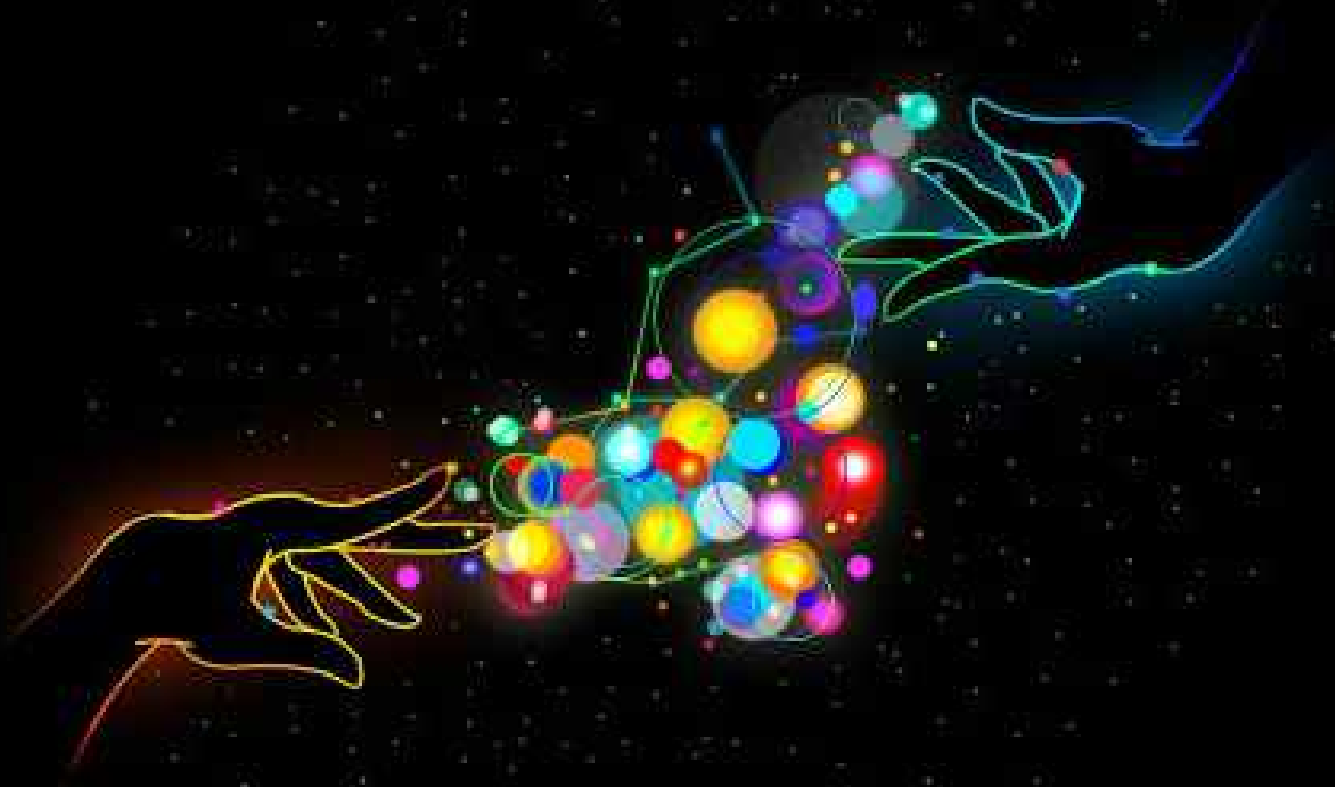


District 3141
Rotaract



CONNECTION

FROM THE PRESIDENT'S DESK:

"Life Has No Constrains With the exceptions of The Ones You Make"

There has consistently been an unavoidable want to ascend, to step up in all the Rotaractors, since Rotaract is the best stage for taking part in different social activities and communicate with individuals who have incredible abilities to explore things. This year we are expecting to show signs of improvement what we were, and to enjoy the flavour of magnificence.

We as a club, as an organisation, we need to help other people to make their magnificence and progress stories. We need to make an example of overcoming adversity, that each ear will hear. With our sheer hard work and wise to rise to reform, we shall leave a mark.

Be a part of RCMHV.

Wishing everybody an extraordinary Rotaract tenure ahead.



- Rtr. Aniket C Singh

President 2020-21

Rotaract Club of Mulund Hill View

Rotaract District 3141

If someone offers you a good opportunity and you are not sure if you can do it, take the opportunity then learn how to do it later! Exactly a year ago I took up this responsibility of becoming the Club President in a spur of the moment. Although, it took an entire year to realize what I was signing up for. Rotaract as an organisation has been the most spectacular part of my life. This organisation is channelling the enthusiasm of the youth towards self-development and betterment of the society at large. I think the world needs this organisation more than ever right now. I envisage a better tomorrow along with my beautiful Rotaract family across the world. My Presidentship is my contribution in this glorious Movement.



