

# HILL ECHOES

OCTOBER ISSUE

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District Governor - 2025-26

Samir Limaye  
Club President - 2025-26

Nilesh Pitale  
Club Secretary - 2025-26



**Community Economic  
Development**

OCTOBER 2025

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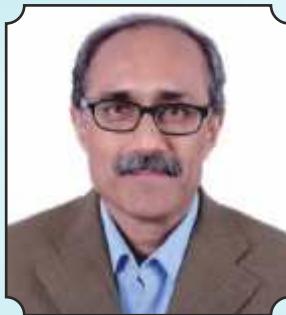
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Rotary

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## Reflections by Club President

Scintillating September. Indeed it was. This is designated month for basic education and literacy. Our club **Director Madhumita** planned and executed many activities related to educational app distribution during September. benefitting students with learning tools and exam preparation support.

In line with our unique initiative **Baton Baton Mein**, September group named - **Creators**(Facilitator- **Director PP Nilesh Puranik**) provided un forgettable experience thru out month. It all started with casual dinner meet at Director **PP Nilesh**'s home for brainstorming .Some of the noteworthy achievements / events were- group created a

**cameo to build camaraderie ,Teachers day celebration with new format, Engineers day celebration, sending daily flyer with historical reference,Marathi Abhang evening,Dandiya night fellowship and guest speaker on mental health.** Needless to say lots of gifts for all was also high point.

A **big debate** on "Should sports be made compulsory in schools?" brought in fresh perspectives and eloquent speakers turned table with their examples and solid logic. Jury member also provided their perspective on how sports provides wholesome nourishment and teaches life skills.

Our club truly represents Indian unity in diversity philosophy. As a society we love celebrations thru rich music and dance. **Marathi Abhang** and **Devotional Musical** Evening created a soulful spiritual connect, immediately next day many Hiller supported cause of **Ann Daan** on **Amavasya** day. This also **marks ends of fortnight** remembering departed souls and beginning of biggest festive season in India. It is that period of year when society gets into celebration mode,fun and gaiety. This also marks beginning of shopping festivals, decoration of homes, family time & fun.

September month also provided wonderful opportunity to have **joint meeting** with Rotaractor Club. Their youthful energy , lingo and creativity is worth admiring. **Rotaractor are our natural partner** for youth services and we have many plans going forward for engagements. For superior impact we better work together rather than in silos . In continuation with same philosophy, we completed third interact club installation in **TiTEN Year at Rainbow International School**.

On medical front Hillers also volunteered for **Sastur Medical camp for polio corrective surgeries**. A flagship project of RC Ambarnath in collaboration with RC Thane Hills. Hillers are closing September month with **two back to back HPV Vaccination camps** with total of 475 girl beneficiaries .Our club also took forward subject of formation of a **Rotary Action Group** for Mental Health for youth.

Visit by Rotary International dignitary **PRIP Holger Knaack and Sussane**'s visit to Thane for RID 3142 First TRF Seminar provided opportunity to host them at our Triumph Blood Bank. Very brief but important to have **Rotary Foundation Chair** making visit to our flagship project.

Thanks to PE Dr Anagha and Rtn Amit Karkhanis many Hillers got a chance to attend Fashion Show and ramp walk. Almost one forth of Hillers reached Goregaon venue to get a glimpes of glamorous world.

Beyond fashion, fellowship, food and fun there is also a **serious aspect of Rotary** and that is projects. We encourage every member to actively participate by volunteering time and effort. Every member can leverage his/her contacts for fund raising of blood donation camps or connecting with potential CSR donor or participate in existing ongoing project. Members can also **help introducing new members**. Many of us have relatives living overseas and can easily be persuaded for small donations in Triumph Foundation. Everthing starts with one simple thing... **Ask**.

September truly reflected the essence of Creativity, Charity, Collaboration, Care, and Celebrations. It was a month that blended cultural depth, youth engagement, impactful service projects, and global vision—**making it memorable for every Hiller**.

Wait and watch **Firebrand October group** is also gearing for firework in Diwali month. Stay tune

Your in Rotary Service

Samir Limaye

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## Updates by Club Secretary

Dear Rotarians,

**September**, celebrated in Rotary as **Basic Education and Literacy Month**, was a month of impactful initiatives and meaningful fellowship for our club.

We took a significant step in supporting education by distributing **1,500+ e-learning apps** to students of Std. 10 across various schools, helping them strengthen their understanding of subjects in a digital and modern way. On

**Teachers' Day**, we felicitated teachers—the true pillars who shape young minds and build the future of our country. This year, the celebrations were made even more special through a unique **student-teacher engagement**, where students asked thoughtful and curious questions, creating a lively and memorable interaction.

While celebrating **Ganesh Festival**, we encouraged members to place **donation boxes next to Lord Ganesha**, and through this collective effort, we were able to raise **over ₹50,000 towards Education Scholarships**. Truly, faith and service walked hand in hand.

Under our ongoing **Aanadan Project**, we distributed **groceries to over 1,000 visually disabled individuals**, with encouraging participation from our members, strengthening our ability to serve more and serve better.

It was also a proud moment for **Rotary Club of Thane Hills** when **Foundation Chair PRID Holger Knaack and Susanne Knaack** visited our **Triumph Blood Bank**. They highly appreciated our work in supporting **90+ Thalassemia patients** with free blood transfusions throughout the year. I would especially urge our new members to visit the Blood Bank and witness this impactful service firsthand.

On the fellowship front, we shared unforgettable moments together. A **devotional musical evening** left us mesmerized with melodies and memories to cherish. Our **Dandiya Night** was another highlight, where over **90 Hillers, Anns, and Rotaractors** came together, dancing with joy and celebrating the spirit of togetherness.

As we now step into the month of **October**, Rotary calls us to focus on **Community Economic Development**—a time to create sustainable opportunities, empower people, and build thriving communities.

As we look forward to celebrating the **festive season ahead with joy, fun, and fervour**, let us also carry forward the Rotary spirit of sharing light and happiness with those around us.

Wishing you and your families a very **Happy Diwali**—may this festival of lights bring health, prosperity, and togetherness into your lives.

