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RI Dist. 3141



BULLETIN OF THE ROTARY CLUB OF MULUND
FOR PRIVATE CIRCULATION ONLY



Chetan Desai
District Governor

Tara Malde
Secretary

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INSTALLATION CEREMONY OF PRESIDENT SEEMA JOSHI

The Installation ceremony of the club was held on 16th of July at Satkar Residency, Thane. President Seema Joshi and her board were installed at the hands of Chief guest RID T N Balasubramanian. It was well attended by district officials and our club members.

Three new members were inducted in the club

Anupama Thakker, BA, Spouse of our in coming President Vishal Thakker

Shonel Thakker, BA, MBA : She is into Digital Media and Film from Whistling Woods International

Srinivas Shetty, BE (Electrical and Electronics); He is Director of Prabhat Powertech Pvt Ltd., Samunnati Projects Pvt. Ltd. And Pronisarga Agro Industries Pvt. Ltd.

The following awards were announced by IPP Hitesh Ganatra for the year 23-24.

1. Most Involved senior Rotarian : **PP Rtn. Dollar Shah**
2. Best Director: **Rtn. Priya Agarwal**
3. Most Involved New Rotarian : **Rtn. Punit Thakkar**
4. Best Rotary Anne: **Amrita Gandhi**
5. Best Project : Solar Power Plant – Chairman **Rtn. Pradeep Rane**
6. Best Rotaian : **Rtn. Nitin Kabbin**
7. Best fellowship : **Rtn. Rajesh Gandhi**



RIPE Mario :



Yesterday, I attended a district meeting hosted by the Rotary Club of Mumbai Juhu, at which the Chief Guest was RI President-Elect Mario Cesar Martins de Camargo. It was a well organized meeting at 'The Club' in Juhu and 14 members of the College Of Governors including two from RI District 3141, attended.

RID T.N. 'Raju' Subramanian in his speech stressed on the responsibilities of Rotarians and DG Chetan Desai made a very good presentation on District 3141's activities and achievements in the first 85 days of this Rotary year.

Chief Guest RIPE Mario in an excellent and impactful speech laced with humor spoke mainly about membership and continuity. In his speech he gave interesting information and made very thought provoking and bold statements. Some of these were-

On Continuity - Continuity requires Humbleness- you can't say 'I have started this and you continue.' Consult your successor and predecessor. Cooperate, collaborate and continue-not despise and demolish Continuity is work in progress.

On Partnerships - The lessons learned from Polio- Our power is advocacy, not raising money. Rotary raised US\$ 2.7 billion, others raised US \$ 18 billion. Cost of Polio eradication so far has been about US \$ 22 billion and we need 100 million per year now.

We need to present ourselves to professionals and business institutions.

On Membership - The membership scenario in various parts of the world in the last twenty years reveals that while Taiwan & India grew by 127% & 103% respectively, Philippines and Korea also grew significantly. Whereas Brazil, Mexico and Italy remained more or less stagnant, membership in USA, Canada, Great Britain Ireland, and Australia declined by between 29% & 36%. In these 20 years, USA lost 100,000 and Japan 42,000 members. India gained 86,000 and Nigeria grew by 70%.

Between 2021 & 2023, while India added 658 new clubs, Central Southeast Asia was a distant second with 296 clubs but Japan could add only 9 clubs.

For retention, he said we must select people who share our values.

He used the following quotes very appropriately in his speech-

"The trouble with our times is that the future is not what it used to be"- Paul Valery

"If we want things to stay as they are, things will have to change." - Tomasi de Lampedusa, The Leopard.

The meeting was preceded and followed by excellent fellowship and dinner. An enjoyable experience.

- PDG Dr. Jayant Kulkarni



IMPORTANT CHANGES TO PRESIDENTIAL THEME MESSAGING

Important changes to presidential theme messaging each year.

As part of Rotary's ongoing commitment to adaptability the annual presidential theme is evolving into a strategic presidential message tied directly to our Action Plan. This change will take effect 1 July 2025.

The RI president will still promote an annual message.

What will be different:

- A presidential message aligned with the Action Plan
- New approval process with a broader group of stakeholders, led by the Executive Committee of the Board
- No separate presidential logo
- The big annual reveal at the International Assembly by the president-elect will stay intact.
- Presidential materials: year colors, scarves, ties, and more
- The president's inspirational message for Rotary members each year



Empowering Citizens : RTI



Empowering Citizens: Understanding the Right to Information (RTI) Act, 2005

In India, citizens can exercise their right to information through the Right to Information Act, 2005, which empowers individuals to seek information from public authorities in various situations where transparency is essential. For instance, individuals can file an RTI request to

inquire about the status of public infrastructure projects, such as road repairs or construction delays, or to seek details on government spending in areas like healthcare or education. Citizens can also use RTI to obtain information on recruitment processes in public sector jobs, the implementation of social welfare schemes, or to understand why their government services or subsidies were denied. This right empowers citizens to demand accountability and ensure that government actions align with public interest.

