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thoughts, solutions, and visions for
our city. Connect with us and share
your ideas on knowyourtown@gmail.com. Let's shape our town's
future together!

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A FAMILY!



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Initiative By ठाणेवैभव

The Case for a Modular SWRO Desalination Plant

Thane is facing a severe water crisis in many parts of the city. Under typical circumstances, the city's current water supply of 590 MLD (Million Liters Per Day) is insufficient by 30-40 MLD. The present El Niño impact, which the Indian Meteorological Department (IMD) forecasts would decrease monsoon rains to below normal levels, has made this gap extremely critical. It is thus anticipated that Thane's peak dry-season deficit would get worse. Thane is extremely vulnerable if it depends just on the freshwater resources that are now available.

Saurabh Bhat, a chemical engineer residing in Thane, recently detailed a report through thorough research and suggested a ₹1,000 crore modular Seawater Reverse Osmosis (SWRO) desalination facility. He did his BTech from IIT Bombay, an MBA in Finance from XLRI Jamshedpur and held senior positions including Group president and managing director at Yesbank.

In order to protect the main RO system from seasonal algal blooms and stream turbidity, the plant will be expected to produce an initial 50 MLD that can be scaled to 100 MLD by 2035 using Dissolved Air Flotation (DAF), Dual Media Filtration, and Ultrafiltration Membranes.

A similar 2017 proposal was previously shelved due to public opposition over environmental and cost concerns. The report mentions proper ocean disposal of brine, which is a highly concentrated salty discharge that causes environmental damage. The proposed Thane Creek plant (near Vashi/Airoli) leverages high salinity and strong tidal flushing for safer dispersal. To protect the Flamingo Sanctuary and mangroves, the design features

Tackling Thane's Water Crisis



Statistics at a glance

Thane houses a population of 27.5 lakh, growing at a pace of 5% to 6% each year. Overall demand is expected to almost quadruple to 1,150 MLD by 2035.



Saurabh Bhat
Entrepreneur
smeniwas.com

Engineering Risks and Preventions

The idea uses technology proven successful by Indian precedents, such as Chennai's long-running SWRO plants, to get over obstacles in coastal engineering. To stabilise the deep marine clay without upsetting nearby mangrove roots, it substitutes conventional foundations with vibro-replacement (stone columns), raft foundations, and helical piles. In order to increase the structure's design life to more than 50 years, the facility will additionally employ thick High-Volume Fly Ash concrete and glass fiber reinforced polymer rebar.

Financial Backing

Backed by an AA rating from

advanced multi-port diffusers and sub-surface infiltration galleries. A 70-75 MW solar plant will supply 60% of daytime energy, while Energy Recovery Devices (ERDs) recycle 30-40% of wasted pressure to cut costs and emissions.

While the TMC is actively progressing with an ongoing 100 MLD Advanced Recycling Plant at the Kopri STP facility to produce Treated Used Water (TUV) for industrial use, recycling alone cannot fix the fundamental supply. The availability of freshwater is an essential requirement for advanced recycling. Both projects are quite complimentary as desalination adds fresh water to the system.

“It is critical to follow through with this scheme because regardless of whether the upcoming monsoon brings heavy or light rainfall, we still have to face water shortages. Our goal is to ultimately make Thane a “tanker-free” city. Despite buying premium apartments in Thane, residents still end up paying lakhs in water tanker bills. We must urgently implement long term as well as immediate short term schemes to resolve this issue. I have personally submitted due applications with the authorities highlighting this issue.”- MLA Sanjay Kelkar.

“Thane is facing a shortage of approximately 30-40 MLD. Due to the rapid growth in construction of new complexes around the Ghodbunder area, demand for water supply has risen. We already have an STP plant and we need more projects like desalination since we will soon exhaust water supply from rivers or underground. We have also held a few meetings with authorities regarding this. This water crisis is not limited just to Thane, but also includes parts of BMC,” said Vinod Pawar, Head of Water Department TMC.

CRISIL and an annual operating surplus exceeding 800 crore, the TMC is in a strong position to fund the 1000 crore capita expenditure. However, it is important to note that this only includes the construction cost. Production cost is estimated at ₹40-50 per 1,000 Liter. The project utilises a blended financing structure including multilateral loans (IFC/ADB), central AMRUT 2.0 grants, and municipal bonds. The accompanying 75 MW solar plant will use a PPP model, with Maharashtra State Government holding a 26% equity stake.

