



**Rotary**  
Club of Navi Mumbai Sunrise



# ROTARY CLUB OF NAVI MUMBAI SUNRISE

Club ID: 76727

District ID: 3142

Charter Date: 29th June 2007



## *Suryodaya*



**Stephanie Urchik**  
RI President 2024-25



**Rtn. Dinesh Mehta**  
RID 3142 DG 2024-25



**Rtn. Sanjay Panigrahi**  
President 2024-25

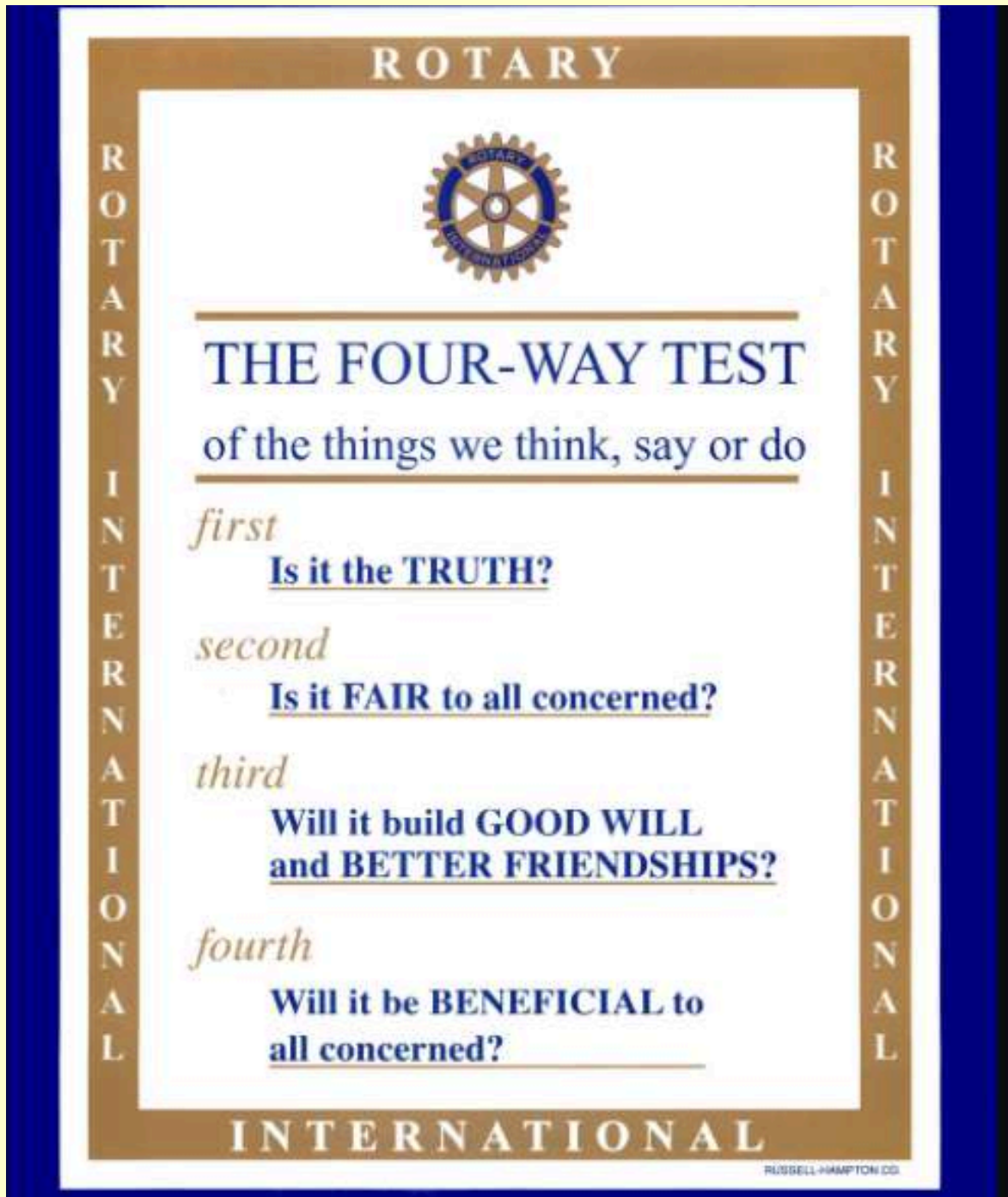


**Rtn. Amrendra K. Saha**  
Secretary 2024-25



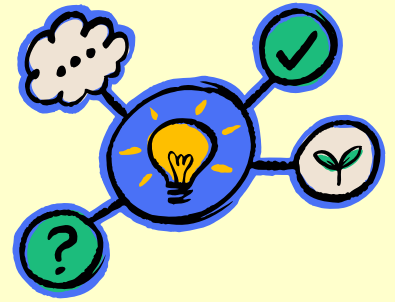
**Club Editor**  
Rtn Sanjay Sharma

**Issue March 2025**



## **"The Magic of Rotary"**

**"In every corner of the globe, Rotary brings the magic of hope, compassion, and change. Like magicians of goodwill, Rotarians weave together threads of service, turning dreams into reality and challenges into triumphs. With each project, each act of kindness, we unleash the power of Rotary to create lasting impact and transform lives."**



**Sanjay Sharma**  
Club Editor

## From Editor's Desk

**Dear Sunrisers,  
Rotary Namaskar!**

This month we celebrated Holi, Gudi Padwa and Ugadi marking the new year on Hindu calendar. It was celebration time with finally winter giving way to warmth and colors. Most of the parts of our country celebrate it with vigor, hope and come together to share their happiness with each other. It will be major slippage if I forget to mention the spectacular celebration of Women's Day by the club. It was going back in times with nostalgia to see, recount, acknowledge and honor the contribution, service and hard work of all the former First ladies.

This month, as usual, Sun Risers used these important celebrations to press forward with their efforts to carry out initiatives to improve health among disadvantaged and make a meaningful impact on the lives of differently abled.

Sunrisers also continued on their path of helping underprivileged children by CLCs and spreading awareness about donating organs for needy patients.

