

Rotary



Rotary Kharghar Midtown

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

Oct-Dec 2023

The Official Bulletin of Rotary Club of Kharghar Midtown

Vol 18 Issue No .2

President's Message



The year started with our Installation which was well attended and appreciated. Individual directors started auctioning the planned projects and some new first time projects were initiated. For Environment, we planted fruit bearing trees in schools and Villages. We have distributed Water washers to Societies to reduce the wastage of water and also positioning Drums in

different Societies for accumulation of electronics waste and environment hazardous product available in a household. As For Senior Citizens, we regularly visit and provide them with toiletries as well as organize interaction and informative sessions like Will making and better using of Mobiles application for them and also medical awareness on CPR and Cervical Cancer. Synergy projects with different District clubs as well for Mid-day meals for under privileged children and also a Blood donation camp for Thalassemia patients organized. We have initiated projects with the local UPHC Kharghar to provide with protein based powder, cereals and other groceries to Tuberculosis patients. Medical Camps and special Eye Camp were organized and later on we have also distributed spectacles to these Asha Workers Beneficiaries. Eco friendly Ganesha Workshops were conducted at 5 different places with more than 250 beneficiaries

participating and which was very well received. After a gap of few years, Diwali Pahat was organized and was thoroughly enjoyed by all members and also Vinayaki's are also happening practically every month. Finally, a new Interact club was formed at Empyrean school and plan are in place for projects to be done. Blood group identification camp was organized at our Interact club at Murbi School. An Agreement with the Indian Academy of Paediatrics was signed for conducting Sankalp Sampurna Swasthya Program for implementation at different schools and ZP School at Murbi and was the first beneficiary. We also donated books at ZP School Belpada. All these activities have been possible because of the collective responsibility of the member's under individual directors and also, active support and participation of all members Wishing all Rotary Members and their Family a happy and Prosperous 2024.

Rtn Anup Gupta
President 2023-24

Welcome Back RCKM Family!

Within a blink of an eye, we are successfully completed half of this year. We have done some 40+ tremendous projects covering all RI's Focus Areas and this year District's Thrust areas like Tree plantations (FA -Environment), Elocution Competitions for younger minds (FA - Basic Education & Literacy), Mega Health Check-ups and Provision of Dietary food to TB Patients (FA - Disease Prevention & Treatment), Green Friday Initiative, Green Societies and last but not least, we have installed a new Interact Club(New Gen) at Empyrean School, Kharghar. We also planned some decent and impactful projects in the coming 6 months.

We are trying to bring-off all goals that we set under each Avenue with the help of all Avenue Directors. We stick to the original plan of orchestrate all the family meetings, BODs, and Business meetings. We will be having some interesting session on DRT which will enable all members to know more about ROTARY.

Secretary Speaks

There will be more Sessions on RLI for enthusiastic Rotarians, request to enroll for the same. Request every member to register for this year's Conference (Confluence-Jan'24) to show our club's strength likewise, it's a great opportunity to attend RI Convention as this year it will be happening in Singapore (Nearest possible country for us).

We solicit everyone the same kind of support to have another gigantic year in the history of RCKM.

Wishing everyone a very Happy and Prosperous New year. Jai hind!

Yours in Rotary Service,

Rtn Dr.Ravikiran
Secretary 2023-24



*With a new beginning & fresh start,
Full of inspiration & positive thoughts,
Let's begin this year with an optimistic thought.*

Rotary

Club Kharghar Midtown



Rotary Kharghar Midtown

PRAYAAS 1

Service Project Director's Message



My Dear Rotarians, Ann & Annet's, Service Projects are heart of the Rotary and with this great thought process before the year begun, we had asked for the opinion of Members and based on the overall input received as well

as keeping the district theme in place and few choices of President himself, we had made a very optimistic calendar of Projects for year 2023-24. **I am very happy to say that during past 5 months we had executed almost 40 projects and that too across the spectrum and not limited to any one or two areas.** It is very important to mention that from the very beginning of the year the utmost challenge was to run the show of the service projects with the limited Budget available on hand. I would like to mention here that time and again whenever we had requested our members to support the projects most of you had come forward and supported the project by contributing funds & on time which is really helping us a lot in moving forward with proper focus.

Honouring Social Responsibilities: The year was started with Project Yogdan on July 1st 2023, where in we are donating toiletries to Golden Nest Foundation, Kalamboli. We were fortunate to meet the beneficiaries of the old age home and got their blessings. Project Yogdan is a full year commitment of our Club and every month we donate the required Toiletries to them. The entire years cost has been sponsored by the Rotarians of our Club.

