



Rotary
Thane Hills



HILL ECHOES



October 2024



Community Development Projects is our Legacy

Shirol Dam - our first mega Community Development Project

Rakesh & Dilip - Eternal believers of 'Service above Self'



OCTOBER IS

The National Rotarians World



October is Rotary International's Economic & Community Development Month. Rotary Clubs all over the world help communities and people in other countries with projects that aim to provide sustainable ongoing development and help, not just immediate charity.

October 2024



03

Stephanie Urchick
RI President RV 24-25

Dinesh Mehta
District Governor RV24-25

Harshad Divekar
Club President RV24-25

A. S. Kumar
Club Secretary RV24-25

Monthly Bulletin of
Rotary Club of Thane Hills
District 3142
Club ID : 28046

Rajeev Tipnis
Bulletin Editor



Stephanie A. Urchick
President 2024-25

With World Polio Day on 24 October, I'm proudly rooting for Rotary as we team up around the world to End Polio Now. We made a promise to the children of the world and their families. It is incumbent upon us, together with our global partners, to end this threat once and for all.

There are so many ways we can team up to eradicate polio. You can donate to the End Polio Now campaign, join or initiate a PolioPlus Society in your club or district. I encourage Rotary members around the world to continue to seek out new teammates, so that together, we end polio.

TOGETHER, WE

END POLIO

We meet every Thursday at 7.30 PM
at
Savitri Devi Thirani School,
Vartak Nagar, Thane

ROTH-INSIDE

A shattered Hope

In the upcoming months, when we worship Durga, Lakshmi, Kali, SaraswatiPlease Remember This

In the heart of a nation, where prayers rise high, A woman's cry echoes, yet none ask why. What worth is devotion when fear stalks the night, And the system that's meant to protect, fuels the fright?

What good is devotion, when justice is lost, when power and greed come at such a cost? In a land of millions, where hope should thrive, we shudder in fear, just trying to survive.

The deities we worship, the prayers we recite, Seem hollow and empty in this darkest of nights. For if faith cannot shield the most vulnerable here, then what have we built in this nation of fear?





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ROTARY CLUB OF THANE HILLS BOARD OF DIRECTORS 24-25

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Senthil Kumar	Autism Center
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Sanjiv Deshpande	Samvidhan Chetana
Nilesh Pitale	Blood Donation Camps & Thalessemia



Rajeev Tipnis
Bulletin Editor
rajeevtipnis@gmail.com
+91 98201 92807

Congratulations to RCTH! Hurrey!

Rotary Club of Thane Hills received EREY Banner recognition for the year 2023-24

It was a Herculean task, made possible by PP Varsha, IPP Govind & team. Kudos to all of you who have made this real.

Under the able leadership of PP Nilesh Likhite, RCTH organised District TRF seminar which was attended by none other than the PRIP and TRF Trustee Chair Rtn Mark Maloney as well as TRF Trustee Bharat Pandya besides others. RC Thane Hills was on the forefront with so many major donors that we have listed on page no 9 in this bulletin. Our sincere gratitude to all those benevolent and kind hearted donors.

We did several projects which have been highlighted on subsequent pages.

All weekly meetings including the club assembly are also listed

Special mentions of Rtn Madhumita - who is writing a series of articles on Artificial Intelligence. I recommend that we read these articles which will be published every month and get a better insight about the biggest disruption in this world and ensure that we are not left behind.

Our Innerwheel Club of Thane Hills and Rotaract Club of Thane Hills are going great guns. President Neena and President Omkar have sent summary of their activities to keep us apprised of the great work that they are doing in the community. Let us extend support to them.

As I have been requesting, Please send your valuable feedback and also circulate this bulletin on various social media channels to spread the message about the good that RCTH is doing in this world. Happy reading!

TRIUMPH FOUNDATION The charitable trust of Rotary Club of Thane Hills

Board of Trustees

Rtn. Harshad Divekar
Rtn. A.S.Kumar
Rtn. Vasant Bhat
Rtn. Govind Ketan
Rtn. Samir Limaye



INSIGHTS AND REFLECTIONS!

Harshad Divekar

Club President 24-25



Education and Literacy: A Pillar of Our Community

September, celebrated as Education and Literacy Month, provides a perfect opportunity to reflect on the impactful work our Rotary Club of Thane Hills has been doing in this vital area. Our commitment to education, especially for children with special needs, has been unwavering & transformative.

One of our flagship initiatives, the Virtual Eye Program, has revolutionized how blind children access information. By enabling them to use computers without special accessories like braille keyboards, we have opened up a world of knowledge and opportunities for them. As Kofi Annan once said, "Literacy is a bridge from misery to hope".

Our scholarship program is another cornerstone of our efforts, funding higher education for underprivileged children. This initiative ensures that financial constraints do not hinder talented students from achieving their academic dreams. Nelson Mandela aptly noted, "Education is the most powerful weapon which you can use to change the world"².

We take immense pride in our

support for special children through the Vocational Training Centre at Holy Cross Convent. This center has been instrumental in providing education and vocational skills to children who are now securing jobs in esteemed establishments like "The Lalit".

Our V. Subramaniam Autism Centre is another beacon of hope, serving over 50 children with autism, helping them become self-sufficient and independent. The centre is equipped with the latest therapies to support these special kids.

This year, our engagement with schools has expanded significantly. We have initiated multiple programs addressing critical issues such as drug addiction awareness, mobile addiction awareness, and waste segregation and disposal awareness. Additionally, we plan to launch an "Awareness of Constitution" program to commemorate the 75th year of the Indian Constitution.