**Nilesh Pitale**

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## Message by Club Bulletin Editor

Dear Hillers,

Happy to present October edition of Hill Echoes Bulletin of RCTH in TiTen year. It gives an idea of projects, meetings and activities done in Sept as well as what is coming in Oct. We have covered information related to Rotary International and District such as Rotary Friendship Exchange and Polio initiative. It also has variety of articles contributed by members and spouses on varied topics such as Health and Fitness, Discipline and Punctuality, Touching Adieu to Thane, Nature Trek, Sanity in Chaos, Life through her lens. Do not also miss 'Would they notice?' a emotional tribute to homemakers!

First TRF Seminar provided us an opportunity to host Past Rotary International President (PRIP) and Trustee Chair Holger Knaack and Sussane at Triumph Blood Bank our flagship project. During the TRF seminar at Satkar Residency Holger spoke on the "Power of Giving" which is something we experience phenomenally in our club ! He mentioned that Rotary has given a promise to children of this world to eradicate polio. While Rotarians are our valuable assets , the Foundation staff are caretakers of our assets ! Rotary is here to stay forever !

Rotary Theme for October is "Community Economic Development" one of Rotary's Seven Areas of Focus. RI is dedicated to improving lives by creating a lasting change through Economic and community development. It emphasizes on sustainable economic development in resilient communities. It aims to empower local communities particularly women, and provide access to financial resources and vocational training. Key Initiatives are Vocational Training and Entrepreneurship, Microfinance and Grants, Community projects and sustainable Farming initiatives.

2<sup>nd</sup> TRF seminar is now scheduled on 20<sup>th</sup> December at Hotel Ramada Mhape which will be hosted by RCTH. Please join in large numbers and showcase Hillers strength in Giving as well delivering power packed events!

Look forward to inputs, content, feedback and comments. I am just a call , mail , sms away !

*PP Varsha Likhite*

Bulletin Editor 2025-26

varshalikhite@rediffmail.com



## Would They Notice ?

Rtn. Sonali Bijur

I move like clockwork, Unseen, unheard —  
A silent rhythm That keeps this home alive.  
I wake with the sun, Not for myself,  
But for the laundry, The breakfast,  
The thousand tiny things That no one sees —  
But would surely notice If they were left undone.  
And when at last The house grows quiet,  
I sit alone And feel the weight

Of everyone's laughter That I was too busy to join.  
The bottle of hair oil waits, The anti-wrinkle cream  
stays sealed,  
As if my face, my hair, Could wait another day  
While I keep the world turning For everyone else.  
And sometimes I wonder — If I stepped away,  
Would the music stop? Or would another song  
Take my place, While the world dances on  
Unmoved, unbroken?  
Yet, I slog , Because somewhere inside  
I feel This love of mine Holds more weight  
Than any clock, Any market, Any perfectly laid table.  
And maybe, just maybe, One day they will see me  
when I cant be seen  
Not just the things I did But my love that kept Their  
world together.

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## R I &amp; District Updates



SangKoo Yun, former RI president-elect, dies at 75

SangKoo Yun, Rotary leader and businessman who had been selected to be Rotary International's president for 2026-27, died on 5 September 2025, after months of treatment for pancreatic cancer. A member of the Rotary Club of Sae Hanyang, Seoul, Korea, Yun resigned as president-elect in August to focus on his medical treatment.

"SangKoo's passing is a great loss to the global Rotary family," says RI President Francesco Arezzo. "Yun's vision and contributions to Rotary will continue to inspire and motivate me and others. His legacy lives on in the hearts of Rotary friends and those whose lives were touched by his dedication to Rotary service."



Governor Elect and  
Governor Nominee Elect  
Learning (GNL) 2025  
faculty meet at  
Bangalore in September

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Saturday 5:00 pm Onwards October 4, 2025

Venue: Ramsheth Thakur International Sports Complex – Ulwe, Navi Mumbai

**Host Club: RC Smart City Navi Mumbai**

PP Kedar Tendulkar  
Convenor

Nazia Momin  
Club President RY 2025-26

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## Spreading Smiles, Knowledge & Care

### Message by Innewheel Club President Nayana Gala

September bloomed with action-packed projects that celebrated service, awareness, and sisterhood, leaving a mark across age groups and communities.

#### Caring for Elders

The month began on 1st September with our Senior Citizens Welfare Project at Ganesh Old Age Home. Monthly groceries and diapers were donated to support 33 residents. A humble donor contributed ₹14,000, while Dr. Uma Bansal generously added ₹11,000, making this initiative deeply meaningful.

#### Chai Charcha aur Connect



On 5th September, members gathered at Meadows Club House for an engaging talk by Dr. Harsh Shah on hair and skin care. The session, attended by 31 members, was interactive, light-hearted, and full of useful takeaways.

#### Sparsh – Touching Young Hearts

Our team visited Brahman Shikshan Mandal on 9th September for Sparsh Ek Ehsaas. Four sessions were conducted for Classes 1–4, benefitting 225 students. The young learners responded with energy and joy, while Maya captured the moments for felicitation.



#### Mission Vigyaan – Igniting Young Minds

Our flagship initiative, Mission Vigyaan, scaled new heights this month.

2nd Round Quiz (11th Sept, Ghanekar Halls): 140 students from 7 schools participated. Special thanks to Rotarian Rajesh Salaskar and Rtn. Sanjay Handa for their invaluable support in conducting the quiz.



Grand Finale (14th Sept, Ghanekar Mini Auditorium): 31 students competed in a spirited quiz. Our heartfelt gratitude to Rtn. Sunil, who added glamour and energy as the celebrity host of the finale. The event was a grand success, thanks to donors, meticulous arrangements, and tireless efforts of members. Lata was a wonderful host for the event and Jatashree Mane introduced the Quiz master.

#### Gully Gyaan – A Nukkad Natak with a Message

Adding more spark was Gully Gyaan, our street play on mobile addiction. On 11th September, it was performed before 450 students of J. K. Singhania High

School—written and directed by Lata Gwalani and enacted by Dr. Seetha, Anuja, Aneetha, Lata, Padmaja, Shobha, and Dhanashree. The impactful performance was also staged at the Mission Vigyaan Finale.

