

Rotary Club of Navi-Mumbai (Hillside)

HORIZON



RI President
Stephanie A. Urchick
Dist. Governor
Rtn. Dinesh Mehta

President : Rtn. Dr. Priyeta Priyadarshini **Secretary :** Rtn. Santosh Patil **Editor :** Rtn. Ravi Ahlawat **Sub - Editor :** Rtn. Kashyap Jha

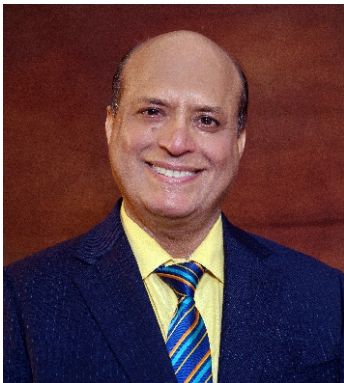
Nov 2024

The Official Bulletin of Rotary Club of Navi Mumbai Hillside

Issue No. 1

Awesome District Governor's

Message



Dear Awesome President and Members of the Rotary Club of

As we are on the threshold of the sixth month of what has, indeed, been an awesome Rotary Year, thus far, we need to keep the momentum going. One way of keeping the momentum going is to have constantly greater goals.

Momentum is akin to riding a bicycle. You get to stay upright and move forward so long as you keep the momentum.

Your Club has been doing yeoman service to the community service and you have been participating in District Projects and events with great enthusiasm and it is my humble request to you, to keep the momentum going.

I urge you to take up projects in all the areas of focus of Rotary International. December is designated "Disease Prevention and Control" month. If you haven't already, do take up a project in this sphere.

I believe in encouraging Clubs to Think Big. You do not have to start by being an expert. Remember, the expert in anything was once a beginner. People with momentum can get so much done. Momentum begets momentum and the best way to start is to Make A Start.

As a wise man, once said, "Success does not come to you, you've got to go to get it".

So, Jyoti joins me in urging all you awesome Rotarians to keep up the momentum and create magic of Rotary for the community at large

Yours In Rotary Service
DG Dinesh Mehta

Cloth, Toys and Books Donation Drive - 02 Nov 2024

Rotary Club of Navi Mumbai Hillside and Residents of Ravechi Heights, Kharghar donated clothes, toys, Bedsheets, books to Girija Welfare Association to help the children and elders staying there on 2nd November'2024. Mr Arvind from Girija thanked everyone for this noble service



An Awareness Session on Thalassemia

- 14 Nov 2024



In a commendable effort to promote health awareness, Rotary Club of Navi Mumbai Hillside organized a Thalassemia Awareness Session for students on 14th November'2024. This educational event aimed to inform young individuals about Thalassemia, an inherited blood disorder that affects haemoglobin production, leading to severe anaemia. The goal was to educate students on the importance of early screening and preventive care. Rtn Prem Kumar and Rtn Nandita Das explained the causes, symptoms, and treatment of Thalassemia in their unique style, making students aware of the challenges faced by those affected. The session emphasized the significance of genetic screening and blood tests, especially for young adults who may be carriers without knowing. By understanding their genetic profile, individuals can make informed decisions regarding family planning and help prevent the condition from being passed to future generations.

In an effort to address the growing concern of substance abuse among youth, Rotary Club of Navi Mumbai Hillside recently held an awareness session focused on Drug Addiction Prevention. The program aimed to educate students about the dangers of drug addiction, its impact on mental and physical health, and ways to prevent and combat this critical issue. Rtn Amit Srivastav shared his insights into the causes, risks, and effects of drug abuse. He discussed how addiction can lead to severe health problems, disrupt families, and negatively impact society. He also emphasized the importance of making informed, healthy choices and resisting peer pressure, particularly among young people who are often more vulnerable to experimenting with drugs. The pedagogy used by Rtn. Amit for this session was Story Telling, Role Playing, Participatory Discussions etc. The entire session was highly interactive and engaging.

An Awareness Session on Drug Addiction Prevention

- 14 Nov 2024



Annadan and Childrens Day Celebration

- 14 Nov 2024



On the occasion of Children's Day, Rotary Club of Navi Mumbai Hillside and Rotaract Club of Bharati Vidyapeeth jointly organised Children's Day Program at Single Parent Home situated at Panvel. There were various activities and games organised for the kids along with cake cutting ceremony. At the end of the event 40 food packets were distributed to all the kids staying at Jankalyan Sevashram. It was awesome seeing kids participating in all activities enthusiastically and the entire event was very successful.

