Rotary
10 YEARS

HILL ECHOES

DECEMBER ISSUE

Jeanette Alexis
Harsh Makol
Samm Limaye
Nilesh Pingle

Disease Prevention and Treatment

Inside This Issue

Reflections by Club President

November 2025, the Foundation Month for Rotary, unfolded as a vibrant period of learning, service, cultural exchange, and fellowship for RC Thane Hills. The month began with first edition of Thane Literature Festival. Freshness of idea , energy in execution and magic in every moment made this project a soul touching experience for many of us. Although it was very first attempt, the grandeur, thoughtfulness and presentation left every citizen of Thane and even Hillers mesmerized.

Club Meetings at Thirani School, where Dr.Wilona, a cheerful speaker with a medical and psychiatry background, conducted an engaging session on happiness. Through stories and relatable examples, she emphasized that happiness is a conscious choice and a nurtured state of mind. Later in the month, a weekly meeting featured guest speaker Vasanti Bhave, who offered a deeply insightful talk on "Devrai," the ancient Indian tradition of sacred groves. Another weekly meeting featured elocution winners from the Interact Clubs of RCTH.Their confident delivery and thoughtful content impressed all present. A noticeable and heartening pattern emerged—girls continued to dominate participation across all three Interact Clubs, signalling positive social change and a strong future leadership pipeline. We also successfully completed 3rd edition of Between the Covers. Yet another signature project of RCTH doing great service to youth.

November also hosted "Susauwaad," the District Rotary Service Month dialogue led by RC Thane Hills. The platform brought together experts from municipalities, academics and NGO. Discussions explored the future of advance locality management, participatory governance,urban planning challenges and citizen engagement. The conversation reinforced the idea that meaningful urban transformation requires collaboration between policymakers, citizens, and community leaders.

Monthly Ann Daan held at Yogi Hills, once again highlighted the club's commitment to grassroots level blind community service.A recurring sentiment expressed by members was that physical presence carries emotional weight and depth that digital updates can never replace.Service, they felt, must be lived and experienced.

One of the most member engaging events of the month was the Fireside meet at Tulsi Bungalow in Yeoor Hills.Curated by entire group of November Guardians, this informal gathering provided a warm and relaxed space for recently inducted members. Set against the natural beauty of Yeoor, the evening celebrated stories, fellowship, and the spirit of togetherness that defines the club.

Another major highlight of November was the visit of Rotary International President Francesco Arezzo to the Dr. V. Subramanian Autism Center in Navi Mumbai. Along with First Lady Anaa Maria, Chief Aide John, and partner Monique,the President personally toured the center and appreciated work being done.The visit was a moment of pride, honour, and inspiration for RC Thane Hills, showcasing the global leadership's personal commitment to service.

November month also witnessed most sought after event of ROTAL. Over 300+ Rotarians from across RID 3142 compete for top spot in dancing or singing categories. This also provides opportunity to interact and build network and friendship beyond club. As always ,Hillers rocked in every category. The atmosphere was charged with music, humour, and friendly competition.

Icing on cake was our last weekly meeting of month with fun filled standup comedy performance.Warning laughter in infectious and contagious.

One of the most remarkable aspect of November has been high level of participation from recently inducted member in every project , event and program. A shining example of extraordinary results when experience meets enthusiasm – when seasoned Rotarians join hands with newly inducted Hillers, United by shared dream.

Overall, November 2025 emerged as a month that seamlessly blended service, fellowship, culture, environmental learning, and prestigious collaborations. With meaningful progress across multiple fronts, RC Thane Hills enters December and end of calender year 2025 with renewed energy, pride, and purpose.

Enjoy Rotary

Samir Limaye

Updates by Club Secretary

November was a month of immense pride and achievement for our club.

Rotary Club of Thane Hills proudly organized a Literature Festival in Thane. For the first time ever, the city of Thane witnessed a full-fledged literature festival, hosted by our club in collaboration with the prestigious **NCPA**. The presence of **around 40 eminent authors**, thinkers, and literary personalities made the event a grand celebration of ideas, creativity, and learning. This festival not only showcased our club's capacity to execute large-scale cultural programs, but also became a moment of immense pride for all Hillers.

Under our ongoing Aanadan Project, we continued our commitment to serve by distributing groceries to over 1,000 visually disabled individuals, a cause that remains close to our hearts. The growing participation of members in this project is truly encouraging and strengthens our ability to serve with compassion and consistency.

Rotal showcased exceptional singing and dance performances, reflecting the enthusiasm and creativity of Rotarians and Rotaractors. Hillers shone brightly, bringing home **24 awards**, making it a proud moment for RCTH. To further strengthen member engagement, we conducted a Fireside Meet for all newly inducted members at yeoor hills. Giving them an opportunity to understand Rotary's vision, values, and avenues of service more deeply. It was a warm and interactive session that helped strengthen their connection with the club.

The month concluded on a cheerful and memorable note as we enjoyed a vibrant stand-up comedy show. Our Hillers Sonu and Yamani's brilliant storytelling, sharp observation, and ability to find humour in everyday life filled the evening with laughter, joy, and unforgettable fellowship. Events like these remind us that Rotary is as much about friendship and bonding as it is about service.

As we move ahead into **December**— In the Rotary calendar, December is observed as Disease Prevention and Treatment Month, reminding us of our global responsibility to promote good health, raise awareness, and support those in need of care. This December promises a series of Impactful events and initiatives that will not only contribute to the well-being of our community but also foster a sense of togetherness.

- Nilesh Pitale

Polio - a pledge that's close to being honoured!

Several years ago, back in 1985, Rotarians wotldwide took a pledge to eradicate polio, a crippling disease that paralysed over a thousand children every day worldwide.

Thanks to Rotary's pioneering work, most countries are now free of polio. India, as part of South East Asian region, had its last case of polio in January 2011, almost 15 years ago. Now only 2 countries, Afghanistan and Pakistan, continue to harbour the virus. Progress has been made there too. This year, till date, there have been 28 cases in these 2 nations, as compared to 99 cases last year.