Working with RCMHV has been a cheery experience. RCMHV your enthusiasm and team spirit are contagious! Keep up the good work.

Best wishes and good luck for the RIY from all of us here at Rotaract Club of Panvel Industrial Town.

- Rtr. Jyogprabha Panda

President RIY 2020-21

Rotaract Club of Panvel Industrial Town

Rotaract District 3131

PEHLI MULAKAT:

Rotaract club of Mulund Hill View (RCMHV) leaves no stone unturned to turn every opportunity into an accomplishment. Despite these grim circumstances, our club



takes great pride in announcing its collaboration with Rotaract club of Panvel Industrial Town (RACPIT) from district 3131. As part of our twin club agreement, on Sunday i.e. 26th July'2020 a joint Professional development session on the topic-Mind Management was organised by Dr. Virat Chirnia.

Often, we are engulfed by thoughts and ideas which tend to strain our minds. Our mind wanders off in thoughts which we have absolutely no control on. That's why, taming our mind is extremely important, particularly in situations like these where opportunities are bleak, time is handy and mind is empty. These times can be reckless, chaotic, depressing, stressful and perhaps unproductive. However, to keep our mind productive, peaceful and in sync, this session turned out to be exactly what people needed. It was attended by Rotaractors, interactors and even Rotarians.

This seminar was a joint effort between two clubs- Rotaract club of Mulund Hill View and Rotaract club of Panvel Industrial Town. The session began with Rtn. Harnesh of RCPIT talking about the significant changes and contribution made by their club towards the development of the



club towards the development of the society, followed by the President of RCMHV, Rtr. Aniket Singh talking about the same on behalf of his club. This was followed by the seminar on meditation by Dr. Virat Chirania, who

has been a TEDx Speaker, A Senior International AOL faculty member and Life Coach for the past 17 years.

There were some key takeaways from the seminar. First, he taught us- 'What you resist, persists. So, don't resist, rather accept it and allow it to be'. Secondly, it's difficult to keep the mind in present. Our mind either dwells on the past or thinks about the future during mediation. So, he explained that it's always better to stay in the present. Thirdly he made the audience understand how crucial it is to be relaxed even under pressure. The key to relaxation under stress, is to be aware of the situation. Taking stock of the situation is crucial.

After explaining these points, he dived straight into mediation and body relaxation postures. He asked everybody to shake their hands, relax their shoulder, keep their back straight, body relaxed and he started with the meditation. He instructed everybody to feel their legs, knees, ribs and spine, chest, neck, face and mind. He asked everybody to scan their body and thereby made everybody feel rejuvenated, fresh and alive.

In a nutshell, the session was an eye opener on how yoga and meditation can be used to lead a subtle way of life. Dr.Virat Chirania guided everybody about how meditation should be done and how it could bring inner peace in an individual. Unlike Master Oogway and Po from Kung Fu Panda who took years to master inner peace, our audience learnt the basics in an hour! He informed everybody about his sessions and urged everybody to join the Art of Living programme and experience different kind of breathing techniques. All in all, it was an incredible workshop for both the body and soul.



NELSON MANDELA DAY:

Nelson Mandela was a South African anti-apartheid revolutionary, political leader and philanthropist who served as the President of South Africa between



1994 to 1999. He was the country's first black head of state. Nelson Mandela International Day is celebrated every year on 18th July, Mandela's birthday. The day was officially declared by the UN in November 2009. It is a day marked to honour the legacy of Nelson Mandela and his values through volunteering and community service.

Nelson Mandela was a symbol of the struggle against racism. He fought against South Africa's apartheid regime - a system of racism which oppressed black majority.

Team International Service at Rotaract Club of Mulund Hill View planned to make a video emphasising the anti-racism movement; mainly in India. It expressed how not racism exists in a nation as diverse as India. People in India are discriminated in almost all social areas on the basis of colour and their origin. People from north-east are subjected to discrimination on the basis of their appearances. Not just adults but children also face bullying in schools for having a different accent or complexion. This hinders the growth of children who are the future of the nation. There have been multiple cases of lower castes being targeted by the general public. It's important to spread awareness about such brutal discriminatory customs that



promote prejudice. Gradually as times are changing more and more people are understanding how important it is to acknowledge this problem. General public

has to realise how discrimination is carried out and how it goes unnoticed because of constant brainwashing. We, as the responsible citizens of India are bound to make some changes by our side and try educating others. It's time for us to fulfil the dream that Nelson Mandela fought for in his lifetime. Like him numerous activists have tried but lacked support from the public.

Members at the Rotaract Club of Mulund Hill View shot a video expressing the concern and views about the cases of racial discrimination in India and how necessary it has become to treat people equally in all areas; political, social, economic. People who are discriminated do not deserve this kind of treatment without any valid reason against them.

On the occasion of Nelson Mandela Day, we pledged to strive for the banishment of racial discrimination on our personal levels. If only we do our part with some kindness, we can make this country a better place to live in for all. Let us all ensure that no race, no religion should be treated as different.