



Rotary
Club of Navi Mumbai Sunrise



ROTARY CLUB OF NAVI MUMBAI SUNRISE

Club ID: 76727

District ID: 3142

Charter Date: 29th June 2007



Suryodaya



Stephanie Urchik
RI President 2024-25



Rtn. Dinesh Mehta
RID 3142 DG 2024-25



Rtn. Sanjay Panigrahi
President 2024-25

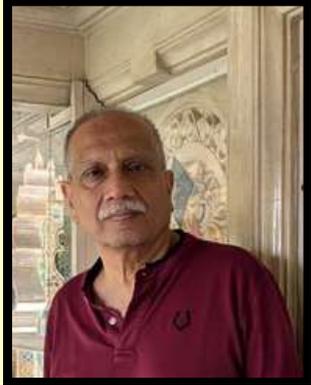


Rtn. Amrendra K. Saha
Secretary 2024-25

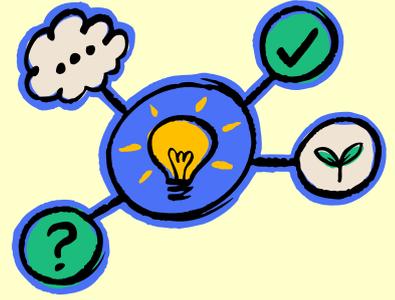
Issue October 2024



Club Editor
Rtn Sanjay Sharma



Sanjay Sharma
Club Editor



From Editor's Desk

Greetings to all of you!!!

The best part of life is not surviving, but thriving with passion and compassion and humor and style and generosity and kindness. "Maya Angelou (1928) Poet, Dancer, Producer, Playwright, Director, Author"

This is the attitude which defines Sunrisers. They are stylish, humorous, passionate, compassionate, kind and generous. They do not just pass away time, but they thrive and become a force for good. This month they opened their hearts for various selfless acts like feeding cancer patients and poor children. Normal people go out to movies with family and friends, but Sunrisers went out for movies with blind children where they whispered the movie scenes to blind children to allow them to enjoy movies through their eyes. This is unblemished pure love and compassion.

The season is changing, and heat and humidity are giving way to a slight chill. October is the month of celebration when the country including our own Navi Mumbai suddenly becomes a riot of colors and all around you only see fun and frolic. This month citizens in country celebrate Navaratri and Dusshera. This month signifies vibrancy of country and celebrates love for life, spirit of giving, sharing and victory of good over evil. The world is undergoing a crisis but the spirit of October in India is giving a glimmer of hope and lots of smiles, so much so that Australia has declared this month as "Hindu heritage month". So keep on your good work and keep on thriving.

**Message from President International
Year 2024**



Stephanie Urchik
RI President 2024-25

Rotary is at its best when we foster a sense of inclusion and belonging in our clubs. In fact, I would go so far as to say that belonging is The Magic of Rotary itself.

With a focus on inclusivity and belonging, it is easier to be united in a common purpose. When we are committed to one another and focused on our goals, we are most effective.

Rotary's Action Plan can help. The Action Plan comes with tools you can use to collect feedback, assess your club's strengths and weaknesses, and address challenge

The world is changing, and our clubs can't afford to stand still. But the changes we make need to be consistent and strategic – building on one another toward a greater vision. The Action Plan can help you work toward that vision and create effective change within your club.

Following the Action Plan and addressing suggestions from the community will go a long way to fostering the sense of belonging we want all Rotary members to feel in their clubs.

That's why expanding our commitment to diversity, equity, and inclusion is so important. Committing ourselves to each other's well-being is the first step to expanding our reach, allowing us to spread Positive Peace in these troubled times.

Peacebuilding is one of our top priorities, and one of the most effective ways we can build peace is with our Rotary Peace Fellowships, through which peace and development professionals learn how to prevent and end conflict.

We offer the fellowships through our Rotary Peace Centers at leading universities around the globe, where more than 1,800 Rotary Peace Fellows have graduated. And thanks to a \$15.5 million gift from the Otto and Fran Walter Foundation, we can continue supporting peacebuilders in more regions with the next peace center at Bahçeşehir University in Istanbul. Opening another peace center is a monumental achievement, and it is my great honor to invite you to celebrate at next year's Rotary Presidential Peace Conference at the Istanbul center. The three-day conference 20-22 February will highlight the many ways our family of Rotary advances peacebuilding. Registration for the conference is officially open. I hope to see you there.

The 2025 Rotary Presidential Peace Conference has great potential for our peacebuilding efforts – but only if we have your support.

