

Rotary



SERVE TO CHANGE LIVE

ROTARY CLUB OF NAVI MUMBAI SUNRISE

CLUB ID 76727 RI DISTRICT 3142



# Suryodaya

Service above Self

**Rtn. Shekhar Mehta**  
RI President

**Rtn. Mayuresh Warke**  
District Governor RID 3142

**Rtn. K M Shirolkar**  
Club President

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Be strong, be fearless, be beautiful.  
and believe that anything  
is possible when you have the  
right people there to support you.

# Rotary Support

# RAINBOW IN THE DARKNESS

PP.RTN.M.PRAKASH

Two blind kids met in Helen Keller school,  
The redstone building with its aura of kindness  
thrown into the green lawns,  
The one groped his way through darkness  
unknowing the day from night  
The other had the memories of light to allay the  
present pain,  
The first one said to the second , " Hi, Can you find  
the shape of new things to touch?  
My mind lits and excites to feel the new things to  
realise and understand"  
The other said " Smell that aroma from the distant  
plant that instil my nostrils"  
The feel of excitement were sponged by the hugs that exchanged,  
Both crawling through the tunnel and finding their scratches too good,  
The ringing bells from the trees added music to their soul,  
The fountain water sprinkled on ther faces and fell at the feet to chill ,  
The merry swing lifted their spirits high in the air,  
Hurdles, crawls ,cuddles, ringing sound, fragrant smell in the air, added to  
their senses of merry,  
The teacher exclaimed , "They found their RAINBOW IN THE DARKNESS by  
their senses!!"  
The kind hearted souls (Rotarians, philanthropist, teachers)shed tears of joy  
and the same drenched their heart.



## PROUD MOMENT FOR SUNRISE



We are proud to announce that a Certificate of appreciation is received by our club as Platinum Sponsor for the Membership Meet held on 21st Nov. 2021.

Rtn Ashish Ajmera was Chief Guest. DG Dr Mayuresh Warke was the Guest of Honour and District Trainer Dr Ashesh Ganguly geaced the occasion.

The event was held at Hotel Four Point Sheraton, Navi Mumbai.



# BEST SHORT STORIES FROM FB

RTN SRIVATSAN IYENGAR

## SHORT STORIES

1. Today, I interviewed my grandmother for part of a research paper. I'm working on for my Psychology class. When I asked her to define success in her own words, she said, "Success is when you look back at your life and the memories make you smile."



2. Today, I asked my mentor - a very successful business man in his 70s- what his top 3 tips are for success. He smiled and said, "Read something no one else is reading, think something no one else is thinking, and do something no one else is doing."

3. Today, after my 72 hour shift at the fire station, a woman ran up to me at the grocery store and gave me a hug.

When I tensed up, she realized I didn't recognize her.

She let go with tears of joy in her eyes and the most sincere smile and said, "On 9-11-2001, you carried me out of the World Trade Center."

4. Today, after I watched my dog get run over by a car, I sat on the side of the road holding him and crying.

And just before he died, he licked the tears off my face.

5. Today at 7AM, I woke up feeling ill, but decided I needed the money, so I went into work. At 3PM I got laid off...

On my drive home I got a flat tire.

When I went into the trunk for the spare, it was flat too.

A man in a BMW pulled over, gave me a ride, we chatted, and then he offered me a job. I start tomorrow.

6. Today, as my father, three brothers, and two sisters stood around my mother's hospital bed, my mother uttered her last coherent words before she died. She simply said,

"I feel so loved right now. We should have gotten together like this more often."





7. Today, I kissed my dad on the forehead as he passed away in a small hospital bed. About 5 seconds after he passed, I realized it was the first time I had given him a kiss since I was a little boy.

8. Today, in the cutest voice, my 8-year-old daughter asked me to start recycling.

I chuckled and asked, "Why?" She replied, "So you can help me save the planet."

I chuckled again and asked, "And why do you want to save the planet?" "Because that's where I keep all my stuff," she said.

