



PRAYAAS



Club No. 73362

RI President
Rtn Gordon McInally

Dist. Governor
Rtn Manjoo Phadke

President : Rtn Anup Gupta Secretary : Rtn Dr. Ravikiran Kumar Editor : Ann Nrupura Kalyankar Sub Editor : Rtn Shubhangi Malandkar

Dec- March 2023

The Official Bulletin of Rotary Club of Kharghar Midtown

Vol 18 Issue No. 3



Rtn Anup Gupta
President 2023-24

President's Message

Dear Friends,

I warmly welcome you all to the 3rd edition of Prayas. This year we have transitioned with vibrant projects that have served many beneficiaries. We began the year with our show stopper project of Cervical Vaccination by vaccinating 50 girl children from Murbi School, Kharghar. We also took up the responsibility of repairing the School's infrastructure as it was in poor condition &

also donated 50 sets of Uniform to the students. There were regular visits to Senior Citizens Home where we donated Toiletries and other requirements and in the process we shared some very beautiful moments with the inmates. We provided Diet Meal/Protein supplement to TB patients in coordination with UPHC. During the Pulse Polio day, we supported Medical Workers with logistical movement and supply of food refreshments.

Our regular Family Meets were very enthusiastically attended by the members and their families to enjoy the DRT sessions, Valentine's Day celebration, a Guest Speaker on Sleep Disorder and honoring Women on Women's Day that was celebrated with great gusto. Our monthly Business Meet and BODs were conducted as planned.

Finally, a new Interact club was formed at Emphyrean school and plans are in place for projects to be done. Blood group identification camp was organized at our Interact club at Murbi School.

All efforts are now directed to make our Fund raising Musical evening Lyrics with Laughter, to be held on 12th April, a great success

Importantly, Our Assistant Governor, Rtn. Vishram Ekambe graciously visited our club to check if our processes were in place and guide us for any gaps. As always he has been a great support to our club and kept guiding us whenever needed.

Last but not the least, we now eagerly look forward to Official Club Visit by our District Governor, Rtn. Manjoo Phadke on the 22nd of March at Kharghar.

My best Wishes to the bulletin team to have done a great job!!

Rtn Anup Gupta
President 2023-24

Salutation Family,

Another Quarter... Another Recap... Another Prayaas Edition. After the last quarter, we had quite a few family gatherings like a talk on Modern lifestyle, sleep associated diseases with guest speaker; We also had a very good gig to celebrate the **Valentine's Day** with all beautiful couples of our **RCKM**.

Considering the seriousness of young children's health and RI's focus on **New Gen** and **Disease prevention**, we, in association with IAP (Indian Academy of Paediatrics) signed a MOU to nurture the younger minds on national initiative **SSS - Sankalp: Sampoorna Swasthya** is a community-facing, school-based, innovative, holistic healthcare program with high focus on prevention of noncommunicable diseases (**NCD**) and to give fair idea on 'good nutrition, adequate physical activity, sleep Hygiene, green time vs screen time'.

A group of interested Rotarians from our club came forward to get trained by the experts of IAP so that they can volunteer themselves to train/teach these kids on the above-mentioned aspects. Thanks to our **Hon. Rtn Dr Chitra Kulkarni** for bringing up this one to us.

Secretary Speaks

We also did an excellent project i.e. Vaccinating the Underprivileged girl children for **Cervical Cancer vaccination** by vaccinating (1st dose) around 50 students, 2nd dose will be after 6 months, thanks to all our donors who came forward and contributed generously.

We also had a successful AG visit which is a mandatory visit by our **AG Rtn Vishram Ekambe** to submit club's report to DG before the **DG's OCV** visit. Not to forget, we celebrated the women's day on the same day and recognized all women for their hard work that they put in.

To add another feather in our 18 years' rich experience, **Lyrics and Laughter**, a musical event performed by visually impaired artists, is set to take place in April as our annual fund-raising event to support vaccinating 300 girl children. I am beyond content to say that we will be **Co-hosting** a district event i.e.

{Continued on page 2}



Rtn Dr. Ravikiran
Secretary 2023-24

{Continued from page 1}

District Youth Seminar amid the month of April. Looking forward to seeing you all on our most waited evening i.e.

DG's OCV.

As **Rotarians**, let's embrace inclusiveness wholeheartedly, recognizing the unique value everyone brings to our community. **Together**, let's foster an environment where diversity thrives, and everyone feels valued, respected, and empowered to contribute towards a **brighter future** for all.

Dear fellow Change makers, Ensuring the **health and vitality**

of our club is paramount to our collective success in serving our communities. Let's commit to open communication, mutual respect, and active participation in club activities. By fostering a culture of collaboration and support, we can **strengthen our bonds**, inspire greater engagement, and continue making a **positive impact** in the world.

Hail **RCKM**... Hail **Rotary**.
! Jai hind !

Yours in Rotary Service,
Dr. Ravikiran
Secretary 23-24



PE Rtn Shailesh Patel
Service Project Director
Year 2023-24

Serving Humanity is ROTARY'S Motto and with this great thought process, before the year began, we made a very optimistic calendar of Projects for the Rotary year 2023-24.

- I am very happy to share that in the last 9 months we have executed almost 53 projects and that too across the spectrum and not limited to any one or two areas.
- On 22nd December we distributed Spectacles to 30 Asha Workers. I am happy to share that the total cost was sponsored by Members of our Club.
- On 6th of February a Seminar on Special laws for Ladies was conducted by Adv Santosh Chavan at Saraswati College and more than 125 ladies attended the session.
- We have also taken up a Project to coach School Teachers & Students for English language with the help of Guruji Foundation. This is a complete online coaching and the feedback received from the teachers and students is awesome.
- On 20th December, we distributed Notebooks & pencils at ZP School Belpada. More than 200 Students were the beneficiaries.
- As a part of District Initiative our club has also participated in Project Mission Friday wherein, we all are trying to contribute towards conservation of Environment by pledging various activities.
- To save water District has initiated a project of water conservation by use of Aerators. Club has taken up the challenge and till date as a club we

Service Projects : Heart of Rotary

have installed more than 400 aerators in various residences. The Drive is still On and we are aiming to install 1000 Plus aerators during the year.

