

**UNITE
FOR
GOOD**

District 3142
Rotary
Club of Thana West



सत्यम

Monthly Bulletin

October 2025



ECONOMIC & COMMUNITY DEVELOPMENT MONTH



Rtn Francesco Arezzo
RI President 2025-26

Rtn. Harsh Makol
District Governor 2025-26

Rtn. CA Santosh Kadam
Club President 2025-26

Rtn. Harshvardhan Surve
Club Secretary 2025-26

For Private Circulation Only

Meeting Venue: Shrimati Savitridevi Thirani School, Vartak Nagar, Thane (West)

Meeting Timings: Every Wednesday : 07:30 pm

EMPOWERING SELF-HELP GROUPS WITH IMPACTFUL PROJECT

The Rotary Club of Thana West, on 5th September 2025, successfully organized a unique and impactful project at Aarna English High School, Yashodhan Nagar, Thane West.

The project, titled “Empowering Self Help Groups”, saw the installation and distribution of 20 sewing machines with materials, implemented in collaboration with Aarna Foundation. This initiative, aligning with Rotary’s global vision of Diversity, Equity, and Inclusion (DEI), aims to empower transgenders and women from underprivileged backgrounds by equipping them with skills to create products for sustainable income and a dignified livelihood.

The event was graced by PDG Rtn. Kumar Kewalramani as Chief Guest, whose presence inspired members and beneficiaries alike. The project was jointly ventured with the Rotary Club of Thane Green City and the Inner Wheel Club of Thane West, reflecting the true spirit of collaboration.

The success of this project was made possible by the active participation of members, generous contributions from supporters including PP Rtn. Sadhana Vaze (District Thrust Area Chair), and Rtn. Sakshi Chandna, one of the club’s newest members, who spearheaded the project with remarkable dedication and commitment.

Adding to the significance of the occasion, the club also felicitated teachers of the school, making the celebration of Teachers’ Day truly memorable by honoring educators who shape lives.

This initiative, conceptualized and driven by Club President CA Rtn. Santosh Kadam and Club Secretary Rtn. Harshvardhan Surve, not only empowers marginalized communities but also provides a meaningful drive to Rotary’s mission of creating life-changing opportunities through service.



MOVEMENT MAGIC – USE IT OR LOSE IT

As a McKenzie certified physiotherapist, movement is my mainstay of diagnosis and treatment. Let me start with a simple example of the magic of movement - our breath. With every deep inhale and exhale, using conscious movement, our body calms, stress eases, and our system resets.

We are diligent with health check-ups, blood tests, ECGs, lipid profiles. But how many of us have checked how well our bodies move? Can we squat without wincing, sit cross-legged without pain or rise from a chair without holding on? These are equally important measures of health.

When I speak of movement, I don't mean exercise alone. Exercise is structured, needs time, and for those who do it, that's wonderful. But movement is everyday life - bending, reaching, walking, stretching, climbing stairs.

Unfortunately, in today's sitting society, our "movement library" has shrunk. We do the bare minimum to get through the day, and the result is stiff joints, weak muscles, and creeping back problems. Ignored, these balloon into bigger issues that cost time, money and peace of mind.

The good news? As long as we have a chair, stairs and a floor, we have all the tools we need. Simple moves can keep our spine flexible, muscles strong and balance sharp. Joints love variety, and when we stop using their full range, we lose it silently.

Most importantly, movement boosts every other system like digestion, heart, lungs, even mental health. Prevention through movement is cheaper and easier than cure.

So, alongside our cholesterol checks, let's touch base with our movement system. A regular movement screening, just once or twice a year, can catch problems early and keep us all mobile, independent and thriving into old age.

UNITE FOR GOOD Rotary Club of Thana West **10 TITEN**
Club ID: 15544 RI District: 3142 Charter Date: 20th June 1972

Rotary Club of Thana West

INVITES ITS MEMBERS & GUESTS FOR THE WEEKLY MEETING

TOPIC: USE IT OR LOSE IT: THE MOVEMENT MAGIC

ABOUT OUR SPEAKER:
RTN DR. SUJATA ACHARYA
Founder of Moving Miles Physiotherapy Clinic, Hiranandani Estate
Dr. Sujata Acharya – McKenzie Certified Physiotherapist Movement Advocate.

