

R.I. PRESIDENT:	FRANCESCO AREZZO	DISTRICT GOVERNOR: DR. MANISH MOTWANI
CLUB PRESIDENT:	SEEMA KSHIRSAGAR	EDITOR: NARAYANA SHAGRITHAYA
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DISTRICT GOVERNOR'S MESSAGE

My Dear Inspired President Seema and Rotarians of Mumbai-Bhandup,

It is a pleasure to greet all of you as you step into another Rotary year!

Your club has been a shining example of service for over 35 years, creating a positive impact in Bhandup, Kanjur Marg, and even in rural areas. You have excelled in all round projects like education, medical camps, cataract surgeries, school projects, and support to adopted children, you have touched countless lives.

*As you continue this journey, I encourage you to embrace our theme this year – **INSPIRE**:*

** **I – Involve Every Member**: Each member's talent and passion matter. Let's work together to keep the club vibrant and inclusive.*

** **N – Nurture Our Projects**: Build on your past successes and continue to innovate with both old and new initiatives.*

** **S – Seek Strategic Support**: Partner with donors, corporates, and community allies to expand your impact.*

** **P – Promote Leadership and Responsibility**: Lead with clarity, purpose and passion.*

** **I – Initiate Meaningful Connections**: Informal meetings and open dialogue make us stronger as a Rotary family.*

** **R – Reach Out Personally**: Let's connect, listen, and celebrate our work together.*

I also urge you to contribute actively to our district's focus areas: cancer screening, model villages, Rotary Connect (networking), lifestyle diseases, mental health and de-addiction, women's empowerment, and strengthening Rotary hospitals.

Lastly, I encourage you to retain and grow your membership to the proud heights you very recently achieved – 50! Your strength lies in your members. Together with your partners in service I am sure you will do much more in 2025-26!

*Let's **INSPIRE** each other, **UNITE FOR GOOD** and continue to serve!*

Dr. Mahek and I wish you a successful year ahead!

Yours in Rotary Service,

Dr. Manish Motwani
District Governor 2025-26

R I THEME 2025-26

**UNITE
FOR
GOOD**



KNOW YOUR DISTRICT GOVERNOR DR. MANISH MOTWANI



*Dr. Manish Motwani is the founder and chief Bariatric Surgeon at **Aastha Bariatrics**, which is a **Centre of Excellence (COE)** in metabolic and Bariatric Surgery, amongst the 2 centres in Mumbai and 10 in India to get this recognition. In his **career as a Bariatric Surgeon spanning over 2 decades**, he has operated thousands of Obese patients and is the*

highest volume centre in Mumbai and amongst the **top 5 Bariatric Surgeons** in country.

Dr. Manish Motwani is also a **Senior Bariatric Surgeon (Weight Loss Surgeon) at Breach Candy Hospital** and owns a 50 bedded speciality Laparoscopic Hospital, **Aastha Health Care**.

He has acquired various Fellowships and advanced Training in Bariatric Surgery from every renowned centre across the globe including:

Diploma Bariatric Surgery, