

AUGUST EDITION, 2024



RODEO REACH

CLUB MAGAZINE OF THE ROTARY CLUB OF DEONAR



**MEMBERSHIP & FRIENDSHIP MONTH
SPECIAL EDITION**

© *Yashas Chattree*

FROM THE EDITORIAL TEAM

Dear Friends

August is the Membership month as per the RI theme, and it's particularly meant to emphasize the importance of reaching out to new members, and bringing them into our fold.

Given this backdrop, I particularly found the photograph of the tiger cubs befitting to the theme – where young and new members are like baby cubs who are quickly going to be the roaring force behind the club. And this photo was taken by R/Child Yashas, son of Gunjan, during his Tadoba trip. An avid photographer and a talented young man all set to take on new challenges as he is busy with his 12th standard and applications for his higher studies.

And Rodeos are no short of tigers themselves! We are the go-getters, the vibrant and the agile... all combined. Yet, we are the friendly bunch – who are always there to help newer Rotarians flourish.

Again, thanks to my fellow team members Gunjan and Devadatta who supported this initiative through and through. Of course, our patrons, Moksh and Rajashri, who have been our pillars of support. Suresh, our secretary is back with a bang. Hope you enjoy reading the edition as much as we enjoyed putting it together for you.

Thanks again! And Happy Reading!!

Yours in Rotary Service
Nick a.k.a. Dr. Leopard
Editor
On behalf of the Magazine Team



▪ From the Editorial Team	1
<i>Message from the Lead Editor, Nikhil Gurjar a.k.a Nick as he sets the ball rolling for the edition</i>	
▪ Straight Talk	3
<i>From the desk of our President, Dr. Rajashri Mokashi</i>	
▪ Message from the RI Director	4
<i>A message from RI Director, Raju Subramanian</i>	
▪ Know Thy Member	5
<i>Oye Shivani! Thats right, get to know our Rodeo Shivani Bansal</i>	
▪ Director's Spotlight	7
<i>Ravishekar Krishnaswami, our Director – Memberships speaks to us about his avenue and plans</i>	
▪ Health	9
<i>Rotarian Ann Dr. Pallavi Gurjar, tells us about the concept of The Friendly Dentist, in this edition</i>	
▪ Personal Development and Self Care	11
<i>Restart! Familiarly Unfamiliar... Listen to Rotarian Meghna Gupta as she gives us tips on how to re-enter corporate profiles after a break</i>	
▪ Travelogue	13
<i>Escape to Bintan! Thats right friends. Our romantic duo R/Ann Swati and Rajendra Datye bring a travelogue on the lovely beaches of Bintan.</i>	
▪ Finance	19
<i>Understand how to have the best bargains on the internet in this edition, through the eyes of Rotaractor Yash Mokashi as he explains how to Stay Safe and Save Big!</i>	
▪ Environment	21
<i>Solving the water crisis requires a deep understanding of water treatment. Rotarian Child Yashas Chattree gives us pointers on Grey Water Recycling</i>	
▪ Fun Time	23
<i>Time for some fun... Jokes, Quizes, Crosswords, et. al.</i>	
▪ Reports on the Projects Completed in July	25
▪ Call for Funds	34



"If you want to walk fast, walk alone. But if you want to walk far, walk together."

While I always believed in this maxim, I experienced its profound depth in my very first month as Rotary President. Documenting an example of the power of unity I witnessed within Rotary: Fourteen Rotary and Inner Wheel clubs, united under the Synergy Project 'Pink Angels,' have come together for a shared cause, making a significant impact on the lives of 25 dynamic, confident, and strong-minded women poised to challenge and change the patriarchal world. Everyone who attended the inaugural function of this project, where we are training and assisting 25 women in learning to drive and purchase their own autos, will likely share my experience. I instantly connected with Rotary's vision: 'Together, we see a world where people unite and take action to create lasting change — across the globe, in our communities, and within ourselves,' with the words 'together' and 'lasting change' resonating deeply.

I realized the lasting impact our club can achieve if all Rodeos come together to make our community, and the world, a better place. That's why I'm committed to creating as many opportunities as possible for us to come together through fellowship meetings, allowing us to elevate our projects by harnessing the strength of our club, with over 80 members and 37 years of experience.

Coming together is a beginning; keeping together is progress; working together is success. Let's begin by coming together to our monthly meetings – Hope to see all !!!

YIRS,
Rajashri

My Family of Rodeos,

As we embark on a new Rotary year, let's set our sights on reaching new heights together. Our shared vision is to grow our membership, deliver impactful projects, and make meaningful contributions to the Rotary Foundation. These goals will propel our club forward, strengthening our legacy and impact and will make our Club "IRRESISTIBLE".

But what truly sets us apart is our bond as a family. RC Deonar is not just a club; it's a close-knit community where every member plays a crucial role. Let's all commit to going the extra mile to deepen our connections with one another, nurturing the unity that defines our club. Let us all truly commit ourselves to selfless service. Let us together ensure that the ethos, values and ethics of our organisation be our guiding light, as we together create hope in the world. Let us be selfless in what we do and not exhibit our egos, as that comes in the way of fellowship and bonding. Let us be positive both in our actions and words. Ego and the I factor have no place in Rotary and definitely not in our Club.

Though I serve as a director for Rotary International, Vidhya and I hold RC Deonar close to our hearts as our family. We are dedicated to standing with our club president and each of you as we work together to achieve our shared goals.

As we turn the pages of Rodeo Reach, let's ensure that this year becomes one of the best chapters in RC Deonar's history, written together creating the Magic of Rotary.

Yours in Rotary,

Vidhya & Raju



BEHOLD THE 'OYE SHIVANI' MOMENT!

5

KNOW THY MEMBER

Friends, in this edition, meet and know our own Rotarian **Shivani Bansal** as she shares her thoughts and tells us more about herself.



RR: Tell us a little about yourself and your background Shivani (Bansal)?

SB: I was born into a business family in Delhi and brought up in Calcutta. I am one of the youngest out of 5 siblings.

Married to Manu. He is qualified as an Electrical Engineer and an MBA. Currently working as the Chief Business Officer at a Fintech company, BrokenTusk Pvt Ltd.

We have two children -

1. Aryan is qualified as an Engineer in Electronics and Communication from VIT Vellore. He is currently working as Business Lead in Lentra.AI.
2. Rohan is pursuing his course in Computer engineering at VIT, Vellore. He has completed 3 years of the 4 year course.

RR: Could you brief us about your academic career as well?

SB: Sure.

1. Did my schooling from Ashok Hall Girls' Higher Secondary School, Calcutta
2. Did my B.Com (H) from Shri Shikshayatan College, Calcutta
3. Post graduated from Institute of Chartered Accountants of India, Calcutta

RR: Interesting. What has been your professional journey like?.

SB: After acquiring the degree of a Chartered Accountant, I joined M/s Sigma Solvents Pvt. Ltd. It specialised in manufacturing chemicals. I was reporting to the MD of the company and had a team of 4 members.

After 5 years of service, I joined Borouge Pte Ltd, as their Chief Accountant for the India liaison office. Borouge is headquartered in Singapore with a manufacturing unit in Abu Dhabi. It is a petrochemical company. However, after a year and half, due to family commitments gave up my job and became a full time home maker.

RR: Highlight the most memorable moments (happy and sad) in your journey till date.

SB: Graduating from a wife to a mother was perhaps the most joyous moment of my life. Losing my parents has been the saddest moment in my life.

RR: How did you get introduced to RC Deonar?

SB: I was introduced to Rotary through Prabodh's wife, Leena's business partner, Sheetal Suresh. Sheetal stays in my complex and is a good friend too.

RR: You must have worked on many projects over a period of time being a Rotarian. Could you share your experiences on this count?

SB: My first exposure to many of the Rotary projects was a Miyawaki forest and since then this is one project which is very close to my heart. Every time we create a Miyawaki forest, it gives me immense joy. This is the least bit that we can do to create a greener, cleaner and an environment friendly planet.

Distribution of ration kits, Diwali hampers, blankets, water filters, etc. gave me an opportunity to interact with the beneficiaries.

The program on imparting Basic awareness to the school children has been a success. It imparts very basic knowledge about day to day activities that we assume we know of but these sessions have been eye openers.

RR: How has the Rotary association helped you in your personal as well as professional life?

