



A NEWSLETTER OF  
**Rotary Club of Dombivli East**

# Vikas

**AUGUST IS**



**AUGUST IS:  
MEMBERSHIP  
& EXTENSIONS  
MONTH**



**EACH ROTARIAN:  
REACH ONE, KEEP ONE**



## President Speaks

Friends our rotary year has been started from 1<sup>st</sup> July 2023. We have put our rotary wheel in the top gear on very first day of rotary year 2023-24. We had our installation ceremony on 1<sup>st</sup> July 2023. Fourty two directors & office bearers were put in charge on that day. Our chief guest was DGE Dinesh Mehta. The function was attended by approximately 200 rotarians & guests. A record TRF collections of \$ 18,875 /- was made on very first day of the year. DGE Dinesh Mehta has appreciated our TRF collection and well managed installation ceremony which finished five minutes ahead of the schedule.

We executed our first Rotary project of Tree plantation in our rotary garden on the morning of 1<sup>st</sup> July. Total 46 members, including R/Anns enthusiastically participated in the tree plantation project, wherein fifteen different types of trees were planted. On the same day we also celebrated C.A. Day & Doctors' day by felicitating two doctors & two CAs. Well known medical practitioners Dr. Anil Choudhary & Dr. Anuja Naikdesai & two senior chartered Accountants C.A. Dhananjay Bhat & CA Jayant Pitre were felicitated.

We have conducted blood donation programme on 8<sup>th</sup> July, 2023 in our Rotary Bhavan various rotarians, Anns & other citizens participated in the programme. Total 67 registrations were made and blood were collected in association with chidanand blood bank.

We had our club assembly on 12<sup>th</sup> July, 2023. The Assistant Governor Shailesh Gupte conducted the same. All the directors presented their respective avenue reports in meticulous yet crisp manner. Assistant Governor has appreciated our plans & projects and the crisp presentations. AG Shailesh promised to send a very satisfactory report to the District governor.

On 30<sup>th</sup> July 2023 we conducted another Tree plantation programme at SRPF ground Balegaon. Total 25 trees were planted. 36 Rotarians & anns participated in this ongoing project sponsored by our Rtn Anand Acharya.

We conducted two weekly meetings in this month. On 19<sup>th</sup> July PP Dilip Katekar spoke on "Dodge the Ball", on various marketing gimmicks and on 26<sup>th</sup> July 2023 Dr. Pushkar Wagh spoke on Mighty Millets. Both meetings were nicely conducted and were liked & appreciated by many Rotarians & Anns.

August is membership month. I believe this is an opportunity to attract new members. If we attract right people to Rotary, retention will be taken care by itself. We have planned our membership induction ceremony on 23rd August 2023. I hereby make appeal to all Rotarians to introduce new members to our club in this month.

So friends let us make more efforts to build our Rotary stronger in the community and create hope in the world.

Thank you very much all the members for great support throughout the month in all the projects & meetings.

Regards

**Rtn. Raghunath Lote**

President

Rotary Club of Dombivli East



## Editor's Desk

Dear Rotarian and families,

Welcome to August, designated as **Membership and Extension month**, by RI.

The real purpose of membership growth should be **“Enriching our life by meeting people from different backgrounds”**. Rotary International recognizes the value of diversity within individual clubs. Rotary encourages clubs to assess those in their communities who are eligible for membership, under existing membership guidelines, and to endeavor to include the appropriate range of individuals in their clubs. A club that reflects its community with regard to professional and business classification, gender, age, religion and ethnicity is a club with the key to the future.

***Together we empower, together we fight Hunger, Together we Learn, Together we Promote peace, Together we Save lives. Let's more of us come Together for the Good causes on Planet.***

Our club started the Rotary year 2023-24 with a bang, as usual. The morning of 1<sup>st</sup> July was started with the celebration of Doctors' day and CA day. The evening of 1<sup>st</sup> July was Installation of our new President Rtn Raghunath and his team. As usual the installation was done with precise perfection and time schedule, with a very good attendance. The chief guest DGN Dinesh and the District team appreciated the program and its timely finish. We also gave the handsome TRF contribution of USD 18500 on the installation day, thanks to the generous Rotarians of our club.

On 8<sup>th</sup> July we had Blood donation camp at Rotary Bhavan, successfully done with participation of around 75 donors. Club's annual budget was presented in the Annual General Meeting held on 5<sup>th</sup> July and was unanimously approved by the Rotarians. Our club assembly on 12<sup>th</sup> July was well attended where all the Directors presented their plans and programs in a precise manner. The family fellowship event of Marathi movie **बाईपण भारी देवा** was a big success too.

Participation and Lead taken by our new Rotarian friends in all the July projects and the projects planned ahead, is commendable. I think this is the most important strength of our vibrant club with no dearth of ideas, Projects and People implementing these year on year.

From this month we are adding 3 new columns in VIKAS and presenting the topics of general interest

1. A column by our ex member Diwakar Thombre **निसर्गमित्र-on** Nature, Butterflies and Birds
2. A column on Ayurvedtips **आरोग्यमंत्र** by our member Rtn. Dr. Pushkar Wagh
3. A column in Hindi, **गीतों के अंतरंग** by our ex speaker Dr. Charumitra Ranade from Goa- This will explain us the lyrics with tell us the real connotations of popular Hindi or Urdu songs/Gazals

Our co-editors will also be contributing the regular columns on rotary, health and related topics. I am sure you all and your families will like the contents and its variety.

I will once again urge all of you and your families to contribute to Vikas in the form of interesting articles, information or achievements of Anns, Annets and Self. We will be happy to screen it and suitably publish it in VIKAS. **Happy Membership Month once again. See you soon!!!!**

**Rtn Dr. Sandeep Gharat**

Editor – Vikas

Excellent Year 2023-24

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स्मृतिशलाका

## रोटरीतील स्त्रीपर्व

आज अनेक क्षेत्रात, राजकारणापासून ते क्रीडा क्षेत्रात, महिला आपली नाममुद्रा ठसठशीतपणे उमटवित आहेत. गेल्याचवर्षी श्रीमती जेनिफर जोन्स या आपल्या आंतरराष्ट्रीय रोटरीच्या अध्यक्ष होत्या पण एकेकाळी हे अशक्य वाटणारे स्वप्न होते. (आजही आपणाला अनेक क्षेत्रात पुरुषी अहंकाराचा अस्पष्ट का होईना असा दर्प जाणवतो.) पण रोटरीच्या इतिहासात डोकावले तर महिलांनी दिलेली जिगरबाज झुंज पाहून आपण आश्चर्याने स्तंभित होतो. मग चला तर रोटरीतील या स्त्रीपर्वीत डोकावून पाहूया !

ही कहाणी आहे रोटरी क्लब ऑफ ड्यूआर्टे या अमेरिकेतील कॅलिफोर्निया या राज्यातील एका जिगरबाज क्लबची आणि रोटरीतील पुरुषी अहंकाराच्या पराभवाची! स्त्रियांशिवाय रोटरी ही आज आपण कल्पनाही करू शकत नाही. पण ही कहाणी आहे सिंगापूरच्या रोटरी पार्लमेंटची (COL) ,अर्थात १९८९ पूर्वीची. याच पार्लमेंटमध्ये ६ रोटरी मंडळे, १२ देशातील १०४ रोटरी क्लब आणि रोटरी संचालक मंडळाने रोटरी घटनेत व कायदेकानून मूलभूत बदल सुचवून २/३ बहुमताने रोटरीचे दरवाजे स्त्रियांकरिता कायमचे खुले केले. पण त्यापूर्वी कोर्टकचेऱ्यांवर आंतरराष्ट्रीय रोटरीने २ लक्ष अमेरिकन डॉलर्सहून अधिक या प्रकरणी पैसे खर्च केले होते.