However, maritime megaprojects in the Mumbai Metropolitan Area require more time. Mangrove safeguards require mandatory permissions from the Bombay High Court, the MoEFCC, and the Maharashtra Coastal Zone Management Authority, which can take 26-34 months. The total

duration can take up to 6 to 8 years.

Why is this urgent?

The familiar sight of private water tankers has changed from an occasional summer backup to a year-round need as housing complexes expand along Ghodbunder Road, Majiwada, and Pokhran. Treating brackish (semi-salty) stream water takes far less pressure and energy than ocean desalination, despite the latter being extremely energy-intensive. This allows Thane to produce a consistent 20-50 MLD of usable water without creating a significant carbon impact or using municipal energy budget by setting up small, solar-powered brackish water treatment facilities along less contaminated sections of the creek. Thane has to move fast since its own demand curve is still rising, while Mumbai has already advanced its 200 MLD Manori plant to safeguard its water supply.

District 3142's Historic Tenth Year Transforms Thane

The 2025-26 Rotary year marks District 3142's tenth anniversary, branded as the "TITEN" year. The District Governor Harsh Makol shares that the core philosophy is continuous legacy growth. While every governor chooses a unique theme for momentum and impact, this year's guiding mantra is: “Dream Big, Dare to Do, and Do to leave a legacy for many people.”

To tackle the severe regional burden of thalassemia, four new treatment branches were launched this year in Dombivli,



Kalyan, Ulhasnagar, and Bhiwandi. Previously, patients only had access to two centers: the Tramp

Blood Bank in Thane and DY Patil Hospital. Aiming to create a completely “Thalassemia-Free Thane District,” local clubs are now pursuing public-private partnerships with government bodies and political parties.

Scripting History

District 3142 transformed its international funding utilisation by mentoring smaller clubs to navigate the process and find global partners. Previously, an imbalance left smaller clubs unsupported, with Global Grants underutilised at just 6 to 7 annually.

Balancing Passion and Purpose

As the Managing Director of Membrane System Specialists India Private Limited (MSSIPL), Dimple Shah represents perseverance, growth and leadership in the industrial solutions sector. Established in 2000, MSSIPL provides specialised industrial solutions for industries such as automobiles, pharmaceuticals and dairy. Known for its quality-driven services, technical expertise and strong client relationships, the company has steadily built a trusted reputation in the industry.

One of the most inspiring aspects of her journey is the transformation from handling basic office responsibilities to leading the company with confidence and vision. Beyond professional success, her journey has also been about personal growth, learning and resilience.

The journey began in 2010 when she joined the company with

The Journey of a Woman Leader



Dimple Shah



no prior work experience and from a completely different educational background. Starting in the accounts

and purchase departments, the initial years came with challenges and unfamiliar situations. However, a

willingness to learn from colleagues, customers and business partners gradually helped build knowledge,

confidence and leadership skills.

Over time, dedication and adaptability opened the door to greater responsibilities, eventually leading to the role of Managing Director. Every challenge became an opportunity to grow stronger both personally and professionally.

Believing that women naturally possess leadership qualities through their ability to balance responsibilities and adapt to changing situations, she encourages young women entering business to stay confident, focused and open to learning.

Beyond work, she enjoys painting, following fashion trends and spending time with friends. For her, maintaining hobbies and personal connections is just as important as professional success. She gives back to the society through her charitable work in the fields of education and medical help to the under privileged.

Silent but Preventable

What Everyone Needs to Know About HPV

Human Papillomavirus (HPV) is a very common virus that infects both men and women, often without symptoms. It affects the skin and the lining of areas such as the cervix, throat, and genitals.

How does it spread?

HPV spreads by close skin-to-skin contact, most often during sexual activity. It is one of the most easily transmitted infections worldwide. Most HPV infections clear on their own and cause no harm. However, some high-risk types, especially HPV 16 and 18, can persist and slowly cause cancer over many years. These two types cause about 70% of cervical cancers and can also cause cancers of the throat and genital areas.

How to prevent HPV infection?

The most effective protection is the HPV vaccine. It protects against the types most likely to cause cancer and works best when given before exposure to the virus. Safe sexual practices reduce risk, and regular cervical screening (Pap Tests) catches early changes before they become cancerous. For most women with normal results, pap testing is



suggested every 3 years; women with abnormal results or weakened immune systems may need more frequent testing. Smoking, early sexual activity, and multiple partners increase risk and require frequent testing.

Who should get the HPV vaccine?

