

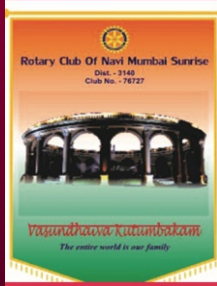
Rotary



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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ON THIS FESTIVAL OF LIGHT,
MAY THE FIREWORKS
BRING ALONG
THE MESSAGE OF HOPE AND SUCCESS!

HAPPY Diwali



MULTIPLE BENEFITS INDEED!

RTN CHHAYA TARLEKAR

Neem is Mother Nature's Great creation! Which is Native tree & produce Oxygen for 20hrs/day when fully grown 5 years old.

Grows very Fast but we can maintain at home in small sunny place with balance trim and pruning .we can use as medicinal plant for various ailments and disease.

1)Early in the morning you can eat one leaf each day for 5 days if you are suffering from diabetes.take a break for one week & again eat one leaf for 5 days in empty stomach for 1/2 hour before drinking tea/coffee. It is effective natural remedy to maintain suger level from blood.

2)Also if you have skin disease then boil bunch of Neem leaves wash affected skin with Neem water.Neem leaves have antiseptic properties.

3) for children suffering from Chickenpox gets releaved itching when clean Neem leaves are spread on bed.

4)Multiple uses of leaves, dry leaves, fruits as enriched Compost.

5)Natural pesticides & can use leaves, stem , seeds. Crush a cup of fresh leaves & mixed with 1liter water & fresh 2 hot chillies. Grind smooth paste so easily spray on mealybugs ,& white flies infected plants.

6)This plant is easily adoptive & draught resistance.Even in same pot around tree you can grow periodically green vegetables like spinach , red amaranthus , poi spinach & chillies , capsicum.

7) Great Companion plant for various non- native trees,& fruits plants.

8)Dry Neem leaves are useful as preservative to stoaring dry pulses , rice, & can prevent cupboard clothes from getting Insects.

9)Hindu festival like Ugadi , Gudhi Padva , Hareli festivals are celebrated with Neem plant.It is auspicious in homa with camphor.

10)Neem trees small stems are useful as "datun" . Natural tooth brush!

11)Dry leaves of Neem alongwith dry orange peels can be grind & used as body scrub which is great to use for Chemicals free natural scrub.

12)Boil few leaves of Neem & add decauction to bath water & enjoy ,clean n refresh feeling!!

Neem is friendly plant & according to Vastu shastra if we keep at North side or North west it gives Positivity , Happiness & Healthyness!

When flowers are bloomed attract multiple pollinators !!



THE DEITY

IWCNM SUNRISE - SOMMA BANERJEE

Almost all the womenfolk in our industrial township were homemakers. A very few worked as teachers, nurses, doctors. The homemakers would mostly remain engaged all day in their household chores. In their free time, they would catch up with the other women in the neighborhood. Occasionally, they exchanged new recipes or some special traditional dish. In winter, they also exchanged designs for woolens and knitwear. Kitty parties or all-women hangouts were not so much in vogue until the movie Jai Santoshi Maa became a big hit. The so-far lesser-known, presumably powerful deity found fame and



luck through Bollywood. She quickly found many followers among the womenfolk in the township. In fact, she brought a purpose to their otherwise routine lives. It also gave them the opportunity to invite each other and enjoy a small get together of sorts. The like, share, subscription multiplied through little booklets exchanging hands, containing the deity's story. The new followers would submit their Wishlist to the deity for her blessings. It required them to worship her for 16-consecutive Fridays. This was the least standard timeline. The number of Fridays varied beyond the least according to the importance or urgency of the wishes of the devotees. The Wishlist would have a wide-spectrum interest. Husbands' promotion or 'Phoren (foreign) tour for work, son's admission in IITs (Indian Institute of Technology), and daughter's marriage to a fresh GET (Graduate Engineer Trainee) in the company or a Green Card Holder in the USA, topped the list.

The devotees and their family members abstained from eating any sour food on Fridays when they did the puja. It was the primary condition to please the deity. Supposedly, it ensured 100% effectiveness of the puja.

Despite being reminded by my mom several times, I would always end up eating something containing citric acid on those very Fridays when she kept her vow to Santoshi Mata. I felt a little guilty and scared too for possibly spoiling my mom's chances of receiving her quota of the very coveted blessings and boon from the deity.

I also failed at the second most important step in pleasing the deity. After completing the puja, my mom would assign me the task of finding out a stray cow around our house and offer her the first morsel of the 'prasad'. Invariably, all the local, friendly, stray cows would decide to play hide and seek with me. If I managed to find one, she would not be a timid, sober and shy type. She would always be a mischievous one. She would shake her head vigorously, pointing her horns towards me as I tried to approach her. I would find in her another sinful, non-believer like me. She was also dumb to not understand that I had a tasty snack of soaked Bengal gram and pieces of jaggery to offer her. I had no option

but to commit another sin. I would throw the packet of prasad towards her from a safe distance. My gesture would not have any trace of reverence to the Deity or the holy creature and then I would run for my life.

