

President's Column:

Harish Chandarana

President 2024-2025



Embracing a Vibrant Future

Dear Friends,

As we conclude the first month of our Rotary year, I am delighted to reflect on our vibrant start. The month of July was marked by a series of dynamic projects and landmark public relations exercises, which have not only garnered significant accolades but have also set a high standard for our future endeavours.

Our two speaker meets were particularly noteworthy. The insightful presentations and engaging discussions left a lasting impression on all who attended. The positive feedback we have received is a testament to the quality and relevance of the topics covered. This enthusiastic response encourages us to continue bringing in impactful speakers who will further inspire and enlighten our members.

During the month we had a fellowship event at the Gaushala was a day of profound joy and spiritual enrichment. Members basked in the dual delight of feeding cows while being serenaded by the soulful bhajans, vibrant garbas, and mesmerizing peacock dance. The day culminated in an exuberant Bollywood Karaoke session at Vajreshwari, all set against the serene backdrop of nature's embrace.

In a bid to foster greater connectivity, our Membership Director has established a WhatsApp group dedicated to prospective members. This platform serves as a conduit for sharing updates on club projects, fellowship gatherings, and meetings, ensuring that everyone stays informed and engaged with our vibrant community.

Additionally, two new initiatives have been seamlessly woven into our club

meetings. One initiative invites the children of Rotarians to share their career journeys, offering inspiration and insight to fellow members. The other introduces a segment where the Secretary imparts valuable knowledge bytes, enriching the collective wisdom of our club.

As we transition into August, our focus shifts to a theme that is central to the growth and sustainability of our club—Membership. August, recognized as Membership Month, provides us with a golden opportunity to welcome new faces and invigorate our club's spirit. Our resolute membership team is working diligently to organize a grand installation session for new members. We aim to bring in a diverse group of individuals who share our commitment to service and community impact.

The energy and dedication shown by each member in the first month has been inspiring. Sonal and I are profoundly grateful for the support and enthusiasm you have all demonstrated. It is this collective spirit that fuels our progress and helps us achieve our goals.

Looking ahead, we are excited to build on the momentum we have established. Your continued support and active participation will be crucial as we embark on new projects and strive to make a positive difference in our community.

Thank you once again for your unwavering commitment. Let us embrace the opportunities that August presents with renewed enthusiasm and a shared vision for excellence.

Harish Chandarana
President.



Project of the Month

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R | President : **Stephanie A. Urchick** | District Governor : **Chetan Desai**

President : **Harish Chandarana** | Secretary : **Chetan Joshi** | Bulletin Editor : **T.S. Bharadwaj**

August : Membership Growth Month: Strengthening our Club



Membership Growth Month: Strengthening our Club.

As we step into August, to promote the theme of the month, Membership growth, our club has grandiose plans. We have taken an ambitious goal of getting fifty-one new members. Striving for it, we need to reflect on why increasing our numbers is crucial and how we can ensure our members remain engaged and contented.

The Importance of New Members

New members inject vitality and fresh perspectives into our club. They bring diverse experiences, skills, and networks that enrich our projects and initiatives. Each new member expands our capacity to serve our community and magnifies our collective impact. Moreover, a growing membership base ensures the sustainability and relevance of our club.

Tips to Attract New Members

1. **Outreach and Visibility:** Increase awareness about Rotary and our club's activities through social media, local events, and community partnerships. Highlight successful projects and testimonials from existing members.
2. **Existing members:** Encourage current members to invite friends, colleagues, and acquaintances who share our values of service and community.
3. **Public seminars:** Identify specific demographics or professions that could benefit from Rotary's networking and service opportunities. Tailor outreach efforts to resonate with these groups. This was done by our Club on 1st July when we celebrated Doctors Day and CA Day. More such focused efforts can bring rich dividends.
4. **Follow-Up:** Membership team should promptly follow up with potential members after initial contact or meetings.

Retaining Existing Members

While attracting new members is crucial, retaining our current members is equally paramount: Let us not continue to have the 'leaking bucket' syndrome. For that to happen we will need to ensure there is:

1. **Engagement:** Ensure members are actively involved in club activities. Offer diverse and meaningful opportunities for service, leadership, and professional development.
2. **Recognition:** Acknowledge and celebrate member achievements, milestones, and contributions. Foster a culture where members feel valued and appreciated.
3. **Communication:** Maintain transparent communication channels. Seek feedback from members regularly and respond to their needs and concerns promptly.
4. **Networking:** Facilitate networking among members within and beyond our club. Encourage connections and collaborations that extend beyond regular meetings.