#### Masti ki Pathshala – Fun with Learning

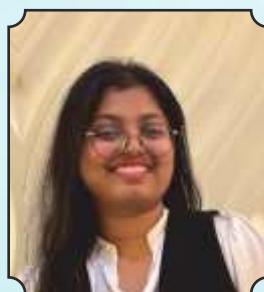
On 17th September, Masti ki Pathshala 3.0 was held at Shrirang Vidyalaya. Sessions on Cyber Security (Ankita Sawant) and Grantho Se Gyan (Neela Salaskar) benefitted over 470 students. Additionally, 100 sanitary pads were distributed to girls, along with a talk on hygiene by Dr. Smita Ahirkar.

September truly embodied the spirit of Inner Wheel—service, creativity, and compassion—leaving smiles, knowledge, and inspiration wherever we went.



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## Message by Rotaract Club of Thane Hills President



Sayali Korgaonkar

September has been a month of coming together: over meals, over meaningful dialogue, and over acts of care.

It also reminded us to pause and acknowledge the hands that strengthen our mission and make our **dreams** possible. In August, our stationery partner, Kores, joined us for "A Better Tomorrow 2.0: Ink Their Dreams", enabling 210 children to walk boldly towards their future with the tools to materialise their imaginations.

We stepped into September carrying forward this spirit, with the hope that it continues to guide our initiatives, this month and beyond.

We began with "Snehatode Sadhya, Veendum" on 7th September—a cultural potluck that brought us together over an authentic Onam meal. It was a table set for laughter, tradition, and togetherness; leaving behind a resounding reminder of how community is best sustained over a warm meal and a hearty laugh.

On 13th September, we moved into dialogue with "Pride Beyond Pride Month", an online session led by Mr. Subesh Bhattacharjee (Head – DEI, Piramal Finance and a proud member of the LGBTQIA+ community). In an atmosphere of openness, we explored themes of self-acceptance, workplace rights, and the socio-economic realities of queer lives. The impetus was to carry forward meaningful dialogue beyond a single month, reminding us that allyship is a year-round practice.

The following day, on 14th September, our momentum carried us into service with "Smiles for All- A Dental Health Camp" at Vivekananda Balakashram. In collaboration with Dr. Karan Patil and DentXpert Clinic, the children were provided with free dental check-ups and oral hygiene guidance. For those who needed further care, treatment was assured. It was a small step towards healthier smiles, one that, we hope, brings lasting impact.

On 20th September, we were fortunate enough to create a circle of stillness in our otherwise busy month. "Aaina 5.0, Episode 1– Beyond Words", was facilitated by our very own Rtr. Noopur Rahane, who held space for members to pause, to listen with empathy, and to nurture connections with nuance beyond words. It reminded us that mental wellbeing blossoms in safe spaces and through intentional actions.

The month closed with Rock Rotaract on 21st September at MH High School. An orientation by the District TRS team, members were guided through the ABCs of being a Rotaractor. We went over the essentials of people, project, and schedule management (to name a few). We parted ways, carrying forward insights that will strengthen not only our Rotaract journey but also reverberate impact into our personal lives as well.

We bid adieu to September in gratitude and reverence, dancing the last few days away in festive spirit. October promises to carry this everburning flame forward through FIFA Frenzy on 11th October and a vibrant membership drive, "Sangeet of a Showgirl".

September taught us the power of coming together as one and we hope October shows us just how far this light can take us!

Compiled by Olivia Ghosh  
Joint Editorial Director

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## Adieu nay Aurevoir to Thane



As Sunita & I returned to our muluk after a rewarding fifty-five years at Thane- Fifteen years at Kolshet , forty years at Panchpakhadi of which twenty six years with Rotary Club of Thane Hills, became marginally emotional and nostalgic about the memorable fellowship and interesting activities with the club.



by Rtn Badarinarayan

Today while disposing of papers at Thane Home came across a note dated Oct.11,2012 summarizing the first fifteen years with the club. It may not be out of place to share with the club as possibly this Rotary year would be end of my innings with the club. After becoming PHF+8 a few years back I thought I would retire from club as a major donor. Destiny willed it otherwise. Here I reproduce verbatim what I wrote about the club twelve years back.

Vocation/Profession was obsessively monoclonal; adhered to even when super annuation was round the corner. Mid 1998 thanks to Aubrey I was invited to address the club by Mr. Suresh Naik. Probationary attendance at three meetings and interview /introduction of Rotary by Shyam Mundra and Nitin Sabnis on a home visit ratified invitation to membership and induction in August 1998.

First year- Discipline/code-punctuality, regularity wearing badge to meeting adhered to; breach incurring token fine

Second year-Importance of sharing/giving till it hurts

Third year-Launch of Triumph Run, Triumph foundation & Triumph Garden -some responsibility

Fourth year-Spectacular/emotional fund raising and inauguration of Triumph Garden

Fifth Year – Kala Utsav – inclusive of Marathi debate on the lines of highly successful English ones- passionate efforts of Sanjay Handa from earlier years

Sixth year –Ground work for Centenary celebrations

Seventh year- Centenary Celebrations

Eighth Year-Women Empowerment, youth oriented program MUNA team mentor, Editor Echoes,

Visit to Rotary Club of Waltham and exchange of Flags

Ninth Year- Initiation to become elite club, Distinction & singular honour of Vocational Excellence Award with stalwarts Narlikar, Vikram Gokhale Mega Projects

Tenth year –Focus on rural education projects

Eleventh year-Visibility In District through eleventh hour production skits

Twelfth year –Breaking the mould- spouse as member ! Visit to Rotary Club Nine

Thirteenth year-Ultra Mega Projects

Fourteenth year – Improvisation Excellence

Fifteenth year-Highly structured planning focused activity with Trump card super mega project.

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## Discipline and Punctuality ..... The Key to Success.....

PP K S Ranganathan



When I was in the final year of College we used to have our Chemistry practicals early in the morning. I had to travel from my home in Matunga west to Sion. There was only one bus which took a circuitous route and the frequency was also less. So I used to walk from Matunga west to Matunga east station crossing over via the never ending "Z" bridge and take a train to Sion and again take a long walk towards my college. The train used to halt invariably between the two stations and was always late.