Once on such a Friday, a man accompanied by a little girl knocked at our door in the morning. He said he was hungry and was forced to beg for food as he had lost everything in a devastating flood in his village. He didn't look like a beggar. Yet, he looked distressed, and poverty-stricken. My mother asked him to come in the afternoon for lunch. He promised to return after a few hours and went away. Later, my mom noticed he had written the words, "Meal room" on our door and on the staircase wall of our building with a piece of charcoal in Bengali. He did it to identify our house among the similar-looking row of buildings. But it was so heart touching. Getting one time's meal was so crucial for them. When they came back, my mother fed them well, with a lot of care and respect. The satisfaction and joy on their face were unmissable having such a sumptuous, full meal. They didn't even thank my mom. But my mother was so happy to see them satiated. She believed Santoshi Maa had sent them to have her prasad from her hand. My mother was happy for getting a chance to serve needy people. Not only on this occasion, on other occasions too, her devotion and generosity left an indelible impression on my heart.

I am still a non-believer. I don't know if Santoshi Maa still enjoys the same kind of popularity or not. But I find it so sweet of my mother and other women of her time worshipping the deity. They observed fast on the Fridays. They cooked, served and ate a non-sour, vegetarian meal, fed young children. They prayed for the well-being and prosperity of their loved ones and their families. The simplicity of their faith, their love and affection for their family mellow the harsh edges of my non-believing, critical mind. I bow down my head to the deity in a mother's heart, to the God in all mothers' and women's hearts.



WONDERFUL GIFTS WE CAN GIVE OURSELVES

RTN PP K.V.CHANDRASEKHARA

While we devote so much thought and time thinking of gifts for other people, few of us spend any time thinking about gifts we can give ourselves. Even those who do so, think only in terms of things they want to purchase. However, there are so many gifts you can give yourself, which would be more valuable than anything you can purchase.

There exist many magical gifts that can make you live longer, reduce or even eliminate your medical bills, make you peaceful, increase your popularity amongst others, make you personally and professionally more successful and leave a better world for the next generation and these gifts are free. Here are ten of them.



1. Give yourself gift of exercise of even 15 minutes a day and you will be healthier, live long and feel more alert.
2. Yoga adds a zing to your step and makes your muscles shed their laziness
3. Meditation is invaluable. It confers many benefits including a peaceful mind. Calm demeanour and heightened awareness. Silence is a powerful gift. The first time you experience true inner silence, you will want to stay in this state forever.
4. Next gift that you can give yourself is the gift of learning something new. It keeps you younger and more interested in life.
5. Related to the above is gift of reading. Give this gift to your children also.
6. Personal hygiene is a great gift, even small things like brushing teeth before sleeping can have great impact on your well-being. General cleanliness matters a lot.
7. Gift of smiling makes a great difference to your life.
8. Amazing gift of empathy broadens your world.
9. Tolerance is also very important gift you can give yourself. We are very quick to take offence and have our prejudices against all kinds of people and things. We divide the world into 'ours', who can do no wrong and 'others' who can do no right. Tolerance is the bridge between the two.
10. Finally, active concern for the environment is the greatest gift you can give yourself. It means actively promoting good practices such as waste recycling, water conservation, promoting greenery and so on. With this gift, you will not only improve your life but will gift your children a better world.



There are other gifts, too, which we can add to the above list and give ourselves. These would be unique for each person. We can think of some of these. It will be great if we can give ourselves at least some of the above gifts. It will be better than any material gift we give to ourselves and others. Just select your own gifts, open them with your will power and revel in them for many happy years to come.





Rotary
District 3142

DISTRICT TRAINING ASSEMBLY 2022

**DGE Kailash Jethani along with
Rotary Club of Thane Hills &
Core District Management Team (CDMT)**

Invites You

to learn and interact with the most experienced district leaders in
engaging & enlightening sessions.



Venue: CIDCO Exhibition & Convention Centre, Vashi, Navi Mumbai

Date: Sunday, 17th April 2022

Registration Fees

Register before 5th Oct. 2021 to avail a special **Early Bird fee** of Single: Rs. 3000; Couple: Rs. 4500

Period	Single	Couple
6 Oct. to 31 Dec. 2021	Rs. 3400*	Rs. 4900*
1 Jan. to 31 Mar. 2022	Rs. 3800*	Rs. 5300*

*18% GST will be applicable extra after 5th Oct.

You can pay by card, GooglePay, Cheque or cash on 1st Oct 2021 at the 2nd President Elects' meet Venue.