Compliant to Final Judgement: With a motive to help members of Bachat Gat, a program was organized at Gokhale Law College on 11th Sept and more than 10 people got benefited from this session. On 25th of Sept Club has done donation of long books to more than 40 Asha workers. On 1st October, our own Rtn Ritesh Kumar and Rtn Anamika conducted a session on Friendship with Digital apps for Senior Citizens at Manusmriti which was a grand success and I would say it was a houseful show and many got benefited from this session. On 14th of October our club has installed e-waste bins at 5 different locations of Kharghar with a aim to properly collect the Electronic waste and to save the environment. Have got great appreciation from the resident members where the bins are installed. One more such program was conducted at Manusmriti on 29th October on "How to make Will" at Manusmriti. This was very well appreciated by the inmates of MS. On 30th October a Seminar on Care and Compassion was organized by our Club at Saraswati Engg College and more than 200 people were benefited.

Education: 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. In the area of Educations support, our own member Rtn Sunil Bhatia & Rtn Dr. Arti Bhatia has contributed Full fees of Rs. 36,000 for one of the needy student Miss Harsha Sardar towards her technical course. Our own Rtn Anil Mishra has come forward and announce support of Rs. 40,000 to support Scholarship to students. Online Elocution Competition was held on 15th of August and more than 80 students had participated. The entire program was managed and conducted in association with Zenith run by Rtn Dr Arti Bhatia. On 3rd of Sept Felicitation of Toppers of Class 10 and 12th along with Teachers was done. Total of 23 Students and teachers were felicitated and Trophy and Certificates was handed over to each of them.

Environment: As a part of District Initiative our club has also -

participated in Project Mission Friday wherein we all trying to contribute towards conservation of Environment by pledging various activities. I am happy to share that almost 23 members of our club has come forward and they are regularly honouring their pledge and declaring the same as well. During monsoon season this year we had the pleasure of Tree plantation not once but three times. On 8th July, The big bang Tree plantation of more than 70 saplings was done at Harmony School, Kharghar which includes 35 home grown fruit bearing plants. Around 200 saplings was planted at Yak Public School, Khopoli on 16th of July. It is very important to say that out of 200 saplings 45 saplings were fruit bearing plant which was grown by our own Members. One more Tree plantation drive was done at Village Dhamole on 26th August, 2023 wherein 90 fruit bearing saplings was planted in and around Village. To save water District has initiated a project of water conservation by use of Aerators. Club has taken up a challenge and till date as a club we 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. One of the Flagship Project of our Club which we are doing now since many years.. Ganpati Idol making Workshop. This year it was done at 5 places with the help of Ann Shital Waray. More than 500 people got learning and training how to make Ganpati at Home using Sadhu Mati, which ultimately aims to conserve the Environment.

Health & Hygiene: Our own Rtn Dr. Kiran Kalyankar is conducting health check up at Manu Smruti on weekly basis and ensuring that the health of Inmates are always in their pink. On 2nd Sept Blood Donation Camp was help at ITM College Kharghar which was yet another synergy project done by Club and more than 140 bottles of Blood was collected during this drive. In our endeavours to educate common man, how to handle Patients with serve heart attack, two of such sessions where conducted by our Club. One at A C Patil Engg college which was conducted by Dr. Bhokhare. Almost 40 students have 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 have been benefited from the session. On 19th of August Session of Yoga was organized with the help of Mrs. Soma Dasgupta. More than 35 was benefited out of this session. With the help of Rtn Dr Komal, Rtn Dr Amogh and Rtn Dr Chitra Kulkarni Health check up camp for Kids – Sankalp Sampoorna Swasthya in association with Indian Association of Paediatrics was conducted at ZP School Murbi. More than 165 Students got the benefit from this project. 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 groceries to 10 TB Patients for 2 months was donated and again this will continue every alternative month. On 3rd of Nov Eye Checkup camp for Asha workers was organized at Kharghar Mult speciality Hospital and more than 30 Asha workers was examined during the camp. On 30th of Nov Mega Health Check up camp was done at PHC Kharghar which benefited more than 200 people. Synergy Projects: Synergy Project issomething we love to do. One of such Synergy project in association with Rotary Club of Panvel Symphony was done where in our Club has contributed Rs. 16250 towards meal of 13 days to feed 50 students. One more such synergy Project was done in association with Rotary Club of Patalganga wherein 10 Clubs came together and have awarded stalwarts from various parts of Panvel and Kharghar for their remarkable vocational work. From RCKMT President and Team has nominated our Ex Member Jyoti Nadkarni for her remarkable work –

(Continued on page 3)

(Continued from page 2)

and she was awarded with Trophy, Shawl and Certificate from Rotary Dist. 3131. With all these Projects we have touched more than 7000 lives and have spent more than Rs. 1,70,000 for above projects.

