



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

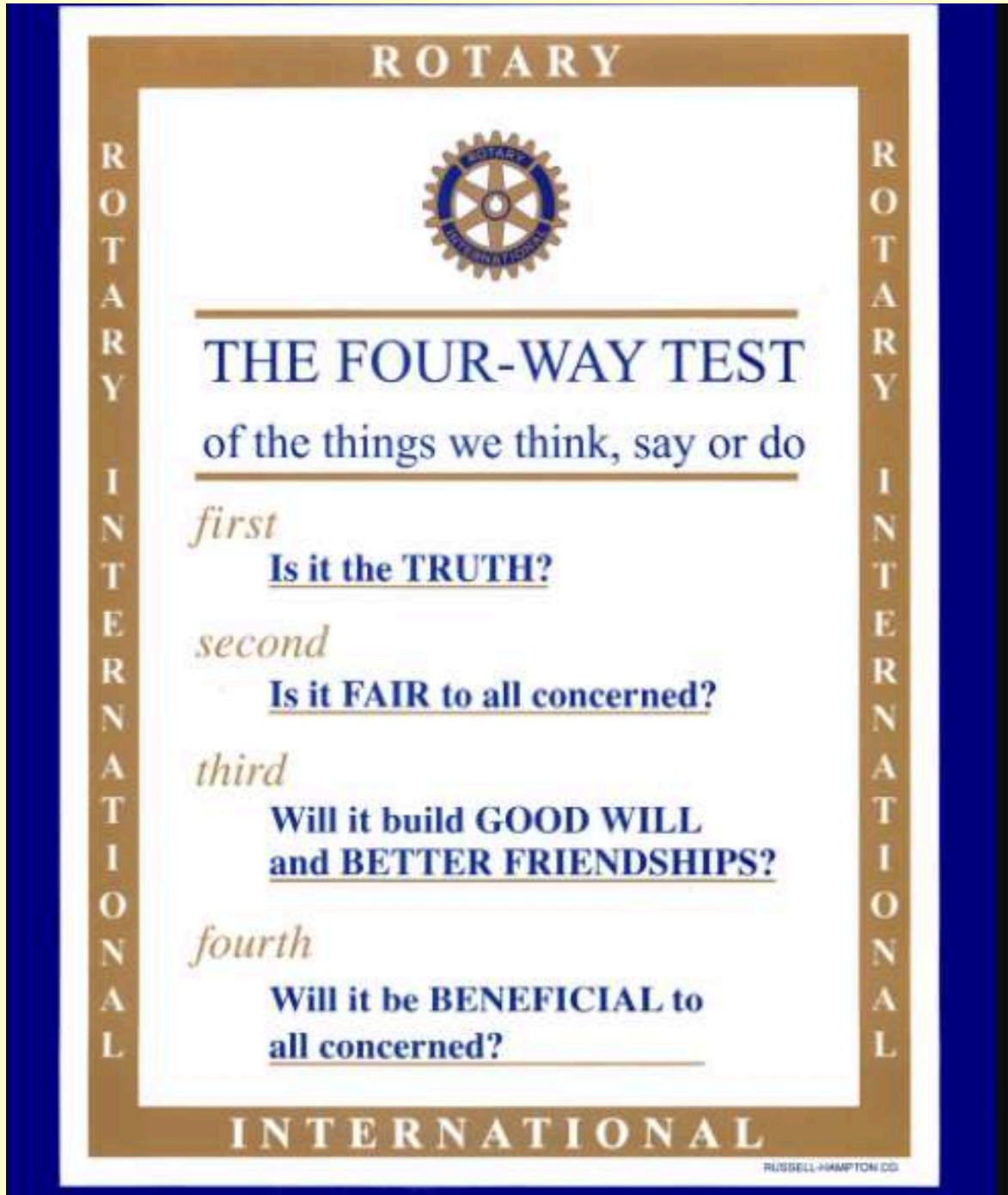


Rtn. Amrendra K. Saha
Secretary 2024-25



Club Editor
Rtn Sanjay Sharma

Issue November 2024

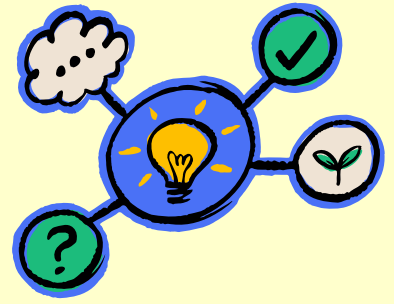


"The Magic of Rotary"

