

THE BULLETIN OF ROTARY CLUB OF MULUND HILLS

Udaan

FOR INTERNAL CIRCULATION ONLY
Volume 6, December 2025

Rotary
DISTRICT 3141



UNITE
FOR
GOOD

LET'S
INSPIRE!

#rcmulundhills
rcmulundhills

Rtn. Dr. Francesco Arezzo
R I President

Rtn. Dr. Manish R. Motwani
Dist. Governor

Rtn. Varsha Kolhatkar
Club President

Rtn. Pravin Loke
Club Secretary

Rtn. Dr. Anoop Gupta
Club Editor

President's Message



Dear Fellow Rotarians,

As we embark on a new Rotary month, I am reminded of the incredible service week we had in November. Our club's efforts during the Rotary Service Week were truly commendable, and I am proud to say that we completed four major projects, embodying the spirit of Service Above Self.

Building on this momentum, our flagship project, the 31st Elocution Competition, was a resounding success. I want to extend my heartfelt thanks to Rtn. Sanjay Narsapur, our Project Chair, for his tireless efforts in making this event a grand success. The competition saw 287 talented students showcase their skills, and it was truly inspiring to see the young minds shine.

I also want to thank DGN Deepak Jiandani for gracing the occasion as our Chief Guest, and to all the judges, volunteers, and contributors who made this event possible. Your dedication and support are the pillars of our club's success.

As we move forward, let's continue to focus on empowering our youth with financial literacy and other essential skills. Our work is far from over, and I invite you to join hands with us in making a difference. Rtn. Dinesh Ajwani will be guiding students in our upcoming workshops,

and we will be sponsoring trophies for Omega school.

The Annual Meeting is also around the corner, and I urge all members to participate in shaping the future of our club. The OCV is another important event, and preparations are underway. Let's work together to make these events a success.

Thank you for your unwavering commitment to Service Above Self. Your contributions have made a significant impact, and I am grateful to be part of this wonderful team.

Warm regards,
Varsha Kolhatkar
President, Rotary Club of Mulund Hills



A bad attitude
is like a flat tire.
You can't go
anywhere until you
change it.

Editorial

WHO? WHAT? WHEN? WHERE? WHY? IN ROTARY

Before we go much further into the topic let's make sure that we agree on the "what" of what we are talking about. When we use the term Rotary what is that comes to our minds?

Well as you are aware Rotary is an organization comprising of people from diverse strata of society, different professions, different Businesses - what we call Classification-who have come on a common platform to have good fellowship and be of use to the society.

In order to be relevant, it needs a structure and certain way of functioning that is so important to its running and because all this has been ingrained in it this organization has been running since the last 100 + years and is still going strong.

Needless to say, and it comes naturally to our minds, the question as to "who" runs the organization at the Club level, The Club although placed at the lowest rug is in fact the most important portion and it forms the foundation of its internationality!

Friends' Rotary is a President centric organization and its smooth running, its good health and the good work that it does, not excluding the inclusivity of its members and their family totally depends on The President.

It is he who sits in the driver's seat and takes the club along. "WHAT" he does with this important opportunity is what distinguishes one President from the other. Well, we have had most of them transform when assigned the position and given us the best, each so diverse from the other that they have become Icons of those years.

And "WHEN" is it friends that the President starts to really understand what hell he hath negotiate through in his Presidency, then it is actually when he becomes the Club Secretary. The Club Secretary is privileged to be with the President, understand the nuances of Club functioning, the ups and downs, the way projects are planned and executed and most importantly how he enables the Finance- not an easy task! He gets to sit with the President on the Dias facing the members and jots down the ways of conducting a decently interesting meeting. More than that he gets an entire year to get over his stage fear, his scepticism, and nurture his public speaking skills. Well and sadly this sometimes remains a distant dream for we see that sometimes the President or the Secretary is absent for his own important reasons and is unable to partake in the

day to day activities. The Members is left in the lurch and makes do with the now famous term Acting President / Secretary. These observations are indeed general and don't pertain to any one year. There is a feeling that when I become the President then I will do the needful and there are people to do the job if they want the Club to exist? Harsh words and I apologise if it appears preachy!