Our Saevus Ecoquiz has been a longstanding initiative, spreading environmental awareness and attracting

participation from numerous schools in Thane. We also encourage the habit of reading through our book review competition, "Between the Covers". As Dr. Seuss says, "The more that you read, the more things you will know. The more that you learn, the more places you'll go".

One of our most satisfying projects has been providing educational kits to Adivasi children in remote areas near Nasik. This initiative has enabled these children to stay in school and continue their education. The Ideal Study App we provide to 10th standard students offers textbooks, notes, videos, answers to questions, and quizzes, ensuring that less privileged children have the same opportunities as their wealthier peers.

Our engagement with schools and the next generation is the most important investment for the future. These children will define the future of our community, and by equipping them with the right values, skills, and opportunities, we are doing our bit to create a better future..

SECRETARIAL MUSINGS!

"Knowledge in youth is wisdom in age"

A.S.Kumar

Club Secretary 24-25



Come September, month for Basic Education and Literacy , we at RCTH's made an earnest effort to harness the young minds to deal with challenges and opportunities of future. Our Waste Management and Segregation Campaign and Seminar addressed over 750 school children on the opportunities and challenges of managing waste, while education team distributed E-learning App to over 400 students of Class 10 to enhance their learning process through digital tools.

Teachers are the best Nation Builders as they painstakingly build the young minds that shape the future of Civilisation that we all dwell. On Teachers Day we, Hillers, recognised and felicitated five teachers from Municipal Schools of Thane with Nation Builders Award.

Our member led meeting on Guru -Shishya Parampara, we discovered the Confidence and Clarity of thoughts among young minds that will the shape the cultural and economic landscape of India to be among the Top three nations of the world.

While Ganesh festival was celebrated with lots of fervour, we Hillers encouraged many members to have the RCTH Scholarship Donation Box next to Lord Ganesha and this wisdom helped to mobilise donation of over Rs.66,000 for Education Scholarship.

Our Cervical Cancer HPV team vaccinated close to 700 girls in collaboration with many clubs from the District as well as State. Annadhan project is witnessing encouraging

response from more members in the club as well as partners enhancing our ability to do more.

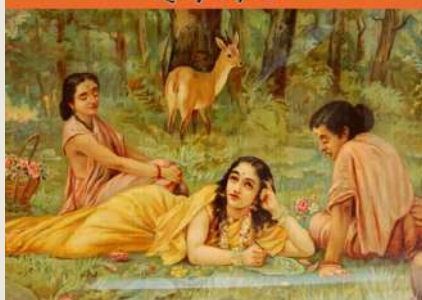
Last but not the least, RCTH successfully hosted the 1st TRF Seminar of the year that was graced by TRF Trustee Chair Mr. Mark Maloney along with other distinguished dignitaries. Our team, lead by Convener PP Nilesh Likhite were simply outstanding in organising the event without any blemish and winning accolades from all the corners.

Looking forward to OctoberFest and fellowship as we look forward to celebrate the festival season ahead with lotsof fun and fervour.

Wishing all of you a great festive season.

DG Dinesh Mehta, Awesome District Team,
RC Thane Premium & RC Thane Lake City presents

"हिन्दी दिवस"



Wednesday, September 18, 2024, 6:30 p.m.
Dr. Kashinath Ghanekar Mini Auditorium, Thane



On 18th September 2024 - on the eve of Hindi Diwas

District 3142 organised an event with a dramatic reading of satirical drama - Mudrika Rahasya . Presented by renowned Theatre group 'Aank' . Our Hiller - Latha Sanjay is a part of this Theatre group and she was very on the stage performing this dramatic reading of the skit.

CSR Magic works again !

Rotary Thane Hills **TRIUMPH FOUNDATION**
CHARITABLE TRUST OF ROTARY CLUB OF TRIUMPH HILLS
REGD. NO. UNDER DONOR PUBLIC TRUST ACT 1950 E / 2323 / (THANE)
201-Q, V8-F1 Park, B-3, Vagle Estate, MIDC, Thane (W) - 400 054

Date: 27th August 2024 **TRMP/HPV/2024/00004**

To,
Aditya Birla Insurance Brokers Limited
7th Floor, One Indiabulls Centre,
Tower-1, 841, Senapati Bapat Marg,
Elphinstone Rd, Mumbai,
Maharashtra, India, 400013

Sub: Request for CSR Contribution

Dear Sir/ Madam,

With reference to Addendum / Agreement executed in December 2023, we request you to remit CSR fund in our bank, as per below details for implementation of approved project activities:

- Approved budget (INR): 1,70,00,000
- Amount received so far (INR): 85,00,000
- Request amount: (INR) 85,00,000 (amount in number)
Eighty Five Lakhs only (amount in words).
- Bank account details: (cancelled cheque of account attached)

Name of the bank account	Triumph Foundation
Name of the bank	TJSB Sahakar Bank Ltd.
Branch location	Madhumalti, Thane (West)
Account Number	002110100036245
Account type (Savings/ Current)	Savings
IFSC Code	TJSB0000002

We thank you for your Contribution.

For Triumph Foundation

Harshad D. (Stamp and Signature)
Authorized Signatory

HDFC BANK
AHURA CENTRE, GROUND FLOOR, MAHAKALI CAVES ROAD,
ANCHIPEVEJ MUMBAI-400 063, MAHARASHTRA
RTGS / NEFT IFSC : HDFC0000543

Pay **TRIUMPH FOUNDATION** Or Bearer

Rupees रुपये **Eighty five lakhs only** या धारक को

₹ **85,00,000/-**

अदा करे

Brn: 0543 Pdt: 1295 (New Account)
CURRENT-Unspent
CSR

For ABIBL UNISPENT CSR ACCOUNT FY 2023-24

Authorized Signatories
Please sign above / give self stamp at

Payable at par through clearing/transfer at all branches of HDFC BANK LTD

Happy to share that Triumph Foundation has received the second tranche funds from Aditya Birla foundation for HPV vaccination drive (85L).