"In every corner of the globe, Rotary brings the magic of hope, compassion, and change. Like magicians of goodwill, Rotarians weave together threads of service, turning dreams into reality and challenges into triumphs. With each project, each act of kindness, we unleash the power of Rotary to create lasting impact and transform lives."



Sanjay Sharma
Club Editor



From Editor's Desk

Greetings to all of you!!!

This was time for numerous festivities all over the country. All of us celebrated Diwali, Durga Pooja, Guru Nanak Jayanti, Bhai Dooj, Chhath Puja etc. It was a joyous, colorful and ecstatic celebration of life and our traditions. Traditions which teach us to live in harmony with nature and other fellow beings. It was a celebration of age-old knowledge that Truth always prevails. All Sunrisers believe that the cornerstone of all our traditions, religions and customs is love, sympathy, giving and compassion. These are the values which bind Sunrisers together and exhort us to do our best for society and the ones who are in need.

The Sunrisers got together to promote a plastic free Green Diwali and organized a blood donation on Guru Nanak Jayanti highlighting the true essence of the festival. The season is turning into a dull and chilly winter, but I know the Sunrisers will come, like always, together to share warmth and love. I also congratulate all the Sunrisers who have contributed to the magazine for taking out time to not only display their writing skills but also to share their passion and message. Please go through their writings and share your appreciation for their efforts.

Your editor
Sanjay Sharma

**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.

Dear Awesome President and Members of the Rotary Club of Navi Mumbai Sunrise,



Rtn. Dinesh Mehta
RID 3142 DG 2024-25

As we are on the threshold of the sixth month of what has, indeed, been an awesome Rotary Year, thus far, we need to keep the momentum going. One way of keeping the momentum going is to have constantly greater goals. Momentum is akin to riding a bicycle. You get to stay upright and move forward so long as you keep the momentum.

Your Club has been doing yeoman service to the community service and you have been participating in District Projects and events with great enthusiasm and it is my humble request to you, to keep the momentum going.

I urge you to take up projects in all the areas of focus of Rotary International. December is designated "Disease Prevention and Control" month. If you haven't already, do take up a project in this sphere.

I believe in encouraging Clubs to Think Big. You do not have to start by being an expert. Remember, the expert in anything was once a beginner. People with momentum can get so much done. Momentum begets momentum and the best way to start is to Make A Start. As a wise man, once said, "Success does not come to you, you've got to go to get it".

So, Jyoti joins me in urging all you awesome Rotarians to keep up the momentum and create magic of Rotary for the community at large

Warm Rotary Regards,
DG Dinesh Mehta



Rtn. Sanjay Panigrahi
President 2024-25

Dear Sunrisers,

As we approach the end of 2024, I take immense pride in reflecting on the impactful initiatives we have undertaken this month, each embodying the Rotary spirit of Service Above Self. November has truly showcased our club's dedication to community welfare, empowerment, and sustainable change.

Our collaborative effort to support a visually impaired entrepreneur with a fully functional office was a shining example of empowering individuals with disabilities. Similarly, the relaunch of Diabetic Mukta Ravivar reinforced our commitment to promoting preventive healthcare, a long-standing priority for our club.

Moreover, the dental camp at Radcliffe School, which educated young minds on oral hygiene, and the vocational support we provided to underprivileged communities highlight our focus on sustainable development and capacity building.

