



# The DownTowner

Vol 010 | April 2026

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The Foundation upon which Rotary is built is friendship;  
on no less firm foundation could it have stood.

**Paul P. Harris**



# Club Meeting



We had a guest, Mr. Tushar Pawar, who introduced himself. He had been invited by PP Sunil D. Joshi.

**Col. Praveen Kumar (Retd.),** an alumnus of the Indian Military Academy, was commissioned into the Indian Army in December 1984. He had served the nation in some of the toughest terrains, including Siachen, Kashmir, Rajasthan, and the North-East, and had also been part of a UN mission. A highly decorated officer, he had participated in major operations, including those in Sri Lanka, counter-terror missions in Punjab and the North-East, and the Kargil War.

At the club meeting held on 7th March 2026 at Satkar Residency, we had the opportunity to hear from him. He shared his perspective on several global and national developments that were making headlines at the time.

The discussion touched upon:

- \* General Naravane's book and the debate around it
- \* The Epstein files controversy
- \* The tensions involving the US, Israel, and Iran
- \* And most importantly – what the perspective of an Indian citizen should be on these issues

**UNITE FOR GOOD**

**Rotary**   
Club Thane Down Town

**10 TITEN**

**Weekly Meeting on 7 March 2026 (Saturday)**

**Speaker : Rtn. Col. Praveen Kumar (Retd.)**

**Topics**

- General Naravane's book and controversy
- Epstein files controversy
- Current war between US - Israel and Iran

**What should be Indian citizen's take on all above?**

**Fellowship 7:30 am to 8:00 am Meeting 8:00 to 9:00 am**  
**@Satkar Residency Pohhran Road 1 Thane**




# Club Meeting

**UNITE FOR GOOD** Rotary Club Thane Down Town **10 TITEN**

**Weekly Meeting on 14 March 2026 (Saturday)**

**On Current Economic Conditions and Trends !**

**Speaker : Rtn. Mahesh Gowande**  
Director & CIO at PriceBridge  
(Ayan Analytics Pvt Ltd.)



**Topic**  
Money, Metal, Markets and Mahesh!

**Fellowship 7:30 am to 8:00 am Meeting 8:00 to 9:00 am**  
@Satkar Residency Pohran Road 1 Thane

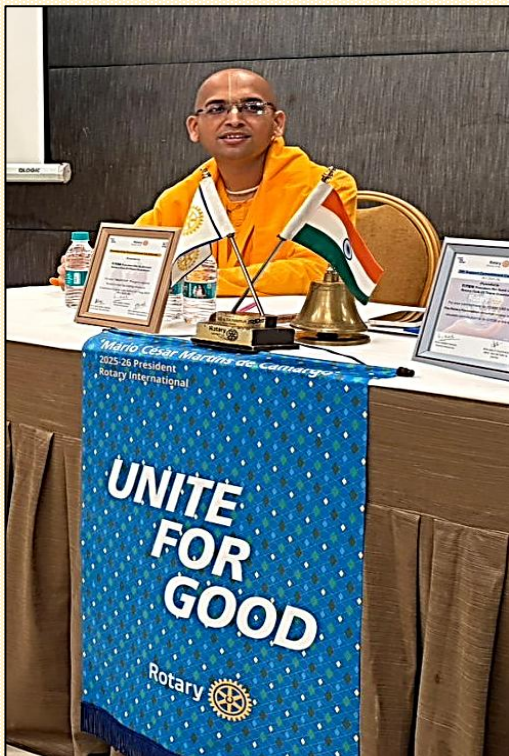


At the meeting held on 14th March at Satkar Residency, we explored the current dynamics of money, metals, and markets, along with Mahesh’s perspective on navigating them. In a world shaped by geopolitical shifts, economic realignments, and rapid technological change, global markets had become increasingly interconnected and unpredictable. Understanding these patterns required foresight, disciplined risk management, and deeper market insight.

Our own club member, Rtn. Mahesh—an Equity Futurologist with over two decades of experience and Founder of Ayan Analytics Pvt. Ltd.—brought a distinctive approach that blended behavioral insights, time-cycle forecasting, and data-driven strategies. Through platforms like Zodiac Analyst and Zodiac Trader, he helped investors interpret market signals, manage volatility, and pursue steady, long-term portfolio growth while prioritizing capital preservation.