SB: Association with Rotary has helped in bringing a purpose to my life. I am able to give back to the society and it has broadened my perspective. I have started appreciating my privileges and am grateful to the almighty for giving me this opportunity to serve the society.

RR: What is it that you felt we have not achieved in our Rotary club?

Rotary is a wholesome organisation and an experience. There are numerous projects which the various clubs do and benefit many needy people.

However, my two cents is that instead of doing many different projects each year based on the vision of each new president, we should focus more on scaling up and sustaining the existing ones.





MEMBERSHIP & FRIENDSHIP MONTH SPECIAL

RR: Tell us something about yourself

RK: Born to an orthodox couple Late Mythili (a housewife) and Late Krishnaswami (was Company Secretary with Pfizer) and one who has been to a convent school completed my studies in Mumbai including Management studies, I set up multiple businesses over the years. Starting my professional journey with Indian Airlines in 1981, and served with dedication for over 2 decades. Took VRS in 2005 to go full time into my software business.

In 2001, found Phoenix Softnet Technologies, a firm renowned for providing customized software solutions for loan and mortgage companies, online bidding platforms, and ready-to-implement solutions for home loan companies and asset reconstruction firms, also operated several snack bars and chocolate shops at airports across India.

Its the Membership and Friendship month, as per the RI theme, and we have this month's special spotlight on

Director – Memberships, Ravishekhar Krishnaswami

As he speaks about his portfolio and plans, while sharing his views on a wide range of things.

A staunch advocate for social change, I played an active role in the India Against Corruption organization for sometime before they digressed and dissipated. Now a passionate Rodeo, I led the club in 2014-15. An avid reader and movie enthusiast, I try to embody a spirit of continuous learning and enjoyment of life.

RR: Membership avenue has been among the most difficult ones. Why do you think most clubs struggle with it? Are they doing something wrong? Like are they searching at the wrong places or looking at the wrong metrics or something?

RK: Most clubs try to increase member count to help in community services and to raise funds for such projects. And some clubs want to match the target that the DG and the top leadership for the RY give them for that year, they only want to achieve a high net growth in members. But they fail to pay attention to the existing ones. This is reflected in dwindling attendance at regular club meetings and representation at community service projects, specifically the members who have joined the club in the last 2-3 years. When during fellowships or project discussions such new members are not included, they feel alienated, they feel their voice does not matter in the club and eventually quit Rotary. This is a major reason for members quitting Rotary. At last count Rotary International had a count of 1.23 million members, that is down almost by 0.16 million members in 23-24.

RR: Could you introduce us to your team members please?

RK: My team is made up of every Rodeo from our club (we are at 78 members currently) and ofcourse the extended team comprises of the Rotarians across the city. I have always believed that every Rotarian is an Ambassador for Rotary.

RR: What innovative strategies are you planning to employ this year? Could you list out a few initiatives and explain how they are better than past practices?

RK: Hand in Hand with the Director Club Services, our plan is to have equal number of fellowship fun events and projects. We plan to conduct atleast 3 Fireside meetings for newly inducted members and for senior members too, like a refresher! We intend to improve our club's reach through Social media and get every member of our club to repost the same PR activities on their Social Media pages. We intend to form Strategic Planning groups with a mix of senior and junior members who will plan the club's role in the community for the next 5 years. We also wish to restart Club Leadership Programmes where juniors are included into teams who will take on Leadership roles in the next 2/3 years for every Avenue /Area of Focus in Rotary.

We plan to bring in a Rewards programme to recognize members for their contributions and milestones including participation in club events and projects during meetings. We also would be encouraging members to attend District events and Conference to showcase the effect of Rotary on a larger canvas.

RR: There is a debate on the optimal size of a club. Do you personally see some merits in capping the size of a club?

RK: Not at all, we have 300+ member clubs in our District and they have been around for about a century and still do a lot of great service to the community around us. A small numbered club in our neighbourhood also does impactful projects, meets regularly and has fun at all its events. Size of the club is just a number, the intent and the culture of the club is what defines it.

RR: There is an argument that lowering the admission fees enables clubs get more members. And these members eventually become good donors. The counter has been that one has to charge a sizeable chunk to begin with - and that would bring in a better quality. How do you take a position in this debate?

RK: Not really, for every Rotarian is a well established professional or a Businessman and fees and donations do not really matter - where there is a genuine intent to serve the community and play an important role using one's leadership skills, Rotary is the go-to place. I joined Rotary to serve and stayed back as I made newer friends across the Globe.

RR: Do you believe that the bonding between the parent and daughter clubs (Rotaract, Interact and RCCs) is an important aspect in the long-term perspective on membership development? If Yes, how are you planning to leverage it?

RK: Rotaractors are future Rotarians, just as they are future leaders. They should be invited to our major programmes and projects and Rotarians should get involved in their projects and lend them a helping hand. We should use our connections to help them raise funds for their projects and show them the power of Rotary - this will encourage them to become Rotarians in future. Rotaractors should be invited to join and maybe charge them lesser fees than usual members pay in the initial years.

Regular interactions with RCCs and participation in their events and projects and local events would encourage locals in becoming a part of the RCC and one never knows that some day they may even start a ROTARY CLUB IN THEIR AREA.

RR: Tell us something about the RI membership survey. Are we planning to use it at our club?

RK: We have created our own club survey questionnaire and we share these questions with new Rotarians and seniors at regular intervals. The survey available on the rotary.org site is a bigger version of what we have designed for our club. We will take inputs from the RI survey definitely

RR: Anything else that you would like to tell our readers?

RK: Rotary is an emotion, not just a movement.





DENTAL
CARE



Membership and Friendship, being the Rotary theme for the month, we bring you an insight into the concept of friendly healthcare in dentistry, which goes way beyond just smiles and happy talks! Get incisive insights over this from Rotarian Ann

Dr. Pallavi Gurjar

as she goes about telling us a few interesting aspects that help identify friendly practices and distinguish them from conventional establishments.

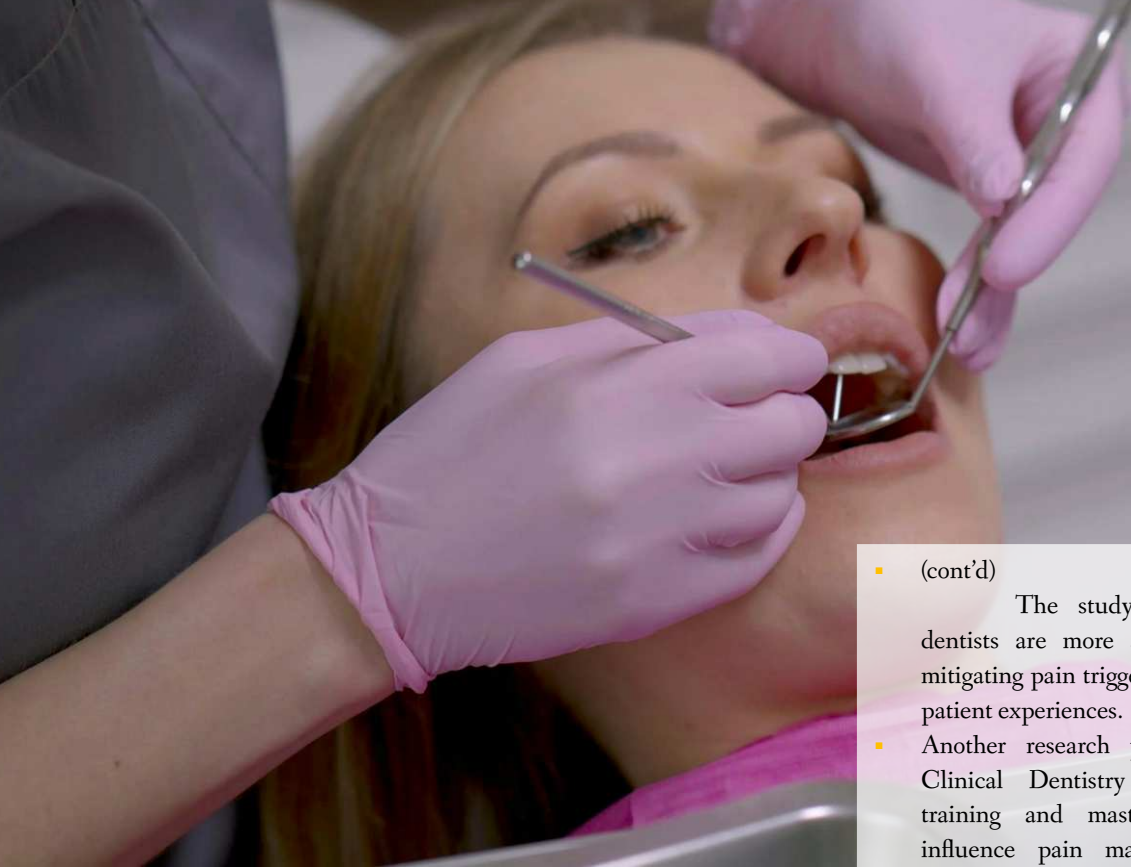
THE FRIENDLY DENTIST!