As said earlier I am proud and happy to share that with the help and active participation of some of the members we have been able to bring out our monthly edition without failure. This is something we should all be happy and proud of. At the end I wish to reiterate that this magazine belongs to all the club members and all of you have stories of success and learnings which you want to share with the world. It may be writing, an essay or a poem or in any other format. This is your platform.

Wishing you success, good health and lot of happiness

**Warm Regards,  
Sanjay Sharma**

**Message from President International  
Year 2024**



**Stephanie Urchik**  
**RI President 2024-25**

Rotary is at its best when we foster a sense of inclusion and belonging in our clubs. In fact, I would go so far as to say that belonging is The Magic of Rotary itself.

With a focus on inclusivity and belonging, it is easier to be united in a common purpose. When we are committed to one another and focused on our goals, we are most effective.

Rotary's Action Plan can help. The Action Plan comes with tools you can use to collect feedback, assess your club's strengths and weaknesses, and address challenge

The world is changing, and our clubs can't afford to stand still. But the changes we make need to be consistent and strategic — building on one another toward a greater vision. The Action Plan can help you work toward that vision and create effective change within your club.

Following the Action Plan and addressing suggestions from the community will go a long way to fostering the sense of belonging we want all Rotary members to feel in their clubs.

That's why expanding our commitment to diversity, equity, and inclusion is so important. Committing ourselves to each other's well-being is the first step to expanding our reach, allowing us to spread Positive Peace in these troubled times.

Peacebuilding is one of our top priorities, and one of the most effective ways we can build peace is with our Rotary Peace Fellowships, through which peace and development professionals learn how to prevent and end conflict.

