


The DownTowner

Vol 003 | September 2025

Charter Date: 7th May 2008

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Wishing all our club members
 and their family's abundant
 blessings of wisdom, prosperity,
 and joy this Ganesh Chaturthi.



Club Meetings

UNITE
FOR
GOOD

Rotary
Club Thane Down Town

10
TITAN

Weekly Meeting 2 August 2025 (Saturday)

Topic : Bursting the myths of fitness

Speaker : Dr. Jaimala Shetye

Brief about Speaker

- Retired Associate professor of Physiotherapy
- 39 years of Physiotherapy teaching and clinical experience.
- Initiated filarial lymphedema OPD in Physiotherapy at KEM
- Initiated Cardio-Pulmonary rehabilitation program at Sion hospital in 1991.

Fellowship 7:30 am to 8:00 am
Meeting 8:00 Am to 9:00 Am
@ Satkar Residency Pokhran RD 1 Thane



2nd August 2025 – The club meeting, held at *Prime Rose, Satkar Residency, Thane West*, featured the distinguished Physiotherapist **Dr. Jaymala Shetye**, who brings with her 39 years of clinical experience. She conducted an engaging and interactive session on “*Bursting the Myths of Fitness*”, sharing profound insights that captivated the audience.

The session began with a warm introduction of the speaker by **Rtn. Pranav Bhosekar**. After Dr. Shetye’s inspiring talk, a heartfelt vote of thanks was delivered by **Club Treasurer Rtn. Amol Yeola**.

The highlight of the program revolved around fundamental questions on fitness:

- What does it truly mean to be “fit”?
- Until what age do we grow, and when does the human body begin to age?
- Does exercising for an hour daily automatically qualify as being fit?
- What are the different domains of fitness?
- Is smoking really as harmful as believed?
- Which has a greater impact on fitness—diet or? exercise?
- What role does recreation play in maintaining overall well-being



Dr. Shetye guided the members through these thought-provoking aspects of fitness, leaving them with greater clarity and awareness about health and lifestyle.

Club Meetings



23rd August – The weekly club meeting was held at Satkar Residency, Thane. The guest speaker, **Rtn. Madhav Chikodi**, delivered an insightful talk on *"Dynamics of Membership."* The highly interactive session touched upon key aspects such as the **selection and induction of new members**, enhancing member participation, involvement in projects, and strategies to increase membership.

The speaker was warmly introduced by **Rtn. Abhijeet Bhavsar**, and the meeting concluded with a heartfelt vote of thanks proposed by **PP Sunil D. Joshi**.



Club Meetings

30th August – The weekly club meeting was held at Satkar Residency, Thane, and was presided over by **Titen President Sunil S. Joshi**. He delivered an inspiring and insightful address on ***Kailash Manasarovar Parikrama – A Spiritual Experience and an Inner Journey***. His presentation emphasized the deeper significance of the Kailash Manasarovar spiritual journey and its role in shaping one's inner thoughts, leaving the audience enlightened and deeply inspired.



PR/PI Seminar: Rotary Perceptions – The 3 Ps: Publicity

Public Relations & Public Image was held on **Sunday, 10th August 2025** at Vihang's Inn. The event was organized by the **Rotary Club of Thane Greenspan**, with **PDG Subhash Kulkarni, RPIC Zone 4**, as the Chief Guest. The seminar highlighted how **Public Image** serves as a comprehensive program covering marketing, branding, and identity to project a unified "face" of Rotary to the public, while **Public Relations** focuses on building strong connections with the media and community to showcase Rotary's initiatives and projects. **Rtn. Pranav Bosekar** and **Rtn. Bhushan Patil** represented our club at the event. A special session on **Artificial Intelligence** was also conducted, which proved to be both highly engaging and relevant, addressing the growing demand and interest in today's society.



EVERY GREAT DREAM BEGINS WITH
A DREAMER. ALWAYS REMEMBER,
YOU HAVE WITHIN YOU THE
STRENGTH, THE PATIENCE, AND THE
P A S S I O N
TO REACH FOR THE STARS TO
CHANGE THE WORLD.