If you are complaining about maintaining your healthy teeth and the 'brutal' approach adopted by dentists, here's a fun fact for you:

"If 32 is a number that reminds you of us, imagine the shark which has over 350 teeth (50 teeth in 7 rows)!"

Jokes apart, personalized treatment plans and mastered techniques actually help you relate to us as the friendly dentist. The personalized treatment plans improve efficacy in the procedure as well as the timeline of the treatment. In addition, the better techniques adopted will further reduce the pain and bring down the cost due to the higher efficiency. Personalization has been an agenda item for AI tools lately but they still have a long way to go.

It's the friendship and membership month and I was asked to write about health. Let me introduce you to the friendly dentist concept and how to achieve it.



Did you know? Research done at the Forsyth institute in 2023 shows a link between periodontal (gum) diseases and the formation of amyloid plaque in the brain which is a hallmark of Alzheimer's disease. This research shows that oral bacteria associated with gum diseases can travel to the brain and affect microglial cells, which are crucial for removing amyloid plaque. Therefore, oral health and hygiene has to be professionally evaluated in a holistic manner to provide patients with a personalized plan that minimizes the risk of systemic diseases like Alzheimer's.

In another example, research from Tohoku university of 2023, focuses on the relationship between gingival stiffness and the behavior of gingival fibroblast, which are cells crucial for the maintenance and healing of the gum tissue. The findings are significant because they are the first to demonstrate the biological mechanisms by which gingival properties such as stiffness, influence inflammation and the formation of gingival fibers. This research could pave the way for the development of advanced biomaterials aimed at controlling local inflammation and creating microdevices that replicate inflammatory conditions. Without getting into the technicalities, I am giving you an example to help you appreciate how newer protocols are being developed and updated each day.

- One key study published in the Journal of Dental Research found that the level of skill and experience of dentists directly correlates with patients' pain levels. Experienced dentists with advanced techniques in administering local anesthesia, performing extractions, and using less invasive methods were able to significantly reduce patient discomfort.

- (cont'd)

The study highlighted that skilled dentists are more adept at anticipating and mitigating pain triggers, leading to more positive patient experiences.

- Another research paper in the Journal of Clinical Dentistry explored how ongoing training and mastery of new techniques influence pain management. Dentists who regularly updated their skills through continuing education programs were found to provide more effective pain relief. The study also noted that dentists who adopted newer, minimally invasive techniques, such as laser dentistry or computer-assisted anesthesia, reported lower instances of patient-reported pain.

Fortunately, after my training and working in Germany, I could see that even experienced doctors in India often struggle with a robust framework for the treatment protocol. In addition, even their techniques aren't optimized enough forcing patients to switch their providers frequently. My training helped me incorporate the international protocols (particularly from Germany and the US) into my dental practice. Moreover, the extreme emphasis on techniques in Germany have helped improve patient experiences especially in pain management by making it virtually painless.

At this juncture, as a patient you need to ask these questions to your dentist: (a) What treatment options are available? (b) What are the steps involved? (c) What materials will be used? And ask for research citations. There are many more that should be asked to keep you aware and informed. The answers to these questions should meet your expectations and cover all important aspects of your treatment including personalized treatment plans, Evidence-based practices, Sterilization, and infection control protocols, etc.

At the end of the day, knowing more is good and experiencing it is better. Reach out to me for more, your friendly doctor – Dr. Pallavi.



RESTART! FAMILIARLY UNFAMILIAR...

*Restarting corporate careers is a difficult and challenging move for many. Here's our own Rotarian **Meghna Gupta***

Who recently restarted her career as the CHRO at a leading corporate house, explaining the process and helping others learn from it. She goes about explaining her journey and tells us more about it...

Restart. This is definitely not a new word for us. Mobile phones, literally an extension of our body, have to be restarted every now and then or if your handset hits a technical snag. And every time we restart the phone, it takes some time to boot up as there are software that are getting updated.

My corporate life for the last 25 years has also seen many “Restarts” – however successful the journey has been, I had to restart time and again whenever a mistake was done by me or couldn't deliver as per the company's expectation or when you are not aligned to your seniors – I had to restart by changing and evolving myself so as to get the alignment in place. I am sure if I keep writing there would be many examples, where I had to restart in my life. But the decision of going on a sabbatical and restarting again was probably the best example of “Restart” in my life.



After working for more than 2 decades in a fast paced and competitive BFSI sector, I decided to choose “Pause option” in life. It definitely was the most difficult decision I had to take, as after almost 25 years the lines between the personal and professional identity quite finely gets merged together. These 2 years were spent in rediscovering myself and recreating my personal identity.

The decision to join back the corporate life was again not an easy one as by now life has already taught us that life is more than just the corporate life. However, just to get my rusted body and mind to get active again, I decided to get back to the life I was most comfortable with. But the coming back has not been easy.

Like the software in the phone, the body and mind also takes a while to get rebooted again. Some of my learning for a better restart are

- 1) Fitness – Ensure that invest in yourself and your physical fitness. It’s this investment that will pay you back with a healthy life for the next 20-30 years of your life and also to get back to an 8 to 10 hrs of work routine
- 2) Maintain your routine – our life used to be quite regulated when we used to work. All our morning activities, tasks and responsibilities never came in our way to leave at a fixed time for work. I guess the fear of traffic must have made us do this! Maintain the same routine and don’t let your laziness while away your days.
- 3) Re-Connect with colleagues – Ensure you maintain connect with your ex-colleagues and friends though-out your break. They are the people who will help you settle back again when you decide to restart your career.
- 4) Re-engage with office dynamics – office politics, meetings and watercooler conversations can be overwhelming. Observe, listen and be patient to find your place in this new dynamics with confidence
- 5) Re-ignite your professional spark – update your skills, knowledge, seek new challenges and meaning in your work. Collaborate with colleagues far younger than you to achieve the company’s common goal
- 6) Re-start with a positive attitude – never let your confidence waver, never self doubt, keep a positive mindset and take each day as it comes.

In conclusion, going back to corporate life requires patience, effort, persistence. By re-establishing your routine, re-connecting with colleagues, re-engaging with office dynamics, re-igniting your professional spark and starting with a positive attitude, you too can thrive in your return.

Finally, I have my parents to thank for instilling the confidence in me to always be open minded to Restart in life. They never told me “Girna Nahin hai”, in fact it was exactly opposite – it was “Utho or chalo”. To my readers - my message is exactly that – Celebrate failures- as it is the first step towards success. Never feel you are less than others if you opt for a pause/restart option in life because “Every new beginning comes from some other beginning’s end



ESCAPE TO BINTAN!



All of us would have visited Singapore at least once in our lifetime. But have we looked across the ocean across Singapore? In our recent trip to Singapore, we decided to hop across to an island in Indonesia called Bintan. While it is not on the To Do list of most Indians, we found that it is a favourite weekend retreat for many Singaporeans. Bintan is an island in the South China Sea, a one-hour ferry ride away from Singapore. Since Indians can access Indonesia through a visa on arrival, it was smooth entry into Bintan.

Bintan has a [resort](#) enclave on the northern end of [the island](#) through a JV between the Indonesian and Singaporean government to encourage local Singaporean tourists. This enclave has over 20 resorts, golf courses and serviced apartments covering over 300 hectares.

We stayed at a beautiful resort by the beach. The pristine waters and clear skies made for some amazing views.

This month, our travelogue is from our own Rotary Ann...

Swati Datye

*As she takes us to an offbeat location... No prizes for guessing... Time to book your tickets! Most photos are taken by **Rajendra Datye***

On day 1, as we walked towards the bar on a hot afternoon, we met another Rotary couple from Norway. It was amazing to find fellow Rotarians at this remote island and we spent some lovely time chatting and getting to know one another.