विसाव्या शतकाच्या दुसऱ्या दशकात रोटरीच्या त्यावेळच्या मुखपत्रात 'द नॅशनल रोटेरियन' मध्ये अमेरिकेतील मिनिआपोलीस येथील व्यावसायिक व उद्योजक महिलांच्या एका रोटरी क्लबचा उल्लेख आहे. सन १९१६ मध्ये रोटरी क्लब डब्लिनने रोटरी संचालक मंडळाकडे महिलांना प्रवेश देऊ का अशी परवानगी विचारल्याचा ( व त्यांनी ती नाकारल्याचा) उल्लेख आहे तर १९६४ मध्ये श्रीलंकेतील एका क्लबने 'रोटरी क्लब ऑफ लॅम्बिथिया' ने चक्क रोटरी पार्लमेंटमध्ये घटनात्मक तरतूद करण्यासंबंधीचे ठराव आणण्याचा प्रयत्न केला होता असे दिसते. रोटरी क्लब ऑफ ड्यूआर्टेने त्याही पुढे जाऊन सन १९७७ मध्ये चक्क ३ महिलांना आपल्या क्लबमध्ये प्रवेश दिला. आंतरराष्ट्रीय रोटरीच्या संचालक मंडळाने साहजिकच या रोटरी क्लबची सनदच रद्द केली व मग क्लबने सुपिरिअर कोर्ट ऑफ स्टेट ऑफ कॅलिफोर्नियाचे दरवाजे ठोठावले. या (टोकिओ रोटरी कन्व्हेन्शन मध्ये कोर्टाने क्लबची सनद परत घेण्याचे प्रयत्न फसल्यावर) कोर्टाने क्लबच्या विरोधात निकाल दिल्यावर त्यांनी 'कॅलिफोर्निया कोर्ट ऑफ अपिल्स'चे दरवाजे ठोठावले. तेथे क्लबच्या बाजूने निकाल दिला पण आंतरराष्ट्रीय रोटरी कॅलिफोर्नियाच्या सुपीम कोर्टात गेली व या निकालाविरुद्ध तेथे त्यांनी परतीच्या सुनावणीस नकार दिल्याने केस अमेरिकेच्या सर्वोच्च न्यायालयात दाखल झाली. अखेर सर्वोच्च न्यायालयाने ४ मे १९८७ या दिवशी आपल्या ऐतिहासिक निर्णयात, रोटरी क्लब ऑफ ड्यूआर्टे चे म्हणणे योग्य असल्याचे सांगितले व रोटरी इतिहासातील महिला पर्वस सुरुवात झाली. ड्यूआर्टे रोटरी क्लबची सनद (त्यांच्या १० महिला रोटेरियन सभासदांच्या सभासदत्वा सकट!) त्यांना परत मिळाली.

'न स्त्री स्वातंत्र्यमर्हती ।' असा नारा लगावणाऱ्या पुरुषी अहंकाराला एक आवश्यक अशी ठेच लागली, 'शिव-शक्ती ।' पुरुष -प्रकृती, ' यिन-यांग' हे ही या वैश्विक चैतन्याचे दोन अविष्कार आहेत. एकाच नाण्याच्या दोन बाजू आहेत. एका शिवाय दुसरा अपूर्ण आहे हेच या कहाणीतून आपण शिकायचे.

'फक्त पुरुषांकरिता' असा अनुचित गर्व बाळगणाऱ्या रोटरीला निसर्गाच्या सृजनाच्या मूलभूत नियमाचे भान उशिरा का होईना पण आले यातच सर्व काही पावले! शतकोत्तर रोटरी आज 'परिपूर्ण मानव' स्वरूपात उभी आहे हे जगाचे भाग्य.

**डॉ. उत्तम कोल्हटकर,**

माजी रोटरी गव्हर्नर



## Marco Polo of Rotary

में अकेला ही चला था जानिब-ए-मंज़िल मगर  
लोग साथ आते गए और कारवाँ बनता गया

Marco Polo was an Italian merchant who travelled from Europe to Asia via Silk route during 13 th century. By his travel the East became known to the West. His book (The Million) known in English as the **Travels of Marco Polo** is a classic of travel

literature.

James Wheeler Davidson ( Jim Davidson ) is known as the Marco Polo of Rotary. He was RI VP and member of RC Calgary - Canada. He was responsible for spread of Rotary across the continents in the initial period of Rotary. He was diplomat, author, polar explorer and outstanding Rotarian. He joined Arctic explorer Robert Peary's second expedition to Greenland.



Davidson, travelled to Australia and New Zealand on his first trip for Rotary in 1921. A second and much longer journey took him through Asia and the

Far East from 1928 to 1931. As a Honorary General Commissioner, he was given a job to strengthen the slender chain of clubs between Europe and Japan. In this expedition, accompanied by his wife and daughter he embarked upon a journey from Montreal Canada .They took a route of Turkey, Greece, Egypt, Palestine to British India, Burma, Thailand and China. In British India he was instrumental in starting Rotary Clubs in then Bombay, Delhi and Madras. He used to travel in his own vehicle looking like a station Wagon.

One can realize the importance of work and dedicated efforts of this man by imagining early years of Rotary in it's first decade. It took five years to form a club outside US . After chartering Winnipeg Rotary Club in Canada in 1910, the real journey of Rotary at International level started. By 1920, many Rotary Clubs formed in Europe including London, Glasgow, Paris, Dublin and Belfast.

Let us remember this man in the month of August - as it is a designated month for Membership Development. His work in spread and extension of Rotary membership across the globe is really outstanding. He formed 23 clubs in 12 countries in those times.

In the seventies, 'The Rotarian' published last of a series of articles on the " First Men of Rotary" and called Davidson the **Marco Polo of Rotary**.

Currently Rotary is present in more than 220 countries and geographical areas and there are about 35000 clubs in the world.

- PP Dr Madhav Baitule



आरोग्यमंत्र

## गोड सुरुवात

आयुर्वेदामध्ये आजकालच्या भाषेत ज्याला आपण one liners म्हणतो अशा छोट्या छोट्या श्लोकामधून खूप मोठं शहाणपण सांगितल आहे. असेच काही आयुर्वेदिक one liners आपण आरोग्यमंत्र या सदरातून पाहूया. आजच्या या छोट्या लेखामार्फत सदराची 'गोड सुरुवात' करूया

मराठीतल्या कथा कादंबऱ्या असोत कि हिंदी पिक्चर बऱ्याचदा वेळा त्यांचा शेवट "आणि ते सुखाने नांदू लागले" या वाक्यापाशी येऊन थांबतो. ह्या गोष्टींच आपल्या मनावर इतकं गारुड आहे कि कळत नकळत हाच नियम आपण जेवताना पण वापरत असतो आणि जेवणाचा शेवट 'स्वीट डिश' खाऊन करतो. पण हे आपल्या आरोग्याच्या दृष्टीने कितपत योग्य आहे ? हा विचार आपण कधी करतच नाही.