These efforts reflect the essence of Rotary – connecting hearts, serving humanity, and creating lasting impact. I want to extend my gratitude to each member for their dedication, time, and resources in driving these initiatives forward. Together, we continue to set benchmarks for excellence and community service.

As we move into the festive season, let us carry forward this momentum, ensuring that our projects bring joy, hope, and positive change to those in need.

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

Projects Done

ANNAPURNA DAY

Date: 2nd October, 2024

Location: Girija old age home, Kharghar

Number of beneficiaries: 50

Number of Members participated: 5

Cost: Rs. 4,000

Rtn. Adv. Santosh Shukla ji sponsored the food packets for all residents and staff of Girija old Age home on the occasion of pitru paksha .



All Days Dinner

Date: 3rd October, 2024

Location: Asha Nivas, Tata Memorial Centre, ACTREC

Number of beneficiaries: 400

Number of Members participated: 14

Cost: Rs. 100,000



The initiative aims to provide free full-course dinner meals to 400 cancer patients and their attendants every day.

Projects Done

Visit to Rotary Thalassemia centre, D.Y.PATIL

Date: 5th October, 2024

Location: D.Y.Patil centre, Nerul

Number of beneficiaries: 20

Number of Members participated: 14

Cost: Rs. 5000

Rtn. Rajesh Rathod is first ETN Blood Santa* who has committed to donate to *thalassemic child Piyush* in time of need as they both have same blood group O+.



Mental Peace workshop at NIEPID

Date: 9th October, 2024

Location: NIEPID

Number of beneficiaries: 100

Number of Members participated: 14

Cost: Rs. 3,000

Rtn Kavita Nair and Rtn Amit Srivastava from District 3142 led the session, engaging the students in stress-relief activities.



Projects Done

Training on Mental health

Date: 10th October, 2024

Location: NIEPID

Number of beneficiaries: 10

Number of Members participated: 1

Cost: Rs. 1600



Swachhta Doot Felicitation

Date: 10th October, 2024

Location: Near Bank of India, Sector 35 D, Kharghar

Number of beneficiaries: 15

Number of Members participated: 15

Cost: Rs. 4,000

Projects Done

Donation for Education

Date: 12th October, 2024
Location: SAAD Foundation
Number of beneficiaries: 20
Number of Members participated: 10
Cost: Rs. 15,000



DIL SE DIMAG TAK

Date: 13th October, 2024
Location: TMC School
Number of beneficiaries: 230
Number of Members participated: 4
Cost: Rs. 1,000

Dr.R.P.Singh ,NIEPID nominated by our club was also felicitated.



Projects Done

De Addiction Talk

Date: 16th October, 2024

Location: Radcliffe School Ulwe

Number of beneficiaries: 100

Number of Members participated: 6

Cost: Rs. 2,000

Speaker: Rtn Amit Srivastava



Whispering Cinema

Date: 19th October, 2024

Location: Balaji Movieplex, Koparkhairane

Number of beneficiaries: 160

Number of Members participated: 65

Cost: Rs. 65,000

Over 160 visually impaired individuals attended and enjoyed the newly released movie Jigra.



Projects Done

Rally on De Addiction

Date: 20th October, 2024

Location: Central Park, Kharghar

Number of beneficiaries: 100

Number of Members participated: 6

Cost: Rs. 1,000

A Rally Organized in association with Gayatri parivar at Central Park, Kharghar for of De addiction Awareness



Dada ji ki Kahaniya with Birthday Celebration

Date: 24th October, 2024

Location: Happy school

Number of beneficiaries: 30

Number of Members participated: 4

Cost: Rs. 3,000

In association with IWC of Navi Mumbai Sunrise



Projects Done

Dada ji ki Kahaniya with Birthday Celebration

Date: 25th October, 2024
Location: Happy school
Number of beneficiaries: 35
Number of Members participated: 5
Cost: Rs. 2,000

In association with IWC of Navi Mumbai Sunrise



Diwali Celebration with School Dress distribution

Date: 26th October, 2024
Location: Child Learning Centers
Number of beneficiaries: 150
Number of Members participated: 17
Cost: Rs. 65,000