When I used to reach college I was often late for my practicals. Even for a few minutes of delay, the Head of the Department used to ask me to leave the Laboratory. Later sometimes even if I was late by 10 seconds, he didn't allow me to enter. I was now worried about missing my practicals and decided to start very early from home and walk all the way to my college, so that I could reach atleast half an hour before schedule. Firstly, I didn't want to take the erratic train and secondly, as it is I was walking half the distance.

This started working well for me and after that I never got late for my practicals. I did feel bad initially about the behaviour of the Department Head, but later on in life it proved beneficial for me. I understood how much importance he was giving for discipline and punctuality. I learnt it the hard way. There can be no excuse for being late. If the means of transport is a problem, then one should start early.

I just worked for a year after my college and then started my own Packaging business. Very soon I was growing and prospering in business. During the early days of my business, I was constantly on the lookout for new clients. That led me to one of the leading Pharma companies in those days. I struck a chord with the Purchase Manager right from the day one. He was impressed with the list of my clients which included some of the topmost Pharma companies. After a couple of meetings, we got down to business. He handed over the design for the printed Carton of one of their fast moving products.

He then asked me to make some sample cartons and told me to personally visit their factory and get the carton samples approved by their QC department. Within a week, the sample cartons were ready and I decided to visit their factory and get the samples approved. I reached the factory and met the receptionist in the lobby and requested her to inform the concerned person in the QC dept. She called them and told me to wait, and informed me that the person would meet me in about 15 minutes.

I picked up a magazine and was about to read it when I saw a familiar person walk across in the Lobby. I instantly recognised him. He was the same Head of Chemistry Lab of my College. I said hello to him. He came beside me and enquired about me. I introduced myself as their new vendor and added that I had come to get the samples approved. He told me that he was Head of the QC department. I then told that I could recognise him as the Head of Chemistry Lab of our college and added that I was one of his worst students who was several times late for the practicals and how he used to throw me out of the Lab. He could now recognise me.

He felt very apologetic and told me, Ranganathan forget about all that, you were a bright Student and further, now you are a successful entrepreneur. He also told me sorry for it. I then mentioned to him that now I don't feel bad at all, rather I was thankful to him for teaching me something not included in the syllabus. In fact he had helped me learn the value of discipline and punctuality. I added that whenever I had a business appointment I was always present at least half an hour before schedule. This helped me build a good image in front of my clients. He was very happy to hear this and also instructed the QC staff to urgently check the cartons and approve the same.

I have observed that greater a person the more punctual he is. When I was President of Rotary Club of Thane Hills, I had invited former Managing Director of Konkan Railway, B Rajaram as Guest Speaker. I reached the TMA hall half an hour early as always, but to my surprise the watchman told me "Ek batti wala Gadi aake gaya". I guessed it was Mr Rajaram. Probably he didn't want to embarrass us hence he decided to take a round and was back within 5 minutes. He had started from his Office in Belapur early so that he could reach well in time.

This attribute I have observed in many people holding high positions. They are always punctual and most of the time reach early. Many IAS, IPS officers and CEOs of Multinationals have been close friends of mine and I have found the same qualities in them. That proves that they are humble and disciplined in their approach and value other's time

It's not only academic achievements which are important to succeed in life, but also the other aspects like Punctuality, Discipline and Humility which contribute towards Success.



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## Witnessing the polio immunization by the World Leaders of Rotary

PP Nilesh Likhite



It was a Sunday of August, 2011, If I remember correctly. This Sunday was announced as National Immunization Day. We, the Rotarians of RC Thane Hills, completed our regular routine of providing food packets to over 1000 municipal health workers, deputed at various vaccination booths.

The Avenue Chair for Polio Eradication was Dr. Suhas Kulkarni, charter secretary of our Club. He mentioned that he also has to go to Ghatkopar, a suburb in Mumbai, as the newly appointed General Secretary John Hewko along with his wife Margaret and Rtn John Germ (who then became RI President in 2016-17) were visiting to see the actual administration of polio vaccines to the children.

I was the serving club secretary then, and me along with Club President Mahesh Madkholkar and Dr. Suhas Kulkarni reached the venue. We were waiting for dignitaries to arrive and also to click some photographs with them. We met with

PRID and Past TRF Trustee Ashok Mahajan the then PDG Raju Subramanian and serving DG Vijay Jalan. They asked about the program and the location of the vaccination drive, but to their utter surprise, the concrete plan was not in place. Ashokji and Raju were uncomfortable as the dignitaries were about to arrive.

We could sense some tensions going on, overhearing the discussions. Myself and Mahesh asked about the issue, and we came to know that availability of children for administering the polio vaccines is an issue, as number of children below age of 5 were uncertain.

At our club location, we were aware that the vaccination booths are generally organized at small public places. We then asked the local club members, if they knew any location of municipal health centre or the 'shakha' (branch) of political parties, where generally the vaccinations are organised. These are generally based in densely populated areas, mostly occupied by the immigrant population and health concern is always an issue in such areas. The local club members then mentioned such centres which were in the interior of the city, and mostly consisting of slums and temporary housings.

The convoy of vehicles quickly drove to this location and as expected the centre was full of children gathered for taking the oral polio vaccine. The sheer number of beneficiaries was good enough to create excitement among our guests. John Hewko, his spouse Margaret and now PRIP John Germ administered the polio vaccines by their own hands, while Ashokji was holding the children. The satisfied smiles on their faces was remarkably visible. Margaret was so impressed that she was taking photos all around the locations. Like a good club secretary, I was busy in capturing these moments.

At the RI Convention of 2012 in Bangkok, John Hewko displayed the photo of his administering the vaccine from this event.



Our club witnesses such gathering of children at places for almost 4 decades. Large role is played by the local municipal health workers, who keep the records of children aged below 5 years, their address, etc in manually maintained records. They go to their places on Sundays to call them for getting vaccinated. If they don't turn up on Sundays, these health workers go to their homes during the week and ensure that these children are vaccinated. This was the Rotary year, when India witnessed zero cases of polio for the 1<sup>st</sup> time and then after 3 years, India was declared a polio free nation on 27<sup>th</sup> March, 2014.

