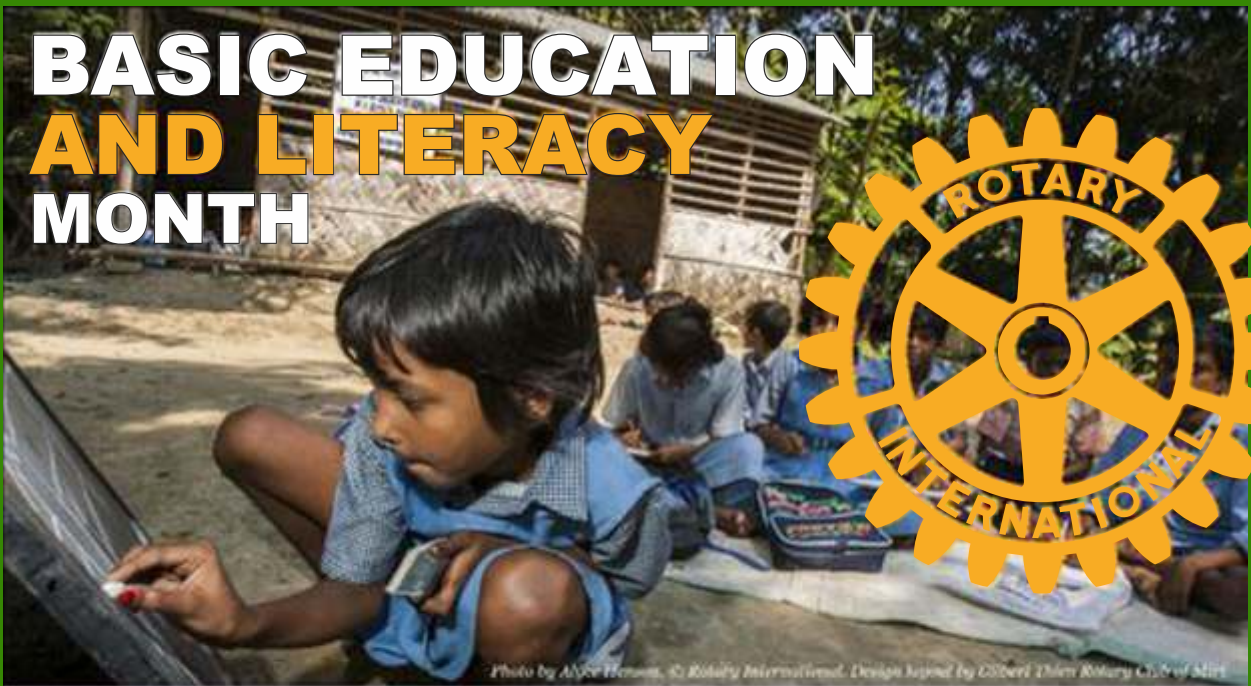




A NEWSLETTER OF
Rotary Club of Dombivli East

Vikas

SEPTEMBER IS



"Educate a boy, and you educate an individual. Educate a girl, and you educate a community."

Adelaide Hoodless



TAKE ACTION : Join a Project

President: Rtn Raghunath Lote | Hon. Secretary: Rtn Dr. Mahesh Patil | RI President: Rtn Gordon R Mcinally | Dist. Governor: Rtn. Milind Kulkarni
Editor: Rtn Dr Sandeep Gharat | Editorial Board: Rtn. Ashish Bobade • PP Dr Madhav Baitule • Rtn Arun Ashtikar • Rtn Anuj Yadav • Rtn Prasanna Phadnis

We meet every Wednesday 6.30 pm at Rotary Bhavan, Rotary Children's Park, MIDC , Dombivli (E) - 421203.

Website: www.rotarydombivlieast.org Email: rotarydombivlieast@gmail.com



President Speaks

Hello Friends, in the Rotary world, August was a membership & extension month.

On 2nd August we invited Ms. Purva Ghotkar to speak on music therapy, to know how music therapy can heal your soul and body for a positive impact. It was a very effective meeting, nicely conducted by Dostana Team & was attended by 70 Rotarians.

Our project "Interact clubs installation" was conducted on Thursday 3rd August, 2023 at Rotary Bhavan. The installation ceremony was a record with 18 schools participating. The event included brief introduction of all interact clubs, installation & speeches of president & secretary of clubs, inspiring speeches from guest speakers and presentation of their projects. The attendance for program was more 200+ .

We conducted our 2nd BOD and RVT meeting on 4th August, 2023, at Rotary Bhawan. We arranged monsoon picnic on Sunday 6th August, 2023 at Visava Resort, near Karnala Fort. Total 103 members registered for picnic. Participating Rotarians and families enjoyed this fellowship event to the fullest extent with lots of fun and frolic. It was a super duper successful picnic. The district event shravan festival, hosted by Rotary Club of Saudamini was organized at Brahman Sabha on 05th August, 2023. Many Rotarians & Anns from our club participated in the event & enjoyed mangalagaur songs & shravan queen program.

On 9th August, 2023 we invited Dr. Swati Gurav- A Dermatologist & Cosmetologist to speak on the topic skin care in rainy season. The meeting was nicely arranged and effectively conducted by Dostana team and was attended by 60 rotarians.

We celebrated our independence day on 15th August 2023. Flag hoisting was done at 8.30 a.m., followed by patriotic songs program by Karaoke group. The tasty breakfast, hot ragda pattice & Jilebi was served to attendees. Total attendance was 80.

District has conducted membership seminar on 20th August, 2023 at thane. District has arranged great speakers for great learning and knowledgeable sessions. Many members, directors, office bearers & district dignitaries from our club attended the seminar. Our club was honored with maximum citations (four) and a big trophy for inducting 23 new members and sponsoring one new club i.e. Rotary Club of Dombivli Regency Anantam with 22 members in the excellent year. Our club was felicitated for top performance in the membership in the district 3142.

During the weekly meeting on 23rd August, 2023 the membership induction program was conducted. We inducted 23 new members during the first quarter of the new Rotary year. Due to this our membership strength has been increased to 255 members, which is highest in the district 3142. District Governor Rtn. Milind Kulkarni & PDG Dr. Ulhas Kolhatkar and other many district dignitaries graced the induction function.