Rtn Shailesh Patel –
Director Service Project 2023-24



Guest Editor's Message

Hello!!

It gives me great pleasure to present the second edition of PRAYAS 23-24. Rotary international theme for the month of December is Disease, Treatment & Prevention. Rtn. Dr. Ketki Mhaske-Patil has given a proper guidance for this theme.

I take the opportunity to congratulate Rtn. Anamika & her team for formation of INTERACT Group at Empyrean School. I welcome the President, Secretary and BOD team of Interact group

A big thanks to President Rtn. Anup Gupta, Secretary Rtn. Dr. Ravikiran and Editor Ann Nrupura Kalyankar for giving me the opportunity to be guest editor for this edition. Also thanks to my team mates Ann Shital, Ann Mona, Rtn. Arti & Rtn. Shubhangi, without their help I would have been unable to release the edition in time. Also thanks to all the Rotarians, Anns & Annets for sending their articles.

Please feel free to give feedback, suggestions to us on our email id prayasbulletin2023@gmail.com



Guest Editor
Ann Rutuja Samant



Rtn T. S. Rengarajan

season is such that which ever part of India you are in you will still enjoy and this is one unifying factor for country so diverse as ours.

Deepavali (Spelt Diwali in the north and elsewhere) is one of the major festivals in south India.

This is celebrated as the day when Bhagwan Krishna slayed Narakasur. It is said that Krishna granted him a boon at the moment of Narakasur's death that his last day should be celebrated and that's the reason Deepavali came into practice. Whereas, in the North, it is the return of Lord Ram to Ayodhya. Although the reasons are different, it is celebrated with the same fervour throughout the country.

In Tamil Nadu, people wake up early in the morning, and have a ritualistic oil bath. Invariably new clothes are worn. Lot of snacks and sweets are made. Lehiyam (a concoction of herbs which serves as a digestive) is invariably made and eaten by one and all. Bursting of crackers happens on a huge scale all over the state in the morning. No wonder, the fire works industry in Sivakasi is well known all over the world.

Of late, with migration of people taking place from north to south and vice versa, lighting of lamps is also done in south Indian homes, signalling an amalgamation of different systems. The next most important festival in Tamil Nadu is Pongal, coinciding with Makar Sankranti. This festival

FESTIVALS OF TAMIL NADU

The fabric of India is tightly knit by one repetitive event, i.e., the festivals. The festivals are almost the same except for the minor nascence adding additional flavour depending on in which state it is celebrated. The festive

is hailed as farmers festival marking the end of harvesting season. A dish called Pongal is made in earthen pots. This pot is tied with sugar cane and turmeric leaves symbolizing sweetness and happiness.

The next day, Mattu Pongal, wherein the cattle are all worshipped for sustaining the life and activity of the farmer. A chivalrous sport called Jalli Kattu is held during this festival. A bounty is tied to the horn of the bull and it is let loose. The person who tames the bull gets the bounty. The sport dates back to 400-100 BCE. The breed of bull called Kangayam is best suited for the game.

Tamil Nadu has its own culture and its own festivals but Deepavali and Pongal stand out as the most loved and widely celebrated festivals.



The Four Way Test

of the things we think, say and do

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?

Commonest questions regarding Cancer.

- 1) Which is the commonest cancer in women in India ?
A. Breast cancer affects 1 in 8 women in India .
- 2) What is the average age breast cancer occurs?
A. Average age of women in India is around 50 yrs of age with highest incidence between ages 45 to 52.
- 3) How will I know if I am at risk of having breast cancer ?
A. Women are 100 times more at risk of breast cancer than men. Family history of ovarian cancer or breast cancer increases the risk of cancer. Early menstruation (before the age of 12) or late menopause (after the age of 55) are a risk factor for breast cancer. If you have never given birth to a child or having your first child at an older age can cause breast cancer.

Certain genes like BRCA 1 and BRCA 2 have been strongly associated with Breast cancer.

Sedentary lifestyle, obesity , smoking , alcohol, poor diet, and hormone replacement therapy are all risk factors associated with breast cancer.