आयुर्वेद सांगतो 'पूर्व मधुरं अश्रीयात्' म्हणजेच जेवणाची सुरुवात गोड पदार्थाने करा. आता हे गोड पदार्थ सुरवातीलाच का खायचे ? याची कारणं आपण क्रमशः पाहूया.

- १) जेव्हा आपण जेवायला सुरुवात करतो तेव्हा जठर (Stomach) बराच काळ रिकामे असल्याने आयुर्वेदानुसार त्यात वात वाढलेला असतो आणि मधुर रस म्हणजे गोड चवीचे पदार्थ वात कमी करतात.
- २) आपल्या जठरामध्ये हायड्रोक्लोरिक ॲसिड (HCl) असते; ज्याचा pH 2 च्या दरम्यान असतो म्हणजेच ते अत्यंत तीक्ष्ण असते. गोडाचे पदार्थ पचायला जड असतात बऱ्याचदा त्यामध्ये तेलतूपसुध्दा जास्त प्रमाणात असते. सुरवातीलाच गोड पदार्थ खाल्ले की तीक्ष्ण ॲसिड मुबलक प्रमाणात उपलब्ध असल्याने ते सहज पचतात. याउलट जेवणाच्या शेवटी गोड पदार्थ खाल्ल्यास ॲसिडची तीव्रता कमी झालेली असते त्यामुळे हे पदार्थ नीट पचत नाहीत.
- ३) आपल्या जठरामध्ये क्लेदक कफ नावाचा कफाचा प्रकार असे आयुर्वेद सांगतो. क्लेदक कफ अन्नाला ओले करण्याचे काम करतो. तसेच जेव्हा जठरामध्ये अन्न घुसळले जाते तेव्हा त्यापासून देखील बुळबुळीत कफ तयार होतो. हा कफ जठराच्या आतील त्वचेचे वर सांगितलेल्या स्ट्रॉंग ॲसिडपासून रक्षण करतो. सुरवातीला गोड पदार्थ खाल्ल्याने उत्तम प्रतीचा कफ तयार होतो ज्यामुळे जठराच्या आतील त्वचेचे रक्षण होते.
- ४) याउलट जेवणाच्या शेवटी गोड पदार्थ खाल्ल्यास ॲसिडची तीव्रता कमी झालेली असते त्यामुळे हे पदार्थ नीट पचत नाहीत. जास्त प्रमाणात कफ तयार होतो. अशा प्रकारे जठरातला कफ आणि पित्ताचा बॅलन्स बिघडल्याने अम्लपित्त होऊ शकते. जेवणाच्या शेवटी गोड पदार्थ खाल्ल्यास जठर आणि अन्ननलिका यांच्यामध्ये असणारा व्हाल्व 'लोअर इसोफेजीयल स्फिंक्टर' (LES) व्यवस्थितपणे काम करू शकत नाही. त्यामुळे GERD नावाचा जवळपास अम्लपित्तासारखाच असणारा व्याधी होतो हे आधुनिक शास्त्र देखील मान्य करते.

त्यामुळे यापुढे आपण सर्वांनीच स्वीट डिश, आईस्क्रीम, चॉकलेट, कस्टर्ड, पुडींग, गूळ, साखर, गोड चवीची फळे आणि यासारखे अनेक गोड पदार्थ जेवणाच्या शेवटी खायचे टाळूया आणि निरोगी राहूया.

**डॉ. पुष्कर पुरुषोत्तम वाघ**  
एम.डी. (आयुर्वेद)



# DOOMS DAY!

Have you ever imagined what will happen if one more meteoroid strikes us or we are attacked by some alien species, ball of fire burns & destroy the crops in fields, and nothing is left to harvest and consumption?

What will be the scenario if not a single farm or even edible seeds are destroyed from our mother earth. No vegetables, no fruits no grains, seeds to left to sow in our fields!

Worry not, scientists all over the world have already thought over this and they have a super vault in place for our next generations ready for the doom's day!

The **Svalbard Global Seed Vault** is a secure backup facility for the world's crop diversity on the Norwegian island of Spitsbergen in the remote Arctic Svalbard archipelago. The Seed Vault provides long-term storage of duplicates of seeds conserved in genebanks around the world. This provides security of the world's food supply against the loss of seeds in genebanks due to mismanagement, accident, equipment failures, funding cuts, war, sabotage, disease and natural disasters. The Seed Vault is managed under terms spelled out in a tripartite agreement among the Norwegian government, the Crop Trust, and the Nordic Genetic Research Centre(NordGen).



The Norwegian government entirely funded the Seed Vault's approximately 45 million kr (US\$8.8 million in 2008) construction cost. Norway and the Crop Trust pay for operational costs. Storing seeds in the vault is free to depositors. The vault has been depicted in several films and other art forms, including Merces Paus' children's opera Children of Genko.

Feel proud to know that our India is only second nation to have such kind of seed vault after Norway.

The **Indian Seed Vault** is a secure seed bank located in a high-altitude mountain pass on the Chang LA in Ladakh India. It was built in 2010 jointly by the Defense institute of High-Altitude Research and the National Bureau of Plant Genetic Resources, and is the second largest seed bank in the world.

The vault stores over 10,000 seeds and 200 plant species. These seeds include apricots, barley, cabbage, carrots, radish, potatoes, tomatoes, rice, and wheat, chosen based on qualities such yield or resistance to temperature, pests and humidity.

**INDIA'S DOOMSDAY VAULT**

May one day serve as a back-up to Svalbard Global Seed Vault

**LOCATION**  
Chang-La Top, Ladakh

Temperatures range from **-4°C TO -40°C**

**17,500 feet**

Holds over **5,000 seeds**

Managed by the **DRDO**

**Contributed by – Rtn. Dr Mahesh Patil**



## बिनाभिंतींची उघडी शाळा

निसर्ग मित्र

Diwakar Thombre

*Diwakar Thombre is our ex member who was instrumental in preparing and maintaining our butterfly garden till he shifted to Thane. An avid nature photographer , specialized in Bird and Butterflies, is an expert on Indian Butterflies and is on the relevant Government bodies and active support to*

**Bombay Natural History Society on the subject of Butterflies.**

पक्षी, फुलपाखरं, फुलं यांना मनसोक्त पाहायचं असेल तर आता जंगलात जावं लागतं. पूर्वी म्हणजे 30-35 वर्षांपूर्वी आपल्या अवतीभवती वावरणारी ही 'प्रभावळ' आपल्या जीवनाचा अविभाज्य भाग होती. आताशी ही 'मंडळी' दिसत नाहीत, कारण वाढत्या काँक्रीटच्या जंगलामुळे आणि आपल्या मातीतील झाडांची झालेली बेसुमार कत्तल ! पूर्वी सहजी दिसणारी ही वनसंपदा आता 'अप्रूपपणा' कडे झुकायला लागली.

हळद्या, बार्बेट, कोकीळ, यासारखे पक्षी किंवा कमांडर, श्री रिंग्ज , जेझबेल यासारखी फुलपाखरं न्याहाळणं ही वन्यजीव प्रेमीं करता 'ठेव' आहे.