- Our own Rtn Dr. Kiran Kalyankar is conducting health check up camps at Manu Smruti on weekly basis, ensuring that inmates are always in pink of health.
- Blood Donation Camp was held at ITM College Kharghar which was yet another synergy project done by Club and more than 140 pints of Blood was collected during this drive.
- In our endeavors to educate common man, how to handle Patients undergoing heart attack, two such sessions were conducted by our Club. One at A C Patil Engg. college which was conducted by Dr. Bhokhare. Almost 40 students attended this session.
- The second one was Basic Life support and Awareness on Cancer was done at Manu Smruti with the help of Onco society Panvel. More than 100 Participants have benefited from the session.
- Health checkup camp for Kids – 'Sankalp Sampooran Swasthya' in association with Indian Association of Pediatrics was conducted at ZP School Murbi Village. More than 165 Students got the benefit from this session. Camp was conducted by Rtn Dr. Komal, Rtn Dr. Amog and Rtn Dr. Chitra Kulkarni.
- Our Club has taken one more major step towards helping TB patients. Thank you, Dr Komal and President Anup, for taking the lead for this project. On 27th of October & 22nd December groceries were donated to 10 TB Patients and again this will continue every alternate month.
- On 20th December we conducted Blood group testing, Tetanus Vaccination and distribution of vitamins at PHC, Kharghar. More than 190 people got benefited from this service Project.

- On 17th January a Seminar on Awareness of Mental Health for Youth was organized, and more than 250 Students attended this Seminar.
- For the Second time in the history of Rotary Club of Kharghar Midtown, we have vaccinated 50 Young Girls to protect them against Cervical Cancer. The cost of this project was Rs. 1,25,000 which was funded by 3 members of the Club. Thank you, donors, for your generous contribution. Looking at the smile on the faces of girls we have decided to continue this project on yearly basis and the next Target set is for 300 girls for the year 2024-25.
- On 16th Feb we distributed Vitamin supplements to Students with the Help of IAP and ONGC. More than 50 students were benefited from this drive.
- Synergy Project is something we love to do. One of such Synergy project in association with Rotary Club of Panvel Symphony was done where in our Club contributed Rs. 16250 towards meals for 13 days to feed 50 students.
- One more such synergy Project was done in association with Rotary Club of New Panvel wherein 10 Clubs came together and have awarded stalwarts from various parts of Panvel and Kharghar for their remarkable contribution to the society.

With all these Projects we have touched more than 8200 lives and have spent more than Rs. 2,90,000. There are going to be many more such projects in future too. Looking forward to your support & Participation ...Let's together CREATE HOPE IN THE WORLD!

In Rotary Service,
PE Rtn. Shailesh Patel
Service Project Director
RY 2023-24



SubEditor's Message

Hello Friends, Namaskar,
 At the outset, I would like to thank club president Rtn Anup Gupta for having faith in me & giving me the opportunity to serve as Subeditor to this special edition of our club bulletin "Prayaas" on the occasion of DG visit. This journey was comfortable with the help of my able and dedicated team Rtn Arti Bhatia, First Lady Mona Gupta, Ann Shital Waray, Ann Rutuja Samant & Editor Ann Nrupura. It's my honour & privilege to release this special bulletin "Prayaas" at the hands of our dynamic DG Rtn Manjoo Phadke. We furnish here Presidents Report, Secretary Message, Service Project Director's Report on the impactful projects done till date. Our club is one of the Vibrant Club of District 3131 and the finest example from our club is Secretary Rtn Dr Ravikiran, leading District 3131 leadership at 1st Position in Learning Center on RI website and Rtn Dr Sagar Gundewar, he is a member of the Rotary Medical Mission team who has been performing plastic

Surgeries by travelling to Jammu and Kashmir since 2022. Our Dream project Cervical Cancer Vaccination to the underprivileged girls is elaborated by Rtn Dr Komal Gundewar. We also have been providing medical services to old age home Manusmriti, administered by PP Rtn. Dr Kiran Kalyankar. We have made our Presence in Print Media and Social Media too, all thanks to PI Director Rtn Kamlesh Agarwal for his untiring efforts.

We showcase here skill and talent of our family members in creative corner. We have dynamic lady Rotarians Rtn Dr Arti Bhatia and Rtn Dr Sapna Modi who have recently published their own books, we congratulate them. We congratulate the new Team of RCKM Charitable Trust the Office bearers and new trustees and wish them all the best for their tenure. Have all the colors in your life, be happy and energetic! We are trying to showcase through this Prayaas all the Vibrant colors of our Rotary Club and its family members.

Happy Holi! Happy Reading!!

Please feel free to give your feedback & suggestions on prayasbulletin2023@gmail.com

Regards,

SubEditor - Rtn Shubhangi Malandkar

Cervical Cancer Vaccination Drive

Cervical cancer is the fourth most common cancer in women globally with an estimated 604 000 new cases and 342 000 deaths in 2020. In India, cancer of the cervix uteri is the 3rd most common cancer with an Incidence rate of 18.3% (123,907 cases) and the second leading cause of death.

Cervical cancer is caused by persistent infection with the human papillomavirus (HPV). Persistent infection with high-risk HPV can cause abnormal cells to develop, which go on to become cancer. HPV infection of the cervix (the lower part of the uterus or womb, which opens into the vagina – also called the birth canal) if left untreated, causes 95% of cervical cancers.

Typically, it takes 15–20 years for abnormal cells to become cancer. Risk factors for cancer progression include the grade of oncogenicity of the HPV type, immune status, the presence of other sexually transmitted infections, number of births, young age at the first pregnancy, hormonal contraceptive use, and smoking.