We offer the fellowships through our Rotary Peace Centers at leading universities around the globe, where more than 1,800 Rotary Peace Fellows have graduated. And thanks to a \$15.5 million gift from the Otto and Fran Walter Foundation, we can continue supporting peacebuilders in more regions with the next peace center at Bahçeşehir University in Istanbul. Opening another peace center is a monumental achievement, and it is my great honor to invite you to celebrate at next year's Rotary Presidential Peace Conference at the Istanbul center. The three-day conference 20-22 February will highlight the many ways our family of Rotary advances peacebuilding. Registration for the conference is officially open. I hope to see you there.

The 2025 Rotary Presidential Peace Conference has great potential for our peacebuilding efforts — but only if we have your support.

The truth is, we're not going to bring peace to the world, end polio, or grow membership by waving a wand and saying some funny words. It's up to you. You create the magic with every project completed, every dollar donated, and every new member inducted.

I love my Rotary family and I know you do too. That's why I know that together, we can make every club and district simply irresistible. This year, let us change the world by embracing The Magic of Rotary.



**Rtn. Dinesh Mehta**  
**RID 3142 DG 2024-25**

**Dear Awesome President and Members of the Rotary Club of Navi Mumbai Sunrise,**

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

**Warm Rotary Regards,**  
**DG Dinesh Mehta**



**Rtn. Sanjay Panigrahi**  
**President 2024-25**

**Dear Sunrisers,**

March marks a time of reflection, gratitude, and renewed enthusiasm. As we step into the final quarter of our Rotary year, I feel immensely proud of the journey we've walked together — a journey filled with purpose, service, and smiles.

This month, we witnessed the power of collective action. From health initiatives and educational support to inclusion programs for the differently-abled, each project has left a deep imprint on the lives we touched. Our partnerships with schools, health institutions, and NGOs continue to strengthen, allowing us to expand our outreach and impact.

March also celebrates Rotary Water, Sanitation and Hygiene Month — a reminder that access to clean water and sanitation is not just a basic need but a fundamental right. Let us recommit ourselves to projects that help build healthier communities.

I thank each and every member of our club — Rotarians, Rotaractors, Interactors, and our partners-in-service — for your unwavering dedication. Your passion and presence make the Sunrise shine brighter every day.

As we prepare for the upcoming months and new milestones, I urge you to stay active, stay involved, and continue to be the change-makers our world needs.

Let's keep rising. Let's keep serving.

**Warm Rotary Regards,**  
**Rtn. Sanjay Panigrahi**  
**President,**  
**Rotary Club of Navi Mumbai Sunrise**

# Projects Done

## CPR AWARENESS AND DEMO

**Date:** 2nd March, 2025

**Location:** Trishul Symphony, Sector -19, Kharghar

**Number of beneficiaries:** 40

**Number of Members participated:** 5

**Cost:** Rs. 2,000

Thanks to Rtn Shaila Patel, a resident of the society, for his dedicated efforts in organising and coordinating this valuable workshop.



## International Women's Day celebration

**Date:** 8th March, 2025

**Location:** Rotary Centre

**Number of beneficiaries:** 18

**Number of Members participated:** 30

**Cost:** Rs. 20,000

**Chief Guest:** Rtn. Jyoti Mehta



# Projects Done

## Blood Donation and Thalassemia Checkup

**Date:** 12th March, 2025

**Location:** Kharghar Railway Station

**Number of beneficiaries:** 45

**Number of Members participated:** 5

**Cost:** Rs. 2,500

Thanks to IPP Rtn Bhal Shekhar Chilana for organising the Blood Donation camp.