HARRIET TUBMAN

Did you know?

- ✨ Publicity is not just about media coverage — it's about creating visibility for Rotary's good work in the community.
- ✨ Public Image is the "face of Rotary" — it's how the world perceives our brand, values, and service.
- ✨ A strong Public Image attracts new members, donors, and partners to Rotary.
- ✨ Even small acts like wearing a Rotary pin or posting about a project online contribute to Rotary's Public Image.

Janmashtami Celebrations

On 14th August 2025, Thursday 🍩 🍷 🌈 "हाथी घोड़ा पाल की, जय कन्हैया लाल की !" 🌈 The club joyfully celebrated Janmashtami – "Little Krishnas Take the Stage", led by **Rtn. Prashant Karkhanis** in collaboration with the Rotaract Club. The celebration featured lively cultural performances by children dressed as little Krishnas and Radhas, filling the atmosphere with devotion, music, and cheer. On this auspicious occasion of **Govinda**, about **350 students** were served snacks, generously sponsored by **PP Rajendra Shinde**. The event radiated **divine energy**, as members and students enthusiastically participated in bhajans, dances, and the **breaking of the Handi**—a symbolic act of joy, unity, and blessings. The evening not only brought together members, Rotaractors, and students but also reinforced the values of **togetherness, devotion, and community celebration** that Janmashtami represents.



Project: Circle of Love

A joint project with the Rotaract Club of Thane Downtown

"Each step forwards to become the person we are makes it harder to go backwards, to return to the shadowy, private world of closed doors and shuttered windows. The experience, the awakening of one's true self, after being so long suppressed, can never be adequately explained with language." -Lili Elbe



"It is not our differences that divide us, but our inability to recognize, accept, and celebrate them." — **Audre Lorde**

♥ Rotaract Club of Thane Downtown presents Circle of 7.0 ♥ Phase 1 – Dignity in Every Donation

Circle of Love 7.0 is our pledge to build a world where compassion shines through — in our actions, in our care, and in every kit we share.

We are launching a **donation drive** to support the **transgender community** through **Essential Kits** containing:

- **Raincoat**
- **Rice**
- **Cooking Oil**
- **Three types of Dal (Tur, Moong +1)**
- **Wheat Flour**
- **Salt**
- **Sugar**
- **Tea Powder**

✨ You may also choose to donate a **raincoat separately**.

✨ Each kit costs **₹1200** — every contribution becomes a thread in the fabric of solidarity.



Rotaract Club of Thane Downtown

BEYOND X

LOVE 7.0

CIRCLE OF

DONATE WITH LOVE.
EMPOWER WITH DIGNITY.

EACH KIT COSTS ₹1200
YOUR HELP, THEIR HOPE.
SUPPORT TRANSGENDER LIVES!



Rtr. Shravanl Garge 7738905620
Rtr. Isha Shinde 9767237430

Independence Day Celebrations



15th August 2025 on the occasion of **Independence Day, Rtn.**

Mahesh Gowande attended the flag hoisting ceremony at **Yashodhan School** as the **Chief Guest**. During the program, the **10th Std toppers** from both Marathi and English Medium were felicitated with a cash prize of **₹5,000 each**, generously sponsored by **Rtn. Bharti Shetty** (₹10,000 in total).

Independence Day marks India's emergence as a free nation on **15th August 1947**, after nearly 200 years of British rule. It is a solemn tribute to the countless known and unknown freedom fighters who sacrificed their lives for the nation's liberty.

But what does freedom truly mean today?

- 👉 It is respect for our fellow citizens.
- 👉 It is the responsibility to uphold unity and integrity.
- 👉 It is the reminder that independence is not just about celebration, but also about reflection—on how far we have come and how much more we must strive to achieve.

For citizens, especially the youth and service-driven organizations like **Rotary**, Independence Day is a call to action—a reminder of our duty to contribute meaningfully to the nation's progress.