The truth is, we're not going to bring peace to the world, end polio, or grow membership by waving a wand and saying some funny words. It's up to you. You create the magic with every project completed, every dollar donated, and every new member inducted.

I love my Rotary family and I know you do too. That's why I know that together, we can make every club and district simply irresistible. This year, let us change the world by embracing The Magic of Rotary.



Rtn. Dinesh Mehta
RID 3142 DG 2024-25

Dear Awesome President Rtn. Sanjay Panigrahi and Members of the Rotary Club of Navi Mumbai Sunrise,

October in the Rotary World is designated as Economic and Community Development Month. It is one of the principal areas of focus and how we aim to be of service by doing good in the world.

October, according to the Indian calendar, is also the month in which we celebrate the Nine Nights of the Goddess, culminating in the victory of Good over Evil, celebrated as Vijaya Dashami or Dussehra. First Lady Jyoti joins me in wishing all of you and your loved ones festive greetings and celebrations for Navratri, Durga Puja, and Dussehra.

September has been a remarkable month, with Clubs across our District showcasing their talents and delivering on both Mega Projects and individual initiatives. I am delighted by the initiative displayed and the momentum generated. I would particularly like to single out your Club for “**All Days Dinner project**”, which stands as a shining example of commitment and service.

October promises to be filled with exciting Rotary activities. While I encourage individual Rotary Clubs to continue focusing on serving their communities and advancing sustainable projects, I urge you to also join in the Mega Projects we have undertaken. As the saying goes, "Many hands make light work."

I also encourage you to participate in the District's Festival Programmes. These events offer a wonderful opportunity to learn about our nation's rich unity in diversity, from customs and costumes to cuisine, music, and literature. The District Onam Celebration was a feast for the mouth, eyes, and ears. Up next is the District Navratri Celebration, which will be hosted by the Rotary Club of Hiranandani Estate. Additionally, we have an exciting Inter-District Programme titled "HUMSAFAR," which aims to foster Fellowship among Rotarians through shared adventure in the form of Car Rallies.

I wish all of you continued success in your endeavours, and I look forward to seeing your Club thrive in the coming months.

**Warm Rotary Regards,
DG Dinesh Mehta**



Rtn. Sanjay Panigrahi
President 2024-25

Dear Fellow Rotarians and Friends,

I am delighted to present the fourth edition of Suryodaya, our club's monthly bulletin. It has been an inspiring journey so far, and I am proud of the incredible work our members have done to bring our projects to life. Our focus on education, community service, and inclusivity continues to shine through with each initiative.

The All day Dinner project where in Dinner is served to Cancer Patients and their attendants at Asha Nivas, Tata Memorial Centre, ACTREC is initiated by our club and now it became the All Club Project of Navi Mumbai Rotary Clubs.

In recent months, we have successfully sponsored the education of underprivileged children, supported the SAAD Foundation, and honored those who make a difference in our city's cleanliness. Additionally, our ongoing projects, like the Whispering Cinema for the visually impaired and sponsoring pediatric heart surgeries, reflect our club's dedication to improving lives and providing hope to those who need it most.

Each project is a testament to the power of collective effort and compassion, and I encourage all members to continue engaging actively in these meaningful activities. Together, we will continue to spread the light of service and uphold the Rotary spirit of "Service Above Self."

Thank you for your unwavering support and commitment. Let us move forward with renewed enthusiasm as we create lasting change in our community.

Yours in Rotary,
Sanjay Panigrahi
President (2024-25)
Rotary Club of Navi Mumbai Sunrise

Projects Done

Drug De-addiction Awareness

Date: 2nd September, 2024

Location: New Bombay City School, Ghansoli

Number of beneficiaries: 231

Number of Members participated: 5

Cost: Rs. 2000

Speaker: Rtn. Amit Srivastava

Project coordinator: Neelam Singh



Teachers Day Celebration and Felicitation

Date: 5th September, 2024

Location: Rotary Center, Kharghar

Number of beneficiaries: 14

Number of Members participated: 13

Cost: Rs. 8,000



Projects Done

Ganpati Sthapna

Date: 7th September, 2024
Location: NIEPID, Kharghar
Number of beneficiaries: 100
Number of Members participated: 5
Cost: Rs. 5000



ANNAPURNA DAY

Date: 8th September, 2024
Location: Asha Nivas, Tata Memorial Cancer Centre
Number of beneficiaries: 150
Number of Members participated: 4
Cost: Rs. 5,500

In continuation of our ongoing efforts under the “Annadan initiative” to serve food to underprivileged individuals.



