



**UNITE
GOOD
FOR**
Francesco Arezzo
RI President, RY 2025-26

Ambarnath North
Rotary
Club



10
TITEN
HARSH MAKOL
District Governor, RY 2025-26



A Face of
Rotary Club of Ambarnath North
M o n t h l y M a g a z i n e

Volume No.6, December 2025 Issue



December 2025

Disease Prevention & Treatment

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Ambarnath North
Rotary
Club



From the Desk of the Club President
Rtn. Pralhad Jadhav
TITEN President 2025–26
Rotary Club of Ambarnath North
(RCAN) Dist. 3142

Dear Fellow Rotarians and Readers,

December marks a meaningful conclusion to the year, and I am proud of the impactful projects our club undertook last month. Our **Children's Day celebration** spread joy and reinforced our commitment to nurturing young minds. The **Doctor's Felicitation** allowed us to express heartfelt gratitude to medical professionals for their invaluable service to society.

The **Tri-Cycle Donation** project brought mobility, dignity, and renewed confidence to its beneficiary—truly a moment that reflects the power of Rotary service. Through the **Nikshay Mitra Project**, we extended nutritional support to TB patients, standing with them in their journey toward recovery.

These initiatives reaffirm our dedication to service, compassion, and community upliftment. I sincerely thank all Rotarians and partners for their continued support and commitment.

Warm Regards,

With best wishes & Rotary regards,

Rtn. Pralhad Jadhav

From the Desk of the Club Secretary

Rtn. Anand Raghavan

TITEN Secretary 2025 - 26

Rotary Club of Ambarnath North (RCAN) Dist. 3142



Dear Fellow Rotarians and Readers,

December 2025 marked a month of purposeful service and meaningful engagement for our club. Each project undertaken during this period reflected careful planning, teamwork, and a shared commitment to Rotary's values.

The November month's Projects **Children's Day celebration** brought enthusiasm and joy, while the **Doctor's Felicitation** was a sincere gesture of appreciation for the dedication and selfless service of our medical fraternity. The **Tri-Cycle Donation** project stood as a reminder of how timely support can enhance dignity and independence. Through the **Nikshay Mitra Project**, we continued our responsibility toward community health by supporting TB patients with essential nutritional aid.

With best wishes & Rotary regards,
Rtn. Anand Raghavan



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 District Governor, RY 2025-26



AVANI
 RC AMBARNATH NORTH

Projects of this Month (November)



Children's Day Celebration



Doctor's Felicitation



Nikshay Mitra
 Supported 3 families for 3 months



Thalassemia Awareness Session
 at St. Paul College Ulhasnagar -4



Shidha Vatap at Oldage Home, Ulhasnagar - 4



Eye Check-Up & Cataract Corrective Surgeries

Rotary District 3142

GIFT A CYCLE, EMPOWER A GIRL

Dist. Project

We Had Gifted 5 Cycles





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AVANI
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"Who needs a dam?"

The water that's pooling in your yard, help it seep into the ground! This is your low-cost, quickly built, safe underground dam!

Should you wail because water entered your house in the monsoon, and cry because there's no water in the tap in summer.

In the society compound, instead of planting trees, lay pavement blocks and tiles. To let the rainwater seep, don't leave any patch of open ground!

Cut down trees for car parking. On the society rooftop, instead of rainwater harvesting, waste that water.

There's money for pavement blocks, tiles, parties, picnics, birthdays, and tankers-and time for protests.

But no money and time for rainwater harvesting.

No government, despite wanting to, can save you from this crisis! You are the sculptor of your life!"



From _____

Rtn Guntant Patil

Water Purification & Environmental Expert



Birthday & Anniversary for Dec. 2025



2 Dec

Pradeep Rajguru

3 Dec

Nitin Pawaskar



01 Dec

Samarjeet Biswas

02 Dec

Rohit Pawar

12 Dec

Prasad Kulkarni

15 Dec

Girish Yashvantrao

27 Dec

Shekhar Jadhav



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मानवनिर्मित प्रदूषण आणि पर्यावरण

राष्ट्र सुरक्षेसाठी नौसेना भूसेना व वायुसेना अशा प्रकारच्या सेना बनवून देश सुरक्षित ठेवला जातो. त्याच प्रमाणे निसर्गाकडे सुद्धा 3 प्रकारच्या सेना आहेत ज्या अहोरात्र सुरक्षेचे काम चोखपणे बजावतात. निसर्गति हवा, पाणी, जमीन यावर सतत प्रदूषण होत आहे. हे सर्व **मानवनिर्मित पर्यावरण प्रदूषण** आहे. पण प्रदूषण झाल्यावर निसर्ग लगेच कामाला लागतो व प्रदूषण संपेपर्यंत अथक कार्य करतो.

