



ROTARY KI

ANUBHUT

AUGUST 2024
EDITION



Celebrating 10 yrs of Friendship

ROTARY CLUB OF THANE PREMIUM
CHARTER NO. 86092

ROTARY MONTH THEME



**Membership and
New Member
Development Month**

Club President
DR. SONAL BANGDE

Club Editor
MAUTULI GANGULY

NOTE FROM PRESIDENT

Dear Fellow Rotarians,

As we continue our journey together in this Rotary year, I want to take a moment to reflect on the profound joy that comes with being a Rotarian and the importance of sharing this joy with others— an experience that enriches our lives in countless ways.

Rotary membership is not just about attending meetings or participating in projects; it's about being part of a global movement that transforms lives. The joy of Rotary lies in our collective ability to make a meaningful difference in our communities and beyond. It's in the smiles of children who receive educational support, the gratitude of families who benefit from our health initiatives, and the empowerment of individuals who gain access to clean water and sanitation.

But this joy isn't meant to be kept to ourselves. As Rotarians, we have a responsibility to share the incredible opportunities and experiences that Rotary offers. One of the greatest gifts we can give is to inspire good people—our friends, family members, and colleagues—to join us in this noble mission.

Why should we encourage others to become Rotarians? Because the values of Rotary—integrity, service, fellowship, diversity, and leadership—are needed now more than ever. In a world where challenges often seem overwhelming, Rotary provides a platform for ordinary people to do extraordinary things. By inviting others to join us, we expand our capacity to create positive change and bring more joy into the world.

Imagine the impact if each of us were to inspire just one person from our circle to become a Rotarian. The ripple effect would be tremendous, not only for our club but for the communities we serve. New members bring fresh ideas, new energy, and a renewed sense of purpose.

They enhance our ability to address pressing issues and strengthen the bonds of fellowship that make Rotary so special.

As we celebrate the joy of Rotary membership, let's also commit to sharing that joy. Let's actively seek out those in our lives who share our passion for service and invite them to experience the fulfillment that comes from being a part of our Rotary family. Together, we can grow our impact, deepen our connections, and continue to find joy in the service of others.

Thank you for your dedication and for the joy you bring to our club. Let's make this year one of growth, service, and shared joy as we welcome new members into the fold.

Yours in Rotary,

Dr Sonal Bangde

President
Rotary Club of Thane Premium



NOTE FROM EDITOR

Dear Readers,

Members of RCTP strongly believe that service to society is service to God. Throughout the month of July the multifaceted activities were targeted to not only serve the underprivileged, the needy but also to enrich the experience and understanding of our members. NIKSHAY MITRA, an important Program was initiated this month.



It is a privilege to serve mankind, for this is the worship of God. God is here in all these human souls.

– Swami Vivekananda

Serving humanity is a fulfilling way of life, bringing contentment by using our knowledge and accomplishments to assist those in need. Service enables self-discovery and personal growth, with the joy of helping others fueled by selfless actions.

Tuberculosis (TB) is a highly contagious disease caused by the bacterium *Mycobacterium tuberculosis*, spreading through the air when an infected person coughs, sneezes, or speaks.

While not everyone is exposed, TB is prevalent among poorer communities with low nutritional status, spreading rapidly and causing concern. Proper nutrition strengthens the immune system, whereas malnutrition weakens it, increasing the risk of the disease becoming active. India accounts for 26% of the world's TB cases.

Under the National TB Elimination Programme (NTEP), patients receive free diagnostics and medications. In 2018, the government launched the Nikshay Poshan Yojana, providing a monthly nutritional allowance of Rs. 500 to TB patients registered in the Nikshay database until treatment completion. Despite these initiatives, eliminating TB remains challenging without community involvement.

The Ministry of Health & Family Welfare, through the Central TB Division, launched the 'Pradhan Mantri TB Mukta Bharat Abhiyaan' to encourage community support for TB patients.

This program invites community members to provide nutritional and other support, such as supplements, additional medical tests, and vocational assistance, for 6 months to 3 years.

In 2022, the Hon'ble President of India inaugurated the nationwide donor initiative known as Nikshay

Mitras, aligned with the TB Elimination program. Mitras can be individuals, NGOs, cooperative societies, faith-based organizations, corporations, political parties, or others. They can choose to support at least one consenting TB patient for a minimum of six months with food and family expenses. This assistance helps patients recover while allowing them to stay home, reducing the spread of the disease.

One of Rotary's most significant initiatives was the Polio eradication project. Now, it's time to actively participate in the End TB project, a United Nations priority worldwide.