Projects Done

Plastic bag free Environment Awareness

Date: 26th October, 2024
Location: Vegetable Market, near Central Park
Number of beneficiaries: 50
Number of Members participated: 8
Cost: Rs. 2,000



Talk on Sambhidan

Date: 27th October, 2024
Location: Rotary Centre, Kharghar
Number of beneficiaries: 35
Number of Members participated: 35
Cost: Rs. 2,000



"Sustainable Living"



By Rtn. Chhaya Taralaker
Environmentalist

That's a wonderful pledge! Celebrating & adopting a plastic-free Sustainable lifestyle, festivals by choosing sustainable and natural products is a meaningful way to honor the life while caring for the environment. Here's a simple pledge we can all take:

"I pledge to celebrate festivals & adopt lifestyle even from in a way that honors our planet. I will choose gifts made from natural and sustainable materials, avoiding plastic and synthetic products. I will opt for beautiful cotton bags, stainless steel containers, and other eco-friendly alternatives. Together, let's light up our homes and hearts with every festival that is kinder to the Earth."

let's embrace sustainability and inspire others to do the same. While Gifting Sweets, dryfruits or edible please use steel containers .There are Healthy ,food products which are packed in plastic boxes but when they are used creates huge Synthetic waste which is unable to Reuse, process or Recycle! Heaps of plastic pollution is increased & causing our existence very Hard! Think about Future of our Next Generation. Care for our Earth .

Celebration can be with natural products & adoption of Sustainable lifestyle. Creating a plastic-free home can be a gradual but rewarding process. Here are some practical steps you can take to reduce or eliminate plastic from different areas of your home:

1. In the Kitchen:

Storage: Replace plastic containers with glass, stainless steel, or clay options. Use mason jars or other glass containers for food storage.

Wraps: Use natural material wraps or silicone lids , banana leaves, instead of plastic wrap!

Shopping Bags: Always bring reusable cloth bags for grocery shopping.

Produce Bags: Swap plastic produce bags for reusable mesh or cotton produce bags.

Utensils and Tools: Switch to wooden, metal, or bamboo cooking utensils instead of plastic ones.

Dishwashing: Use natural bristle brushes or biodegradable sponges, and dish soap in bars or refillable bottles. Use coconut shred periodically change it for washing vessel.

2. In the Bathroom & wash Basin

Personal Care Products: Opt for solid shampoo bars (soaps for hairwash), conditioner bars, and soap bars that come without plastic packaging.

Toothbrush: Use a bamboo toothbrush instead of a plastic one.

Toothpaste sometimes replace with tooth powder which are in tin packing !

Switch to a safety razor with metal blades instead of disposable plastic razors.

Cotton Swabs: Buy biodegradable cotton swabs with paper or bamboo sticks instead of plastic.

3. Cleaning Supplies:

Cleaning Products: Make your own cleaning solutions using natural ingredients like vinegar, baking soda, and essential oils. Alternatively, buy cleaning supplies in bulk or in plastic-free packaging. I am using decoction of marigold petals with few neem leaves & orange ,lemon peels as body cleaning solution.

Laundry: Use soap , or a laundry detergent that comes in a cardboard box or refillable packaging.

I am using orange peels in water bucket when orange peels are available in home . Soak your daily clothes in water+ orange peels .Keep for 3 hours .Just squeeze soaked clothes & keep for drying with Orange fragrance ! less chemicals & less plastic in home!

Broom and Dustpan: Choose ones made from wood, metal, or recycled materials instead of plastic.

4. In the Bedroom:

Bedding and Mattresses: Look for organic cotton, bamboo, or other natural fiber like cotton, bedding and mattresses that are free from synthetic materials.(coire)

Closet: Choose clothing made from natural fibers like cotton, wool, hemp, or linen instead of synthetic fibers, which are made from plastics.

5. Shopping and Groceries:

Bulk Buying: Purchase dry goods in bulk using your own containers. Bring your own bags and containers to reduce packaging waste.