Independence Day Celebrations

On 15th August, PP Rajesh Mittal and PP Nilesh joined the Independence Day celebrations at Matoshree Vrudhashram with great enthusiasm. They also handed over essential medicines to *Matoshree*, adding a meaningful gesture of care to the patriotic occasion. The contribution not only supported the institution's needs but also reflected Rotary's spirit of service on this significant day.



District Recognition Award

🎉 **15th August 2025 – Independence Day** Both our Clubs didn't just celebrate freedom... we celebrated **excellence** too! ✨🏆



🌸 Cheers to Our Members – Recognizing Success

💖 **Heartiest Congratulations to CP Prakash Rao & Family!** 💖 On this special day, **15th August 2025**, your little princess **Nanki** has arrived, filling hearts with joy and homes with laughter.

💫 **"We're tickled pink to welcome our baby girl!"** 💫

The arrival of this precious bundle of joy brings extra love and light into the world. May she grow up to live an extraordinary life, achieve amazing things, and continue to be the brightest blessing in your family's story. 🌸 🥰

"Martial arts is not just about fighting, it's about building character."



🌸 **Heartiest Congratulations to Annet Shaurya**, son of **IPP Shantaram Shet & Rtn. Aparna**, on successfully clearing his **8th KYU in Karate Budokan** and earning the **Yellow Belt!** 🌟 🙌

"Martial arts is a lifelong journey, where every step forward opens new doors for growth and mastery."



Rtn. Mahesh Gowande and Rtn. Swapnil Kulkarni were felicitated by **former Supreme Court Judge Abhay Oak and Deputy Chief Minister Shri Eknath Shinde** during the Golden Jubilee celebrations of **Thane Vaibhav.** 🌟

District Picnic

On **23rd & 24th August 2025**, a District Picnic was organized at *The Fern, Palghar*. Club President Sunil S. Joshi, accompanied by First Lady Harshada, attended this delightful event that brought together members from across the district to foster fellowship and camaraderie. 🌿 ✨



A Rotary District Picnic is a relaxed, community-building gathering where members from different clubs in the district come together. It's a wonderful opportunity for Rotarians, their families, and even the wider community to connect, celebrate fellowship, and enjoy meaningful interactions in an informal setting. 🌸

Pg 12 **picnic is more than eating a meal, it is a pleasurable state of mind."**

DGN Chandrahas Shetty Delighted to share that our execution partners have been featured in the newspaper.



Reimagining S.T.E.M. learning: From rote to curiosity

Pooja Patel

As a child, Henna Khan was captivated by science and astronomy, often pondering questions like "What are stars?" and marveling at the idea of an expanding universe. But as she moved through school, her curiosity was stifled. Rote learning took precedence, and the pressure to memorise and perform in exams slowly eroded her passion. Years later, a chance encounter with *Cosmos* by Carl Sagan reignited her love for science. The experience reminded her of the innate curiosity many children possess—one often suppressed by a rigid education system that discourages questioning and independent thought.

This realisation led to the founding of Universe Simplified Foundation (USF), aimed at reimagining education in under-resourced government schools. "The goal is to nurture curiosity, critical thinking, and creativity in students, as these are too often overlooked by conventional learning models," shared the founder. At the heart of it is a simple but powerful idea that children should be taught how to think, and not what to think. "The organisation's mission is to transform rote-based education—especially in under-resourced government schools—into an experience that sparks curiosity and engagement," she added.

"The NGO focuses on building three core skills in students: critical thinking, creative thinking, and collaboration, all in the context of real-world problem-solving. The

ANGELS OF MUMBAI
Presented by **adani**



ANGEL: HENNA KHAN,
founder, Universe
Simplified Foundation



ENDORSER: MEGHANA BAJI,
ex-CEO, ICICI Prudential
Pension Funds
Management Company



With USF's work, children engage with S.T.E.M. subjects with great excitement, thanks to the NGO's enquiry-driven approach. I've seen their eyes light up when they create something at the Innovation Hubs or conduct an experiment. These students, who primarily come from difficult backgrounds, actually enjoy being in school, which is an incredible shift

challenge, and the vision, is to design an accessible, hands-on education model that fosters these skills even in the most resource-constrained environments," she added.



