



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

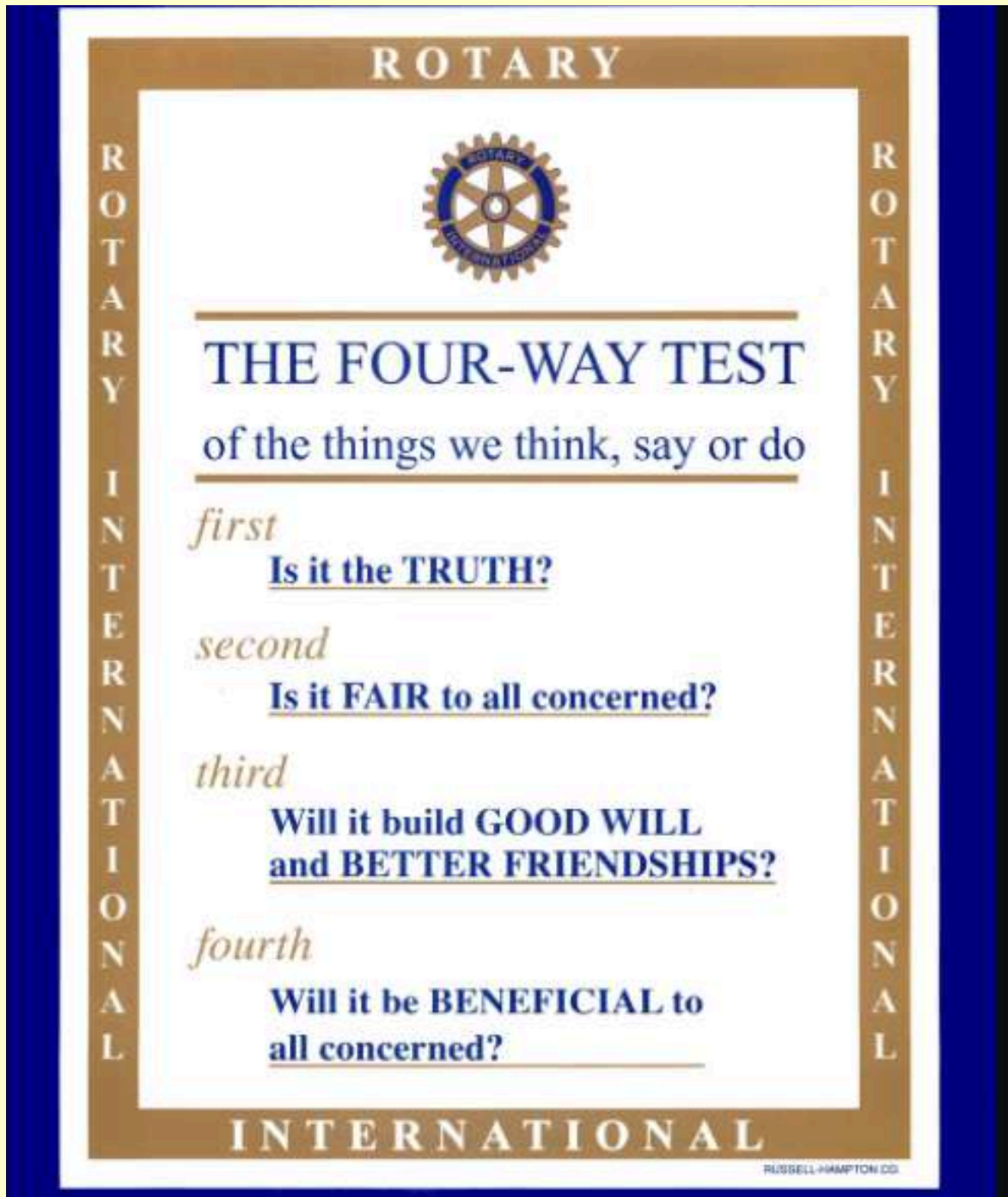


Rtn. Amrendra K. Saha
Secretary 2024-25



Club Editor
Rtn Sanjay Sharma

Issue January 2025

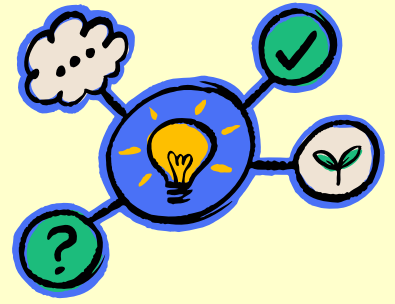


"The Magic of Rotary"

"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

Dear Sunrisers,

Happy New Year!

