

Rotary
District 3142



PRAKRUTI

A Bulletin of Rotary Club of Thane Green City

Serving Humanity & Spreading Smiles...



R. I. PRESIDENT
Gordon McInally

DISTRICT GOVERNOR
Milind Kulkarni

CLUB PRESIDENT
Chandrashekhar Limaye

CLUB SECRETARY
Amit Deshpande

District Governor's Message



Dear fellow Rotary Leaders,

Congratulations on taking over the mantle of club leadership. We begin our excellent year, to Create Hope in the world with renewed vigour and enthusiasm. Let us thank our past leaders who have paved a path with the belief of "Service Above Self."

Every member should feel empowered to shape the club's future and make it outstanding. The primary step is to have a vision statement wherein outline the stage where you would like your club to be in the coming 3-5 years. Goals are a pathway to our dream destination. Thus, the involvement of the past and incoming leaders, and senior Rotarians is a must. Let your goals be achievable and measurable. Let all members voice their ideas about goals and activities. Maximize its collective expertise to address a local need. Communication should be a two-way process in your club that has transparency and conveys actionable diversity, equity, and inclusion.

We have a legacy in RI Themes, Serve to Change Lives – Imagine Rotary – Create Hope in the World. RI President 23-24 Gordon has emphasized concentrating on Peace and Mental health, besides our focus areas.

Growth as anywhere else is essential and important even for our organization. More members bring in more resources to serve humanity with humility. The Rotary Foundation is the backbone of Rotary, which has touched the lives of millions and many more require our assistance.

Madhavi joins me in extending our best wishes. Looking forward to being with you all, in benchmarking, an excellent year.

Create Hope in the world as you lead the way.

Enjoy Rotary.

DG Milind Kulkarni



From the President Desk



It is my honour and privilege to deliver my first message as the President of the Rotary Club of Thane Green City for the year 2023-24. I am humbled and grateful for the trust and confidence that you have placed in me to lead this club for the next 12 months.

I joined Rotary about 3 years back, after being invited by a friend who saw my passion for service and community development. Since then, I have been actively involved in various projects and committees of the club. I have also had the opportunity to attend district conferences and training programs, where I met many inspiring Rotarians from different clubs. Rotary has enriched my life in many ways, and I hope to share that experience with you as your president.

As Rotarians, we are part of a global network of 1.2 million people who share a common vision of creating positive change in the world. This year, our Rotary International theme is "Create Hope in the World". Rotary helps create the conditions for peace, opportunity, and a future worth living," as said by RI International President Mr. R. Gordon R. McNally. "By continuing what we do best, by remaining open and willing to change, and by keeping our focus on building peace in the world and within ourselves, Rotary helps create a more peaceful world – a more hopeful world."

Our Excellent District Governor Mr. Milind Kulkarni has announced four District thrust areas in the Excellent year – Cyber Security & Wellness, Self Defence for Girls & Women Empowerment, Insurance for Unorganised Sector and Senior Citizen Care & Welfare. During the Excellent year, we are planning various events covering these areas.

Our club has a proud history of service, dating back to 2008, when it was chartered. Over the years, we have implemented many successful projects in areas such as education, health, environment, peace, and vocational training. We have also fostered strong relationships with our local partners, such as schools, NGOs, government agencies, and other Rotary clubs. We have also supported the Rotary Foundation, which is the charitable arm of Rotary that funds global grants and programs. My predecessor Mr. Santosh Shinde has set the bar high with outstanding achievements such as Platinum Club status, EREY, TRF contribution crossing US\$ 50,000, 14 new members, CSR grant and District grant projects etc. Our resourceful Past Presidents have always been pillars of strength in mentoring and guiding the new teams not only to carry the proud legacy but also to take the club to achieve greater heights. I look forward to their support in the coming year.

Besides carrying the legacy and the vision of the Rotary International and the District 3142, I would like to set four priorities for the club in the coming year:

1. Increase our membership : We need more hands and hearts to serve. We need more diversity and inclusion in our club. We need more leaders and mentors for our future generations. I urge you to invite your friends, family members, colleagues, and acquaintances to join us in Rotary. Let them see what Rotary is all about, and how it can enrich their lives as well. Our membership Director Mr. Navin Thirani is constituting a team to achieve this. All members should extend their cooperation.