With 20+ years of hands-on experience helping individuals reclaim pain-free movement, working across all age groups, Dr. Sujata blends evidence-based physiotherapy with a deep understanding of human potential. She is well known for her personalised one-on-one sessions, movement awareness workshops and talks on posture, pain prevention and active aging.
Dr. Sujata's work is rooted in results and in empowering people to move better, live better.



GUEST SPEAKER
RTN DR. SUJATA ACHARYA

Wednesday 17th Sept

MEET & GREET 7.00 pm to 7.30 pm	CLUB MEETING 7.30 pm to 9.00 pm
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RTN CA SANTOSH KADAM
CLUB PRESIDENT

KKELTC
Savitridevi Thirani School,
Vartak nagar, Thane West

RTN HARSHVARDHAN SURVE
CLUB SECRETARY

ROTARY CLUB OF THANA WEST HONOURS NATION BUILDERS – TEACHERS WHO INSPIRE GENERATIONS

The Rotary Club of Thana West (RCTW) proudly organized the Nation Builder Awards ceremony at Maple Inn Banquet Hall, Thane, to honor teachers who truly embody the spirit of “Nation Builders.” The event celebrated educators who have dedicated their lives to shaping young minds and inspiring future generations. PDG Rtn. Kumar Kewalramani graced the occasion as the Chief Guest, sharing words of appreciation and encouragement for the teaching fraternity.

As part of this meaningful initiative, the Rotary Club of Thana West identified and selected teachers from three reputed educational institutions – Savitridevi Thirani High School & Junior College, Kelkar (V.G. Vaze) College, and Aarna English School – to be felicitated for their outstanding contribution to education and community development.

The following educators were honored with the Nation Builder Award:

1. Mr. Pankaj Maruti Chaugule
2. Mr. Kalyan Sahebrao Mistry
3. Mr. Maruti Budhaji Kachare
4. Mrs. Bhagyashree Ravindra Patil
5. Mrs. Sangeeta Ajoy Kumar Chugh
6. Prof. Arunsingh Rajput
7. Prof. Suryakant Khusape
8. Mrs. Simran Dilip Dubey
9. Mrs. Asha Saiprasad Lokhande

The ceremony was led by Club President CA Rtn. Santosh Kadam and Club Secretary Rtn. Harshvardhan Surve, who emphasized the importance of recognizing educators as the true architects of society.

The event concluded with heartfelt gratitude to all teachers for their tireless dedication and service – reaffirming Rotary’s belief that education is the foundation of progress, equality, and peace.



KNOW YOUR MEMBER (KYM)

Dr. Rakhee Desai's presentation highlights the crucial role of preventive health checks in maintaining overall well-being. Here are the key points:

Importance of Preventive Health Check

- 1. Right Diagnosis at Right Time: Early detection of health issues can significantly improve treatment outcomes.*
- 2. Blood Investigation: Plays a major role in analyzing major risk factors, such as:*
 - Cholesterol levels*
 - Blood sugar levels*
 - Liver and kidney function*
 - etc.*
- 3. Modification Strategies: Based on the results of health checks, individuals can make informed lifestyle changes to reduce their risk of developing chronic diseases.*

Benefits of Preventive Health Checks

- 1. Early Detection: Identify potential health issues before symptoms appear.*
- 2. Prevention: Reduce the risk of developing chronic diseases through lifestyle changes and early intervention.*
- 3. Improved Health Outcomes: Regular health checks can lead to better health outcomes and improved quality of life.*

Aim for a Stronger Nation

- 1. Healthy Population: By prioritizing preventive health checks, we can work towards creating a healthier population.*
- 2. Reduced Healthcare Burden: Early detection and prevention can reduce the economic burden of healthcare on individuals and the nation.*
- 3. Increased Productivity: A healthy population is more productive and can contribute to the nation's growth and development.*



By emphasizing the importance of preventive health checks, Dr. Rakhee Desai's presentation encourages individuals to take proactive steps towards maintaining their health and well-being.

WHY I'M ROTARIAN

It is very difficult to say why I am a Rotarian. I am trying to write in a nut shell but in vain. It's a very long experience which makes me stay as Rotarian. My entry into Rotary which I am trying to present briefly.