- 4) What are the signs and symptoms of Breast cancer?
Or How will I know if I have breast cancer?
A. Earliest detection of most breast cancers is after a self breast examination. Feeling a lump in the breast or a cyst in the breast in axilla is the most common complaint. Abnormal discharge from the nipple like -blood stained or watery. Change in the skin texture of the breast or the nipple.

- 5) What should I do to prevent it?
A. Self Breast examination - once a month -Should be performed in the first 15 days of the menstrual cycle. An ultrasound (sonography of the breast) on regular basis for at risk women.
The ultrasound can be combined by a clinical check up by a gynecologist.

- 6) Does it affect men?
A. Yes, but the incidence is much lower than women.
1:900 men.

- 7) Is there any genetic test for breast cancer?
A. Women can test themselves for BRCA 1 and BRCA 2 gene. Women with these positive test are at a very high risk of breast cancer.

- 8) Other tests to diagnose Breast Cancer?
A. Ultrasound
Diagnostic mammogram
MRI / CT Scan
Breast Biopsy.
Lab tests.
PET Scan



Rtn Dr Ketaki Mhaske (Patil)

MBBS MS (Ob/Gy.) D.G.O. (Ireland)
Msc in clinical embryology (Oxford, England , U.K.)

Some myths associated with Breast Cancer.

- Eating sugar causes breast cancer.
 - Carrying a mobile phone in your bra can cause breast cancer.
 - A mammogram can cause breast cancer and spread it too.
 - Eating food from the microwave can cause breast cancer.
 - Breast injury causes breast cancer
 - Breast cancer only affects women.
 - Women with bigger breast can only be affected by breast cancer.
 - Wearing an underwire bra can cause breast Cancer.
 - Every lump in the breast is breast cancer.
 - Deodorants and antiperspirants can cause breast cancer.
- 9) What if I am detected with breast cancer ?
Is it curable?
A. Treatment of breast cancer depends on the stage of disease. Staging of the disease depends upon the spread of the disease. Staging of breast cancer is in four stages Stage 1 to Stage 4. Stage 1 being the least aggressive and Stage 4 being the most aggressive. Treatment may include, surgical removal of the lump / mastectomy and lymph node excision.
Treatment depends on the stage of the breast cancer, which may include Surgery, chemotherapy, radiation, hormonal therapy, targeted cancer therapy, bone strengthening therapy.
5 year survival rate after treatment in different stages is different. "Cancer free" status can be achieved in stage 1 , Longer 5 year survival rates are associated with lower stage of breast cancer.



Motherhood is at it's best when the tender chords of sympathy have been touched.

From the Desk of New Generation

Sankalp Sampurna Swasthya: On 25th Aug , Sankalp Sampurna Swasthya (SSS) a community-care, school-based, holistic healthcare, a national initiative of the Indian Academy of Paediatrics (IAP), with high focus on prevention of non communicable diseases (NCD) and a health check-up camp was organized in Murbi Zilla Parishad School. Pediatrics and Doctors from our club examined 156 kids from school.

A team of doctors named Rtn. Dr. Chitra Kulkarni, Dr. Amogh Shahane, and Dr. Vanitab Shirke took the session on a nutritious diet and informed the kids about the benefits of a healthy lifestyle.

Rtn. Dr.Chitra Kulkarni evaluated the prescriptions and reports of the children and based on that, proper monitoring of the children has been carried out with the assistance of Anganwadi workers. It is planned to distribute iron and calcium supplements shortly.

Interact Club: On 29th Nov 2023, we installed the First Interact Club of the year in Emperean School (institution-based), a leading co-educational CBSE institution, and we have taken another significant step towards community service and leadership development. The Interact Club, a dynamic youth organization, empowers students to make a positive impact on society through diverse service projects.

Rotarian Suresh Khedkar, Interact Chairperson of Zone 1, and Rotarian Yogeeta Deshmukh, President of Panvel Symphony Club, graced the occasion with motivational speeches. The event saw active participation from Rotarian Anup Gupta, Secretary Rotarian Ravikiran, First Lady Mona Gupta, and various club members.



Mr. Soumyabrata Mukherjee, Principal of Emperean School, along with Ms. Prajnamita, the club representative, expressed enthusiasm about the collaborative effort and anticipated a mutually beneficial relationship for social improvement.

