



CREATE HOPE
in the WORLD

Rotary
Rotary Club of Navi Mumbai



excellent
RID 3142 RY 23-24

रोटरीसंदेशकर्ता
The News...

August 2023, Vol 1

Namaste and Rotary Pranam to my Rotarian Family.



July 2023- New Leadership Month

- Food Grain Distribution
- Fruit distribution
- Blood Camp
- Manoranjan Seva

Rtn. Gordon R. McInally
R.I. President

Rtn. Milind Kulkarni
District Governor 23-24

Rtn. Sujata Agarwal
Club President

Rtn. Anil Athri
Club Secretary



R. Gordon R. McNally

RI President, 2023-24
Rotary Club of South Queensferry
West Lothian, Scotland

I am delighted to tell you that our theme for 2023-24 will be, “Create Hope in the World”.

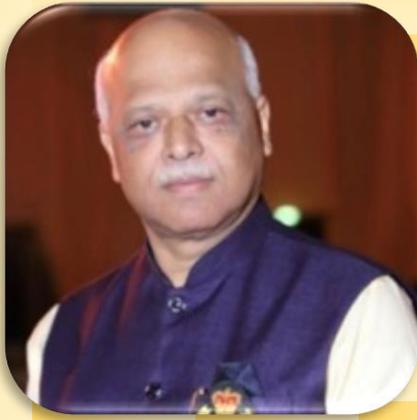
This is how rotary brings lasting change to the world: one newly created hope at a time. And the theme also brings to explain how we help create a similar kind of change within ourselves. Because for many people on this planet, lost hope is not just a function of material poverty. All of us face challenges that threaten our well-being. Just as it takes tremendous courage to wage peace, so too it is brave to reach out and admit that you need help.

In the wake of the pandemic, more people than ever are hurting. It is brave to be vulnerable and admit that you don't have all the answers. Reaching out for help is courageous- and continuing on a path toward wellness is even more so.

So these are the plans for the years ahead: that we help bring peace to the world and soothe those afflicted by conflict, and that we help each other and our communities deal with our own internal struggles, and that we end the stigma associated with asking for help.

In all these action, the goal is to create hope- to help the world heal from destructive conflicts, and, in turn, to help us achieve lasting change for ourselves.

As Rotary's leaders from all the regions, I urge you to “Create hope in the World”.



Milind Kulkarni

District Governor, 2023-24
Rotary Club of Kalyan

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. Maximise 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. Our, 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 bench marking, an excellent year.

Create Hope in the world as you lead the way.

Enjoy Rotary!



Sujata Agarwal

Club President

Excellent year 2023-24

I thank all my fellow rotary members for bestowing trust and faith in me, to lead as the president of Rotary Club Of Navi Mumbai, excellent year 2023-24.

I also congratulate my BOD members for being elected for this year. We shall work as a team and do excellent projects with the support of each and every member of our club. I congratulate and acknowledge the new members who have chosen to join our club. Be assured that your money and time will be used for a good cause, to help people in the community with your personal enjoyment as well.

For my members I have a special message. We all have joined the club for a specific reason, being a charitable organization, obviously we have joined to do charity, so please show your interest, come forward in projects and meetings. Make an effort to be a part of the club, then you will truly enjoy to be in a charitable organization. I believe "Where there is a will, there is a way" so please please take out some time from your busy schedule and come or at least commit yourself for minimum one project and one meeting per month.

I would like to congratulate IPP, Mr Yuvaraj Mahajan and his board members to do commendable projects, DTA program, fellowship meetings and special thanks to immediate first lady, Jayshree Mahajan for yummy cakes which she baked every month for the birthdays and anniversaries of fellow rotarians in that month. It was totally a FAB year!

Once again looking forward for participation and volunteering in huge numbers for projects and meetings. I start the year, seeking blessings, wishes and support from everyone.

Let us enjoy rotary together!

Fruit distribution at Girija old age home, Kharghar

Rotary club of Navi Mumbai embarked its journey in the new rotary year. The excellent year 2023-24 under the leadership of president, Rtn. Sujata Agarwal, completed following community projects in the month of July-

On 1st July, Distributed fruits to the senior citizens residing in Girija old age home. Total 40 senior citizens residing here benefitted. We were co-host with RCNM Sunrise. Inner wheel members of Sunrise club were also present.