# Club Meeting



At the club meeting held on 28th March, at Satkar Residency, we reflected on how the Ramayan is not just mythology, but a powerful manual for leadership and life, and considered what we might be missing today.

We had the opportunity to hear from HG Adi Gopal Prabhuji, a full-time monk with ISKCON who mentors youth at ISKCON Thane. His talk on “Life Lessons from the Ramayan” offered practical and thought-provoking insights for modern life. Contd.....

**UNITE FOR GOOD** Rotary Club Thane Down Town **10 TITEN**

**Weekly Meeting on 28 March 2026 (Saturday)**

**Life Lessons from the Ramayan**

Speaker :  
His Grace Adi Gopal Prabhuji  
B. Tech from Collage of Engineering Pune  
Currently at ISKCON Thane



Discovered a deep spiritual path through the Bhagavad Gita.

- Actively guiding youth
- Mentoring and sharing timeless spiritual wisdom.

Fellowship 7:30 am to 8:00 am Meeting 8:00 to 9:00 am  
@Satkar Residency Pohhran Road 1 Thane

**Is success possible without values? The Ramayan offered some uncomfortable answers.**

**In today's fast-paced world of ambition, competition, and material success, we reflected on whether we had been unknowingly drifting away from the very values that sustain true happiness and fulfilment.**

**We had the opportunity to attend a deeply thought-provoking and inspiring session on "Life Lessons from the Ramayan" by HG Adi Gopal Prabhuji.**

**A B.Tech graduate from the College of Engineering Pune, Prabhuji had developed a profound spiritual inclination after studying the Bhagavad-Gita during his college years. In a bold and life-defining decision, he left his professional career at Bluestar in 2017 to join ISKCON as a full-time monk, dedicating his life to sharing timeless spiritual wisdom.**

**Serving at ISKCON Thane, he had been actively leading youth outreach and temple services, mentoring students from premier institutions and guiding them towards a value-based, purpose-driven life.**

**The session offered powerful insights from the Ramayan—not merely as mythology, but as a practical guide to leadership, relationships, integrity, decision-making, and inner strength. He emphasized how timeless principles such as duty (dharma), humility, and resilience remain highly relevant in today's complex world.**

**Through relatable examples and practical analogies, he encouraged us to introspect on our daily choices, the importance of character over short-term gains, and the need to align personal success with ethical values. The discussion also highlighted how strong values can act as a compass during uncertainty, helping individuals make balanced and meaningful decisions.**