Projects Done

Annapurna Day at Karjat

Date: 15th September, 2024
Location: Shayadri Adivasi Pratisthan, Karjat
Number of beneficiaries: 25
Number of Members participated: 25
Cost: Rs. 15000



Annapurna Day at all five CLC

Date: 18th September, 2024
Location: Child Learning Centres
Number of beneficiaries: 160
Number of Members participated: 3
Cost: Rs. 10,000



Projects Done

CPR AWARENESS, DEMO AND PRACTICAL

Date: 23rd September, 2024
Location: Bombay city School, Ghansoli
Number of beneficiaries: 230
Number of Members participated: 4
Cost: Rs. 2,500
Project Coordinator: Rtn. Neelam Singh



Organ donation awareness camp for school children

Date: 23rd September, 2024
Location: Bombay city School, Ghansoli
Number of beneficiaries: 230
Number of Members participated: 4
Cost: Rs. 2,000

Projects Done

Annapurna day

Date: 23rd September, 2024

Location: Asha Nivas, Tata Memorial Cancer Centre

Number of beneficiaries: 300

Number of Members participated: 12

Cost: Rs. 11,000

**Sponsored by Dr. Venugopal and daughter in law of Rtn.
Jasmina madam**



Annapurna Day celebration

Date: 25th September, 2024

Location: Asha Nivas, Tata Memorial Cancer Centre

Number of beneficiaries: 150

Number of Members participated: 4

Cost: Rs. 5,500

**Sponsored by Rtn. Sanchayan Mazumdar on the
occasion of birthday of his daughter.**

Projects Done

Blood Donation cum THALSSEMIA check up and camp

Date: 27th September, 2024
Location: NMIMS, Navi Mumbai
Number of beneficiaries: 160
Number of Members participated: 5
Cost: Rs. 4,000
In collaboration with Rotaract club of NMIMS Sunrise



T SHIRT DISTRIBUTION

Date: 28th September, 2024
Location: URDU school, Taloja
Number of beneficiaries: 40
Number of Members participated: 4
Cost: Rs. 16,000

Special Thanks to Rtn.Chhaya Sali for arranging new T- Shirts for more than 200 students in different schools



Projects Done

Heart surgery of one child

Date: 29th September, 2024

Location: Jupiter Hospital, Thane

Number of beneficiaries: 1

Number of Members participated: 2

Cost: Rs. 25,000

In association with Jupiter Hospital, Thane



"WHO IS DISABLED"



By Rtn. M. Prakash
Past President

The Sunrisers have rendered yeoman service to the differently abled special children by associating themselves by various projects . Our association with NIEPID, KHARGHAR has enhanced our quality of the service . Audiometry lab , computer lab Tool kits for learning , for the persons with INTELLECTUAL DISABILITIES and WHISPERING CINEMA for the VISUALLY IMPAIRED , is worthy to mention in this context . My close association with the special kids evoked in me a question "WHO IS DISABLED " and the reflection of the same is this poem

Never call a blind man Disabled;
Never tag disability to a lame man as Disabled
A deaf man should not be titled as Disabled,
A person with intellectual disabilities shall not be called as Mentally retarded,
WHO IS THEN A DISABLED PERSON?
The one who sees but couldn't help is Disabled,
The one who has a mouth and doesn't speak well is Disabled ,
The one who has ears but doesn't hear the truth is Disabled ,
Those people who sit on the riches of the common man by scams are on the wheel chairs of karma are Disabled,
Those who see pot holed roads year after year are blind and Disabled,
Those who help others and photo shoot for self glory are short sighted and Disabled,
Those who hear the cry of the needy and don't help are the real deaf and Disabled,
Those who have all the wisdom and know all the facts of disabled and ignore are the real person with disabilities.

The God has given all the children with disabilities with special abilities . Let us not sympathise but be empathetic to assist them . Let us not consider them a burden to the society / community but put in efforts to make them more inclusive .

“LOVERS”



By Pradip Sinharay
Past President 2012-2013

It was a beautiful day.
The Sun was shining bright,
But radiating only warmth.
The Wind was blowing mildly,
Caressing softly the body.
The Trees were offering
Cool shadows.
The Flowers were in full bloom.
The Fruits were ripe and juicy.
The cascading pure stream waters were running to the Rivers to be carried away in the most elegant manner approaching the vast Seas and Oceans dancing through the bubbly waves in sheer joy.