PP RTN N. KALYAN

Captain Suresh Naik from RCTW invited me to join Rotary at the time when I was going around meeting people marketing my testing services. I started attending the club meetings as per requirement by end of 1974. I had the privilege to listen to PP. M. G. Phillips giving Rotary information during weekly meetings. I was fascinated by the Ideals of Rotary. The work being done in India by Rotary and its Three H Program. What impacted me most was Four Way Test. I realised need of the Four Way Test in business and also in life.

Formally, I was inducted to the club along with Dr. Mahesh Parekh on the same day in early 1975. My business being testing of materials, I realized the Four Way Test has more relevance and the impact on me was very high. So many of my business policies were shaped as per Four Way Test and of course, the benefit was revealed many years later during 2010. Crisis involving customer complaint.

In 1976 our club conducted industrial exhibition namely "Rotex 76", organized by Rtn. Suresh Naik and Rtn. R. S. Nangalia. This event gave me a chance to get involved with other Rotarians in our club and also other clubs in Thane. The most influential on among them was (Late) M. R. Kambate, President of Thane Small Scale Industries Association President who became a very close friend and guide to me. Dr. Krishna Saxena, Rtn Vamanrao Desai and many more leading businessmen of Thane came close to me. Such an experience one can get only in Rotary. This event was highly successful and our club was highly appreciated.

Another incident during this period was our club getting involved with Thane Municipal President Mr. Satish Pradhan in constructing bridge across the road in front of M/s. Vidyut Metallics Ltd. (Panama Blade) and M/s. ACC Research in Agra Road.



WHY I'M ROTARIAN

That year we had severe monsoon and Thane was flooded. There is a nala between these two companies passing across the street and collapsed preventing (stopping) the traffic between Wagle Estate and Teen Hath Naka. Our club played a very crucial role in collaborating with Mr. Satish Pradhan along with fellow members in restoring the bridge in a permanent way to enable the traffic move safely. All these incidents motivated me in taking more interest in doing good. The whole project was done in one week.

During these years the bonding with other Rotarians strengthened by many fire side meetings, attending seminar and Intercity forums together. At least two days in a week either we are hosted by some other Rotarians or we are hosting some Rotarians and Cultivated many friends namely Vijay Bellare, Ramesh Chaphekar, Vinod Agarwal, Ramesh Panikar and many others.

I can't forget the yearly events attended along with our members particularly District Assembly, District Conference, Intercity Forums etc. One such event attended by me with my newly married wife at Pune in 1976.

Ohh, I forgot to tell you about my marriage that happened in 28th January 1976. I decided to get married on All Rotarians attended after concluding weekly meeting at Thane. At that time I didn't have any place to stay. One of our Rtn. R. B. Ankola attended the wedding reception at Bandra and told me that he will organised the house for one year. But, that will be available only after one week. So the major problem is where to stay for one week. The Rtn. Captain Suresh Naik talked to friend of him and organised a house for me for one week which I could shift in the same day. Himalayan problem solved in few seconds. That is the Rotary spirit which come out of fellowship and bonding. This is how one stay back in Rotary when they belong to a good club.

-PP Rtn.N Kalyan

FELLOWSHIP RCTW FAMILY

***RCTW MEMBERS ENJOYING FAMILY
NIGHT ON 27TH SEPT 2025@ MAPLE INN***





FELLOWSHIP RCTW FAMILY





satyam

October 2025



Rtn. MANJIRI HARSHVARDHAN SURVE

BULLETIN EDITOR

Rtn. CA Santosh Kadam

Club President

Rtn. Harshvardhan Surve

Club Secretary

Club Officers & BoD 2025-26

President Elect - Rtn. Harshvardhan Surve
IPP & International - Rtn. Kanwal Tikoo
Treasurer - Rtn. Alpana Gadakari
Sergeant-at-arms - Rtn. Prasad M. Borde
Club Advisor - Rtn. Shrirang Deshpande
Club Administration - Rtn. Deepanjali Mengle
Club Learning Facilitator - Rtn. Sriram Seshan
TRF - Rtn. Suchit Gadkari
Membership - Rtn. Kedar Vidwans
Membership (Women & Youth) - Rtn. Smita Gumaste
Medical [Service Project] - Rtn. Dr. Sunil Katkade
Non Medical [Service Project] - Rtn. Manoj Jain
Youth [New Generation] - Rtn. Harshad Mengle
District Programs - Rtn. N. Kalyan
District Trust Areas - Rtn. Sadhana Vaze
District Service week - Rtn. Ameya Kane
De Addiction Chair - Rtn. Dilip Vaishayampayan
Club Projects - Rtn. Shashikant Gaikwad
Public Relations - Rtn. Manjiri Surve
Vocational - Rtn. Arya Patnaik