Prophylactic vaccination against HPV and screening and treatment of pre-cancer lesions are effective ways to prevent cervical cancer. Cervical cancer can be cured if diagnosed at an early stage and treated promptly. As a priority, HPV vaccines should be given to all girls aged 9–14 years, before they become sexually active. The vaccine is given as 2 doses. People with reduced immune systems should ideally receive 3 doses. Some countries have also chosen to vaccinate boys to further reduce the prevalence

of HPV in the community and to prevent cancers in men caused by HPV. Women should be screened for cervical cancer every 5–10 years starting at age 30. Women living with HIV should be screened every 3 years starting at age 25. The global strategy encourages a minimum of two lifetime screens with a high-performance HPV test by age 35 and again by age 45 years. Precancers rarely cause symptoms, which is why regular cervical cancer screening is important, even if you have been vaccinated against HPV. Women should see a healthcare professional if they notice unusual bleeding between periods, after menopause, or after sexual intercourse, increased or foul-smelling vaginal discharge, symptoms like persistent pain in the

(Continued on page 4)



Glimpses Cervical Cancer Vaccination Drive

Rotary Kharghar Midtown

PRAYAAS

back, legs, or pelvis, weight loss, fatigue and loss of appetite, vaginal discomfort, swelling in the legs.

WHO Response

All countries have made a commitment to eliminate cervical cancer as a public health problem. The WHO's Global strategy defines elimination as reducing the number of new cases annually to 4 or fewer per 100 000 women and sets three targets to be achieved by the year 2030 to put all countries on the pathway to elimination in the coming decades: 90% of girls vaccinated with the HPV vaccine by age 15, 70% of women screened with a high-quality test by ages 35 and 45. 90% of women with cervical disease receiving treatment. Modelling estimates that 74 million new cases of cervical cancer can be averted, and 62 million deaths can be avoided by reaching this elimination goal. As a part of this **Elimination Goal**, **Rotary Club Of Kharghar Midtown** on 10th of Feb 2024 held the project of vaccinating girl child between the age of 9-14 years at Zilla Parishad school of

Prevention is Better than Cure.....

MURBI village, KHARGHAR. 50 girls were given HPV vaccine with prior consent from the parents. 4 pediatricians **Rtn Dr Chitra Kulkarni**, **Rtn Dr Amogh Shahane**, **Rtn Dr Swati Likhite**, **Dr Sunita Ingle**, members of **Indian Association of Pediatrics** and 1 dermatologist **Rtn Dr Komal Gundewar** from the club injected the vaccine. The Vaccine (**CERVAVAC**) was procured from the serum institute of India at subsidized rate. All the necessary arrangements like emergency medicine tray and well-equipped ambulance were made available. Post vaccination all the children were given refreshments and were observed for half an hour. The 2nd dose for the vaccine will be given after 6 months. We are very thankful to all the donors who supported us for this vaccination drive. nevertheless, it is the team effort of all the members of our club which made this event successful

Rtn. Dr. Komal Gundewar
Director Medical Services (2023-24)

Kashmir nama

Rotary Medical Mission initially started as Polio corrective surgical camps. Now Rotary Medical Mission provides surgical treatment covering General and Laparoscopic surgery, Gynaecological surgery, ENT, Ophthalmology and super speciality branches like Plastic surgery, Urology and Cancer Surgery. Coming to Jammu and Kashmir Surgical Mission this is 3rd Mission in Post COVID times. I am fortunate to participate in all 3 Surgical Mission.

Our first mission was in North Kashmir in May 22. I have worked at Kupwara district hospital. Second Mission was in September 23 in South Kashmir in which I have worked at Anantnag District hospital.

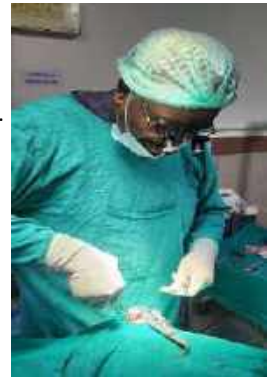
Coming to 3rd Mission which I have just finished from 24th February to 3rd March was in Rajouri and Poonch district. I was working in Rajouri Medical College associated hospital.

26 doctors from all across India in two teams worked at Rajouri and Poonch district hospitals. Rotary district 3131 & 3132 played a key role in organizing this camp. Rotary district 3070 was the Host District. This Mission was a collaboration of Rotary International and Government of Jammu and Kashmir. This mission was led by PDG Rtn Dr Rajiv Pradhan from 3132 and project chairman PDG Rtn Dr Girish Gune from our own district 3131. Team started journey from Mumbai on 24th February. After overnight stay at -

Mumbai team started to destination. Rajouri team took 4 hrs to reach and Poonch team took 7 hrs to reach their destination. This mission was special challenge due to extreme weather conditions with temperature variations from 3 degree centigrade to 20 degree centigrade. Rotary Club of Rajouri Grand hosted a welcome dinner in our honour on 25th Feb night. We started Our surgical session on Monday 26th Feb after small Inauguration ceremony.

It was very difficult for everyone to work due to very cold weather inside Operation Theatre (OT) also though there were warmers inside OT. There were many Plastic surgery patients awaiting surgery. I have operated patients with cleft lip and palate, Post Burn deformity, congenital anomalies, Nose deformities. In 6 days I have operated 13 patients with various problems. Due to unavailability of plastic Surgeon 5 patients were specifically brought for me to Rajouri which I finished in last two days of camp. Local doctors, hospital staff and local people were very helpful in entire mission.

Apart from surgical work we had great time with Local Rotarians and doctors. We were specially invited as Guest of Honour for Freshers welcome Party as Rajouri Government Medical College campus on 28th Feb night. Lt Governor



of J & K His excellency Manoj Sinha was about to personally come and meet all doctors but due to bad weather conditions he could not make it but virtually he expressed his gratitude to all doctors and Rotary International. He also requested for another Mission in remote district of Doda and Kishtwan in future. Overall it was really satisfying experience for me for bringing back smiles on faces of needy patients. I am thankful to Rotary for giving me this opportunity to serve people of Jammu and Kashmir.

Jai Hind
PP Rtn Dr Sagar Gundewar



Welcome to the newly elected trustees of RKCT.

Rotary Kharghar Charitable Trust is pleased to announce & introduce our newly elected board of Trustees.



