

Rotary Club of Navi-Mumbai (Hillside)

HORIZON

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Eco-Friendly Ganpati Making Workshop (02 Sep 2024)

Rotary Club of Navi Mumbai Hillside in association with Rotary Club of Navi Mumbai Millennium City organised an Eco friendly Ganpati Making Workshop at Tilak International School, Ghansoli on 2nd September'2024. Students enjoyed the workshop very much and participated wholeheartedly

**Eco-Friendly Ganpati Making Workshop (03 Sep 2024)**

The Rotary Club of Navi Mumbai Hillside organized an inspiring Eco Friendly Ganpati Making Workshop on 3rd September' 2024 inviting community members (Residents of Ravechi Heights Cooperative Society, Kharghar) to participate in this engaging cultural event. The workshop aimed to blend creativity with cultural education, providing an opportunity for participants to craft their own Ganpati idols in preparation for Ganesh Chaturthi. Held at Club House of society ,the event featured hands-on sessions where attendees learned to sculpt and decorate eco-friendly Ganpati idols using clay. The Rotary Club's initiative not only promoted cultural awareness but also fostered a sense of togetherness and community spirit. Overall, the Ganpati Making Workshop was a resounding success, blending artistry with cultural education and strengthening bonds within the community.

First Aid Awareness Camp (08 Sep 2024)

A First Aid Awareness Camp was organized by Rotary Club of Navi Mumbai Hillside on 8th September 2024, typically aimed to educate community members on basic first aid skills, equipping them with the knowledge to handle emergencies before professional medical help arrives. Dr Shyam More was the resource person. The camp was organized in Sri Sai Krupa CHS, Juinagar, Navi Mumbai





Third CPR and COLS training from our club was conducted for the members of Saikrupa CHS situated at Juinagar ,Navi Mumbai on 8th September 2024. Dr. Surekha-Director "Medical" of our club was the trainer along with Dr Chandan and Dr Chinmay. The members of the society took active participation and performed CPR technique on mannaequins very enthusiastically. It was very engaging program with hands on training. Members were happy to learn life saving skills.

An awareness session - HPV Vaccine and Thalessemia (08 Sep 2024)

An awareness session on HPV Vaccine and Thalessemia was organized by Rotary Club of Navi Mumbai Hillside on 8th September 2024, typically aimed to educate community members and update them about both the topics by mediactal experts. Dr Ghanshyam Dulera was the resource person. The camp was organized in Sri Sai Krupa CHS, Juinagar, Navi Mumbai



Tree Plantataion Drive "Ek Ped Maa Ke Naam" (13 Sep 2024)

Rotary Club of Navi Mumbai Hillside in association with Rotaract Club of Bharati Vidyapeeth and Green club of BVIMSR organised a Tree Plantation Drive "Ek Ped Maa ke Naam " on 13th September'2024 at Bharati Vidyapeeth Campus, Belapur. 51 flowering trees were planted and around 60 students participated in this drive.



Anger Management Session (20 Sep 2024)

Rotary Club of Navi Mumbai Industrial Area ,Rotary Club of Navi Mumbai Hillside and BVIMSR, Navi Mumbai jointly organised an impactful session on Anger Management on 20th September 2024 for the MBA first year students of batch 2024-2026 during their induction and orientation program. The session began with an introduction to the nature of anger, highlighting its causes and effects on personal relationships and community dynamics. Participants engaged in self-assessment exercises to identify their individual triggers, followed by discussions on effective coping strategies. Techniques such as deep breathing, mindfulness, and journaling were introduced to help manage anger constructively.



Health Checkup Camp (21 Sep 2024)

Rotary Club of Navi Mumbai Hillside organised a Health Check up Camp at an Old Age Home situated at Nere Village Panvel on 21st September'2024. Dr Surekha Patil (Medical Director) of the club took the lead. She was supported by Rtn Dr Shyam More, Rtn Dr Avita Agarwal and Dr Sanjay Agarwal along with other doctors and technicians of D.Y Patil Medical College and Hospital. The tests which were performed included Hb, RBS, BP & ECG of 30 people.



Generic Medicines and BP monitoring machine was also provided to them.