- * कारखाने, वसाहतीचे सांडपाणी, प्लास्टिक/ घनकचरा, शेतीतील रासायनिक खते व नैसर्गिक आपत्ती यामुळे **जलप्रदूषण** होते.
- * कारखान्यातील धुरांमुळे, वाहनांच्या उत्सर्जित धुरांमुळे, शेती कचरा जाळल्याने **वायु प्रदूषण** होते.
- * शहरी/औद्योगिक कचरा, शेतीमध्ये रासायनिक खतांचा अतिवापर, वृक्षतोड व खनिज उत्खनन या प्रमुख कारणांमुळे **भू-प्रदूषण** होते.

1) जलपर्णी (Eichhornia crassipes) – जलशुद्धीकरण:

जलपर्णीची मुळे पाण्यातील शिसे (Lead), कॅडमियम (Cadmium), आर्सेनिक (Arsenic), पारा (Mercury) सारखे जड धातू शोषून घेतात, त्यांना बायोसॉर्ब (Biosorb) करतात. ही वनस्पती पाण्यातील नायट्रेट (Nitrates) आणि फॉस्फेट (Phosphates) चे शोषण करते. पाणी स्वच्छ करते. प्रदूषित पाणी स्वच्छ होऊ लागते तशी जलपर्णीची संख्या सुद्धा कमी होत जाते.

डकवीड: (Duckweed) ही जगातील सर्वात लहान फुलांची वनस्पती असून ती जलपर्णीपेक्षाही जलद वाढते. डकवीड पाण्यातून अमोनिया (Ammonia) आणि जड धातू शोषून घेते. डकवीड वनस्पतीचा वापर पाणीशुद्ध झाल्यावर शेवटी जनावरांसाठी पौष्टिक खाद्य म्हणूनही केला जातो.

खारफुटी: खारफुटी सागरातून येणाऱ्या वादळे लाटा आणि त्सुनामीपासून किनाऱ्याचे नैसर्गिकरित्या भू-संरक्षण करतात आणि जमिनीची धूप थांबवतात. खारफुटीमुळे वातावरणातील कार्बन वायू मोठ्या प्रमाणात शोषला जातो, ज्यामुळे हवामान बदलाला प्रतिबंध करण्यास मदत होते. खारफुटीच्या दाट झाडीमुळे समुद्र, जमीन यांमध्ये हिरेवी भिंत तयार होते. समुद्रात पसरलेले तेल, कचरा आणि रसायनांचे प्रदूषण शोषून घेण्याची ताकद खारफुटीमध्ये जास्त असते. जंगलांच्या तुलनेत खारफुटी अधिक कार्बन शोषतात, ज्यामुळे हवामान बदलाचा सामना करण्यास मदत होते. खारफुटी पाण्याला नैसर्गिकरित्या फिल्टर (शुद्ध) करण्याचे काम करतात, खारफुटीच्या मुळांचे जाळे व त्यात मुबलक प्रमाणात ऑक्सिजन असल्यामुळे खारफुटीच्या मुळाशी जलचर प्राण्यांची मोठी वसाहत असते. ज्यामुळे जलचर जीवांना आरोग्यदायी वातावरण मिळते. खारफुटीमुळे **जलशुद्धीकरण** होते.

2) वड आणि पिंपळ (Ficus benghalensis & Ficus religiosa) वायु शुद्धीकरण:

हे भारतीय उपखंडातील सर्वात मोठे हवा शुद्धीकरण व सर्वात जास्त ऑक्सिजन देणाऱ्या झाडांपैकी आहेत. ती मोठ्या शहरांतील प्रदूषणावर नियंत्रण ठेवतात. वड आणि पिंपळाचे क्षेत्रफळ मोठे असते. यामुळे ती हवेतील प्रदूषकांना अधिक प्रभावीपणे शोषून घेतात. सूक्ष्म कण शोषण पानांच्या पृष्ठभागावर असलेली मेणचट (waxy) आणि खडबडीत रचना, हवेतील सूक्ष्म कण आणि धूळ अडकवते. पाऊस पडल्यावर हे कण धुतले जातात. कार्बन सिंकिंग (Carbon Sinking) च्या प्रक्रियेत, ही झाडे वातावरणातील कार्बन डायऑक्साइड मोठ्या प्रमाणात शोषून घेतात. रस्त्याच्या दुतर्फा लावलेले गुलमोहर व तत्सम प्रजातीची झाडे गाड्यांनी सोडलेला कार्बन मोनॉक्साईड शोषून ऑक्सिजन निसर्गाला परत देतात.