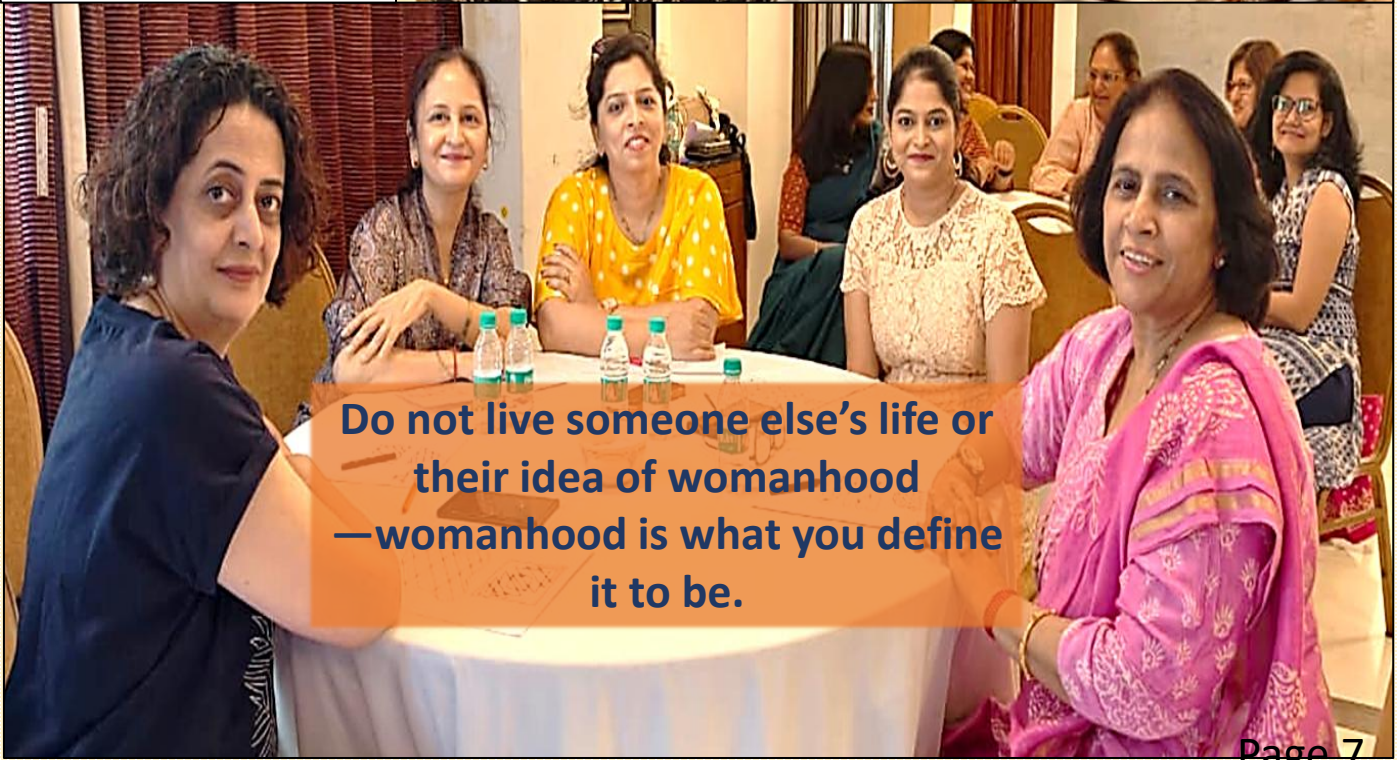
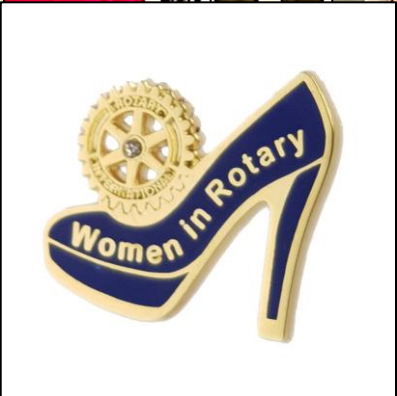
**The session concluded with an engaging interaction, leaving everyone with deeper clarity, renewed perspective, and actionable takeaways to apply these teachings in both personal and professional life.**

## Women's Day Celebration

The club celebrated Women's Day on 7th March at Satkar Residency.

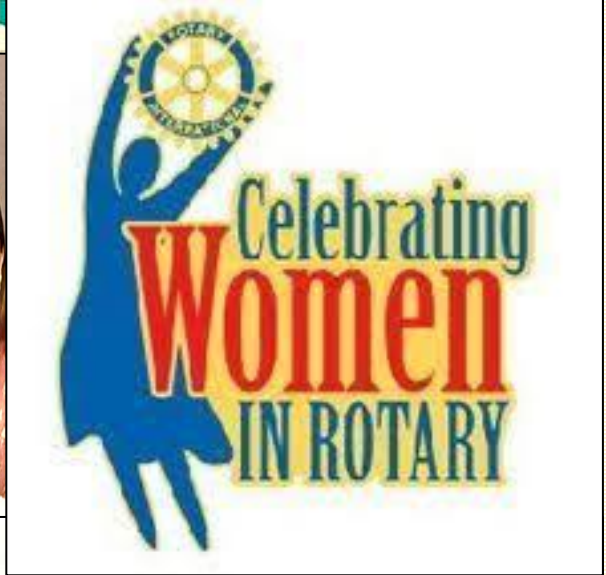
The gathering of the club's women members was filled with warmth, enthusiasm, and a strong sense of camaraderie. It provided a wonderful platform for the ladies to come together, share experiences, and celebrate their journeys and achievements. The event was marked by engaging conversations, mutual appreciation, and moments of joy that reflected the spirit of unity and empowerment. It truly highlighted the strength, grace, and resilience of the women in the club, making the occasion both meaningful and memorable.