Under the District project "students learning App" we distributed the said App to 1800 needy students in the schools in Dombivli, Kalyan, Shahapur, Neral & Murbad area. Many rotarians from our club donated total amount of Rs. 1,17,000/- for this cause to purchase the said App .

On the 30th August, 2023, we invited speaker Shri. Suresh Deshpande. He spoke on the topic " Ayushatil Shreyas and Prayas ". Meeting was nicely conducted by Dostana Team and was attended by 40 rotarians.

Thank you very much all the rotarians for being with president and team in all the projects & meetings.

Warm Regards

Rtn. Raghunath Lote

President

Rotary Club of Dombivli East



Editor's Desk

Dear Rotarian and families,

Welcome to August, designated as **Basic Education and Literacy**, by RI.

Friends 17% of world's adult population is illiterate. Rotary's goal is to strengthen the capacity of communities to support basic education and literacy, reduce gender disparity in education, and increase adult literacy. We support education for all children and literacy for children and adults.

This could be done the multiple ways, but most impacting could be by training the teachers & educators who could take it down the line. We could also

1. Help improve the schools and infrastructure
2. Encourage illiterate adults to read and write
3. Find and use new innovative and interesting teaching methods
4. Use digital sources to reach remote population etc.

Our club has done wonderful and innovative project **Udayantu** in this avenue during Covid times and continued it later. It was an innovative way of online education in the areas of interest to the needy. Education and Literacy are the 2 important pillars to strengthen the foundation of a strong and progressive nation.

We had a nice monsoon family picnic to Resort Visava in Karnala, fantastic location, superb weather and v good attendance made it a great fun. Hearty Congratulations to President and the team for inducting 23 new members in club, in the grand meeting on 23rd August, in the presence of DG Milind, PDG Dr Ulhas and many other dignitaries. Rtn Atharva and his team did a wonderful job in inducting the new members. Also we had the Independence day celebration with Flag hoisting followed by the patriotic songs program presented by enthusiastic members of our Karaoke Club

Friends in the bulletin this month Dr Madhav has written on Sarvapalli Dr Radhakrishnan who was a teacher par excellence and whose birthday is celebrated as Teachers' Day, Rtn Anuj has written a timely article on landing of Chandrayan 3 and the lessons to be derived from the project for our daily life, Our AI expert Rtn Ashish has cautioned us about Deepfake images- a new cyber technic which could be misused, Hon Sec Dr Mahesh has shared interesting thoughts on eating Batatawada made at the location, Rtn Mukund has sent some good travel tips based on his latest experiences, Dr. Charumitra's regular column on Hindi song and so on.

Friends we are trying to make our bulletin an interesting read for the whole family and friends thanks to our enthusiastic contributors.

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 Basic Education and Literacy Month. See you soon!!!!**

Rtn Dr. Sandeep Gharat

Editor – Vikas

Excellent Year 2023-24

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रोटरी स्मृतिशलाका

॥ उगवत्या पिढीची संघटना ॥

संघटनेचा चेहरा जेवढा अधिक तरुण, तेवढी ती दीर्घकाळ टिकण्याची शक्यता अधिक. रोटरीकडे बघितल्यावर या विधानातल्या सत्याची प्रचिती येण्यास हरकत नसावी. जगभरच्या (व विशेषकरून भारतातल्या) रोटेरियन्सचे सरासरी वयोमान खाली येत आहे हे निश्चित स्पृहणीय आहे व त्याहून अधिक स्पृहणीय म्हणजे 'Every Rotarian an example to youth' असे एक घोषवाक्य असणारी रोटरी नवीन पिढीकरिता राबवित असणारे नित्यनूतन प्रकल्प व कार्यक्रम!

१९१५ साली श्रीमान पॉल हॅरिस यांनी 'तरुणाई' च्या रूपाने असलेल्या रोटरीच्या संचिताचे वर्णन केले आणि लगेच १९१६ च्या वार्षिक सम्मेलनात आंतर्राष्ट्रीय रोटरीने 'Work among Boys' करिता एक सहा सदस्यांची समितीही नेमली, रोटरी क्लब ऑफ न्यूयॉर्क सिटीने १९२० साली पहिला 'Boys Week' साजरा केला. याच 'Boys Week' चे पुढे १९३३ साली 'Youth Week' मध्ये रूपांतर झाले.

सुरुवातीस गोगलगायीच्या गतीने पुढे सरकणारी ही चळवळ १९६२ नंतर झपाट्याने व जोमाने वाढत गेली आहे. अमेरिकेतील फ्लोरिडा प्रांतातील मेलबोर्नमधील मेलबोर्न हायस्कूलमध्ये जगातील पहिल्या इंटरअॅक्ट क्लबची (१३ ते १८ या वयोगटातील मुलांकरिता) स्थापना झाली तर १३ मार्च १९६८ साली स्थापन झालेला अमेरिकेतील नॉर्थ कॅरोलिना येथील 'रोटरॅक्ट क्लब ऑफ नॉर्थ चार्लोट' हा जगातील पहिला रोटॅक्ट क्लब ठरला. (वास्तविक ऐतिहासिक दृष्टिकोनातून पाहता सिकंदराबादच्या रोटरी क्लबने १९६३ सालीच अशा तऱ्हेच्या रोटॅक्ट क्लबचा प्रस्ताव आंतर्राष्ट्रीय रोटरीकडे मांडला होता पण रोटॅक्ट क्लब ऑफ सिकंदराबाद जगातील पाचवा रोटॅक्ट क्लब ठरला, हे त्यांचे नशीब!!) रोटॅक्ट चळवळ ही प्रामुख्याने १८ ते ३० वर्ष वयोगटातील तरुणांकरिता आहे व आता तर लहान मुलेही रोटरीच्या परिस्पर्शापासून दूर राहू नयेत म्हणून रोटरीच्या पार्लमेंटने (C.O.L.) ८ ते १३ वयोगटातील मुलांकरिता 'ROTAkid' ची कल्पना मांडून आंतर्राष्ट्रीय रोटरीच्या संचालक मंडळाला त्या दृष्टीने पावले टाकण्याची विनंती केली होती. सन २००१ च्या C.O.L. ने तर Youth Service हा रोटरीच्या सेवेचा पाचवा महामार्ग म्हणून अधिकृतित्या घोषित करावा अशी मागणी केली होती. 2010 च्या C.O.L. ने त्याला रोटरीच्या सेवेचा पाचवा महामार्ग म्हणून अधिकृत मान्यता दिली, तर 2019 च्या C.O.L. ने Rotaract clubs ना रोटरीमध्ये अधिकृत सभासद म्हणून सामील करून घेतले (Rotary International is an association of member Rotary club and Rotaract clubs). तरुणाईला रोटरी देत असलेले विशेष महत्व सप्टेंबर महिना रोटरी जगतात 'नवीन पिढीचा महिना' म्हणून ओळखला जातो या गोष्टीने अधोरेखित होते.