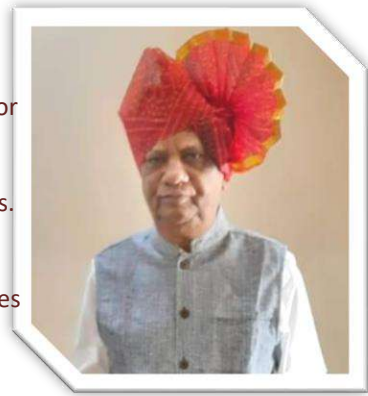
The newly elected Interact President, Shreyas Poojari, Secretary Manasvi Sakpal, and the entire Board of Directors and members are geared up with impactful plans for community projects aimed at societal betterment. Emperean School's Interact Club marks a stride towards nurturing socially responsible and well-rounded individuals. Stay tuned for updates on their inspiring initiatives!

Thanks,
Rtn. Anamika Shrivastava
Director New Generation.



EVERY GREAT DREAM
BEGINS WITH A
DREAMER. ALWAYS
REMEMBER YOU HAVE
WITHIN YOU THE
STRENGTH , THE
PATIENCE & THE
PASSION
TO REACH FOR THE
STARS TO CHANGE THE
WORLD.

Hindu Festivals



Rtn Praful Shah

Hindu festival word itself creates positive energy. Hindu festival represents strong India and one of the most popular and favourite country in the world. Hindu festival represents Indian culture, unity in diversity, power of third power, trust, believe, passion & Faith.

Hindu festivals are celebrated. Not only across the India but across the world. Most important all Hindu festivals are celebrated by all classes of people. May be poor, may be rich. And enjoyed by all children, Ladies, gents. Youngster or old people. Maybe there are different names of same festival in different parts of the country, but it is celebrated with full enthusiasm, love and message of humanity, irrespective of caste and creed. If one looks all festivals have not only religious meanings, but it has proved having scientific values.

Some of the important festivals & their values

A. Makar Sankranti - Celebrated different parts of the country with different names with the one purpose. Gujarat Kite Festival on this day is known worldwide. I have taken experience. Everybody is on terrace irrespective of age, cast with kite and chakri from early morning to late night with music, dance and special food , Jalebi-Fafda & requires 100 kites per day for two days.

B. Holi - celebrated with full Masti and Mathura Holi known in the world.

C. Janamshtami- This festival is celebrated for. Krishna Janma across the India and world. With full energy at midnight. And Maharashtra Dahi -Handi is very popular and famous on this festival across the world.

D. Ganesh Chaturthi- Biggest and longest 10 days festival of Ganpati Bappa with full of energy celebrated more or less every house and public places with devotion and various programs and decoration based on various themes. It is hard to believe The last day of Visarjan, Tears in every eyes, while saying Ganpati bappa Morya.

E. Navratri Celebrated For Victory of Goddess on evil. We pray Goddess Durga having nine avatars. This festival is celebrated across India and world maybe with different names and rituals. Gujarati Garba during these days with colorful costumes playing Dandiya and dance till late night and praying goddess are important aspect of festival.

F. Diwali marks rama's returned to Ayodhya with mata sita and Lord Lakshmana after spending 14 years in exile and defeating the king of Lanka, Ravan. It is celebrated across India with great enthusiasm. It involves, Cleanliness, Decoration, flowers, wearing new dresses, Rangoli and most important, meeting and greeting each other irrespective of caste and creed. Huge amount of firecrackers are burst and people enjoy Sweet and Diwali Faral.

In fact, not only religious festival but Hindu culture celebrates every occasion as festival right from birth. For example, name ceremony, mundan, engagement, marriages, birthdays, anniversary 's all are celebrated like festivals only.

From the above, one can imagine the power of Hindu festivals with emotions unity, Love, affection and hence India is known, Country having great culture, they stay together, enjoy together, share happiness and sorrow together only because of meaningful festivals. We as a Rotary family also celebrate all occasions as a festival together, enjoy and make strong bonding.



Know your Rotarian . . .

Rtn DR(MRS.) AMOG SHAHANE

INTRODUCTION: Consultant Paediatrician and Neonatologist & Adolescent medicine expert, practising since last 15 years. Special interest in teenage medicine, conducted many online and offline activities for the community, school camps, parent awareness workshops and released many parent friendly videos on obesity, screen time, suicide prevention, exercise myths & Facts, developing life skills & resilience in teens on You Tube (Navi Mumbai You Tube channel). Currently associated with INDIAN ACADEMY OF PAEDIATRICS (IAP), Navi Mumbai as an Executive Board Member.

Other interests: Fitness enthusiast since the last 9 years, especially power lifting. Also pursue painting, reading and marathon running.