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## What's in The Pathy

Rtn. Dr. Atul Gupte



In medical context 'Pathy' comes from a Greek word 'Patheia.' It can be used like a suffix with a variety of meanings including '**suffering**' and '**methods of treating diseases**'. Nerve disease is called Neuropathy and type of treatment is called Allopathy. There are various Pathies in the world to treat diseases. Here I would like to give you a fair idea of what is prevalent in the world.

### 1) ALLOPATHY :

It is the standard mainstream system of modern medicine that treats the diseases with remedies like Drugs, Surgery or Radiation aiming to produce effects different from or opposite to those of the diseases itself. It involves evidence-based practices and focuses on diagnosing specific diseases and treating their symptoms. In Allopathy physical therapies, preventive measures like vaccination and screenings play important part. Allopathy is also called Conventional medicine, Mainstream medicine, Orthodox medicine, and Western medicine. It is based on Pharmacotherapy.



### 2) ALTERNATIVE MEDICINE :

The other system of medicine is called Alternative medicine. In India it comes under '**AYUSH**'. It is acronym of five medical systems practiced in India Ayurveda, Yoga and Naturopathy, Unani, Siddha, and Homeopathy. Ministry of '**AYUSH**' promotes and develops this ancient system of medicine which focuses on disease prevention, health promotion, and established concept of healthy living.

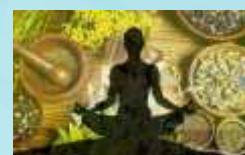
#### a. Ayurveda:

It is a traditional Indian system of medicine that uses herbs and other natural remedies to balance body and mind.



#### b. Yoga and Naturopathy:

It is a pathy which has holistic approach to healthy living through physical mental and spiritual exercises and natural treatment.



#### c. Unani:

It is a Greco Arabic system of medicine. It is also called 'Perso Arabic medicine' and it depends on four humours namely 'Phlegm, Blood, Yellow bile, and Black bile. This system of medicine was introduced by Arabs and now is officially recognized by Government of India.



#### d. Siddha:

It is ancient Tamil medical system with own philosophies and is practiced in South India.



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**e. Homeopathy:**

This system of medicine uses highly diluted substances and is based on the principle '**Similia Similibus Curentur**' It is a Latin phrase meaning '**like cures like**' or '**let like be treated by likes**.' The remedy is chosen on how well it's known effects on healthy person match the patient's symptoms. The German physician '**Samuel Hahnemann**' formulated this principle as law of similar's. This idea is expressed in ancient Hindu medical texts and by figures like **Hippocrates**.

**3) NON-CONVENTIONAL MODES OF TREATMENT IN INDIA :****a. Electro homeopathy:**

This is non recognized mode of treatment in India it focuses on equilibrium between Blood and Lymph. This mode of treatment is not recognized as a system of medicine.

**b. Yagna Pathy:**

It is described as cost-effective Fire and Sacred fire ritual. It is used for therapeutic benefit through aromatherapy herbal inhalation and mantra chanting this is also called Vedic fire ritual.

**c. Other therapies:**

Various other therapies like music therapy, laughter therapy, hydrotherapy etc. are also prevalent in India.

**4) GLOBAL THERAPIES :**

Some Asian countries like Korea has '**KARYO** medicine.' **Acupuncture** and **Acupressure** are used in China. There are also **Moxibustion** **Massage** and **Cupping therapy** along with **Taiji** as sports therapy. Chiropractic **therapy** is also used for spinal adjustments and manual therapy. **Kampo** is used in Japan and **TKM-Traditional Korean Medicine** in used in Korea.

According to *World Health Organization* Taiwan, South Korea, Australia, Canada Sweden, Ireland Netherland, Portugal, Italy, and Greece have high health care index, medical infrastructure, medical professionals, and medical availability. The other two are South Korea and Singapore.

As far as **India** is concerned it ranks 66th according to 2021 guidelines in medical facilities and is a leader in pharmaceutical industry, medical tourism, Robotic surgeries, and Transplants surgeries along with stem cell therapy. Lately India is 10th out of 46 destinations in the world for medical treatment.

The Goal of all the "Pathies" in the World is to Cure all Patients of their Diseases. All "Pathies", have certain advantages and disadvantages of their own. We always say "Health is Wealth." Lets all unite together to make this World a better place to live with Perfect Health for benefit of Mankind.

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## Fitness During Festival Season: Balance Celebration with Wellness!

Rtn. Anuradha Sukhathankar



Festivals bring joy, color, family time, and—let's be honest—an endless supply of sweets and savory delights. Whether it's Dassera, Diwali or a wedding in the family or any other celebration, one thing is certain: our healthy routines tend to take a back seat.

And that's okay... to an extent. Festivals are meant to be enjoyed! But with a few mindful tweaks, you can celebrate without completely derailing your fitness goals.



### Why It's So Easy to Slip During Festivals

Let's paint the picture. Your days are packed with errands, events, and late nights. Meals are replaced with snacks, workouts are skipped for shopping or parties, and every corner is stacked with laddoos, chocolates, or fried goodies.

By the time the festival ends, you're heavier, sluggish, and feel like you're starting from square one. But it doesn't have to be that way.

### Here's How to Stay Fit Without Missing the Fun



#### 1. Plan Mini Workouts

You might not have time for your regular gym routine, but short bursts of activity still make a difference. A 20–30 mins HIIT session, yoga flow, or even a dance session in your living room can help you stay active and energized. Consistency matters more than duration during busy times.

#### 2. Move More, even if It's Not a Workout

Can't hit the gym? No problem. Find small ways to stay physically active.

- Take the stairs while shopping
- Walk during phone calls
- Play with kids or help with decorations
- Volunteer to clean up after the party (yes, it counts!)

It all adds up—and helps balance out those extra calories.



#### 3. Smart Snacking Is Your Secret Weapon

Festive food is delicious, and you should enjoy it! The key is mindful indulgence.