Seva Dharm

- 15 Nov 2024



On the occasion of Guru Nanak Jayanti Students of Bharati Vidyapeeth and Rotary Club of Navi Mumbai Hillside offered Seva at Gurudwara Sahib,Belapur :A Beacon of Unity and Service The most significant forms of seva was assisting in the langar (community kitchen), where everyone helped to prepare, serve, and distribute meals to all. The contributions extended to cleaning utensils, maintaining the premises, and organizing community events. These acts of service reflected a universal commitment to helping others, transcending religious boundaries. Through our Seva,we not only supported Gurudwara's mission of serving humanity but also learn valuable lessons in teamwork, humility and the joy of giving

The Compression-Only Life Support (COLS) Training program was organised on 17th November'2024 for residents and security guards of Ravechi Heights society and it is a commendable initiative RCNM Hillside aimed at making life-saving techniques accessible to everyone. By simplifying CPR, removing the complexities of rescue breathing, and focusing on chest compressions, the program ensured that more general public are equipped to act swiftly in cases of cardiac arrest. This initiative reflected the dedication to community service, health, and safety, ultimately making a profound difference in the lives of countless individuals. The training program was conducted by doctors Dr Surekha Patil and Dr Ghanshyam Dulera .It was a hands on training which was appreciated by everyone!!

COLS Training

- 17 Nov 2024



Art Therapy

- 17 Nov 2024

Rotary Club of Navi Mumbai Hillside and Rotaract Club of Bharati Vidyapeeth conducted an art therapy session at Maher Aashram situated at Koperkhairne with those beautiful angel like kids on 17th November. The activities like Healing through Paints, Emotion Drawing, and Focus Improvement were truly transformative and fulfilling. It was a real privilege to witness the healing power of art in action and connect with such wonderful little talents .This experience will remain etched in our hearts forever.

On 22nd November'2024, Rotary Club of Navi Mumbai Hillside, Rotaract Club and Lion's Club of Panvel organized a community outreach initiative to support underprivileged school children of. The event aimed to provide essential educational materials, including exam writing pads, drawing books, and colors, to foster their academic and creative growth. Event Overview Venue: Primary School-Chirvat (Turmale Village) Panvel Date: 22nd November'2024 Rotractors: 15 Rotary Club Members: 2 School Children: 41 Teachers: 5 Members of other clubs: 3 Activities Conducted were Distribution Ceremony, Interactive Session and Art Activity Impact of the project included Educational Support, Encouragement of Creativity and Community Engagement.The entire project was funded

Distribution of Exam and Art Essentials

- 22 Nov 2024



The Impact of Personal Branding & Networking

- 23 Nov 2024



On November 23, 2024, Rotary Club of Navi Mumbai Hillside organized an enriching, insightful and interactive session by Prof. Shirish Bokde (Vice-Principal :Apeejay Institute of Hospitality) on "Building Influence: The Impact of Personal Branding and Networking" for first-year MBA students at Bharati Vidyapeeth Institute of Management Studies and Research, CBD Belapur. The one-hour session focused on empowering students with practical strategies for personal and professional growth. Prof. Bokdes engaging approach left a lasting impact, reflecting his commitment to nurturing the student community. He looks forward to similar initiatives in the future.

In a commendable initiative aimed at promoting menstrual health and hygiene, Rotary Club of Navi Mumbai hillside organised a sanitary napkin distribution drive for domestic helpers and housekeeping staff on 24th November'2024. The event was held at Ravechi Heights, Sec-7, Kharghar. The drive aimed to address the challenges many women face in accessing affordable menstrual hygiene products. Domestic helpers, who often come from economically disadvantaged backgrounds, are particularly vulnerable to the health risks associated with poor menstrual hygiene. As part of the event, sanitary napkins were distributed to over 35 women, accompanied by an informative session on menstrual hygiene by Ms. Garima Diwan and Ms Abhilasha Srivastava. They explained the importance of using hygienic products, the risks of infections, and how proper practices can lead to better overall health. They also informed about the ways of disposing napkins. Sanitary Napkins were