This money will be used for giving the second dose of HPV vaccination. Shout out to PP Shirish Songadkar for his tireless efforts to get the process completed. Dr. Anagha , Dr Amit , Vidyadhar, Govind , Sucheta, Ruby , Manjiri , and others who have worked tirelessly to execute the first phase project where we have completed almost 3500 doses. Special Mention of Dr Amit who has been instrumental in getting a large number of beneficiaries through his connect (which is perhaps the most difficult task) in addition to being involved in all steps of the project.

Thank you to Govind , Vidya , Rajeev , Nilesh Likhite , Amit & Anagha K , Anindya and Vijay Shetty for setting up a robust procurement system and a strong contractual

documentation and execution. Vidyadhar for all the coordination with the vaccination Agencies. Sucheta and Vidyadhar have worked hard in coordinating with other clubs in district to find new beneficiaries with support of rotary network. And last but not the least, big thanks to Ashok Mahajanji who has been instrumental in getting us this grant. For second dose, we need volunteers to coordinate with schools to help us ensure we give the dose in time . I am Appealing to all of to support to please reach out for the cause. .

Money matters!

hosted by RC Thane Hills

First District TRF Seminar

Chief Guest: TRF Trustee Chair Mark Maloney

Guest of Honour: TRF Trustee Bharat Pandya

Special Guests: RRFC N Subramaniam, A RRFC Shrikant Indani, EPN C Ashes Ganguly

RCTH Team

Convener: PP Nilesh Likhite

Forum Leader: PDG Ashes Ganguly

Core Team: PP Vikram, PP Varsha, PP Shirish, Pres Harshad ,
Sec Kumar , Sunil Gwalani

Backstage Management:* Prachi, Manjiri, Kalita, Alpa,
Madhumita &

Menu Management: Ruby Khurana

Happy Hours: Dayal Dodeja

Event Support: Sujit Uchil, Milind Suryavanshi, Nilesh Pitale

Aides to Dignitaries: PE Samir Limaye, Anindya Dasgupta,
Nilesh Puranik

Major donors, CSR Representatives , and all who contributed \$1000 or more were felicitated by Mark Maloney, who was accompanied by his better half, Gay and Dr Bharat Pandya.

Donors from RC Thane Hills

Major Givers – USD 10000 and above

Rtn. V Chandrasekaran
(Rotary Club of Thane Hills)

in recognition of his commitment of USD 25,000 to
The Rotary Foundation – Endowment for Peace

Club Recognitions

Rtn. Harshad Divekar
(Rotary Club of Thane Hills)

in recognition of your club's commitment to contribute USD 50,000
or more to The Rotary Foundation in the RY 2024-25

Major Givers – USD 10000 and above

Rtn. Padmanabhan Sunderesan
(Rotary Club of Thane Hills)

in recognition of his commitment of USD 12,000 to
The Rotary Foundation and achieving Major Donor Level 3

Major Givers – USD 5000 and above

Rtns. Nilesh and Varsha Likhite
(Rotary Club of Thane Hills)

in recognition of their contribution of USD 5,000
to The Rotary Foundation

Major Givers – USD 5000 and above

Rtns. A S Kumar and Kalita Subramanian
(Rotary Club of Thane Hills)

in recognition of their commitment of USD 5,000
to The Rotary Foundation and attaining Major Donor Level 1

Club: Thane Hills

Dr Anagha Karkhanis
Anindya Dasgupta
Dr Ashes Ganguly
(Attained MD Level 2)
Bijay Yadav
Govind Khetan

Harshad Divekar
Nilesh Puranik
Dr Suhas Kulkarni
Vasant Bhat
Vidyadhar Naik

Diversity, Equity, and Inclusion

by madhumita ghosh

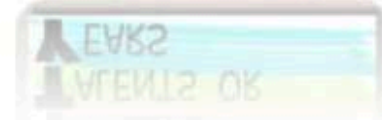
"Feelings of worth can flourish only in an atmosphere where individual differences are appreciated, mistakes are tolerated, communication is open, and rules are flexible – the kind of atmosphere that is found in a nurturing family." – Virginia Satir

Our differences should be a source of unity, not division. It is our inability to recognize, accept, and celebrate them that causes problems. DEI is a moral and ethical obligation, every individual deserves to be treated with respect and dignity, regardless of their differences. It is crucial not only for ethical reasons, but also for business benefits, and societal impact. It requires a commitment from leadership, training for employees, policies and practices and a focus on creating an inclusive culture. DEI is a necessary and crucial component of a successful and ethical organization.

Despite its numerous benefits, implementing Diversity, Equity, and Inclusion (DEI) can present several challenges. Some individuals or groups may resist change and be reluctant to embrace DEI initiatives. Unconscious biases can hinder DEI efforts, even when individuals have good intentions. Hiring or promoting individuals from underrepresented groups solely to meet diversity quotas can lead to tokenism and feelings of exclusion. Navigating cultural differences and ensuring that everyone feels included can be challenging. Implementing DEI initiatives can require significant resources, including time, money, and expertise.

Overcoming these challenges requires a sustained commitment to DEI, education and a willingness to address biases and discrimination. It's essential to create a culture where everyone feels empowered to contribute and where diversity is seen as a strength rather than a weakness.