Shop at farmers markets ,vegetables ,fruits or stores that offer loose, unpackaged produce in cotton bags which can be washed easily. Also use leaf base plates ,vegetable packing ,bamboo ,Cane baskets or banana leaves even in picnic.

6. Other Household Items:

Furniture: Choose furniture made from natural material.

“How Inflation Is Killing Your Money”

**By Arghyapratim Haldar
Son in Law of Rtn. Pradip Sinharay**

One fine morning over a cup of coffee my grandfather was beaming with joy and congratulatory messages on me starting my professional career. This was in the year 2007. He obviously overjoyed and feeling proud for my starting package and started comparing it with his own remuneration. He was elated that the private sector was paying handsomely. He was a successful bureaucrat who was enjoying his retired life. However, this comparison left me intrigued.

On digging a bit deeper I started wondering was his analogy really true but to my surprise the triumphant moment was short lived as the killer impact of INFLATION became evident.

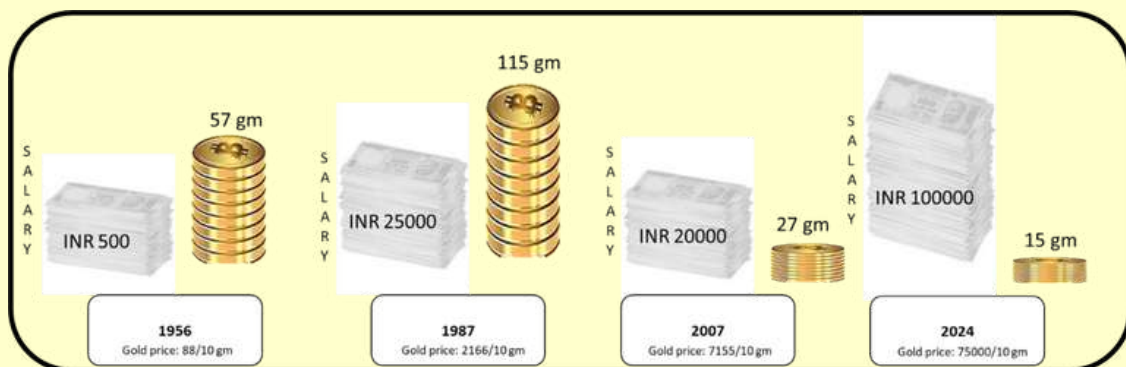


Figure 1: Purchasing Power Over the Years

So, from the above plot it becomes clear that our grandfathers were paid a better salary as they could have bought more gold than what we could buy even with the larger absolute numbers.

Over the years it seems that salary earning in Indian households has been eaten away by the INFLATION.

Today’s generations are plagued with rising prices of everything right from basic commodities, real estate, travel etc with no respite in sight from INFLATION. The returns from the banking system are meagre and in most scenarios, fails to beat INFLATION.

We are left with very limited option to kill the devil of INFLATION. This is one of the major reasons driving the large influx of money into securities market which creates possibilities of better return rates on longer horizons but also comes with it’s own risks.

Media Mentions

Newsband NAVI MUMBAI, THANE, URAN, PANVEL,

Pre-Diwali observed as Green Diwali to promote a plastic-free celebration

By Indrani Basu

Navi Mumbai: In a heartening pre-Diwali celebration, citizens gathered on Saturday, October 26, to spread awareness about a Green and Plastic-Free Diwali. The event, held in collaboration with the Panvel Municipal Corporation and led by the Rotary Club of Navi Mumbai Sunrise, encouraged sustainable practices by promoting cotton bags as an alternative to plastic. Citizens distributed 100 cotton bags free of charge to vendors and buyers at Kharghar's vegetable market near Central Park.

Alongside the message of reducing plastic usage, the group also distributed traditional earthen diyas to encourage eco-friendly celebrations. Vendors and buyers were urged to refrain from using firecrackers, a step to curb air pollution during Diwali. "Plastic bags have significant harmful impacts on the environment and health," noted Chhaya Taralekar, a dedicated green warrior from Kharghar. "Initiatives like this unite communities, inspiring

everyone to make more responsible choices in their daily lives."