The obvious question on your lips would be "WHERE" would I get to learn all these? Well, if there is a desire then your everyday activities is where you learn. Fortunately, there is no Rotary School to attend, no curriculum to follow and no exams to clear. Self-declared Universities are rearing to up their heads, whereas the district makes umpteen attempts to spoon feed you with Rotary literature. Sadly, all this then remains as Fiction. N.B- one reason is the inability to attend costly conferences and PREPETS. Well, the time has come when the members will have to sponsor the people who would govern you in their year!

And now comes the most important question of all: The " WHY" does the two important people who occupy the seat have to work and follow a path that seems laid by their predecessors? It is because the entire Club looks up to you to give them an enjoyable, participative, and gainful year. The Annas and the family members need an answer to what their spouse is spending for, whether it is money or precious time.

Also remember that most members who attend also make an effort to make time to attend, they are not redundant, lying idle or have nothing worthwhile to do. They expect the meetings to go through a particular decorum, hear to good speakers, have good fellowship, and witness the vibrancy.

Luckily, we are one of the few Clubs who have meetings every week, invariably have good Speakers, keep members engaged in multiple projects, have a family meet every month to keep the family involved and our fellowship is going great guns.

We are indeed starting the New Year on a positive note. Enjoy Rotary

Editor, Rtn Dr Anoop Gupta.



ऐका गोष्ट बाराची

१२/१२/१२/१२/१२/१२

बारा हा जुन्या लोकांचा प्रिय अंक...

मोजण्यासाठी द्वादशमान

पृथ्वी... १२ ची

फूट म्हणजे १२ इंच

एक डझन म्हणजे १२ नग.

वर्षाचे महिने १२,

नवग्रहांच्या राशी १२

गुरु, शनी, मंगळ हानिकारक समजले जातात... १२ वे

तप... १२ वर्षाचे,

गुरुगृही अध्ययन... १२ वर्षे

घड्याळात आकडे... १२,

दिवसाचे तास... १२,

रात्रीचे तास... १२,

मध्यरात्र म्हणजे रात्रीचे% १२

मध्यान्ह म्हणजे दुपारचे% १२

एकादी गोष्ट तुटली फुटली म्हणजे तिचे वाजले... १२

सकाळच्या बाजारात उरला सुरला माल १२ च्या भावात काढतात...

पूर्वी मुलीचा विवाह १२ व्या वर्षी करत...

इंग्लंडमध्ये १२ पेन्सचा १ शिलिंग

बाळाचे नामकरण १२ व्या दिवशी केले जाते

मृत व्यक्तीचे धार्मिक विधीही १२ दिवसांचे...

बलुतेदार, बारभाई, बारावाटा... सगळे १२,

बेरकी माणूस म्हणजे १२ गावचं पाणी प्यायलेला

तसेच कोणाचेही न ऐकणारी रंगेल व रंगेल व्यक्तीला १२ चा आहे असे म्हणतात.

ज्योतिर्लिंग... १२ आहेत,

कृष्ण जन्म... रात्री १२

राम जन्म दुपारी... १२,

मराठी भाषेत स्वर... १२ त्याला म्हणतात... बाराखडी

१२ गावचा मुखीया,

जमिनीचा उतारा ७/१२चा

इंजिनिअरींग, मेडीकल, किंवा ईंतर कोर्सेसाठी १२ वी नंतर प्रवेश

खायापिया कुछ नही, गिलास फोडा बारा आना

बारडोलीचा सत्याग्रह

पळून गेला

पुन्हा पुन्हा -दो“बारा””

एक गाव, १२ भानगडी

लग्न व्हाडी

तीअशी आहे ही १२ चीं किमया...