RCTH has been in the forefront in the battle against polio, with PP Dr Suhas Kulkarni as DPPC of the undivided district 3140 for a decade from 2006.

With continuing efforts from the global partners to Rotary International, namely WHO, UNICEF, CDC, and all federal governments of the world, we are confident that we will soon see our beloved planet earth free of this crippling disease!!

Message by Club Bulletin Editor

Dear Hillers,

Happy to present December edition of Hill Echoes Bulletin of RCTH in TiTen year. It gives an idea of projects, meetings and activities done in November as well as what is coming in December. We have covered information related to Rotary International and District 3142. We have also published interesting articles contributed by members and spouses.

As we enter December, let us reflect on Rotary's core causes: Disease Prevention and Treatment. From eradicating polio to supporting mental health initiatives, Rotarians worldwide help improve health in communities. Disease prevention is more than healthcare—it's about education and empowerment, funding vaccines, providing clean water to prevent disease, offering medical support in underserved areas.

In 1985, Rotary pledged to eradicate polio, and look at the progress that has occurred ! Today, Rotary International has partnered with the World Health Organization, the Center for Disease Control and Prevention, the Bill and Melinda Gates Foundation and regional governments worldwide to complete this pledge.

Although infectious diseases continue to be a major cause of illness and death across the globe, we are also seeing diseases such as heart disease, diabetes and cancer which are not infectious but rather due to certain health behaviours and social conditions. Rotary's continued involvement in Disease Prevention and Treatment thus needs to be directed toward finding solutions to such social and behavioural aspects of health while continuing to fight against existing diseases.

Would like to specially thank Past President (Incoming Editor) Dr Suhas Kulkarni and PR/PI Director Aniket Kanade for their support in releasing the bulletin this month. Look forward to inputs, content, feedback and comments !

PP Varsha Likhite
Bulletin Editor 2025-26
varshalikhite@rediffmail.com

When Varsha asked me to help her out with the December edition of Hill Echoes, I said yes without any hesitation. Only when I got down to the task I realised the intricacies of job!!

Given the size of our club, its position in the district, & our rich traditions, it was both an honour and a tremendous learning experience.

I must mention a few names: while Varsha was sending me all that she was collecting, I was amazed at the "auto mode" that is a feature of every Hillers endeavor!! With President Samir leading the way with "Reflections" and Club Secretary Nilesh following with "Updates..", matter for the bulletin kept pouring in. IWCTH President Nayna & Rotaract Pres Sayali were prompt too. Club meetings and Project reports were also managed by Aniket.

A special mention of Milind (Heramb Prints) who was extremely cooperative throughout! Thank you Milind!!

So here it is..if you like it, Varsha and the team deserve the credit. Any errors of omission or commission are mine alone and I apologise for the same.

Happy reading!!

PP Dr Suhas Kulkarni

IWCTH Monthly Report - November 2025

By Innewheel Club President Nayana Gala

This month was a beautiful blend of learning, laughter, creativity, and heartfelt service — a true reflection of IWCTH's vibrant spirit.

We opened the month with the impactful SPARSH – Ek Ehsaas sessions at Vidya Niketan English School, conducted by PP Neena Manchanda and PP Naina Kalyan. Through the E-Learn and Abridged modules, 446 children were sensitised about Safe & Unsafe Touch. Teachers offered strong support, and PP Archana Kotwal steered the project smoothly.

Our pride shone bright at ROTAL, where Dhanashree Sabnis swept the stage with 1st Prizes in Marathi Solo, Hindi Solo, Duet Performance, and also bagged the Fair Play Trophy — a wonderful moment of honour for the club.

Masti Ki Pathshala 6.0 was held at Shrirang Vidyalaya, where Jyoti Doraiswamy empowered 9th and 10th graders with the theme "Tumchya Aayushyache Hero Tumhich!". Members added warmth with their presence and encouragement.

Our 5th GBM – Halloween Dhamaka brought out the fun spirit of IWCTH as members stepped into spooky costumes, enjoyed creative décor, lively games, and delicious treats — all put together with immense effort and enthusiasm.

29th Charter Nite – "Shaadi Ke Side Effects": IWCTH's First-Ever Dance Drama.

The month's grand highlight was the spectacular 29th Charter Nite at Vihang Inn. Presented with the playful theme Shaadi Ke Side Effects, the evening featured IWCTH's first-ever dance drama — conceptualised, choreographed, and enacted entirely by our own members.

The humorous storyline, vibrant costumes, expressive performances, and seamless teamwork made the show an instant hit. Past presidents, senior members, partners, and families added warmth, while planners, decorators, technicians, and backstage heroes worked tirelessly to make the evening truly unforgettable — a complete blockbuster!

Aranya Shakti – 26th November

On 26th November, members attended the Bhoomi Pujan of the Learning Living Garden at Aranya Shakti, performed by AP Jyoti Mahipal. This meaningful ceremony marked the beautiful beginning of our District Projects.

With more visits, field trips, and community initiatives lined up, the club continues to move forward with purpose, unity, and unwavering enthusiasm.





Message by Rotaract Club of Thane Hills President

Sayali Korgaonkar

November arrived with a quieter rhythm, part preparation and part creative spark, and invited us to slow down just enough to pay attention. Between reviews, rehearsals, and late-night planning, the month gave us room to learn, to create, and to steady ourselves for what comes next.

We began on 2nd November with our Official Club Visit. The district officials provided a transparent and constructive assessment of our club's performance. Their insights have strengthened our direction and reaffirmed our goals for the coming term.

In November, we successfully conducted World Interact Week with Amber International School. The sessions focused on ideation, structured project thinking, and guided discussions, providing participants with a meaningful environment to explore ideas and understand how to develop them into actionable initiatives.