2. Enhance our public image : We need to tell our stories to the world. We need to showcase our projects and achievements on social media platforms such as Facebook, Instagram, Twitter, YouTube, etc. We need to engage with the local media outlets such as newspapers, radio stations, TV channels, etc. We need to raise awareness and visibility of Rotary in our community. PR/PI Director Anjali Pai has been given this responsibility. She is also in the process of constituting her team. All members should extend their cooperation.

3. Strengthen our service projects : We need to align our projects with the seven areas of focus of Rotary and four thrust areas of our District. We need to collaborate with other Rotary clubs and organizations to leverage our resources and impact. We need to apply for global grants from the Rotary Foundation and look for opportunities with CSR to scale up our projects. Our Project Directors Mr. Suresh Kalyankar (Non-Medical) and Dr. Monali Ingle (Medical) are finalizing the list and the respective team members. All members should extend their cooperation.

4. Improve our club administration : We need to run our club efficiently and effectively. We need to follow the best practices of Rotary International and our district guidelines. We need to maintain accurate records and reports of our activities and finances. We need to communicate regularly with our members and stakeholders. We need to conduct regular surveys and evaluations to measure our performance and satisfaction. We have to initiate fund raising activities to finance our ongoing projects. President, Secretary, Treasurer, Club Admin Director are working on making improvements with the blessings of our senior members and past Presidents.

I am confident that with your support and cooperation, we can achieve these objectives and make this year a memorable one for our club. I look forward to working with you as a team, as we serve to change lives through empowering communities.

Chandrashekhar Limaye
Club President (2023-24)

From the Editor's Desk



Friends, Happy to address you all through the first issue of Rotary Club of Thane Green City's newsletter "Prakruti". In Rotary, July month is the month of new beginnings and new leadership.

We embarked on the 15th year of our club's journey carrying the Legacy forward of our Past Presidents on 1st July 2022. FAB President Santosh Shinde left no stone unturned and added many feathers to our cap taking our club to greater and newer heights. Right from Installation to the year-end Shukriya was all in all a fabulous year. Now it's time to excel and Excellent President

Chandrashekhar Limaye is all set with his team of Board of Directors with a vision to serve the community and to create hope in the world. Congratulations to IPP Santosh Shinde for a successful year and wishing all the very best to the incoming leader Chandrashekhar Limaye.

Ending my note with a quote by "John Green"

"In the end, what makes a book valuable is not the paper it's printed on, but thousands of hours of work by dozens of people who are dedicated to creating the best possible reading experience for you".

So friend's keep writing and keep sending. The editorial team is committed to give you best possible reading experience.

Thank you.

Neelam Kelkar
Director e-Bulletin

From the IPP Desk



Rotary Pranam

It was 1st July 2022, I took the baton from Smile President Neelam Kelkar, Myself and our FAB BOD had set very high targets of about 70 lakhs rupees worth projects as compared to previous year project's of about 15 Lakhs per annum. The FAB year started with lots of professional challenges but all FAB BOD's, Project Directors and members participated and supported the projects overwhelmingly. It was tough to do the projects planned without funding. Many members contributed personally as well as through their friends and the biggest support came from the first ever CSR project worth rupees 25 lakhs where Capt. Suresh Kalyankar agreed to support the project on a cup of tea early Sunday morning while returning from the Aranya Habitats project. Also funds from Fundraiser and two District Grants, from the district due to which we are in a position to complete a project worth 45 lakhs which is a big achievement within itself. We also had 6 FAB projects: Balwadi Adoption, Happy Street, Save Soil, Animal Vaccination, Walkathon, Artificial Limb. Also ongoing projects such as medical camp at Pali along with RCC Sudhagad Pratishthan, Women empowerment - free nursing courses and girl child educations for Johe and Vawoshi school, Avani at murbad (physically challenged students), Braille projects with Snehankit, Blind welfare association, Nasik.

To The Rotary Foundation we have given USD 51000 plus.

Our Rotaract club of Thane Green City and Rotract club of Anand Vishwa Gurukul also did many projects. With support of all members we added 14 New members to club.

We had good fellowship during Picnic at Lonavala, Fundraiser, musical night with Alok Katdare at Kashinath Ghanekar with chief Guest as Dr Girish Oak, Party at Capt Prasad Tendulkars Bunglow, Party at BKC "The Burrow, Charter Day celebrations at IBIS Thane.

Top of all the participation of Members, Ann's and children in and the last Shukriya - Charter night celebration - "Maharashtra Majha" was most memorable events and will leave its print on mind for years.