तरुणाईला सर्वार्थाने (नेतृत्वगुण, कलागुण, व्यवस्थापन, छंद यांचा व त्या माध्यमातून व्यक्तिमत्व विकास) साजरा करणारा रोटरीचा एक कार्यक्रम म्हणजे Rotary Youth Leadership Awards (Ryla) या कार्यक्रमाचे मुळ ऑस्ट्रेलियातील एका महोत्सवात म्हणजे 'गुंड' मध्ये आहे. याच गुंडचे पुढे रोटरी क्लब ऑफ ब्रिस्बेनच्या पुढाकाराने १९७१ मध्ये (Ryla) त रूपांतर झाले. आज या कार्यक्रमाला जगभर मिळणारा प्रतिसाद थक्क करणारा व रोटरीच्या दृष्टीने उत्साहवर्धक असा आहे.

आजच्या घटकेला जगात ११,२८३ रोटॅक्ट क्लब्स (१,७५,३०१ सभासद) व १३,५२७ इंटरअॅक्ट क्लब्स (३,११,१२१ सदस्य) कार्यरत आहेत. रोटरीतील ही 'तरुणाई'च उद्याच्या जगाचे नेतृत्व करणार आहे, उद्याचं जग अधिक संपन्न करणार आहे. जपान हा देश उगवत्या सूर्याचा देश म्हणून ओळखला जातो. तद्वत रोटरी ही उगवत्या पिढीची संघटना म्हणावयास हरकत नाही.

रो. डॉ. उल्हास कोल्हटकर

माजी मंडलाध्यक्ष, मंडल ३१४२



Dr. S. Radhakrishnan's Glorious Journey as the Teacher

***“ The true teachers are those who help us think for ourselves”
– Dr. S. Radhakrishnan***

Birth day of former President of India Dr. S. Radhakrishnan is observed as the Teachers day in India. Dr. Radhakrishnan was the great philosopher, renowned teacher, scholar, statesman and staunch promoter of Advaita Vedant. Indian Philosophy was largely being misinterpreted in the West since long. Dr. Radhakrishnan put it in a contemporary format and acted as a bridge between the West and the East. His book in two volumes on Indian Philosophy are still serving as the profound reference for Indian Philosophy.

Just have the glimpse of journey of Dr. S. Radhakrishnan as the teacher.

After doing his graduation and masters in Philosophy from Madras Christian College, in April 1909, Radhakrishnan was appointed to the Department of Philosophy at the Madras Presidency College thereafter, in 1918, he was selected as Professor of Philosophy by the University of Mysore, where he taught at its Maharaja's College, Mysore.

By that time he had written many articles for journals of repute like The Quest, Journal of Philosophy and the International Journal of Ethics. He also completed his first book, The Philosophy of Rabindranath Tagore. He believed Tagore's philosophy to be the "genuine manifestation of the Indian spirit".

In 1921 his famous book - Indian Philosophy in the Muirhead library of Philosophy series. It made him internationally famous. The same year Sir Ashutosh Mukherjee appointed him to the prized King George V Professorship of Philosophy at the University of Calcutta. At that time there were stalwarts like Hiralal Haldar, K.C. Bhattacharya and S.N. Dasgupta in that department. It created stir that a young and relatively unknown scholar from the south was placed above them. But soon Dr. Radhakrishnan proved their notion wrong by his gentle and courteous manners.

There after he did series of publications, was invited to famous lectureship abroad and was honored by various universities.

He represented the University of Calcutta at the Congress of the Universities of the British Empire in June 1926 and the International Congress of Philosophy at Harvard University in September 1926. Another important academic event during this period was the invitation to deliver the Hibbert Lecture on the ideals of life which he delivered at Manchester College, Oxford in 1929 and which was subsequently published in book form as An Idealist View of Life.

In 1929 Radhakrishnan was invited to take the post vacated by Principal J. Estlin Carpenter at Manchester College. This gave him the opportunity to lecture to the students of the University of Oxford on Comparative Religion. For his services to education he was honoured by King George V. and the then Governor General of India .

He was the vice-chancellor of Andhra University from 1931 to 1936.

In 1936 Radhakrishnan was named Spalding Professor of Eastern Religion and Ethics at the University of Oxford, and was elected a Fellow of All Souls College. That same year, and again in 1937, he was nominated for the Nobel Prize in Literature. In 1939 Pt. Madan Mohan Malaviya invited him to succeed him as the Vice-Chancellor of Banaras Hindu University (BHU). He served as its Vice-Chancellor till January 1948.

He was the second ambassador of India to the Soviet Union from 1949 to 1952, the first vice president of India from 1952 to 1962 and the second President of India from 1962 to 1967.

Indeed, he was one of the greatest teachers India has given to the world.

On one of the occasions of his birth day in later years of his life, his students and well wishers wanted to offer him a gift . He wished at that time to observe his birth day as National Teachers Day.

- PP Dr. Madhav Baitule



आरोग्यमंत्र

Basti – दुनिया का सबसे छोटा AC

Air conditioner has become a need especially in summer and is no more a luxury. AC adjusts the temperature of the surrounding air to make you feel comfortable. Now the question is once the temperature becomes quite manageable during Monsoon do we really require AC? Those who are saying 'NO' Hang on. Ayurved has got something interesting for you.