The vaccine is recommended for both boys and girls aged 9–14 (two doses, 6 months apart). People 15 and older usually need three doses (0, 2, and 6 months). Routine vaccination

is up to age 26; between 26 and 45 it may be offered after discussion with a doctor.

Although, one major misconception is that the vaccine can affect fertility, which is completely false. The vaccine is safe and has no impact on future pregnancy. Another common belief is that the vaccine is only for girls or women, whereas it is equally important for boys as well. Many parents also feel that their child is "too young" to receive the vaccine, not realising that it works best when given before exposure to the virus, which is why it is recommended from 9 years of age. Some people think that if there are no symptoms, vaccination is not needed, but HPV infection is often silent. Addressing these myths is key to improving vaccination and preventing HPV-related cancers.



Dr. Hema Fouzdar Jain
Consultant Gynecologist
Lakecity hospital and KMC nursing home, Thane
Contact: 9920011506

District 3142's Historic Tenth Year Transforms Thane

(From Pg.1)

This year, backed by team member Ravi Prakash, a record 20 Global Grants were secured through the collective participation of 47 clubs. Total funding reached an unexpected 1 million dollars (approximately 9.5 to 10 crores).

"Till now people used to think how we can do it and what is the process," Makol explained. "Only stronger clubs could do it...and they were never supporting the weaker clubs."

These funds have driven massive impacts within the community:

Pediatric Heart Surgeries: Partnering with KIMS and Jupiter Hospitals, the district is

on track to touch nearly 600 surgeries.

Advanced Eye Surgery: Through Global Grants and collaborations with the Municipal Corporation, advanced eye surgery machines have been installed in municipal hospitals.

Empowering the Girl Child: The district recently donated 500 brand-new bicycles to young girls to assist in their mobility and education.

Education and Digital Learning Access: The District aimed to roll out 50,000 "Ideal Study" applications across the region to support weaker sections of the society. The District repurposed discarded Ganpati idols into study tables for underprivileged students, blending

devotion with education.

A highlight of the TiTEN year has been the integration of Rotaract (Youth Wing). They joined forces with core Rotary clubs for major initiatives, such as annual blood donation drives. For the first time ever, a Rotaract club was directly involved in a Global Grant project.

"They have tasted the crux of what Rotary wants," Makol noted, "And they can be the best leaders."

By mobilising youth, empowering smaller clubs, and securing historic funding, District 3142's 10th year is turning grand visions into tangible lifesaving realities for Thane.



World Environment Day

On account of World Environment Day, Dr. Mahesh Bedekar highlights the critical need to protect our urban ecosystems, urging immediate community action to restore green cover and preserve open spaces.

"Reduction in tree cover and open spaces, I feel, is one of the most urgent concerning environmental issues which needs a long term fix. Taking citizens into confidence, aggressive continuous plantation drives and preserving the available open space is a need of the hour for the betterment of present and future generations to come."

- Dr Mahesh Bedekar

From Menarche to Motherhood A Guide to Lifelong Reproductive Health

What are the preventative health habits every woman should adopt from puberty through childhood?

Puberty is a transition involving physical, hormonal, and emotional changes as a child matures into an adult capable of reproduction. We see a lot of young girls getting their period as early as 10-11 years these days and hence early education at home and school is important to teach them that menstruation is completely normal. Proper use and disposal of sanitary napkins, along with maintaining good feminine hygiene is very important. Encouraging sports at school and avoiding excess junk food or aerated drinks help maintain a healthy weight around this age. Providing awareness about teenage pregnancy and safe sex practices, especially using barrier contraceptives help to prevent Sexually Transmitted Diseases such as HIV and Hepatitis B.

When should a woman ideally start preparing her body for pregnancy?

Preparing a body for pregnancy begins as early as menarche. Detecting and treating menstrual abnormalities at an early age reduces the chances of any future conception challenges. For teenagers, symptoms like irregular cycle, excess weight gain, acne, and abnormal hair growth can be symptoms of PMOS, earlier known as PCOD. With timely treatment, a woman can plan a safe pregnancy upon reaching adulthood. Mothers should stay vigilant regarding these signs. Establishing a healthy lifestyle centered on exercise, weight



control, and basic blood screenings (sugar and thyroid) during the teenage years is essential for healthy menses and future fertility. Ovarian Reserve Tests (via AMH/FSH blood tests and pelvic ultrasounds) can evaluate egg supply to help guide long-term family planning.

Is preconception planning equally important for men? What steps should prospective fathers take?