Summary

Date :	1st july 2023
Cost:	3000
Beneficiaries:	40
Man hours:	10
Rotarians:	2
Rotractors:	0

Food Distribution to Underprivileged People at Kharghar

On 1st July, Breakfast and dry rations such as rice, atta, dal etc were distributed to 150 underprivileged people including children staying in a basti, in front of DMart, Sector 15, Kharghar. About 10 Rotarians were present. We were co-host with RCNM Sunrise.



Summary

Date :	1st July 2023
Cost:	5965
Beneficiaries:	150
Man hours:	10
Rotarians:	2
Rotractors:	0

Mega Blood Donation Camp to Support Cancer Patients, Vashi

On 1st July, Organised a mega blood donation camp at rotary centre, Vashi with rotractors (Rotaract club of Vashi & Rotaract club of Saraswati College) with the help of TATA memorial blood centre to support cancer patients. Total 51 units of blood was collected. 10 rotarians and 40 rotractors were present.



Summary

Date :	1st july 2023
Cost:	3000
Beneficiaries:	51
Man hours:	250
Rotarians:	10
Rotractors:	40

Blood Donation Camp – Paras Defense & Space Technologies Ltd

On 6th July,

We had organised Blood donation camp to support thalassemic patients. Location- At Paras defense and space technologies ltd, MIDC, Turbhe. 101 units of blood was collected. 4 rotarians were present.



Summary

Date :	6th july 2023
Cost:	2000
Beneficiaries:	101
Man hours:	20
Rotarians:	4
Rotractors:	0

Free Legal Aid Service

On 8th July,

Free Legal aid service at our rotary centre was given. It Is a sustainable project, where free consultation on legal matters regarding property, family disputes, business etc are given every second Saturday of the month. Total beneficiaries 10. Rotarians present were 4.



Do you need legal advice on the following topics?

- Domestic violence
- Divorce related issues
- Assistance with Inheritance Documents
- Free services from government legal aid schemes
- Harassment from the employer
- Illegal eviction
- Non-receipt of wages
- Problems related to bank loans
- Harassment from loan recovery agents
- Accident related issues / compensation
- Cheque bounce / dishonour issues
- Problems related to school / college admission

Then definitely visit

Free Legal Advice Camp

Organized by
Rotary Club of Navi Mumbai
in association with
Maharashtra National Law University, Mumbai
On the second Saturday of every month
from 11 am - 2 pm

Venue: Rotary Centre, Sector-6, Near Sacred Heart High School, Vashi, Navi Mumbai- 400 703

Rtn. Yuvaraj Mahajan (President) 9423975152 Rtn. Sujata Agarwal (Secretary) 9224683363
Rtn. Pankaj Vijayan (Project Director) 9820617527 Rtn. Nitin Shah (Project Coordinator) 9820149309 Rtn. Tilak Sankaran (Project Coordinator) 9324567968

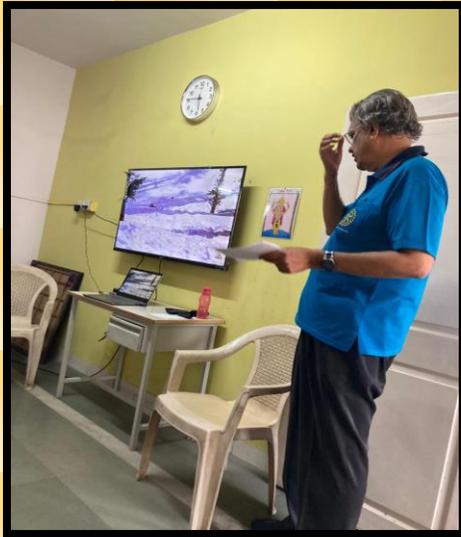


Summary

Date :	8th july 2023
Cost:	200
Beneficiaries:	10
Man hours:	8
Rotarians:	4
Rotractors:	0

Manoranjana Seva at Anandashram

On 20th July,
Manoranjana seva at Anandashram old age home, Nerul was carried out under the chair of Rtn. PremKumar. Some entertainment programs were done and quality time spent with them. Total beneficiaries 25, rotarians present were 2.



Summary

Date :	20 july 2023
Cost:	500
Beneficiaries:	25
Man hours:	10
Rotarians:	2
Rotractors:	0

Ladies Manoranjan Seva



On 31st July,

Manoranjan seva at Matru Sadan old age home, Nerul was done. About a dozen ladies were present. As usual, Rtn Premkumarji entertained them with Bollywood clips, songs and jokes. Highlight was it being the birthday of our rotarian Premkumar, it was the best gift for him as the program went off very well, bringing smiles and cheer on their faces. They requested him to visit again and often. He was accompanied by Rtn Mansoorji.