## Mind Ease : Unmasking Stress and Empowering Minds

**Date:** 13th March, 2025

**Location:** Kharghar

**Number of beneficiaries:** 105

**Number of Members participated:** 5

**Cost:** Rs. 2,000



# Projects Done

## Blood Donation and Thalassemia awareness and check

**Date: 13th March, 2025**

**Location: Belapur Railway Station**

**Number of beneficiaries: 55**

**Number of Members participated: 6**

**Done in association with Rotract clubs**



## Swatch Hi Seva

**Date: 15th March, 2025**

**Location: Cancer Centre Home, Kharghar**

**Number of beneficiaries: 15**

**Number of Members participated: 2**

**Cost: Rs. 10,000**

# Projects Done

## Diabetic Mukh Ravivar

**Date:** 16th March, 2025

**Location:** Central Park, Kharghar

**Number of beneficiaries:** 98

**Number of Members participated:** 5

**Cost:** Rs. 1,500



## Adopt a Mother

**Date:** 21st March, 2025

**Location:** Panvel Municipal Community Health Centre, Kharghar

**Number of beneficiaries:** 30

**Number of Members participated:** 10

**Cost:** Rs. 15,000

Thanks to Rtn. Chhaya Sali for sponsoring the protein powder and supporting this noble cause.

# Projects Done

## Health and Eye Checkup Camp

**Date: 22nd March, 2025**

**Location: Bonny School**

**Number of beneficiaries: 120**

**Number of Members participated: 7**

**Cost: Rs. 3,000**

**Done in association with Inner Wheel club of Navi Mumbai Sunrise**



## Dental Checkup camp

**Date: 29th March, 2025**

**Location: Ranjanpada**

**Number of beneficiaries: 30**

**Number of Members participated: 3**

**Cost: Rs. 4,000**

**Done in association with Rotaract club of Bharti Vidyapeeth Dental college.**



# Projects Done

## Dental check up camp

**Date:** 29th March, 2025

**Location:** Inampuri School

**Number of beneficiaries:** 70

**Number of Members participated:** 7

**Cost:** Rs. 3,000

Done in association with Rotaract club of Bharti Vidyapeeth Dental college.



## Dada ji ki kahaniya and Birthday celebration

**Date:** 29th March, 2025

**Location:** Happy School

**Number of beneficiaries:** 35

**Number of Members participated:** 8

**Cost:** Rs. 2,000

Done in association with Inner Wheel Club of Navi Mumbai Sunrise.



## **“Green Conversations: How My Kitchen Garden Became My Morning Muse”**



**By Rtn. Chhaya Vikas Taralekar**

Every day begins with a walk—no further than my balcony, but into a world that feels infinitely expansive. My kitchen garden is no ordinary patch of green. It is alive, expressive, and deeply intertwined with my emotional rhythm. Here, trees talk, birds sing in chorus, and even the soil whispers ancient truths.

My leafy companions—Mango, Neem, Curry Leaves, Moringa, Custard Apple, and the sacred Bel tree—stand like quiet sentinels. Their presence is grounding, their breath infuses my mornings with fresh oxygen and an unmatched vitality. It's more than greenery—it's a celebration of life.

As the sun rises, the garden stirs to life. Mynas, crows, and sparrows gather on the iron grill, patiently awaiting their sip of water. Butterflies flit between blossoms, bees hum their way across petals, and a breeze dances lightly through the leaves. This isn't merely a garden. It is a living poem composed each morning.

After my daily cooking, I don't see kitchen waste—I see potential. Peels, stalks, and leftovers find their place in a composting bucket, layered with dry balcony leaves, covered neatly with mosquito netting. There, in quiet alchemy, nature brews her black gold—compost that will soon feed and revive my plants.

Just this morning, my Custard Apple tree surprised me with a cascade of blossoms—fifteen delicate flowers, each one a symbol of life ready to unfold. Meanwhile, radish leaves from a mango sapling, grown lovingly from seed, have served as breakfast for a few curious creatures. Even the Neem leaves show signs of a feast—but those nibbles belong to butterfly larvae, heralding a soon-to-emerge flutter of wings.

Every tree, every leaf tells me something. The Bel tree, for instance, shows signs of nutritional craving—its shaded leaves a gentle reminder that even nature seeks balance. That's my cue to return the favor with compost and care.