If I have hurt any one during the year, I request them to forgive me and my sincere apologies for same.

Excellent President 23-24, my friend, Mr Chandrashekar Limaye is Energetic and good planner and I am sure he will take our club to greater heights !!

I wish him good luck for his year and promise my whole hearted support for his plans ahead

Once again, I would like to thank all the donors, the FAB Board of Directors, the members of RCTGC, my family, my well-wishers, and for their support during the FAB year 2022-23.

IPP Santosh Shinde



Excellent Core Team and Board of Directors (2023-24)



Chandrashekhhar Limaye
Club President



Amit Deshpande
Club Secretary



Yogesh Sovani
Club Treasurer



Mohan Telang
Joint Treasurer & Youth



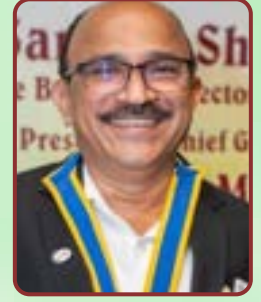
Bhushan Sonawane
Club Admin



Sangram Joshi
Club Trainer



Prachi Vaidya
Sergeant at arms



Santosh Shinde
IPP & Thrust Area



Prasant Patro
President Elect & Director TRF



Navin Thirani
Director Membership



Dr. Monali Ingale
Director Vocational
Medical



Suresh Kalyankar
Director Vocational
Non-Medical



Prasad Tendulkar
Director International Service



Bhaskar Reddy
Director Public Relations



Anjali Pai
Director Public Image



Neelam Kelkar
Director Bulletin



Sangeeta Telang
Director Polio



Tejal Mehta
Director Events



Dr. Aparna Walanj
Director Afforestation

Membership Chair



I'm excited to be your Rotary Membership Chair for the excellent year 2023-2024. My goal is to make our club even stronger by attracting and engaging new members.

To do this, I'll be attending the district membership seminar to stay up-to-date on the latest strategies and best practices. I'll also be forming a dedicated and motivated committee to help me with my initiatives.

We'll be using technology to connect with potential members and provide them with relevant information. We'll also be conducting comprehensive new member orientations to familiarize them with our club's values, objectives, and activities. I'm confident that we can achieve our goals if we work together as a team. I'm excited to see what we can accomplish in the coming year!

Here are some of the fun and engaging things we'll be doing:

1. Hosting a welcome reception for new members.
2. Involvement of new members in service project that's both fun and meaningful.

I hope you'll join me in making this year our best yet!

Let's do this.

Navin Thirani

Poetry



1. हर एक शख्स के दिल में झाँक लेती हूँ मैं
बाज़ दफा चेहरे पर नक्राब ओढ़ कर मिलते हैं लोग!

2. एक बूंद, एक ख्वाब
आसमान से नीचे उतरी,
जो कभी बिखर गई
कभी अपनों का साथ पा संवर गई,
जो टूटकर बिखर गई, अधूरी ही रह गई,
जो संवर गई, एक नया किरदार बन गई।

3. मेरे मौला अपनी रहमतों के साए में सबको महफूज़ रख,
तेरे बंदे तुझसे हरबार तेरे दरबार में आकर ही पनाह मांगे ये जरूरी तो नहीं!

4. शिकवा इस बात का नहीं के कोई हमें समझ ना सका
मलाल तो यही रहा ताउम्र के लोगों को परखने का हुनर हम कभी सीख ही ना सके!
आज किसी गुजरे हुए लम्हे को फिर से पाने को मचल गया दिल.....
खुद के चेहरे से नक्राब उतरे तो बचपन मिल जाए शायद.

Parul Deshpande

Meeting & Projects

1st July 2023-24: President Chandrashekhar Limaye started the first day i.e. 01st July 2023 of the Excellent year by conducting its first Board of Directors Meeting and Club Assembly. President addressed the members about his vision for the excellent year and requested the support of all members and Board of Directors. With more than fifty percent attendance on the first meeting club members assured their full support and are geared up to serve the community and take our club to more and more heights.



Jagruti Palak Sanstha Project – The very first project execution of excellent year was the medicine distribution to special adults of Jagruti Palak Sanstha. Our club sponsors medicine required for these special adults on monthly basis. We have been associated with this Santsha since many years now. This year we donated 2 sets of Uniforms to around 40 girls and boys. Many of our club members have also been generously donating for this cause. Special mention of our member Rtn Navin Thirani who has donated this month's medicine and extended his support whole heartedly to the President and the club. Rtn Amit Deshpande along with Rtn Sangeeta Telang and Rtn Neelam Kelkar attended it. Children where very happy to get new set of uniforms.