Sanitary Napkins Distribution

- 24 Nov 2024



Distribution of Sanitary Napkins to Young Girls at Shanti van, Nere Village by Rotary Club of Navi Mumbai Hillside: A Step towards Health and Empowerment In a significant step towards improving menstrual health and hygiene for young girls, Rotary Club of Navi Mumbai Hillside organized a distribution drive at Shantivan, Nere Village Zila Parishad school on 27th November 2024. The initiative, focused on providing sanitary napkins to adolescent girls, is part of the Rotary's ongoing efforts to promote women's health and break the stigma surrounding menstruation in rural areas. Menstrual hygiene is a crucial aspect of a young

girl's health and well-being. However, a lack of access to sanitary products and limited awareness continues to hinder many girls in rural areas, leading to health issues and absenteeism from school. The distribution drive included more than just handing out sanitary napkins. The event also included an engaging awareness session led by Dr Shyam More. Over 500 sanitary napkin packs were distributed to young girls aged 10 to 16, ensuring they have access to hygienic menstrual care for the coming months. The success of this initiative goes to the entire members of Rotary Club of Navi Mumbai Hillside and special thanks to Dr Surekha Patil (Medical Director-RCNM Hillside)

Mobile Addiction Prevention And Stress Management

- 28 Nov 2024

Rotary Club of Navi Mumbai Hillside organized a session focused on mobile addiction prevention and stress management for doctors from Anaesthesia department of D.Y Patil Hospital and Medical College on 28th November'2024 acknowledging the increasing challenges faced by medical professionals in today's digital age. The session aimed to Raise Awareness about the impact of over use of mobile phones. Sharing the practical tips for reducing screen time, such as setting boundaries, etc by using role play method. Stress Management Techniques was also introduced by using the methods like mindfulness, physical activity, and breathing exercises to help doctors cope with stress effectively. Doctors

were also emphasised about the importance of disconnecting from devices to foster better mental well-being and maintain professional efficiency. The session was conducted by Rtn Kavita Nair and Rtn Amit Srivastav and it was very interesting, interactive and engaging. Special mention to Dr Surekha Patil for initiating the project



Thanksgiving Ceremony

- 29 Nov 2024

Rotaract Club of Bharati Vidyapeeth and Rotary Club Navi Mumbai Hillside organized a heartfelt Thanksgiving Ceremony on 29th November 2024 to honor the invaluable contributions of teaching, non-teaching, housekeeping staff and security. The event celebrated their dedication, hard work, and commitment to the institution's success. Teachers were appreciated for their guidance, mentorship, and role in shaping the future of students. The essential administrative and logistical support provided by the non-teaching staff was acknowledged with gratitude. The tireless efforts in maintaining cleanliness and a comfortable environment were recognized to House Keeping staff as vital to the institution's functioning and security staffs were also

recognized. The event served as a reminder of the collective efforts required to create a thriving educational environment and strengthened bonds across all levels of the institution.

2nd TRF Seminar

- 23 Nov 2024



Upcoming Events

ROTARY CLUB OF NAVI MUMBAI HILLSIDE
Club No. 27191 in Rotary District 3142 | Charter 21st June 1990

सुरमयी शाम
A Fund raiser for Community Service

Klub Nostalgia
Music for a Noble Cause

Sunday 15th December 2024
8.00 pm - 11.00 pm

Vishnudas Bhav Natyagraha,
Vashi, Navi Mumbai

DONOR PASS CHARGES Rs 2000 | Rs 1500 | Rs 1000 | Rs 750 | Rs 500 | Rs 300

Team of Singer's

Mr. Raza Chatterjee	Sangeeta Wadkar	Kamika Joshi	Dr. Shashank Patil	Dr. Pooja Bhandarkar	Dr. Pratik Parashar

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Club Secretary 2024-2025
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Rtn. Ravi Akhane
Club Treasurer 2024-2025
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Rtn. Dushrath Bhargava
Event Co-ordinator
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2nd Prize in district for Membership growth



BIRTHDAY'S

Dr. Vijay Laxmanrao Kadam	:	09 Dec 2024
Dr. Shirish Bapusaheb Patil	:	21 Dec 2024
Mr. Saurabh Gupta	:	07 Dec 2024
Mrs. Padmaja Vinay	:	20 Dec 2024