Distribution of Ideal Study App (24 Sep 2024)

Rotary's commitment to community service, particularly in the field of education, ensuring that every student, regardless of their background, has the resources necessary to thrive, taking this thought ahead Rotary Club of Navi Mumbai Hillside distributed 149 Ideal Study app to the students of Bharati Vidyapeeth Marathi Medium School and 51 Ideal Study App to students of NMMC school at Diwale Village on 24th September'2024.

The project was attended and supported by Rotractors and Rotarians. This project was one of its own kind.

Rotary
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Annapurna Day (25 Sep 2024)

Rotary Club of Navi Mumbai Hillside organized Annadan at Param Shanti Dham Old age Home at Panvel-Taloja on 25th September'2024. Approximately 45 residents were served food and dry ration for one month was given. I want to extend my deepest gratitude to all the Rotarians who played a pivotal role and their generosity in making this project a success. Thank you for your service and commitment to making a positive difference in our community. I would also like to thank Rtn Vijayrao Shinde (Project Lead), Rtn Bharat Rane, Rtn Keshav Sharma, Rtn Dhyey V, Mrs Ratna Sharma and Mrs Rane for their presence in the project.



COLS Training (25 Sep 2024)



On the occasion of World Heart Day, The Compression-Only Life Support (COLS) Training program by Rotary Club of Navi Mumbai Hillside for the club members was organised on 25th September'2024 and it is a commendable initiative 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 rotarians are equipped to act swiftly in cases of cardiac arrest. This initiative reflected the Rotary Club's ongoing dedication to community service, health, and safety, ultimately making a profound difference in the lives of countless individuals. The training program was conducted by in house doctors of the club Dr Surekha Patil, Dr Ghanshyam Dulera and Dr Bhushan Patil. It was a hands on training which was appreciated by everyone!!!

Rotary
Club of Navi Mumbai Hillside

A workshop on Stress Management (28 Sep 2024)

Dr. Anil Garg who is an international motivational speaker, sales guru, corporate coach and known for turning a loss-making entity into a profit, as well as faculty of Art of Living and disciple of Gurudev Sri Sri Ravi Shankar, conducted a workshop on "Mental Health in Life and a Holistic Way to Manage Stress" for the teaching and non-teaching staff of the institutions of Bharati Vidyapeeth, Belapur Mumbai on 28th September. Dr. Garg emphasized on the four wheels of our existence i. e. Body, Mind, Breath and Soul. Dr Garg also suggested making yoga, pranayama and meditation a part of ones daily routine. He informed that the most powerful breathing technique - Sudarshan Kriya is being learnt and practiced by 500 million people in 190 countries and they are leading happy and healthy lives. The event was organized in collaboration with BVIMSR and Rotary Club of Navi Mumbai Hillside. Rotary president Dr Priyeta Priyadarshini took active efforts to organize this session.



An Hour of Mindfulness and Happiness (28 Sep 2024)



An hour of mindfulness and happiness session was organised on 28th September'2024 for around 180 students in association with ROMNIA and RCNMHS. The session was based on using various exercises and postures to keep mind and body calm ,happy and healthy. Col Rajesh (Trainer) demonstrated various techniques with the students and faculty members. It was an awesome session. We are also thankful for the presence of DS Rtn Abid Nagaria in the session. The program ended with the distribution of Snack boxes to the attendees sponsored by ROMNIA club and this gesture was highly appreciated

Rotary Club of Navi Mumbai Hillside distributes study apps to bridge learning gaps for underprivileged students



By Indrani Basu

In a bid to bridge learning gaps for underprivileged students, the Rotary Club of Navi Mumbai Hillside distributed 149 Ideal Study App licenses to students of Bharati Vidyapeeth Marathi Medium School and 51 Ideal Study App licenses to students of NMMC School at Diwale Village on September 24, 2024. The initiative aims to provide access to quality study materials for students in underprivileged areas, particularly those preparing for board exams.

The Ideal Study App offers a range of educational resources, including video lessons, quizzes, past exam papers, and interactive exercises, which help students improve their learning outcomes.