Meeting & Projects

RYPEN – FAB year ended with a wonderful program for Adarsh English School Interact club. RYPEN (Rotary youth program for enrichment) The topic was “Go Green”. FAB DG Kailash Jethani graced the occasion. District Environment Chair Kedarnath Ghorpade was the speaker for the session and our clubs Annet Vidhi Sahani had arranged quiz for the students. Pre event few competitions were organised for the kids like best out of waste activity, essay competition. Prizes and certificates were given to all the participants and winners. Clubs Project Co Ordinator Dr Aparna Walanj, Youth Director Mohan Telang along with FAB President Santosh Shinde managed the entire RYPEN successfully with support of the members Parul Deshpande, Sangeeta Telang, Neelam Kelkar, Sumir Sahni and Capt. Suresh Kalyankar. It was a wonderful interactive session which the students thoroughly enjoyed.



Guru Purnima



Guru Purnima is celebrated on the Purnima Day in the month of Ashadha as per the Hindu Lunar Calendar.

Guru Purnima is a Very significant day and celebrated by Hindus, Buddhists, Sikhs and Jains.

The word Gu means Darkness and Ru means Remover.

Hindus celebrate it to honour Maharshi Veda Vyasa who was born today and today also known as Vyasa Purnima.

Maharshi Vyasa is credited with writing the Brahma Sutras, codifying the Vedas, writing the Puranas as well the Mahabharata.

व्यसाय विष्णुरूपाया व्यासरुपय विष्णावे !

In the above Slokha Maharishi Veda Vyasa is equated with Bhagawan Vishnu Himself.

It is also believed that Bhagawan Shiva shared his knowledge with the Saptharishis.

Lord Gautama Buddha gave his first sermon to his disciples after obtaining enlightenment.

Jains believe that their 24 and most well known Thirthankars Lord Mahavira obtained his first disciple on this day.

Sikhs celebrate it in honour of their First Guru Guru Nanak.

May the Acharyas and Gurus shower their Divine Blessings to You and Your Near and Dear Ones and Bless You All with Knowledge, Peace, Joy and Happiness.

गुरु पूर्णिमा संदर्भ में दो पंक्ति

सबसे पहले हमारे गुरु हमारी माँ हैं जो निस्संदेह जीना का अर्थ सिखाती हैं,
दूसरे पड़ाव पर हमारे पिता जो सही राह पर चलना बिन बटके आजमाते हैं ।

ज्ञान के न्यायाधीश पर शिक्षक प्रेरित करते हैं जीवन के उलझनों से,
दोस्त, जो जीवन बार अटूट संबंध का वादा और निस्स्वार्थ जुड़े अटकानो से ॥

ईर्ष्या अथवा जलन में मदहोश कुछ सामाजिक तत्व भी संभलना सिखाते हैं,
रिश्तों के दौर में निंदनीय व आदरणीय शख्सियत भी सहारा का डोल पिटते हैं।

दूधवाले से लेकर जीतने अपरिचित व्यक्तिगत दिन के सफ़र में आर्थिक स्थिति का अनुभव कराते हैं,
अखबारों से लेकर मीडिया के दूरंदर दुनिया में हो रहे मूल्यांकित घटनाओं का संक्षेप में दर्शन संवारते है ॥

जैसे दिन गुजरे, सह कार्यकर्ता के संग मध्य वर्ग के विकल्पों में जूझते हैं,
उम्र के आखिरी पड़ाव पर असली धन और नकली परेशानियों में डूबे रहते हैं।

आज वह पाल हैं की बचपन के यादों के सहारे हम सब कठपुतली यौवन शोषण में गतिविधियों में अस्वस्थ हैं,
अगर परिवार वंदनीय और अभिनन्दनीय हैं फलस्वरूप, तो जीवन सफल और अपनों के खोये मस्त हैं ॥

Pattabhiraman Lakshman



Enriching Lives and Embracing Global Fellowship



Certainly! Here are the reasons why you should consider joining Rotary, broken down into bullet points:

Service Opportunities:

- Engage in local and international service projects.
- Make a positive impact on communities.
- Contribute to initiatives such as clean water, literacy, healthcare, and poverty alleviation.