9. Today, when I witnessed a 27-year-old breast cancer patient laughing hysterically at her 2-year-old daughter's antics, I suddenly realized that I need to stop complaining about my life and start celebrating it again.

10. Today, a boy in a wheelchair saw me desperately struggling on crutches with my broken leg and offered to carry my backpack and books for me. He helped me all the way across campus to my class and as he was leaving he said, "I hope you feel better soon."

11. Today, I was feeling down because the results of a biopsy came back malignant. When I got home, I opened an e-mail that said, "Thinking of you today. If you need me, I'm a phone call away." It was from a high school friend I hadn't seen in 10 years.

12. Today, I was travelling in Kenya and I met a refugee from Zimbabwe. He said he hadn't eaten anything in over 3 days and looked extremely skinny and unhealthy. Then my friend offered him the rest of the sandwich he was eating. The first thing the man said was, "We can share it."

**The best sermons are lived, not preached."**



## LET'S KNOW THE SCIENCE OF OUR CULTURE "BHARAT"

### 800 Years old Architectural Marvel with Physics of Light's Diffraction

Sri Chaya Someshwar Temple in Telangana, has a mysterious shadow casted on the Shiva Lingam without any visible object standing opposite to the shadow. This is not magic but a marvel of the temple's meticulous architecture. The architect of this temple created this long mysterious shadow using the principles of the LIGHT'S DIFFRACTION.

When light hits an opaque object, it bends and creates a blur edged shadow – this blur effect is called Diffraction. Using this effect, 4 stone pillars are placed unnoticeably far, outside the temple such that their 4 shadows converge to make one single shadow inside the temple.

As per documented history, Light's Diffraction is discovered by an Italian Physicist Francesco Grimaldi in the 1600s. But according to Archaeological Survey of India, this temple was built in 1100s. This indisputably establishes that Ancient Indians mastered the Physics of Light long before the world knew what's Diffraction.



### WHY? TOE RINGS



Married Indian women wear silver toe rings on their second toes; a nerve from the second toe is connected to the heart through the uterus. Wearing toe ring strengthens the uterus; this also regulates blood flow and manages menstrual cycle effectively in women's body. Silver is a good conductor, which absorbs solar energies from the earth and passes it to the body.



## MOST ENERGETIC PERSONALITY

RTN PRESIDENT K M SHIROLKAR



It was a veteran DOUBLES tournament. Organised by BARC staff club, on the occasion of 75 years of independence to be completed on 15th Aug 2022. Called as 'Azadi ka Amrut Mahotsav'.

Ex Chairman of Atomic Energy

Dr. Chidambaram was the Chief Guest. Most of the players were in sixties. 4-5 above 70. One 80+. It shows that people can play even at old age. Not that, they also play very well. All these players even play with youngsters. Though I feel good on being runners-up, it is also a fun, socializing and good for health.





During the examination, our doctors have identified some beneficiaries with irregularities like high BP (even with medicines), high Blood sugar, high BMI etc.\*We shall segregate Health cards of these beneficiaries and provide them medical advice for free to improve till their health parameters normalize. This way, we are taking today's Project further so that the targeted population (i.e., the domestic helps, cooks, security staff, society staff) draw the real benefit of the project

KNOW YOUR NUMBERS medical check up camp held on 14th Nov as a part of ROTARY SERVICE WEEK. 70 beneficiaries from GIRIJA SENIOR CITIZEN HOME KHARGHAR were tested.