Try this:

- Choose your favorites and skip the rest. Don't eat out of obligation or boredom.



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- Use a small plate—it helps control portions.
- Alternate rich foods with healthier ones (e.g., roasted nuts, fruit chaat, or yogurt dips).
- Sip on infused water or coconut water instead of sugary sodas.



You can enjoy treats without going overboard.

#### 4. Focus on Sleep and Stress Management

Late nights and social overload can take a toll on your body. Lack of sleep leads to poor food choices, low energy, and sluggish metabolism.

Try to:



- Get 6–8 hours of sleep wherever possible.
- Practice deep breathing or meditation for 5 minutes in the morning.
- Take short mental breaks—even a walk outside or a quiet cup of tea helps.

A calm mind supports a healthier body.

#### Enjoy the Festival, Respect Your Body

Festivals are about connection, tradition, and joy. And food is a big part of that experience. The goal isn't to be perfect but to be intentional.

So go ahead—light the lamps, sing the songs, eat the sweets. Just sprinkle in some movement, balance, and awareness. That way, when the lights dim and the music fades, you'll feel just as good as you did before the celebrations began—if not better.

#### CALENDAR FOR OCTOBER 2025 - ECONOMIC & COMMUNITY DEVELOPMENT

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		CA DAY	1 HPV Vaccination	2	3 Pre-OCV	4 Netrutva
5	6	7	8	9 Weekly Meeting Guest Speaker	10	11 Handing Over Ceremony at Shahpur ZP School
12	13	14	15	16 OCV	17	18
19 Annadan	20	21	22	23 No Meeting Due to Diwali	24	25
26 Guest Speaker & Book Launch D. Sivanandan	27	28	29	30 Weekly Meeting Guest Speaker	31	
RI THEME	RCTH OFFICIAL MEET	FELLOWSHIP & FESTIVALS	PROJECTS	EVENTS	DIST. EVENT & PROJECT	

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## Eco Trek - A Rotary Club of Thane Hills' Initiative



Rtn Jayant Nagarkar

The monsoon season transforms the Yeour forest, painting it in vibrant shades of green and setting the perfect stage for an adventure. Recently, a small group of Rotarians and Rotaractors traded their city lives for a challenging eco-walk. We chose the aptly named "Long Route," a path that snakes through the dense heart of the forest. Rtn Dr. Sheetal enriched our journey with fascinating insights into the diverse flora and fauna we encountered.

But the heavy rains from the previous night had turned the trail into a slippery and challenging terrain. The young members of our team—Dr. Deeba, Vidya and her daughter Arya, Rotarian Aniket Gautam Banik, and Rotaractor Neha—faced every obstacle with admirable determination. Rotaractor Omkar was a constant source of positive energy, navigating the tricky path with a cheerful smile.

The real test came when we were confronted by a massive tree that had fallen across our path, completely blocking the way. After a quick assessment, we decided to tackle the obstacle head-on. The

only way forward was to crawl military-style through a narrow gap between the tree trunk and the forest floor. With some careful maneuvering, the group successfully squeezed through. A few of us opted for a slippery detour, and while we emerged with some minor scratches and nicks, we all made it to the other side.

The journey wasn't without its challenges. Rotarian Aniket had a particularly tough time when both soles of his shoes gave way on the rough terrain. But with incredible teamwork and a shared sense of purpose, we helped him navigate the rest of the path, proving that a strong team can overcome anything. Our efforts were handsomely rewarded when we reached the summit. The valley below was a breathtaking panorama that only the magical monsoon season can offer. We paused for a light snack, soaking in the view that rejuvenated our bodies and souls. We also collected plastic left behind by others, a small but

important act to protect the nature we had come to admire. It's crucial that we preserve these spaces, ensuring we don't leave a legacy of destruction for future generations.



As we trekked back to the city, we carried with us memories of a wonderful adventure. This experience served as a powerful reminder that trekking is an adventure sport and shouldn't be taken lightly. The right gear—especially proper trekking shoes and appropriate attire—is an absolute must. While a trek can test your physical and mental limits, the beautiful views and sense of accomplishment you gain in return are worth every single effort.

We plan to conduct similar monthly eco-walks, so interested Rotarians and Rotaractors, please note the upcoming schedule.



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## Sanity in Chaos - The Passenger Who Wasn't Late - Just Dying



Ann Madhavi Aniket Kanade

This is an incident when I was a junior ground staff. Boarding was almost complete, the flight ready to depart... but one passenger was missing. No mobile phones, no way to contact him directly. We searched lounges, shops, restrooms, and gate seating. Nothing.

Chaos was everywhere. Offloading a passenger isn't just a protocol step — it's a logistical headache. Bags had to be removed, security notified, forms signed. My seniors were stressed; the team frustrated. Some quietly blamed the passenger. Finally, after a 20-minute delay, the flight departed, and the team headed off for a well-earned break.

But something inside me felt off. Instinct? Gut feeling? Call it what you will — I kept looking. After almost 20 more minutes, I turned a quiet corridor and found him — collapsed, unconscious. He had suffered a heart attack. The doctor later said that even a few more minutes could have been fatal.

That day, I realized that chaos does overwhelm you. But sometimes, if your instinct tells you something, paying attention — even when everything else is moving too fast — can make all the difference.

It doesn't mean disturbing the whole process. Offloading the passenger was necessary, and I didn't oppose it. But in chaos, it's easy to assume, blame, hand over to security, and move on. Sanity is found in presence — noticing the small signals others miss and listening to your instincts, even when the world around you is rushing ahead.

You may or may not have authority or fancy tools. If you just focus — and that is enough. At least that was enough for me to save a life that day.

### Happenings in Thane

Courtesy Rtn. Anil Shinde



Thane Mumbai Metro line 4 4A trial testing from Gaimukh metro Station flagged off by Dignitaries for four Metro station going towards Thane.



Godess Amba Mata  
at Tembhi Naka

Jews Celebrating  
their Rosh Hashana  
New Year 5786 in  
the Gate of Heaven  
Synagogue



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## Bridging Hearts Across Borders

### My Rotary Friendship Exchange Journey

PP Mandar Bhalerao

Our Rotary Friendship Exchange (RFE) to Canada was a truly unforgettable experience, filled with fellowship, cultural exchange, and warm hospitality. This exchange included five couples from Mumbai (Districts 3141 & 3142, India), who were graciously hosted by District 7040, Canada across Ottawa, Kingston, Gananoque, and Montreal.