Ayurveda advocates that human body is a small version of the universe. Universe is made up of five basic elements (Panch Mahabhuta) so as human body. Vata is considered as representative of Air in human body. Respiration, Heartbeat, Movements of joints, Excretion of waste material are some of the noteworthy functions of Vata. Even our nervous system is governed by Vata only.

This Vata gets disturbed due to atmospheric changes in rainy season. This disturbed Vata causes various illnesses of digestive and musculoskeletal system. Following diseases are seen due to disturbed Vata

- Digestive diseases like Abdominal bloating, Reduced Appetite, Constipation
- Bone & joint diseases like
- Knee pain (Osteoarthritis, RA)
- Low back pain (Lumbar Spondylosis, PID, Sciatic Pain)
- Neck pain (Cervical Spondylitis)
- Irregular menstruation due to PCOD, Dysmenorrhea, Fibroid, Menopausal Syndrome
- Paralysis
- Certain heart diseases
- Anorectal diseases like Piles, Fissure
- Kidney stone

Monsoon is ideal time to condition the air inside your body i.e. Vata. Ayurved says बस्ति: वातहरणां; which means Basti is the best treatment for vata-predominant diseases. That's why the Basti is best Air conditioner for Vata. Basti is nothing but a medicated enema; but it is not like an ordinary soap water or glycerin enema to flush out stool and waste material from body. Basti is a cleansing procedure to get rid of vitiated Vata in the body. During basti procedure medicated oil, ghee or decoction is administered through anal route.

As per Ayurveda large intestine is a head office of Vata which controls the functions of Vata all over the body. So Basti administered in large intestine through anus it acts as a corrective measure against the disturbed Vata during monsoon. **So Basti is nothing but AC to condition Vata in your body.**

There are a number of types of Basti. But generally two main types are observed.

Anuvasan Basti - Medicated oil enema.

Niruha Basti - Decoction enema.

These Anuvasan and Niruha are administered in alternate fashion. There are various courses of Basti. Your physician decides suitable course for you as per your constitution (Prakruti) and nature of illness.

Yog Basti - It's an eight days course with 5 Anvasan Basti i.e. Oil Enema & 3 Niruha Basti i.e. Decoction Enema

Kala Basti - 16 days course with 10 Anvasan Basti i.e. Oil Enema & 6 Niruha Basti i.e. Decoction Enema

Karma Basti - 30 days course with 18 Anvasan Basti i.e. Oil Enema & 12 Niruha Basti i.e. Decoction Enema.

Monsoon is here. So guys it's time to switch on the AC to condition your Vata.

Dr Pushkar Purushottam Wagh

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The Psychological Odyssey of Chandrayaan 3: Lessons for Daily Life

The human fascination with the cosmos has led us to explore the farthest reaches of our universe. Chandrayaan 3, India's lunar mission, represents not only a scientific achievement but also an exploration of the human psyche. The psychological impact of Chandrayaan 3 can offer us valuable insights into our own lives, helping us navigate challenges, embrace curiosity, and cultivate resilience.

Curiosity and Exploration:

Chandrayaan 3's journey to the moon captures our innate human curiosity. This curiosity is a trait that drives exploration and learning, both within the scientific realm and our personal lives. Just as scientists delve into the mysteries of space, we too can embrace curiosity as a tool for growth. Exploring new perspectives, seeking knowledge, and stepping out of our comfort zones can lead to personal and professional advancement.

Resilience in the Face of Challenges:

The journey of Chandrayaan 3 is marked by challenges, setbacks, and determination. The perseverance displayed by the scientists and engineers mirrors the resilience needed in our daily lives. Life presents its own set of obstacles, but the ability to adapt, learn from failures, and keep moving forward is a skill we can glean from the mission's story. Challenges, whether big or small, can be opportunities for growth and strength.

Teamwork and Collaboration:

Behind Chandrayaan 3's success lies a vast team of individuals working together seamlessly. The mission teaches us the importance of teamwork and collaboration. In our interconnected world, our personal and professional achievements often rely on cooperation. By fostering effective communication, mutual support, and shared goals, we can build stronger, more cohesive teams in our own lives.

Embracing the Unknown:

Chandrayaan 3 reminds us that venturing into the unknown requires courage. Just as space exploration is an exploration of the unfamiliar, our personal growth often involves stepping into new territories. Embracing uncertainty, facing our fears, and adapting to change can lead to personal transformation and expanded horizons.

Chandrayaan 3's psychological impact reflects the human spirit's remarkable capacity for curiosity, resilience, collaboration, and inspiration. As we navigate our own life journeys, we can draw from these qualities, making each day an exploration of possibilities. Just as we gaze at the moon, let us gaze at our own potential and the endless opportunities for growth and fulfillment.

By delving into the psychological narrative of Chandrayaan 3, we unveil not only the mysteries of the universe but also the profound lessons that enrich our lives.

-By Rtn Anuj Yadav



Travel Tips for your first Foreign Travel

Going to long foreign trip on your own? Here are some useful and simple tips. These simple looking tips are real important and should be followed