रंगबिरंगी फुलपाखरांचा हवेत एकमेकांचा पाठलाग करताना किंवा हळुवारपणे फुलांवर बसून पंखांची फडफड करताना अथवा चिखलात बसून पडलींग करताना पाहायचं असेल आपल्या डोंबिवली पासून सगळ्यात जवळच जंगलाचं ठिकाण म्हणजे, संजय गांधी नॅशनल पार्क म्हणजे 'येऊरच जंगल'. ठाणे शहरा जवळ असूनही वनसंपदा टिकून राहिलेलं हे ठिकाण आपल्या सगळ्यांच्या परिचयाचं आहे. अर्जुन, बेहडा, काटेसावर, पिंपळ, उंबर, पळस, पांगारा अशा सारख्या हजारो झाडांमुळे आणि वेलींमुळे इथे वन्य जीवांची रेलचेल असते. या जंगलामध्ये कीटक पक्ष्यांची प्रचंड प्रमाणात जैव विविधता आहे. येथे एकंदरीत 180 हून अधिक प्रजातीची फुलपाखरे, शंभरहून अधिक प्रजातींचे पक्षी असल्याच्या नोंदी आहेत. या जंगलात 'भेंडी नाला' या ठिकाणी फुलपाखरांचं चिखलपान चालतं. साधारणपणे डिसेंबर ते मार्च या कालावधीत शेकडो प्रजातींची हजारो फुलपाखरे या ठिकाणी आढळून येतात. उत्तर ते दक्षिण भारताच्या फुलपाखरू "स्थलांतर मार्गावरील" अत्यंत महत्वाचा हा "थांबा" म्हणजे येऊरचं अभयारण्य होय.

मुंबई अहमदाबाद या राष्ट्रीय महामार्गावर संजय गांधी राष्ट्रीय उद्यानाचा एक्सटेंडेड भाग म्हणजे नागला जंगल होय. पावसाळ्यात हे जंगल आवर्जून पाहायलाच हवं ! रानहळद, लिया इंडिका, बांबू, शिसव इत्यादी पक्षी-फुलपाखरांच्या आवडत्या वनस्पतींना या काळात बहर येतो. भर पावसाळ्यात येथे दोन प्रकारचे खंड्या (ODKF , Common ) पक्ष्यांचे घरटे , वेडा राघू म्हणजे बी इटर चे घरटे आढळून येते. पावसाळ्यात आढळून येणारी याम फ्लाय, (यामिनी) मंकी पझल (वानरकुट ), ग्रास डेमन ( तृणासूर) अशी एकाहून एक सुंदर फुलपाखरं अवतीभवती अ बागडताना आढळून येतात. जंगलाच्या सुरवातीस चढण असल्याने कदाचित हा ट्रेल किंचितसा अवघड वाटेल पण जस जसे पुढे जातो, तसतसा घनदाट जंगलाचा 'फील' येत जातो. दोन्ही बाजूनी पुरुषभर उंचीची जंगली झाडे आणि मधून एकच माणूस जाऊ शकेल एवढी चढत-उतरत जाणारी पायवाट. साथीला टोळ, भुंगे, क्रिकेट, चतुर, टाचण्या या सारखे शेकडो कीटक.... आणि खाली असलेले खेकडे आपल्या पासून लांब पळत बीळ शोधत असतात. खऱ्या अर्थानं जंगलाशी एकरूप होणं अनुभवायचं असेल तर पडत्या पावसात 'नागला' एकदा अनुभवायलाच हवं. जंगलात जाताना अंगभर कपडे महत्वाचे, अन्यथा जंगली डासांना आयती 'मेजवानी' !!

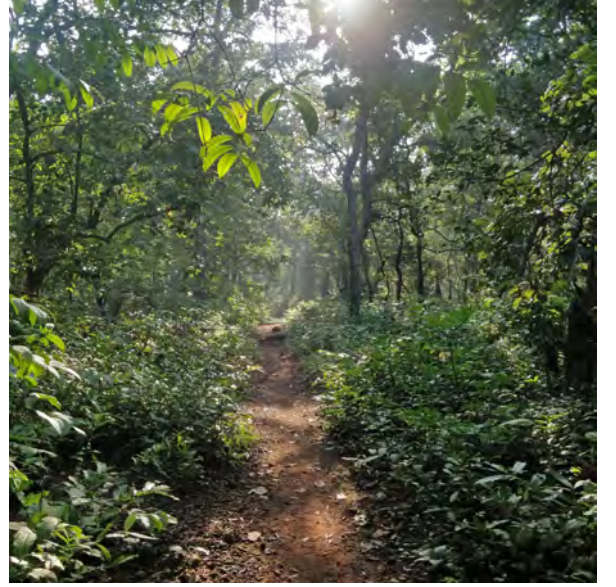


याच महामार्गवरून पुढे २०-२२ किलोमीटरवर तुंगारेश्वरचं अभयारण्य आहे. वसई जवळ असलेलं हे अरण्य पावसाळा संपतेवेळी अनुभवायला हवं. व्हर्डइटर म्हणजे 'नीलांग माशीमार', लीफ बर्ड म्हणजे 'पर्ण पक्षी' ( हा संपूर्ण हिरव्यागार रंगाचा पक्षी आहे) व्हिगॉर सनबर्ड म्हणजे विगोरचा शिंजीर, शामा या सारखे स्थलांतरित पक्षी या जंगलातल्या पाणवठ्यावर येतात. पूर्वी मातीची



कच्ची पायवाट होती. आत्ता पक्का रस्ता असून पायथ्या पासून ते थेट शंकराच्या मंदिरा पर्यंत जातो. या वाटेच्या बाजूने एक मोठा नाला जंगलातून खाली येतो. या नाल्याच्या बाजूला अक्षरशः शेकडो फुलपाखरं, पक्षी, कीटक डिसेंबर जानेवारीत पडलींगला येतात. येथे रान फूलझाडांचे खूप जास्त प्रमाण आहे. या झाडांवर 'पीत-श्वेत' कुळातील (पिवळ्या पांढऱ्या रंगाची ) ग्रेट ऑरेंज टीप, यल्लो ऑरेंज टीप, व्हाईट ऑरेंज टीप यासारखी अनेक फुलपाखरे छायाचित्रित करण्याची नामी संधी असते. सिल्वर लाईन प्रजातीची अनेक फुलपाखरे देखील पाहायला मिळतात.

याच महामार्गावर पुढे 'पेल्हार' नावाचं ब्रिटिश कालीन धरण आहे. उन्हाळ्यात म्हणजे मार्च-एप्रिल मध्ये इथे हजारो फुलपाखरं चिखलपानाला येतात. जमिनीतून नायट्रोजन, सोडियम यासारखे द्रवरूप क्षार नर फुलपाखरे शोषित असतात. प्रजनना करता हे क्षार अत्यावश्यक असल्याने या ठिकाणी नर फुलपाखरांची झुंबड उडते. लीफ ब्लू, सेंटॉर ओक ब्लू, स्लिंगर स्ट्रीक ब्लू या सारखी दुर्मिळ फुलपाखरे हमखास पाहायला मिळतात. जर चिखलात 'लोळायची' तयारी असेल तर उत्तम छायाचित्रण देखील करता येतं.



