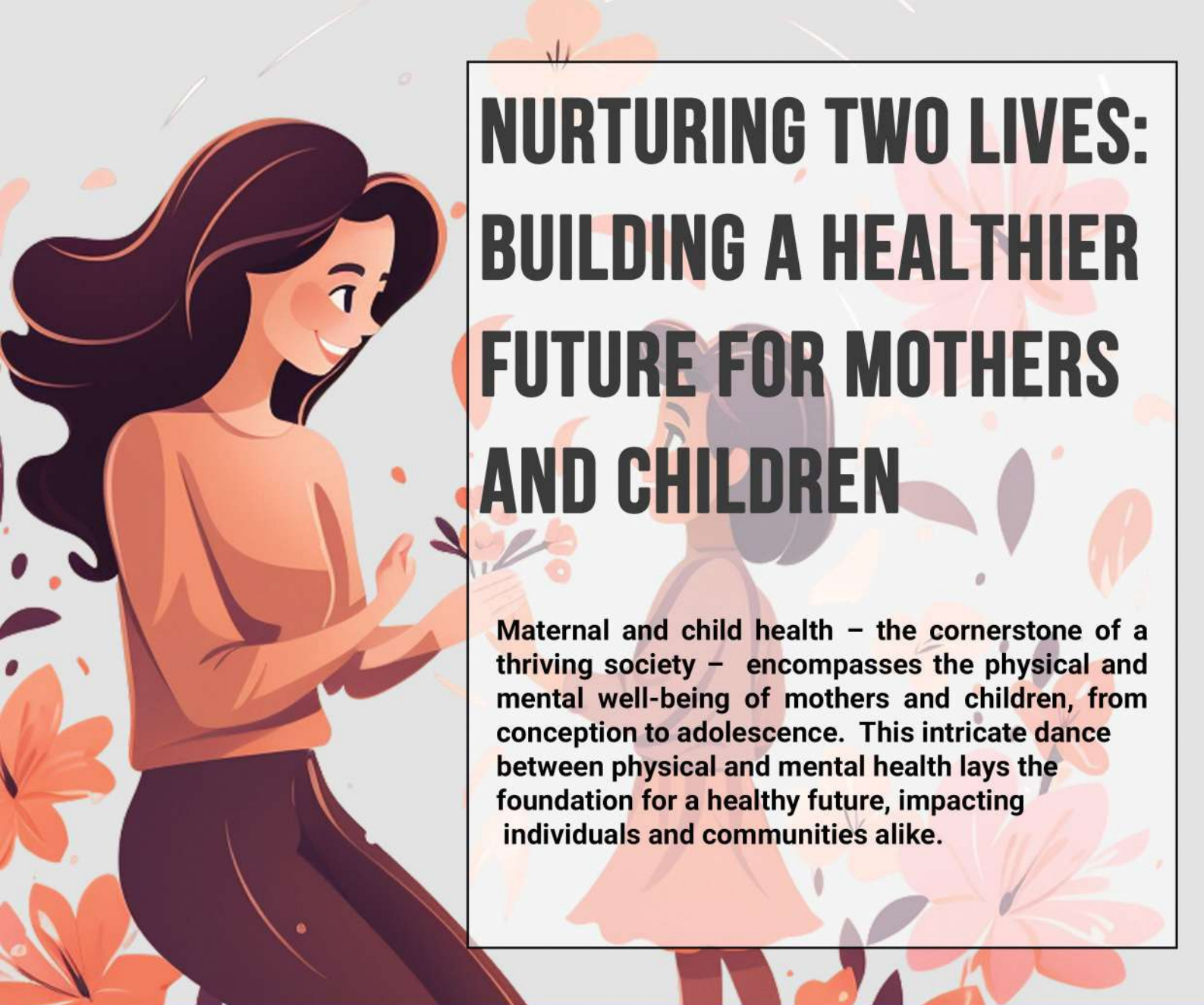
ROTARY FOUNDATION MONTH

November is Rotary Foundation Month, a time to celebrate and support the life-changing work of our Foundation. Since The Rotary Foundation began, it has awarded more than US\$6.5 billion to help members transform communities locally and globally. We are deeply grateful to Rotary members like you who make Doing Good in the World possible.

GIVE TODAY: rotary.org/donate

LEARN MORE: rotary.org/foundation





NURTURING TWO LIVES: BUILDING A HEALTHIER FUTURE FOR MOTHERS AND CHILDREN

Maternal and child health – the cornerstone of a thriving society – encompasses the physical and mental well-being of mothers and children, from conception to adolescence. This intricate dance between physical and mental health lays the foundation for a healthy future, impacting individuals and communities alike.