Under the Nikshay Mitra project, Rotarians adopt TB patients by providing food baskets during treatment. A donation of 2,500 Rs from an individual is needed to supply a food basket for three months.

As we navigate life's challenges, we all desire a friend to share our joys and support us during difficult times. Can we be such friends to TB patients and help them find solace in distress? This can be our first step towards serving humanity.

On July 25, the Ni-kshay Mitra project was launched in District 3142, presided over by PRID Shri Ashok Mahajan and DG Shri Dinesh Mehta, along with club presidents, members, district officials, TMC Additional Municipal Commissioner Shri Prashant Rode, and senior TMC Health Department officials. The project's total cost is 1,48,750 rupees, benefiting 175 people and including 80 man-hours of service. This is one of the major projects initiated by the Rotary Club of Thane Premium under the leadership of President Dr. Sonal Bangde and her team.

Through this project, RCTP reaffirms its commitment to selfless service. Let us not view serving the poor as an act of kindness. Since all beings are divine, our actions should be filled with humility; otherwise, it is not true service.

**Happy Reading
Jai Hind
Mautuli Ganguly**



MEMBERSHIP AND NEW MEMBER DEVELOPMENT MONTH



The focus for August is on expanding membership and welcoming new members.

For Rotary to thrive, it's essential for every club to recruit new members. As Rotarians, we should aim to involve friends and distinguished individuals from our community in our clubs to leverage their skills and achievements for the betterment of society. Regularly inviting visitors can increase awareness of Rotary's impact and its potential to improve lives.

To sustain membership growth, it's crucial to keep our clubs vibrant—a place where meaningful community service is combined with enjoyable activities, encouraging members to participate more actively. Each meeting should leave members eager for the next event.

A club grows not only by gaining new members but also by retaining experienced members who have significantly contributed to the club's progress. Acknowledging and respecting current members fosters positive relationships and helps retain them. Supporting members through personal challenges strengthens bonds and creates a more welcoming environment.

Rotary isn't solely about business. Rotarians engage in enjoyable activities, and the organization hosts conferences and events that blend entertainment

Why Should You Join Rotary?

FRIENDSHIP

Rotary fulfills the fundamental human need for friendship and fellowship, which is a core reason for its establishment in 1905.

BUSINESS DEVELOPMENT

Rotary offers networking opportunities across various sectors, enhancing vocational skills and contributing to community development through professional expertise.

PERSONAL GROWTH AND DEVELOPMENT

Being part of Rotary promotes personal development and enhances interpersonal skills. It offers leadership training, boosting confidence and public speaking abilities through various meetings and events.

with information and service, fostering camaraderie. Rotarians share a commitment to service above self, forming a global network of support. This sense of unity across diverse cultures, religions, and backgrounds promotes understanding and appreciation for others.

Rotary runs one of the world's largest youth exchange programs and offers opportunities for family involvement, helping develop family values and support.

Being a Rotarian is a mark of pride and honour, reflecting the high achievements of its members. Ultimately, the guiding principle of service above self unites Rotarians in their mission to serve humanity.

COMMUNITY SERVICES

ANNAPURNA DIVAS



Keeping in view the sermons of the Guru, and seeking the blessings of Guru Granth Sahib, at Shree Dasmesh Darbar to bestow Rotarians with the power to serve (SEVA). On 1st July 2024, Rotarians were fortunate to provide food to 250 hungry people as part of the initial stage of the Annapurna initiative. The soulful rendition of the kirtans created a pious environment, engulfing everyone in the flames of kindness and love.

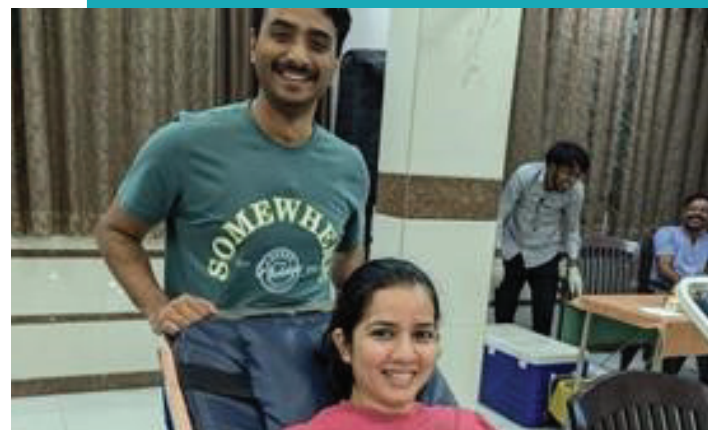
VATSALYA ASHISH



Mind matters : Journey of well-being

Vatsalya Ashish is a key project of RC Thane Premium conducted on 6th July 2024, focusing on the mental wellness of senior citizen at Sahawas Old Age home in Badlapur offering them hope and a connection to the broader community through Rotary.

BLOOD DONATION AND THALASSEMIA SCREENING CAMP



The blood donation was a tremendous success. We collected 313 units of blood and conducted Thalassemia screening for 177 donors. Together, we are making a difference!

NI-KSHAY MITRA PROJECT FOR TB-FREE INDIA



The Ni-Kshay Mitra project was launched to promote a TB-Free District 3142 on July 25, 2024.

The event was graced by the presence of PRID Shri Ashok Mahajan, DG Shri Dinesh Mehta, participating club presidents, members, district officials, TMC Additional Municipal Commissioner Shri Prashant Rode, and senior health department officials from TMC.

DRUG DE-ADDICTION SEMINAR



The seminar on drug de-addiction was insightful and impactful conducted on July 26, 2024. Dr. Lucky, the speaker, discussed the extensive effects of drug addiction on brain function and clarified the differences between physical dependence and psychological addiction. The talk covered causes and risk factors, such as genetics, environment, mental health, and peer pressure. The severe physical, psychological, and social consequences of addiction were highlighted, along with common signs of drug abuse. The segment on treatment options—including detoxification, counseling, therapies, medication, and support groups—was both informative and hopeful. The importance of support from family, friends, and the community was emphasized. Prevention strategies, like education, promoting healthy lifestyles, and early intervention, left us feeling empowered to help prevent drug abuse. The seminar concluded with a message of hope, emphasizing that recovery is possible with the right support.

PEDIATRIC HEART SURGERIES



The pediatric heart surgeries conducted by Rotary Club of Thane Premium on July 31, 2024 exemplify its commitment to "Service Above Self" and make a lasting impact in several ways:

Saving Lives: Thousands of children born with congenital heart defects (CHDs) have received life-saving surgeries thanks to Rotary's efforts. These procedures not only save lives but also enhance the quality of life for these children, allowing them to lead healthier, more active lives.

Reducing Healthcare Disparities: Rotary's programs target underserved populations, helping to bridge the gap in healthcare access by providing surgeries to children from low-income families or remote areas.

Community Empowerment: Rotary's involvement empowers community members by increasing awareness of healthcare issues and encouraging proactive medical care for their children.

UBUNTU MOVEMENT



We are thrilled to introduce the "Ubuntu Movement," a new initiative in partnership with Ataman Academy on July 18, 2024 aimed at supporting gender education for children with special needs. This education empowers them to express their identities confidently, thus preparing them for adulthood. They learn about appropriate boundaries and respectful behavior, they become better equipped to navigate social interactions safely. It also helps these children to understand and respect diverse gender roles.

RYPEN



RYPEN sessions were held July 28, 2024 for 5th-grade students of C. P. Goenka School in Thane, focusing on "Growing Up and the Reproductive System." The sessions were conducted separately for 120 girls and 180 boys by Dr Supriya Lad.

CLUB SERVICES

PAINT & AI APPLICATION FOR BLIND



Dr. Shrugal Varde, a club member, delivered an insightful talk on the aerosol paint industry and its potential as part of the Make in India initiative on July 5, 2024. Dr. Varde holds a bachelor's degree in engineering and a Ph.D. from the prestigious VJTI College in Mumbai. A second-generation entrepreneur passionate about community service, Dr. Varde is working on a project to help the visually impaired enhance their daily lives through electronic aids. The meeting concluded with a vote of thanks from PP Dr. Girish Patwardhan and announcements by Secretary Sukrut Sule.

THE SILENT THREAT



Dr. Prasad Patil, City TB Officer, delivered an enlightening talk titled "The Silent Threat: Exploring the Next Deadliest Disease After COVID-19," addressing the next potential epidemic on July 19, 2024.

CLUB ASSEMBLY



A First Club Assembly was held on 11th July 2024 in presence of Assistant Governor Rajesh Paranjpe. It is a key meeting within the Rotary organization, often held to discuss the club's plans, goals, and strategies for the upcoming year. President Dr Sonal Bangde used this platform to present her vision for the upcoming year and engaged members in meaningful discussion about the club's direction.

INTERACT CLUB OF AATMAN INSTALLATION CEREMONY



The installation ceremony for the Interact Club of Aatman, affiliated with RC Thane Premium, took place on July 18, 2024. President Dr. Sonal Bangde, Mrs. Anandi Dhume (Director of Youth Service), Dr. Supriya Lad, and District official Mr. Santosh Bhide were in attendance.