माथेरानला जाताना 'दस्तुरी' नाका लागतो. तिथे सरळ न जाता उजव्या बाजूला खाली उतरलं की तिथे 'सिमसन टॅक' आहे. पूर्वी ब्रिटिशांनी आगगाडीच्या इंजिनाच्या पाण्याची सोय म्हणून एक छोटंसं धरण बांधलं होतं. तिथे आता घोडे पाणी प्यायला येतात. त्याच्या किनारी मॅप, ब्लॅक प्रिन्स, ब्लू ओक्लिफ इत्यादी दुर्मिळ प्रजातींची फुलपाखरे हमखास पाहायला मिळतात. ब्लॅक प्रिन्स हे तर 'एंडेमिक' म्हणजे इथले स्थानिक फुलपाखरू असून ते आपल्या राज्यात इतरत्र कुठेही सहसा आढळून येत नाही. वॉटर पाईप नावाचं एक छोटं स्टेशन याच ठिकाणी आहे. तिथे देखील शेकडो फुलपाखरे रान फुलांवर आढळून येतात.

माझं फुलपाखरू प्रेम हे केवळ महाराष्ट्रच नव्हे भारतभरही नव्हे तर मला परदेशी सुद्धा घेऊन गेलं. आपल्या ईशान्य भारतातील मिझोराम, नागालँड, अरुणाचल, मेघालय, मणिपूर येथे जाण्याचा योग्य आला. "सासुरवाशिणी पूर्वी माहेरी श्रावणात यायच्या, त्यावेळी त्यांच्या चेहऱ्या वरील" "आनंद हर्षोल्लास" याची तुलना फक्त ईशान्य भारतातील फुलपाखरु वारीशीच !! निसर्गातली ही "बिनभिंतींची उघडी शाळा" पाहायलाच हवी.

इथल्या लाखो 'गुरु' पाशी नतमस्तक व्हायलाच हवे. आणि मग "फुलपाखरे, मुंग्या, भुंगे" यांशी आपसूकच दोस्ती होईलच !!!

## पहा पहा फुलपाखरे आली

कुणी झुडपात, कुणी पानाखाली  
उंच फांदीवर कुणी विसावली  
कुणी चिखलाशी एकरूप जाहली  
पहा पहा फुलपाखरे आली !!१!!

कोवळी उन्हे 'भू' वरी उतरली  
बागडण्याची सोय जाहली  
पाकळ्यांत कुणी सोंड खुपसली  
पहा फुलपाखरे आली !!२!!

लांब झुकेदार शेपटी हलवीली  
पंखावरी नक्षी मखमाली  
वाळक्या पाना एकरूप जाहली  
पहा पहा फुलपाखरे आली !!३!!

शत्रूच्या नजरेतून निसटली  
उडता उडता 'प्रणय' चाली  
फडफडण्याने या जंगला 'शोभा' आली  
पहा पहा फुलपाखरे आली  
पहा पहा फुलपाखरे आली !!४!!





## The Benefits of Running for Physical and Mental Well-being

Running is a popular form of exercise that offers numerous benefits for both physical and mental well-being. Whether you're a seasoned runner or just starting out, incorporating running into your routine can have a positive impact on your overall health. Here are some of the key benefits of running:

**Improved cardiovascular fitness:** Running is a highly effective aerobic exercise that strengthens your heart and lungs. Regular running sessions increase your cardiovascular endurance, allowing your body to efficiently deliver oxygen and nutrients to your muscles.

**Weight management:** Running is an excellent calorie-burning activity. It helps you shed excess pounds and maintain a healthy weight. Running at a moderate pace for just 30 minutes can burn approximately 300 calories, depending on factors like your weight and speed.

**Stronger bones and joints:** Contrary to common misconceptions, running can actually strengthen your bones and joints when done correctly. It helps increase bone density, reducing the risk of osteoporosis. Regular running also improves joint stability and strengthens the muscles around them, reducing the likelihood of injuries.

**Stress relief and mental well-being:** Running has a profound impact on mental health. It releases endorphins, also known as "feel-good" hormones, which boost your mood and reduce stress and anxiety. Running can also serve as a form of meditation, allowing you to clear your mind and find a sense of calm.

**Increased energy levels:** Engaging in regular running can significantly boost your energy levels throughout the day. It enhances your overall stamina, making daily activities feel less exhausting. Additionally, running in the morning can provide an invigorating start to your day and set a positive tone for the hours ahead.

**Improved sleep quality:** Running has been shown to enhance sleep quality, making it easier for you to fall asleep and experience deep, restorative rest. However, it's important to avoid intense running sessions close to bedtime, as they may have the opposite effect and interfere with sleep.

**Boosted immune system:** Regular running strengthens your immune system, reducing the risk of various illnesses and infections. It increases the

production of antibodies and white blood cells, helping your body fight off harmful pathogens.

**Social connections:** Running can be a social activity, whether you join a local running club or participate in organized races. Building connections with fellow runners can provide a sense of camaraderie, motivation, and support, making your running journey more enjoyable.

**Setting and achieving goals:** Running allows you to set personal goals and work towards them, whether it's completing a 5K race or improving your running speed. Setting and achieving these goals can boost your self-confidence and provide a sense of accomplishment.

### Tips for getting started:

**Start slowly:** If you're new to running, begin with a combination of walking and jogging. Gradually increase your running intervals as your fitness level improves.

**Invest in proper footwear:** Choose a pair of running shoes that provide adequate support and cushioning to prevent injuries.

**Warm up and cool down:** Prior to each run, spend a few minutes warming up with dynamic stretches. After your run, cool down with static stretches to improve flexibility and prevent muscle soreness.

**Listen to your body:** Pay attention to any signs of pain or discomfort during and after running. Take rest days when needed and consult a healthcare professional if necessary.

**Stay hydrated:** Drink water before, during, and after your runs to maintain proper hydration levels.

**Remember, consistency is key when it comes to running. Start gradually, stay committed, and enjoy the many benefits that running can bring to your life. Lace up your running shoes and hit the pavement – your body and mind will thank you!**

*Contributed by –Rtn Ajit Shirwalkar*



## Partners in Service: Strengthening Dombivli through Collaboration

In the heart of Dombivli City, the Rotary Club of Dombivli East shines as a beacon of collaboration and community development. Guided by the principle of "Partners in Service," this dynamic Rotary club actively engages with local organizations, creating powerful alliances that drive positive change in the community.

The Rotary Club of Dombivli East has formed its own Rotaract Club, bringing together young adults aged 18 to 30. They collaborate closely to address pressing community needs and inspire young Dombivli residents to become active agents of change.

Moreover, the club partners with Interact clubs from 16 schools across Dombivli. These clubs empower students aged 12 to 18, cultivating social responsibility and shaping compassionate leaders of tomorrow.

In addition, the Rotary Club of Dombivli East collaborates with Anubhuti, a renowned nonprofit organization. Through their partnership, known as the Rotary Community Corps (RCC), they tackle community challenges, implementing projects that make a significant impact on the lives of Dombivli residents.

Recognizing the wisdom of senior citizens, the club engages local senior citizen groups, addressing their unique needs and creating an age-friendly and inclusive city for all.

Partners in Service exemplify the power of collaboration. Through alliances with the Rotaract Club, Interact clubs, Anubhuti, and senior citizen groups, the Rotary Club of Dombivli East magnifies its impact, making a tangible difference in the lives of Dombivli residents.

As we celebrate the spirit of partnership in Dombivli, let us acknowledge the invaluable contributions made by the Rotary Club of Dombivli East and its Partners in Service. Together, they amplify their impact, strengthen the local community, and build a brighter future for Dombivli City.