Please Check and ensure the following to avoid troubles -

- Validity of **passport** and **visa** and validness of **currency**. Keep some valid hard currency. Checking these dates, especially visa date is very important
- Keep hard prints of **air tickets** handy with you. I have experienced the pressure on co-passenger when he couldn't open his mobile to show soft copy.
- **Baggage policy** of all airlines could be different -in terms of number of bags, dimensions of bags and weight restrictions. Adhere to least allowed among all.
- **Time gap** between arrival of earlier and departure of onward plane should be enough to cover time for internal travel and transfer and completion of transfer process.
- **Special short routes** are provided for international transfer passengers. Follow them to shorten the time. Else you will end up missing the onward flight.
- Spare personal **neck pillow** is not suitable to many seat designs in plane. Don't buy unless you have experienced discomfort without it earlier.
- Check the **items allowed / not allowed** to be carried in cabin and allowed / not allowed to be carried in check-in luggage. To our surprise dry coconut not allowed in check in baggage
- **Check zips, locks, stitching, wheels, handles, trolley operation of all of your bags** well in advance, to get them repaired or get new bags.
- Personal **travel health insurance** and **stock of medicines** for period in travel and stay abroad.
- Routine **health checkup** for declaration of pre existing diseases while taking personal health insurance. Even otherwise better to have a routine checkup done
- Dental clean up to avoid challenges abroad as treatments are very costly and many times not covered in travel health Insurance.
- By the way, **hair cuts** are also very costly abroad.
- Private franchisees of insurers in India give **unofficial discount** and though they accept less premium, mention full amount in their bill. Please note that short payment of premium than official bill may result in disallowance of claim. Better pay full premium officially and take back discount payment separately.
- Keep **passport, visas, ticket and currency** always on your body. Better buy a belt pouch and tie the belt to your waist. Loosing documents will post you in big trouble. Most important is Passport/visa, Tickets and currency could be arranged if lost. In crowded travels they are better kept in inside pocket of shirt. Wear a jacket above shirt
- Download sufficient movies, songs etc in your mobile or iPad.
- Keep personal ear phones to attach to your mobile, iPad etc to watch pre-downloaded movies and songs in long journey time in plane.
- Keep extra specs and Keep clothes and footwear suitable to weather, terrain, and your physical conditions.
- In the eventuality of your check in bags not getting loaded in your plane, don't get panic. Airlines deliver them free of cost within 48 hours at whatever location you fill in your complaint at the destination airport. Contact the authorities, lodge a complaint and wait at your home. You can track the status of your luggage online. To avoid immediate challenges of short of clothes etc in such situations, better keep 2-3 days clothes, medicines, etc in cabin bag.
- Secondly you can claim compensation to airline for inconvenience caused due to delay in getting luggage.
- Make uniform **identification marks** on all your bags to identify them easily on conveyor belt at destination. Easy way is writing some alphabet by wet chalk on all sides of the bag. Many tie a colourful ribbon to handle. But that's not easily seen if handle is not visible.

Rtn CA CS Mukund Sable



How Preferring a Batata Wada at Our Weekly Meeting is Environment Friendly!

Can your food choices help protect the environment we long for? Some days back I came across a WhatsApp post in our own club's fellowship group about an editorial on Ultra processed food products destroying human health, published in a Marathi daily.

I would like to discuss one point which the article or the author missed! The article summarized a book named "Ultra processed people" book authored by Chris Van Tulleken. The article mentioned about how large companies are into multiple businesses indirectly affecting your health and how humans can't stop it happening. Any food product that is prepared in a factory is processed as to make it last longer preservatives have to be added to it, there is no running away from it. Why doesn't



foods prepared at home don't last for more than 12 hours? Why don't we drink the tea after 2 days of its preparation like the beverages available nowadays in cans like coffee etc. All these products come with innumerable chemicals named as preservatives which directly affect our defense system. The human defense system or army majorly is taken care by the white blood cells or leucocytes. Apart from this, the high sugary ingredients in these products are so habit forming that once you get a taste of them you become a

patron for years to come damaging your health. High carbs in these ultra processed foods tend to make you gain weight as they are energy dense, give you quick calories, trigger the dopamines in your brains, and if you have a sedentary lifestyle, I bet sooner you are going to put on some pounds. Then the vicious cycle begins in search of proteins to lose those extra pounds, and no doubt they are those same companies who do manufacture these products too. The dopamine game played by these large capitalists is more dangerous which they can do easily by investing heavily on food technology and research on what % of sugar can trigger the habit-forming dopamine hormone to make me their patron affecting my health, becoming a diabetic and make rounds of anti-obesity centres, gulping pills manufactured by their sister concerns



McDonald's uses 17 types of preservatives just for a finger fries made with potato! The KFC recipe is scientifically & technically designed by their food technos to trigger your dopamine hormone, everything from the sodium content, to ajinomotto, and the oils & preservatives. And there are other players too like Nestle, Lays, The Cola companies, the list is too long.



वो शाम कुछ अजीब थी...

दोस्तों !!!

आज मैं बात करूंगी **वो शाम कुछ अजीब थी**, इस गीत पर। ये १९६९ में आई फिल्म खामोशी का गीत है, जिसके बोल लिखे हैं गुलज़ार साबने, धुन है हेमंतदाकी।

परदेपर राजेशखन्ना गा रहे हैं, जिसे अपनी सुरीली आवाज दी है किशोरदा ने, साथ में वहीदा रहमान दिखाई देती हैं, जो नामांकित हुई थीं फिल्म फेयर के लिए, दोनों कलाकारों ने समालोचकों की प्रशंसा

पाई।

जिन्होंने फिल्म देखी है वो जानते हैं, कि गीत के हालात कैसे हैं, जिन्होंने फिल्म नहीं देखी, उनको ये एकबार जरूर देखनी चाहिए। बड़ी संवेदनशील कहानी, सशक्त अभिनय, कुशलनिर्देशन एवम्दिल में टीस पैदा करनेवाला अंत है।

ऊपरी तौर से देखाजाएतो ये एक रोमांटिक गीत जान पड़ता है। शाम का समय, नदी का किनारा, नाव में बैठे नायक नायिका। हैना? पर गीत के शुरू होते ही, चप्पूकी हल्की आवाज के साथ, सिर्फ कार्ड्स पर गीत शुरू होता है:

वो शाम कुछ अजीब थी.....

उसके बाद उदासीभरा कोरस, और संगीत माहौल को गंभीर बना देता है।

वो शाम कुछ अजीब थी, ये शाम भी अजीब है

वो कल भी पास पास थी वो आज भी करीब है....

contd. on next page →

One major factor which I mentioned the article missed was environment or the carbon foot prints.