Recent DEI initiatives and policies have faced criticism on various grounds. Some critics have questioned the effectiveness of specific tools, like diversity training, and their impact on free speech and academic freedom. Additionally, broader critiques have arisen from political and philosophical perspectives. DEI are not just buzzwords; they are essential components of a successful and ethical organization. By fostering a culture that values diversity, ensures equity, and promotes inclusion, we can create a workplace where everyone feels valued, respected, and empowered to contribute their best. DEI is not just a moral imperative, but also a strategic necessity that drives innovation, improves employee morale, and strengthens an organisation's reputation.



TECH DISRUPTIONS! by madhumita ghosh

Information and Cognition: Digitised Information layer

Till last month, we spoke about AI. In the entire aspects initiates with digitization. The Digitized Information Layer is a fundamental component of digital transformation. It refers to the process of converting all types of data into a digital format that can be stored, accessed, and manipulated electronically. This layer is the cornerstone upon which modern digital systems and services are built.

Examples of Digitized Information are typically
Digital Documents: Scanned documents, PDFs, word processing files,
Digital Images: Photographs, graphics, digital art,
Digital Audio: Music files, podcasts, audiobooks,
Digital Video: Movies, TV shows, video recordings
Databases: Organized collections of structured data

Digitisation addresses the below key characteristics of the Digitized Information Layer:

• **Data Conversion:** The process of transforming physical data (such as documents, images,

or audio) into digital formats like binary code.

• **Storage:** The preservation of digital data in various storage mediums, including hard drives, solid-state drives, and cloud storage.

• **Accessibility:** The ability to retrieve and access digital data from anywhere, at any time, using digital devices.

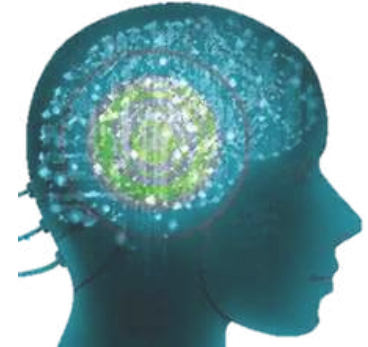
• **Interoperability:** The compatibility of digital data formats and systems, allowing seamless data exchange and integration.

• **Security:** The protection of digital data from unauthorized access, modification, or deletion.

Importance of the Digitized Information Layer is

• **Efficiency:** Digital information can be processed, analysed, and shared much more efficiently than physical information.

• **Accessibility:** Digital information can be accessed from anywhere in the world, making it easier to collaborate and share knowledge.



- **Innovation:** The availability of large amounts of digitized data has fuelled innovation in various fields, such as artificial intelligence, machine learning, and data analytics.
- **Preservation:** Digital information can be preserved for long periods of time, ensuring that cultural heritage and historical records are protected.

In essence, the Digitized Information Layer provides the foundation for the digital age, enabling new ways of working, learning, and communicating. In next issue we will discuss about Databases as it is the heart of entire system and processes

FROM THE DIRECTOR'S DESK



PP. Bijay Yadav
Club Learning
Facilitator

My Thoughts as Club Learning Facilitator

In Rotary, training has given way to learning. We are leaders as Rotarians and we learn new ways of doing good in world.

Our club is fortunate to have young professionals who will lead our club in the years to come. As a club learning facilitator, it is my job to provide the opportunity to these young leaders to learn more about the Rotary Principals and Ideas and also provide opportunity to those who require a refreshing of their knowledge and skills in Rotary.

Members engagement would be my priority this year through INTERACTIVE SESSIONS, story telling, quiz competition as well as members led meetings and complementing it with Fire side meetings.

Every Awesome Board member will ensure this interaction with the members, especially involving new members and be the true Mentor to them.

I shall encourage all RCTH members to attend the District Conference and District Training Assembly and Seminars during the Awesome Year.

Friends, Let us make this year more fulfilling by learning and exploring Rotary further

IPP Govind Khetan
Director -
International
Service



Happy to inform that Rotary Club of Thane Hills has recently been recognised as a **'Peace Builder Club'** owing to decades of illustrious community development work.

As a humanitarian organization, peace is a cornerstone of Rotary's mission.

We see peace not as an abstract concept but as a living, dynamic expression of human development. By carrying out service projects, our members take action to address the underlying causes of conflict, which include poverty, discrimination, ethnic tension, lack of access to education, and an unequal distribution of resources.

We encourage conversations to build goodwill within and across cultures.

The **'Rotary Peace Centers'** program was launched in 1999 to train new generations of Peacebuilders.

Rotary Action Groups are independent, international, Rotary-affiliated groups that collaborate with clubs and districts on humanitarian service projects by offering their technical expertise and support or helping them find partners, funding, and other resources.

I encourage all RCTH members to join this Rotary Action Group and contribute your bit to World Peace.

HAPPENINGS AT INNERWHEEL CLUB OF THANE HILLS!

Empowering Communities, Enriching Lives (and having fun while at it!)

September was a whirlwind of activities, and we're thrilled to share some of our accomplishments!

Environmental Awareness: Paper Bag Making Workshop

Our members taught Thirani School students to ditch plastic bags and get creative with paper! This interactive session highlighted the harmful effects of plastic bags and promoted eco-friendly alternatives. Who knew saving the planet could be so artistic?

Supporting Mental Health: Donation Drive

We donated essentials to 100 women inmates at Karjat Mental Hospital demonstrating our commitment to mental health and well-being. Small acts, big impact!