A JOURNEY OF PHYSICAL WELL-BEING

The physical journey begins with prenatal care, the bedrock of a healthy pregnancy. Regular check-ups allow for early detection of risks, monitoring of fetal development, and guidance on nutrition and exercise.

Safe delivery, especially critical in remote areas, is ensured by access to skilled birth attendants and well-equipped facilities. Postnatal care focuses on recovery, establishing breastfeeding, and supporting mothers' physical and emotional well-being.

THE POWER OF MENTAL WELLBEING

Mental well-being holds equal weight. Addressing anxiety, depression, or postpartum depression allows mothers to cope effectively. Building resilience and fostering social support networks are vital safeguards.

THE INTERCONNECTED WEB

Physical and mental health are intricately woven. Fatigue or pain can exacerbate mental challenges, while stress and anxiety can impact physical well-being. A mother struggling with depression may find it difficult to nurture her child.

CERVICAL CANCER BY THE NUMBERS

U.S. projections for 2024

Estimated new cases:

13,820

Estimated deaths:

4,360

Source: National Cancer Institute

Cervical cancer disparity in Alabama

Incidence rate: **Alabama: 9.2**
per 100,000 females U.S.: 7.4

Mortality rate: **Alabama: 3.3**
per 100,000 females U.S.: 2.2



Incidence rate by race
per 100,000 females

Black 9.8

White 9.1

Mortality rate by race
per 100,000 females

Black 4.8

White 2.9

Source: Alabama Cancer Statistics 2023, Alabama Department of Public Health

MINDFULNESS

Find Your Zen: Tiny Steps to Big Calm

Feeling overwhelmed? Mind racing? You're not alone! Take a deep breath (literally!). Mindfulness, the art of being present, can be your secret weapon.



Why Mini-Mindfulness Matters?

Chill Out Fast: Feeling stressed? A few mindful moments can hit the pause button on anxiety.

Focus Like a Laser: Trouble concentrating? Mindfulness helps tame your wandering mind.

Feel Better All Around: Being present boosts happiness and self-awareness.

3 Easy Bites of Mindfulness:

Breathe Deep: Take 3 slow breaths, feeling your belly rise and fall with each one. Simple, right?

Sensory Superpower: Savor your coffee. Notice the warmth, smell, and taste. Tiny details, big impact.

Mindful Movement: Take a mindful walk. Feel your feet hit the ground and your breath change with each step.

Remember: It's okay if your mind wanders. Gently bring it back, no judgment.

Small, daily doses of mindfulness can lead to a calmer, happier you.

DOMBIVLI SUNCITY ROTARIANS HIT A SIX WITH CRICKET CHAMPIONSHIP

RTN PARAG SHIMPI

Cricketer

IFCR DISTRICT 3142 – INTER CLUB CRICKET CHAMPIONS

The Rotary Club of Dombivli Suncity is celebrating a triumphant victory after clinching the championship title in the recent IFCR District 3142 Inter Club Cricket Tournament! Their unwavering dedication, exceptional teamwork, and impressive cricketing skills propelled them to the top of the competition.

This win transcends the scoreboard. It's a powerful testament to the camaraderie and sportsmanship that Rotary fosters among its members. The emphasis isn't solely on winning, but on embracing the spirit of the game and the camaraderie built through healthy competition.

The Rotary Club of Dombivli Suncity cricket team has not only brought home the trophy, but also set an inspiring example for fellow Rotarians and the wider community. Their dedication and passion for the sport are truly commendable. Congratulations to the champions!



RTN AJIT NAIR

35 Not Out



RTN HARSHAD SURVE

35 Not Out



RTN SANTOSH BHATAGUNAKI

35 Not Out



PRESS



PLAY

USE ROTARY VIDEOS TO TELL OUR STORY

The Rotary Brand Center has dozens of videos for you to enhance your meetings, engage with your community, and help tell the Rotary story. These high-quality videos promote our campaigns and causes, showing that we're people of action and saving you the time and expense of creating them.



Visit brandcenter.rotary.org and explore our video selection today.



A HOLISTIC APPROACH

Comprehensive maternal and child health programs acknowledge this interconnectedness. This integrated approach offers:

-Improved outcomes for mothers and children.

-Enhanced emotional well-being for families, creating a stronger foundation for future generations.

-Reduced healthcare costs through preventative care.

Investing in maternal and child health is an investment in the future. By prioritizing the physical and mental health of mothers and children, we build a healthier, happier, and more resilient society.