शरद पवारांचा जन्म... १२/१२

त्यांचे गांव... बारामती

आणि सर्वात महत्वाचे...

शहर अर्थात... पुणे

असे भन्नाट शोध फक्त आणि फक्त पुणेकर लावू शकतात

राज्यपालांनी लटकवून ठेवलेल्या आमदारांची संख्या = १२

आता सस्पेंड झालेले आमदारांची संख्या = १२ काही लोकांच्या तोंडावर नेहमीच वाजलेले असतात ते पण १२

कोणालाच दोष देऊन उपयोग नाही...हा महिनाच बारावा आहे...

Compiled by - Shubhada Gupta

A Story to ponder about

In the middle of a quiet university lecture, Professor Sydney Engelberg was speaking with his usual calm enthusiasm when the sharp cries of a baby broke the stillness.

The sound came from the back of the room—a young mother, one of his students, holding her restless child.

Embarrassed, she rose from her seat, ready to slip out so the noise wouldn't disrupt the class.

But before she could reach the door, Engelberg paused his lecture, walked over and—without a word—gently took the baby into his arms.

Then he turned back to the front, continued teaching and cradled the child as if it were the most natural thing in the world.

No rules cited, no irritation shown, no explanation offered.

For the students watching, it was an

unforgettable moment. This wasn't an isolated act—Engelberg was already known for welcoming student-mothers into his classes, encouraging them to bring their children, breastfeed if needed, and never feel like an inconvenience.

He often summed up his philosophy with a single line:

"A mother should never have to choose between her child and her education. Educating a mother is educating a nation."

A photograph of that day—professor mid-lecture, baby resting peacefully in his arms—traveled across the world.

It became more than a sweet image; it was a reminder that education is not just about knowledge, but about compassion.

Sometimes, the most powerful lesson in a classroom isn't found in the syllabus—it's in how we choose to treat one another. such an uplifting, enriching story ...

10 HORMONES &

ACTIVITIES THAT RELEASE THEM

1. DOPAMINE ("Reward Hormone")

- Achieving Goals | Listening to Music | Favorite Food.

2. SEROTONIN ("Mood Stabilizer")

- Sun Exposure | Meditation | Exercise | Talk Happy Friends.

3. OXYTOCIN ("Love Hormone")

- Warm Hugs | Time with Loved Ones | Acts of Kindness.

4. ENDORPHINS ("Pain Relievers")

- Intense Workout | Fun & Laughter | Creative Activities.

5. ADRENALINE ("Fight or Flight Hormone")

- Adventure Sports | Action Movies | Facing Fears.

6. CORTISOL ("Stress Hormone")

- Anxiety | Working Under Pressure | Unexpected bad news

7. MELATONIN ("Sleep Hormone")

- Dark or Dim lit Area | Good Sleep | No Screen before bed

8. TESTOSTERONE & ESTROGEN ("Sex Hormone")

- Intense Workout | Sexual Activity or Intimacy | Good Diet.

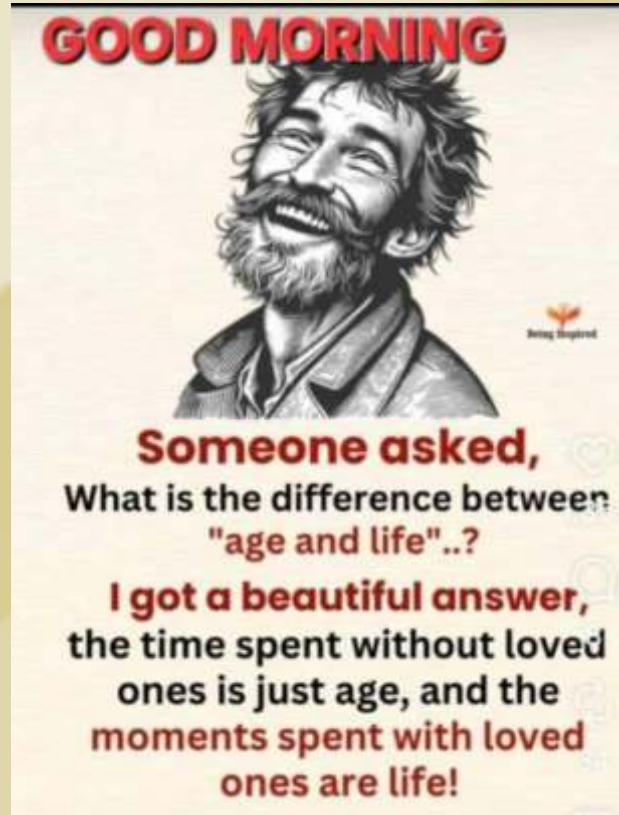
9. GROWTH HORMONE ("Regenerative Hormone")