## **“Green Conversations: How My Kitchen Garden Became My Morning Muse”**

This is not merely about planting. It’s about nurturing, noticing, responding. The fragrance of fresh leaves mingled with the rich scent of compost fills me with peace and positivity. On days when worries cloud my thoughts, I listen closely—the wind rustles through the trees as if to say, “We’re here, don’t worry.” And I believe them. Between these trees grow gifts—Poi spinach, patra leaves, tomatoes, curry leaves, chillies—and sometimes, a glimpse of ginger or garlic. Seasonal blooms add color, and plucking flowers in the morning has become my favorite form of meditation. My kitchen garden is not just a green space; it is my sanctuary. A quiet friend. A healing ritual. A piece of heaven that flourishes not far from my kitchen door—and even closer to my heart. A world reborn, so bright, so bold!



## "WE ARE ALL ROTARIANS AT THE END OF THE DAY"



By Rtn. M. Prakash  
Past President

The sun sets slow and paints the sky,  
A fiery hue that makes our hearts sigh.  
We've worked all day, with hands and heart,  
Completing projects, a brand new start.

The smiles on faces, the laughter and glee,  
Are proof that our efforts, have set humanity free.  
We've built and created, with sweat and with tears,  
A better world for all, through all our years.

From polio eradication, to literacy and more,  
We've tackled the tough, and opened doors.  
We've fed the hungry, and sheltered the cold,  
Our kindness and compassion, forever to be told.

We are all Rotarians, at the end of the day,  
United in service, in our own unique way.  
We may wear different badges, and come from different places,  
But our hearts beat as one, with a shared vision and spaces.

We've worked together, as a team and as friends,  
Supporting each other, until the very end.  
We've celebrated our triumphs, and learned from our falls,  
And through it all, we've stood tall.

## **"WE ARE ALL ROTARIANS AT THE END OF THE DAY"**

So here's to the Rotarians, and all that we do,  
A toast to our fellowship, and the good that we pursue.  
May our bonds of friendship, forever remain strong,  
And our service to humanity, be the guiding light that shines all day long.

We are all Rotarians, at the end of the day,  
A global community, in a world that's gone astray.  
We are the change-makers, the problem-solvers too,  
We are the Rotarians, with a heart that's true blue.

So let us continue, to serve with all our might,  
To make a difference, and shine with all our light.  
For we are all Rotarians, at the end of the day,  
A team of dedicated individuals, who've found a better way.

## **“My Talking Kitchen Garden”**



**By Rtn. Chhaya Taralaker**

In silence, my garden softly speaks,  
With mango, neem, and curry leaves'  
Each dawn it greets with fragrant air,  
Birdsongs dancing everywhere.

The trees whisper, “You’re not alone,”  
Their rustling leaves, a calming tone.  
With butterflies, bees, and blooms anew,  
Life unfolds in every hue.

Compost brews in its quiet pot,  
Turning waste to gold—nourishing a lot.  
In every leaf, in every flower,  
My garden gifts me peace and power !

•

## “Thalassemia ”

Thalassemia blood disorder, not a disease, Keep in mind you all please.

There are some myths to be corrected,  
We should come forward so that no one is neglected.  
It is a disorder passed down through the family,  
Which leads to the destruction of red blood cells rapidly.  
Its symptoms are not shown until the age of six,

Only after that, we understand that body's under risk.  
There is excessive destruction of blood cells,  
Which makes body anemic and pale.  
Less production of hemoglobin,

Making you fatigued and thin.  
Weakness, shortness of breath, yellow eyes,

Slow growth, abdominal swelling and its size.  
Are some of the symptoms to keep in mind,  
So that in treatment no one is left behind  
Avoid high iron foods like meat and leafy vegetables,

Have tea and vitamin C rich food in plentiful.