The event also honoured the dedication of 12 'Swachhata Doots'—cleaning staff and garbage collectors—who work tirelessly to keep the city clean. Sanjay Panigrahi, President of RC Sunrise, highlighted the day's



achievements, stating, "Our commitment to the community is reflected in encouraging both vendors and buyers to take an oath against single-use plastic. By promoting cotton bags and advocating a Green Diwali, we are taking meaningful steps toward sustainability."

Media Mentions

Dental health camp marks Children's Day celebration at Radcliffe School, Kharghar

By Indrani Basu

Navi Mumbai: In honor of Children's Day, a comprehensive three-day dental health camp is being held at Radcliffe School, Kharghar from November 12 to 14, 2024. Approximately 250 children from Classes 1 and 3 have received detailed dental screenings, followed by an engaging educational session emphasizing the importance of dental hygiene and practical ways to maintain oral health.

The camp is a collaborative effort between Bharati Vidyapeeth Dental College, the Rotary Club of Navi Mumbai Sunrise, and the Rotaract Club of Navi Mumbai. It aims to promote dental health awareness among young students. Dr. Sreenivasan Venkatraman, Dean of Bharati Vidyapeeth Dental College, is overseeing the initiative alongside Dr. Minal Kshirsagar, Assistant Professor, and Dr. Suyog Savant, Head of the Department of Public Health Dentistry.

Principal Ms. Ishita Ghosal of Radcliffe School expressed her gratitude for this thoughtful initiative, emphasizing the importance of promoting

good health habits among children. The dental team educated the students on healthy practices such as brushing teeth twice daily—once in the morning and again after dinner—and advised them on preventing tooth decay. Their goal is to instill lifelong dental care habits in the students.

Rotary Club President Sanjay



Panigrahi expressed appreciation to the school's principal for the opportunity to serve and support the health of young learners. The camp will conclude tomorrow, November 14, with the final session running from 8:30 AM to 12:30 PM.

Media Mentions

RAIGAD

Sunday, 17 November 2024

7

Mega blood donation camp marks Gurunanak Jayanti in Navi Mumbai



By Indrani Basu

Navi Mumbai: In a heartwarming gesture of service to humanity, a mega blood donation camp was organized to mark the auspicious occasion of Gurunanak Parkash Divas (Gurunanak Jayanti) on November 15th. The event, a collaboration between the Rotary Club Navi Mumbai Sunrise and Gurudwara Guru Singh Sabha Kharghar, saw a spontaneous outpouring of support from the followers of Guru Nanak Devji, with 109 units of blood collected for those in need.

The camp, held from 9 a.m. to 10 p.m., was supported by D.Y Patil Hospital Blood Bank and Shree Sai Blood Bank, Panvel. Devotees, eager to pay their respects to Guru Nanak Devji, donated blood without any prior appointments, setting an inspiring example of service to mankind.

Shri Bhal Shekhar Chilana, a mem-

ber of the organizing team, shared that the event was marked by an overwhelming willingness among the followers of Waheguru. "The impulsiveness and enthusiasm shown by the devotees made this camp a resounding success, and we were able to collect 109 units of blood for those in need," he said.

In addition to the blood donation, a health check-up camp was also held in collaboration with Medicity, Kharghar, where 65 individuals took advantage of the free health services offered.

President of Rotary Club Navi Mumbai Sunrise, Rtn Sanjay Panigrahi, expressed his gratitude for the success of the initiative. "This camp, with the blessings of Waheguru, will contribute to saving lives. I extend my heartfelt thanks to all the donors for their generosity and participation," he said.