Slowly, the day advanced and the Sky became a canvas,
Filled with golden rays of light beaming through white floating clouds with a backdrop of light blue colour.
And then the Moon appears
Wrapping the world with its soothing milky glow.

All creatures of the Mother Earth,
Felt soaked, drowned, tingled, wondered and burst with an eternal happiness.

And the almighty God smiled at the successful mission of creating LOVERS.

Stress management is key to Healthy living.



By Rtn. Shaila Patel
Director Youth

Stress has become an unfortunate companion in our fast paced lives affecting people of all ages. Chronic stress leads to various health issues impacting Adults and youngsters alike. It's crucial to recognize the importance of health management.

Prioritize Health

- As the saying goes Health Is Wealth. Good health enables us to achieve our goals and live a fulfilling life. Make time for self care and follow the stress relieving strategies .
- Regular exercises like walking, jogging, yoga deep breathing techniques. These exercises help a lot to relieve stress. Massage therapy helps to relieve physical stress.
- To control emotional stress go for Meditation. This is the best technique to relieve stress.
- Engage in activities you love. This will help to divert your mind and relieves stress. Connect with loved ones for social support. Meet your friends often. Go out for strolls. Chat with them. Try to keep yourself happy. Whenever you feel stressed try to divert your mind by doing simple things you love.

Once you do above mention things you will realize the benefits of stress management techniques.

- It gives you mental clarity.
- Enhance physical well being.
- Better relationship.
- Increased productivity and improved overall quality of life..Create a relaxing environment at home and work place. Set boundaries. Learn to say NO. Take breaks and practice self care.



- Remember you cannot pour from an empty cup. Take care of yourself first. If you are mentally, emotionally and physically fit you can help others to come out of stress.
- Health is the foundation of happiness and success. Small steps today can lead to a healthier stress free tomorrow.
- So learn to live happy and stress free. May God help you all to live a happy and stress free life so that we can be helpful to needy people around us.

Salt -vs- Rice...



By Rtn. Srivatsan Iyengar
Joint Secretary

If you were to cook 3 cups of rice, would you add 3 cups of salt to it?

Certainly not!

So, in every preparation of rice, the rice always outnumbers the salt, yet a little salt makes a huge difference/impact in the overall outcome.

In the room in which you currently are, look up at the ceiling...

What is the size of the bulb compared to the size of the room? It is probably a ratio of 1:5000.

Yet, darkness flees the entire space once the small bulb is flipped on.

If I am the salt of the earth, and the light of the world, then "little me" has the ability to make big things happen..

Sometimes, because we feel outnumbered or overwhelmed at the sheer magnitude of evil or wrong-doers, we then choose powerlessness, and decide to go with the flow, not standing up for what we believe is right.

Little doesn't mean insignificant.

You are significant. Your presence should make a BIG difference. Stop waiting to be on the side of the majority. They may be the majority, but they are the trivial majority, and you are the impactful minority.



They are the rice of the world, and you are the salt of the world..

They are the room and you are the light.

Make your influence felt!

Remember:

You are the world's seasoning, to make it beautiful...

So if we can just do the right seasoning to make even one life beautiful our life is worth living. Have a blessed day 😊

Onwards and Upwards...

Be the salt or the light in someone's life today



Media Mentions

District Governor Rtn. Dinesh Mehta inspires Rotary Sunrisers during visit

By Indrani Basu

Kharghar: The Rotary Sunrisers recently marked a significant milestone with the visit of Rotary District Governor Rtn. Dinesh Mehta on September 22. This Official Club Visit (OCV) not only motivated club officials but also inspired members to fully embrace the ethos of "Service above Self."

The event began with an official meeting involving DG Mehta, President Rtn. Sanjay Panigrahi, and the club's office bearers. During this session, they thoroughly discussed the club's progress, ongoing projects, and future plans, with a strong emphasis on aligning their initiatives with the overarching goals of Rotary International.

Following this productive meeting, the day proceeded with a Club Assembly, leading to a General Meeting that brought together club members, their families, and distinguished guests. During this gathering, DG Mehta engaged with attendees, commending the Rotary Club of Navi Mumbai Sunrise for its vibrant participation in various community service initiatives.

He praised the club's dynamic approach and recognized its dedication to service, calling it a "vibrant club" that continues to expand its influence within the community.



DG Mehta's visit was a moment of reflection, motivation, and encouragement for all members, reinforcing their commitment to making a positive impact through their service efforts.

Media Mentions

...mination must be taken to the letter of... Sector 19A, Nerul. A tree has fallen... maintenance of these public areas.