Rural Medical Camp: Safale Village

Our zonal project united 15 clubs from Zone 5. Dr. Pallavi Shah, our paediatrician superstar, conducted thorough check-ups for 90 kids, distributing vitamins supplements, Deworming tablets and other meds as needed. Her dedication and compassion inspired us all.

Caring for Seniors: Ganesh Old Age Home

We stocked up Ganesh Old Age Home at Vasai with their monthly requirements of groceries and diapers ensuring the comfort of our senior citizens. Because seniors deserve love and dignity, too!

Fellowship and Celebration: Hindi Diwas

Our September GBM was a Hindi Diwas extravaganza with a captivating Kavi Sammelan! Twelve members recited their favourite poems showcasing diverse flavours and touching hearts. Laughter, tears, and poetry – what more could you ask?



Neena Manchanda
Club President
Innerwheel club of
Thane Hills



Thanks to our amazing members for making September shine!

Upcoming Projects in October

Stay tuned for our exciting October initiatives, promising more community engagement, fellowship and impactful projects.

ROTARACT CLUB OF THANE HILLS!

MONTH THAT WAS!



The last month of Quarter 1 was a festive and eventful time for the Rotaractors of Thane Hills. We kicked off the season with **Ghar Ghar Ganesh 3.0**, celebrating the arrival of our beloved Ganpati Bappa. Fellowship and feasting took center stage as we enjoyed modaks and warm camaraderie at fellow Hillers' homes.

We also had the pleasure of **hosting Rotaractors from Tezpur City, Bikaner, Assam, Delhi,** and Guwahati as part of RID 3142's Explore. Acting as tour guides, we gave our guests a true taste of Thane and Mumbai — from the bustling late-night momo and chaat stalls to the high-energy Ganpati Visarjan celebrations. Though their stay ended with tearful goodbyes, the memories we created will last a lifetime.

Thane Hills never misses an opportunity to celebrate, and in keeping with this tradition, we came together for a heartwarming **Onam Sadhya feast**, adding a dash of Kerala culture to our festive season.

Amidst all the celebration, our commitment to service prevailed. In collaboration with Koshti Hospital, we provided **free dermatologist consultations** to 17 girls from the Divya Prabha Orphanage, ensuring their well-being was taken care of.

On 21st September, we organized **Talent Unplugged** at the Kuvega Music Enclave, where 16 talented artists shared their passion for music, poetry, and more. The night was made even more special by a surprise performance from Shyam Advankar Ji and our beloved Rotarians, creating an unforgettable atmosphere of creativity and connection.

We wrapped up Quarter 1 with our flagship **mental health initiative, Aaina 4.0**, an expressive arts therapy workshop led by Rtr. Dr. Karishma Pavaskar. This session allowed us to explore our inner selves and express our emotions freely, reinforcing the importance of mental well-being.

As we conclude this lively and fulfilling quarter, we're eager to carry forward the joy, togetherness, and service into the months ahead.

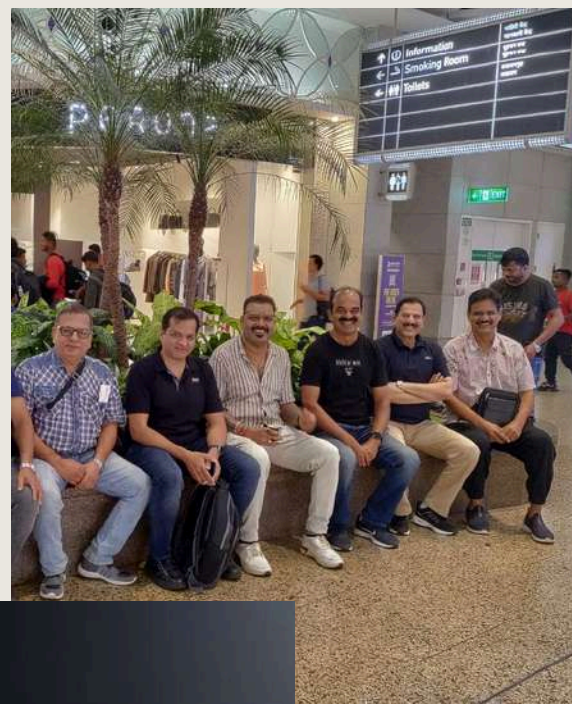
Excellance in SPORTS

**congratulations
to the
Sportsmen of
Thane Hills !**



Aryan - Son of Rtn Shashi Revankar was in the winning football team - in the interschool championship league

RCTH Cricketers under the Banner of IFCR India participated in International Cricket Tournament for above 40 Years - Dr Abhay, Dr Atul Gupte, Shailesh Muley , Dr Amit Karkhanis , Paddy and Sujit Gawayi were in the India Rotary Team which travelled to Sharjah and Ajman for Cricket Tournament and came back with flying colours . Paddy's team was runner up . Congratulations to RCTH Cricket Team



Healthy Talks!

EYE HEALTH

Eye health is crucial for maintaining good vision and overall well-being. Eyes are a key sensory organ that work with the brain to process information about the outside world. We perceive up to 80% of impressions through sight!

It's important to keep eyes healthy and get them checked regularly, as recommended by an ophthalmologist.

Tips for Healthy Eyes:

1. **Regular eye exams:** Schedule annual check-ups to detect refractive errors & potential issues early.
2. **Wear protective eyewear:** Use sunglasses with UV protection and safety goggles during sports or hazardous activities.
3. **Maintain a healthy diet:** Include eye-friendly foods rich in omega-3 fatty acids, vitamins A, C, and E, and zinc.
4. **Quit smoking:** Smoking increases the risk of age-related macular degeneration & cataracts.
5. **Limit screen time:** Follow the 20-20-20 rule: every 20 minutes, look away from screens and focus on something 20 feet away for 20 seconds.
6. **Get enough sleep:** Aim for 7-8 hours to reduce eye strain.
7. **Stay hydrated:** Drink plenty of water to prevent dry eyes.