**There is no limit to what a woman could accomplish if she set her mind to it.**



**Life is tough, my darling, but so are you.**



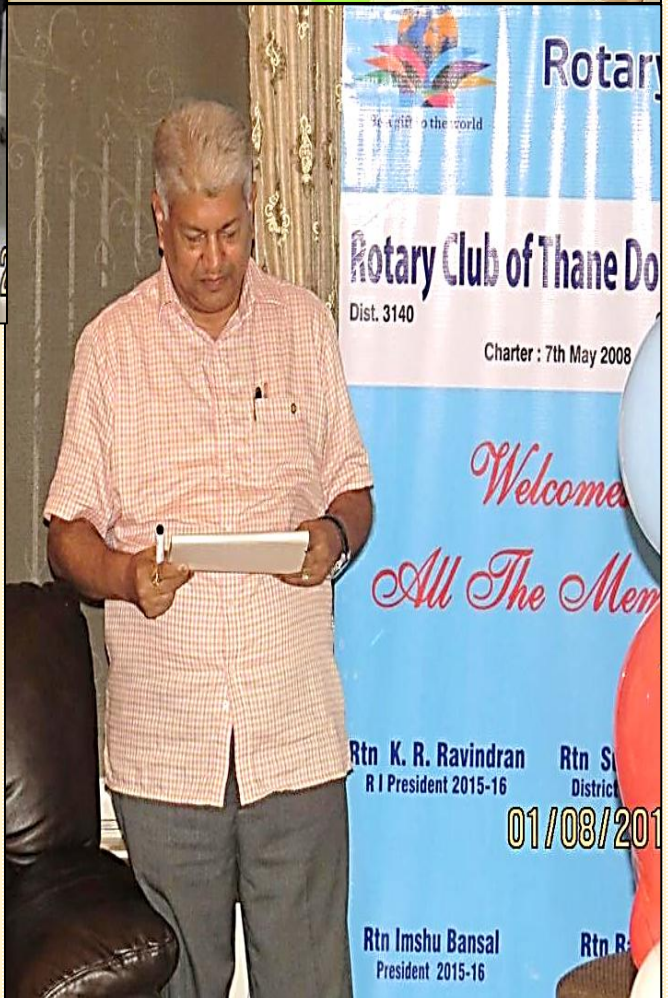
**Friends. Sisters. Mothers. Daughters. When women affirm women, it unlocks our power. It gives us permission to shine brighter.**

Missed you all .....



**"Life is tough,  
my darling,  
but so are you."**

# Moments and Memories: Our Club Gatherings

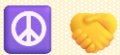


Regular gatherings of club members played an important role in building strong relationships, fostering a sense of belonging, and encouraging meaningful exchange of ideas. These interactions created opportunities for learning, collaboration, and mutual support, helping members grow both personally and professionally.

Coming together also strengthened the spirit of the club, reinforced shared values, and kept everyone engaged and connected toward common goals.



Applications for the 2027–28 Peace Fellowships had opened! 🤗  
Each year, up to 170 fellows received full funding to study at Rotary Peace Centers. 🌸 They gained advanced training, hands-on experience, and became part of a global network of peacebuilders.



If you knew someone ready to make a difference, this was an opportunity worth sharing:

[<https://on.rotary.org/3OCOzQQ>](<https://on.rotary.org/3OCOzQQ>)

## Membership: A Path to Making the World Better



Membership was not just a number—it was a multiplier. Every new Rotarian brought with them not only intent, but also capability, perspective, and a willingness to act. As membership grew, so did the ability to respond—bringing more hands, more ideas, stronger leadership, and greater continuity. This was how impact deepened.

The benchmarks set for the coming years were not isolated targets; they represented a clear pathway toward stronger clubs, larger projects, and a wider reach. With a projected rise to 1.25 million members by 2030, it point

The benchmarks set for the to a future where Rotary’s capacity to serve expanded meaningfully across communities and geographies.

There was every reason to believe that as Rotary continued to inspire people across the world to do more with their lives, they would naturally find their way to it. When individuals recognized that service could be structured, collaborative, and truly impactful, they chose to be part of something greater than themselves.

Growth in membership also meant growth in responsibility. It called for building with intention, welcoming with purpose, and ensuring that every new member found not just a place, but a meaningful path to contribute.

In the end, more members did not simply mean a larger organization—it meant more good in the world.

**#Rotary #RotaryInternational #MembershipGrowth #PeopleOfAction #ServiceAboveSelf #RID3141 #UniteForGood**

# Vocational Excellence Award Ceremony

The Vocational Excellence Award Ceremony was held on 21st March 2026 at Maple Inns, with PDG Chandrashekhar Kolvekar as the Chief Guest.