Rtn Jayawant Tandel
Chairman



Rtn Dr Ravikiran
Secretary



Rtn Pratham Saxena
Treasurer



Rtn Dr Kiran Kalyankar
Vice Chairman



Rtn Praful Shah
Joint Secretary



Rtn Shailendra Waray
Trustee



Rtn Girijakant Misra
Trustee



Rtn Shailesh Patel
Trustee



Rtn Dr Sagar Gundewar
Trustee



Rtn Kamlesh Agarwal
Trustee



Rtn Ritesh Kumar
Trustee

From the Desk of ' Rotary Kharghar Charitable Trust '

A heartfelt gratitude for trusting me and electing me as a **CHAIRMAN** of our Trust, **ROTARY KHARGHAR CHARITABLE TRUST**. I shall surely strive to do my best in whatever capacity that I can! I would require the wholehearted support from all **RCKM** members and **RKCT** Trustees as a family to take our club and trust to newer heights. As a new team, our vision is to get the **collective help** of all members of club & trust to give the best to the society.



Rtn Jayawant Tandel
Chairman
R K C T

Rtn Jayawant Tandel
Chairman RKCT 2024 - 29

First and foremost, Congratulations to previous office bearers and trustees for putting up their efforts to run the Trust smoothly. I am contented to take this position as Office Bearer i.e. **SECRETARY** of **RKCT**, and thanks for giving me this opportunity to continue the good work that have been put-up so far. Looking forward to completing the Hercules task of getting **80G & 12A** for our Trust at the earliest possible.



Rtn Dr Ravikiran
Secretary
R K C T

Rtn Dr Ravikiran
Secretary RKCT 2024-29

CONGRATULATIONS

Motivation to write my book . . .

I began writing my book when my daughters started their careers. With them pursuing their paths, I found a chance to channel my energy into a creative endeavour. This writing journey isn't just a personal passion but a way to explore ideas that developed during my busy years of parenting. It signifies a commitment to scholarly and creative pursuits, reflecting my response to the changing dynamics in my life.

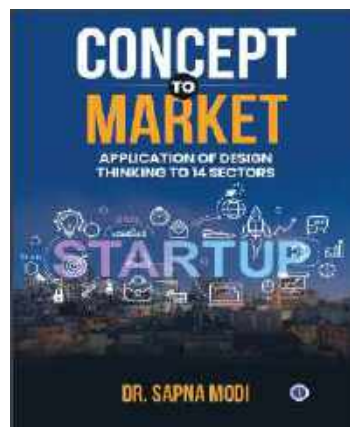
During a period marked by solitude at home and a sense of emotional distress stemming from the physical distance between myself and my children, who were actively engaged in their respective career pursuits, I encountered a notable emotional challenge. In response to these emotional struggles, I determined that undertaking the writing of a book could serve as a constructive outlet for self-expression and a means to navigate through this difficult period. The decision to embark on a literary journey was driven by a desire for personal growth, self-discovery, and the proactive management of emotional well-being during significant life changes. Top of Form The impetus behind my decision to write a book on design thinking is deeply rooted in a passion for fostering innovation and creative problem-solving.

ABOUT THE BOOK:

"Concept to Market: Application of Design Thinking to 14 Sectors" is a great place to start if you're interested in exploring new ways of addressing problems and embracing change. This book is an all-inclusive guide to understanding, applying, and becoming an expert in the principles of design thinking. Look at **14 real-life examples** that show how design thinking has changed businesses, from huge tech companies to fledgling startups.

Learn about the human - centered approaches that help teams empathize with users, transform problems into opportunities, create groundbreaking prototypes, and develop products people want to use. This book is particularly beneficial for Academicians, Businesses, and Start-ups who wish to delve into the field of design thinking.

- Rtn Dr Sapna Modi



Rtn Dr Sapna Modi

Ph.D in Management MMM, DMS, IATA, BSc

DEAN

IES Management College & Research Centre, Bandra.

My First One !



Rtn Dr Arti Sunil Bhatia

Counsellor & Trainer

NLP Practitioner & Self Esteem Coach

Prop. Zenith Counselling &

Conversational English Training Centre

different situations: Tributes, life lessons & comic incidents. Through these poems, I have tried to weave a tapestry

The feeling while holding my First Book in my hands was truly surreal! I released my First Book of Poems 'TRUE LOVE' on 4th November 2023, on my dad's 75th birthday in his remembrance, as a tribute to him. This book has 21 poems, written mostly in free verse. These Poems depict different emotions in

of emotions, inviting readers to delve into the depths of introspection and empathy. I had always aspired to publish something of the sort, it felt like dream come true! The response since the launch has been humbling and I am overwhelmed by the outpouring support from the near and dear ones. It's available on Amazon & Flipkart. E-Book is available on Book leaf Publishing's Book store. Do grab your copy & please don't forget to share your valuable feedback! Would like to share, Couple of lines from few of my compositions in my FIRST book of Poems "TRUE LOVE".

TRUE LOVE

It's a wonderful feeling;
Which does all sorts of healing.

HANDLE WITH CARE

Teach them to have a voice,
When in trouble make some noise.

BUCKET LIST

Empty your bucket list,
Refill it with new dreams
Enjoy, Dance & Scream.

Rtn. Dr. Arti Sunil Bhatia



Rtn Herbert J. Spencer

Rotary



The Four-Way Test

of what we think, say or do

1. Is it the truth?
2. Is it fair to all concerned?
3. Will it build good will and better friendships?
4. Will it be beneficial to all concerned?

The Four-Way Test, was created in 1932 by Rotarian Herbert J. Taylor when he was asked to take charge of a company that was facing bankruptcy. Its known as one of the world's most widely printed and quoted statements of business ethics.

Rotary Kharghar Midtown

PRAYAAS

As we all know that Rotary is a **Voluntary service organisation** which works towards community service, but besides this, Rotary is also fosters on one's leadership and professional skills and development.