The resort was huge and had a lovely long and winding swimming pool where we spent a couple of hours everyday. The beach was lovely and made for many tranquil moments. Fortunately, we did not encounter too many tourists as we were not travelling on the weekend. We also enjoyed the local food at the resort. We tried the Nasi Lemak and the Nasi Goreng, the Indonesian versions of fried rice (read yummy). The resort had a lovely restaurant and bar situated well into the waters and we spent many a morning and evening in the pool enjoying a drink.

The resort had many activities on offer for its guests and on the next day, we took a day trip into the island to see some of the touristy spots. We covered the Guan Se Im Budha Temple, the 500 Lohan temple, Sun Te Kong Temple (Chinese temple), the Banyan Tree temple and the Chinese village. All of them beautiful and well maintained. Would not say the same about the Chinese village, though.





We travelled to Tanjung Pinang and stopped at the Guan Se Im Budha Temple or Mahavira Grihastha Sahasra Buddha Pagoda. It is a very beautifully built temple with a huge statue of Buddha in the centre. The temple sits on top of a hilltop with sprawling dragon fruit plantation in the foreground. The temple is along the main highway of the island approximately 15 kilometres outside Tanjung Pinang. Guan Yin is the Goddess of Mercy in Buddhism and this is the largest sitting Guan Yin in the whole of South East Asia. The Bodhisattva is made of brass and is coated in 22 carat gold. The temple is relatively new, built by a wealthy Chinese businessman from the island. All the sculptures and important building ornaments, besides the raw materials, were imported from China. There is a big Chinese community presence, and one of the famous villages is the floating Chinese village which we visited later in the day.

Situated about 10 km west from the heart of Tanjung Pinang, the Buddhist temple features an impressive temple complex housing 500 life-size sculptures of Lohan/Luohan, otherwise known as Arhat, the term used for souls who have attained nirvana or those who have far advanced up the path to Enlightenment. The place has 500 statues, each with different facial expressions. It is quite unique and interesting.

The statues seemingly look at you no matter where you stand. As you walk on the left side of temple, there are small stone block carvings that depict and tell the story of Buddha. Unfortunately, the inscriptions were all in Mandarin.

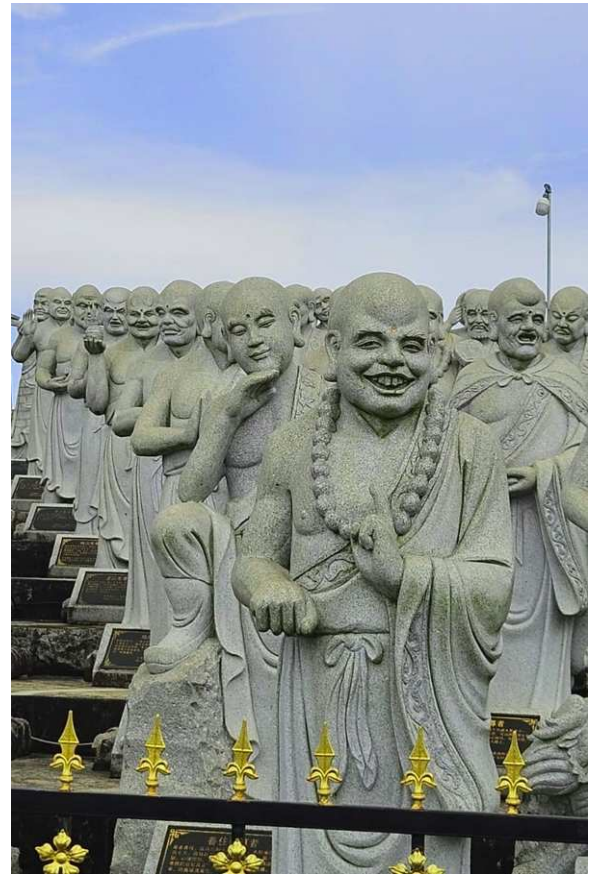
We also visited the Sun Te Kong Temple. This is the oldest temple compound for the Chinese in Bintan. It is situated at the end of the road into Senggarang



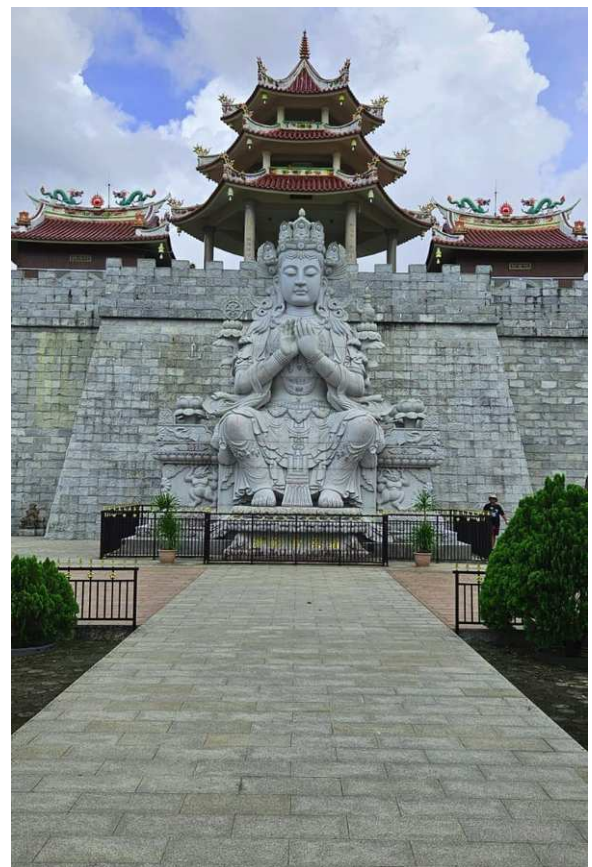
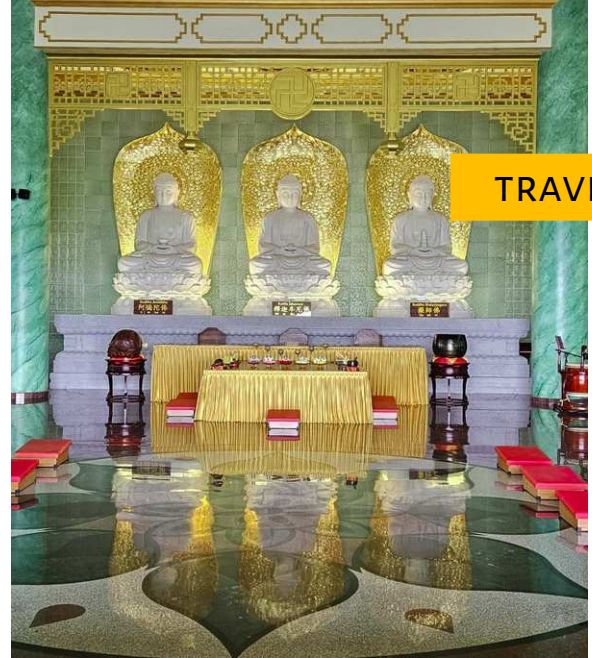
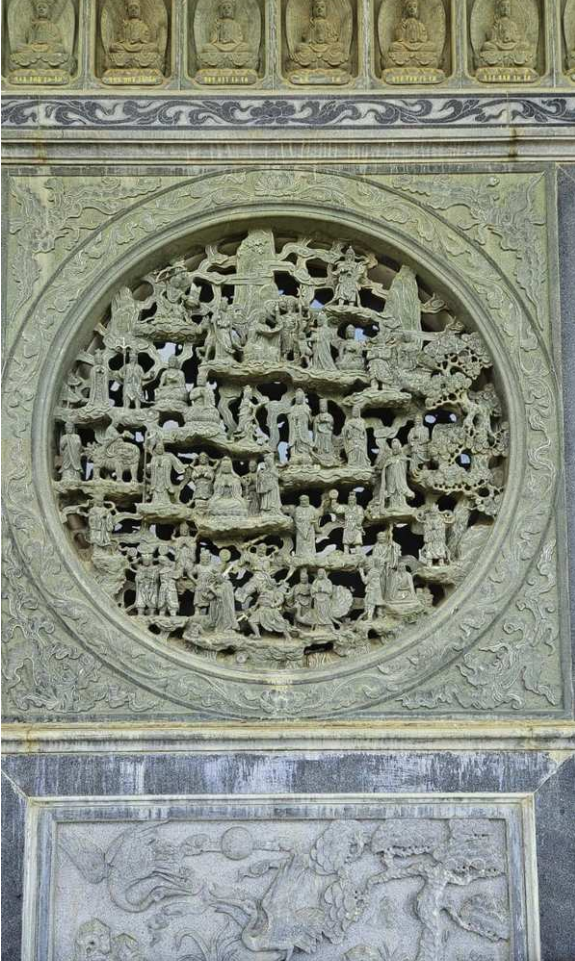
village, with a beautiful sea view. According to the locals, during the Chinese New Year, there are big celebrations at this compound.