Looking Ahead

As we strive towards our goal of fifty-one new members, let us remember that our strength lies not only in numbers but in our collective passion for service and fellowship. Together, let us unleash the magic of Rotary and build a stronger Rotary Club of Borivli that continues to make a difference in our community.

K.V.Premraj

Club Trainer

Wellness se Wealth Tak

CA-Doctor's day

The "Wellness se Wealth Tak" seminar, held on the 1st of July 2024, brought together a diverse audience to celebrate CA and Doctor's Day. The event took place at the Prabodhankar Thackeray Main Auditorium in Borivali West.

Key Speakers and Insights

- Dr Rtn Bharat Pandya (TRF Trustee)

Dr. Pandya delivered a compelling presentation on the impact of lifestyle diseases in India, likening their prevalence to an erupting volcano that causes significant loss of wealth and health. He stressed the importance of preventive measures, advocating for a reduction in sugar, salt, and oil consumption. His slogan, "Ek Chammach Kam, Chaar Kadam Aage," encapsulated the essence of his message: minor changes can lead to substantial health benefits. Dr. Pandya emphasized the necessity of 30 minutes of daily exercise to combat diseases like diabetes, obesity, cancer, and chronic kidney diseases.

- CAJ. K. Shah

CA Shah elucidated the critical role of Chartered Accountants in the development of a thriving India. His insights were well-received, with his influence extending to notable figures like MP Commerce Minister Piyush Goyal. His address highlighted the significant contributions of CAs to the country's economic progress.



Wellness se Wealth Tak



- CA Kushal Lodha

CA Kushal Lodha shared his journey from a novice to a successful CA, underscoring the virtues of hard work, consistency, and patience. His analysis of over 100 unicorn startups provided valuable lessons on profitability and sustainability, serving as an inspiration for aspiring CAs and entrepreneurs.

- CA Hasmukh Jobanputra

CA Jobanputra served as the anchor for the event, blending wisdom with charisma. His ability to manage program changes seamlessly and add vibrant commentary enriched the seminar experience, ensuring a smooth and engaging flow.

- Pujya Dr Gyan Vatsal Swami (BAPS Swaminarayan)

Pujya Dr Gyan Vatsal Swami captivated the audience with profound insights on wisdom and integrity. He drew parallels between human traits and those of chimpanzees, emphasizing the unique human capacity for transferring thoughts into wisdom. His examples from BAPS leaders and a cricketing anecdote involving Australian Captain Steve Smith and the ball tampering episode added depth and relatability to his message.

The seminar concluded with a felicitation ceremony where Pujya Dr Gyan Vatsal Swami honoured the speakers for their valuable contributions.

The "Wellness se Wealth Tak" seminar was a stellar example of effective public engagement and meaningful discourse. The event not only highlighted the importance of health and financial prudence but also reinforced the Club's dedication to community service. The positive feedback and full attendance stand as a testament to the seminar's impact, making it a noteworthy milestone in the Rotary Club's ongoing efforts to foster well-being and prosperity within the community.



Wellness se Wealth Tak



Conveners for the event were PP Nitin Majithia and Bhadresh Nathwani. The seminar co-sponsored by the Bank of India and Rtn Dr Satish Shetty from Tunga Hospital.

K.V.Premraj

Club Trainer



Community Service

Annapurna Food Distribution at Shatabdi Hospital

Food distribution events have been held every Saturday at Shatabdi Hospital, in collaboration with Ram Roti Foundation. The Annapurna Project serves about 550 Nos beneficiaries. Each event costs ₹6,000/-. Our thanks to Project Director Harish Davda for his support. We also extend our thanks to Women Empowerment Chairperson Sumedha Rao for explaining the "Mazi Ladki Bahin Yojna" Government scheme.



1. Tree Plantation at Mangubhai Dattani School:

- Overview: The above event was conducted in collaboration with NGO Mission Green Mumbai. The event focused on planting trees to enhance the school environment.



Community Service

Wall of Happiness:

- **Overview:** This event involved setting up a Wall of Happiness, and distributing unused clothes as well as other items of use to those in need. Rotary members & their associates were requested to collect useable old clothes, utensils, toys and any other household items of use. These items were stored at a common public location for members of the public to pick up any item which they need. Arrangements have been made so that people do not pick up more items than they could possibly use in the near future.
- **Beneficiary:** The needy among general public.