The event celebrated individuals who had demonstrated outstanding professionalism, integrity, and dedication in their respective fields. The Vocational Excellence Awards recognized those who went beyond personal success to contribute meaningfully to society, setting high standards of ethics and service in their professions.

It was an inspiring occasion that highlighted the importance of vocational service—one of the core values of Rotary—encouraging members and attendees to uphold excellence, foster goodwill, and use their skills to make a positive difference in the community.



# Vocational Excellence Award Ceremony

**Awardee : Mr. Mohan Pacharne Manager**

**Journey from Cook to Manager at Matoshri Vruddhashram.**



Mr. Mohan Pacharne, Manager at Matoshri Vruddhashram, was recognized for his remarkable journey—from starting as a cook to rising to the position of manager, reflecting dedication, perseverance, and growth.



RECOGNITION OF

*Vocational Excellence*  
AWARDS

The Vocational Excellence Award in Rotary recognized individuals who demonstrated outstanding professionalism, integrity, and dedication in their chosen fields. It highlighted the importance of vocational service—encouraging people to use their skills and expertise not just for personal success, but for the betterment of society. By honouring such achievers, Rotary reinforced its commitment to ethical practices, high standards, and meaningful contributions that create a positive impact in the community.

# Vocational Excellence Award Ceremony

**Awardee: PP Rajendra Shinde**  
**Founder & Chief Executive Officer**  
**Micromaster Laboratories Pvt. Ltd., Thane**



Beyond his professional achievements, Mr. Shinde had been a Charter Member and Past President of the Rotary Club of Thane Downtown, reflecting his strong commitment to community service and leadership. He had consistently contributed to initiatives that created meaningful impact, inspiring others through his dedication and sense of responsibility.

A passionate mountaineer and marathon runner, he exemplified discipline, endurance, and a spirit of continuous achievement in both his professional and personal life. His ability to balance ambition with service, and perseverance with purpose, made him a role model for many within and beyond the Rotary community.

# Vocational Excellence Award Ceremony

Awardee

**Dr.Sudhir Gaikwad Inamdar**



A medical doctor by profession and a passionate wildlife photographer, birder, and mentor, he had pursued his love for nature with great dedication, travelling across some of the country's densest jungles. Since 2012, he had organized over 350 wildlife tours across India and beyond, with a special focus on documenting rare species, and had recorded more than 1000 bird species worldwide.

He actively mentored newcomers, spread awareness through radio programs, and authored over 300 articles as a freelance wildlife columnist. A recipient of more than 165 national and international awards—including recognition from UNICEF and the Royal Society of Biology, London—he also authored \*"Thanyache Pakshivaibhav."\*

His accolades included the Thane Gaurav Award 2022, Thane Bhushan Award 2022, and Hindustan Times Thane Ratna Award 2019. His work had been featured in leading publications like \*Sanctuary Asia\*, and he served as Trustee and Treasurer of Hope Nature Trust, Thane.

# Vocational Excellence Award Ceremony

Awardee : - Dr.Aniruddha Joshi



## ANIRUDDH JOSHI

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Mobile : 9004077928 / 9820092898

Email : [joshianiruddh50@yahoo.in](mailto:joshianiruddh50@yahoo.in)

A highly motivated, creative and an accomplished Playback singer, Ghazal singer, Bhajan singer, solo Public Performances, TV and a Radio Artist.

### Summary of Achievements

- **Public Performances :** 1000 + Concerts of Hindi Hindi Ghazals, Bhajans Marathi songs in India, Australia, England, Singapore and Malaysia .
- **Film Playback** 10 Marathi films, 1 Hindi film, 4 Musical Plays and 4 T.V. Serials.
- **Commercial Music** 40 + pre-recorded Music Albums
- **T.V. Mumbai** 150 + performances
- **All India Radio :** Graded artist of AIR in Sugam Sangeet (Marathi), Geet Bhajan (Hindi) and Ghazals (Urdu). Have recorded 225 + songs on AIR.
- **Professional Career:** Have established a music academy in Mumbai and have 160 + students.  
Mumbai University lecturer for the Music Composer's course.
- Guest Celebrity Judge for Zee Sa Re Ga Ma Pa (Marathi) & Ghazal Sarah (Urdu)
- Worked as a Casting Producer for Indian Idol – 5.