We then headed off to see the Banyan Tree temple and the Chinese village. According to the villagers, it was once a grand, two-storey structure built in 1811. This was apparently the house of the deified Kapitan Cina Tan Nguang Ga who was the village head and a good Samaritan who helped the needy. After the house was vacated, it dilapidated and would have long collapsed if not for the banyan trees' support. The site now serves as a village shrine with the main deity being the Kapitan whose ancestral tablet is positioned in the centre.

We then took a ferry to Penyengat island. It is a short 15 minute ride to this lovely island which is the capital of the Riau Islands and lies just off Bintan Island, close to the downtown of Tanjung Pinang. The island contains the tomb of Raja Ali Haji, a 19th-century Bugis historian and scholar. A few landmarks that we visited are the Sultan Riau Great Mosque that is painted using egg



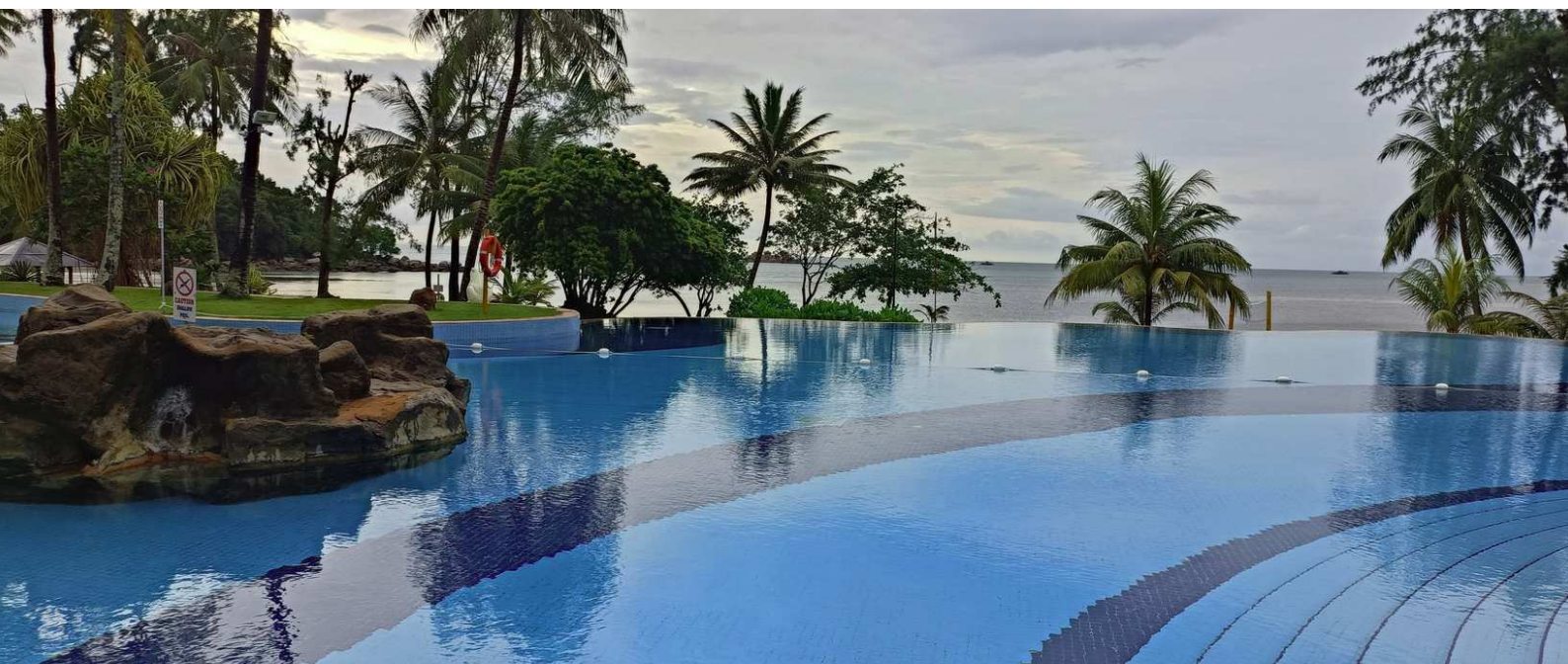




whites, the tombs of the Kings, the tomb of the national hero Raja Ali Haji, the Palace complex and blockhouse Office at Kursi Hill. Penyengat island is the perfect island to visit to explore the heritage of Malay culture.

While the resort offered many water sports facilities, we could not experience them due to sudden rains.

We returned to Mumbai with our hearts full and at peace - just what the doctor prescribed.





STAY SAFE & SAVE BIG!

In a world where it is raining discounts, one often sees that scams too co-exist. Here's our own Rotaractor
Yash Mokashi

Telling us how to stay safe and save big!

In today's digital age, the thrill of finding a great deal online is matched only by the anxiety of avoiding scams. With countless offers, flash sales, and discount codes flooding our inboxes and social media feeds, the temptation to click "Buy Now" is stronger than ever. But as savvy as online shoppers have become, cybercriminals are equally adept at crafting deceptive deals designed to part you from your hard-earned money.

The good news is that you don't have to sacrifice safety for savings. By combining smart shopping strategies with a keen awareness of digital marketing tactics, you can secure the best deals without falling prey to scams.

Following are some key points with a unique real-world example to keep in mind before buying something, ensuring you outsmart the risks and make every click count.

1. Research and Verify the Seller - The first rule of safe shopping is to know your seller. Start by checking reviews across multiple platforms to get a sense of the seller's reputation. For an added layer of security, use tools like Whois Lookup to verify the website's legitimacy. Stick to reputable platforms like Amazon and Swiggy for added safety.

Trust, But Verify - Imagine you're on the hunt for a new laptop. You find a site offering a high-end model at an unbelievable price - exciting, right? But before you click "Buy," check reviews like a detective on a mission. Then, run a Whois Lookup on the website. If you find that the domain was registered just a month ago or the ownership details are hidden, that's a red flag. Stick with trusted platforms if something feels off.

2. Play the Price Game - Why settle for the first price you see? Maximize savings by comparing prices across websites. Tools like Google Shopping or browser extensions like Honey help ensure you get the best deal available.

Be a Price Ninja, Slice Through the Competition - Why pay more when you can pay less? Be a price ninja and compare that laptop's price across the web using tools like Google Shopping or Honey. You might find that the deal isn't as unbeatable as it first seemed, with other reputable stores offering similar prices. Always make sure you're getting the best value without sacrificing security.

3. Pay Smart, Stay Safe - Using secure payment methods is essential to protect yourself online. Credit cards and services like Google Pay offer robust buyer protection against fraud compared to debit cards.

Pay Like a Pro - When you're ready to purchase the laptop, protect yourself by using a secure payment method. Choose credit cards or Google Pay for added fraud protection - they're your armour against any shady business.

4. Beware of Too-Good-To-Be-True Deals - If a deal seems unbelievably low, it's likely a scam. Approach such offers with caution, checking return policies and ensuring the website is secure (look for "https://" in the URL).

Red Flag Radar, Spot the Fakes - If that laptop price is shockingly low, proceed with caution. Check if the site's return policy is clear and whether the URL starts with "https://" for secure transactions. If the site's policies are vague or the security is questionable, your red flag radar should be on high alert. It's better to miss out on a "deal" than to fall into a trap.

5. Leverage Digital Marketing Tactics

Understanding how digital marketing works can give you an edge in finding the best deals. From dynamic pricing strategies to personalized email offers, retailers use various tactics to drive sales. Following brands on social media, subscribing to newsletters, and joining loyalty programs can give you access to exclusive deals and discounts.