HOW DID I COME TO KNOW ABOUT ROTARY: I have seen many of my doctor colleagues and other common friends associated with Rotary since many years. I am impressed with the various selfless activities being conducted by its members in numerous fields like health, community service, environmental issues and charity work. I am motivated to see the enthusiasm in all the activities by people from different backgrounds and professional life being united for a common cause of selfless service to humankind. The brotherhood shared by all is indeed adorable and benefits all alike.

WHAT ARE YOUR EXPECTATIONS FROM ROTARY: Since we have common interests and goals for the welfare of the community at large, I would like to offer my services to Rotary to the best of my ability to make this world a better, kinder and more beautiful place to live in. This is one such platform where ripples can be created even with seemingly insignificant work and together we can create huge tides of change if we continue our motto of serving mankind. So, I would like equal support from Rotary for all future endeavours of both parties involved.



**Rtn DR(MRS.) AMOG SHAHANE
PAEDIATRICIAN, NEONATOLOGIST &
ADOLESCENT COUNSELLOR,
SAANVI CHILDREN'S HOSPITAL,
SECTOR 13, KHARGHAR &
SRI SATYASAI SANJEEVANI CARDIAC CARE HOSPITAL**

WHAT DO YOU FEEL AFTER JOINING OUR CLUB: My experience since last couple of months has been heartwarming by all the club members and their families. Have involved myself in numerous activities conducted by ROTARY and have enjoyed myself be it cultural or community work. Looking forward to work with all the esteemed Rotarians and a special mention to the office bearers of Kharghar Mid- Town Rotary club Rtn Anup Gupta, Rtn Dr. Ravikiran, Rtn Shailesh Patel, Rtn Shyam Phadnis, Rtn Nandakumar and my doctor colleagues Rtn Komal and Rtn Sagar Gundewar for being so gracious in making me a part of the Rotary Family. Thank you.

Regards,
Rtn Dr. Amog Shahane.



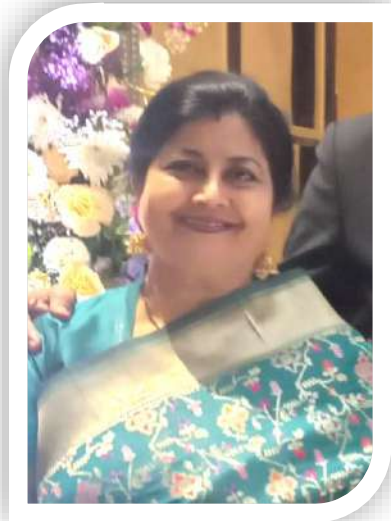
Rtn Anamika Shrivastava



Ann Janhavi Abhyankar

ACHIEVEMENT'S

First Lady Ann Mona Gupta



Completed Profession Advanced
Angelic Healing Practitioner Course

Rtn Dr. Sapna Modi



Awarded with Global Teacher Award

Ann Nrupura Kalyankar



Promoted as Associate Manager
at Accenture

Ann Shital Waray



Award: Nav Durga For Creating
awareness for conservation
of environment

Ann Maheshwari Zirpe



Awarded with PhD in Chemistry

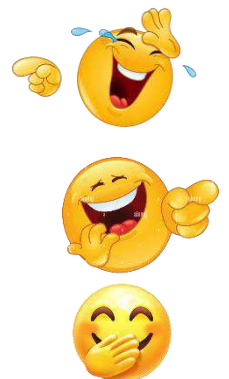
Annet Sakshi Zirpe



Completed MSC in Fashion Design
and Luxury Management



Wife : Did you have your Lunch. . . ?
 Husband : Did you have your Lunch?
 Wife : I am asking You...
 Husband : I am asking You.
 Wife : You copying me. . . ?
 Husband : You copying me?
 Wife : Lets go shopping. . . .
 Husband : Yes, I had my Lunch. . .





From the Desk of Public Image Director

नवे शहर
13-07-23

रोटरी क्लब ऑफ खारघर मिडटाऊन तर्फे रोप लागवड

Rtn Kamlesh Agarwal

मुलांचे आरोग्य तपासणी शिबिर आणि शारीरिक व मानसिक आरोग्य शिबिर

कार्ड फॅम न्युज : आता घालणे विद्युचे प्रतिनिधी

रोटरी क्लब ऑफ खारघर मिडटाऊन () च इडिअन अकॅडमी ऑफ पीडिया ट्रिअर . चा राष्ट्रीय उपक्रम आहे, त्यामुळे सामान्य आरोग्य तपासणी शिबिरात खरोबर एक सत्र आयोजित