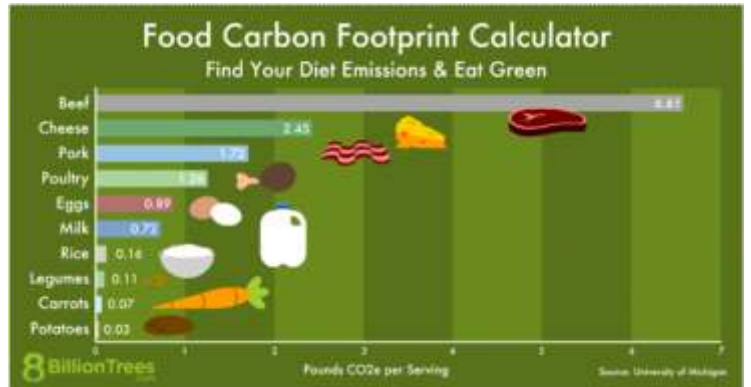
What is a carbon foot print? - measure of the amount of carbon dioxide released into the atmosphere as a result of the activities of a particular individual, organization, or community.

How it is related to food choices? - Majority of these large food chains operate from a central kitchen. Foods are made in these large kitchens and then supplied all over the country to their franchisee outlets. Now here is the major point we always overlook!

Imagine the amount of fuel burnt right from procurement process of raw materials arriving in central kitchens to the deliveries of end products, which is directly related to the high carbon foot print resulting in high pollution in environment, over use of natural resources, the manpower used in all this process, the number of vehicles involved in the process, all this sums up to the high carbon foot prints nothing but high CO₂ in environment.

Preferring a local dish made by local people in front of you, has a low carbon foot print on both you as well as the vendor compared to the ultra-processed foods which reach the food joint by travelling form far away. It takes one person to decide and make a change, of deciding not to be one of the ultra-processed people to save the environment.

That is why I will prefer a Batata wada at weekly meeting prepared by our own rotarian!



Contributed by – Rtn. Dr Mahesh Patil

पास और करीब. दो शब्दों से खुमारी भर देते हैं गुलज़ार। पास होना याने सिर्फ़ साथ होना, करीब होना भावनिक नजदीकियों को दर्शाता है। कल साथ तो थी पर आज दिल के बहुत करीब आ गई है, ये विश्वास है। पहले अंतरे में अतीत है, तो दूसरे में वर्तमान है।

अब पहले अंतरे और दूसरे अंतरे की २-२ लाइन्स को साथ साथ देखते चलें। तुलना भी हो जायेगी, मेरी बात साफ़ हो जाएगी :

**झुकी हुई निगाह में.....कहीं मेरा खयाल था
दबी दबी हँसी में इक हसीनसा गुलाल था**

उस वक्त अतीत में, उसकी निगाहें झुकी थीं, एक अर्थ है कि, मेरा ऐसा खयाल है, विचार है इसकी झुकी निगाह में, दबी दबी हँसी में शर्मवाली लाली का गुलाल था। या और अर्थ हो सकता है कि झुकी निगाह में कहीं मेरे बारे में ही खयाल था? और आज क्या है?

**मेरा खयाल है अभी झुकी हुई निगाह में
खिली खिली हँसी भी है दबी हुई सी चाह में**

आज उसकी झुकी निगाह में हँसी दबी-दबी नहीं, बल्कि खिली-खिली है, और चाहत दबी हुई है उसके अंदर मेरे लिए। आगे है, अतीत में:

**मैं सोचता था मेरा नाम गुनगुना रही है वो,
न जाने क्यों लगा मुझे कि मुस्कुरा रही है वो**

वो सोच रहा था कि उसकी प्रेयसी उसी का नाम गुनगुना रही है, और उसे लगने लगा कि वो मुस्कुरा रही है (ये तब की बात है, जो उसे याद आ रही है). और आज?

दूसरे अंतरे की आगे की लाइन्स,

मैं जानता हूँ मेरा नाम गुनगुना रही है वो, यही खयाल है मुझे कि साथ आ रही है वो

now he is sure ,कि मेरा ही नाम गुनगुना रही है, और अब वो मेरे साथ आयेगी, प्यार निभाएगी ये विश्वास है उसे।

मैं.....सोचता था....

मैं.....के बाद किशोरदा का हल्कासा विराम pause, बड़ा अर्थपूर्ण है।

पर ये सब सुनकर वहीदा के चेहरे पर उदासी है। वो इसलिए कि वहीदा उसकी नर्स है जो विफल प्यार में पागल मरीज की सेवा कर रही है। मरीज, नायक, राजेशखन्ना भले उसे अपनी प्रेयसी समझ रहा हो, पर वो जानती है, कि ये गीत उसके लिए नहीं। वो तो खुद अपने पिछले मरीज़ (धर्मेन्द्र)की यादों में गुम है, जिसे वो दिलही दिल में चाहने लगी थी, पर कामयाब न हो सका उनका प्यार।

याने दो टूटे हुए दिल अपने अपने माज़ी (past) को साथ लेकर आए तो हैं, पर दोनों एक साथ नहीं भी हैं। यही वजह है कि हेमंतदाने धुन में एक दर्द भरा है, एक ठहरावसा है, जो हावड़ा नदी और शाम के शांत समय के लिए खास है। मेरी नज़र में ये गीत हर तरह से एक लाजवाब गीत है, गायकी, अभिनय, बोल, धुन, छायांकन आदि के पहलू से.

वैसे तो फिल्मों में शामें हसीन, रंगीन, प्यारी होती हैं, पर गुलज़ार साबकी ये शाम कुछ अजीब है, हैना???

Listen the song video

<https://www.youtube.com/watch?v=MDXFi3avqo0>

डॉ. चारुमित्रा रानडे, गोवा

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Deepfake Images: A New Avenue for Cybercriminal Scams

In an era dominated by technological marvels, the emergence of deepfake images has led to a new wave of concern. Cybercriminals exploit these compelling, AI-generated images as a potent tool to orchestrate scams that prey upon unsuspecting victims.

Recent events, such as the case of Mumbai cops' sons arrested for creating explicit videos using AI (as reported by NDTV), underscore the urgency of addressing this rising threat. In this article, we delve into the world of deepfake images, how cybercriminals employ them, and the measures necessary to shield ourselves from their immoral schemes.

The following images are created using AI Tools.



The Genesis of Deepfake Images

Deepfake technology, initially developed for entertainment purposes, has rapidly evolved into a double-edged sword. Using sophisticated machine learning algorithms, cybercriminals can manipulate existing images or videos to create realistic, indistinguishable fabrications from genuine content. These deepfake images can involve superimposing one person's likeness onto another, altering facial expressions, and even modifying speech patterns.