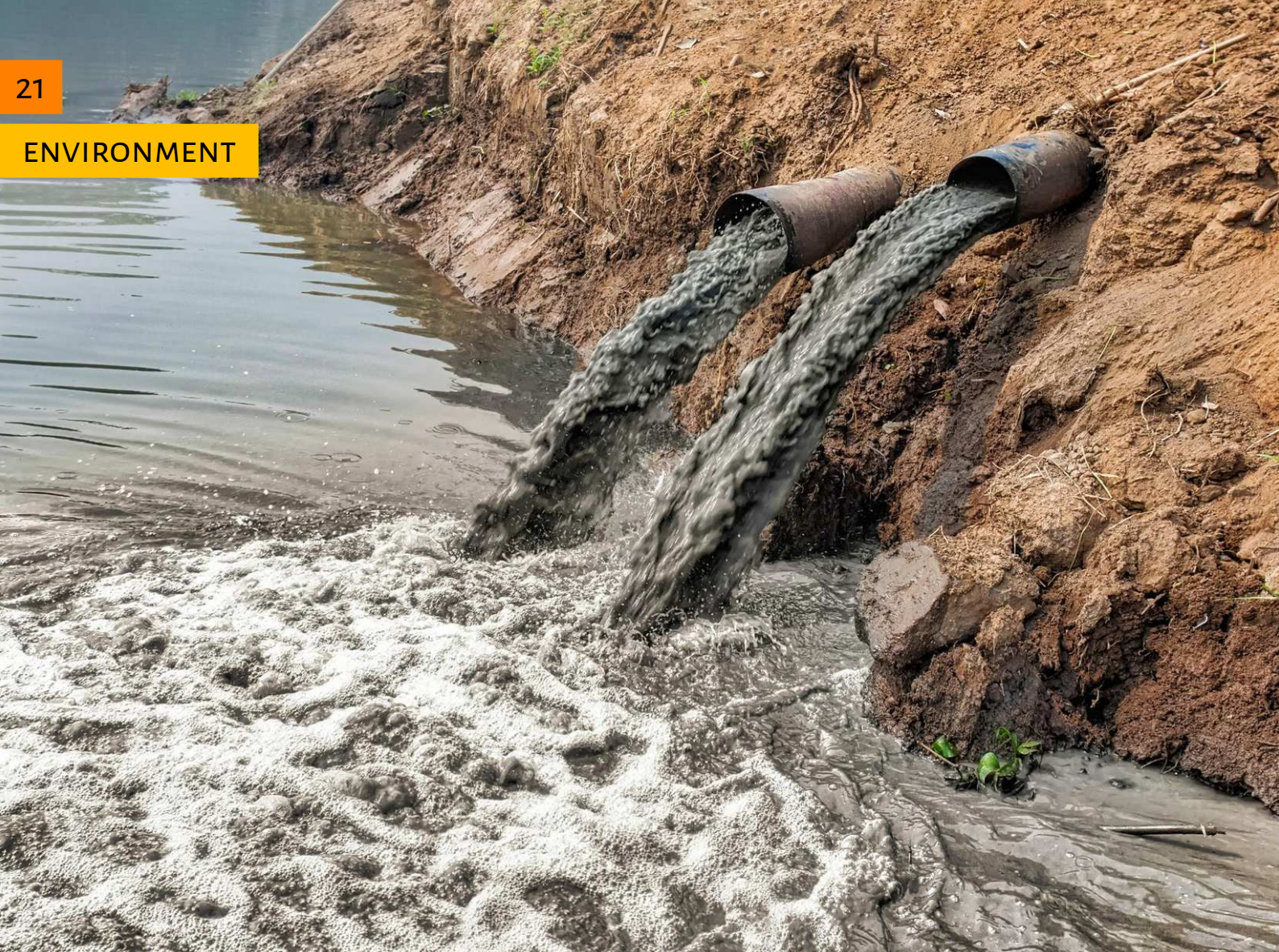
Digital Deal Mastery - Want to unlock even better offers? Follow your favourite laptop brands on social media, subscribe to their newsletters, and join loyalty programs.

Your Digital Shopping Armour

Navigating the online marketplace to find cheap deals while avoiding scams requires a blend of vigilance, knowledge, and the right tools. By researching sellers, using price comparison tools, securing your payment methods, and staying informed about digital marketing strategies, you can confidently hunt for bargains without falling victim to scams.

In an era where the line between legitimate deals and scams can be thin, arming yourself with the insights shared in this article is your best defence. Shopping online doesn't have to be a gamble, with the right approach, you can enjoy the convenience and savings of e-commerce while keeping your money safe. So, the next time you're on the hunt for a great deal, remember these tips - happy and safe shopping!





GREY WATER RECYCLING

“Safe water, sanitation and hygiene at home should not be a privilege of only those who are rich or live in urban centres,” says Dr Tedros Adhanom Ghebreyesus, WHO Director-General. “These are some of the most basic requirements for human health, and all countries have a responsibility to ensure that everyone can access them.” around 2.1 billion people in the world do not have access to clean or safely managed water.

Water contamination could be a result of many different factors such as poverty, inequality, and pollution to name a few. The modern world revolves around money and urbanization. Access to clean and safe water is a basic human right but many are still unable to get access to this solely because of their social status, race, ethnicity, disability, and inability to

Water management is critical and RI has declared that as a thrust area. Listen to a few perspectives on grey water recycling from R/Child

Yashas Chhattree

purchase resources. The poor and less fortunate society get less access to uncontaminated and safe water because of factors such as infrastructure, such as poorly made wells, water pumps and also how some people don't have access to simple machines like these in their area. In many communities, people (mainly women and young girls) are tasked with collecting water for their families. If the community they live in does not have access to supplies to bring water, they are forced to travel great distances to collect water from unprotected wells, rivers or streams which could bring forth diseases and possibly death.

Water pollution is a greater reason for the reduction of access of safe water as it can affect large communities at a dangerously fast pace. The main

RECYCLING WATER



Clean Water

*Springs, wells,
purified water,
city water, rain water*



Greywater

*Used water without
toxic chemicals
and/or excrement*



Blackwater

*Contaminated water
with toxic chemicals
and/or excrement*

reason for water pollution is industrialization, which helps urbanize a community and aids the economy at an environmental price. Industries all around the world produce large amounts of toxic chemicals, gases, solid as well as microbial waste, and without many waste disposal systems, this waste ends up in oceans, seas, and rivers polluting many clean water bodies. Not only does this affect marine and land animals who depend on that water, it affects human health too.