The event was attended and supported by Rotaractors and Rotarians. Dr. Priyeta Priyadarshini, President of the Rotary Club of Navi Mumbai Hillside, emphasized Rotary's commitment to education, stating, "Rotary is dedicated to community service, especially in the field of education.

Ensuring that every student, regardless of their background, has access to the necessary resources to succeed is a priority for us, and this project is a reflection of that commitment."

Dr. Priyadarshini also extended her gratitude to all the Rotarians who contributed to the project's success, including Rtn Rabindra Singh, Rtn Dasrath Bhujbal, Rtn Dhyye Vaidya, and Mr. Amol from the Ideal Study App team, as well as the Rotaractors for their support.

रोटरी क्लबतर्फे भारती विद्यापीठात वृक्षारोपण



नवी मुंबई, (वा.) एक वृक्ष आईच्या नावाने' या संकल्पनेतून वन विभाग आणि सामाजिक वनीकरण विभागाच्या संयुक्त विद्यमाने यंदा वृक्षलागवड केली जाणार आहे. वन महोत्सवाचे नाव आता अमृतवृक्ष आपल्या दारी केले आहे. स्थानिक प्रजातीच्या रोपे लागवडीला प्राधान्य दिले जाणार असल्याचे सांगण्यात येत आहे. शासनाने याबाबत मार्गदर्शक सूचना दिल्या आहेत या अनुषंगाने रोटरी क्लब ऑफ नवी मुंबई हिलसाईडने रोटॅक्ट क्लब ऑफ भारती

विद्यापीठ आणि ग्रीन क्लब ऑफ बीकीआयएमएसआर यांच्या संयुक्त विद्यमाने १३ सप्टेंबर २०२४ रोजी भारती विद्यापीठ कॅम्पस येथे "एक वृक्ष आईच्या नावाने" या वृक्षारोपण मोहिमेचे आयोजन केले होते. ५१ फुलांची रोपे लावण्यात आली होती आणि सुमारे ६० विद्यार्थ्यांनी दोन्ही क्लबचे सदस्य सहभागी झाले. आरसीएनएम हिलसाईडच्या अध्यक्षा डॉ.प्रियेता प्रियदर्शिनी यांनी बीकीआयएमएसआरच्या संचालिका डॉ.अंजली काळसे, आभार मानले.

रोटरीतर्फे आदर्श अभ्यास अॅप वितरित



नवी मुंबई, (वा.) समाज सेवेसाठी रोटरीची बांधिलकी, विशेषतः शैक्षणिक क्षेत्रात, प्रत्येक विद्यार्थ्यांकडे, त्याची पाश्चिमी काहीही असो, त्याच्याकडे भरभराटीसाठी आवश्यक संसाधने आहेत, याची खात्री करून घ्या हा विचार पुढे नेत रोटरी क्लब ऑफ नवी मुंबई हिलसाईडने २०० आदर्श अभ्यास अॅप वितरित करण्याचे योजले. त्यातील काही अॅप हे भारती विद्यापीठाच्या विद्यार्थ्यांना अॅप त्याचसोबत २४ सप्टेंबर २०२४ रोजी दिवाळे

गावातील मनपाच्या मगटी माध्यम शाळेतील विद्यार्थ्यांना असे एकूण २०० आदर्श अभ्यास अॅप वितरित केले. या प्रकल्पाला रोटॅक्टस आणि रोटॅरियन्सनी हजेरी लावली होती आणि त्यांनी पाठिंबा दिला होता. रोटरीच्या अध्यक्षा डॉ. प्रियेता प्रियदर्शिनी यांनी आरटीएन रवींद्र सिंग, आरटीएन दशरथ भुजबळ, आरटीएन ध्याय वैदा, आरटीएन स्टडी अॅप टीमचे अमोल यांचे आभार मानले.



District Onam Festival
22 September 2024

BIRTHDAY'S

Vijayrao Rajaram Shinde	: 5th October
Mr. Ashok Rajaram Kadam	: 8th October
Haresh S Shah	: 18th October
Madhav Mahashabde	: 19th October
Suhas Kadam	: 20th October
Dashrath Devaram Bhujbal	: 21st October
Mr. Mandar Shelar	: 24th October
Kershav Sharma	: 25th October