Preconceptional planning is equally important for men. Semen examination, including evaluation of key parameters (count, motility, and morphology), is typically conducted alongside the partner's evaluation to ensure a healthy pregnancy. Because these factors are severely compromised by tobacco, alcohol, cigarettes, and drug abuse, lifestyle modifications are essential. Prospective fathers should manage pre-existing conditions like diabetes and hypertension, minimise stress, maintain a balanced diet, exercise regularly, and cut back on smoking and alcohol to optimise fertility.

Dr Sneha Phadnis

Dr Sneha's Maternity and Gynaecology Clinic, Niwara, First floor, Ram Ganesh Gadkari Path, Thane west. | Clinic- 9136622656

The Truth About IVF Breaking Down Misconceptions Around Fertility

Myth 1 : IVF is "Unnatural"
Many people believe that conception should happen naturally and that IVF interferes with nature. In reality, IVF simply helps fertilisation occur when medical conditions prevent it from happening naturally.

Myth 2 : IVF Always Leads to Twins or Triplets

Many people still associate IVF with multiple pregnancies. However, modern IVF practices increasingly emphasise single embryo transfer, which significantly reduces the risk of twins and triplets while maintaining excellent pregnancy rates.

Myth 3 : IVF Babies Are Different or Less Healthy

Scientific evidence has consistently shown that IVF-conceived children grow, learn, and develop similarly to naturally conceived children. The vast majority of IVF babies are healthy and lead normal lives. The method of conception does not determine a child's intelligence, personality, or future potential.

Myth 4 : IVF Can Overcome Age Completely

Many people believe that IVF can



compensate for any degree of age-related fertility decline. Unfortunately, age remains one of the most important factors affecting fertility, particularly because egg quality decreases over time. IVF can improve

the chances of conception but cannot completely reverse the natural effects of reproductive aging.

Myth 5 : IVF Treatment is Extremely Painful

Most of my patients are surprised to find that IVF is far less physically painful than they imagined, although it can be emotionally demanding.

"Infertility is a medical condition, not a personal failure, and seeking treatment is an act of courage, not something to hide," says Dr Sejal Kulkarni.

Dr Sejal Kulkarni

MBBS, MS (OBGY), DNS (OBGY), FMAS, DRM Fellowship in IVF and ART Fellowship in Laparoscopy. | Contact - 98920939805

Panacea Fertility Center- Advanced IVF Treatment in Thane

Shop no 10, 13 and 14, Upper Ground Floor JVMS Corner Stone, Hari Niwas Circle, Thane West. | Contact- 8600008627

PMOS: More Than Just a Period Problem

Polycystic Ovary Syndrome (PCOS) is now being referred to as Polyendocrine Metabolic Ovarian Syndrome (PMOS), a name that better reflects how the condition affects different parts of the body. According to experts, PMOS is not just a reproductive health issue it can also impact metabolic, cardiovascular, skin, sleep, and mental health.

Women with PMOS may experience irregular periods, weight gain, excessive facial or body hair, acne, mood swings, anxiety, depression, and difficulty conceiving. These symptoms often develop gradually and are sometimes ignored until they begin affecting daily life.

Diagnosis is based on symptoms such as menstrual irregularities, signs of excess male hormones, and changes seen in the ovaries during sonography.

Dr Soniya points out that lifestyle changes are one of the most effective ways to manage PMOS. Regular exercise, a balanced diet, and healthy habits



can help improve overall health, manage weight, and reduce long-term health risks. Early diagnosis and timely treatment can make a significant difference, helping women manage PMOS and lead healthier lives.

- Dr Soniya Agarwal

M.D., D.N.B., M.R.C.O.G (London), D.G.O., D.F.P.

Floor 1, Prathamesh Hills, Dhokali Naka, Kolshet Road, Thane West. Contact: 7715084860

PMOS: Looking Beyond Reproductive Health

PMOS is often viewed as a condition linked primarily to fertility and menstrual health, but according to Dr Shalaka Bahadkar, its impact extends far beyond the reproductive system. As an endocrine and metabolic disorder, it can affect multiple aspects of a woman's overall health.

One of the most common challenges associated with PMOS is difficulty in managing weight, often due to insulin resistance. This can significantly increase the risk of developing Type 2 diabetes over time. The condition also affects cardiovascular health, making women more prone to hypertension, altered lipid profiles, and heart disease.

PMOS can also manifest through visible symptoms such as acne, excessive facial or body hair growth (hirsutism), and hair loss (alopecia). Beyond these physical changes, the condition can take a toll on emotional well-being. Hormonal imbalances and persistent symptoms may contribute to



anxiety, depression, and chronic fatigue.