USF focuses on critical thinking, creativity, and collaboration

USF has two S.T.E.M. (science, technology, engineering, and mathematics) programmes. The first, called the Innovation Hub, is a four-year, in-school initiative focused on mechanical project-making. Unlike kit-based learning, it's entirely inquiry-driven—students design and build from scratch, learning through trial and error.

"In the first year, the programme is more structured, with students creating projects like balloon cars, water rockets, and solar-powered devices, while learning basic wiring and circuits. Progressively, it transitions into an innovation module, where students engage in hands-on problem-solving using the design thinking approach," she explained.

The second S.T.E.M. programme focuses entirely on technology—a critical need in villages where computer access is nearly nonexistent. For many students, the programme begins with the basics: identifying a laptop, learning to use a keyboard and mouse, and getting familiar

with simple applications like Paint, Notepad, among others.

Students are introduced to MS Office tools such as Word, Excel, and PowerPoint, later moving on to coding through Scratch, MIT's visual programming platform that helps build logical thinking. By the end, the kids begin working with robotics, using Arduino microcontrollers to bring their projects to life.

Meghana Baji, ex-CEO, ICICI Prudential Pension Funds Management Company, shared, "With USF's work, children engage with S.T.E.M. subjects with great excitement, thanks to the NGO's enquiry-driven approach. I've seen their eyes light up when they create something at the Innovation Hubs or conduct an experiment. These students, who primarily come from difficult backgrounds, actually enjoy being in school, which is an incredible shift."



Scan the code to watch the video. If you know any heroes, write to us at angels@fpj.co.in.

Highlights: Club Members in Action



Rtn. Mahesh Gowande donated 10 kg of Pedigree to a Dog Shelter in Kasarvadavali. 🐾

Feeding Dogs in Shelters: A Step Towards Health, Happiness & Healing. Providing proper food in a shelter environment is an essential part of care and recovery. Unlike street dogs, many shelter animals are healing from trauma, illness, neglect, or abandonment. Nutritious meals not only restore their physical strength but also play a vital role in their emotional well-being and behavioral rehabilitation.



🌟 Installation of Rotaract President Kshitij Raut

31st August 2025 – Installation ceremony of **Rotaract President Kshitij Raut** for the TITEN year was held. Club President **Sunil S. Joshi** and Club Secretary **Prashant Karkhanis** graced the occasion with their presence. 🌟



The Rotaract Club is a vibrant platform for young professionals and students to develop leadership skills, engage in community service, and foster fellowship. It serves as a bridge between youth and Rotary, nurturing future leaders with a spirit of service.

Happy Announcements

Birthday's

- 02-Sept Disha d/o PP Rtn Rajesh & Ann Anita Mittal
- 03-Sept Riya Joy d/o Rtn Joy Dasan & Ann Rita Joy
- 04-Sept Rtn. Pravin Patil
- 07-Sept Ann Trisha w/o Rtn Ratul Lahiri
- 08-Sept Prathmesh s/o PP Dr B.K & Ann Gayatri Mahavarkar
- 09-Sept Rtn. Dr Milind Kokate
- 09-Sept Dr.Saloni Agrawal w/o Rtn.Dr.Dhiraj Agrawal
- 13-Sept PP Shirish Khanwalkar
- 15 -Sept Ann Mangala w/o PP Govind Patkar
- 20-Sept Ann Vaidehi w/o Rtn Vishwas Sathe
- 23-Sept Jalpa d/o PP Arun & Ann Aarti Doshi
- 25-Sept Rtn Akash Singhal
- 30-Sept Ann Gayatri w/o PP Dr B.K. Mahavarkar

Best wishes from

Rotary Club of Thane DownTown