- Intermittent Fasting | Deep Sleep | High-Intensity Workout

10. PROLACTIN ("Relaxation Hormone")

- Breastfeeding(Women) | Exercise | Sexual Activities

GOOD MORNING



Someone asked,
What is the difference between
"age and life" ..?

I got a beautiful answer,
the time spent without loved
ones is just age, and the
moments spent with loved
ones are life!

Elocution Competition 2025







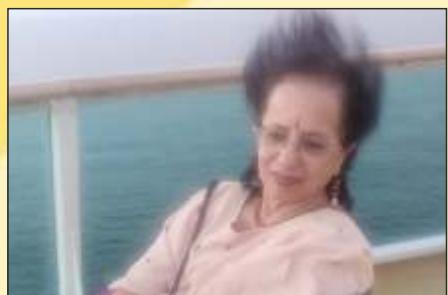
Program for Dec. 25

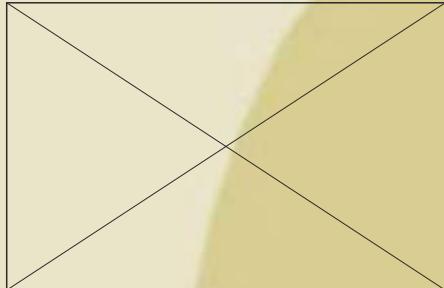
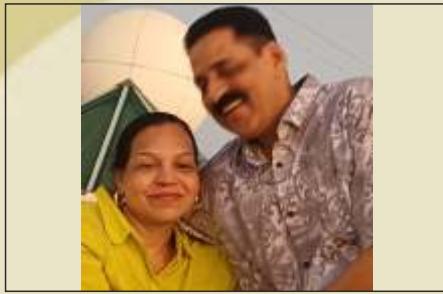
1. 5 Dec 25- Rtn. Harkishin Sharma- Importance of will and its procedure
2. 12 Dec 2025 - Annual meeting,
3. 19 Dec.2025 - Family meet, sponsored by Rtn. Varsha Kolhatkar Demonstartio by wonder girl Ashmi Nagulwar
4. 26 Dec 2025 - Rtn. Amit kumar Ghosh - The journey from Employee to Employer.

Projects of Dec 25

1. 8 Dec 25 - 10 am, Financial literacy workshop at RA DAV college for senior students by Rtn Dinesh Ajwani
2. 15 Dec 25 - At 9am - Financial literacy workshop at Shrinagar vidyamandir for 9-10 std students by Rtn Dinesh Ajwani
3. 16 Dec 2025 - Omega school annual funtion at Geeta hall Bhandup. We are sponsoring the prizes for 1st to 10th std students.

Lakshadeep Tour





Lakshadeep Tour

RCMH tour of 4 nights on the Cordelia ship was a journey of luxury and adventure, sailing from Mumbai to Lakshadweep and back. The experience combined days at sea filled with world-class entertainment and activities, with time ashore to explore vibrant coastal destination of Agatti Island at Lakshadweep.