The New Year is the time to celebrate our successes in the last year and reflect on our misses. The year gone by has been a year of satisfaction, silent celebration of our resolve and efforts to help fellow beings. We touched many and we will continue to do that. We continued our path of helping underprivileged children by CLCs, spreading message of donating organs and bringing happiness to children by "Dada ji ki Kahani". We did many other things which may be small for us, but they were drops of rain in the desert." Small act of kindness is worth more than the greatest intention." Kahlil Gibran

New year, for Sunrisers, does not come with new resolutions or promises, it steels our conviction and collective resolve to follow the same path although redouble our efforts. Let us resolve that during this year we will find new ways to help others and spread the message of Rotary.

I am proud and happy to share that with the help and active participation of some of the members we have been able to bring out our monthly edition without failure. This is something we should all be happy and proud of. At the end I wish to reiterate that this magazine belongs to all the club members and I would urge all of you to contribute at least one of your writing , whether it is a poem, thought , blog, experience, a commentary achievement of your family member etc .

Rotary Pranam
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.



Rtn. Dinesh Mehta
RID 3142 DG 2024-25

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

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 Fellow Rotarians,

As we step into the new year, I am filled with immense pride and gratitude for the unwavering commitment of our club members toward service and community welfare. The Rotary Club of Navi Mumbai Sunrise has consistently demonstrated the true spirit of Rotary, and this month, we have yet another milestone to celebrate.

It gives me great joy to announce that our club has been honored as the Best Club in Navi Mumbai for successfully achieving the target set for the Amrit Mohatsav Challenge by the district. This recognition is a testament to our dedication, teamwork, and relentless efforts in making a positive impact in the community. I extend my heartfelt appreciation to each and every Sunriser who contributed to this achievement. Your enthusiasm, hard work, and selfless service continue to elevate our club's standing.

January is also an important month as Rotary International celebrates Vocational Service Month—a time to reflect on how we can use our professional skills to serve society. Let us continue to inspire and uplift those around us through our expertise and actions.

As we look ahead, I encourage all members to actively participate in upcoming projects and initiatives. Together, let us strive to make a difference and uphold the Rotary motto of “Service Above Self.”

Wishing you all a prosperous and fulfilling 2025!

Yours in Rotary Service,
Rtn. Sanjay Panigrahi
President
Rotary Club of Navi Mumbai Sunrise

Projects Done

DIABETIC MukT RAVIVAR

Date: 5th January, 2025

Location: Central park, Kharghar

Number of beneficiaries: 100

Number of Members participated: 8

Cost: Rs. 2,000

**Done in association with Medicity Hospital,
Kharghar**



Dental Checkup Camp at Village

Date: 11th January, 2025

Location: Panvel Taluka

Number of beneficiaries: 110

Number of Members participated: 7

Cost: Rs. 12,000

**Done in association with Rotary Club of Millennium
City & Rotaract Club of Navi Mumbai Sunrise.**



Projects Done

Sports kits Distribution to village school

Date: 11th January, 2025

Location: ZP School, Ghot Village

Number of beneficiaries: 110

Number of Members participated: 8

Cost: Rs. 12,000

Done in association with Rotary Club of Millennium City & Rotaract Club of Navi Mumbai Sunrise.



Annapurna Day

Date: 26th January, 2025

Location: Child Learning centres

Number of beneficiaries: 150

Number of Members participated: 15

Cost: Rs. 12,000

Projects Done

Republic day celebration

Date: 26th January, 2025
Location: Child Learning Centres
Number of beneficiaries: 150
Number of Members participated: 15
Cost: Rs. 20,000

Chief Guest:
District Governor Rtn. Dinesh Mehta



Road safety awareness and Quiz

Date: 29th January, 2025
Location: Pillai College of Arts, Commerce, and Science, Panvel
Number of beneficiaries: 300
Number of Members participated: 6
Cost: Rs. 3,000



Done in association with the NSS Unit of Pillai College of Arts, Commerce, and Science, Panvel, and Navi Mumbai Traffic Police.



Projects Done

Dada ji ki kahaniya and Birthday celebration

Date: 30th January, 2025
Location: Happy School
Number of beneficiaries: 40
Number of Members participated: 2
Cost: Rs. 2,000

Done in association with Inner Whell Club of Navi Mumbai Sunrise.