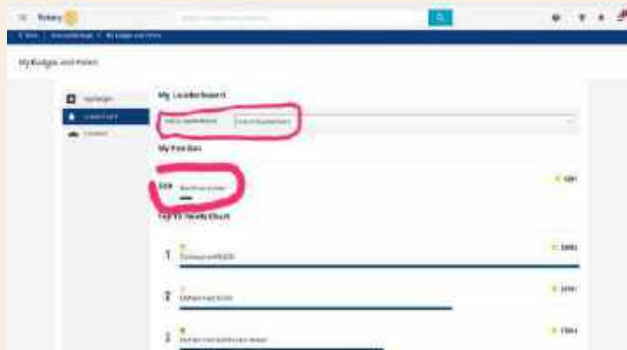
As we discussed earlier, on **RI** website we have an excellent knowledge hub i.e. **Learning Centre** where we may get to know at actual that what is Rotary is all about besides the practical knowledge which we have.

Though its **119 years young organisation**, Rotary is evolving every day and one must know the recent updates about it by looking into this section which makes us updated on almost every point.

There are quite a few modules about Rotary and its avenues to learn about and after the module, we have a simple quiz thing, once we pass the test, we will be awarded with Certificate n badges.

A SPV named **RLI (Rotary Leadership Institute)** is the body which encourages members to take these courses as self-learning.

Persuaded by self-interest, aim into the completion of these courses, have completed around **120+** of similar kind. As on date, considering the global and district leader board, standing at **1st position** in our district **3131**, and



overall global ranking of **559th** among **1.4Mil Rtns.**
RLI (Rotary Leadership Institute) says...
We Convert members into Rotarians

Rtn Dr. Ravikiran
Secretary 2023-24

Technological Innovation in Rotary: A Bridge Between Generations at 119 Years

As Rotary commemorates its **119th anniversary** recently, we are confronted with the dilemma between **tradition and innovation**. The need to integrate technological innovation into our humanitarian project necessitates us to reflect on both the past and the future. Nevertheless, there is another challenge that is equally important and complementary: attracting young individuals who are already deeply involved in technological advancements to join our mission, strengthening Rotary not just as a club of friends but as a **community of problem solvers**.

It's crucial to realize that true innovation goes beyond just using new tools and methods in this transformative context. The task involves **creating bridges** between generations, cultures, and different levels of technological proficiency. **Rotary's invitation to young people** who have grown up in a digital world is not just about growing our membership, we are infusing our organization with new ways, perspectives, ideas, and energies. While older Rotarians may view this integration as a **challenge**, they may also see it as an **unprecedented opportunity**. The fusion of wisdom, experience, innovation, and creativity can be unleashed through **inter-generational collaboration**. Young members have the ability to bring

technological fluency and new approaches to problem-solving, but more experienced Rotarians have **valuable insights, mentorship, and a deep understanding of the humanitarian needs** that continue to drive our mission. The moment has come to re-evaluate the meaning of being a **Rotarian in the 21st century**. Our focus is not solely on serving our communities, but on redefining service and utilizing technology as a tool to expand our impact. Rotary can become a place where fellowship is the foundation of significant innovations and effective **humanitarian actions through this transformation**.

As we begin this new chapter in our history, I urge all Rotarians, young and old, to view technological innovation, and the inclusion of new generations not as a threat to our tradition but as an expansion of our legacy. Our doors and hearts should be open to the youth, and we should encourage them to join us in our **collective journey of service and learning**.

As Rotary marks its **119th anniversary**, let us actively invite new generations to join us, not just as members but as indispensable partners in the quest for a better world. Make Rotary a place where **respect, fellowship, and innovation are united**, leading us

towards our continuous mission of serving our communities. This is our challenge and, more importantly, a fantastic opportunity. Rotary's ability to transcend the concept of a club to become a genuine force for inter-generational change can be achieved by embracing innovation and youth. In this new dawn full of possibilities, may we reaffirm our dedication not just to the communities we serve but also to the future we can construct together.

Thus, **Technological innovation**, instead of being a hindrance, presents itself as an **opportunity for growth and renewal**. May we embrace this invitation with the identical spirit of **friendship and service** that has defined Rotary throughout its **119 years of history**. Because, In the end, it's through innovation that we can keep up with our motto: **"SERVICE ABOVE SELF"**
 A sheer & Enthusiastic Rotarian

Rtn Dr Ravikiran
Secretary – RC Kharghar Midtown

All of us are aware of our education system & many of us know that there has to be more improvement in it. No doubt since last few years there has been many improvement in the curriculum and also many avenues has been opened in different fields. But still, I believe that handling finance (financial literacy) is far behind and it has to be introduced in school level with basics. Given an opportunity, I am trying to cover some few basics in financial literacy. its a vast subject but due to some limitation I am starting with some basic concepts in financial literacy. Most of us might be aware of it. But, I am sure still many of us are not aware of it or has not thought about it in this way.

topic i : classification of income

CLASSIFICATIONS OF INCOME table with columns: TYPE OF INCOME, SOURCE OF INCOME. Rows include Active Income, Semi Active Income, Passive Income But Not Guaranteed, and Passive Income And Guaranteed.

SA BY H (SHEET I) table with columns: PRESENT SOURCES OF INCOME FLOWING INTO YOUR FAMILY, RUPEES. Rows A-H include Occupation, Spouse's Occupation, Bank Interest, etc.

SA BY H (SHEET II) table with columns: SELF TO FAMILY, NET THE AFFIRMABLE, RISK ZONE. Rows show A/H ratios and corresponding risk zones like Very High Risk Zone, High Risk Zone, etc.

5A BY H CONCEPT (SHEET III) CONCLUSION OF 5A/H CONCEPT. Text explaining that high A/H leads to uncertain future and that higher stakes require more caution.

Hope it would have added some knowledge. Will come out for more in our next bulletin.

Regards

Kamlesh Agarwal - Senior Business Associate Development Officer L.I.C. OF INDIA, Panvel, Navi Mumbai : 410206. (M) 9224357250

Email : kalicdo@gmail.com kalicdo@yahoo.com



लोकमत

विद्यार्थिनीचे कर्करोग लसीकरण

लोकमत न्यूज नेटवर्क नवीन पन्वेल : रोहरी खाश्वर मिडटाऊनतर्फे वंचित ५० मुलींना गर्भाशयाच्या सुखराचा कर्करोग लसीकरण जि.प. शाळा, मुंबी, खाश्वर रूथी केले.