While there is no permanent cure for PMOS, Dr Bahadkar explains that it can be managed effectively through a combination of lifestyle modifications and appropriate medical treatment. With timely

diagnosis and consistent care, women can successfully manage symptoms and reduce the risk of long-term health complications.

Dr Shalaka Bahadkar, MBBS, M.S, D.N.B(Obgy)

Spectrum Clinic : 1st floor, Vineeta Apartments, Near Malhar Talkies, Gokhale Road, Thane | Contact no- 7506959558

THE SUMMERS WE STILL CRAVE

Before smartphones, streaming platforms and air-conditioned malls became a part of everyday life, summer vacations had their own simple joys. The season was filled with endless outdoor games, afternoon cartoons, and a collection of treats that instantly made the heat bearable. Among them was the iconic Pepsi Cola ice candy, a brightly coloured frozen drink packed into long plastic tubes, fondly called "Pepsi".

Sold by local vendors for just a 1 rupee, these colourful frozen tubes came in flavours like cola, orange, mango, kala khatta, and lemon. The ritual was always the same: bite off the top, squeeze the tube from the bottom, and enjoy the sweet, icy refreshment before it melted away. But Pepsi sticks were only part of the summer story. Chilled glasses of Rasna, homemade aam panna, colourful golis, orange candy bars, and juicy watermelon slices were essential companions on hot afternoons.

Summer also meant spending hours outdoors playing cricket, cycling with friends, and creating memories with cousins during school holidays. There were no notifications or screens demanding attention; the days were filled with simple pleasures and endless fun.

Today, while countless new snacks and beverages have entered the market, these classic summer treats continue to hold a special



place in our hearts. They remind us of a time when happiness came in the form of a frozen Pepsi stick, sticky hands, and carefree afternoons under the summer sun.

Some memories never melt away.

UPCOMING Events

Psych Mixer : A meet-up for aspiring and established mental health practitioners hosted by Rujuta Deshmukh

Date: June 6

Time: 6-8 PM

Venue: Atrangi Katta, Thane

For more details: @atrangi.katta on instagram

Poetry Workshop hosted by Kunjana Parashar

Date: June 7

Time: 2-4 PM

Venue: Atrangi Katta, Thane

Crochet Workshop

Date: June 7

Time: 5-7 PM

Venue: Selkies, The Walk, Hiranandani Estate.

TieDye Workshop with Huecoast

Date: June 7

Time: 11.30 AM

Venue: Starbucks, Lake Shore Mall.

Nailed It, Shane!

If you pay attention to people's hands while travelling on the local train or sitting at a cafe, you'll see that plain, bare nails are becoming a thing of the past. Getting your nails done used to be a luxury just for brides or big festivals. Hardly did your hands receive more care than a quick, five-minute trim during a monthly facial appointment. Today, it has become a regular part of monthly self-care for women all across the city.

A good manicure is the ultimate mood enhancer, as seen by the emergence of new specialised venues across the city. Whether you choose to wear long, glittering acrylic extensions for a friend's wedding or short, simple pastel hues for business meetings, it's a simple way to show off your personal style. Your hands are one of the most expressive areas of your body, and even if you're simply wearing jeans and a plain t-shirt, a great set of nails instantly makes you seem put together.

What's Popular Right Now?

Elegant, whimsical, and dramatic finishes are now the most popular manicure trends in Thane. You may choose between the simple elegance of Milky White and Pastels, which rely on gentle lilacs, pinks, and pure whites that blend with any outfit, or Cat-Eye Gel, which uses a small magnet to move glitter particles into an attractive,



light-catching pattern. Jelly Nails give a transparent, translucent finish in vibrant berry, peach, and pink hues that resemble bright, glassy syrup if you're looking for something more whimsical.

If you're ready to treat yourself, here are three fantastic, highly-rated salons in Thane that deliver excellent results

The Bombay Nail Company (Hiranandani Meadows)

This spot is perfect if you want detailed nail art. Regulars love them because their extensions hold up really well without lifting.

Tip & Toe Nail Club (Hiranandani Estate)

A premium, dedicated nail brand famous for their long-lasting gel extensions and highly creative nail art, making it

Has Finger Tip Art Become The City's Ultimate Mood Buster?



the perfect destination when you want to celebrate a special occasion or really pamper yourself.

The SoBo Nail Salon (Hiranandani Meadows & Hariniwas Circle)

A major favourite for locals who want precise, long-lasting nail work. They even use vegan and cruelty-free products.