“Role of Director Membership in Rotary”



**By Rtn. Namita Dutta
Director Membership (2024-2025)**

Rotary offers a wide range of opportunities for members to explore their interests and make meaningful connections—not just at the club level but also within the broader Rotary network. As Director of Membership, your role is pivotal in ensuring members feel engaged, valued, and connected.

Encouraging Involvement

District events and programs provide members with chances to meet people outside their club, develop new skills, and have fun. Rotary also offers global programs that foster international connections. Encouraging members to participate in leadership development courses or take on new roles can help them gain skills that benefit them in both Rotary and their personal lives.

Orientation and Regular Engagement

Introducing new members to these opportunities during orientation is crucial. Periodic reminders about available programs and activities help keep members informed and engaged. It’s important to recognize that different opportunities will appeal to different members, so staying updated on new programs and tailoring your approach is key.

Building Connections

One of the main reasons people join and stay in Rotary is the opportunity to build friendships and meaningful relationships. Clubs should incorporate activities that allow members to connect and enjoy time together. Adding 15–30 minutes of socializing to club meetings can create space for members to interact and strengthen bonds.

“Role of Director Membership in Rotary”

Fostering Inclusion and Diversity

Ensuring members feel included and valued is critical. As a global organization, Rotary champions diversity and inclusion as core values. The Director of Membership should advocate for creating an environment where all members feel welcomed and their perspectives are respected.

By facilitating meaningful connections, fostering diversity, and promoting engagement, the Director of Membership plays a vital role in ensuring members experience the true essence of Rotary and its mission of “Service Above Self.”



"DIL SE LEADERSHIP "



By Rtn. M. Prakash
Past President

As Rotarians, having a lot of experience and wisdom gathered in the past ,we are no strangers to leadership. The leadership is not evolved by a business process and procedures, not by the position of the chair , we occupied. Is it then " Leadership without Titles " as some western new philosophy states . Definitely not . We have all been inspired by the selfless service and tireless efforts with our fellow members, who embody the true spirit of Rotary to serve the community in all sincerity . But what sets these leaders apart? What is the secret to their success?

The answer lies in "Dil Se Leadership" – leading from the heart. It's about embracing a leadership style that is authentic, empathetic, and compassionate. When we lead from the heart, we inspire others to do the same, creating a ripple effect of kindness and service that can transform our communities.

The power of Empathy

Empathy is the foundation of Dil Se Leadership. When we take the time to understand and connect with others, we build trust and foster a sense of belonging. This is particularly important in Rotary, where our diversity is our strength. By embracing our differences and empathizing with one another, we can create a more inclusive and supportive to the community.

The communities shall survive by nature's law . Some shall grow and many will perish to evolve. However as human beings with the bestowed benefits and knowledge , the true Rotarians by the power of Empathy shall contribute in their own way which shall create a world , wherein , the belief in humanity is not lost

"DIL SE LEADERSHIP "

Leading with Vulnerability

Vulnerability is another key aspect of Dil Se Leadership. When we are willing to be vulnerable, we open ourselves up to new experiences, relationships, and opportunities for growth. This can be challenging, especially for those of us who are used to being in control. However, vulnerability is a sign of strength, not weakness, and it's essential for building trust and connection with others.

Being vulnerable , does not imply suffering by an individual contributing , but the feeling of kindness and love , oozing out of the heart , in a controlled manner to contribute

The Importance of Self-Awareness

Self-awareness is critical for effective leadership. When we understand our own strengths, weaknesses, and motivations, we can lead with greater authenticity and integrity. This self-awareness also helps us to recognize our own biases and limitations, allowing us to make more informed decisions and lead with greater humility.

Putting Dil Se Leadership into Practice

So, how can we put Dil Se Leadership into practice in our Rotary clubs? Here are a few suggestions:

Many if not most of the Rotarians join the club , accepting this platform to contribute to the community . The Rotary avenues and functional areas give an ample opportunity to involve and contribute. Forming the teams / committees may turn group dynamics , delaying the decision making process . The President , in before or at the beginning of the year , may circulate a sort of Question and Answer, sheet , to understand the interest of the members . Efforts need to be taken , to analyse the members wishes and the willingness of like minded member to form the team . The past Presidents / Board members need to mentor them and execute the community projects and the same may lead to a feeling of content , in real sense " DIL SE"

1. Practice empathy: Take the time to listen to and understand the perspectives of others.

2. Lead with vulnerability: Be willing to take risks and be open with your fellow members by the leaders of the club

"DIL SE LEADERSHIP "

3. Develop self-awareness:

Take time to reflect on member's strengths, weaknesses, and motivations.