Frequent blood transfusion and chelation therapy,

Are some of the treatments very necessary.  
Treat patients with thalassemia with kindness,  
Make everyone aware of their fitness.  
With proper nutrition and exercise,  
They will live a long and blissful life.



By Rtn. Namita Dutta

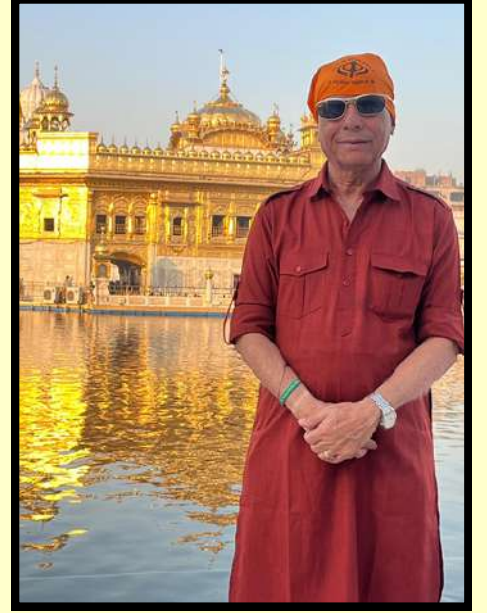
## “Musings of Rtn. Bhal Shekhar Chilana”

पहचान जो समय से मिले, वह पल भर की होती है,  
लेकिन काम से मिली पहचान, उम्र भर साथ चलती है।

लिखने बैठे थे जज़्बातों की किताब,  
हर पन्ने पर बस एक ही नाम निकला — रोटरी सनराइज  
यूँ तो शब्दकोश में 52 अक्षर हैं,  
मगर मेरी पूरी कहानी बस दो में बसी है — रोटरी सनराइज

### तुम सुंदर हो

इसलिए नहीं कि तुम दिखते सुंदर हो,  
तुम सुंदर हो क्योंकि  
तुम्हारा दिल दूसरों का दर्द महसूस करता है।  
तुम सुंदर हो क्योंकि  
तुम दूसरों के लिए सोचते हो।  
तुम सुंदर हो क्योंकि  
तुम्हारी वजह से कोई परेशान नहीं होता।  
तुम सुंदर हो क्योंकि  
तुम्हारी सोच सुंदर है।  
तुम सुंदर हो क्योंकि  
तुम्हारे दिल में औरों के लिए प्यार है।



By PP Rtn. Bhal Shekhar Chilana

### एक विचार

हमेशा ऐसे लोग होंगे जो केवल कमियाँ निकालेंगे,  
जो आलोचना करेंगे, क्योंकि वे स्वयं कुछ कर पाने में असमर्थ होते हैं।  
किसी और के प्रयास पर टिप्पणी करना आसान है,  
लेकिन खुद आगे बढ़कर बदलाव लाना कठिन होता है।  
पर उनकी बातों का कोई असर नहीं होता।  
क्योंकि जो वास्तव में मायने रखते हैं, वे जानते हैं  
कि हर कदम सोच-समझकर, सच्ची नीयत से,  
समय की आवश्यकता को ध्यान में रखकर उठाया जाता है।  
अपना सर्वश्रेष्ठ दिया जाता है — न कि वाहवाही के लिए,  
न ही मान्यता पाने के लिए —  
बल्कि इसलिए कि काम ज़रूरी था,  
और क्योंकि समुदाय की सेवा,  
खाली शब्दों के शोर से कहीं अधिक महत्वपूर्ण होती है।  
सच्ची संतुष्टि तो इसमें है कि अगर कुछ ज़िंदगियाँ भी छू पाईं,  
अगर थोड़ा सा बदलाव ला सके,  
तो प्रयास सफल माना जाएगा।  
आलोचक अपनी बातें करते रहें,  
वह जो सेवा के मार्ग पर चलते हैं, अपना रास्ता चलते रहेंगे।

# OVER 100 YEARS OF SERVICE