मानसिक वाढीच्या कोवळ्या वयात असताना आणि हे असे बच आहे जिथे मुलांचे उतम स्तरावर पालनपोषण केले गेले तर त्यांचे कागार निरोगी रोगमुक्त प्रौढांमध्ये होते. म्हणून, या मूलभूत गोष्टींमध्ये प्रवेश करण्याच्या उद्देशाने, रोटरी खारघर मिडटाऊन टीम मधील डॉ. डॉक्टर, स्वयंसेवक आणि च्या काही डॉक्टरांनी, मुखी गाव, खारघर येथील जिवहा शाळेकडे कृच घेऊन जेथे १५६ मुलांची वर नमुद केलेली तपासणी केली. ही सर्व मुले ६ - १२ वर्षांपेदातील व ४थी ते ८थी इयत्तेत शिकत आहेत. रोटरी क्लब ऑफ खारघर मिडटाऊन, मानव सद्यस्य डॉ विजा कुलकर्णी यांचे आभारी आहे. डॉ. कोमल गुडेवार, . समीर कंबकर, अनि, शिवाका करकरकर, अश्वक अनुप गुप्ता, फर्द लेडी मोना गुप्ता, वेदा प्रकल्प संस्थालक आणि पीई डीलेन पटेल, सविध डॉ रविशंकर कुमार इतर रोटरीयन शाळेचे मुख्याध्यापक, शिक्षक, स्टफ यांनी क्लबच्याचो रमकण्यासाठी बहुमोल मदत केली.



खारघर : रोटरी क्लब ऑफ खारघर मिड टाऊन तर्फे खारघर सेक्टर-३६ मधील 'हार्मोनी शाळा'च्या मैदानाभोवती फळ, फुले आणि आयुर्वेदिक रोपे मिळून एकूण ५० रोपांची लागवड करण्यात आली. यावेळी रोटरी क्लब अध्यक्ष अनुप गुप्ता, डॉ. रवी किरण, शैलेश पटेल, क्लबचे सदस्य तसेच 'हार्मोनी शाळा'चे प्राचार्य प्रगय दुबे यांच्यासह शिक्षक, विद्यार्थी, पालक उपस्थित होते. 'हार्मोनी शाळा'च्या मैदानाभोवती लावलेल्या रोपांचे शाळेच्या माध्यमातून संवर्धन केले जाईल, असे आशासन यावेळी प्राचार्य प्रगय दुबे यांनी दिले. तर, जुलै आणि ऑगस्ट या दोन महिन्यात दोनशेहून अधिक रोपांची लागवड करण्यात येणार आहे, असे रोटरी क्लब अध्यक्ष अनुप गुप्ता यांनी सांगितले.

रायगंड Raigad times 14-07-23 पृष्ठ ९ रायगंड

रोटरी क्लब खारघर मिड टाऊनतर्फे वृक्षारोपण सोहळा

नवीन पनवेल, १३ जुलै (वार्ताहर): ८ जुलै रोजी रोटरी क्लब ऑफ खारघर मिड टाऊनतर्फे खारघर सेक्टर ३६, येथे हार्मोनी शाळेचे वृक्षारोपण सोहळा राबविण्यात आला. साधारण ५० वारोवण्यांच्या फळांची व इतर झाडे लावण्यात आली. या कार्यक्रमात शाळेचे प्रिन्सिपल प्रगय दुबे, शिक्षक, विद्यार्थी, पालक उपस्थित होते.

Rotary Club of Kharghar Midtown Alibag

< 13_19_July_2023_Kokan Sandhya

रोटरी क्लब खारघर मिड टाऊनतर्फे वृक्षारोपण

पनवेल / प्रतिनिधी

रोटरी क्लब ऑफ खारघर मिड टाऊन तर्फे खारघर सेक्टर ३६, येथे हार्मोनी शाळेचे वृक्षारोपण सोहळा राबविण्यात आला. साधारण ५० वारोवण्यांच्या फळांची व इतर झाडे लावण्यात आली. या कार्यक्रमात शाळेचे प्रिन्सिपल प्रगय दुबे, शिक्षक, विद्यार्थी, पालक उपस्थित होते. 'हार्मोनी शाळा'च्या मैदानाभोवती लावलेल्या रोपांचे शाळेच्या माध्यमातून संवर्धन केले जाईल, असे आशासन यावेळी प्राचार्य प्रगय दुबे यांनी दिले. तर, जुलै आणि ऑगस्ट या दोन महिन्यात दोनशेहून अधिक रोपांची लागवड करण्यात येणार आहे, असे रोटरी क्लब अध्यक्ष अनुप गुप्ता यांनी सांगितले.