Medical

Donation of Foetal Doppler Machine at KCL Bhanshali Maternity Hospital, Dahisar East

- **Overview:** Donated a Foetal Doppler Machine to enhance maternity care.
- **Beneficiary:** Needy patients.
- **Cost:** ₹3,500/-



Monsoon Health Tips:

How To Prevent Ear, Nose And Throat Problems.

Monsoon is an eagerly awaited season for most of us, as it brings respite from the scorching summer heat. The rains create an abundance of vegetation and crops. Unfortunately, however, dampness, humidity and illnesses tend to accompany monsoon showers.

There are certain ENT conditions common to monsoons. These can be prevented if we all (including the elderly and the children) take necessary precautions. Some common ENT ailments are mentioned below :

1. Ears : Fungal and bacterial infections arise due to an increase in humidity, and dampness in the ears. Bathing in unhygienic pools, or dirty rain water entering into the ear, usage of ear buds etc can also cause infections. Using hot oil to clean the ears will only worsen the situation. All the above symptoms could cause severe pain along with ear blockage. However, one must avoid self medication (eg: using ear drops without a doctor's prescription) to relieve the pain or infection. One must visit a nearest ENT surgeon to get the appropriate treatment at the earliest. In emergency situations, a local hot fomentation may be done or a suitable pain killer could be taken as a temporary measure, till the visit to the doctor. Precaution is always better than cure. Hence, after bathing or swimming, gently clean your ears with the help of a towel. Avoid inserting ear buds to clean the ears. Always keep the ears dry.

The monsoon season beckons various kinds of insects such as mosquitoes, ants, fleas, flies, beetles, moths, roaches and spiders. These insects can accidentally enter into the ears and give rise to symptoms of pain, buzzing in the ear and ear blockage. In such situations, one must not panic, but visit the ENT specialist immediately. One may try using vegetable oil to suffocate the insect, but this would be only as an emergency measure. Do not use tweezers or ear buds to remove the insect since this could push the insect further inside the affected ear and damage the ear drum permanently.

2. NOSE- Recurrent colds and bouts of sneezing are common in monsoons, mainly due to increase in allergens in the environment. Hot and cold weather alternate in this season, along with excessive fungus in the atmosphere, which leads to common cold and sinusitis. During monsoon, one must avoid exposure to extreme temperatures especially cold. One must also change to dry clothes without fail. One must maintain good sanitary practices such as frequent hand-washing, covering of mouth when coughing or sneezing, wearing a mask in public places, and avoidance of sharing food or beverages. Monsoon will also likely worsen the underlying chronic rhinosinusitis and chronic polyposis within the nose and sinuses. One must visit the nearest ENT Specialist to treat these ailments appropriately.

Children are particularly

more prone to catch common cold. One must give them warm water frequently and maintain nasal hygiene by using saline drops. These help in clearing germs, allergens and pollutants from their nostrils, and thus prevent infections. Common Cold, if left untreated, can spread to the ears and give rise to middle ear infections in children. This is a very painful condition leading to uncontrollable crying by the affected child. One must visit a nearest ENT surgeon at the earliest for appropriate treatment.

As a good measure, parents should ensure that their children eat a balanced diet, rich in vitamins and minerals, to strengthen their immune system, helping them ward off infections that are more prevalent during the rainy season.

3. ORAL CAVITY AND THROAT: Monsoons also inspires many to try street food. It is the worst season to try street food or drink un-boiled tap water or use the tableware anywhere we eat outside. Better be safe and stick to home cooked food, especially during the rainy season.

Monsoons will also likely worsen an underlying allergic pharyngitis, bronchitis and cough due to proliferation of fungal spores and general high air viscosity due to humidity. People who already suffer from chronic cough or bronchitis should always keep their inhalers handy and visit their physician if the symptoms persist. Tonsillitis and pharyngitis due to bacterial infections are also common. The afflicted should visit a nearest ENT surgeon to obtain the correct treatment. Consumption of "Over-the-Counter" antibiotics should be avoided at all costs. It is always best to see a physician before you introduce an antibiotic into your system since antibiotic resistance is a huge problem

In conclusion, i share below the following general tips for keeping yourself and your family safe during the monsoon season :

1. Stay indoors.
2. Use effective mosquito repellents.
3. Stay hydrated.
4. Avoid eating outside.
5. In the event of any ENT related symptoms, avoid self medication but visit your nearest ENT surgeon at the earliest.