On 13th November, Words Of Wisdom our elocution initiative with Amber International School and R. S. Deokar English Medium School reached its final stage at the Rotary meeting. After weeks of practice and gentle shaping, the students delivered with confidence. Their clarity and composure made the presentation feel like a genuinely earned moment.

Two days later, 15th November brought in the colourful chaos of Filmistaan, our Bollywood trivia night. Four rounds of recall, instinct, and filmi nostalgia turned the evening into a creatively charged space. It had the easy, bright energy of people enjoying the unpredictability of cinema and the fun of guessing just in time.

The month also witnessed our dedicated preparation for *Rotal*. Long hours, continuous revisions, and collective effort carried us to the finals on 23rd November, where our team secured multiple awards across categories. I extend my heartfelt congratulations to everyone involved.

On 30th November, we will hold our Charter Members Meet, where we anticipate hearing the foundational stories of our club—its challenges, its early victories, and the values that guided its formation. This gathering will strengthen our understanding of the legacy we are responsible for carrying forward

November has shown us that progress does not always demand volume; sometimes it grows quietly through reflection, consistency, and purposeful effort.

December will bring renewed energy as we shift from reflection to active participation. This month, we will take part in RISE, the district sports event, where our club members will proudly represent Zone 2. Our Club Service Director, Rtr Amartya Mitra, will serve as one of the Assistant Contingent Leaders, carrying forward our spirit of commitment and teamwork into the district arena.

Let us move into the coming month with focus, enthusiasm, and unity, carrying forward the momentum November helped us build.

By Aditya Sharma (Jt. Editorial Director)

On behalf of President, Sayali Korgaonkar

R I Updates

Saturday, 8th November | Dr. V. Subramanian Autism Center, Navi Mumbai

It was a rare privilege and honor for our club to host the Rotary International President Francesco Arezzo, First Lady-Ana Maria, at one of our flagship projects — the Dr. V. Subramanian Autism Center, Navi Mumbai.

In spite of a non-functional elevator, President Francesco, Ana Maria, Chief Aide John, and his partner Monique graciously and patiently climbed four levels to visit the center — a gesture that deeply touched everyone present.

The dignitaries were received at the ground floor and warmly escorted to the Autism Center where they were greeted with a traditional welcome.

Among those present were DG Harsh, PDG Kailash, Father Prem (Matru Milan), Club Secretary Nilesh, PP Dr. Raju, Ann Dr. Seetha , PP Rajesh, Darshana , Subha and Rtn. Sameer Korde .

During the visit, we explained the various therapies conducted, showcased products made by the students, and demonstrated their physical activities. Due to time constraints, we could not show two of the therapy rooms. A group photo session followed, with staff and therapists joining the dignitaries. President Francesco showed keen interest in understanding the geographical reach of the center and how students commute from different areas.

The visit was both inspiring and reaffirmed Rotary's commitment to inclusion, compassion, and service beyond barriers.

Rotary International Focus Areas

Blood Donation Camps

Very happy to share : Rtn.Radhika Padmanabhan member of RC Thane Horizon and Ann of RC Thane Hills, have successfully coordinated towards organising 5 blood donation camps in schools and helped in the collection of *413 units of blood in this Titen year for Triumph *Blood Bank.

1. Sri Sri Ravishankar Vidya Mandir Mulund: 121 units of blood
2. EuroSchool Airoli: 64 units
3. Lodha World School Thane: 61 units
4. Pawar Public School Bhandup: 75 units
5. Pawar Public School Dombivali: 92 units

Many Thalassemia patients have benefitted through these camps.

Classic case study of how succefully Triumph Foundation can penetrate and expand in a chosen sector (Educational Institutions).

RCTH has deep engagement due to Quiz, Blood Donation, Between The covers, Fund Raising, Mobile Addiction awareness camp and Dry waste collection drives. Needless to say major support (Lion's Share) has been due to Radhika Padmanabhan. Amazing dedication by both (Paddy and Radhika) for cause of Blood Bank.

Friday, 21st November 2025 | Tulsi Bungalow, Yeoor Hills

Guradiance : Facilitator: ND Joseph | November Group – Foundation Month

Our Fireside Meet —a term rooted in Western culture—signifies an informal gathering for open conversation and camaraderie. Over the years, we Hillers have upheld the tradition of hosting at least one Fireside meeting annually.

This year, ND Joseph , along with the November Guardians , curated a warm and engaging fellowship evening. Kumar as always engaged everyone with his flawless engaging talk. Paddy narrated once hiller always hiller and why. Nilesh Puranik shared his own experience about projects. Director Membership Charter member Dr Suhas helped members to understand transition since 1991.

PP Sucheta and Kalita helped organising program. Special mention for Rtn Anil Joshi for providing us Tulsi Bungalow. A perfect setting for get-togethers . Although due to professional reasons CS Nilesh Pitale could not join but personally took efforts to invite everyone.

Recently inducted members from the Excellent Year , Awesome Year , and TiTEN Year were invited to this completely informal setting alongside experienced Hillers.

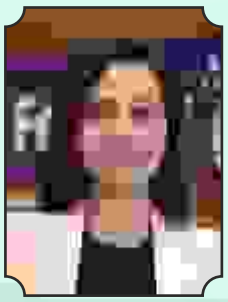
The objective was simple yet meaningful: • Better bonding • Knowing each other beyond formal meetings

• Strengthening relationships

A delightful evening of togetherness, stories, and shared interest of making friends.

Be Pause-itive

by PE Dr. Anagha Karkhanis



Every week in my consulting room, I witness a moment I wish the world could see. A woman sits across from me and slowly unpacks what she has been carrying inside her. Anxiety that arrived out of nowhere. Weight gain she cannot explain. Sleepless nights that make her feel as if she is living inside fog. Joint aches. Sudden irritability. She speaks almost apologetically, as though these are personal failures rather than medical symptoms.