Common Eye Conditions that need attention.

1. **Myopia (nearsightedness- minus power)**
2. **Hypermetropia (farsightedness -plus power)**
3. **Astigmatism (cylindrical eye power)**
4. **Presbyopia (age-related loss of near vision)**
5. **Cataracts**
6. **Glaucoma (increased eye pressures)**
7. **Dry eye syndrome / Continuous watering from one eye**
8. **Long term Diabetic & Hypertension**
9. **Corneal ulcers,**
10. **Injuries due to foreign body /chemical or fire cracker burns etc.**



Compiled by:
Rtn Dr Yusuf
Virani
CONSULTING EYE
SURGEON.



Eye Care Essentials:

1. Sunglasses with UV protection
2. Reading glasses or contact lenses (if prescribed)
3. Eye drops (for dry eyes or allergies)
4. Eye wash (for irritations or infections)
5. Blue light blocking glasses or software (for digital devices)

Nutrients for Eye Health:

1. Omega-3 fatty acids (walnuts, chia & flax seeds)
2. Vitamin A (carrots, sweet potatoes)
3. Vitamin C (citrus fruits, bell peppers)
4. Vitamin E (nuts, leafy greens)
5. Zinc (whole wheat roti, oats, brown rice, quinoa)

Eye Exam Frequency:

1. Children: Every 1-2 years
2. Adults 18-39: Every 2-3 years
3. Adults 40-64: Every 2-3 years
4. Adults 65+: Every 1-2 years

Stay informed, and prioritize your eye health!

October 2024



18

SERVICE PROJECTS DURING THE MONTH BY RCTH

COMMUNITY SERVICE

Date : 1.09.2024

Project: Annapurna

project at Yogi Hills.provided essential groceries to over *900 beneficiaries*, including rice, dal, sugar, tea, poha, and sabudana.

Participants: Prashant, Harshad, Pawan, Satish, Ruby, Nilesh Pitale, Yamini, Radhika Paddy, Sujit Uchil, Ranish, Pranjul, John Koshy, Pawan's friends, Aneetha

Benevolent Donors: Pawan, Prashant, Anil Kumar, Aditya Subramaniam, Anup Surve, Bijay Yadav, Yamini, Satish, Pranjul, Radhika Tamhane, Radhika Paddy, Prachi, Inner Wheel team



HEALTH AND DISEASE PREVENTION

Date : 01.09.2024

Project: Cervical cancer vaccination camp

Location : Balak Mandir Sanstha's English medium school. , Kalyan

Beneficiaries : Vaccinated 103 girls

supported by : RC New Kalyan



WASTE MANAGEMENT

Date : 03.09.2024

Project: Waste Management Awareness Drive

Location : RS Deokar School

Project : to raise awareness about dry waste management among students from 5th to 8th standard

No. of Beneficiaries : 300 Students

Participating Rotarians : Alpa , Samir, Sucheta, Satish Shetty, and Harshad Divekar

The session , conducted by NGO ACT



October 2024



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SERVICE PROJECTS DURING THE MONTH BY RCTH

CLUB SERVICE

Date: 4.09.2024

Project: Installation Ceremony of Interact Club of Amber International School

Entire event is planned by Rtr Omkar- president- 2024-25- Rotaract Club of Thane Hills and his Team

Interactor Harvi Installed as Second President of Interact Club

Participating Rotarians : Harshad ,Kumar, Sucheta, Govind & Special thanks to our new member - Sudipa Deshpande



EDUCATION

Date: 04.09.2024

Project: Empowering Education! - Ideal Study App Distribution

Ideal Study App* to 10th standard students at Thirani School. This app provides videos, notes, and other supporting materials to complement the students' learning in this crucial academic year.

No. of Beneficiaries: 270

Participating Rotarians : Ruby, Kumar, Satish, Harshad, Pawan, Govind and Ann Radhika



COMMUNITY SERVICE

Date: 19.09.2024

Project: Waste Segregation Awareness

Location: Thirani School, Thane

Beneficiaries: 138 Students

Participating Rotarians : Alpa, Radhika Paddy, Sucheta and Aditi



October 2024

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SERVICE PROJECTS DURING THE MONTH BY RCTH

DISEASE PREVENTION

Date : 19.09.2024

Project: HPV Vaccination Camp
Success in Chakan

Supported by : *Rotary Club of
Rajguru Nagar

Project Director - Dr Anagha

Beneficiaries : 296 girls Age 9-
14 years



EDUCATION

Date : 20.09.2024

Project: Empowering Young
Minds! - Ideal Study App
Distribution at Vartak Nagar
Madhyamik Shala

No. of Beneficiaries :: 163 Boys
and Girls of 10th Standard

The Ideal Study App provides a
comprehensive learning
experience with study materials,
notes, videos,

Participating Rotarians :
Harshad Divekar and Radhika
Padmanabhan



DISEASE PREVENTION

Date : 20.09.2024

Project: HPV Cervical Cancer
Vaccination Camp

Location : BMS Kalyan School
(with the support of the *Rotary
Club of New Kalyan.)