(Special facility for payment: Block your Registrations by paying only Rs. 500/- per participant and pay the balance amount by 31st October, 2021)

For NEFT Payments:

Name : District Training Assembly 2022
Bank name: TJSB Sahakari bank Ltd.
Branch : Wagle Estate Branch
A/C No. : 004111300000006
IFSC Code : TJSB00000004

Convener: PP Vijay Shetty - 9820035692

Co-convener: PP Anindya Dasgupta - 9867694963

**DTA SUMMIT 2022, COME AND JOIN US ...!!
BELOW ARE THE NAMES WHO ARE JOINING IT,
WOULD YOU LIKE TO ATTEND IT TOO..**

**Dipen Dalal, Biswaranjan Sabat, K V Chandrasekhara, K M Shirolkar,
S. Suryanarayan, Bhal Chilana, Ramaswamy Rajaram, Mita Rajaram,
Pradip Sinharay, Srivatsan Iyengar, Yash Shivalkar, Sanchayan, Rajesh Naik,
Jasmina Thakker, Manoj Nayak, Shaleen Tonk.**

ROTARY SUNRISE CLUB IS JUST UNSTOPPABLE ..!!!



Charter Presentation cum Installation ceremony of our newly born club **Rotary Club of Navi Mumbai Samaritans**. The function was held on Sunday 26th October 2021 at Upper Deck, Nerul. **Chief Guest was DG Dr Mayuresh Warke**.

Let's thank DG Dr Mayuresh Warke, NCA Rtn Biswaranjan Sabat and Sponsor Club President Rtn Kamalnayan Shirolkar.



Thalassaemia Program by Rotary Sunrise Kharghar

COLORFUL CANVAS SHOE PAIRS



RCNMS and IWCNMS jointly carried out a unique Project on the occasion of 'Maha Ashtami'. On this auspicious occasion the ritual of Kumari Pujan is observed by IWCNMS members at 'Prem Dan' for the girls staying in the hostel. Snacks, fruits and gifts were distributed to bring in joy among these little girls. What is unique is that, we gifted them 28 number of **Colorful Canvas Shoe Pairs**. To your surprise, these were Beautifully painted by Inner wheel members. **Girls were very happy to receive and wear these Shoes**



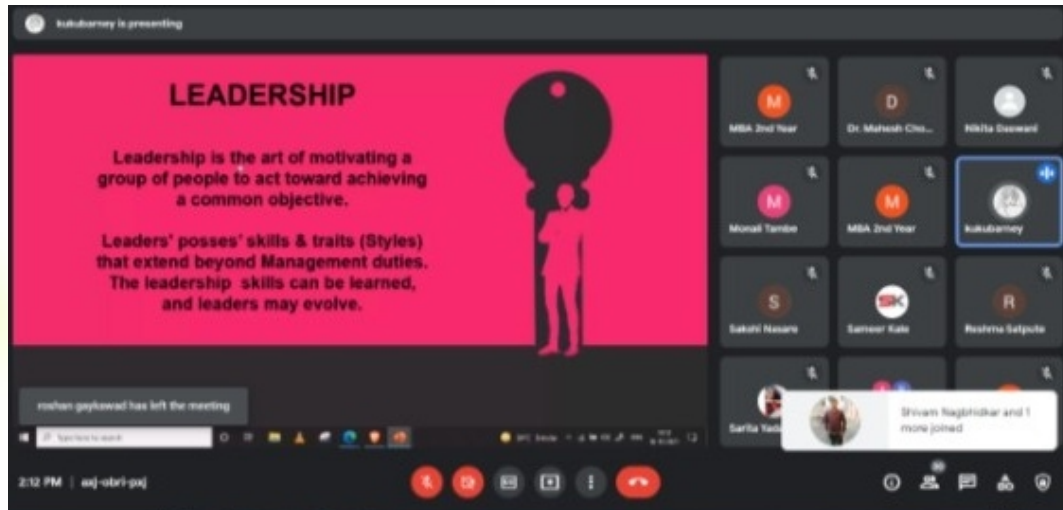
TEAMWORK - ROTARIANS WITH ROTRACTORS



Rotaract Club of Bharti Vidyapeeth came up with an idea of distributing food to the poor road side dwellers of Sec 15 of Kharghar. The girls came up with a simple and novel idea, that each member will simply contribute 'Two Sandwiches'. There was good response and about 60-70 Sandwiches were collected. It became a joint project of Rotaractors, Rotarians and Inner Wheel. Rotarians, along with Rotaractor of BVAP and Inner wheel members of Sunrise family, distributed these home made Sandwiches to the needy, poor people staying in Sector 15, near D mart.



RMB DISTRICT 3142 CORPORATES



Jhulelal Institute of Technology, Nagpur

RMB District 3142 Corporates and Rotary Sunrise Club have joined hands together to train fresh leaders. Virtual Session for MBA Students on Leadership Qualities taken by RMB Zonal Director - Rtn Raghava Raju.



Ewaste Collection Drive