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3) एरंड (Ricinus communis) – भू-शुद्धीकरण

आपल्या आसपासच्या गावाचे बारीक निरीक्षण केले असता सर्वसाधारणपणे जेथे कचरा तेथे एरंडाची झाडे उगवलेली दिसतात. सहसा ही झाडे कोणी लावत नाही निसर्गच प्रदूषण नियंत्रणाची ही सोय करत असतो. एरंड हे भू-शुद्धीकरणासाठी उपयुक्त मानले जाते. एरंडाची मुळे जमिनीतील प्रदूषकांना शोषून घेण्याची क्षमता ठेवतात. हे झाड तेल (Castor Oil) उत्पादनासाठी ओळखले जाते आणि ते कमी प्रतीच्या जमिनीतही वाढू शकते. वनस्पती आपल्या मुळांद्वारे दूषित मातीतील जड धातू शोषून घेते. आणि काही प्रमाणात जमीन शुद्ध होते. ही झाडे सहसा कोणीही लावत नाही, ती नैसर्गिकरित्या उगवतात. एरंडाची फळे वाळल्यानंतर ती जोरात फुटतात - तडकतात बियांचा स्फोटक प्रसार यामुळे होतो. बिया मूळ झाडापासून 10-15 फूट लांब फेकल्या तात. एरंडाच्या बियांचे कवच अतिशय कठीण असते. ऊन, पाऊस किंवा प्रदूषित पाण्याचा त्यांच्यावर परिणाम होत नाही. त्या जमिनीत तशाच पडून राहतात आणि अनुकूल वातावरण अर्थात पाऊस पडल्यावर त्यातून रोपे बाहेर येतात. पाण्यासोबत या बिया वाहत जातात आणि जिथे अडकतात तिथे नवीन झाड तयार होते. एरंडाच्या मुळांमध्ये मातीतील जड धातू (Heavy Metals) आणि विषारी रसायने शोषून घेण्याची नैसर्गिक क्षमता असते. जिथे इतर झाडे प्रदूषणामुळे जळून जातात, तिथे एरंड केवळ तग धरत नाही तर प्लॅस्टिक मिश्रित माती किंवा सांडपाण्यावरही ही झाडे सहज जगतात, पोषण मिळवून वेगाने वाढतात. एरंडाच्या पानांमध्ये आणि बियांमध्ये 'रिसिन' (Ricin) नावाचा अत्यंत विषारी घटक असतो. यामुळे जनावरांपासून सुद्धा एरंडाचे रक्षण होते. प्रदूषित जमिनीत ऑक्सिजनचे प्रमाण कमी असते, ज्यामुळे नाजूक झाडे मरतात. अशा ठिकाणी एरंडाला स्पर्धक उरत नाहीत, त्यामुळे संपूर्ण जागेवर यांचेच साम्राज्य पसरते. या झाडाला वाढण्यासाठी चांगल्या मातीची किंवा नियमित पाण्याची गरज नसते. कचरा, एरंडाची पाने फांद्या व इतर अवशेष जमिनीवर पडून त्याचे उत्कृष्ट प्रकारचे कंपोस्ट तयार होते. कंपोस्टमुळे जमीन सुपीक होते. एरंडाच्या बियांपासून तेल काढल्यानंतर जो चोथा उरतो, त्याला 'एरंड पेंड' (Castor Cake) म्हणतात. हे जमिनीसाठी उत्कृष्ट सेंद्रिय खत आहे. यामुळे पिकांना नत्र (Nitrogen) मिळते आणि जमिनीत कीड लागत नाही (उदा. वाळवी).

सूर्यफूल (Sunflower): जमिनीतील प्रदूषकांसाठी एक शक्तिशाली चुंबक आहे. ही वनस्पती मातीतील शिसे क्रोमियम आणि आर्सेनिक सारखे विषारी घटक शोषून घेते. अणुऊर्जा दुर्घटना ग्रस्त ठिकाणी मातीतील किरणोत्सारी घटक (Radioactive elements) शोषून घेण्यासाठी याचा यशस्वीरित्या वापर करण्यात आला आहे.