To file an RTI request, citizens must submit an application either online or offline to the designated Public Information Officer (PIO) of the relevant government department. The application should clearly specify the information sought, and the applicant must pay a nominal fee, which may be waived for people below the poverty line.

Upon receiving the application, the PIO is required to provide the requested information within 30 days. If the information is not furnished, incomplete, or denied without valid reasons, the applicant can file an appeal with higher authorities, such as the First Appellate Authority or the Central Information Commission (CIC). The RTI Act promotes transparency, accountability, and public participation in governance, allowing citizens to hold the government accountable for its actions and policies.

- By Gunjan Jain

TY. BA. LLB

(Daughter of Rtn. Devendra Jain)



Aging, What to Expect :



We all Age. It is an inevitable process. Aging affects everyone differently. Outwardly aging causes gray hairs, loss of hair and wrinkles. But more than that aging affects your bones , muscles ,teeth ,heart, skin and nearly everything.

The cardiovascular system undergoes significant changes. Stiffening of the blood vessels and artery causes the heart to exert

more while pumping blood, resulting in hypertension and other cardiac problems. 150mins of Moderate to intense exercises per week will help to a great extent.

Bones, Muscles and joints weaken. Bones become brittle and can fracture easily during a fall. Muscles become weak giving rise to loss of balance, which further predisposes a person to falls. Joints loose their flexibility and become stiff, leading to reduced mobility.

The Digestive system becomes slow, resulting in constipation. Faulty eating habits and not drinking enough water also contribute to constipation.

Your Bladder and Urinary tract become less elastic hence there is an urge to urinate more often. Weakness of bladder muscles and pelvic floor muscles make cause retention of urine. An enlarged prostate can compound this problem, and also cause difficulty in passing urine.

The Brain undergoes changes, decrease in blood flow give rise to

memory loss. Hormones and proteins that protect and repair brain cells and stimulate neural growth also decline with age . It is very important to be mentally active and engage your brain in different activities apart from routine activities.

As age increase Vision can diminish. Cataract is a commonest problem seen, though there are many other conditions which can occur. Your hearing may decrease, making it difficult to converse with others.

Skin becomes fragile and less elastic. There is loss of subcutaneous fat, hence wrinkles and skin tags are common.

Weight increase is quite common due to decrease in activities and slower metabolism. More so if we maintain the same diet as before.

Sexually,with age sexual needs and performance change. For women vaginal dryness and men impotence is a concern.

Awareness about these changes in our body with age is important. A healthy lifestyle which includes exercises, proper diet rich in fiber, are important.

The actress Sharmila Tagore who recently turned 80 says "If you are healthy, you can lead a productive life. Ageing is not about lost youth, but seizing new opportunities and I truly believe that".

With the increasing life span, it is important to be mindful of the changes your body is undergoing and take steps to counteract the changes.

- Rtn. Dr. Rajesh Agarwal

Presidentship is a Platform to Fulfil your Dreams :



Social work is close to my heart. I have always enjoyed working for the local community in Mulund, whether it's supporting schools, senior citizens, Anganwadi, ITI, and many more. From last three years started working with Anganwadi's as wanted to gain firsthand insight of everyday challenges of underprivileged areas. Presidentship gave me

opportunity to expand this horizon.

Through presidential work, I have gained golden opportunity to

engage in multitasking. It includes planning, execution of projects, meetings & fellowships and fostering cooperation among our members. Presenting work done Infront of club.

The support from every club member has been incredible.

However, my writing would be incomplete without acknowledging the constant dedicated efforts of my better half Sudhir, our club Secretary Tara, club Treasurer Dipti & Encouragement with guidance of my children.

Work Hard, be Kind & amazing things will happen.

- President Seema Joshi

The Joys Of Life!



I think everyone has some special things where they are completely in the moment. For me dancing and coding are those things which give me the ultimate joy of being in the moment. But lets be real, for both it won't happen right away. You need to invest time to get to that state.