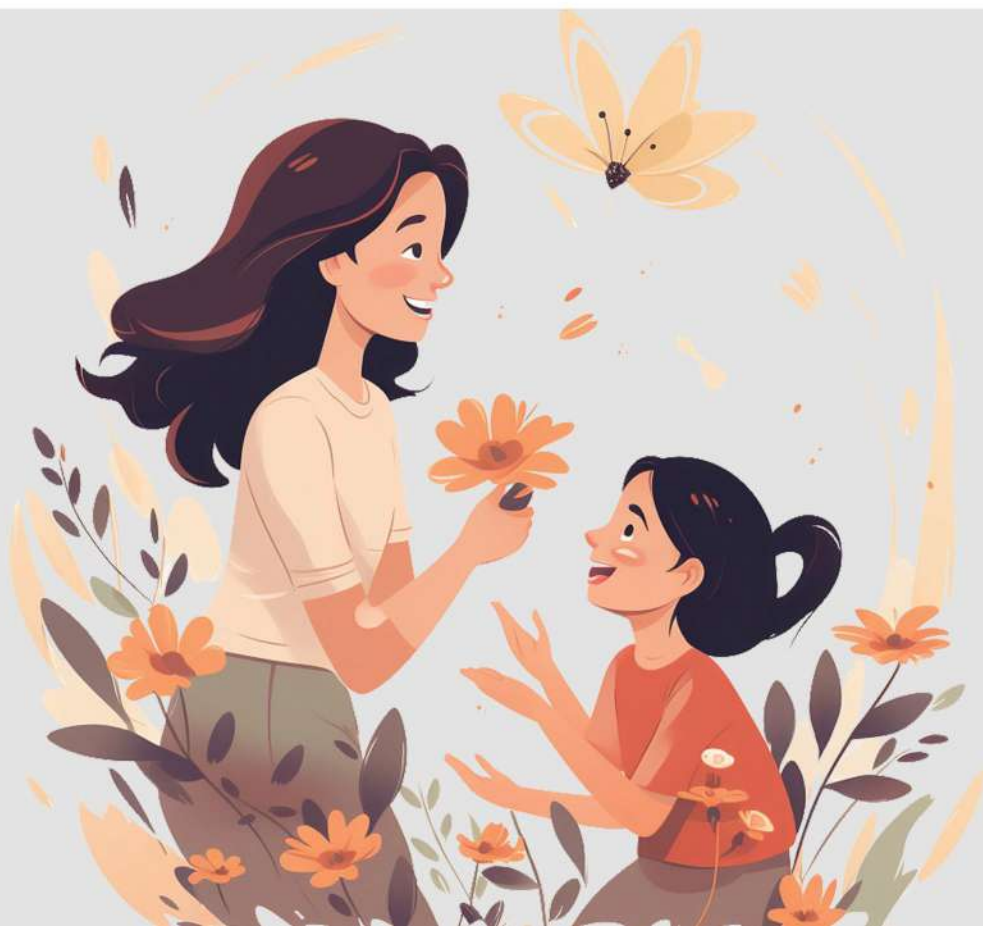
ROTARY: SERVICE ABOVE SELF

Rotary's dedication to maternal and child health is profound. Through strategic partnerships and initiatives, Rotary clubs worldwide are making a difference. From providing access to prenatal care and essential health-care services to advocating for maternal health education and empowerment, Rotarians are at the forefront of positive change.

JOIN THE MOVEMENT: BE PART OF THE SOLUTION

Become part of the solution! Whether by volunteering your time, skills, or resources, you can make a difference in the lives of mothers and children globally. Together, through the power of Service Above Self, we can build a brighter tomorrow where every child has the opportunity to thrive.

Let's continue nurturing two lives – mothers and children – for a healthier, happier future.



डोंबिवलीची खाद्य जत्रा



CRAVING A CULINARY ADVENTURE

Forget boring, same-old fast food! This month, we're spotlighting a Dombivli gem that will tantalize your taste buds and leave you wanting more - The Food Town, fondly known as TFT by its loyal fans.

Just picture this: The warm buzz of conversation fills the air as you step into TFT's inviting ambiance. A quick glance around reveals a space designed for pure indulgence. But the real magic unfolds when you explore their menu.



TFT isn't your average burger-and-fries joint. Their motto, "Never an ordinary meal," isn't just a catchy phrase. It's a promise. Whether you're craving a satisfying quick bite or a multi-course exploration of global flavors, TFT has you covered.

Their menu boasts a delicious world tour. From classic Indian curries to fiery Chinese stir-fries, TFT takes you on a culinary adventure with every dish. But the real stars of the show are their unique fusion creations. Imagine the thrill of discovering a flavor combination you never knew existed!