Professional and Personal Development:

- Enhance leadership skills.
- Expand your network of professionals, entrepreneurs, and community leaders.
- Gain a broader perspective on global issues.
- Access vocational training and mentorship programs.

Networking and Friendship:

- Join a global network of like-minded individuals.
- Build valuable connections for business and collaborations.
- Develop lifelong friendships.
- Participate in networking events and social gatherings.

Cultural Exchange and International Understanding:

- Experience different cultures and promote cultural exchange.
- Work towards international understanding and goodwill.
- Participate in programs such as Rotary Youth Exchange and Rotary Peace Fellowships.

Ethical Standards and Values:

- Align with Rotary's strong code of ethics, the "Four-Way Test."
- Consider truth, fairness, goodwill, and beneficial outcomes in your actions.

Fun and Fellowship:

- Enjoy social events and community gatherings organized by Rotary clubs.
- Have fun while contributing to meaningful causes.
- Build connections and friendships in a relaxed environment.

Global Reach and Impact:

- Contribute to community development on a global scale.
- Join a network that addresses pressing social challenges worldwide.
- Leverage collective resources for greater impact.
- Remember, these are just some of the benefits of joining Rotary. It's important to consider your own values, interests, and the specific opportunities offered by your local Rotary club when making the decision to join.

Devendra Shah



The Addiction Prevention Avenue - A Journey



It all began in and around 2018 when PRIP Kalyan Banerjee was appointed as the Chair on Rotary Action Group Addiction Prevention and in his honour a program was arranged in Mumbai where celebrated psychiatrist Dr Ashish Deshpande spoke about Addictions as a Disease. In the same program in attendance were PDG Ulhas Kolhatkar and the then DGN Dr Sandeep Kadam. Impressed by the cause Dr Sandeep decided that he could think of 'Deaddiction' as one of his focus areas for the Josh year 2020-21.

Around the same time coincidentally I was involved in conducting an awareness program for all doctors attached to the famous Jupiter hospital on alcoholism and its impact in my capacity as a former trustee and world service delegate of Alcoholics Anonymous. One of the guests of honour happened to be the then DGE Dr Sandeep Kadam.

Post this program both of us met to discuss the possibility of making this the Thrust Area for RY 2020-21. With blessings of PDG Dr Ulhas Kolhatkar and guidance of Dr Ashish Deshpande we made an Action Plan for the year. We connected with PRIP Kalyanda and under his leadership and coordination by PDG Dr Ulhas Kolhatkar and 13 other PDGs from various districts RAGAPI (Rotary Action Group Addiction Prevention India) was formed to take up this cause nationally. District 3142 became the lead district and agreed to share whatever was our learning and experience on the subject.

Soon we realised this is a mammoth program and would take years to even make a dent in public awareness, so we decided to form a 'National Scientific Advisory Committee' of all national experts in the field of Deaddiction and decided to focus on only 4 widespread addictions. We called them NIDA for Nicotine, Internet, Drugs and Alcohol and decided that Rotary will become the nodal agency to bring together various resources in the community under the umbrella of Addiction Prevention. We felt we needed to connect with all these agencies to better understand the subject and to bring about a community coalition against addictions. So 'Deaddiction Connect' was born and we made the first focus on 4 connects

- 1) School Connect: To reach out to children from 12 to 18 and sensitising them and their parents.
- 2) Health Connect: To sensitise all health care professionals through a multi-level education program designed by National Scientific Advisory Committee.
- 3) Rotary Connect: To make aware all Rotary Clubs and encourage them to take up various projects under the avenue. Clubs were encouraged to form Addiction Prevention Committees and allot budgets for projects. Each club was asked to conduct awareness in at-least one school.
- 4) Community Connect: To reach out to all small and medium enterprises and sensitize them and their workers.

Unfortunately, Covid spoiled some of our plans but the district stands committed to continuation of this effort. A consent was taken from Five succeeding District Governors to continue the effort. We are already in the fourth year but lots remains to be done. But in the Rotary year 23-24 we intend to also begin deaddiction through club participation. We are already in the process of tying up with a few Rehabilitation centres and few hospitals for subsidized detoxification packages. We are also thinking about a helpline for friends and families to help the addicts anonymously. We are looking forwards to a lot of exciting and meaningful projects and many... many recoveries in the near future.