Rotary Clubs of Navi Mumbai launch "All Day Dinner" project for Cancer patients and attendants

By Indrani Basu

Navi Mumbai: In a major humanitarian effort, all 17 Rotary Clubs of Navi Mumbai have united to launch the "All Day Dinner" project at Asha Nivas, Tata Memorial Centre, ACTREC. This long-term initiative will provide free full-course dinner meals to 400 cancer patients and their attendants daily, offering essential support to those in need.

At the official launch,



District Governor (DG) Rtn Dinesh Mehta presented a cheque to Dr. Navin Khattri, Deputy Director of ACTREC, in the presence of District Secretary Rtn Abid Nagaria and the presidents of the participating Rotary clubs. The project is a reflection of DG Mehta's commitment to supporting underprivileged cancer patients, with Rtn Abid Nagaria playing a key role in ensuring the project's success.

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Media Mentions

RAIGAD

Wednesday, 16 October 2024

7

Community comes together to acknowledge the hard work of safai karamcharis in Kharghar



By Indrani Basu

Kharghar: In a heartfelt tribute during the Navaratri festival, various groups came together to honour the dedicated safai karamcharis and waste collectors for their unwavering commitment to cleanliness in the city. The event took place on October 12, organized by the Cause Travellers Social Welfare Organisation in collaboration with the Rotary Club of Navi Mumbai Sunrise.

The 'Swachhata Doot' felicitation program celebrated the tireless efforts of 18 safai karamcharis from the Panvel Municipal Corporation (PMC), recognizing their significant role in maintaining hygiene in the Kharghar area. During the ceremony, the workers were presented with mementoes as tokens of appreciation for

their service.

Rtn. Bhal Shekhar Chilana, President of The Cause Travellers Organisation, commended the Swachhata Doots, highlighting their essential contribution to community cleanliness. He urged the public to segregate dry and wet waste before handing it over to these cleanliness ambassadors. "Collective responsibility in waste management is crucial for a cleaner environment," he said.

Mr. Sandeep Khurana from The Cause Travellers noted that this initiative has been a consistent feature of the organization for the past three years, reflecting their dedication to supporting those who work tirelessly for the community's betterment.

Rtn. Chhaya Taralekar emphasized the importance of effective

waste management at the household level, encouraging attendees to adopt sustainable practices. Sanjay Panigrahi, President of the Rotary Club of Navi Mumbai Sunrise, praised the unsung heroes for their daily efforts in ensuring the proper disposal of household waste. He stated, "These safai karamcharis go door-to-door, maintaining a clean environment, and their dedication deserves recognition."

The initiative is part of the Rotary Club's ongoing commitment to promote cleanliness and foster a healthy living environment for all residents in Navi Mumbai. The event not only honoured the workers but also aimed to inspire citizens to actively participate in keeping their surroundings clean and green.

Media Mentions

Rotary Club hosts 'Whispering Cinema' for visually challenged by screening film 'Jigra'

By Indrani Basi

The Rotary Club of Navi Mumbai Sunrise hosted its third edition of "Whispering Cinema" on Saturday at Balaji Movieplex, Koparkhairne, offering a unique movie experience for over 160 visually impaired individuals.

The event featured the screening of the newly released film 'Jigra', and attendees enjoyed the film free of charge.

The innovative "Whispering Cinema" concept allowed visually impaired guests to experience the movie through whispered descriptions. Guides sat beside the attendees, narrating scenes to help them visualize and immerse themselves in the story. The atmosphere was heartwarming, with both Rotarians and

visually impaired guests filling the theatre, fostering a sense of unity and engagement.

Following the screening, many attendees shared that it was their first time experiencing a movie in this manner, expressing joy and appreciation

initiative. A special guest, Shri Ajay, from the music composition team of *Jigra*, also attended.

President Sanjay Panigrahi proudly shared that the Rotary Club of Navi Mumbai Sunrise pioneered the "Whispering



for the inclusive approach.

The event was graced by prominent Rotary leaders, including DG Rtn Dinesh Mehta, PDG Rtn Kailash Jethani, DGE Rtn Harsh Makol, and DGND Rtn Chandrahas Setty, who lent their support to the

"Whispering Cinema" concept in 2017-18 and continued it in 2022-23. The club is thrilled to bring back this project for a third time during the current Rotary year, 2024-25, furthering its mission of inclusivity and community service.



Rotary 
Club of Navi Mumbai Sunrise



OVER 100 YEARS OF SERVICE