The Cybercriminal Playbook: Exploiting Deepfake Images

Catfishing Schemes: Cybercriminals use deepfake images to craft seemingly legitimate online profiles, luring victims into virtual relationships that often lead to financial extortion or identity theft.

By presenting themselves as someone else, scammers establish trust and manipulate emotions, making it easier to coerce their victims.

Blackmail and Extortion: With deepfake images, criminals can threaten to release fabricated compromising content of individuals unless a ransom is paid. The highly convincing nature of these images adds to the victims' distress, increasing the likelihood of compliance.

Impersonation Attacks: Using deepfake images, criminals can mimic the appearance and mannerisms of high-profile individuals, such as celebrities or company executives. They then engage in phishing campaigns, tricking employees or followers into revealing sensitive information or transferring funds.

Fake Endorsements: Cybercriminals create deepfake images of influential figures endorsing products or services to deceive consumers into making fraudulent purchases. Such scams erode consumer trust and damage the reputations of both the impersonated figure and the business.

Mitigating the Threat: Defenses Against Deepfake Scams

Education and Awareness: Promoting awareness about deepfake technology and its potential for abuse is crucial. Educating the public about the existence and dangers of deepfake images can help individuals stay vigilant and recognise suspicious online activities.

Verification Processes: Online platforms can implement stringent verification measures for user profiles and accounts, reducing the likelihood of cybercriminals exploiting deepfake images for malicious purposes.

Digital Watermarking: Content creators can embed subtle digital watermarks into their images and videos. These markers can be challenging for AI algorithms to replicate accurately, helping users differentiate between authentic and manipulated content.

Advanced AI Detection Tools: Investing in AI-driven detection tools can aid in identifying potential deepfake images. These tools analyse subtle anomalies in visual and audio cues that may be invisible to the human eye.

As the digital landscape continues to evolve, cybercriminals' use of deepfake images poses an escalating threat to online security. The case of the Mumbai cops' sons is a stark reminder of the potential consequences. By understanding the modus operandi of cybercriminals and implementing robust defences, we can collectively curb the proliferation of deepfake scams. Staying informed, employing technology responsibly, and fostering a culture of scepticism are crucial steps towards safeguarding ourselves from this innovative breed of cybercrime.

- By Rtn Ashish Bobade





How to Plan Sustainability in Rotary Projects

The word sustainability means different things to different people at the different stages of their work. Let me try to simplify it for Rotarians for Rotary Projects. It means the Rotary Project Wheel must role on without external help having closed the Rotarian involvement in the project.

The goal of District Grants, Global Grants or CSR Grants is to make a lasting difference in people's lives; the results that will continue long after the Rotarians, Vocational training team returns home, or your club submits its final project report to the Foundation. Therefore, any project plan is required to take in to account the local involvement.

Sustainability needs to be planned right from the beginning of the project. You can not add it later on.

In my view, each club must have a Team / group of 4-5 Rotarians continuously devoting their Rotary Time for project conceptualisation or project formulations which we often call as Concept Study, or Feasibility Study or a Project Proposal or Project Report. A strong and committed team working "Year after each Rotary Year" and which guides the presidents and club members on the community projects. This team must be replenished by new vigour and vitality every year by the Board of Directors [BoD] and the past residents.

The Team continues to visualise projects, build a shelf of projects, maintain it for incoming members and presidents, and stays current as far the inputs from the BoD and the District authorities.

Team actually should plan to help Communities become better aware and better educated in seeking long term solutions, handling the local needs and bring in the behaviour changes if any. The Team has to be passionate about Rotary projects and invest a lot of time, energy and resources in initial plans. Sustainable projects results automatically when your club makes provisions for measuring the success and keeping in touch with the communities periodically.

The following six steps will make sure that your team achieves the Sustainable result by planning.

1. Start With Community	2. Encourage Local Ownership	3. Provide Training
4. Buy Local	5. Find Local Funding	6. Measure Your Success

- 1. Start With Community:** Work with members of the benefiting community to identify a need and develop a solution that builds on community strengths and aligns with local values, culture, requirements and behaviour.
- 2. Encourage Local Ownership:** Visit communities, leaders, teachers, officers, and typical families, and organizations to discuss strengths and needs. Identify resources, skills, capacities, and local priorities needed.

Key lies in quickly identifying key community members who can pioneer lasting improvements and empowering community members. Then the community members become partners in the project and are committed to the project success. This brings awareness to the project and

offers opportunities to participate in its success, and may also allow local vendors to create new jobs or sell goods and services.

3. Provide Training: A project's success depends on its people and their passion. Hence it is necessary to begin with imparting necessary training, education, and community outreach. This also applies to the beneficiaries. It is necessary to strengthen beneficiaries' ability to meet and continue project objectives. A project's success depends on people who have learnt to take over the project once the funding and external volunteering is completed. The role of empowered internal volunteers begins. Provide training to the locals so that the community members can operate, maintain, and repair equipment on their own.



Reference: RCDE Project Experience of the Team and Rotary Learning Centre

- 4. Buy Local:** Use local manpower resources, purchase equipment and technology from local sources whenever possible. Get at least three bids from vendors to make sure you receive the highest quality for the best price. Compensate your project vendors appropriately so they have incentive to continue providing supplies. Make sure spare parts are available locally also.
- 5. Find Local Funding:** Get local funding through governments, hospitals, companies, individuals and other organizations where necessary. For example, maintenance activity, or periodic upgrade plans - Provide the local owners / bodies with Financial Management and Operations Management plans and ensure their ownership.
- 6. Measure Your Success:** Because you are doing work it will result in some effect. The effect or the impact is important achievement of your project. It will be good idea to be able to quantify or give it a numerical value or be able to measure it in some manner.

In order to measure any parameter, you will need data from time to time. Hence decide the type of data you will plan to gather, periodicity of the data gathering, assign responsibility to generate data and communicate to the club. Someone involved in project from the clubs will process data and gainfully utilise it as the learning or the experience for the future plans. Maintain a strong relationship with the community to help you collect data and also address any issues that the data discloses.