And then, halfway through our conversation, something shifts. She pauses, leans back slightly and says, "I never thought of it that way."

Why would she?

For years, menopause was described as a short stretch of hot flashes and mood swings. Something to tolerate. Something to "get through." But menopause is not a brief detour. The truth is far more significant.

One Third of a Woman's Life, Unprepared

In 1900, the average age of menopause was 57 and life expectancy was 59. An average woman spent only two years in menopause. Today in India, women enter menopause around 45 and live well into their seventies. That is 30 years, one third of a woman's life, spent in a hormonally deficient state. Yet while we prepare girls for puberty and women for pregnancy, we prepare almost no one for menopause. How can women thrive in a life stage they were never taught to understand?

Why Menopause Still Feels Like an Ending

Because we confuse the ovaries with womanhood. And they are not the same. When you were born, your ovaries carried more than a million eggs. Throughout your reproductive life, you used only about 450, losing the rest naturally over time. When the reserve dips to about a thousand, the ovaries close shop. That is menopause. A biological transition, not a failure.

Puberty in Reverse

One of my favourite explanations in the clinic is this: menopause is puberty in reverse. Puberty switched your reproductive hormones on. Menopause switches them off. The mood shifts, sugar cravings, skin changes, disrupted sleep and emotional sensitivity feel eerily familiar because the body is once again moving through hormonal turbulence, just in the opposite direction.. And now imagine a teenage daughter in puberty under the same roof as a mother in perimenopause. Two hormonal roller coasters, one home.

The difference? Puberty comes with preparation. Menopause usually arrives unannounced

The Menopause Iceberg

Most of us can identify the classic stereotypical signs: hot flashes, night sweats and irregular periods. But these are only the tip of the iceberg.

Visible symptoms include:

- hot flashes
- night sweats
- insomnia
- brain fog
- mood swings
- dry skin
- joint aches
- hair thinning
- low libido
- migraine
- weight gain
- frozen shoulder

But beneath the surface are long term consequences of declining oestrogen:

- osteoporosis
- high cholesterol
- insulin resistance and diabetes
- visceral belly fat
- heart disease
- cognitive decline
- Alzheimer's disease
- chronic inflammation
- autoimmune issues

The reason is simple: oestrogen receptors exist in every major organ system. When oestrogen falls, the entire body feels the impact.

And then there is the symptom I hear about almost every day: the sudden "kangaroo pouch." Women tell me, "I eat the same. I live the same. I am doing everything I did before. But this belly won't go." The explanation is simple but rarely known. The female metabolism evolved for survival, not modern life. Ancient women lived with food scarcity and constant physical activity. When the body sensed stress, it slowed metabolism and stored fat around the abdomen. That fat meant safety.

Today food is abundant, movement is low, and stress is high, yet our metabolism is unchanged. During perimenopause, dropping hormones act as a biological stress signal. The body returns to its old survival blueprint: store fat, especially belly fat. And modern processed food makes this worse. So if you have gained weight at menopause and wondered, "What's wrong with me?" the answer is: absolutely nothing. This is biology, not lack of discipline.

I often see another pattern in my clinic. Women come in with years of antidepressants, anti-anxiety tablets or sleeping pills. Not because they were depressed or unstable, but because no one recognised their symptoms as hormone related. Their bodies were shifting into a new hormonal state, yet they were told to cope harder or stay strong. But the real problem was never addressed. Meanwhile, the root cause quietly progressed.

And this misunderstanding doesn't affect only women. It quietly affects the people who love them. A few months ago, a man came in with his wife for a follow up visit. He looked at me with gratitude and said, "Thank you Doctor, I got my wife back." For years, he had watched her struggle with mood swings, sleepless nights and sudden irritability. They blamed stress. They blamed age. They tried to adjust around it. Once they understood the science, everything shifted. Their home changed. Their marriage saved. His words stayed with me.

Why Do Humans Have Menopause at All?

From an evolutionary perspective, menopause should not exist. Most species reproduce until death. But humans are one of only six known species that live long after they stop reproducing: humans, killer whales, false killer whales, beluga whales, narwhals and pilot whales.

Anthropologist Kristen Hawkes proposed the "grandmother hypothesis."

Older females who were no longer reproducing contributed to the success of their families by supporting grandchildren. This increased the survival of future generations. In other words, evolution protected long post-menopausal life because older women mattered for the protection of their grand offsprings.

The Real Race After Menopause

Women may live longer than men, but they spend nearly 20 percent of those years in poorer health. The last decade of life, for many, is marked by frailty or cognitive decline.

And what accelerates both these conditions? The loss of oestrogen.

Frailty and dementia are the two leading reasons people enter nursing homes. My patients often tell me, "I don't want to live just longer. I want to live healthier." They want quality, not just time. And that requires action long before problems appear.

Hormone Therapy Today

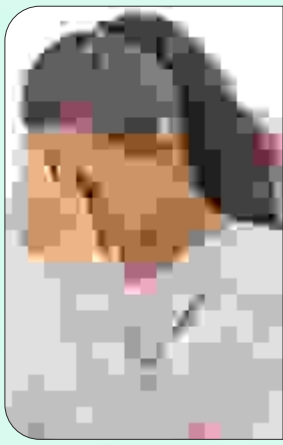
Much of the fear surrounding hormone therapy comes from outdated concepts. Today we have safe, effective, natural and user-friendly options:

- transdermal estrogen patches
- low dose testosterone for women
- peptides for metabolic support
- micronised progesterone
- evidence based weight management tools

For the right woman, in the right hands, the right treatment method can be life changing.

Even celebrities are speaking openly now. Michelle Obama described feeling as though she was "dissolving" during a hot flash on a flight. Oprah Winfrey has spoken about how unprepared she felt. In India, Twinkle Khanna and Shabana Azmi are beginning to share their journeys. These voices matter because they

give women the comfort to talk. When women realise menopause is not a two year transition but a long, important life stage, everything shifts. Symptoms become something to understand. Treatment becomes responsible rather than indulgent. Caring for the heart, brain, bones and metabolism becomes basic hygiene. Life after menopause can be the most grounded, self aware and confident period of a woman's life. By this stage, women know who they are. They carry resilience, perspective and maturity.