When coding, You start by figuring out the problem, brainstorming solutions, thinking

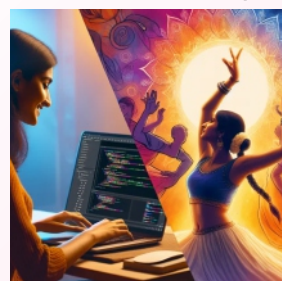
about all those tricky corner cases, and planning how to handle them. After doing all this you come to a framework of an algorithm that you want to write. Now things are clear, they are flowing in your mind. You can connect dots in your mind and now just need to type them all up using your favorite IDE. That's when you are in the zone. Your favorite music is playing in the background. But you are not really paying attention to the songs. Your complete focus and attention is on translating that mental image to your computer. Sometimes it can happen that you are not writing fast enough and are so thankful for the technology that auto completes your letter to a word. For me, this is one of the moments that I work for.

This whole process also reminds me of how Mahabharata was written. As the story goes, Vyasa who is the composer of this epic, faced challenge where his mind was thinking too fast but his hands couldn't keep up. So he went to lord Ganesha and requested his help to be his writer. Ganesha agreed but with a catch: "He will write the epic for Vyasa but he should never have to stop. If he has to stop and wait for Vyasa to come up with next verse, he will abandon the writing of Mahabharata." Hearing this Vyasa countered with his own condition: "Ganesha can only write

after he understands a verse." So whenever Vyasa was running out of story, he would throw in a complicated verse. Ganesha would take some time to understand it which in turn would buy Vyasa some time to compose the next verse. As the story goes, this is how they wrote Mahabharata over a period of three years.

Just like coding, the zone state of dancing won't come right away. You won't be in zone the first time you are learning a new routine or choreography. You will need to put in the effort to get to the zone state. You will need to learn the steps, sync them to the musical beats, practice them multiple times. Once you do all this, the joy of learning a new choreography and dancing will come alive. Once you put in the effort, you won't have to think but your body and mind will be in sync. Mind will be telling body the next step to perform or next position to go to. This state my friends is a pure bliss and gives an ultimate joy of dancing.

I've been lucky to experience both these joys recently. I started a new job in February and have written more code in the past six months than I did in the previous three years. Just as I was wrapping up a major deadline, we had a 15th August celebration in the office. There I got to learn and perform a dance with some



amazing colleagues. Both experiences were incredibly fulfilling and made me feel like, "The time is now! Grab it and enjoy the moment!"

So, what about you? What are the things that make you feel like "The time is now"?

- Sanika Joshi

Daughter of President Seema Joshi



We had received 597 forms of students. Out of these 258 were called for interviews. From these we have selected 129 students for the vocational scholarship.



Striving For Excellence



If there is one word that describe us humans, that word is mediocre. Most of us are mediocre at almost everything we do. I am a mediocre cook, employee, student, cricketer, friend, husband, and father. By now, you must have noticed, my writing is mediocre too. Excellence is rare. It dazzles. It makes you take notice.

Our mediocrity is why we find olympics, sports, music so fascinating. We can't help but notice

when we see someone performing at the peak of human ability. We are awed. We want more. Serena, Bolt, Phelps, Nadal, Federer, Rahman, Nusrat Fateh Ali Khan, we want more. These freaks are the exceptions that prove the rule. Their performances seem more amazing if you have ever tried to play a sport or a musical instrument in your life. You know what your best efforts look like. In contrast, what you see on the tv is miles ahead. You can't do much but gobble it all up in absolute wonder and amazement.

It is easier to rise above mediocrity in things we enjoy. But most of us will spend our entire lives figuring out what we enjoy. That's not something anyone has time for. So the best way forward is to try to become better at almost everything that we do. Learn how stuff works. And then try to do it better. You won't have to guess if you are getting better. The world will tell you. Or not. Either way, you will know.

There is a difference in pursuing excellence and seeking perfection. It is the timing of the question - "Can I do this better?". For perfection, you ask this question before you act. This prevents you from taking action. When you are seeking excellence, you ask this question after the act, and iterate. Perfection will cripple you. Excellence, on the other hand, will free you. It will make you

explore yourself like never before. It will make you test your limits. The pursuit of perfection hampers you by asking what will people think. The pursuit of excellence doesn't care. Subtract human voices and what do you hear? Can you do it better, again?

A lot of times we use proxies or mental shortcuts to detect excellence. Do enough people like this performance or piece of art? Must be good then! Does this person I admire like this or endorse this? Must be good then! This is why influencers exist. And this is also why there is a whole economy of purchasing likes, and followers on social media.