Summary

Date :	31 july 2023
Cost:	500
Beneficiaries:	12
Man hours:	8
Rotarians:	2
Rotractors:	0

Installation Ceremony



The Rotary club of Navi Mumbai had its prestigious installation ceremony recently on **July 17 th , 2023** at **NMSA**, Vashi. During the event, Rotarian Sujata Agarwal was announced as the president of Rotary Club of Navi Mumbai for the year 2023-24. The chief guest was District governor, Rotarian Milind Kulkarni, who officially inducted the president, board of directors & the new members. The ceremony was attended by district officials, club members and their families, Co presidents, rotractors, inner wheel members & guests.

During the ceremony, the president announced 4 signature projects for the year 2023-24, **Moolancha Prashikshana**- Vocational training for children, **Adult education**- at rotary centre, **NIDAR**- Narcotics, internet, drugs addiction prevention at schools, Reuse, Reduce & Recycle- plastic awareness at schools. **Blood donation**, club signature project will continue. Each project will make a positive impact in the local community.

In the inaugural address, president Sujata Agarwal expressed her gratitude for being entrusted with the position & committed her dedication to leading the club towards excellence in community service. **She emphasized the importance of Rotary International seven areas of focus which includes Basic education & Literacy, economic & community development, water & sanitation, maternal & child health care, Disease prevention, peace building & environment.** "The club will work on the above focus areas to create a lasting impact on the society", she said.

Additionally, president Sujata identified four thrust areas by the district- **Atma suraksha**, selfdefense for girls & women, **Beema suraksha**, medical & life insurance for house maids, watchmen & under priviledged, **Manoranjan seva**, to spend time with senior citizens & their welfare, **Cybersecurity & wellness**. These areas will receive special attention during her tenure.

The installation ceremony also marked the induction of 8 new members who were warmly welcomed by president Sujata & DG Milind Kulkarni. In her concluding speech, president called upon the entire club to unite & work together to fulfill the objectives set forth by the Rotary International, the district and the club. Thus, Rotary club of Navi Mumbai is poised to make a positive impact in the community during the year 2023-24 under the leadership of president, Rotarian Sujata Agarwal.



Let's Talk Heart: Prevention & Treatment of Heart Diseases

Dr. Rishi Bhargava is one of the top-ranked Heart Specialist in Navi Mumbai practising as a Consultant Interventional Cardiologist, attached to multiple hospitals like Apollo Hospital, Medicover hospital, MGM hospitals – Vashi/CBD Belapur and Kokilaben Dhirubhai Ambani Hospital in Koparkhairane, Navi Mumbai. He did his super specialisation DM in cardiology from prestigious KEM hospital Mumbai. He has his own clinic called Medwin advanced heartcare clinic at Kharghar. Dr. Bhargava's main focus areas include diagnostic as well as therapeutic interventions for the prevention and treatment of heart diseases in paediatric and adult patients.



Dr. Rishi Bhargava
MBBS MD(Medicine) DM(Cardiology)
FSCAI(USA)



On 28th July, Dr Bhargava with his presentation, explained the various ailments of heart and its prevention and cure in a very simple and easy to understand manner. Being very soft spoken person, he was liked by one and all. He further said that most of the heart diseases we know but we take it for granted and do not care about it.

Dr Bhargava told that the fat and cholesterol deposition in arteries happen right from the age of 2 uptill death! Obesity is one of the biggest pandemic in India and has direct impact on cardiovascular diseases.

The most important and interesting part of the session was live demonstraton of CPR (Cardiopulmonary resuscitation) It is an emergency life-saving procedure that is done when someone's breathing or heartbeat has stopped. This may happen anytime such as an electric shock, heart attack, or drowning etc.

We were explained how it is done by showing it live on a mannequin. Then, we all had turns doing it ourselves. We went back home more learned that day.



Club General Assembly

On 9th July' 2023, our Club general assembly was held at hotel 'Royal Orchid' in the morning hours with breakfast. The Bye laws and the constitution was amended and passed in the meeting. About 18 rotarians attended the assembly, the venue change was liked and welcomed by everyone. The meeting went very well with lots of inputs from the members regarding the amendments in bye laws and constitution. AG during the meeting was Rtn Diwakar Dalvi from RC Airoli Linktown.