मोहरी (Mustard): मोहरीचा वापर खाण्यासाठी तसेच बायो-फ्युएल (Bio-fuel) साठी होतो, पण ती जमिनी साठी सर्वोत्तम आणि मूलभूत क्लींजर म्हणजे तिच्यातील सेंद्रिय कर्बिचे प्रमाण वाढवणे. सेंद्रिय कर्ब म्हणजे जमिनीची प्रतिकारशक्ती (Immunity) आहे. विशेषता: मोहरीची मुळे मातीतील सेलेनियम आणि जड धातू शोषून घेतात जमिनीतील विषारी रसायनांना बांधून ठेवते आणि जिवानूंची संख्या वाढवते.



रो. राजेश सुरेश भावसार
अध्यक्ष - 2026-27
रोटरी क्लब ऑफ अंबरनाथ नॉर्थ



Ambernath North
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More Than Medals: The Making of a Young Champion Champ - Asmi Patil (Rtn Dimple Patil)

The personal growth of my daughter over the years has been both remarkable & deeply inspiring. What began as the journey of a quiet, introverted child has gradually transformed into that of a disciplined, focused, & confident young individual an evolution in which sports have played a pivotal role.

The medals she has earned may serve as visible symbols of her achievements, but they represent far more than victories on the field. They reflect the values & habits that sports have instilled in her: commitment, perseverance, self-discipline, & resilience.

Her readiness to wake up early for practice, maintain a balanced diet, & regularly monitor her fitness & weight demonstrates a level of discipline that is uncommon for someone her age. These daily choices reveal not just athletic dedication, but a growing sense of responsibility & self-awareness

Her journey highlights the profound impact sports can have in shaping character. Beyond physical strength & competitive success, it has nurtured essential life skills time management, accountability, & an unwavering dedication to personal growth.

Witnessing this transformation has been both gratifying & motivating for us as parents, reaffirming our belief in the positive & lifelong influence of sports on young minds.



Reclaim Your Health with Dhriti Fitness, Mindfulness & Lasting Wellbeing

Health with Dhriti is a transformative wellness platform designed to help individuals reclaim their health through sustainable fitness, mindful living, & holistic wellbeing. Founded by **Dhriti Chaudhari** - a dynamic health coach, hospital pharmacist, ultra runner, & celebrity dance fitness trainer - the platform blends science, movement, nutrition, & motivation into one vibrant ecosystem.

The app delivers a deeply personalized coaching experience through structured programs, habit-building systems, women's wellness modules, perimenopause and menopause support, dance fitness plans, running guidance, & real-time accountability. It is thoughtfully created for **today's busy women** who want to regain control of their health without complicated diets or restrictive routines, & for **men seeking weight loss and lifestyle disease management**.

With a mission to empower every individual—especially women—to take charge of their body & mind, **Health with Dhriti** stands as a complete destination for fitness, vitality, & long-term transformation.

Dhriti Chaudhari — Portfolio

Dhriti Chaudhari is a wellness leader, hospital pharmacist, & founder of DIVAFIT Fitness Studio. A Comrades Marathon Finisher 2025 (90 km) & ultra runner, she also leads the Ambarnath Runners Foundation to promote community fitness. As a Pinkathon Ambassador, she supports breast cancer awareness, cleanliness drives, underprivileged runners, & animal welfare. She has received the Navdurga Award, Nari Shakti Award, & AMC's Best Citizen Award. Through her initiative **Health with Dhriti**, she helps people achieve healthier, happier lifestyles. **Contact for more information**





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Rhythm, Resilience, and Recognition

Harsheeta Jadhav

Receives Best Dancer Award 2025 Fatima High School, Ambarnath

Harsheeta Jadhav was honoured with the Best Dancer Award 2025 by Fatima High School, Ambarnath, in recognition of her talent, dedication, and passion for dance. This achievement reflects years of perseverance and disciplined practice.

Her dance journey began in second standard, encouraged by the constant support & belief of her mother, Mrs. Priya Jadhav. Over the years, Harsheeta has faced challenges with determination, refining her skills through consistent effort and commitment.

This year's competition was particularly tough, as acknowledged by her teachers. Yet, Harsheeta's sincerity, hard work, and expressive performances set her apart, earning her this prestigious honour.

