

# डोंबिवलीची SUNCITY EXPRESS

SEPT 2024

Rotary Club of Dombivli Sun City

क. वदना वासुदेव स्वर समाज उन्नती मंडळाचे (रति) **भारतमाता विद्यालय** सरकारमात्य (मराठी माध्यम) पूर्व प्राथमिक प्राथमिक



How Rotary can make difference | Nurturing Mind, Body, and Spirit Rotary way



# Editor's Letter

ROTARY  
CLUB OF DOMBIVLI SUN CITY  
1st September 2024

"Unlocking Potential: Celebrating Basic Education and Literacy"

As we turn the page to September, we're reminded of the profound impact of education and literacy on individuals and communities. This month, Rotary International dedicates itself to basic education and literacy, a cornerstone of human development.

Literacy is the foundation upon which all other learning is built. It empowers individuals to become active citizens, improve their livelihoods, and contribute meaningfully to society. By ensuring access to quality education for all, we unlock human potential and build a more equitable and just world.

In this edition of "Dombivli'cha Suncity Express," we delve into the importance of literacy and explore the various ways our club is contributing to this vital cause. You'll find inspiring stories of how literacy programs are transforming lives, learn about innovative approaches to education, and discover how you can get involved.

We encourage you to read, reflect, and take action. Let's join hands with Rotary in making a lasting impact on the lives of those in need.

**Rtn. Nikhil Apte**  
**Editor, Dombivli'cha Suncity Express**

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# President's Letter

ROTARY  
CLUB OF DOMBIVLI SUN CITY  
1st September 2024

"Helping People Learn: Celebrating Learning Month"  
September is a special month for us Rotarians. We focus on helping people learn to read and write. This is very important because learning is the key to a better life.

When people can read and write, they can:

- Get better jobs:
- Take care of their health:
- Help their community:

This month, let's all do our part to help people in Dombivli learn. We can:

- Help schools and libraries: Give books, teach kids, and ensure they have a good place to study.
- Start programs: To teach reading and writing to both children and adults.
- Tell others: About how important it is for everyone to learn.

Let's work together to make sure everyone in Dombivli has the chance to learn and grow.

Rotary: Serving Humanity

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

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EVERY  
ROTARIAN  
EVERY  
YEAR

## EMPOWER THROUGH EDUCATION



Rotary members are creating community-driven, sustainable projects to improve access to quality education around the world. Your gift to The Rotary Foundation's Annual Fund supports these projects to inspire learning at all ages.

**GIVE TODAY:** [rotary.org/donate](https://rotary.org/donate)



# 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.*



# ARE YOU LISTENING?

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Rotary magazine's best storytelling — now available everywhere podcasts are found.

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[on.rotary.org/podcast](https://on.rotary.org/podcast)



## *How Rotary Can Make a Difference:*

- Organize health screenings and awareness campaigns.
- Support local clinics and hospitals.
- Promote healthy eating habits through community gardens and nutrition education programs.
- Advocate for policies that improve public health.



## *Nurturing Mind, Body, and Spirit:*

### *A Rotary Focus on Health, Wellness & Mindfulness*

In today's fast-paced world, prioritizing health, wellness, and mindfulness is more crucial than ever. Rotary, with its global reach and commitment to service, has a unique opportunity to champion these vital aspects of human well-being.

#### **Why it Matters:**

**Improved Physical Health:** Promoting healthy lifestyles through initiatives like disease prevention programs, access to clean water, and support for physical activity can significantly improve the overall health and well-being of communities.

**Enhanced Mental Health:** Addressing mental health challenges, such as stress,

anxiety, and depression, is critical. Rotary can support programs that provide mental health education, counseling services, and create safe spaces for individuals to address their emotional needs.

**Increased Mindfulness:** Cultivating mindfulness practices, such as meditation and yoga, can help individuals reduce stress, increase self-awareness, and develop greater compassion for themselves and others.