The trip was structured to offer a perfect blend of relaxation and excitement. To give a special Rotary Fellowship effect, specially designed back packs with some munchies, tour memento and name tags were presented to all the members of tour party.

The journey began on 10th November 2025 at the Mumbai Cruise Terminal near Kalaghoda, Ballard Pier where 12 Rotarians, 9 Anns, 1 Annet and 33 family members and friends boarded the magnificent ship, Cordelia, often referred to as a "city on the sea". After settling into their staterooms, from cozy interior cabins and Ocean view cabins RCMH team headed to fourth/fifth level multi cuisine restaurant offering a large variety of spread for a sumptuous lunch. Post relaxation everyone proceeded to the top deck to watch the vessel set sail as the sun dips below the horizon. The first evening was a lively introduction to the ship's entertainment, featuring Broadway-style shows, live music, and a chance to try one's luck at the casino, all followed by dinner at one of the inclusive specialty restaurants. Needless to mention we were treated with all round snacks, tea, coffee, drinks. RCMH team celebrated the birthday of Shri Vivek Kulkarni a friend of Rtn Laxman Thakur on the deck by cutting cake and in atmosphere filled with music and dance.

Day 2 was spent on the ship with breakfast, lunch, afternoon high tea and dinner and on deck entertainment with shows, games, pool activities, sun rise and sun set from the top deck of the ship. It was a day when we celebrated birthday of 11/11/11 boy Annet Anuj Chaube on the deck followed by music and dance.

Day 3 provided another opportunity for exploration and onboard indulgence. This was the day when on the Lakshadweep's Agatti beach members discovered the pristine coral island through optional activities like snorkeling, scuba diving, glass bottom boating, kayaking, island hopping and full day filled with adventure and awesome beauty of blue waters.

Day 4 was again aboard the ship and the fun continued with activities designed for all ages, including a children's club, rock climbing wall, and themed parties. Evening was filled with grand musical performances, comedy acts, and late-night dancing at the disco ensuring the energy remained high until the early hours. Rotarians, Ann's and family members exhibited their extraordinary musical and singing talents at impromptu Antaksharis on deck.

All good things do come to an end and RCMH 4 night extravaganza also ended with a sweet and entertaining memories.

A 40 seater airconditioned bus was arranged for .

PP Rtn Sharat Jain

X Reels Q W What Happens When You Walk For an Hour

- 1. After 2 min** - Blood starts flowing faster, waking up your muscles and brain.
- 2. After 5 min** - Heart rate picks up, boosting circulation and oxygen supply.
- 3. After 10 min** - Joints loosen, stiffness fades, and mood starts lifting.
- 4. After 15 min** - Your body burns fat for energy, stress begins to drop.
- 5. After 30 min** - Endorphins kick in, improving mood and lowering anxiety.
- 6. After 45 min** - Blood pressure and cholesterol levels start improving
- 7. After 60 min** - Body shifts into fat-burning mode, metabolism stays elevated for hours.





Happy Birthday



3 rd December	Annet Sweta P Shah (D/o Dr. PP Radhakrishnan)
5 th December	Rtn. Ashish Kanodia
6 th December	Ann. Shubhada Anoop Gupta
11 th December	Ann. Palak Dinesh Ajwani
14 th December	Rtn. Sanjay Suresh Narsapur
14 th December	Annet CA Smriti Pravin Loke
19 th December	Ann. Mr. Anil Kolhatkar
22 nd December	Annet. Raj Harkishin Sharma
22 nd December	Annet Toshith Haresh Manglani
25 th December	Richa Sanjay Dwivedi
27 th December	Ann. Sapna S Sengupta
27 th December	Annet Meghna Bhupesh Gupta
28 th December	Ann. Kavita Pankaj Aggarwal
29 th December	Annet Hardik Rajendra Shah
29 th December	Rtn. Shripal Daftary



Happy Wedding Anniversary

Best Compliments from