Heartfelt gratitude is extended to Guru Tandrel Mudliar for her invaluable guidance, encouragement, and dedication. This award stands as a reflection of both a mentor's tireless efforts and a student's unwavering passion.

For her parents, this moment is one of immense pride and joy-today and always. Harsheeta's achievement serves as an inspiration to young learners, proving that with family support, mentorship, & determination, excellence can be achieved.





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Francesco Arezzo
RI President, RY 2025-26

Ambarnath North
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Club



10
TITEN
HARSH MAKOL
District Governor, RY 2025-26



AVANI
RC AMBARNATH NORTH



Kerala



DAIRIES



Know Your Rotarian Rtn. Chetan Bagad

Chetan Bagad is a committed corporate professional & an enthusiastic Rotarian who exemplifies leadership, discipline, and a strong people-centric mindset. Currently serving as Chief Associate Manager at Godrej & Boyce Mfg. Co. Ltd., he is actively involved in driving strategic initiatives, strengthening employee engagement, & successfully coordinating large-scale organizational and business conference across the enterprise. Backed by a solid management education from K. J. Somaiya Institute of Management, he combines strategic vision with hands-on execution, enabling him to manage complex responsibilities with clarity and confidence. Known for his structured approach, reliability, & ability to collaborate seamlessly with diverse teams, he plays a vital role in fostering a positive and inclusive workplace culture.

Beyond his professional achievements, Rtn. Chetan Bagad is deeply passionate about cricket & actively participates in local cricket tournaments & club-level sports activities. His love for the game reflects his belief in teamwork, discipline, fitness, & perseverance-values that strongly resonate with the spirit of Rotary. Through both his professional career and sporting interests, he continues to inspire by leading through example, balancing performance with integrity, & contributing meaningfully to organizational growth & community engagement.



UNITE FOR GOOD
 Francesco Arezzo
 RI President, RY 2025-26

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FUNNY Picture of this month

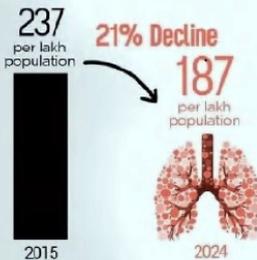


ग्यानबा-जी

India Reaches 90% TB Treatment Success Surpassing Global Benchmark

INDIA'S BIG WIN AGAINST TUBERCULOSIS!

TB incidence drops by **21%**, nearly 2x the global rate of decline of 12%



Treatment success rate **climbs to 90%**, surpassing the global average of 88%
24.5 lakh diagnosed under TB Mukht Bharat Abhiyan

India has recorded a 21% fall in tuberculosis incidence over the past decade—nearly double the global average—according to the WHO Global TB Report 2025. TB cases declined from 237 to 187 per lakh population between 2015 and 2024, while deaths dropped from 28 to 21 per lakh, marking major gains in public health. Improved case-finding, wider treatment access, and digital tools have driven this progress. Diagnosis and treatment coverage rose to 92% in 2024, up from 53% in 2015, with treatment success reaching 90%. The gap between estimated and reported cases has

also narrowed, and multidrug-resistant TB levels remain stable. Government initiatives—including the TB Mukht Bharat Abhiyan, Ayushman Arogya Mandirs, expanded nutrition support under Ni-kshay Poshan Yojana, and community engagement through over six lakh Ni-kshay-Mitras—have strengthened detection, care, and patient support. With funding for TB control rising nearly ten-fold in nine years, India remains committed to eliminating TB by 2025, ahead of the global 2030 target.

LAWYER vs ADVOCATE

Basis	Lawyer	Advocate
Meaning	A person who has completed a law degree (LLB).	A lawyer who is registered with the Bar Council and can practice in court.
Qualification	Must have an LLB degree	Must have an LLB degree and be enrolled with the Bar Council after passing the AIBE (All India Bar Examination).
Right to Practice in Court	Cannot represent clients in court unless registered with the Bar Council.	Has the legal right to represent clients and argue cases in courts
Work Area	Can work as a legal advisor, consultant, law officer, or in corporate legal teams	Works mainly in courts, representing clients and arguing cases
License Requirement	No license is needed to call oneself a lawyer	
Court Appearance	Not allowed to appear before a judge on behalf of clients	Allowed to appear and plead cases in court
Example	A person working in a company's legal department.	A person appearing in the Supreme Court or High Court for a client