So What Should We Be Doing Now?

Talking openly. In homes. Workplaces. Communities. Even in bulletins like this one.

Ask yourself:

Who are the women around you who might be silently struggling?

Do you know what they are going through?

Have you asked?

Have you understood?

And if you are in your 30s, 40s, 50s or 60s, start preparing now. This is not something to fear. It is something to understand.

My consulting room has taught me this again and again. When women understand menopause, they move from confusion to clarity. When families understand it, relationships heal.

Menopause is coming or it is already here whether we talk about it or not. But with knowledge and guidance, it can become one of the most empowered chapters of a woman's life.

CALENDAR FOR DECEMBER 2025 - DISEASE PREVENTION & TREATMENT

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1	2	3	4 Weekly Meeting	5	6
7	8	9	10	11	12	13 Quiz Show
14	15 Arogya Setu Car Rally	16 Arogya Setu Car Rally	17 Arogya Setu Car Rally	18 Arogya Setu Car Rally	19 Arogya Setu Car Rally	20 Annual Meeting Arogya Setu Car Rally
21	22	23	24	25	26	27 New Year's Celebration
28	29	30	31			

RI THEME | RCTH OFFICIAL MEET | FELLOWSHIP & FESTIVALS | PROJECTS | EVENTS | DIST. EVENT & PROJECT

Winter Fitness : How to Stay Active when It's Cold Outside

Rtn. Anuradha Sukhthankar

As the temperature drops and the days get shorter, your motivation to exercise can easily start to hibernate. Cozy blankets, hot chocolate, and Netflix marathons begin to sound much more appealing than morning runs or gym sessions. But while winter might tempt you to slow down, it's actually one of the most important times to stay active.

With the right mindset and a few seasonal tweaks, you can stay fit, healthy, and energized all winter long.

Why Fitness Matters More in Winter

Winter affects us in more ways than we realize. Cold weather often brings:

- Lower energy levels
- Increased cravings for carbs and comfort food
- Reduced sunlight, which can impact mood (hello, winter blues!)
- A tendency to stay indoors and move less

Staying active helps fight off these effects. Regular exercise boosts circulation, warms you up naturally, strengthens immunity, and improves mental well-being—just what you need to get through the chilly months.

1. Beat the Cold with Morning Movement

Mornings can be brutal in winter, but getting your body moving early sets the tone for the whole day. Even a quick 10–15 minute workout or stretch session can:

- Wake up your muscles (without the heater!)
- Improve blood flow
- Warm you up

If you really can't do mornings, aim for movement during lunch breaks or early evenings before it gets too dark.

2. Take Your Workout Indoors

When it's too cold or icy outside, bring the workout home. You don't need a full gym setup—just a small space and a little motivation.

Indoor options to try:

- Bodyweight workouts (squats, push-ups, planks)
- Online fitness classes (yoga, Pilates, dance, HIIT)
- Resistance bands or light dumbbells for strength
- Stationary cycling or treadmill if you have access

Even 20–30 minutes a day is enough to maintain strength, stamina, and flexibility during the winter.

3. Dress Smart, Not Heavy

If you still want to work out outdoors—great! Fresh air is energizing, and the cold can even help you burn more calories as your body works harder to stay warm.

Dress in layers:

- Moisture-wicking base layer to keep sweat off your skin
- Insulating middle layer (like fleece)
- Waterproof, windproof outer layer if needed

Don't forget gloves, a hat, and warm socks. The goal is to stay warm—but not sweaty and soaked.

4. Watch Your Winter Cravings

Cold weather often triggers cravings for rich, heavy foods. While there's nothing wrong with the occasional treat, it's important to stay mindful.

Winter nutrition tips:

- Load up on seasonal veggies like spinach, carrots, and beets
- Choose warm, wholesome meals like soups, stews, and stir-fries
- Stay hydrated—dry indoor heat can dehydrate you without realizing it
- Sip on green tea or herbal infusions instead of sugary drinks
- Focus on balance, not restriction. Fuel your body well to keep it moving.

5. Sleep Well, Stress Less

The shorter daylight hours can throw off your sleep schedule, leaving you tired and unmotivated. Prioritize 7–8 hours of good quality sleep to aid recovery and keep energy levels steady.

Extra tip: Try to get outside for some daylight every day—even a short walk in the sun helps regulate your circadian rhythm and boosts vitamin D.

6. Set Realistic, Seasonal Goals

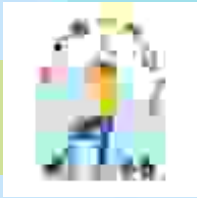
Forget about unrealistic expectations in winter. Instead of aiming to "get shredded" or run a marathon, shift your focus to:

- Staying consistent
- Maintaining your current fitness level
- Building strength, flexibility, or endurance gradually
- Use this time to develop good habits and build a foundation you can build on when spring rolls around.

Embrace the Season, Not the Excuses

Winter doesn't have to be a setback for your fitness journey. In fact, it can be a powerful time to reset, rebuild, and refresh your goals. By staying active, eating well, and being kind to your body, you'll come out of winter stronger, healthier, and more resilient. So grab your hoodie, roll out your mat, and let the cold be your cue—not your excuse—to keep moving.

"Take care of your body - its the only place you have to live." - Jim Rohn



"Exercise is King. Nutrition is Queen. Put them together and you have a Kingdom." - Jack Lalanne

"My favourite exercise is a cross between Lunge and Crunch. I call it Lunch."

Exercise ? I thought you said extra Fries !

I have a six-pack. It is just hidden under my love for food!