**Dear President Sunil Joshi,  
Greetings!**



**Yesterday I enjoyed being with Rotary Club of Thane Downtown for your Vocational Awards Ceremony. It was an Efficiently organised Event and the attendance was very good. You had carefully chosen the Awardees. They were not just Successful People in their Vocations but they also stand by Values, Ethics & Integrity - they dignified their Vocations by service to people & creating a legacy to inspire more to follow on their footsteps. Mohanji, Dr Sudhir, Rtn. Rajendra, & Shri Aniruddh - all really deserved the honour. I appreciate your leadership, and friendly approach. Each Downtowner is a Gem - all very able and lovable 👍 . It was a pleasure to sit next to DGN Chandrahas who made me feel very welcome & was gracious enough to allow me more time to address the gathering by cutting short his own speech. Numero Uno President Rajendra Shinde inspires me and I took a few tips on health & fitness from him 😊 . The Annes & Annets too are assets to your Club. Thanks you & God bless!  
PDG Dr Chandrashekhar Kolvekar**

**DG 2016-17**

# Project Swades




The poster features the Rotaract Club of Thane Downtown logo and the 'BEYOND X' tagline. The main text reads 'PROJECT SWADES' with a water drop icon, followed by 'BRING WATER. BRING RELIEF.' Below this, it states 'Families near us still struggle for basic water every day. This summer, help us make a difference.' Three icons represent the project's goals: 'Installing a 5000L Water Tank', 'Supporting 40+ Families', and 'Goal: ₹15,000'. A 'SCAN TO DONATE' button with a QR code is provided. Contact information for Rtr. Kshitij Raut (8369107916) is listed. Two photographs show a woman carrying a water pot on her head and hands being filled with water from a tap.

RC Thane Downtown successfully completed \*\*  Project Swades  \*\*, an initiative aimed at addressing water scarcity in underserved areas.

While access to water is often taken for granted, many nearby villages continued to face daily challenges, especially during the harsh summer months.

Through this project, a 5000-litre water tank was installed in an underprivileged village near Kalyan, at Haji Malang Trail, Nevali. This effort helped provide reliable access to water for over 40 families, making a meaningful difference in their everyday lives.

With a collective contribution of ₹15,000, the project covered the sourcing, transportation, and installation of the tank. The initiative reflected the spirit of service and community impact, where every contribution—big or small—played an important role in bringing about positive change.

 Heartfelt gratitude to all contributors for their generous support and for helping make this initiative a success.

# सावधान रहें .. दांतों का सीधा संबंध दिल की बीमारी और डायबिटीज से !

आज 'नेशनल डेंटिस्ट डे' पर डॉक्टर अग्रवाल ने दी ये सलाह

भारत संवाद न्यूज नेटवर्क

मुंबई. भारत जैसे विशाल देश में हृदय रोग के साथ साथ मधुमेह पीड़ितों की संख्या लगातार बढ़ती जा रही है। क्या आप जानते हैं कि मसूड़ों और दांतों की बीमारी का सीधा संबंध दिल की बीमारी और डायबिटीज से हो सकता है। इसलिए दांतों और मसूड़ों को स्वच्छ व स्वस्थ रख कर आप शरीर की गंभीर बीमारियों से छुटकारा पा सकते हैं।

## स्वस्थ मुस्कान, स्वस्थ जीवन

दंत स्वास्थ्य के महत्व पर जागरूकता एवं दंत चिकित्सकों के योगदान को लेकर हर साल 6 मार्च को राष्ट्रीय दंत चिकित्सक दिवस मनाया जाता है। 'डेंटिस्ट डे' के महत्व पर जाने माने ऑर्थोडॉन्टिक्स एवं लीलावती हॉस्पिटल के कंसल्टेंट डॉ. धीरज अग्रवाल ने कहा कि स्वस्थ व सुंदर जीवन के लिए दांतों एवं मसूड़ों का स्वस्थ रहना बेहद जरूरी है। डॉ. अग्रवाल के अनुसार, बच्चों में दंत स्वास्थ्य की नींव बचपन से ही रखी जानी चाहिए। पहला दंत परीक्षण एक वर्ष की आयु तक अवश्य कराना चाहिए। फ्लोराइड ट्रीटमेंट और डेंटल सीलेंट बच्चों के दांतों को कीड़े से बचाने में बेहद प्रभावी हैं। लगभग 7 वर्ष की आयु में ऑर्थोडॉन्टिक जांच कराने से जबड़े और दांतों