GRATITUDE

Why should I give others when I myself am struggling?

***We make a living by what we get, we make a life by what we give – Winston S. Churchill
Always have an attitude of gratitude.***

Living in a state of gratitude is the gateway to happiness – Sterling K. Brown

What is gratitude?

Gratitude is the feeling of being grateful or of wanting to give your thanks to somebody.

Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, but be a cheerful giver.

Whenever you share goodness from your heart,
You always end up winning because
Life is an echo, it gives you back
Whatever you have given.

Benefits of giving-

- Giving helps others- When you give to the less fortunate, you add to their lives- and by adding to theirs, you add to yours too.
- Giving inspires giving- People on the receiving end, pay it forward and give to others even if they have hardly anything to give. Be a good role model and perpetuate the cycle of giving, making the world a much better and a humane place to live in.
- Giving teaches responsibility- When you give you may have to make sacrifices. You learn to be less spendthrift and realise that you don't need that much in your life to be happy.
- Giving cultivates self-worth- You'll feel good about yourself. Even so, the effects of your kindness on others are purely positive and you can both bask in the joy that giving brings to those you've helped.
- Giving does make a difference- No matter how much little you give, you have the power to touch the life of another person in ways you may never be completely aware of.
- Giving increases your well being- lowers your blood pressure, have better mental health, longer life and a better social connection.

Giving is easy.

There is so much that you can give-

You can give your time, You can give your warmth and friendship

You can give a listening ear or a shoulder to lean on

And, of course you can give materially.

“So, please give and make the world a nicer place to be.”

Calendar for August, Birthdays & Anniversaries

Projects and meeting for August 2023, dates may vary.

S.NO	Date	Approx date
1	Annadan- chairperson Nitin Shah	4th August
2	Insurance for the unorganised sector	4th August
3	Blood donation- Fr Agnel/ Saraswati College	10th August
4	Weekly meet	11th August
5	Career guidance seminar at NMMC School	19th August
6	Tree plantation- Titwala	20th August
7	Weekly meet- Organ donation awareness & cake cutting	25th August
8	Manoranjana Seva	To be declared

Birthdays and anniversaries of rotarians & anns in July

Name	Birthday	Anniversary
Ann Sunita Maheshwari	13th July	-
Ann Minal Sikchi	15th July	-
Ann Jayashri Mahajan	16th July	-
Rtn Sanjay Chavan	17th July	-
Rtn Manoharan Pillai	27th July	-
Ann Raksha Gupta	28th July	-
Rtn Sunderasan Premkumar	31st July	-

Birthdays and anniversaries of rotarians & anns in August

Name	Birthday	Anniversary
Ann Chetna Shah	4th August	-
Rtn Dinesh Hulawale	5th August	-
Ann Damayanti Adhikari	8th August	-
Rtn Sharbani & Yogesh Dhawan	-	11th August
Rtn N.H Vishwanathan	12th August	-
Ann Jayalakshmi Laxmanan	18th August	-
Rtn Mansoor Reshamwalla	30th August	-
Ann Priyanka Khandelwal	30th August	-
Rtn Premkumar & Geeta	-	30th August

Quiz Time



Lets do some brainstorming.....

Here's some quiz questions related to Navi Mumbai.

- 1) In which Indian state is Navi Mumbai located?
- 2) What is the capital city of Navi Mumbai?
- 3) Which river is Navi Mumbai situated on the eastern bank of?
- 4) Which international airport serves Navi Mumbai?
- 5) What is the planned population of Navi Mumbai, according to the Navi Mumbai Master Plan 2031?
- 6) Navi Mumbai is divided into how many nodes (planned sectors)?
- 7) Which node in Navi Mumbai is known as the educational hub?
- 8) The Jawaharlal Nehru Port Trust (JNPT) is situated in which node of Navi Mumbai?
- 9) Which famous cricket stadium is located in Navi Mumbai?
- 10) What is the name of the railway station that serves as the headquarters of the Central Railway in Navi Mumbai?
- 11) Which mode of transportation connects Navi Mumbai to Mumbai's southernmost tip?
- 12) Which large-scale Information Technology (IT) park is located in Navi Mumbai?
- 13) What is the tallest building in Navi Mumbai?
- 14) Navi Mumbai was originally planned as an extension of which existing city?
- 15) Which sea is located to the west of Navi Mumbai?

Answers in the next issue....