Pushan Vaidya



Embracing Ayurveda for a Balanced & Healthy Life



In our fast-paced world, it's essential to prioritize our mental, emotional, and physical well-being. This article explores various aspects of a well-lived life, including the challenges of a busy lifestyle, the importance of Ayurvedic guidelines like Dincharya and Rurucharya, the benefits of Ayurvedic remedies for day-to-day health issues, and the role of Panchakarma in achieving overall wellness. By incorporating these principles into our lives, we can pave the way for a long and healthy journey.

Today's Mental, Emotional and Physical Health Issues:

- Rising Stress and Anxiety:
- Modern life brings numerous stressors, leading to an increase in stress-related disorders and anxiety.
- Balancing work, personal life, and societal expectations can take a toll on mental and emotional well-being.
- Sedentary Lifestyle and Physical Health:
- The sedentary nature of many jobs and technological advancements contribute to a rise in physical health issues.
- Lack of exercise, poor dietary choices, and inadequate sleep lead to obesity, cardiovascular problems, and other ailments.

Mental Health Challenges:

- Depression, burnout, and other mental health conditions are prevalent in today's society.
- Pressures to succeed, social isolation, and the constant influx of information can negatively impact mental well-being.

The Challenges of a Busy Life:

- Hectic Schedules and Time Management:
- Busy lives often lead to packed schedules, leaving little time for self-care and relaxation.
- Balancing work, family, and personal commitments can be overwhelming, contributing to stress and exhaustion.

Technological Overload:

- Constant connectivity through devices and social media can blur boundaries and add to the demands of a busy life.
- Digital distractions can hinder productivity, impair interpersonal relationships, and impact mental well-being.

Following Dincharya and Rurucharya: Ayurvedic Guidelines for Daily and Seasonal Routines:

Dincharya (Daily Routine):

- Dincharya offers a framework for balancing daily routines, aligning with natural rhythms, and promoting overall well-being.
- Incorporating practices like early rising, tongue cleaning, meditation, and balanced meals fosters harmony in mind and body.

Rurucharya (Seasonal Routine):

- Rurucharya emphasizes adjusting daily routines based on seasonal changes to maintain balance and prevent imbalances.
- Adapting to specific seasonal qualities through diet, self-care, and lifestyle choices supports overall health throughout the year.

Ayurvedic Remedies for Day-to-Day Health Issues:

Digestive Health:

- Ayurveda offers remedies for common digestive issues like indigestion, constipation, and bloating.
- Simple practices like drinking warm water, consuming ginger, and incorporating herbal teas can support healthy digestion.



Immune System Support:

- Ayurvedic remedies, such as herbal teas, spices like turmeric, and lifestyle practices, help strengthen the immune system.
- These remedies can offer relief from common colds, allergies, and low energy levels.

Skin and Hair Care:

- Ayurveda provides natural remedies for common skin issues like acne, dry skin, and hair loss.
- Utilizing herbal pastes, oils, and dietary recommendations can promote healthy skin and hair.

Panchakarma: Achieving Wellness and Addressing Illness:

Panchakarma Therapy:

- Panchakarma is an Ayurvedic detoxification and rejuvenation therapy aimed at removing toxins from the body.
- This comprehensive treatment plan involves various techniques like massage, herbal therapies and dietary modifications.

Benefits of Panchakarma:

- Panchakarma helps restore balance, strengthen the immune system, improve digestion, and promote overall well-being.
- It can be beneficial in addressing chronic health conditions and achieving optimal health.



Planning for the Future:

Setting Priorities:

- It's crucial to reassess priorities and align them with personal values and well-being.
- Creating a balanced life by setting boundaries, managing time effectively, and focusing on self-care can lead to a healthier future.

Long-Term Health Goals:

- Establishing long-term health goals encourages proactive measures to prevent illness and promote well-being.
- Incorporating Ayurvedic practices, healthy lifestyle choices, and regular check-ups can contribute to a long and healthy life.

Conclusion:

Embracing Ayurveda offers a holistic approach to living a balanced and healthy life. By following Ayurvedic guidelines, incorporating natural remedies for day-to-day health issues, considering Panchakarma for wellness and illness, and planning for the future, we can nurture our mental, emotional, and physical well-being. Remember, prioritizing self-care and aligning with Ayurvedic principles can pave the way to a fulfilling and long-lasting journey towards health and happiness.

Dr. Monali Ingle



Dear friends,

In June 2023 our club celebrated its 15th birthday. As our club enters in the sweet sixteenth year, memories of the past create nostalgia. It seems only yesterday that some of our Charter members had got together to form a vibrant club. We received our Club Charter in June 2008 and started our baby steps in our Rotary journey.

