



# mukti



Rotary Year 2024-25





**Suresh Srinivasan**  
President,  
Rotary Club of Thane Northend  
September 2024

My dear RCTNEians,

Rotary is not just an association, it is a lifelong relationship, beneficial to us in a number of ways. Let me share with you why building relationships in Rotary is important.

Staying connected and building friendships in Rotary is crucial for several reasons:

#### **Personal Growth**

- » **Support network:** Rotary friends provide emotional support and encouragement.
- » **Mentorship:** Experienced members offer guidance and valuable insights.
- » **Networking:** Expand professional and personal connections.

#### **Service Impact**

- » **Collaboration:** Strong relationships foster effective teamwork and project collaboration.
- » **Idea sharing:** Members learn from each other's expertise and experiences.
- » **Community engagement:** Together, members create lasting impact in local and global communities.

#### **Rotary Engagement**

- » **Membership retention:** Close relationships keep members engaged and committed.
- » **Leadership development:** Friendship and trust foster leadership growth.
- » **Club vitality:** Strong bonds among members ensure a vibrant, dynamic club culture.

#### **Life-Long Benefits**

- » **Lifelong friendships:** Rotary connections transcend professional and geographical boundaries.
- » **Personal enrichment:** Relationships with diverse, like-minded individuals broaden perspectives.
- » **Social connections:** Rotary friendships combat loneliness and isolation.

#### **Ways to Stay Connected**

- » Attend meetings and events regularly.
- » Participate in service projects and committees.
- » Join online forums and social media groups.
- » Host or attend Rotary fellowships and social gatherings.
- » Mentor or be mentored by a fellow member.

#### **Building Friendships**

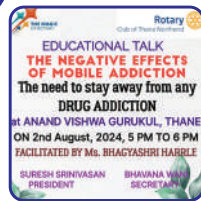
- » Be approachable, open-minded, and respectful.
- » Show genuine interest in others' lives and projects.
- » Communicate effectively and actively listen.
- » Offer help and support when needed.
- » Celebrate members' achievements and milestones.

By nurturing connections and friendships in Rotary, members create a strong, supportive community that fosters personal and professional growth, service excellence, and lifelong relationships.

## "Disconnect to Reconnect"

On August 2, Rotary Club of Thane North End organized an enlightening talk on the negative effects of mobile addiction. The event aimed to raise awareness about the risks associated with excessive mobile usage and promote a healthier balance between technology and life.

- Mrs Bhagyashri Harrle (Counseling Psychologist and a Career Counselor) highlighted the alarming rise in mobile addiction, affecting individuals of all ages.
- Discussed physical and mental health consequences, including eye strain, sleep deprivation, anxiety, and depression.
- Emphasized the impact on relationships, social skills, and productivity.
- President Suresh Srinivasan offered practical tips and strategies for responsible mobile usage, digital detox, and maintaining a healthy work-life balance.
- 120 students of Ananda Vishwa Gurukul participated in the interactive session, engaging in discussions and sharing personal experiences.
- Rotary Club of Thane North End remains committed to addressing pressing social issues and promoting positive change in our community.



On August 15th Rotary Club of Thane North End celebrated 78<sup>th</sup> Independence Day of our country, India.

We marked the day by patriotic fervor and tribute to Nation's Heroes.

The celebrations began with the Flag hoisting by 'Shree ShivaChhatrapati Awardee' Mr Pradeep Kelkar followed by his speech on various innovative adventures.

President Suresh Srinivasan and Inner Wheel President wished all a very happy Independence day. All 29 members sang Patriotic song reinforcing the spirit of unity and patriotism. The day served as a reminder of India's journey towards progress and the collective responsibility to build a brighter future.



## Annadaan SAMPARC Bhaje



Rotary club of Thane North End aimed to provide nutritious meals to the underprivileged promoting kindness, community spirit and freedom from hunger.

It was a unique Independence day celebration on August 15th with the underprivileged people at Sathye nagar, Wagle Estate, Thane. More than 100 children benefited from the nutritious food given to them.

First Lady, Pratibha Suresh, took the lead in this project.

The clubs that joined together for the noble cause were Thane North End, Thane Horizon, Thane Uptown, Thane Green City, Thane Titans, Thane West, Thane City, Thane, Thane Passion, Thane Skyline, Hiranandani Estate.

Annadaan has made a significant difference in the lives of many, serving as a beacon of hope and humanity. This initiative will continue to inspire and nurture a culture of selflessness and compassion.



On 15<sup>th</sup> August 2024, at the Girls Orphanage at SAMPARC, Bhaje, Lonavala, Rotary Club of Thane Northend had organised a Cervical Cancer Awareness session for all girls by Dr. Supriya Lad. The session was well received and we will be running an inoculation project there. From RCTNE, President Suresh Srinivasan, PP Ravindran and Rotarian Subodh Ambekar were present



### One Beat at a Time

Compression only life support CPR Training Initiative

Rotary Club of Thane North End organized a comprehensive CPR training program at Ananda Vishwa Gurukul on August 29<sup>th</sup> to equip students with life-saving skills.

The workshop was conducted by Dr. Lucky and Dr. Supriya.

- Educated students on CPR techniques and emergency response
- Increased awareness about cardiac arrest and its management
- Empowered individuals to save lives in their communities
- Expert-led training sessions
- Hands-on practice with CPR mannequins
- Emphasis on adult, child, and infant CPR techniques
- Discussion on Automated External Defibrillator AED usage
- First Lady Jyoti Shah, AG Jyoti Chavan, President Suresh Srinivasan and Bharati Shetty attended and took the training too.