No. of Beneficiaries : 126 Girls

Participating Rotarians : PP
Sucheta, Vidyadhar Naik and
Manjiri Limaye



SERVICE PROJECTS DURING THE MONTH BY RCTH

MEDICAL

Date : 21.09.2024

Project: Blood Donation Camp for
Thalassemia Patients

Location : Lodha World School

Joint Project with Rotary Club of Thane
Horizon

No of Blood Units collected : 74

Project Director : Nilesh Pitale

Participating Rotarians : Sucheta,
Vidyadhar, Govind, Paddy, Ruby, Harshad
and Saket , President Vineesh and Radhika
Padmanabhan from Thane Horizon

Special Thanks to our new Rotarian
Anuradha who has a rare blood group.



Date : 24th September, 2024

**Project: HPV Vaccination
Camp**

Location : Sanket Vidyalaya,
Ganesh Nagar , Chitalsar,
Manpada, Thane

With support from : Rotary
Club of Thane Metro

No. of Beneficiaries : 164 Girls

Participating Rotarians :

President Dinesh & PP Ganesh
Lakhode - RC Thane Metro + PP
Sucheta, Govind Khetan, Ruby
and Manjiri Limaye



SERVICE PROJECTS DURING THE MONTH BY RCTH

MEDICAL

Date : 25th September 2024

Project: Waste Segregation Awareness Session

Location : Rainbow International School, Thane

- **350 students** from the School participated enthusiastically
- Sucheta and Alpa participated in the project



MEDICAL

Date : 27th September 2024

Project : Triumph Blood donation camp

Location : Pawar Public School Chandivali Powai

NO of units collected : 56 Units + Rs 42,000

Supported by - Interact Club of Pawar School and RC Thane Horizon



Date : 30th September 2024

Project: Empowering

Education - Ideal Study App Distribution

Locations : Bedekar High School and Saint Lawrence High School

No of Beneficiaries : 193 students at Bedekar High School and 178 students at Saint Lawrence High School



RCTH WEEKLY MEETINGS

05.09.2024 - Weekly meeting

.... And the Teacher has arrived!! ☺ ☺

Students

Teachers

Moderator



Prashant



Shreyasi



Inda



Sonali



Suhas



Shreya



Lata
Leadership
Trainer and
Author



Guru-Shishya Parampara A New Dimension

An interesting panel discussion on what the elders can learn from the young generation and their mind set - It was truly an eye opener



12.09.2024 - Weekly meeting

Digital DETOX

The Good, The Bad, and the Ugly

Guest speaker:
Jitendra
Bhambure



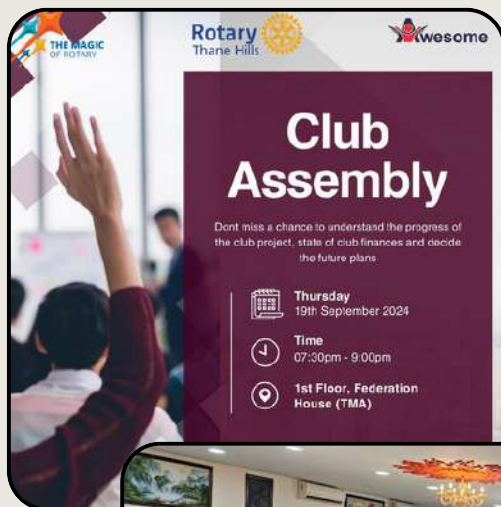
October 2024



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RCTH WEEKLY MEETINGS

19.09.2024 - Club Assembly



26.09.2024 - weekly meeting



ME-MY-MINE



Vocation plays important role in Rotary membership. Through this new column, we will get to know our fellow Hillers beyond his/her profession. It's all about personal likes, dislikes and core aspects that shape our character.

Welcome to a journey to re-discover a friend.

Conceived and curated by:

Atul Bhide

Club President 2013-14

Dr Deeba

Invited to RCTH by Rtn: Dr Radhika

RCTH Member since: 15/08/2024



1. **A family activity I enjoy the most:** Eating together
2. **My favourite book:** Sapiens by Yuval Noah
3. **Movie that I can see again and again:** Any Romcom movie and/or starring Deepika Padukone
4. **My fav movie actor M & F:** Vikrant Massey and Deepika Padukone
5. **Sport that I love to play:** Badminton
6. **My fav sports star(s):** Senna and Ronaldo
7. **My first stage appearance:** Back in school, storytelling – 'Ambat Drakshe'
8. **My favourite way of relaxing:** A hot cup of coffee in a quiet room does a good job
9. **Best Gift I have ever received:** Nothing can beat long hugs from my loved ones
10. **Fav subject during school & fav teacher:** Maths & Physics; Mahendra Sir from Mahesh Classes.
11. **Professionally, I would have loved to be:** An athlete / A marine archaeologist
12. **One quality I wish to imbibe in me:** Compartmentalisation
13. **I am inspired by:** Can't name one. I think people are full of inspiration, it's just about how you connect with it.
14. **Two things that I like about myself:** A good listener and an honest friend
15. **My greatest high-five moment:** Getting scuba diving license.
16. **The craziest thing I have ever done:** Jumped from 4.5 feet long wall years back and still suffering from knee issues 😞
17. **If given a chance, I would love to make a call & speak with (dead or living person):** My late Nani to tell her that she was always loved by all of us so much.
18. **I joined RCTH because:** To connect with my peers and gain insights from more experienced ones.
19. **This year as a Rotarian I plan to:** Bring change within me and reflect it in the community
20. **When was the last time you did something for the first time and what was it:** Attended jive social last month and loved every bit of it.
21. **My Qualification & Vocation:** Bachelor of Physiotherapy, MBA in healthcare and I run an elderly care and assisted living centre for senior citizens.