**-By Rtn. Anuj Yadav**

॥ श्री ॥

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## गीतो के अंतरंग

रंजिश ही सही दिल ही दुखाने के लिए आ , आ फिर से मुझे छोड़ के जाने के लिए आ एक ऐसी गज़ल जिसने सालों से हमारे जज्बातों को ,हमारे विचारों को घेर रखा है। आज तक सैकड़ों बार सुनी होगी, पर इसकी खुमारी कम होने के बजाय बढ़ती ही जाती है। क्या है आखिर ऐसी कशिश इस गज़ल में, आइए जानने की कोशिश करते हैं। राग यमन पर आधारित इस गज़ल की धुन बड़ी मोहक है। तभी तो शुरू होते ही इसके सुरों की मोहिनी सी छा जाती है!

शायर अहमद फ़राज़ की नाजुक कलम से निकली इस गज़ल से वे सबके दिलों में जा बसे हैं।

मतला याने गज़ल के पहले शेर से ही टूटे हुए रिश्ते को सभालने का एक माहौल सा बन जाता है.

आशिक कहता है अगर तुम्हें मुझसे कुछ नाराजी है अगर तो भी सिर्फ एक बार आकर मिल, चाहे तो मुझसे झगड़ा ही कर, मेरा दिल दुखा, अपनी जली कटी बातों से ,और चाहो तो छोड़ कर ही जाना, मगर कम स कम छोड़ के जाने के लिए ही ,इस रिश्ते को आखिरी अंजाम देने ही आज्ञा।



इस गज़ल की और खूबी जो मुझे भाती है वो ये कि its not gender specific . a lady can sing for her parted beloved or vice versa!!!!

(शायद मन में दबी आशा भी होगी की इक बार आ गई/ आ गया ,तो मेरी हालत देखकर रिश्ता तोड़ जाने का विचार बदल ही देगी/देगा). रिश्ते में एक आस ,और क्या कहें इसे ?

**कुछ तो मिरे पिंदार \_ए\_ मोहब्बत का भरम रख , तू भी तो कभी मुझको मनाने के लिए आ**

पिंदार याने खुदारी,अभिमान, मेरे मुहब्बत की खुदारी का लिहाज कर थोड़ा, वैसे तो मुहब्बत में Ego अहंकार नहीं होना चाहिए, ये मानते हुए मैं झुकता चला गया हूं और तुझे मना भी रहा हूं। पर कभी कभार तो तुम्हें भी ये एहसास होना चाहिए कि मेरी खुदारी का लिहाज कर लो, उसी की खातिर आ जाओ।

**पहले से मरासिम न सही फिर भी कभी तो रस्मो रहे दुनिया ही निभाने के लिए आ.....**

पहले से याने =पहले जैसे, मरासिम याने =रिश्ता,

हमारा रिश्ता पहले की तरह शायद उसी ताज़गी वाला, गरमाहट वाला अब ना रहा , लेकिन कम से कम दुनियादारी की रस्मों को निभाने के लिए ही आज्ञा। उसके आने की अलग अलग वजहें वो कैसे हर शेर में तैयार कर रहा है।

आगे \_

**किस किस को बताएंगे जुदाई का सबब हम तू मुझसे खफ़ा है तो ज़माने के लिए आ**

हमसे लोग बार बार पूछने लगे हैं की जुदाई की क्या वजह थी? और मैं किस किस को क्या बताता फिरूँ??

इस से हमारे रिश्ते की ही रुसवाई होती है, और कई बार तो रिश्ता टूटने की ठोस वजह भी नहीं होती, बस एक कांच पर जैसे खरोच आ जाए। तो दुनिया को क्या बताते फिरें?



अब लोग हैं तो सवाल करेंगे ही, इसीलिए कहता हूँ कि मुझे खफा हो तब भी ज़माने के लिए कम से कम आ जा। कभी कभार शेर के हर लफ़्ज़ का अलग अलग अर्थ पता हो तब भी शेर को सीखना समझना पड़ता है किसी न किसी से, ये शेर ऐसा ही है:

**इक उम्र से हूँ लज्जत ए गिर्या से भी महरूम, ऐ राहत ए जां मुझको रुलाने के लिए आ**

उम्र= एक समय से, (not age), लज्जत ए गिर्या= रोने का मज़ा या लुत्फ

महरूम= वंचित, राहत= चैन, आराम, जान= प्राण, ज़िंदगी = मेरे जीवन प्राण

एक अरसे से मैं रोया नहीं हूँ। रोने में जो लुत्फ है, उस से जो मन हल्का हो जाता है, मैं तो उसी से भी वंचित हूँ।

तो मेरे जीवन प्राण ! कम से कम मुझे एक बार रुलाने के लिए ही आ जा, ताकि ये चुप्पी का बांध फूट पड़े और कुछ राहत मिले। (या एक हल्की उम्मीद कि रिश्ता फिर से जी उठे?)

**आखिरी शेर:**

**अब तक दिल ए खुश फहम को तुझ से हैं उम्मीदें, ये आखिरी शमएं भी बुझाने के लिए आ**

खुशफहम = मीठी वाली गलतफहमी

मेरा दिल बेचारा ऐसा है कि अब तक आस लगाए हुए है, कि तुम आ जाओगी। ये इस दिल को मीठी सी खुशफहमी है। पर ऐसा होना नहीं है, तो ये जो मैं उम्मीद की शमें या चिराग कब से जलाए, आस लगाए बैठा हूँ, वो आखिरी शमे भी बुझा जा, उसी के वास्ते आ जा.

जैसे साहिर ने कहा था एक गीत में \_

जब तुम्हें हम से प्यार ही न रहा, रोएं क्या इंतज़ार ही न रहा।

वैसे ही उम्मीद का आखिरी दिया या शम्मा तुम खुद बुझा जाओगी तो फिर, कुछ न बचेगा इस रिश्ते में। कम से कम इसीलिए तो आना होगा।

ये गज़ल टूटे रिश्ते की पीड़ा है। उसे बचाने की हर मुमकिन कोशिश है, कहीं न कहीं, किसी न किसी रूप में हर इंसान ने इस दर्द को झेला ही होगा, इश्क का दर्द न सही तो कोई और दर्द या दुखड़ा, यही वजह है कि ये गज़ल हमारे दिल को छू जाती है।

**डॉ. चारुमित्रा रानडे, गोवा**

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## Artificial Imposters- Cybercriminals Turn to AI Voice Cloning for a New Breed of Scam

Three seconds of audio is all it takes. Cybercriminals have taken up newly forged artificial intelligence (AI) voice cloning tools and created a new breed of scam. With a small sample of audio, they can clone the voice of nearly anyone and send bogus messages by voicemail or voice messaging texts.

The aim, most often, is to trick people out of hundreds, if not thousands, of dollars.

Artificial voice cloning, also known as deepfake voice technology, has indeed become a concern in the realm of cybersecurity. Cybercriminals are increasingly leveraging AI voice cloning to perpetrate new forms of scams and frauds. This technology allows them to create highly convincing imitations of someone's voice, including celebrities, business executives, or even friends and family members.