हेल्थ नवी मुंबई पृष्ठ क्र. 3 Feb 14, 2024. रोहरी तर्फे वंचित मुलींना गर्भाशयाच्या सुखराचा कर्करोग लसीकरण उपक्रम

वंचित मुलींमध्ये कर्करोग लसीकरण करण्यात आले आहे. लसीकरण मुलींना आरोग्यदायक ठरेल असे आशा आहे.

सुद्धाळ नवी मुंबई+पन्वेल

जिल्हा परिषदेच्या शाळेत शिबिर. लोकांमत् न्यूज नेटवर्क. नवीन पन्वेल : रोहरी खाश्वर मिडटाऊनतर्फे वंचित ५० मुलींना गर्भाशयाच्या सुखराचा कर्करोग लसीकरण...

लोकमत जिल्हा परिषदेच्या शाळेत मुलांची आरोग्य तपासणी. लोकांमत् न्यूज नेटवर्क. नवीन पन्वेल : रोहरी खाश्वर मिडटाऊनतर्फे वंचित ५० मुलींना गर्भाशयाच्या सुखराचा कर्करोग लसीकरण...

रायागंड रागाड times 14-07-23. रोहरी क्लब खाश्वर मिड टाऊनतर्फे वृक्षारोपण सोहळा. नवीन पन्वेल, १३ जुलै (बुधवार) : ४ जुलै रोजी रोहरी क्लब आणि खाश्वर मिड टाऊनतर्फे आत्ताच संपन्न ३६, पेचे हारमनी शाळेत वृक्षारोपणाचा सोहळा राबविण्यात...

KILLE RAIGAD 2...

मुंबी शाळेत रोहरी व इंडियन अॅकॅडमी ऑफ पीडियाट्रिक्सतर्फे आरोग्य तपासणी शिबिर. KILLE RAIGAD 27.8.23. नवीन पन्वेल : रोहरी खाश्वर मिडटाऊनतर्फे वंचित ५० मुलींना गर्भाशयाच्या सुखराचा कर्करोग लसीकरण...

रायागंड रागाड times 14-07-23. रोहरी क्लब खाश्वर मिड टाऊनतर्फे वृक्षारोपण सोहळा. नवीन पन्वेल, १३ जुलै (बुधवार) : ४ जुलै रोजी रोहरी क्लब आणि खाश्वर मिड टाऊनतर्फे आत्ताच संपन्न ३६, पेचे हारमनी शाळेत वृक्षारोपणाचा सोहळा राबविण्यात...

सकाळ 15/3/2024

मुंबी शाळेत रोहरी व इंडियन अॅकॅडमी ऑफ पीडियाट्रिक्सतर्फे आरोग्य तपासणी शिबिर. नवीन पन्वेल : रोहरी खाश्वर मिडटाऊनतर्फे वंचित ५० मुलींना गर्भाशयाच्या सुखराचा कर्करोग लसीकरण...

PI Director's Desk Rtn Kamlesh A.





Volunteering for UN Refugees in New Zealand – a rich experience.

Whenever I go abroad, I visit the local Rotary clubs. Definitely the meetings are enjoyable but the interaction is limited and only with Rotarians.

Hence, recently when I went to Hamilton, New Zealand I wanted to interact with community.

HMS Trust (www.hmstrust.org.nz) in Hamilton is one Trust which helps NZ Government for the settlement of UN refugees and I grabbed the opportunity when I saw their ad for volunteers. I volunteered my services for UN refugees who were being reestablished as Permanent Residents of New Zealand.

It was a rich, different life experience and allowed me to know how the HMS trust works and how NZ Government helps for settlement of the refugees. It also helped in knowing working of NZ Government departments.

Background of settlement and training of volunteers –

New Zealand has been regularly accepting settlement of refugees for many years. The country is committed to settle about 2000 United Nations refugees every year.

Complete Settlement means that the refugee family should no longer require financial assistance from NZ Government. Duration varies from about 8 months to few years

advised not to take any photographs of the refugee family nor divulge their names etc. We were not allowed to share stories by refugees - traumatic or otherwise with others.

Refugees are awarded PR status and thus enjoy facilities like a citizen. On arrival in NZ, all the refugees are initially settled in a Colony in Auckland for about 3 months. They are familiarized with NZ culture/civic life, language, health, education, rules and regulations etc. They are also assessed for education level and other vocational skills sets including proficiency in speaking English etc.

Then, all these 2000 refugees are allotted to 18 centres across the country. A small team of 4/5 volunteers is assigned to one refugee family. We were a team of 5 – 2 New Zealanders; a educationist Senior Citizen and a lady, a HM Trust person from refugee country who had stayed in NZ for long and could act as interpreter, 1 lady from Lebanon and myself.

Our Refugee family from Democratic Republic of Congo –

We welcomed a family of 7 (5 children between ages 20 to 11 and their parents) From Democratic Republic of Congo. The Husband and wife were staying in a refugee camp in Rwanda for more than 28 years and were married there. The children called themselves

from DRC but had never been to that country and grew up in the refugee camp.

Settlement was focussed on – accommodation, English language training, vocational training, education, health services and also assimilation with Congo community. NZ government provided them



PP Rtn Sham Phadnis

sustainability financial assistance regularly

Accommodation & association with Congo community –

Accommodation was arranged by Government. Volunteer team ensured that equipment in the house were in order. We were specifically instructed to check and train the family to use daily facilities like – dish washer, kitchen gas burners, mixer, fridges, geysers, air heaters, washing machines, dryers, fire systems etc as the refugees come from different harsh living conditions. Example cited to us - one family emptied entire container of detergent for 1 wash. This is because the family never used such equipment in refugee camps.

The family was given pre-loaded cards for them to purchase daily needs from Departmental stores. Our team taught them the process of selecting the right quantity, payment by cards, safety at crossing roads, cards for bus travel, phones etc.