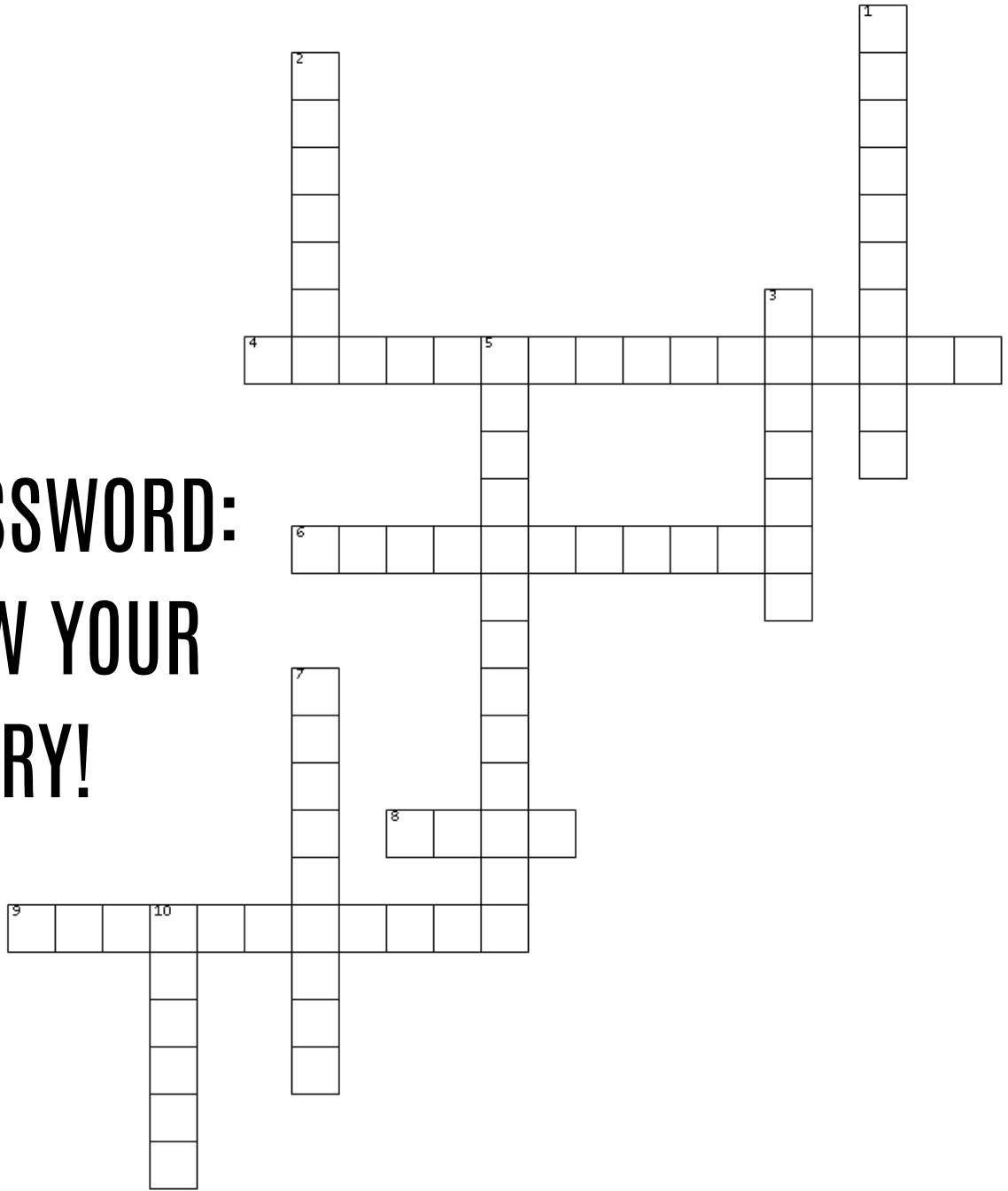
“Grey water recycling” is a really effective solution to water contamination problems which is achieved by recycling and purification. This kind of recycling purifies the waste water produced in households, buildings and other human settlements which do not include fecal matter. To narrow it down, Gray water is waste water from baths, showers, washing machines, basins etc. around $\frac{1}{3}$ of household water is wasted from toilets, which is called “black water”. Treating/ purifying grey water is easier than treating black water as there is no fecal matter, which might be a habitat for disease spreading bacteria.

Treated grey water should never be consumed by animals or humans, but has many other uses such as watering plants, cleaning dishes and other household products, using it for flushing toilets, and many more. Grey water can be purified/ treated in a couple of ways such as with membrane bioreactor technology and with conventional technologies which include processes like sand filtration.

To conclude, the water crisis is one of the most threatening issues humans are facing today including other issues such as climate change, deforestation, and more. Water contamination from natural sources and industries affects the health of populations of countless large communities who don't have access to safe/ clean water. Grey water recycling is a great way to decrease the global water crisis. More valuable solutions like grey water recycling must be innovated and help lift off the global water footprint.



CROSSWORD: KNOW YOUR ROTARY!



ACROSS

4. The official motto of Rotary Club (3 words).
6. Rotary's monthly magazine (2 words)
8. A local chapter of the Rotary organization (1 word)
9. The Rotary's commitment to truth, fairness, goodwill, and friendship (3 words)

DOWN

1. Seven areas that encompass some of the world's most critical humanitarian needs (2 words)
2. The act of reaching out to help others, a fundamental principle of Rotary (1 word)
3. A gathering of Rotarians (1 word)
5. Rotarians use this to guide their personal and professional relationships (3 words)
7. The day set aside annually for Rotarians to reflect on their work and service (2 words)
10. A humanitarian service organization (1 word)

QUIZ TIME!

- **What does CAPTCHA mean?**
The full form of CAPTCHA is "Completely Automated Public Turing test to tell Computers and Humans Apart." This term was coined in 2003 and refers to a type of challenge-response test used to determine whether the user is human, thereby helping to prevent automated bot attacks and spam.
- **What is the origin of the name and logo of Bluetooth technology?**
Bluetooth is named after a 10th-century Scandinavian king, Harald "Bluetooth" Gormsson, who was known for uniting Denmark and Norway. The Bluetooth logo is a combination of the runic symbols for the letters "H" and "B," representing the king's initials.
- **What was the first documented "computer bug," and how did the term originate?**
The term "computer bug" originated from an actual moth found trapped in a relay of the Harvard Mark II computer in 1947. Grace Hopper, a pioneer in computer science, and her team removed the moth and "debugged" the computer, leading to the widespread use of the term.
- **What was the title of the first video ever uploaded to YouTube, and who uploaded it?**
The very first video uploaded to YouTube was titled "Me at the zoo," featuring one of YouTube's co-founders, Jawed Karim, at the San Diego Zoo. It was uploaded on April 23, 2005, and is still available on the platform.
- **Why was the QWERTY keyboard layout originally designed the way it is?**
The QWERTY keyboard layout, which is the most commonly used, was actually designed in the 1870s to slow down typists. Early typewriters would jam if adjacent keys were pressed too quickly, so the layout was created to minimize these jams by placing commonly used letters further apart.
- **The Only Prime Minister Who Never Faced Parliament:** Gulzarilal Nanda, who served as interim Prime Minister of India twice (in 1964 and 1966), never faced Parliament during his tenure. Both times, he was in office for a few days following the deaths of Jawaharlal Nehru and Lal Bahadur Shastri, and he handed over the reins before Parliament reconvened.
- **The Longest Serving Member of Parliament:** Dr. Manmohan Singh, who served as India's Prime Minister from 2004 to 2014, was the longest-serving member of the Rajya Sabha, representing Assam from 1991 to 2019, until he transitioned to representing Rajasthan.
- **The Only Prime Minister Who Won a Literary Award:** Atal Bihari Vajpayee, known for his eloquence and oratory skills, was also a poet and writer. He was the only Indian Prime Minister to have won the prestigious Padma Vibhushan (1992) and Bharat Ratna (2015) awards for his contributions to literature and public service.
- **The President Who Didn't Cast a Vote:** Dr. Rajendra Prasad, India's first President, did not cast a single vote in any election during his tenure. This was because, as President, he believed it was inappropriate to vote, as he represented the entire nation and needed to remain impartial.
- **The Politician Who Sent a Telegram to God:** When India faced a severe drought in 1967, the then Chief Minister of Tamil Nadu, C.N. Annadurai, humorously sent a telegram addressed to "God, Heaven" asking for rain. This quirky act was meant to draw attention to the severe drought and the government's helplessness in dealing with it.
- **The Politician Who Sang on the Floor of the House:** In 1992, the then Prime Minister P.V. Narasimha Rao, known for his scholarly interests, surprised everyone by singing a Telugu devotional song on the floor of the Lok Sabha. It was his way of invoking divine blessing during a particularly heated debate.

Club Meeting

01 August 2024

Celebrating Friendship, was the theme of this first meeting of August, A number of family members also joined in the fun along with some new prospective members. Club Admin Director had an interesting lineup of programs and celebrations. Three new members were inducted in the club. They are - Capt Anil Kumar Gupta, Balachandran Devar (both resigned RC Sion and joined RC Deonar) and Dharmendra Gangrade.



Chetna - Burns Prevention Awareness

01 August 2024

The on-going Burns Prevention session was taken in another school, for making the children careful around fires and electrical points. The PPT presented was very informative and interesting for the school children to understand the possible dangers of burn injuries and how to avoid them. The project was conducted by experts from National Burns Center





Finance
Pg 17

Health
Pg 9

Fun Time
Pg 19

Travelogue
Pg 13

Personal
Development
Pg 11

MEET THE VIBRANT TEAM

Pg 5

Projects & Activity
Report
Pg 19

President's Address
Pg 3



Rodeo Reach

01 August 2024

A brand new and colourful bulleting was brought out by the PR team on 1st August 2024. The total revamp - with professional photos, informative articles and colourful presentation took the quality and impact several notches up. A work of art by our new members - Nikhil Gurjar, Gunjan Jain and Dr. Devadatta Chandgadkar

Adding Colors to School Hours

03 August 2024, Turbhe Municipal School

The primary students of Turbhe Municipal School were sitting on the floor for their entire school study hours. Our club donated colourful sitting mats for them. These were donated by our member Prakash Pujare.