की बढ़त से जुड़ी समस्याओं का समय रहते समाधान संभव है। राष्ट्रीय दंत चिकित्सक दिवस पर डॉ. धीरज अग्रवाल ने समाज को एक महत्वपूर्ण संदेश देते हुए कहा कि हृदय जीवन में स्वस्थ मुस्कान की शुरुआत समय पर दंत समस्या रोकथाम से होती है। हृदय को मानना है कि दांतों की अधिकतर समस्याएं, जैसे कैविटी, मसूड़ों की सूजन, बदबू और दांतों का टूटपन, शुरुआती जांच और सही देखभाल से पूरी तरह रोकी जा सकती हैं।

## प्रारंभिक रोकथाम जरूरी

डॉ. सुधीर अग्रवाल ने कहा कि पहले जागरूकता के अभाव में दांतों मसूड़ों की देखभाल पर उतना ध्यान नहीं दिया जाता था। अब प्रारंभिक रोकथाम और आधुनिक दंत तकनीकों पर विशेष जोर दिया जा रहा है।

स्कूलों में भी बच्चों को दांतों की देखभाल के लिए जागरूक किया जा रहा है।

डॉ. अग्रवाल बताते हैं, कि मसूड़ों की बीमारी का संबंध मधुमेह और हृदय रोग जैसी गंभीर समस्याओं से भी हो सकता है, इसलिए पर उपचार अत्यंत जरूरी है। वयस्कों के लिए भी हर छह महीने में नियमित दंत जांच और प्रोफेशनल क्लीनिंग आवश्यक है। इससे प्लाक और टार्टर हटाकर मसूड़ों की बीमारियों से बचाव किया जा सकता है।

## दांतों के आंतरिक Pulp, तंत्रिकाओं और जड़ों का

आधुनिक दंत चिकित्सा तकनीकी से इलाज करने वाली एंडोडॉन्टिक्स डॉ. सलोनी अग्रवाल ने कहा कि लेजर डेंटिस्ट्री, आधुनिक रूट कैनाल तकनीक और डेंटल इम्प्लान्ट जैसी उन्नत प्रक्रियाएं आज उपचार को लगभग दर्द रहित और दीर्घकालिक बना रही हैं। डिजिटल स्माइल डिजाइन की मदद से मरीज उपचार से पहले ही अपनी नई मुस्कान की झलक देख सकते हैं। राष्ट्रीय दंत चिकित्सक दिवस पर डॉ. धीरज अग्रवाल सभी से अपील करते हैं कि नियमित जांच, सही ब्रशिंग तकनीक, फ्लॉसिंग और संतुलित आहार को अपनी दिनचर्या में शामिल करें। स्वस्थ मुस्कान न केवल आत्मविश्वास बढ़ाती है, बल्कि संपूर्ण स्वास्थ्य का प्रतीक भी है।



# Project: Matoshree Medicines

CP Prakash Rao along with PP Shirish & CS Prashant successfully carried out the regular monthly delivery of medical supplies to Matoshree Vrudhashram, ensuring the facility remains well-stocked to meet the ongoing healthcare needs of its residents.



# Happy Announcements

## Birthday's & Anniversary's

02-Apr	Rtn.Dr.Dhiraj Agrawal
03-Apr	Rtn Amol Yeola
04-Apr	Annet Vedanti d/o Rtn Rajendra & Late Purnima Shinde
04-Apr	Ann Nayana w/o Rtn Abhijeet Bhavsar
05-Apr	Ann Seema w/o Rtn Sandeep Bachhuka
15-Apr	PP Rtn Ajay and Ann Supriya Durve
17-Apr	Rtn Srinivas Gadwal
21-Apr	Rtn. Pravin & Ann Prachi Patil
22-Apr	Rtn. Kalyan & Ann Durga Karmakar
23-Apr	PP Rajendra Shinde
24-Apr	PP Rtn Sunil D & Ann Sandhya Joshi

Best wishes from  
**Rotary Club of Thane DownTown**

Wishing you a wonderful upcoming month of May!  
May it bring positivity, good health, and happiness.

As the summer heat intensifies, do remember to stay hydrated,  
avoid excessive sun exposure, and take good care of yourself and  
your loved ones.

Stay safe and well! 🌻💧