By using AI algorithms, cybercriminals can analyze and replicate a target individual's unique vocal patterns, intonations, and speech patterns. They can then use this cloned voice to manipulate individuals or automated systems into performing actions they wouldn't otherwise do. Here are a few examples of how this technology is being misused:



- 1. Voice phishing (vishing):** Cybercriminals can use AI voice cloning to impersonate someone the victim knows, such as a family member, colleague, or company representative. They can then manipulate the victim into revealing sensitive information or performing financial transactions.
- 2. Business email compromise (BEC):** With AI voice cloning, scammers can mimic the voice of a CEO or high-ranking executive and use it to instruct subordinates to transfer funds or disclose confidential data. This adds an extra layer of credibility to their impersonation attempts.
- 3. Social engineering attacks:** By impersonating someone trusted, cybercriminals can trick individuals into revealing personal information, passwords, or access to secure systems. This can lead to identity theft, unauthorized access, or further exploitation.
- 4. Manipulating multimedia content:** AI voice cloning can be used to manipulate audio recordings, creating false evidence or fake news. This can have far-reaching consequences, including damaging reputations, spreading misinformation, or even inciting social unrest.
- 5. Fraudulent customer service interactions:** With cloned voices, scammers can imitate customer

support representatives or bank employees, making victims more likely to trust them with sensitive information or account details.

To combat these threats, researchers and technology companies are actively developing countermeasures and detection systems to identify AI-generated voices. They aim to distinguish between authentic voices and deepfake imitations through advanced algorithms and machine learning techniques. Additionally, educating individuals about the risks of voice-based impersonation and encouraging them to verify the authenticity of callers or voice messages can help mitigate the impact of such scams.

As the field of AI voice cloning advances, it is crucial to remain vigilant and adopt appropriate security measures to protect against these emerging threats.

The statistics highlight the alarming trends in voice-based scams and the vulnerabilities that individuals may unknowingly expose themselves to:

1. **Monetary Losses:** According to the study, 36% of individuals who reported losing money fell into the \$500 to \$3,000 range, while 7% lost amounts between \$5,000 and \$15,000. These financial losses can have a significant impact on victims and underscore the financial success of these scams for cybercriminals.
2. **Availability of Original Voice Files:** Cybercriminals can easily source original voice files to create voice clones. The study revealed that a substantial number of adults (53%) share their voice data online or in recorded notes on a regular basis, with 49% doing so up to ten times a week. This widespread sharing of voice recordings increases the chances of these recordings being accessed, stolen, or misused by malicious actors.
3. **Publicly Available Source Material:** Even public sources like YouTube, social media platforms, and podcasts provide cybercriminals with a wealth of source material to build their voice cloning arsenals. This indicates that personal voice recordings shared on relatively accessible platforms can be exploited by criminals for fraudulent purposes.
4. **Trust in Familiar Voices:** The survey found that a significant percentage of respondents (45%) would respond to a voicemail or voice message if it appeared to be from a friend or loved one in need of money. This trust in familiar voices makes individuals more susceptible to falling for scams, especially if the scammer convincingly imitates someone close to them.
5. **Spear Phishing Techniques:** The messages used in these voice-based scams are examples of targeted spear phishing attacks. Cybercriminals tailor their approach by using specific information sourced from public profiles and other online platforms. By leveraging personal details about an individual, the scammer increases the credibility of their message and the likelihood of a successful scam.

Individuals should be cautious about sharing voice recordings and personal information online to protect themselves from voice-based scams. It's crucial to verify the identity of callers, especially when they request sensitive information or financial assistance. Maintaining a healthy scepticism and being aware of common scam tactics can help individuals avoid these increasingly sophisticated cybercrimes.

**-By Rtn Ashish Bobade**  
AI Business Coach

# Called by a cause: Rotary Club of Mental Health & Wellness

By Dinah Eng



***The Rotary Club of Mental Health & Wellness is one of a growing number of cause-based clubs around the world. Its members include (top row, from left): Judith Verduzco and Maribel Khoury-Shaar; and (bottom row, from left): Guity Javid and Marisol Chianello.***

Over the years, whenever Maribel Khoury-Shaar's Rotarian husband suggested she join Rotary, the busy doctor declined. But when she learned that a Rotary club dedicated to mental health and wellness was forming, she jumped on board.

It came at just the right time for the primary care physician. After the pandemic started, most of her patients were anxious and depressed, and she was getting burnt out as a health care provider. "This club reinvigorated my life because I was around like-minded people who wanted to do the right thing," says Khoury-Shaar, president of the Rotary Club of Mental Health & Wellness in District 5280, which covers parts of Los Angeles County in California. The club meets online and welcomes members to join from anywhere in the world. Its current members include professionals in the mental health field and others who hold the issue close to their hearts.

The club, chartered last May during Mental Health Awareness Month in the U.S., is one of the first cause-based Rotary clubs to focus on mental health

and wellness and was the idea of Guity Javid, the 2021-22 governor of District 5280. It's one of a growing number of cause-based clubs around the world.

The year before Javid's term, the district had already chartered one cause-based club, District 5280 Rotarians Fighting Human Trafficking. Javid identified three other causes that were personal priorities and helped launch these clubs: Mental Health & Wellness, Rotarians for Environmental Action, and Rotarians in Service for Equality (R.I.S.E.), which focuses on LGBTQ+ concerns.

"I was pleasantly surprised at the number of Rotary spouses who might never have joined Rotary, but for these causes," Javid says. "We also attracted younger members. Mental health has been a huge crisis during the pandemic. People were isolated, and many turned to alcohol and drugs to cope." Eliminating the stigma associated with mental health is a priority, she adds.



Mental health and especially the issues of depression, anxiety, and suicide have caught the attention of Rotarians worldwide. In addition to the new club, there is a Rotary Action Group on Mental Health Initiatives as well as a partnership between Rotary International in Great Britain and Ireland and the nonprofit Bipolar UK.

While the Mental Health & Wellness club is relatively new, members have launched notable initiatives, including an effort to award \$5,000 in scholarships annually to students pursuing graduate-level work on mental health. Members assembled and distributed coping kits containing stuffed animals, supportive cards, and other items to children with burn injuries.

And they promoted mental health and wellness among school-age children through the Inspiring Kindness initiative, a collaboration with other clubs, schools, and the Alex Montoya Foundation.

Another priority is serving military veterans, including by helping refurbish an American Legion post in Glendale, California.

Club member Marisol Chianello, an attorney in Glendale, became the point person for that project. She joined the club because she's dealt with mental health issues herself and wanted to create resources for others, she says. Her husband is a Gulf War veteran, and when one of his friends told her about the American Legion post's challenges, she immediately wanted to help.

"Half of the space had to be rented out for income to survive," Chianello says. "The other half was used for storage and was filled with uniforms, medals, and military memorabilia. With support from other district clubs, we cleaned it up and reopened the space." The location now has a space where veterans can seek calm and, eventually, referrals to resources to improve their mental health. Chianello says the American Legion is working with the club to determine how Rotary can help maintain the site.

Club President-elect Judith Verduzco, a therapist in Glendale, was also drawn to join because of the club's focus. Like Khoury-Shaar, Verduzco has a Rotarian husband who encouraged her to become a member.

In addition to building on projects underway, Verduzco says her focus will be on suicide prevention and partnering with organizations that provide mental health services and promote awareness of the issue. "As a clinician, I encourage my clients to call 988 in the event of a crisis," she says, referring to the national Suicide and Crisis Lifeline modeled on the 911 system and launched last year.