Amnion Bank for Life-Saving Dressings

03 August 2024

The Amnion Bank was inaugurated on the 3rd August at the National Burns Centre, Airoli, in association with Rotary Club of Mumbai North. An amnion bank is one where Amniotic membranes are preserved. Amniotic membranes are non-antigenic membranes which are recovered post a caesarean section and have found their use as wound dressings in burns patients. Appeals have been made to gynecologists and prospective parents to give their consent to collect the amnion membranes, which otherwise would constitute biowaste. The amnion membranes collected will be used as dressings in the burns patients, this will alleviate the pain and speed up the process of Recovery.





Chetna - Waste Management and Composting

08 August 2024

10 August 2024

The object of this project is to create awareness about things which are very basic in nature but can make a huge difference to the human beings and the society at large. Today's session was on Waste Management and Segregation and also how to lessen the use of plastic. Apart from that we also need to consciously make an effort to reduce the use of plastic and use stuff which is either easily biodegradable or is reusable. It is our tiny step towards creating a cleaner and a better place to live in.

The object of this project is to create awareness about things which are very basic in nature but can make a huge difference to the human beings and the society at large. Today's session was on Waste Management and Segregation and also how to lessen the use of plastic.

Today, we had two speakers - Dr Manju Phadke and from ECO ROX, an NGO working on Waste management & advocacy.

Meeting with RCC Presidents

10 August 2024

A team of committed volunteers visited our RCC villages to check on the progress of existing installations and plan the year-long activities. RCC Director Sudhir Mehta, President Rajashri, Advisor V Kannan, Club Admin Shobhna and Arch Klump member K B Jetly visited the RCC Presidents (5) and discussed what they plan for the communities. Over 30 RCC members and all 5 Presidents were present. They shared their vision for the needs of the communities and suggested some projects that can be devised.



Pink Angels

11 August 2024

Synergy is the joint initiative of Rotary Dist 3141 and Inner Wheel Dist 314, to encourage joint projects between Rotary & IW clubs. The first project Synergy Pink Angels – was launched on 11th August, 2024. Twenty four beneficiaries, bursting with enthusiasm and confidence, were raring to take up this challenge of rigorous training and subsequent buying their own Pink Auto. Each one of these 24 women, spoke why they want to take this up. The common thread being the permanent livelihood that their own auto offers to them. Thirteen Inner Wheel & Rotary Clubs came together for this joint project or skill building and livelihood generation. The Rotarian & Inner Wheel member, Vidhya Subramanian, highlighted the key points of this project – skill training, empowerment and financial independence for a brighter future. Echoing her vision, we are sure that the project is our contribution for Atmanirbhar Bharat and empowered womenfolk.





Installation of Rotaract Club of Deonar

11 August 2024

The new Club President Nizam Shaikh & team for the 2024-25 was installed in an apt ceremony. RC Deonar President Rtn Rajashri Mokashi was the Chief Guest for the occasion. Nalini Kannan, the newly minted Youth Service Directors made sure that the event followed the planned agenda, followed by hearty celebrations.



Drishhti - Eye Check-up Camp

13 August 2024

Drishhti, an eye check up camp was conducted for the students of class 10, from Subash Chandra Bose High School. Students in the age group of 12-15 year, are more susceptible to eye problems as their screen time increases due to a variety of reasons, both academic and non academic. The eye check-up camp was crucial for these students, as coming from the economically weaker sections of society, they would have not gone on their own to an ophthalmologist to get their eyes checked and vision corrected. A total of 93 students were screened, for various eye problems. of which 22 were sent for further examination to our project partner - Ramkrishna Netralay. Of the 22 students, 5 students were detected with the need for vision correction, the rest were detected with smaller problems, some requiring medical attention, while most of them not requiring any medical attention. The 5 students who required vision correction, were given spectacles.



Muskurahat - Preventive Dental Care

14 August 2024

A dental check up camp was conducted at Maharashtra Nagar, for the students of class 5,6 & 7th std. from Subash Chandra Bose High School, Maharashtra nagar, were screened for dental health. Essentially the children from age group 11-15 years were selected for screening, as normally, at this age, the milk teeth have all been replaced by the permanent teeth and oral health can get challenged due to bad dental hygiene practices, leading to dental decay and gum infections. The camp was conducted in association with Nair Hospital and Dental College. The Nair hospital had come with a mobile dental van which had one dental chair, where certain procedures could be conducted if the need arose. Lectures on good dental and Oral practices were given by the Doctors from Nair Hospital.



Business Meeting

15 August 2024

The Vibrant President Rajashri Mokashi has decided that this year we will have 2 meetings a month, the first being a fellowship and second - Business meeting, wherein the ongoing & planned projects will be discussed and members suggestions and support is sought. This meeting saw all Avenue Directors giving details of their projects and answered many questions and shared their challenges as well. Later the club celebrated all the birthdays of 8 boys & 1 Girl. It was a meeting full of matter, fun and fellowship.



Flag Hoisting on I-Day

15 August 2024

The 78th Independence Day of Republic of India, was celebrated with great fervor by our club in one of our schools. Col H S Kundu, unfurled the national flag with our Club President, Rajashri Mokashi, and many Rotarians, school teachers, students in attendance. The event was celebrated with childrens patriotic performances and songs. Col Kundu addressed the gathering later.



Teen Chaupal - Addressing Mental Health

21 August 2024

The primary objective of "Teen Chaupal" is to address and support the mental health needs of children and teens in underprivileged communities in Mankhurd, Chembur and Govandi. By providing comprehensive mental health education and resources, we aim to create a nurturing environment that fosters emotional well-being and resilience among students.

Monsoon Trek

25 August 2024

Our club organised a challenging trek to Kondhana Caves - a 12th century Buddhist caves near Lonavala, Maharashtra. This was part of the District focus on Heritage of India. Total of 32 members - Rotarians, Rotractors and Family members joined in for this very exciting fellowship event.



CONNECT THE DOTS!



Past President Vidhya Subramanian

Spearheads an initiative on TB patient rehabilitation with the team at RC Deonar. Here's the official call for funds for the project.

Objective

To provide additional nutritional support to improve treatment outcomes of tuberculosis-infected patients. This highly communicable disease can spread very rapidly and infect the family and friends of the patient.

Project Proposal

The project will fund 'Nutritional kits' for target beneficiaries – patients diagnosed and are receiving tuberculosis (TB) treatment from Municipal/ Government Hospitals. The patients come from economically weak families. These families lack the financial resources to provide adequate nutritional support for better treatment outcomes. The nutritional kits will be provided every month along with the medication for six months.

Under the National initiative of Pradhan Mantri TB Mukht Bharat Abhiyan, Rotary Club of Deonar is certified as "Nikshay Mitra" – Friends of the TB affected, by the Government of India. The Club has successfully implemented the first RI Global Grant project that started as a pilot project for 1000 patients reinforcing the ability to complete this project seamlessly within the stipulated six months.

We are working towards benefiting 5000 patients from the next Global Grant. The cost of each Nutritional Kit is INR 500. The total estimated cost is INR 25,00,000 per month for six months.

RC Deonar will provide the Nutritional kits in compliance with the guidance document issued by the Ministry of Health & Family Welfare for Tuberculosis Control. Each Kit contains high protein easy to cook and consume daily-use items.

CALL FOR FUNDS



यूनियन बैंक ऑफ इंडिया  Union Bank of India

भारत सरकार का उपक्रम A Government of India Undertaking

 आन्ध्र प्रदेश Corporation

ROTARY CLUB OF DEONAR
0092-XXXXXXX-8533


Location

- Chembur, Govandi, Mankhurd and areas nearby.
- Total target population: Over 5000+ active TB patients

Appeal

We request Rotary Clubs to join us in our cause to eradicate TB in India just like we worked for several years for a Polio Free India. With a small amount of INR 500 per patient, we can support the National cause in a big way.



Rotary 
Club of DEONAR
RID 3141

Editorial and Production Team for the Magazine include:

Nikhil Gurjar	Gunjan Jain	Dr. Devdatta Chandgadkar
Moksh Juneja	Suresh Menon	Dr. Rajashri Mokashi
<u>Advisory Committee</u>		
Jhankar Gadkari	Vivek Khandelwal	Ravishekar Krishnaswami

If You Are Interested In Joining Our Rotary Club, Please Connect With
Ravishekhar At +91 98202 28303