Life Through Her Lens

Compiled by IP First Lady Prachi Divekar

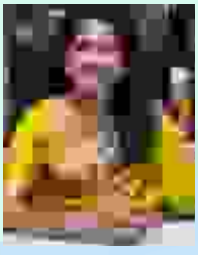
Swati Joshi

1.Describe yourself in two words
Ans. Creative & Mompreneur
2.What's a life lesson you have learned the hard way
Ans. Learning to move past obstacles quickly and gracefully
3.What creative activity makes you lose track of time
Ans. Designing and running my boutique, Yellow Creations
4.What's your comfort food-and the story behind it
Ans. Butter–Onion Uttapam, a simple, soul soothing dish & my favourite
5.If your life were a book, what would be its name
Ans. Life in My Second Innings
6.Which Rotary project is closest to your heart, and why
Ans. The Triumph Run -where special children inspire us all.

Aparna Lad

1. Describe yourself in two words.
Ans. Always supportive & a moral booster
2. What's a life lesson you have learned the hard way
Ans. owever hard you try.... you actually, cannot please everyone. So ignore them...& keep doing your best.
3. What creative activity makes you lose track of time.
Ans. Gardening
4. What's your comfort food—and the story behind it
Ans. Bombil Fry....Story behind it???
" Ek Bombil khao.... khud jaan jao"_
5. If your life were a book, what would be its name
Ans. "ASHI ME ..... TASHI ME! "
6. Rotary project is closest to your heart, and why
Ans. Triumph Run... It's a self-realization.... that, how lucky we are to be normal human & having normal children. I truly appreciate, respect, and salute the parents, teachers, and guides who take care of the specially abled children EVERY SINGLE DAY.
TRIUMPH RUN gives me that opportunity to be with these specially abled children n bring joy and happiness in whatever little way I can.

Shivani Shetty



1. Describe yourself in two words.
Ans. "Passionate Achiever"
2. What's a life lesson you learnt a hard way?
Ans. "Life doesn't always follow the path we imagined. But with patience, steady effort and a calm heart, even most difficult moments reveal their direction. Over time, I learnt that strength is not loud- it grows quietly through resilience."
3. What creative activity makes you lose track of time?
Ans. Rangoli making with innovative designs
4. What's your comfort food and the story behind it?
Ans. "My comfort food has always been Maharashtrian delicacies-especially Dalimbi Usual and warm Puran Poli drenched in ghee. These dishes are more memories than recipes. This food carries love, familiarity, and the gentle reassurance that even in life's hardest moments comfort can be found in tradition, care and flavours of home. It reminds me of the days when I used to go to my native place during vacation and my grandmother used to pamper me with all such delicacies."
5. If your life were a book, what would be the name?
Ans. "Ascend"
6. Rotary project is closest to your heart and why?
Ans. "One Rotary project that will always stay closest to my heart is the Holycross Vocational Training Center for Mentally Challenged Children, initiated and delivered in the Rotary year 2010–11 under President Vijay Shetty.
This was not just a project; it was our shared dream. We wanted to create a space where mentally challenged children could learn vocational skills and become independent after schools could no longer accommodate them. This empowerment allows them to earn a livelihood and live with dignity, giving their parents the ultimate peace of mind—that their children will be cared for even when they are gone.
For us, this is the true essence of service: creating hope, independence, and security for those who need it most.

Prachi Madkholkar

1. Describe yourself in two words
Ans. I consider myself to be an honest, loyal, and satisfied person.
2. What's a life lesson you have learned the hard way
Ans. No matter how tough things get, keep at it to succeed in life.
3. What creative activity makes you lose track of time
Ans. Reating art, painting, and sculpting with clay help me concentrate and feel timeless.
4. What's your comfort food—and the story behind it
Ans. I love the home-cooked Konkani-Goani style food that reminds me of my Aai and Aaji and helps me stay rooted to my traditional ancestry, and I would like to continue that food legacy.
5. If your life were a book, what would be its name
Ans. "Hridyayaspandane" (HeartBeats)
6. Rotary project is closest to your heart, and why ?
Ans--During my husband Mr. Mahesh Madkholkar's term as Rotary President, he constructed science lab, and a computer lab with 21 computers that connected children with the world. People were connected to life because of water source. (10000 litre water tank and water cooler)

Club Projects

Project 21 – Thane Literature Festival

Venue: Kashinath Ghanekar Mini Auditorium, Thane | Dates : 1st & 2nd November 2025

For the first time in Thane, we hosted the Thane Literature Festival—a landmark event celebrating the power of words, imagination, and ideas. The hangover of the first Thane Literature Festival is still not over .

Though it was our very first attempt, the grandeur, thoughtfulness, and heartfelt presentation left citizens of Thane - and even we Hillers ourselves - truly mesmerised . Thane - a historic city with an illustrious industrial legacy - is now evolving into a cosmopolitan metropolis, proudly embracing the arts and culture at its heart.

The journey spanned 6 to 9 months of ideation, 3 to 4 study visits to NCPA and other parts of Mumbai, 24 eminent speakers, and 15 thoughtfully curated segments, covering 12 hours of engaging sessions spread across One and half days . Collectively wisdom and experience of over 700+ years was available for Thanekars.This ambitious project was brought to life by 49 dedicated volunteers— a true testament to the strength and spirit of the Hillers. What an unforgettable journey it has been! A shining example of what happens when experience meets enthusiasm —when seasoned Rotarians join hands with newly inducted Hillers , united by a shared dream.

We not only met renowned authors and thinkers, but also encountered extraordinary human beings with profound understanding of life, society, and the universe . The event reminded us that an institution is always bigger than any individual. Our city is now carving out a new cultural identity and building a vibrant community that celebrates literature, creativity, and human connection. A contest– Meri Story ,wonderful concept.It is a compelling idea for further engagements with students and citizens.