Contributed By Rtn Arun Ashtikar

RC DOMBIVLI EAST FELLOWSHIPS AND PROJECTS OF AUGUST 2023

RC Dombivli East celebrated the Friendship Day with members at Visava resort during the Monsoon Picnic.



Independence day was celebrated at Rotary bhavan with 81 members including the runners clan group and yoga group. Flag hoisting was followed by Patriotic songs from Karaoke fellowship group.



RC DOMBIVLI EAST FELLOWSHIPS AND PROJECTS OF AUGUST 2023

Rotary student apps were distributed to needy students. Total 1200 apps being donated in August



Membership induction ceremony held at Rotary Bhavan. We inducted 23 members, highest in district. President got felicitated by DG & district team.



RC DOMBIVLI EAST FELLOWSHIPS AND PROJECTS OF AUGUST 2023



An 'Excellent' Interact Installation by Rotary Club of Dombivli East

RCDE recorded an incredible installation of 18 Interact Clubs in the Excellent RY 2023-24 on Thursday, 3rd August 2023. The ceremony was graced by the presence of Interact District Avenue Chair PP Sanjeev Tambe as the Chief Guest, Mrs. Manjiri Gharat, Principal, KMK Polytechnic, Ulhasnagar as the Guest of Honour, President Raghunath Lote, Hon.Sec. Dr. Mahesh Patil, Project Director Rtn. Anuj Yadav and Project Chair Rtn. Dr. Hemish Joshi along with the Interact moderators & the club Rotarians.

All 18 schools enthusiastically attended the ceremony which was filled with huge energy due to the presence of over 150 Interactors despite heavy rains. The Interact Past Presidents were eager to announce their achievements in the last year and current interact presidents passionately elaborated the projects they are willing to work on. The project ideas shared by the Interact Presidents on various Social, Environmental, Technological, Ecological & Behavioral aspects astonished the audience. Three Rotarians from RCDE were appointed as Interact Advisors to ensure smooth transition to the new team as well as to support & monitor their activities throughout the year.

Rtn. Sanjeev Tambe shared his views about the youth in this age group and how to use their huge energy for building the nation. Mrs. Manjiri Gharat enlightened the attendees on the various challenges faced by the students of this era & the ways to cope up with them.

An overwhelming response from all the interactors was noticeable for the Slogan Competition for the proposed signature project of RCDE, viz. 'Beautification of Dombivli Railway Station' with over 200 entries in the very first round.

The ceremony was successfully concluded leaving no doubts in anybody's mind about the Interact Teams supported by RCDE going to achieve a huge success in this Excellent year.

- By Rtn Prof Anita Yadav / Rtn Vishram Paranjape



Out Interact club sent 9600 handmade rakhis for Indian Army Jawans



Secretary's Desk



Rtn. Dr. Mahesh Patil



ANNS BIRTHDAYS

Name	Date
Bharati Dalvi	19-Sep
Sampada Shirodkar	19-Sep
Varsha Katekar	21-Sep
Anuradha Tarte	22-Sep
Uma Singh	23-Sep
Vaidehi Gothe	23-Sep
Dr Siddhesh Hase	24-Sep
Dr Rutuja Chaudhari	25-Sep
Srinivasan Iyer	28-Sep
Deepali Sane	29-Sep
Ganesh Joshi	30-Sep
Pooja Patil	30-Sep

ROTARIAN BIRTHDAYS

Name	Date
Abhijit Joshi	02-Sep
Vikas Sankulkar	04-Sep
Amey Kakirde	09-Sep
Anita Yadav	09-Sep
Sushil Mishra	11-Sep
Devidas Patil	12-Sep
Jyotsna Bhise	15-Sep
Siddhi Kashelkar	16-Sep
Vinayak Agte	17-Sep
Prasanna Phadnis	18-Sep
Ulhas Kolhatkar	18-Sep
Vyankatesh Dalvi	22-Sep
Vinay Bhole	24-Sep
Ajit Shirwalkar	25-Sep
Madhav Baitule	29-Sep
Shilpa Kothavade	29-Sep
Atharva Joshi	30-Sep
Deepak Patwatkar	30-Sep
Ganesh Joshi	30-Sep
Jitendra Pai Bir	30-Sep

ANNETS BIRTHDAYS

Name	Date
Aashay Degvekar	01-Sep
Mangesh Gupte	01-Sep
Tejkumar Dhulla	01-Sep
Harleen Bhatia	02-Sep
Vineet Neve	04-Sep
Aishwarya Sawant	05-Sep
Shravani Thokade	06-Sep
Swajit	08-Sep
Vedant Gothe	09-Sep
Dhruvee	10-Sep
Mahira Patil	10-Sep
Riddhi Lote	10-Sep
Son (Sameer Chavarkar)	10-Sep
Priti	11-Sep
Janhavi Nayak	12-Sep
Pooja Pathak	13-Sep
Pranav	13-Sep
Varun Rozekar	13-Sep
Akanksha	14-Sep
Auish	16-Sep
Aditya	17-Sep
Son (Sangita Deshpande)	17-Sep
Nihal	18-Sep
Vristi Avhad	18-Sep
Arya	19-Sep
Akshata Thakare	21-Sep
Tanish Jain	21-Sep
Aarush Mone	26-Sep
Rishaan Deshmukh	27-Sep
Nabha	28-Sep
Ria	29-Sep
Himanshu Hamirani	30-Sep
Kunjan Dutiya	30-Sep

ANNS BIRTHDAYS

Name	Date
Ashwini Taware	01-Sep
Sadhana Lohokare	02-Sep
Kirti Gosavi	04-Sep
Pavan Acharya	04-Sep
Neha Joshi	05-Sep
Manjiri Gharat	06-Sep
Swapnali Modak	06-Sep
Seema Shetty	08-Sep
Shraddha Mangale	12-Sep
Surabhi Yadav	12-Sep
Sunil Deshpande	13-Sep
Mangala Sawant	14-Sep
Vidya Baitule	14-Sep
Vishakha Avhad	14-Sep
Mandar Joshi	16-Sep
Shivangi Karwa	16-Sep
Shamal Deshmukh	17-Sep
Anita Sawant	19-Sep

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