4. Foster a positive club culture: Encourage a culture of kindness, respect, and empathy within your club as well as fellowship on each possible occasion, for better net working and friendship of togetherness

Conclusion:

Dil Se Leadership is not just a leadership style in Rotary – it shall be a way of life. When we lead from the heart, we inspire others to do the same, creating a more compassionate and connected world. As Rotarians, we have the power to make a positive difference in our communities and beyond. Let us strive to embody the principles of Dil Se Leadership, leading with empathy, vulnerability, and self-awareness, fellowship and togetherness

Together, we can create a brighter future for all and make our contribution meaningful

“Ego”



**By Rtn. Shaila Patel
Youth Director
2024-2025**

A healthy ego can

1. Give us confidence to take risks and pursue our passions
2. Motivate us to achieve our goals and push beyond our limits
3. Help us bounce back from setbacks, failures, and criticisms

On the other hand, a negative ego can lead to:

1. Lack of empathy and understanding for others
2. Inflated sense of self-importance, leading to dismissiveness and disrespect
3. Defensiveness and an excessive need to protect and defend one's ego

To transcend the limitations of the ego

1. Practice self-awareness: Develop a greater understanding of your thoughts, emotions, and behaviors.
2. Cultivate empathy: Put yourself in others' shoes and understand their perspectives.
3. Let go of attachment to your ego: Be willing to learn, grow, and evolve.

By understanding the complex nature of the ego and implementing these strategies, we can indeed cultivate a healthier sense of self, unlock our potential, build healthy relationships, and live more authentic, meaningful lives.

“Health Benefits”



By Rtn. Chhaya Taralaker

Eating food on a homegrown banana leaf brings unique joy to me and my family. I cultivate a banana plant in a medium-sized pot, ensuring a fresh supply of leaves for serving food during festivals and special occasions. This practice not only enhances the traditional dining experience but also offers multiple health benefits. Banana leaves are naturally antibacterial, chemical-free, and add a subtle aroma to the food, making meals healthier and more enjoyable.

Eating simple hot food, especially dal and rice with ghee and papadam on a banana leaf, is more than just a tradition—it is a natural therapy with multiple health benefits. The warmth of the food releases subtle flavors and aromas from the banana leaf, enhancing digestion and making the meal more satisfying.

Health Benefits are multiple !

1) Aids Digestion – The bioactive compounds in banana leaves interact with hot food, promoting better digestion and gut health.

2) Boosts Immunity – The natural antioxidants and antibacterial properties of banana leaves help prevent infections and promote overall well-being.

3) Detoxifies the Body – Banana leaves contain polyphenols, similar to those found in green tea, which have detoxifying effects

“Health Benefits”

4) Enhances Nutrient Absorption – When hot dal and rice are served on a banana leaf, they absorb plant-based nutrients, adding to the meal’s nutritional value.

5) Balances the Doshas – In Ayurveda, eating warm, freshly cooked food with ghee balances Vata, Pitta, and Kapha doshas, supporting overall health. It is tempting, cherish our mind to take food on Fresh Banana leaf.

This traditional way of eating is not just about culture; it is a holistic approach to wellness, combining taste, nutrition, and therapeutic benefits in every meal.



LIST OF PRESIDENTS OF ROTARY CLUB OF NAVI MUMBAI SUNRISE



DILIP CHAUDHARY
2007-08



S. SURYANARAYANAN
2008-09



DR. C. BABU
2009-10



DR. R. RAJARAM
2010-11



DR. C. ADHIKARI
2011-12



PROUD MEMBER Rotary

PRADIP SINHARAY
2012-13



V.V.N. RAJU
2013-14



DR. MITA RAJARAM
2014-15



PRANAB K ADAK
2015-16



V.V. RAGHAVA RAJU
2016-17



MANOJ SHARBIDRE
2017-18



MANAJI PRAKASH
2018-19



BISWARANJAN SABAT
2019-20



K.V. CHANDRASHEKHARA
2020-21



K.M. SHIROLKAR
2021-22



MANOJ NAYAK
2022-23



B.S. CHILANA
2023-24



SANJAY PANIGRAHI
2024-25



AMRENDRA K SAHA
2025-26



CHHAYA TARALEKAR
2026-27



Rotary 
Club of Navi Mumbai Sunrise



OVER 100 YEARS OF SERVICE