We began our journey in Ottawa, hosted by Iris Bradley, an energetic 80-year-old Rotarian from Ottawa West, who welcomed us like family. A special highlight of our very first day was being greeted by District Governor James Fraser (District 7040) and his First Lady, who joined us for lunch and warmly welcomed us to Canada. Together with the Club President, we also conducted a flag exchange ceremony, setting a strong tone of Rotary fellowship from the start. Our days were packed with walking tours of Parliament Hill, historic landmarks, cultural sites, and meaningful Rotary visits like the Rotary Home Centre. Fellowship evenings, potluck lunches, and warm dinner gatherings gave us the chance to connect deeply with members of District 7040.

The transition from Ottawa to Kingston was marked by a special stop at Beking's Cottage, a serene lakeside retreat owned by Rotarians John and Cora. They welcomed us with a delightful home-cooked meal and took us on a memorable boat ride across the lake, surrounded by nature and fellowship, made the farewell to Ottawa even more special before we moved onward to Kingston.

In Kingston and Gananoque, we enjoyed the beauty of the Thousand Islands ferry ride — breezy weather, magnificent mansions on tiny islands, and even passing under the grand bridge to the USA. Evenings were filled with fellowship dinners, music concerts, and cultural programs hosted warmly by Rotarians, further strengthening our bonds of friendship.

The journey continued to Montreal, where Jamie and Janeth hosted us warmly for dinner in their backyard alongside fellow Rotarians. Exploring Montreal's old churches, Mount Royal Park, and downtown offered us a taste of the city's rich French heritage. A special highlight was our meeting with Rotractors of the Old Montreal Club, including PDG Michael Wong, with whom we exchanged flags and discussed future opportunities for global grants. Our final day was both emotional and memorable, marked by fellowship at Juliana's lakeside cottage, delicious Indian lunch, and a touching celebration of India's Independence Day. Dressed in white, we sang the national anthem together — a gesture that moved everyone deeply.

This RFE was not just about travel; it was about building lifelong friendships, celebrating Rotary's spirit of



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service, and realizing how Rotary truly connects the world. From strangers, our hosts became family — showering us with love, care, and unforgettable memories.

A heartfelt thanks to Kamalini Pathak (Mumbai) and Simi Ahluwalia (Canada) for their meticulous planning and coordination, making this exchange seamless and memorable.



As we return, we carry with us not just memories, but also the promise of stronger Rotary bonds and opportunities to collaborate on meaningful global projects.

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## Life Through Her Lens

## Payal Gupte

1. Describe yourself in two words

Ans-Loving and Caring.

2. What's a life lesson you have learned the hard way

Ans-Pleasing everyone is a myth.

3. What creative activity makes you lose track of time

Ans-Cooking and Feeding my Dear ones.

4. What's your comfort food—and the story behind it

Ans-My Comfort food is to eat Chicken any time of the Day or Night as it gives me great Relaxation and Rejuvenates me. Eating Chicken remains my Weak Point.

I was introduced to tasty Cuisines of Chicken from infancy and I relish it even today.

5. If your life were a book, what would be its name

Ans-The Other Side (Dusari Baaju).

6. Rotary project is closest to your heart, and why?

Ans-The Triumph Run. It touches the Heart and Soul of those who participate in it as well as of those who arrange it.



Compiled by IP First Lady  
Prachi Divekar



Annapoorna project which is held on Amavasya day every month at Yogi hills, Mulund, an initiative dedicated to helping poor and blind persons.

## Shivani Revankar

1. Describe yourself in two words

Ans- Shivani S Revankar (Happy Go Lucky)

2. What's a life lesson you have learned the hard way

Ans- Good karma always come back and help. Helping others in difficult situation and helping the needy is my happiness

3. What creative activity makes you lose track of time

Ans- Dance and Exploring different part of the world.

4. What's your comfort food—and the story behind it

Ans- Food that's prepared by my mother, especially fish.

5. If your life were a book, what would be its name

Ans- Lucky

6. Rotary project is closest to your heart, and why

Ans- The Triumph Run Because as I said I like helping people, and this project fulfills my happiness. By helping people who are in need and seeing them smile is the best feeling ever.



## Girija Rao



1. Describe yourself in two words

Ans- Devoted and Humble

2. What's a life lesson you have learned the hard way

Ans- One life lesson I've learned the hard way is the importance of patience and trust in the timing of life. Often, we want things to happen quickly, but life has its own pace. Learning to trust the process and have faith that everything will fall into place when the time is right has been a valuable lesson for me.

3. What creative activity makes you lose track of time

Ans- Dance and music are the only creative activities which I indulge in whenever I get time.

4. What's your comfort food—and the story behind it

Ans-My comfort food is Puttu and Kadala curry (Chana curry) a traditional Kerala dish that's my favourite. Puttu made from rice flour and coconut is not only delicious but also a healthy option. There's something about the combination of the fluffy Puttu and the flavourful Chana curry that feels like home. This Kerala cuisine which is rich and flavourful is cooked in steam.

5. If your life were a book, what would be its name

Ans- "Life Unscripted"

6. Rotary project is closest to your heart, and why

Ans-The Triumph Run project which I attend every year and the



## Mrunal Shastri

1. Describe yourself in two words

Ans- I am shy and conditional extrovert.

2. What's a life lesson you have learned the hard way

Ans- A tough life lesson I have learned the hard way is that, not everything or everyone is as they first seem and sometimes trust or expectation leads to disappointment or growth.

3. What creative activity makes you lose track of time

Ans- Music

4. What's your comfort food—and the story behind it

Ans- My favourite food is an authentic Maharashtrian thali because my mom used to cook it so deliciously, always knowing just how to blend the spices perfectly to make every dish special.

5. If your life were a book, what would be its name

Ans- The ride that taught me to fly.