Over the time the family and team of volunteers became friendly and they mimicked our mannerism and laughed and talked with us.

There are many people from DRC in Hamilton and a dinner was arranged by the community and volunteers to welcome the new family. Thus, the family could get along well with their community, participate in their festivals and found friends for guidance.

Interaction with School –

As the children were assessed for scholastic aptitude, language proficiency at Auckland, we took the children to the Government School. Children in NZ compulsorily



depending on the back ground and educational qualifications of refugees.

HMS Trust has a structured training program for the volunteers, before the volunteers directly interact with the refugees.

Volunteers are required to have professional approach and we were

Volunteering for UN Refugees in New Zealand – a rich experience.

{Continued from page 11}

attend Government School near their houses. Private schools are very costly and provide marginally better-quality education than Government schools.

Parents, school going children and team of volunteers were taken round the school. Children had multiple choices for subjects including vocational subjects like carpentry, black smithy, tailoring, plumbing, art and crafts, dancing, gardening, sports, gymnasium, playing musical instruments and many more. A child could change these subjects every year. Simple arithmetic was compulsory but algebra, trigonometry, calculus etc was taught only to those who wished to pursue higher professional studies.

There was special coaching for those who were weak in English.

Meals are given free to the students.

A son wanted to ride bicycle to school but was allowed only after Road training. Others travelled by Public buses.

Health services –

Appointments were taken at Government Health Centres and the medical check up is carried out only with a translator as communication regarding health can not be compromised. Health services and medicine is free.

Vocational Courses and financial assistance –

Those above 18 years of age are provided vocational training and also taught English. One of the sons above 18 expressed his desire to learn and we could change his financial assistance from Vocational course to School in a jiffy. I envied them, it would have required so much efforts and time in India.

There are 7 grades of English. After completing 4th, persons can apply for a job. Once any member of family gets a job, the financial assistance reduces.

When all members start earning or when the family income can sustain the expenses of the family, the assistance stops. Our team assisted the family for nearly 6-8 months on a regular basis and later occasionally. I came back to India but with WA communication, know the progress made by the family. It was a great experience and taught me how good the government agencies can be. It also made me think about difficult refugee life.

I would like to meet the family during my next visit.

- Rtn Sham Phadnis.

'WOMEN' Ahhh, such a **prodigious** topic it is....

At first place, we must agree that we are not knowledgeable enough to speak about 'women'.

Our Vedic scriptures and hymns glorify the dignity of women by itself that "यत्र नारीस्तु पूज्यन्ते, रमन्ते तत्र देवताः" (Manusmriti Shloka 3.56) -

Where women are honored, there the deities are pleased.

Women are the key to sustainable development and quality of life in the family. The varieties of role that the women anchor in the family are those of wife, leader, administrator, manager of family emolument and last but not the least, the mother'.

Putting-up in other words for broad spectrum of understanding.

'GENDER EQUALITY TODAY FOR A SUSTAINABLE TOMORROW'

Advancing gender equality in the context of climate crisis and disaster risk reduction is one of the greatest global challenges of the 21st century.

Women are increasingly being recognized as more vulnerable to climate change impacts than men, as they constitute the majority of the world's poor and are more dependent on the natural resources which climate change threatens the most. At the same time, women and girls are effective and powerful leaders and change-makers for climate adaptation and mitigation. They are involved in sustainability initiatives around the world, and their participation and leadership results in more effective climate action.

Continuing to examine the opportunities, as well as the constraints, to empower women and girls to have a voice and be equal players in decision-making related to climate change and sustainability is essential for sustainable development and greater gender equality.

Without gender equality today, a sustainable future, and an equal future, remains beyond our reach.

I must say that **WOMEN** are the largest untapped **RESERVOIR OF TALENT** in the world.

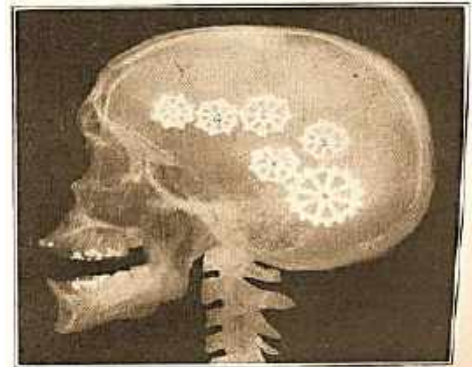
This International Women's Day, let's claim "Gender equality today for a sustainable tomorrow".

- By a grownup & matured son to a 'mother', brother to a 'sister', husband to a 'wife' and father to a 'daughter'.

RTN DR. RAVIKIRAN
IT DIRECTOR (2021-23)

DISTRICT CHAIR – FRIENDSHIP EXCHANGE, INTERNATIONAL SERVICES (RID 3131)

THE ROTARY SKULL



This photograph was given to each member of the San Antonio Rotary Club recently, when their X-Ray specialist doctor was scheduled for a talk. It was mounted on an attractive card & under it appeared this Legend:

The Rotarian Skull demonstrating 6 Senses.

1. Sight

Fore, Hind, In

2. Smell

That detects worthy objects of endeavour.

3. Hearing

The call of Progress

4. Taste

For Service & good things, physical & Mental.

5. Touch

Of fraternity & Good-fellowship

6. Common

Abnormally developed (Always giving preference to Rotary)

Rotary Kharghar Midtown
PRAYAAS



ACHIEVEMENTS



Five star recognition for contribution to the rotary foundation



Three star district citation recognition received for Public Image



Ann Vaishali Sulebhavikar

Ann Adv Vaishali Sulebhavikar is selected as member of legal aid panel, which helps the people who can't pay legal fees of court in their defense. The court matter of such people are solved without any cost/fees.



Annet Yugandhara Kalyankar

Achieved 1st Rank in NOF International Jr. English Olympiad.