रोटरी क्लबतर्फे 'सीकेटी'च्या प्रा.उद्धव भंडारे यांचा गुणगौरव

पनवेल - रायगंड वृत्त

पनवेलच्या मानसिक आरोग्य तपासणी शिबिरात खरोबर एक सत्र आयोजित करण्यात आले. या कार्यक्रमात शाळेचे प्रिन्सिपल प्रगय दुबे, शिक्षक, विद्यार्थी, पालक उपस्थित होते. 'हार्मोनी शाळा'च्या मैदानाभोवती लावलेल्या रोपांचे शाळेच्या माध्यमातून संवर्धन केले जाईल, असे आशासन यावेळी प्राचार्य प्रगय दुबे यांनी दिले. तर, जुलै आणि ऑगस्ट या दोन महिन्यात दोनशेहून अधिक रोपांची लागवड करण्यात येणार आहे, असे रोटरी क्लब अध्यक्ष अनुप गुप्ता यांनी सांगितले.

आता उपोषण यारणार आहे. खारघरमध्ये वृक्षारोपण ३ मधील पनवेल - रोटरी क्लब ऑफ खारघर मिड टाऊनतर्फे खारघर से. ३६, येथे हार्मोनी शाळेचे वृक्षारोपण सोहळा राबविण्यात आला. साधारण ५० वारोवण्यांच्या फळांची व इतर झाडे लावण्यात आली. या कार्यक्रमात शाळेचे प्राचार्य प्रगय दुबे, शिक्षक, विद्यार्थी, पालक उपस्थित होते. 'हार्मोनी शाळा'च्या मैदानाभोवती लावलेल्या रोपांचे शाळेच्या माध्यमातून संवर्धन केले जाईल, असे आशासन यावेळी प्राचार्य प्रगय दुबे यांनी दिले. तर, जुलै आणि ऑगस्ट या दोन महिन्यात दोनशेहून अधिक रोपांची लागवड करण्यात येणार आहे, असे रोटरी क्लब अध्यक्ष अनुप गुप्ता यांनी सांगितले.

रायगंड 12-7-23

Rotary Club of Kharghar Midtown Alibag

PRAYAAS

मुर्बी शाबेत रोटरी व इडिअन अकॅडमी ऑफ पीडियाट्रिक्सतर्फे आरोग्य तपासणी शिबिर

खारघरमध्ये आढळलेली खी जातीचे नवजात मृत अर्भक

रोटरी क्लब ऑफ पनवेल सिम्पकोनी तर्फे द इंग्लिश स्कूल पनवेल मध्ये विज्ञान प्रयोगशाळा उल्लेख

दोस्त नुकतेच पनवेल शहरात रोटरी क्लब ऑफ पनवेल सिम्पकोनी तर्फे द इंग्लिश स्कूल पनवेल मध्ये विज्ञान प्रयोगशाळा उल्लेख करण्यात आला. या कार्यक्रमात शाळेचे प्राचार्य प्रगय दुबे, शिक्षक, विद्यार्थी, पालक उपस्थित होते. 'हार्मोनी शाळा'च्या मैदानाभोवती लावलेल्या रोपांचे शाळेच्या माध्यमातून संवर्धन केले जाईल, असे आशासन यावेळी प्राचार्य प्रगय दुबे यांनी दिले. तर, जुलै आणि ऑगस्ट या दोन महिन्यात दोनशेहून अधिक रोपांची लागवड करण्यात येणार आहे, असे रोटरी क्लब अध्यक्ष अनुप गुप्ता यांनी सांगितले.

मुर्बी शाबेत रोटरी व इडिअन अकॅडमी ऑफ पीडियाट्रिक्सतर्फे आरोग्य तपासणी शिबिर

खारघरमध्ये आढळलेली खी जातीचे नवजात मृत अर्भक

खारघरमध्ये आढळलेली खी जातीचे नवजात मृत अर्भक

खारघरमध्ये आढळलेली खी जातीचे नवजात मृत अर्भक

खारघरमध्ये आढळलेली खी जातीचे नवजात मृत अर्भक

खारघरमध्ये आढळलेली खी जातीचे नवजात मृत अर्भक

खारघरमध्ये आढळलेली खी जातीचे नवजात मृत अर्भक

खारघरमध्ये आढळलेली खी जातीचे नवजात मृत अर्भक