Excellence is conspicuous by its absence on social media. We keep seeing average stuff on all our timelines. We have fooled the algorithm in believing that the most liked content is the best content. The algorithm doesn't know the complex social reasons and barter systems behind a simple like (like for like, follow for follow, this for that). Only once in a while does the truly brilliant stuff make its way through the sludge of our timelines. This happens when hundreds of thousands like something with no expectation of getting anything in return. This happens when they see something excellent.



So if you truly believe in this message, you will like this post. I will then proceed to like yours. And we will happily be mediocre, together.

- Satyaajet Jadhav

(Son in Law of President Seema Joshi)



Birthdays

| | |
|--------------------------------------|--------|
| R/ANN. NIRANJANA SHARAD SHAH | 01-Oct |
| R/ANN. JYOTI HITESH GANATRA | 01-Oct |
| RUHANI GRAND S/O PERM KEWALRAMANI | 01-Oct |
| R/ANN. DR. MALTI RAMESH MOTWANI | 03-Oct |
| AARAV S/O HARDIK CHHEDA | 03-Oct |
| KAIVAN S/O PARUL SHAH | 03-Oct |
| DARSHANA W/O JAIDEEP PREM KEWLRAMANI | 05-Oct |
| R/ANN. RITA KAMAL THAKKAR | 08-Oct |
| TANISHI D/O. CHIDANAND KOPPA | 08-Oct |

| | |
|----------------------------------|--------|
| VIDHI W/O. DEEPAK RAMESH MOTWANI | 15-Oct |
| SHRAVYA D/O. RAJENDRA DHULLA | 16-Oct |
| PRITI D/O PERM KEWALRAMANI | 16-Oct |
| DISHA D/O. RAJAN SOMRAJ DUA | 20-Oct |
| DEEPAK S/O. ASHOK AGGARWAL | 22-Oct |
| R/ANN. LEENA HANSKUMAR SHAH | 22-Oct |
| R/ANN. KARUNA ARVIND TIBREWALA | 26-Oct |
| NANDINI D/O. DR. KIRTI BOTH | 26-Oct |
| RAMAMTA D/O. ASHOK AGGARWAL | 27-Oct |

Editorial Panel : **Dr. Rajesh Agarwal • Nitin Kabbin • Rajendra Dhulla • Devendra Jain**

PROJECT IN VIBRANT YEAR 2024 - 25



Pediatric Heart Surgery :

Under the leadership of PRID Ashok Mahajan, This project has taken off with renewed vigour. Till first week of October 40 babies were operated at Jupiter Hospital. He is working for a tie up with Fortis hospital which will help us to extend this benefit to many more children.



Felicitation of students of VPM School :

Students of VPM English Medium school got Bronze Prize in District Vibrant Knowledge Quiz...VPM students won third prize in 57 schools of central zone. We felicitate the students and gave them cash prize also.



Inauguration of Study Center :

Inaugurated study center in Tarun Utkarsh School by hands of Trustee Sharad Bhai Shah & PRID. Ashok Mahajan. Project Chairman Sudhir Joshi.



Distribution of 60 uniforms to school students 31/7/2024



Donation For Facilitating Pink Riksha 11/8/2024



Ganapati Idol Workshop :

Ganapati Idol Preparation Workshop with environment friendly clay held at the Rotary School For Deaf.



Microfinance Given to lady to buy scooter for business :

Microfinance was given to lady doing catering business to buy scooter so that she can deliver tiffins.



We provided T shirts to 34 inmates of old age Home - Shree Care, Mulund (West).



Branded New T shirts were distributed to various Anganwadis in Mulund



Distribution of Protein laddus to Children Underprivileged children are undernourished due to insufficient protein intake during their crucial growth period. To address this we are providing protein based laddus made from soyabean, daliya & groundnut to 100 students of 7 Anganwady everyday for complete year. Initiative is being done under guidance & supervision of child specialist Dr. Kirti Bothra. It was Inaugurated by PRID Ashok Mahajan. Project Chairman is Sudhir Joshi.

Club Meetings

- **Club Meeting-6/8/2024**
Speaker - Dr Poonam Harish [Mukhi] spoke on " Prevention is better then cure"
- **Club Meeting-20/8/2024**
Speaker - Ankur Mahajan spoke on" Market Opportunity & Challenges"
- **Club Meeting-3/9/2024**
Speaker- Dr Vasant Acharya Subject –"Bhagavat Geeta to solve day to day challenges"
- **Club Meeting-24/9/2024** - VLS Student Selection for 2024-25
- **Club Meeting-8/10/2024**
Speaker – Dr. Dhara Shah Subject - How to enhance memory