- It was a great learning experience for Thane North End first lady Pratibha Suresh, Club Secretary Bhavana and other club members

Rotary's CPR training program has made a potential to save countless lives in the community.

By equipping individuals with life-saving skills, we can create a network of empowered responders, ready to act in cardiac emergencies.



### Goonj of Hope, Health and Smiles

Rotary Club of Thane North End, Thane Royales, Thane Orion, Thane Connoisseurs, organized a series of events focusing on Thalassemia screening, Cervical cancer awareness, Menstrual hygiene, and Good touch bad touch education, aiming to empower communities and promote overall well-being. The events were organised at Samparc Balgram Bhaje, Lonavala on August 15th.

#### Event : Menstrual Hygiene

- Conducted a seminar on Menstrual hygiene and management
- Encouraged open conversations and broke taboos surrounding menstruation

Event : Good Touch Bad Touch

- Organized an interactive session for 104 children on Good touch bad touch education

- Taught children to recognize and report inappropriate behavior

- Empowered children with knowledge and confidence to protect themselves. Cervical cancer awareness, Menstrual Hygiene and Good touch Bad touch was conducted by Dr Supriya Lad

Rotary's initiatives have made a significant impact in promoting health, wellness, and safety in the community. These events have educated, empowered, and supported individuals, fostering a healthier and more aware society.



### Celebrating Bonds of Love and Protection: Raksha Bandhan with Special Children at Rotary Centre\*

Rotary Club of Thane North End organized a heartwarming Raksha Bandhan celebration at Rotary Centre at Kopri on August 16<sup>th</sup>, bringing together special children and members for an afternoon of joy, love, and protection.

- Rotary members and volunteers tied rakhi threads on the wrists of special children
- Gift distribution, snacks, and refreshments added to the festive spirit.
- Children performed dances and entertained the members.
- Emotional bonding between special children and Rotary members.

The Raksha Bandhan fostered connections smile and laughter among special children and Rotary members.



On August 10<sup>th</sup> and 11<sup>th</sup>, 2024, Rotary Club of Thane Northend hosted a Mega Health Camp at Titlagarh, District Bolangir, Odisha in partnership with the Rotary Club of Titlagarh. RID 3261

The function was graced by the presence of RI Director, Rtn. Aniruddha Roy Chowdhury.

The project is the brainchild of our member, PDG B.M. Sivarraj who has been travelling to Odisha for s many years on business purpose and has seen the need for medical check up and treatment for the residents of Bolangit district, Odisha.

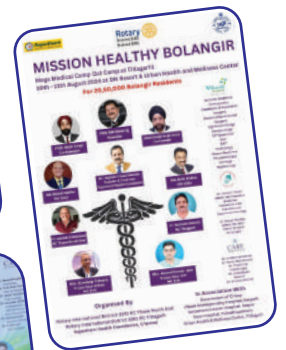
President Suresh Srinivasan, PDG B.M. Sivarraj and PP A. Ravindran travelled to Odisha and played an active role in conducting the camp.

The camp had about 100 medical and para medical staff from almost all specialties and the checkup and immediate medicines were free to all patients.

Buses were arranged to bring the residents from nearby villages and it was a very successful camp. The camp was well covered in the local press too.

Around 3000 families benefitted from this two day camp. This was the first among a series of camps planned under the banner “ Mission Healthy Bolangir”

Rotary Club of Thane Northend is blessed to be the host for this project and we will continue serving the community at large.



The 114 girls in the Orphanage at SAMPARC, Bhaje Caves, Lonavla, were screened for Thalassemia, they were explained the need for it and the Staff was explained on how to interpret the reports and the next steps that we will help them take.

This happened on 15<sup>th</sup> August, 2024.

Three Rotarians took part from our club. Rotary Clubs of Thane Royales, Connoisseurs and Orion co hosted this project.





# *Birthdays & Anniversary*

## **Birthdays**

### **September**

2<sup>nd</sup> September - Vedashri Rege  
5<sup>th</sup> September - Mahesh Pednekar  
6<sup>th</sup> September - Sunil Mahajan  
7<sup>th</sup> September - Sukhada Tambe  
11<sup>th</sup> September - Shephali Dhamanse  
11<sup>th</sup> September - Shamish Dhamanse  
15<sup>th</sup> September - Samrat Nagrale  
17<sup>th</sup> September - Rigved Rege  
25<sup>th</sup> September - Shalaka Wani  
28<sup>th</sup> September - Sheryl Aniruddha  
29<sup>th</sup> September Shyam Madiwale

### **October**

2<sup>nd</sup> October - Shriya Venkatramani  
4<sup>th</sup> October - Nilesh Arte  
5<sup>th</sup> October - Trupti Kadgaonkar  
11<sup>th</sup> October - Sangiita Arora  
15<sup>th</sup> October - Vinita Ambekar  
15<sup>th</sup> October Sanjeev Brahme  
15<sup>th</sup> October Dhananjay Ramesh  
16<sup>th</sup> October - Smita Shirose  
17<sup>th</sup> October - Aditya  
20<sup>th</sup> October - Champa Sharma  
20<sup>th</sup> October - Shreyans Tambe  
21<sup>st</sup> October - Aditya Suresh Srinivasan  
23<sup>rd</sup> October - Shweta Venkatramani  
30<sup>th</sup> October - Sheela Venkatramani

## **Anniversary**

### **September**

10<sup>th</sup> September - Vijay and Yamini Bakshi  
12<sup>th</sup> September- Mohan and Ajitha Nair.

### **October**

10<sup>th</sup> October \_ Charanjit and Jeet.  
27<sup>th</sup> October - Bindu and Vijayan