Dr Binhi Desai, is a practising ENT and Voice surgeon, specialising in voice and swallowing problems. She is the owner of 'Desai Orthopaedics and ENT clinic', Borivali West, along with her husband- Dr Hardik Desai (an Orthopaedic Surgeon). She is also the owner of 'Swar Voice and Swallowing Clinic', a dedicated state-of-the-art clinic in Borivali West for the treatment of all voice and swallowing problems.

By Dr Binhi H. Desai

For more details – check out
www.desaiorthoanddentclinic.com;
www.swarvoiceclinic.com



Autograph Please

Do these words remind you of the halcyon days, where we kept memories alive, reading all the messages of our friends or personalities whom we adored? Gone are those days. Instead, these days, the words "**Selfie Please**" brings us smiles.

India's first 'Selfie' was taken by Tripura's Maharaja Birchandra Manikya and his queen Maharani Manmohini Devi in 1880, using a camera. Internationally, Selfie culture became popular in Japan, and then other East Asian countries in the 1990s, starting with purikura booths, followed by front-facing camera phones. However, it was not until the year 2000 that Selfie culture became popular outside of East Asia. The Oxford Dictionary declared 'Selfie' as the Word of the Year in 2013. Selfie culture made its appearance in India somewhere in the year 2014. Clicking selfies was the choice of millions of Indians. Selfie culture soon blossomed and is now popular amongst all age groups.

Selfies can help in documenting memories of exciting and important events in our lives, and in sharing our moments of happiness. A selfie becomes a visual diary, bringing back golden memories of the past. Additionally, the sharing of photos helps us to more regularly engage with people, and thus foster our relationships with them.

There is, however, a flip side to selfies.

For instance, pouts, while taking selfies, may lead to facial disorders. Selfies may also indirectly promote narcissistic tendencies in individuals, leading to mental disorders. Also, as recent newspaper reports indicate, selfie fans, at times, ignore the physical safety aspect while taking selfies. In their anxiety to display their valour or love, they nonchalantly take selfies at dangerous locations with scant regard to the dangers inherent. Indeed, some have paid for their recklessness with their lives. There is a privacy aspect too, which is often ignored. Many have the habit of posting selfies instantly online, irrespective of the location, ignoring the fact that their privacy could be compromised. The resultant consequences could potentially be harmful, as recent events abroad and at home, have proved (beginning with stalking and then developing into something more sinister further).

Here are some of the Selfie captions which I have seen people use-

- **Just me, myself, my selfie.**
- **Just being me, unapologetically.**
- **Today's mood-Selfie mode.**
- **Embracing my uniqueness.**
- **Confidence level-Selfie.**
- Capture the moment, cherish the memory.

In conclusion, selfies, as with other things in life, have both their pros as well as their cons. It is for the **Self** in Selfie to decide which side to focus on.

Enjoy your Selfies in a responsible manner, but please Do Not Ignore the safety aspect while indulging in selfies. Remember, there is a family waiting for you at home!

Hetal Pathak



Environmental Benefits of Lemon Peels

Lemon peels are often discarded as waste, instead of being re-utilized to reduce the usage of chemically loaded cleaning agents which contaminate our water bodies.

There are various ways of achieving sustainable living (ie. living in an environmental friendly manner). This writer will share some useful tips for the same in the forthcoming issues as well. Today's tip is about increasing the life of the household tea strainer – an item which is frequently discarded.

Plastic tea strainers may have separate components like handle, mesh, basket etc. Disassemble them, if possible, as some parts may be recyclable (eventually shift to steel strainers as they are more durable). Below tips will help you clean the strainers sustainably :

Step 1 : Add baking soda and sliced lemons or left over lemon peels to a water filled utensil; and boil the solution.

Step 2 : In case one is using a steel strainer, then the same can be immersed in the solution as it boils. However, if a plastic tea strainer is being used, then it

needs immersion after the solution cools (else the plastic parts will stick to the utensil).

Step 3 : Scrub the strainer with a regular dish scrub.

For hard stains repeat the process daily/weekly.

This way one can use the plastic strainer till it breaks.

However, as mentioned earlier, it is recommended to shift to steel tea strainers at the earliest.

Happy Sustainable Living.

