



2024 - 2025

VOL.3

# CENTRAL HORIZON

BULLETIN OF ROTARY CLUB OF THANE CENTRAL



## Good Touch Bad Touch

RI President Stephanie Urchick  
District Governor Dinesh Mehta

Editor  
PP Neha Nimbalkar  
Rtn. Raja Ranade

Club President Swati Yeri  
Club Secretary Kalashree Katre

# President Speaks



Hello Friends,

No more fear and pressure just Awesome feeling to serve and help people for betterment and peace and this is The Magic of Rotary.

Good Touch v/s Bad Touch program was carried out. Rtn Supriya Lad Chincholkar took the session and was well appreciated. Apurva and Nita were responsible for its success. CPR - Cardio Pulmonary Resuscitation, COLS- Compression Only Life Support program was held and well-known Dr Mayur Jain guided people by performing and training them. More than 60 people attended. Rotary club of Thane Garden City also took part in it. Rtn Pramod and Rtn Neha were the pillars for success of this program. We had NBA (Nation Builders Award) program. We felicitated six teachers from Thane Municipal Schools. Nutan Bandekar, Santosh Dalvi, Suman Dangat, Varsha Matkar, Jayshree Shivkar and Umakant Kude were the teachers. Rtn Nilesh Likhite was chief guest. He spoke about various programs done by Rotary for schools, learning, special training for teachers. Rtn Pallavi took the responsibility of the project and Rtn Neha guided her in this. We also donated scholarship examination books requested by teachers for the needy students. Club members and Nilesh Likhite were the donors for buying those sets. Dog's World India along with our club organized Pet Parade on 15th August. We are doing this for last 3 years. Rtn Pramod Nimbalkar is the backbone of the program and its success as always. Most appreciated program of our club by community.

Also on the same day we had our second Annapurna project. It was held at Ma Niketan. Palani's were incharge of this. Students enjoyed the food.

We co-sponsored Jeshtha Mahotsava held at Kashinath Ghanekar.

Appreciate Rtn Nitin Borse for his skill in PR and PI. And how can I forget to appreciate Rtn Kalashree for her ever availability and help making my job easier.

Thank you friends for your whole hearted support. Keep it up.

Yours in rotary.

Swati Yeri

President



# Editor Speaks

In today's world, ensuring the safety and well-being of our children is more critical than ever. As Rotarians committed to the betterment of our communities, we must take an active role in educating children about the difference between "Good Touch" and "Bad Touch." This simple yet powerful concept equips children with the knowledge to recognize safe and appropriate physical interactions, while also giving them the confidence to speak up if something feels wrong.

By fostering open communication and providing age-appropriate education, we can empower children to protect themselves from potential harm. It's essential that we collaborate with schools, parents, and local organizations to integrate "Good Touch, Bad Touch" education into our communities. Not only does this initiative help prevent abuse, but it also builds a foundation of trust and safety, allowing children to grow up in an environment where they feel secure and supported.

As Rotarians, let us champion this cause, ensuring that every child has the tools they need to navigate their world safely. Together, we can make a significant impact, safeguarding the future of our children and, by extension, the future of our society.

We have seen what happened recently in Badlapur and still happening in various cities. So making children understand about it is very necessary and important.

Warm regards,  
PP Neha Nimbalkar  
Bulletin editor

# ROVEX AWARDEES



Mr. Shridhar Phadke  
Renowned Music Composer  
Marathi Film Industry



Mr. Pradeep Velankar  
Veteran Actor Marathi and  
Hindi film industry



Bhagyalakshmi Gohokar  
Entrepreneur Co- Founder  
at Santosham Foods

# Nation Builder Awards

We organized Rotary's Nation Builder Award Program. We felicitated six teachers from Thane Municipal Schools for their exemplary work.



# Nation Builder Awards



# Community Service Projects

Scholarship books for Municipal corporation school were donated



Seminar on Cardio Pulmonary Resuscitation (CPR) by Dr. Mayur Jain



**'Be the Saviour'** COLS-CPR training camp was organized with Rotary Club of Thane Garden City in collaboration with Jinkushal Cardiac Care & Superspeciality Hospital.