We Meet Every Wednesday : 07:30 pm

**Meeting Venue: Shrimati Savitridevi Thirani
School, Vartak Nagar, Thane (West)**

Members are requested to send their
articles, achievement success story etc, on
the Email ID mention below:
manjirisurve07@gmail.com

For Private Circulation Only

FROM THE EDITORS DESK

September truly embodied the TiTen Year's spirit of "Unite for Good," bringing together impactful service, inspiring learning, and joyful fellowship for the Rotary Club of Thana West.

The month began with a powerful act of service – a Blood Donation and Health Camp held on 4th September. The initiative witnessed enthusiastic participation and made a real difference with 138 beneficiaries – 41 dental check-ups, 45 general health consultations, 43 eye check-ups, and 9 units of blood collected. The event once again highlighted the club's deep commitment to community health and service.

Learning and inspiration continued through a remarkable Guest Speaker Meeting by Dr. Sujata Acharya, who spoke on "Movement – Use It or Move It." Her message emphasized the importance of staying active, both physically and mentally. This was followed by a Know Your Member (KYM) session by Dr. Rakhee Desai, who shared her professional journey and service initiatives, further strengthening the bond among members.

On 27th September, the club hosted the prestigious Nation Builder Awards (NBA) – a heartfelt celebration of educators who have dedicated their lives to shaping young minds. The event was graced by PDG Rtn. Kumar Kewalramani as Chief Guest, who applauded the invaluable contribution of teachers to nation-building. Educators from Savitridevi Thirani High School & Junior College were felicitated for their selfless service and commitment to education.

The month concluded with a vibrant Family Night, hosted by PDG Rtn. Kumar Kewalramani on the occasion of his wife Rtn. Sunanda Kewalramani's birthday. The evening was filled with laughter, music, and camaraderie, reflecting the warmth and unity of the RCTW family.

The club proudly celebrated the achievements of PP Rtn. Jayant Joshi, who brought laurels by securing Third place in 400m Freestyle, Second in 200m Medley Relay, and Second in 200m Freestyle at the MSVAA competition in Aurangabad – an inspiration to all members.

Special congratulations to our young champions, Mast. Aahan Surve and Mast. Ishan Surve, for their outstanding performances at the DSO competitions. Mast. Aahan won First (400m Relay), Second (50m Freestyle), and Third (100m Breaststroke). Ishan won First (400m Relay & 50m Breaststroke), and Second (100m Breaststroke & 100m Freestyle). Both went on to secure First place in the Zonal 400m Relay Team with their college – a moment of immense pride for the RCTW family.

September was indeed a month of achievement, inspiration, and togetherness – truly reflecting the Rotary motto of "Service Above Self."

Yours in Rotary,

Rtn. Manjiri Harshvardhan Surve

CONGRATULATIONS

Mast. Aahan Surve for securing First (400 mtr relay), Second (50 mtr freestyle) and Third place, (100 mtr breast stroke) & Mast Ishan Surve for securing First (400 mtr relay & 50 mtr Breast stroke) and Second place(100 mtr Breast stroke & 100 mtr Freestyle) in DSO competition & Both secured First place in Zonal Competition in 400m Relay Team with there college team



Congratulations PP Jayant Joshi for securing third place in 400mtr Freestyle, Second place in 200m Medley relay & 200m freestyle. He is inspiration for our young ones of RCTW family,

BIRTHDAYS & ANNIVERSARIES

2nd Oct R/Ann Savita Agarwal
2nd Oct RtnTejaswini Vidwans
16th Oct Rtn Dilip Vaishampayan
18th Oct Dr. Amol Gitte
20th Oct Rtn Anusha Tikoo
26th Oct
Master Ahan Patnaik(2019)

SCAN ME & FOLLOW