A detailed thank you note by Convenor PP Atul Bhide covers all aspects, he has taken care to highlight all with great details. Inspite of health challenge Atul worked tirelessly for the cause. Even at the cost of repetition wish to mention specifically name of PP Vijay Shetty,Director Jayant Nagavkar and Rtn.A.S.Kumar for financial support..

Special mention for Rtn.Gautam Banik, Rtn Kalita, PN Sujit, Rtn.Aniket, Ann.Anuja Kulkarni, Rtn.Shrirang Date, Rtn.Sarita, Ann Aneetha and Rtn. Akanksha Ghotkar for working tirelessly and enthusiasm. Such project participation with passion makes club stronger and rotary stronger. True meaning of service above self. Once again heartfelt thank you to each and every volunteer who made this success.Because an idea alone is never enough — implementation is what makes the difference. These few committed members showed faith when others were skeptical. A special mention and big thank you to First lady Manjiri .

Amazing support and creativity from our partners/service providers - Heramb Prints, Nitin Gawali at Kashinath, Kuvega, Kiritbhai, Supreme Deli, Keyur Trophies and Asmita Arts. A big Thank you !

The freshness of the idea,the energy in execution, and the magic in every moment made this project a soul-touching experience for many of us. Some events end, but their memories linger on… this was one of them.

Project- 22 - Between the Covers

Saturday, 8th November 2025 | Federation House, Wagle Estate

Nurturing Students to Develop Multiple Capabilities

Convenor PP Sucheta has been driving this project since beginning. PP Sucheta has already done comprehensive reporting diligently.It is prudent for club to keep count and maintain log of each project,hence another update.

This is our third edition and going strong and we see many new and old have joined to make it a success. However wish more Hillers and Family comes and attends and encourage students . Payback of any form of education can not be in days or months, at times it's over a decade. We are confident about immense takeaways for students in years to come.

Few Highlights:

Chief Guest - Shri.Bhalchandra Sinh RaoRane (Chairman, Federation of Indian Industries)

Guest Speaker- Chandresh Narayanan (Sports Journalist)

12 schools, 2 sessions approx 100 students , around 15 teachers and 10 parents in attendance spread thru the day.

Winner: Pawar Public School, Chandivali

Runner-up : DAV Public School, Thane | **2nd Runner-up: Lodha World School**, Thane

MOC: Asmi - Amazing confidence.

Both sessions attendees : Sucheta, Sudeepa, Neela, Radhika, Sunanda, Aniket, Madhavi

Morning attendees : Nilesh, Saket, Rajesh Salaskar

Afternoon attendees : Sunil, Lata, Govind, Anagha, Vasant, Yamini and Annet Ananya

Very few projects offer such a wonderful confluence of reading , retaining , and recreating through enactment . This unique initiative helps students not only enhance their comprehension but also build confidence in presentation and verbal communication .

Project – 23

Ann Daan – Yogi Hills | Thursday, 20th November 2025

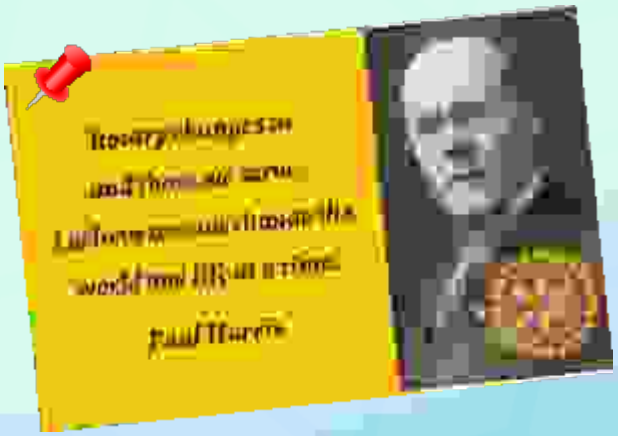
This project continues to attract Hillers who are passionate about community service. Our dedicated soldiers, Satish and Prashant , tirelessly coordinate with all Hillers every month. With consistency and commitment, they encourage members to participate in the Ann Daan initiative.

In today's digital world, no amount of technology or AI can replace human touch and human connection. There is a profound difference between physically being present and merely viewing photos or videos on WhatsApp.

We grow richer and feel enlightened the moment we choose to take that first step and travel all the way to Yogi Hills. First-time Hillers Kunal Verma and Akansha Gotkar were deeply impressed by the impactful work being done and have promised to return again and again.

An earnest appeal to all members—make the most of the amazing opportunities Rotary provides :

to serve, to learn, to contribute, to experience, and to enrich.



Susauwaad

District Rotary Service Month | RY 2025-26

Kashinath Ghanekar Mini Auditorium | Saturday 15th November 2025

Organised by all Rotary Clubs of Zone 11 and RC Thane Hills taking lead for curating

A Dialogue for Collective Change — For Our City and Community

Susauwaad brought together visionary minds to deliberate on the future of Thane and the role Rotary can play in shaping it. We were fortunate to have following highly experienced panelist.

Esteemed Panelists :

- KD Lalla-Ex TMC
- Shreelata Menon Ecology Expert
- Dr. Khushboo Taori-Ex TMC
- Shripad Bhalerao-Architect
- Seema Redkar-Ex BMC

Our own Rotarian and eminent Thanekar Milind Ballal moderated panel discussion.

The discussions offered rich insights on :

• Advanced Locality Management and innovative ways to engage citizens.

• Town planning priorities, constraints, and forward-looking solutions.

• New-age construction materials and smarter approaches for road infrastructure.

• The need to reimagine the future, focus on repair, and promote research-driven interventions.

A recurring message was clear: Deeper and continuous engagement with the municipal corporation, Youth, Education Institutions and government is essential for meaningful change.

Learning from other countries and using best practices.
Urgent need for comprehensive and wholistic town planning.

Key Takeaways :

• Multiple Rotary clubs can collaborate to implement large-scale, high-impact city projects. • Possibility of developing a hyperlocal app to support civic engagement and community-driven initiatives. • Exploring waterways as an effective mode of transport around Thane to remove burden of heavy commercial vehicles. • Enhancing waterfront areas to boost tourism, recreation, and quality of life.