Media Mentions

Green Society Meet in Kharghar promotes sustainable practices for a greener future

By Indrani Basu

Navi Mumbai: With the goal of promoting a sustainable environment and reducing carbon footprints, the "Green Society Meet - Implementation of Green Practices in a Cost-Effective Way" was held in Kharghar on November 10, 2024. The event aimed to educate housing society representatives about adopting green practices like solar rooftop installations, water conservation, and waste management to create a sustainable living environment.

The meeting, organized by the Rotary Club of Kharghar

Midtown in collaboration with Rotary Clubs of Navi Mum-

place at Regency Crest CHSL in Kharghar. The event was



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▶ PAGE 2

Media Mentions

GREEN SOCIETY MEET IN KHARGHAR...

CONTINUED FROM PAGE...1

lamp by Chief Guest Rtn Dr. Shailesh Palekar, Guest of Honour Dy Commissioner of Panvel Municipal Corporation (PMC), Shri Vaibhav Vidhate, Club President Rtn Shailesh Patel, First Lady Rtn Dipa Patel, and Rtn Keshav Tamhankar.

Rtn Shailesh Patel, the President of Rotary Club of Kharghar Midtown, opened the event by emphasizing the many benefits of adopting green practices, including reducing energy costs, moving towards net-zero carbon emissions, and contributing to a sustainable environment. Chief Guest PDG Rtn

Dr. Shailesh Palekar motivated the attendees with his inspiring speech. Shri Vaibhav Vidhate, Deputy Commissioner of PMC, announced incentives



offered by the Panvel Municipal Corporation for implementing green practices, a message that was met with enthusiastic applause from the at-

tendees.

The meet featured presentations on key green practices. Mr. Santosh Lalwani demonstrated the benefits of solar rooftop instal-

lations, Mr. Shailesh Deshpande spoke on water conservation techniques, and Mrs. Samjukta Mokashi highlighted waste man-

agement practices for housing societies. The event's main sponsor, M/s. Solar Solution, also explained how solar rooftops can lead to significant savings for societies.

The Green Society Meet saw participation from over 60 societies and more than 130 individuals, including 20 members from the Rotary Club of Navi Mumbai Sunrise and representatives from the Rotary Clubs of Panvel Mahanagar and Panvel Sunrise. The seminar was widely appreciated for its insightful discussions and the efforts of the Rotary Club of Kharghar Midtown in spearheading the Green Society Movement.

Media Mentions

NewsDand NAVI MUMBAI, THANE, URAN, PANVEL, RA

Rotary Club Navi Mumbai Sunrise empowers visually impaired entrepreneur with office setup



By Indrani Basu

Mumbai: In a remarkable step towards women empowerment and inclusion, the Rotary Club of Navi Mumbai Sunrise has set up a fully functional office for Ms. Sweta Agarwal, a visually impaired young entrepreneur from an economically disadvantaged background. The office, located at Teli Gali Sai Baba Nagar, Andheri East, was inaugurated on Friday, marking the launch of her startup, V.S. Consultancy, which specializes in Human Resource (HR) services.

The initiative was spearheaded by Rtn M. Prakash and officially launched with a ribbon-cutting ceremony by Rtn Sanjay Panigrahi, President of the Rotary Club. Members of the club, known as Sunrisers, provided unwavering support, including donations of office essentials like computers, chairs, and tables arranged by Rtn Rajesh Naik through BASF Ltd. Additionally, Rtn Mahesh Agarwal con-

tributed Rs.30,000 towards the office setup, with other members extending their assistance to ensure the project's success.

Ms. Agarwal's office is more than just a workspace, it represents a platform for empowerment and societal impact. The establishment has also created employment opportunities for two other young women from economically backward sections, further amplifying its contribution to social betterment.

"This initiative showcases the transformative power of community service and collective action," said Rtn Sanjay Panigrahi. "Ms. Agarwal's determination and resilience stand as a beacon of hope, proving that with courage and support, every 'impossible' can become 'possible.' The Rotary Club remains committed to fostering inclusive growth and providing opportunities for underprivileged communities".



Rotary 
Club of Navi Mumbai Sunrise



OVER 100 YEARS OF SERVICE