# 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**





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Club of Dombivli Sun City

[rcdombivlisuncity.rotaryindia.org](http://rcdombivlisuncity.rotaryindia.org)

माझी

# Dombivli

September Edition

## WHAT DOES "ROTARY" STAND FOR?

- a) Rotary Organization To Advance Rotary Youth
- b) Rotary Outer Transaction And Relationship Yields
- c) There is no official acronym for Rotary

## WHEN WAS ROTARY INTERNATIONAL FOUNDED?

- a) 1905
- b) 1910
- c) 1920

★ 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:

- c) There is no official acronym for Rotary
- a) 1905





# MY TAKE ON HINDUISM & SPIRITUALITY

**RTR. HASRI HEMNANI**

Secretary, Editorial Director of Rotaract club of Dombivli Suncity

**M**y spiritual journey began at 15 with "The Secret," chasing desires through self-help books and "manifestation" techniques. Fast forward to 2022, I craved a deeper connection. Runes, tarot, and courses followed, but the pressure to "manifest" became exhausting. Happiness felt tied to external validation, fueling anxiety.

This led to a crucial question: shouldn't happiness exist independently? Chasing desires felt like micromanaging my life, and frankly, tiring.

**S**eeking a more holistic approach, I discovered "Consciousness." Many spiritual paths emphasize that we are all part of a universal Source, interconnected and "one."

Hinduism offered a profound perspective. The ancient text Rig Veda states, "In the beginning there was neither existence nor nonexistence. All this world was unmanifest energy..." This resonated deeply.

**This understanding brings immense peace. The journey continues, with meditation as a guiding light. It's not just about quieting negative thoughts, but about simply "being."**

**This exploration is ongoing, and I'm eager to delve deeper!**



**This concept echoes in the popular Shlok, "Ek Onkar" - "there is only one god." It signifies a singular existence, the ultimate truth. Mahatma Gandhi's philosophy of love and truth aligns beautifully with this. For me, it translates to acknowledging the inherent oneness and truth in all that exists.**



# 20 SEPTEMBER 24



## Basic Education & Literacy Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 National Nutrition Week Rashtriya Poshan Saptah	02 Pola World Coconut Day	03 Skyscraper Day	04 World Sexual Health Day	05 National Teacher's Day Int. Day of Charity	06 Club Assembly Hartalika Teej Int. Food Bank Day	07 Ganesh Chaturthi Paryushan Parv ends Int. Clean Air For Blue Skies Day
08 Rishi Panchami Int. Literacy Day Grandparents Day	09 World Physical Therapy Day Int. Sudoku Day Teddy Bear Day	10 World Suicide Prevention Day	11 National Forest Martyrs Day Digvijay Din Radha Ashtami 9/11 Remembrance Day	12 Int. Computer Program- mers' Day	13 Club Weekly Meeting Positive Thinking Day Int. Chocolate Day Peanut Day	14 Hindi Diwas World First Aid Day
15 Thirunam Er's Day District Onam Host:- RCD Sundhy Wife Appreciation Day Int. Day of Democracy	16 Vishwakarma J Milad Unnabi/ Id-e-Milad World Ozone Day	17 Anand Chaturdashi Int. Day of Country Music World Patient Safety Day	18 Pitru paksha begins. *Partial Lunar Eclipse in MUMBAI (6:11 - 6:25pm; 1.5m) World Bamboo Day	19	20 BOOD	21 World Gratitude Day Int. Peace Day World Alzheimer's Day Oktoberfest starts
22 Autumn Equinox World Car-Free Day World Rose Day World Rhino Day	23 Int. Day of Sign Languages	24 World Bollywood Day	25 Annodaya Diwas Annapurna Day World Pharmacist Day	26 World Contraception Day World Environmental Health Day	27 Club Weekly Meeting Bhagat Singh birth Ann. World Tourism Day Google Birth Ann.	28 Dist TRF Celebration Seminar Host: RCT Hills World Rabbits Day World Maritime Day Int. Rabbit Day
29 District Team Review Meet World Day of Deaf World River Day World Heart Day	30 World Podcast Day Int. Translation Day					



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Club of Dombivli Sun City

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# CREATE HOPE in the WORLD

When we nurture peace, opportunities,  
and one another, we help heal the  
world and create lasting change.

Let's create hope by:

- Confronting stigmas, expanding access, and raising awareness about the importance of mental health
- Fostering understanding and strengthening connections through virtual exchanges
- Unlocking the power of girls and women around the world



Learn more at  
[rotary.org/initiatives23-24](https://rotary.org/initiatives23-24)