Thane's natural heritage—forests, lakes, mountains, creeks, the sea, marshlands, and plains—gives it a truly unique geographic advantage. It is time to harness this potential with collective will and collaborative action.

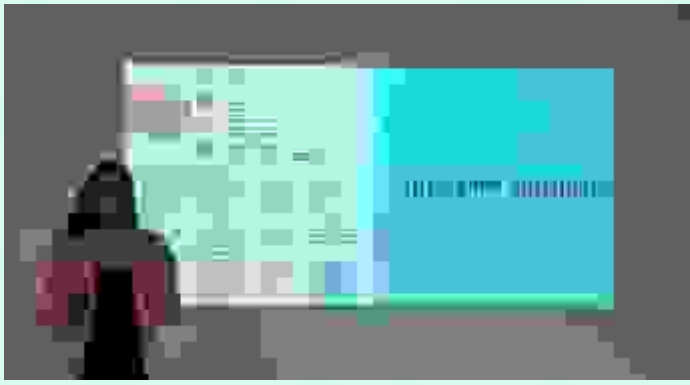
Attendance 70+

We all Co Presidents from zone 11 extend gratitude to all district dignitaries for giving us this unique opportunity to host Susauwaad. Special Thanks to DG Harsh for gracing occasion and setting context. Thanks to Director-Rotary Service Month- Vinit Shah for guiding us.Big thank you to ALF Dr Supriya for anchoring event as MoC.

Weekly Meetings

Weekly Meeting – 16

6th November 2025 at Thirani School



Happiness is a matter of choice.

Happiness is a state of mind.

Our guest speaker, Dr. Wilona - a cheerful personality with a strong foundation in medicine and specialization in psychiatry - shared her insights through a warm, story-driven narrative. Her simple and relatable approach made the session both meaningful and memorable.

Paddy made introduction in his own cheerful style and Sarita summed up learnings from session with her methodical approach. She can be a valuable resource for our club's Mental Health Initiative, offering expert guidance for future programs.

Wish more members had the opportunity to experience such enriching discussions.

Attendance: 28

Weekly Meeting – 17

13th November 2025 at Federation House Thane

Our meeting featured an insightful presentation by the Elocution Contest winners from the Interact Clubs.

Daughters are truly special . When we look at the composition across all three Interact Clubs of RCTH, it is heartening to see the overwhelming participation of girls . This is a very encouraging sign for our society and for the future of our country .

Despite the chaos of weekday evening traffic and the festive rush,few dedicated Rotarians chose to invest their time to listen to our future leaders. These seemingly simple meetings are, in fact, powerful platforms—helping Interact members build capability, confidence, and stage experience

Special appreciation for Rotaract President Sayali Korgavkar and Rotaract Club Secretary Gargi and Director Youth Services Deeba Khan .Facilitator CP ND Joseph and Guardian group is helping club and curating exceptional experience.

Listening to the passionate speeches by Aanvi Shukla (Amber International) and Purva Gaikwad (R.S. Deokar) was truly inspiring. In a wonderful gesture, PP V. Chandrasekaran instantly announced a cash prize for both girls , a gesture that will surely motivate them further.

Just like last week's Between the Covers and the Elocution Competition , today's program reinforces one of our strongest commitments—investing in and empowering youth through education and opportunity. We may not always be around to see the long-term outcomes, but programs like these create an impact that lasts for years.

Total attendance: 32 .

We sincerely hope more Rotarians join such meaningful youth-focused sessions in the future .

Weekly Club Meeting – 18

Thursday, 20th November 2025 | **Guest Speaker – Vasanti Bhave**

Devrai — a sacred grove — is a concept deeply rooted in love and reverence for Mother Nature. In simple terms, it is a designated reserve forest, a practice that has existed in India for centuries.

For Indians, connecting with nature and perceiving it as a form of feminine energy comes naturally. Long before the emergence of formal worship, idols, or organised religion, communities acknowledged the interdependence of humans and nature. Recognising energy in form of ponds, lakes, rivers, forests and living species was perhaps the earliest and purest form of devotion.

At Rotary, we can take inspiration from this ancient wisdom. We can create a Rotary Community Corp dedicated to preserving such ecological zones. We can also promote responsible tourism by sharing knowledge, and recognise environmentally conscious citizens by inviting them as guest speakers. Our own Rotary's environmental science team can further highlight the negative impacts on humanity when such sacred spaces disappear, helping us champion their protection with greater clarity and purpose.

Weekly Club Meeting-19

Thursday 27th November At Kuvega Music Enclave , Kothari Compound, Thane.

An exciting , exhilarating and thoroughly entertaining evening unfolded on 27th November. The entire programme was seamlessly coordinated, conceptualized and commissioned by our talented trio — Sonu, Yamini and Deeba.

Their remarkable observation skills and extraordinary ability to weave stories around the uniqueness of each individual filled the evening with joy, smiles and heartfelt laughter, offering every member moments of unparalleled pure happiness. We also celebrated and recognized the Rotal winners, adding pride and enthusiasm to the evening.

This year's performances once again proved that there is no age limit to living life to the fullest. Events like these help us rediscover true happiness, purpose, camaraderie and the spirit of healthy competition — the very glue that binds all of us together.

The November Guardians , under the facilitation and guidance of CP ND Joseph , enriched the entire month with literature, books, theatre, music, dance, laughter and meaningful contributions towards the Rotary Foundation. A special mention is due to Convenor Rtn Shreerang Date and Ann Anuja Kulkarni for their dedicated efforts and commitment towards the TiTEN Year Rotal .New look and feel of Kuvega and generous contribution by PN Sujit for event needs special mention.

Attendance for the evening stood strong at 73, reflecting the collective energy and involvement of Team TiTEN.