According to the Centers for Disease Control and Prevention, the number of suicides in the United States increased 4 percent from 2020 to 2021, after declines in 2019 and 2020. "My vision is to call attention to the magnitude of the problem," Verduzco says.

She is interested in research on community gardening's mental health benefits. She plans to collaborate with other cause-based clubs and cities in Los Angeles County to create what are known as tranquility gardens, to try to provide peace and hope to underserved communities.

"We've done a lot in a short period of time," Verduzco says. "We meet virtually twice a month, but outside of that, I want to create opportunities for fellowship and service. Mental health affects everyone, and this club is a great way to get friends involved so that we can stay connected while doing good."

This story originally appeared in the April 2023 issue of Rotary magazine.

**Article Source:** <https://www.rotary.org/en/called-cause-rotary-club-mental-health-wellness>

**Information downloaded by:**  
**Rtn. Ramesh Gupte – RC Dombivli East**

## PROJECT REPORT OF JULY 2023

Tree plantation at Rotary bhavan on 1<sup>st</sup> July. 15 varieties of saplings planted, by President Raghunath Lote and members of RCDE. Total 49 members participated in noble project to protect the environment. Special thanks to Choudhari nursery for providing plants. Members of Enthusiastic yoga group also joined the plantation with anns.



### Doctor's & Chartered accountant day celebration. 1<sup>st</sup> July

Like every year RCDE felicitated 2 doctors and 2 CA's who are socially active and wellknown experts in their respective fields. Doctors Anil Choudhari & Dr Aruna Naikdesai & CA Dhananjay Bhatt & Jayant Pitre were felicitated.



**Blood donation camp 8<sup>th</sup> July.**

Drop of hope project to collect blood bags in mission to help save lives was conducted on 8<sup>th</sup> July at Rotary bhavan in association with Inner wheel club Dombivli west. Blood collection was done by Chidanand blood bank. Total 72 donors participated in blood donation.

**CSR supported tree plantation mission phase 2**

CSR funded Tree plantation mission project was conducted at SRPF Battalion 11 camp at Balegaon outskirts of Dombivli. 25 saplings consisting of mango, guava, sapota were planted at the location, in presence of Asst commandant Shinde, Chief sponsor Rtn Anand Acharya & Co-ordinator SST Technologies. 36 members including anns & annets participated in tree plantation project.

**Akanksha Rotary student Rotary Ideal App launch-** Rotary Ideal Study app for SSC students of Maharashtra Board was launched at the hands of DG Milind Kulkarni at Rotary Bhavan Dombivli. The event was hosted by Rotary Club of Dombivli East. The MOU was signed by DG.District Governor Milind ji announced the district target of 50000 student beneficiaries. He appealed to Presidents to take up this project on large scale as it is ready made ,easy to implement and most effective e learning project. Pres.Raghunath Lote handed over the cheque of Rs.70000 for sponsoring 1200 apps by RC Dombivli East.DG Milind applauded Rtn D P Tripathy for announcing individual contribution for 1000 apps. Though it was a rainy day,large number of Presidents and other club members attended the program.



**RCDE Movie fellowship** - One of its kind fellowships initiated by PP Kaustubh Kashelkar to develop bonding within members, which involved the anns too. 75 members participated in the movie fellowship arranged by PP Kaustubh.



## Secretary's Desk



Rtn. Dr. Mahesh Patil



### ROTARIAN BIRTHDAYS

Name	Date
Vilas Wadkar	03-Aug
Ashish Bobade	04-Aug
Sunanda Jagtap	05-Aug
Bhushan Chaudhari	06-Aug
Chinmay Pataki	07-Aug
Nitin Nayak	10-Aug
Shrikant Kanade	11-Aug
Sandesh Vaidya	13-Aug
Uday Dixit	14-Aug
Umashankar Karwa	15-Aug
Hiteshkumar Yadav	17-Aug
Sunil Dumbre	17-Aug
Mahendra Rozekar	19-Aug
Amruta Joshi	21-Aug
Priyanka Thakur	25-Aug
Smita Joshi	25-Aug
Bharat Purohit	26-Aug
Mohini Goshi	27-Aug
Ninad Desai	27-Aug
Bhalchandra Gore	29-Aug
Rajesh Bhosale	30-Aug
Prakash Bane	31-Aug
Shraddha Mahajan	31-Aug



### ANNS & ANNETS BIRTHDAYS

Name	Date
Ganesh Dumbre	08-Aug
Hanisha Jain	12-Aug
Shreya Chavarkar	12-Aug
Anagha Yellurkar	13-Aug
Rakhi Paigankar	13-Aug
Ananya	15-Aug
Saharsh	15-Aug
Shruti Borhade	15-Aug
Anuradha Kulkarni	16-Aug
Devaki	16-Aug
Pushkar	16-Aug
Mrunal	17-Aug
Jyoti Wankhede	18-Aug
Manali Mone	18-Aug
Moheet Suvarna	19-Aug
Amruta	21-Aug
Rishikesh Kothawade	21-Aug
Soumya Vaidya	21-Aug
Madhuri Pradhan	22-Aug
Karuna Jain	23-Aug
Son-Daughter-Avinash Talele	24-Aug
Son-Daughter-Raunak Shirsath	24-Aug
Leena Yewale	25-Aug
Sunil Jagtap	25-Aug
Madhuri Shinde	26-Aug
Manasi Neve	26-Aug
Mugdha	26-Aug
Rajesh Bhise	26-Aug
Mohini Goshi	27-Aug
Ranjana Chikodi	29-Aug
Anita Trivedi	31-Aug
Kiara Waghmare	31-Aug
Shashikant Yadav	31-Aug

### ANNS & ANNETS BIRTHDAYS

Name	Date
Arnav	01-Aug
Shruti Malpure	01-Aug
Shruti Malpure	01-Aug
Gargi	02-Aug
Kiran Gite	03-Aug
Nidhi Lohokare	03-Aug
Sachin Mahajan	03-Aug
Anagha Jagtap	05-Aug
Devansh	05-Aug
Vyom Dabhadkar	05-Aug
Bharat Padmavat	06-Aug
Madhuri Patil	06-Aug
Vrushali	06-Aug
Aruna Ghaisas	08-Aug

### ANNIVERSARY

Name	Date
Dr. Mahesh & Archana Patil	25-Aug
Ganesh & Prachi Jagdishan	31-Aug

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📍 Show Room-1: Shop No.4, Parasmani Bhavan, Tilak Chok, Tilak Nagar, Dombivli (E) 421 201



## ENAGIC KANGEN WATER

Alkaline Ionised Water

50 Year  
Old  
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PRODUCE  
FIVE TYPES OF WATER

Kangen Water  
(Drinking Water)

Clean Water

Beauty Water

Strong Alkaline  
/ Acidic Water



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PROJECTOR

DIGITAL CLASS

LED TV

LED WALL

## Digital Office System

Customer First .... Naturally!

Display Solutions Company

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LED TV | AV Integration | Digital Class

Branch - Mumbai & Dombivli





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HOME INVERTERS



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BATTERIES



SECURITY



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# Location jo hai prime bhi, profitable bhi.

Modern Business Spaces



Artist's Impression

# GLOBE ESTATE NEXT

MIDC PHASE 1, DOMBIVLI EAST

MahaRera  
Certified Project

FOR MORE INFORMATION

88 8086 8086