**Compression-Only Life Support -** Cardiopulmonary Resuscitation is a vital life-saving technique that can revive individuals in cardiac arrest situations. It involves performing chest compressions to maintain blood circulation until professional medical help arrive. The training started with

- Detailed presentation on CPR
- Hands-on practice on a dummy with LED indicators



# Community Service Projects

## Annapurna Day

Independence day was celebrated at Maa Niketan Orphanage, about 130 food packets were distributed.



# Community Service Projects

## Jeshtha Mahotsav

We organized Jeshtha Mahotsav in association with Prarambha Kala Academy in the presence of Hon. Kanchantai Nitin Gadkari and Hon. Sudhatai Mhaskar. Various competitions were arranged for the senior citizens.





# Community Service Projects

## Good Touch, Bad Touch



Good Touch, Bad Touch lecture at PEST School conducted by Dr. Supriya Lad

### Good Touch, Bad Touch

Your body belongs to you

Good Touch includes hugs from parents, doctor checking you in presence of your parents, your teacher patting you for doing your homework, your parents giving you a bath.

If a touch hurts you or makes you feel uncomfortable, it is a Bad Touch. Children being touched on their private parts without reason or someone touching you and telling you to keep quiet are examples of a bad touch.

IF THIS HAPPENS TO YOU, TELL YOUR PARENTS, GRANDPARENTS OR A TEACHER!

Know your private parts!

Lips  
Chest  
Between your legs & your bottom

**Deki:** You are the master of your body. Know your private parts: Lips, Chest, Parts between your legs and your bottom. Know the difference between a Good Touch and a Bad Touch.

**Dawa:** If someone gives you a bad touch, Say NO and tell your parents, teachers and grandparents. Never keep it a secret.

Call 1098 if you have any concerns or witness child abuse! Save the Children

# Community Service Projects

## Pet Parade

Independence day was celebrated in association with Dog's World India in a unique way with pets, pet parents and pet lovers, who willingly participated. A project which is one of it's own kind.



# Community Service Projects

## **Our fight against Cervical Cancer**

Cervical cancer is a significant health issue globally, and it poses a particular challenge in India, where it is the second most common cancer among women. The project aims at preventing cervical cancer through HPV vaccination in young girls. The project's vision is to empower a generation of healthy young women and ultimately achieve freedom from the preventable disease, cervical cancer. The mission is to provide comprehensive HPV vaccinations to school girls aged 9 to 14.

## **Disease Burden of Cervical Cancer in India:**

Cervical cancer is a significant health concern in India. It is the second most common cancer among women, with a high associated mortality rate. Around 51.15 crore Indian women aged 15 years and above are at risk of developing cervical cancer. India accounts for 21% of global cases and 23% of global deaths due to cervical cancer. This highlights the urgency of addressing this issue and implementing preventive measures.

## **Causative factor:**

HPV is responsible for 99.7% of cervical cancers. This virus is highly prevalent among sexually active individuals, with the highest risk occurring in adolescents and young adults aged 15-25. HPV can also lead to other types of cancer, such as oral, penile, vaginal, vulval, and anal cancer. Low socio-economic status is associated with an increased incidence of and mortality from cervical cancer. Fortunately, cervical cancer is preventable through education and awareness, screening, and HPV vaccination.

## **Solution:**

Vaccination against HPV has been proven to prevent over 83% of cervical cancers. The World Health Organization (WHO) has set a global strategy to ensure that at least 90% of girls are fully vaccinated with the HPV vaccine by age 15.

## **Vaccination Schedule:**

HPV vaccination should be ideally administered to females before they reach an age when the risk of HPV infection increases. Since the highest prevalence of HPV is between ages 15-25 years, the project aims to vaccinate girls aged 9 to 14, who shall receive a 2-dose schedule at 0 and 6 months. Women aged 15 to 26 years should be administered a 3-dose schedule at 0, 2, 6 months.

## **Implementation:**

This project is being implemented through schools like yours where the HPV vaccination drives are being conducted to administer the HPV vaccine to girls aged 9 to 14.

We would be happy to provide detailed information to the students, parents, and teachers.

We seek your consent and support to conduct a vaccination drive in your School at your convenience.



॥ ॐ साई राम ॥



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