As our club marched ahead, many friendships bloomed, many bonds were formed, and many new members joined hands with us to strengthen our club and to convert our dreams into reality. Each day only brought us closer to working towards bigger, better, and meaningful projects which would benefit and serve our society. The enthusiasm and dedication of our members fuelled the fire to do impactful projects and events.

As we bid adieu to the FAB year, we need to thank FAB President Santosh Shinde for taking our clubs to newer heights in the FAB year. We initiated our first major CSR project in the FAB year, thanks to efforts from Captain Rtn Suresh Kalyankar. We also made a record donation of 50000 USD to the RI foundation, thanks to efforts from PP Prachi Vaidya and PP Pushan Vaidya. We added 14 charming members to the RCTGC family, thanks to efforts from Rtn Jyoti Kalantari and PP Prasad Tendulkar. With support from all our members, BOD, and guidance from Past Presidents, we completed all the targets that we had set to ourselves for the FAB year. Our club received the coveted Platinum Club citation and many awards at the District Shukriya.

As we enter the Excellent year under the able leadership of Club President Rtn Chandrashekhar Limaye, may we continue to serve the society and explore larger and newer avenues in Rotary. My best wishes to President Limaye, BOD members and all members of RCTGC for an amazing and fantastic year ahead which will further strengthen the bond of friendship that we share together.

I will end with a quote from Swami Vivekananda ji,

“All power lies within you. You can achieve anything and everything.”

Dr. Aparna Walanj





Birthdays



2nd July	Neel Milind Somani
5th July	Sanjana Sangram Joshi
5th July	Vinita Vilas Joshi
5th July	Prabhavati (Mother - Dr. Raju Bodas)
12th July	P. Lakshaman
12th July	Dr. Narayan (Father - Divyakant Narkhede)
13th July	Apoorva P. Lakshaman
14th July	Nalini (Mother - Pushan Vaidya)
16th July	Ramilaben Shah
18th July	Amar (Son-in-law Mohan Telang)
19th July	Nishant Priti Karia
20th July	Daksh Jyoti Kalantri
22nd July	Maitreyee Prasant Patro
22nd July	Vivek Pai
23rd July	Navin Thirani
28th July	Varun Suresh Kalyankar
3rd August	Parth Jyoti Kalantri
5th August	Visakha Priti Karia
5th August	Prafull (Father - Prasant Patro)
6th August	Vinita Keshav Pitre
6th August	Rohan Keshav Pitre
7th August	Dr. Rajndra Patil
8th August	Asawari Makrand Kute
14th August	Snigdhaa (Daughter-in-law Pushan Vaidya)
15th August	Vipul Sharad Varaskar
16th August	Govind Kaustubh Kale
18th August	Mohan Telang
18th August	Amrita (Daughter-in-law - Keshav Pitre)
19th August	Tanvi Chandrashekar Limaye
20th August	Mitalee Milind Somani
23rd August	Tejas (Son - Shraddha Pai)
26th August	Durgesh (Daughter - Sucheta Bhirud)
26th August	Durva (Son - Sucheta Bhirud)

Birthdays





27th August	Sumir Sahani
30th August	Makarand Kunte
30th August	Alpana Milind Paranjape
30th August	Dr. Nikhil (Son - Dr. C. H. Kale)
31st August	Prasad Tendulkar
2nd Sept	Milind Paranjape
4th Sept	Tanisha (Daughter - Tejal Mehta)
6th Sept	Atharva Santosh Kabra
6th Sept	Swati Yogesh Sovani
6th Sept	Ryan Donald Crasta
8th Sept	Khushali Sumir Sahani
10th Sept	Shivani Pravin Chavan
12th Sept	Abhishek Mohan Telang
15th Sept	Shrikant (Husband - Dr. Monali Ingle)
17th Sept	Aparna Walanj
18th Sept	Advaya Ingle
22nd Sept	Prachi Vaidya
24th Sept	Prajakta Milind Paranjape
28th Sept	Varun Keshav Pitre



Anniversaries

7th July	Sanjay & Kalpana Pawar
9th July	Priti & Ketan Karia
10th July	Dadasaheb & Nanda Satre
15th August	Vilas & Vinita Joshi
31st August	P. Lakshaman & Prabha
10th Sept	Megha & Bhushan Sonawane

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