6. Rotary project is closest to your heart, and why

Ans- They organise everything very nicely and they keep every event in a friendly environment.

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## CLUB PROJECTS

**Project Report - 14 (A)**

Beneficiaries: 92 Students (10th Grade), Ideal Educational App Distribution  
TMC School Number 8, Rabodi 10th September 2025.  
10th grade students were provided access to an educational app that helps improve understanding, with question papers from past years and preparation materials for all three boards.

**Project Report - 14 (B)**

Ideal Educational App Distribution , TMC School Number 1, Kisan Nagar 3 Thane  
10th September 2025 Beneficiaries: 102 Students (10th Grade)

**Project Report - 14 (C)**

Ideal Educational App Distribution

New Kalwa high-school  
10th September 2025  
Beneficiaries: 230 Students ( 10th Grade )

**Project Report - 14 (D)**

Ideal Educational App Distribution  
Sahakar Vidya Prasarak Mandal, Kalwa 10th September 2025  
Beneficiaries: 175 Students ( 10th Grade )



Project Report 15 Educational App Distribution  
Thursday, 18th September  
TMC School No. 13, Kausa Mumbra  
Beneficiaries : 441

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## CLUB PROJECTS



## Project-16

Annapoorna Anndaan Seva

Date: Sunday, 21st September

Venue: Yogi Hills, Mulund

Supported by: RCTH (Rotary Club of Thane Hills)

Annapoorna a deeply compassionate initiative, financially supported by nearly one-third of RCTH members, continues to nourish lives with dignity and care. On Sarv Pitra Amavasya, more than 1500 visually challenged brothers and sisters gather at Yogi Hills to receive essential grocery kits and daily needs items. About 15 Hillers joined hands in service, participating in this powerful act of Annadaan — feeding the poorest of the poor. Heartfelt Appreciation to Rtn Pawan Adnani for introducing this impactful project two years ago and continuing to inspire others through his dedication.

## Project-17

HPV Vaccination Camp

Date: Sunday, 28th September

Venue: Village Chinchale, Taluka Dahanu, Dist. Palghar

A special HPV vaccination camp was organized for girls in the 9–14 years age group. The initiative covered students from a residential school with nearly 400 students and 250 day scholars. 174 girl students received their first dose of HPV vaccine. The second dose is planned after 6 months to ensure complete protection. Appreciation to PP Sucheta and First Lady Manjiri for their unwavering commitment in anchoring and continuing these vital efforts towards health and prevention. We have completed 8000 girls vaccination and out of potential 8 lakh deserving girls in Thane District alone.

Special thanks to the Aditya Birla Foundation for their CSR support and to PRID Shri Ashok Mahajan ji for his invaluable guidance. We also appreciate the guidance from Balak Mandir Shikshan Sanstha, Kalyan, for helping us connect with the tribal school and making this project possible.



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## Weekly Meetings

### Weekly Meeting-09

Date: 4th September  
 Venue: Federation House  
 Attendance: 72

#### Teacher's day celebration

The meeting was dedicated to Teacher's Day celebrations. Students and teachers engaged in a light-hearted, fun-filled format—sometimes in an interrogation style, sometimes with gentle nudging. Students asked thoughtful and curious questions, making the interaction lively and memorable. Hillers along with their families thoroughly enjoyed fellowship, laughter, and the chance to catch up with one another.



### Weekly Meeting - 10

Thursday 11th September 2025  
 Venue: Thirani School  
 attendance of 54

**The Great Debate** - Participation in sports should be made compulsory in schools  
 Discussion was truly engaging! While everyone thought it would be easy for the team in favor of the motion, the tables turned due to very convincing arguments and eloquent expressions by the team against the motion. The jury had a tough time deciding. Stars were Ananya, Aarav and Asmi.



### Weekly Meeting-11

Thursday , 18th September  
 Venue- Thirani School  
 Joint Meeting with Rotaract Club  
 Attendance: 54

#### Celebration of Engineers' Day with a cake-cutting ceremony.

Felicitation of engineers at the hands of Aubrey and PP Chandru was highlight . Rotaract members added energy and vibrancy, offering great learning for all. Rotaract Prez Sayali gave fabulous overview of last 3 months. Appreciation for our own guest speaker Gautam Banik for providing an overview about teenage mental health project . Club also briefed members on the Rotary Action Group on Mental Health initiative and RCTHANEHILLS taking lead in chapter formation.



### Weekly Meeting - 12

Combined with Fellowship-03  
 Total attendance:90

#### Navratri Celebration – Hillers Style

Worship of the Goddess is the recognition of Shakti – the divine feminine energy, creator when needed and destroyer when required. Hillers assembled in large numbers to celebrate Navratri in a truly colorful and vibrant way. The evening was full of enthusiasm, rhythm, and devotion. With dazzling performances , the judges had a tough time shortlisting awards and recognitions! A memorable night filled with energy, devotion, fellowship, and the true celebration of Shakti!



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**Family Fellowship – 02****Devotional Musical Evening**

Saturday , 20th September, Clubhouse One, Hiranandani Park  
Hillers+ Family+ Friends Attendance: 100

The evening was filled with spiritual connection, creating a surreal feeling of devotion and togetherness. Music became the medium of service through bhakti, uplifting hearts and uniting everyone in harmony. A mesmerizing devotional musical evening with soul-stirring performances brought the essence of community and club service with a difference.

**Thane Literature Festival****Thane Literature Festival**1<sup>st</sup> and 2<sup>nd</sup> November, 2025

Bachi Karkaria



Nadir Godrej



Dr. Devdutt Pattanaik



Sathyu Saran



Jerry Pinto



Harish Bhat



Ambi Parameswaran



Namita Devidayal



Charles Assissi



Vikrant Pande



Subha Pande



Dr. Rahul Mirchandani



Dr. Anil Khandelwal



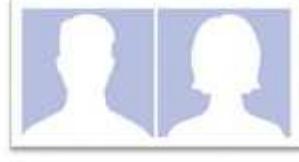
Swati Pandey



Chirodeep Choudhury



And



At: Dr. Kashinath Ghanekar Mini Auditorium, Thane  
Look for this space, for more Exciting News!