Aprajita Deshpande



Club Activities

UPCOMING EVENTS

AUGUST 2024

Date	Event	Location	Director
2nd-4th	Pilgrim Tour	Ayodhya & Varanshi	Rtn Rakesh Sheth
3rd	Annapoorna Ram roti foundation	Shatabdi Hospital Borivali West	Rtn Harish Davda
9th	Inguration of Ramkrishna School RK School Kajupada	Borivali East	Rtn Arti Parekh
10th	Annapoorna Ram roti foundation	Shatabdi Hospital Borivali West	Rtn Harish Davda
10th	New member Induction Ceremony	Borivali West	Rtn Vikram Shah
11th	National Integration project & Dist. Picnic		Kashmir
17th	Annapoorna Ram roti foundation	Shatabdi Hospital Borivali West	Rtn Harish Davda
18th	Visit to Vikramghad Ashrmshala		
18th	Kaneri heritage walk'	Borivali National Park Sanskriti Director	Kamlesh Pipaliya Renjini Premraj
21st	BOD Meeting Club		Rtn Rakesh Sheth
23rd	Joint Interact Installation Ceremony		Rtn Rakesh Sheth
24th	Annapoorna Ram roti foundation	Shatabdi Hospital Borivali West	Rtn Harish Davda
26th	Janmashtami Celebration		Rtn Rakesh Sheth
31st	Annapoorna Ram roti foundation	Shatabdi Hospital Borivali West	Rtn Harish Davda

Birthday & Anniversaries

Happy Birthday

1	07-Aug	Jitendra Vora
2	14-Aug	NARENDRA SODAGAR
3	17-Aug	Nitin Majithia
4	21-Aug	Kirit Mehta Dr.
5	24-Aug	Shweta Dhanak
6	25-Aug	Sanjiv Shah
7	30-Aug	Yashwant Gujran
8	04-Aug	Vini shah
9	02-Aug	Abhishek Agarwal
10	09-Aug	Meghna Majithia

Wedding

1	22-Aug	Anil Thakrar
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Dear Friends,

Greetings to you all. By the time this edition hits the stands, many of you would have returned, after having worshipped the Almighty in the Holy cities of Kashi and Ayodhya, and carrying His Blessings with you for RCB as well.

And, talking of Blessings, the city of Mumbai is indeed Blessed. Just a month ago, the water levels in the lakes supplying potable water to the city was hardly 20% (the lake levels were lesser than this in June); an alarming situation indeed. However, thanks to the Blessings of the Guardian Deity of this city, the lake levels have risen to 89% at the time of writing this Edit. We now have 335 days of supply left in the lakes, as on date. Naturally, the authorities have withdrawn the water cuts, giving us all a big relief in the process.

However, a bountiful monsoon should not absolve us of our responsibility in not only promoting water conservation at a larger level, but also putting this in practice in our day to day individual lives. Rain water harvesting, building more dams, recycling of waste water for non-potable uses etc are all fine at an overall level with a larger perspective in mind. At an individual level, however, there is plenty that one can do to conserve water and avoid water wastage. Many of these steps are based on simple common sense and do not require much efforts or planning. The results, though, are stupendous. Some of these steps include :

1. Repairing of leaking pipes in our homes and in our CHS.
2. Avoiding keeping the tap on while shaving; a better way would be to use a mugful of water instead.
3. Avoiding "full shower on" while bathing- many experts suggest the use of a bucket instead, and showering as last " 30 second step"

for rounding off (not even a minute say the experts).

4. Practicing mindful hospitality while serving water to guests; the usual practice being serving a glassful of water to our guests. Many, however, who do not require so much water at one go, simply take some sips and throw away the balance, leading to wastage of precious drinking water. Experts suggest that instead of offering a glassful of water to the guests, we should offer them only as much as they need. This, they say, has an enormous potential to save water by several liters.

5. Rigidly adopting the above practice when we visit restaurants, cafes, outside eating places etc. This too is a huge saver of potable water.

6. Recycling of waste water for garden use, cleaning of vehicles etc (i got this idea from Mrs. Chetna Shinde who had once told me that she has been doing so for several years).

The above are some ideas which came to my mind. Please feel free to suggest additional ideas, in your contributions to Kanheri. In fact, RCB Member - Ms. Aparajita Deshpande will be contributing her write ups for sustainable living . Her first article - on tea strainers this time-appears elsewhere in this issue.

Many Club Presidents have stated in the GML that Water Conservation is one of their themes, for their respective Club Projects. RCB Vibrant Board may also similarly consider this, for our Projects also.

That is it from me, for now. Looking forward to your ideas and contributions to enrich Kanheri further.

Rtn. T.S. Bharadwaj