HERE'S A TIP:

Don't miss their signature fusion dishes - these are the true embodiment of TFT's culinary artistry. Each bite is a symphony of taste, meticulously crafted to create a truly scrumptious experience.

So, ditch the mundane and embark on a flavor expedition at The Food Town. TFT isn't just a meal; it's an experience you won't forget!

-Restaurant Owner



Rotary



Club of Dombivli Sun City

rcdombivlisuncity.rotaryindia.org

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Dombivli

November Edition

WHAT IS THE MOTTO OF ROTARY INTERNATIONAL?

- a) "Service Above Self"
- b) "Friendship Through Service"
- c) "Building Community, Improving Lives"

WHAT IS THE NAME OF THE ANNUAL GIVING PROGRAM FOR ROTARY INTERNATIONAL?

- a) The Rotary Foundation
- b) The Rotary Club Fund
- c) The Global Service Fund

★ TEST YOUR KNOWLEDGE WITH THIS FUN "MAJHI ROTARY - TRIVIA" QUIZ ★

Rotary is a global network of individuals who unite to create positive change in their communities and around the world. But how well do you know your own Rotary Club and the broader organization?

Answers:

- a) "Service Above Self"
- a) The Rotary Foundation

20 24 NOVEMBER



Rotary Foundation Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
						01	02
					<ul style="list-style-type: none"> World Vegan Day Author's Day All saints' Day / All Hel- lows' Day 	<ul style="list-style-type: none"> Govardhan Puja All Souls Day 	
<ul style="list-style-type: none"> Bhai Duj 		<ul style="list-style-type: none"> World Interact Day World Tsunami Awareness Day 	<ul style="list-style-type: none"> C V Raman birth ann 	<ul style="list-style-type: none"> National Cancer Awareness Day Chhat Puja Infant Protection Day 	<ul style="list-style-type: none"> Club Weekly Meeting World Pathology Day World Radiography Day World Science Day for Peace Daypt 	<ul style="list-style-type: none"> National Legal Services Day Royal Eliminations Legal Services Day 	
						08	09
						15	16
<ul style="list-style-type: none"> Royal Eliminations World Public Transport Day 	<ul style="list-style-type: none"> National Education Day World Interact Week Ends (WW1) / Remembrance Day 	<ul style="list-style-type: none"> World Pneumonia Day 	<ul style="list-style-type: none"> Tulsi Vivah World Kindness Day 	<ul style="list-style-type: none"> National Children's Day Annapurana D urchin/orphans World Diabetes Day 	<ul style="list-style-type: none"> BOOD 55th Guru Nanak Jayanti / Karika Purnima Janyu Gaurav Day World Recycling Day 	<ul style="list-style-type: none"> Margashirsha month starts World Remembrance Day for Victims of Road Traffic Crash Int. Tolerance Day 	
						22	23
					<ul style="list-style-type: none"> Club Weekly Meeting Kaal Bhairav Jayanti St. Cecilia's Day. 	<ul style="list-style-type: none"> District Uddaan 	
						29	30
<ul style="list-style-type: none"> National Epilepsy Day National Journalism Day Royal Semi-Finals World Student Day World Prematurity Day 	<ul style="list-style-type: none"> Mickey Mouse & Minnie Mouse Day. 	<ul style="list-style-type: none"> 75th Amrut Mohatsav of Samvidhan Week Begins. Ranjitansi Jayanti World Toilet Day Int. Men's Day 	<ul style="list-style-type: none"> Universal Children's Day Int. Transgender Day of Remembrance 	<ul style="list-style-type: none"> World TV Day World Philosophy Day World Fisheries Day 			
					<ul style="list-style-type: none"> International Day of Solidarity with Palestinian People Black Friday shopping day 	<ul style="list-style-type: none"> † Feast day of St. Andrew (Jesus's first disciple) World Computer Programming Day 	
<ul style="list-style-type: none"> Guru Tegh Bahadur's Martyrdom Day Royal Finals Spinoza Day 	<ul style="list-style-type: none"> World Non-Veg Day Int. Elimination of Violence against Women Day 	<ul style="list-style-type: none"> Samvidhan Din / National Law Day 75th Amrut Mohatsav of Constitution culminates 26/11 Remembrance 					
24	25	26	27	28	29	30	

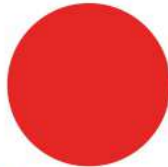


Register and pay by 15 December 2024
before prices increase

convention.rotary.org



**MAJESTIC
MOUNTAINS**



**VIBRANT
CITY**



**MAGIC ALL
AROUND**



ROTARY INTERNATIONAL CONVENTION

21-25 JUNE 2025 • CALGARY, CANADA