### **Final update on "Know Your Number" Multi-location Health Check-up cum Diagnostic Camps**

**by**

**RC NM Samaritans**

**RC NM Sunrise**

**RC NM Jewels**

**RC NM Bayside**

**RC NM Hillside**

**Seawoods Estate (NRI Complex), Nerul: 170 beneficiaries.**

**Army Society, Nerul: 57 beneficiaries.**

**Girija Old age home, Kharghar: 70 beneficiaries. Total: 297 beneficiaries.**





# SMART YEAR AWARD FUNCTION



SMART SHUKRIYA Awards Gala for Smart Year was held on 13.11.2021. RCNMS Bagged the following trophies 1. TOP GUN amongst 90 clubs in the district, along with few other clubs 2 Best Child & Mother Care trophy for our CLCs & Happy School 3. Lat Smt. Shailaja & Late Shri Chandavarkar Balanced project Trophy 4. Certificate for Organ donation initiative 5. Highest percentage of PHF's in the club 6. Wash at Schools 7. Tree plantation 8. 6th highest membership growth in the district Three of our District Officers were felicitated

1. Rtn. Dr. Mita Rajaram
  2. Rtn. S. Suryanarayanan
  3. Rtn. VVN Raghava Raju
- Club was recognized for various flagship projects.

## WEBINAR ON ADDICTION PREVENTION

RTN SWATI SHIROLKAR

A Webinar on Addiction-Prevention of Alcohol and Social Media, was conducted by Inner Wheel club of Navi Mumbai Sunrise as a lead Host, on 20th November 2021, for school and college going students. It was attended by 188 participants.

Social evils are there in our society from a long time but nowadays its intensity has increased in many folds.

Inner Wheel clubs of District 314 are trying hard to spread awareness about the social evils like Addiction of Alcohol, Tobacco, drugs, substance, social media and Domestic Violence.

Hence to create awareness about such addictions, I, Swati Shirolkar who is Past President of IWCNM Sunrise and currently Zonal Coordinator for the District Project "Addiction-Prevention" along with other clubs of zone 4, had organized webinar on two such Addictions.

Two Eminent speakers Dr.Sangeeta Kamath and Dr.Pooja Soni were invited for the talk.

Dr.Sangeeta who is Clinical Psychologist and is Senior lecturer in Ram Naraiyan Ruia Autonomous college, talked on Awareness and Prevention of Addiction of Alcohol. She explained what are the signs of Addictions, Effects of Alcohol Addiction on our body, Treatment and Prevention. She also suggested how children can help the addicted person to come out of it. Everything explained in a simple Hindi-English language & with the help of slides, so that the children understood easily.

Second speaker Dr.Pooja Soni, who is Assistant Professor and Clinical Psychologist at K.C.College, talked on the Addiction of Social Media, the problem which is faced nowadays by not only young but by all age groups. She explained each aspect of what is social media Addiction, what are the symptoms, how it affects our mental health and also social media as Coping Mechanism, in simple but impressive Hindi-English language. Her speech was so impressive that it directly touched the hearts of all.

Students from different schools of Navi Mumbai, Kharghar, Ghatkopar, Chembur and Deonar. Rotaractors from Kharghar & Ruia College had also joined. Children asked many doubts and participated enthusiastically in the discussion after the lectures.

Our Past Association President Vasudha Chndrachud, who was invited





as a chief guest and our Past District Chairman Mrudula Dand who was invited as a Guest of honor were full of praise for the speakers and for informative webinar.

It is proposed to conduct such webinars in future on various other social to create awareness.



**Webinar on Awareness about Alcohol and Social Media Addictions**  
By All clubs of Zone 4

**Chief Guest: PAP Vasudha Chandrachud**  
**Guest of Honour: PDC Mrudula Dand**

**Date: 20/11/2021**  
**TIME: 4.00 PM**

**Zoom Meeting**  
**ID: 838 7668 9900**  
**PASS CODE: sunrise**

**Speaker 1: Dr. Sangita Kamath**  
Lecturer Psychology @ Ramarain Ruia  
Autonomous college

**Speaker 2: Dr. Pooja Soni**  
Asst. Professor Psychology @ K.C. College

**PP Swati Shirolkar**  
Zone 4 Coordinator For Addiction  
Prevention

**All Zone4 Clubs Presidents**  
**Of Inner Wheel Clubs**