ME-MY-MINE

Conceived and curated by:
Atul Bhide
Club President 2013-14



Alpa Shah

RCTH Member since: 21/12/2020

Invited to RCTH by Rtn: Sucheta Rege



1. **A family activity I enjoy the most:** Travelling
2. **My favourite book:** Tatvarth Sutra (Gist of Life)
3. **Movie that I can see again and again:** Avataar
4. **My fav movie actor M & F:** Anil Kapoor and Deepika
5. **Sport that I love to play:** Badminton
6. **My fav sports star(s):** P.T Usha
7. **My first stage appearance:** In KG in a dance
8. **My favorite way of relaxing:** Chilling with friends
9. **Best Gift I have ever received:** My Son
10. **Fav subject during school & fav teacher:** Science. All teachers as I was teachers' pet
11. **Professionally, I would have loved to be:** Surgeon
12. **One quality I wish to imbibe in me:** Learn to Relax
13. **I am inspired by:** My Mother and My Guru
14. **Two things that I like about myself:** Commitment and Sincerity
15. **My greatest high-five moment:** Accomplishing My Store LEPAIRE
16. **The craziest thing I have ever done:** Doing Everyday...Advising clients with guidance from Universal Energies through TaroAstro
17. **If given a chance, I would love to make a call & speak with (dead or living person):** My Masi in heaven
18. **I joined RCTH because:** To make Friends
19. **This year as a Rotarian I plan to:** Waste Management Sessions in more n more Schools
20. **When was the last time you did something for the first time and what was it:** Scuba diving though I can't swim
21. **My Qualification & Vocation:** BSc - into Occult Sciences from past 2 years. Tarot card Reading, Astrology, Numerology, Crystal healing, Acupuncture, Reiki Healings,
I also have Retail Store - Handbags and Footwear – LEPAIRE
I am also into Sustainability and Waste Management

ME-MY-MINE

Conceived and curated by:
Atul Bhide
Club President 2013-14



Reshma Kasulla

RCTH Member since: 15/08/2024
Invited to RCTH by Rtn: Alpa Shah



1. **A family activity I enjoy the most:** A road trip with family
2. **My favourite book:** Asa Mi Asami- (By P. L. Deshpande)
3. **Movie that I can see again and again:** 3 Idiots, Satta Pe Satta
4. **My fav movie actor M & F:** Smita Patil & Sanjeev Kumar
5. **Sport that I love to play:** Hockey
6. **My fav sports star(s):** Sachin Tendulkar
7. **My first stage appearance:** Dance program in school in Class 5
8. **My favourite way of relaxing:** Listening to my favourite songs & going for walk alone.
9. **Best Gift I have ever received:** Hero pen gifted by my Dad in class 4.
10. **Fav subject during school & fav teacher:** Maths – Mrs. Singhania
11. **Professionally, I would have loved to be:** Doctor
12. **One quality I wish to imbibe in me:** Be independent but still consider the other people around Me.
13. **I am inspired by:** My Father
14. **Two things that I like about myself:** Leadership, Sense of humour
15. **My greatest high-five moment:** When Gayatri, my daughter won bronze medal in All India Sport federation-National's
16. **The craziest thing I have ever done:** In college days we used to cross railway track as the Kalwa bridge was under construction. Me & my friends used to walk on the track without shoe from Digha to Thane station challenging each other.
17. **If given a chance, I would love to make a call & speak with (dead or living person):** My Dad
18. **I joined RCTH because:** To connect with people who are doing their best to change the surrounding & to expand leadership skill.
19. **This year as a Rotarian I plan to:** Give my best service to fulfil community needs.
20. **When was the last time you did something for the first time and what was it:** 15th September 2024 Sang in IFRM 1st time in front of crowd.
21. **My Qualification & Vocation:** Diploma in Computer Technology.

ME-MY-MINE

Conceived and curated by:
Atul Bhide
Club President 2013-14



Sudipa Deshpande

RCTH Member since: 16/06/2023
Invited to RCTH by Rtn: Latha Sanjay



1. **A family activity I enjoy the most:** Travelling
2. **My favourite book:** If Tomorrow Comes by Sidney Sheldon
3. **Movie that I can see again and again:** Three idiots / 'Dil Chahta Hai'
4. **My fav movie actor M & F:** Akshay Kumar & Madhuri Dixit
5. **Sport that I love to play:** Badminton
6. **My fav sports star(s):** Rohit Sharma & Rahul Dravid
7. **My first stage appearance:** In School
8. **My favourite way of relaxing:** Listening to music & Travelling
9. **Best Gift I have ever received:** Trip to Andamans as my Birthday gift
10. **Fav subject during school & fav teacher:** Science and teacher - Mrs. Pandit
11. **Professionally, I would have loved to be:** In the Corporate world at a senior position
12. **One quality I wish to imbibe in me:** Resilience
13. **I am inspired by:** Sudha Murthy
14. **Two things that I like about myself:** I am a sincere person, an awesome multitasker and have a positive mindset.
15. **My greatest high-five moment:** When I drove the car first time decades back
16. **The craziest thing I have ever done:** Breaking the traffic rule and then bribing the traffic police.
17. **If given a chance, I would love to make a call & speak with (dead or living person):** My Mom whom I miss every moment.
18. **I joined RCTH because:** to connect and serve the community, to network with like-minded individuals
19. **This year as a Rotarian I plan to:** I shall try my best to participate in social service activities.
20. **When was the last time you did something for the first time and what was it:** Water sports in Maldives.

My Qualification & Vocation: M. Phil in Economics. Teaching. (I am an English faculty for Sr Secondary and the Secondary Coordinator in Amber International School, Thane.)