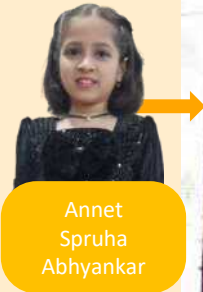
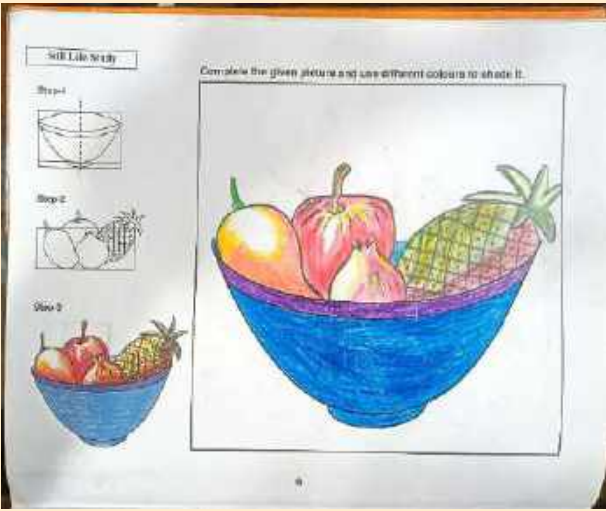
OUR CREATIVE CORNER!



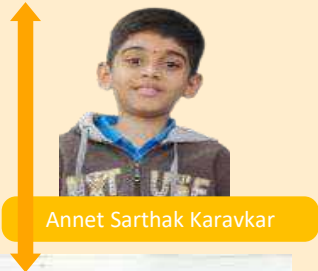
Ann Janhavi Abhyankar



Annet Yugandhara Kalyankar



Annet Spruha Abhyankar



Annet Sarthak Karavkar



Annet Akshaya Karavkar



DEI – Diversity Equity Inclusion

Diversity

Equity

Inclusion



Rtn Dr Kiran Kalyankar

We believe that exemplifying and embracing diversity, equity, and inclusion (DEI) should be a part of everything we do at Rotary.

To ensure we live up to that ideal, the Board of Directors and our **DEI Advisory Council** acted to strengthen the DEI statement originally adopted in 2019:

At Rotary, we understand that cultivating a diverse, equitable, and inclusive culture is essential to realizing our vision of a world where people unite and take action to create lasting change.

We value diversity and celebrate the contributions of people of all backgrounds, across age, ethnicity, race, color, disability, learning style, religion, faith, socioeconomic status, culture, marital status, languages spoken,

sex, sexual orientation, and gender identity as well as differences in ideas, thoughts, values, and beliefs.

Recognizing that individuals from certain groups have historically experienced barriers to membership, participation, and leadership, we commit to advancing equity in all aspects of Rotary, including in our community partnerships, so that each person has the necessary access to resources, opportunities, networks, and support to thrive.

We believe that all people hold visible and invisible qualities that inherently make them unique, and we strive to create an inclusive culture where each person knows they are valued and belong.

In line with our value of integrity, we are committed to being honest and transparent about where we are in our DEI journey as an organization, and to continuing to learn and do better. DEI resources for Rotary members are available on **My Rotary**, including the **DEI Code of Conduct**,

which provides a supportive framework for how Rotary members and participants can create and maintain an environment that is collaborative, positive, and healthy for everyone.

Everyone is welcome in Rotary.

Diversity People of all backgrounds, experiences, and identities regardless of their age, ethnicity, race, color, abilities, religion, socioeconomic status, culture, sex, sexual orientation, or gender identity.

Equity Carefully considering how to provide differing levels of support, opportunities, and resources so participants have a welcoming and productive experience.

Inclusion Creating experiences in which all people are welcomed, respected, and valued.

- Rtn Dr Kiran S. Kalyankar

Rotary Club of Kharghar Midtown

Discover About Club | Projects Club Projects | Meetings Club Meetings

Rotary Club of Kharghar Midtown

About Kharghar Midtown

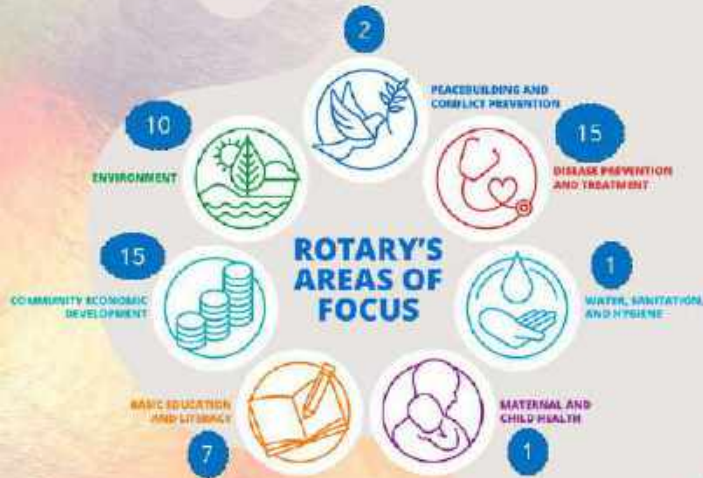
Location is where neighbors, friends, and problem-solvers share ideas, join leaders, and take actions to create lasting change.

49	368595	16871
Completed Projects	Total Project Cost	Total Beneficiaries

2023-24 Leadership Team

The Direction Is Taken By A Diverse Team Of Top Professionals

Service Projects



Goals	Achieved
Total No of Projects	51
No of Beneficiaries	16,871
Total Project Cost	3,68,595.00
Rotary Volunteer Hours	733 Hrs
Covered Focus Areas	All 7 Focus Areas

Administration

Nature Of Meeting	Target	Achieved
Family Meet	12	12
Business Meet	12	08
BOD	06	05
Strategic Committee	04	03
DRT Sessions	03	01
Total Meets	37	29

Eminent Bulletin Team of "Prayaas"



Ann Nrupura Kalyankar
EDITOR



Rtn Shubhangi Malandkar
SUB EDITOR



Ann Mona Gupta
CO EDITOR



Rtn Dr Arti Bhatia
CO EDITOR



Ann Rutuja Samant
CO EDITOR



Ann Shital Waray
CO EDITOR

"We all need People who will give us Feedback. That's how we Improve."
Please send us your valuable feedback on prayasbulletin2023@gmail.com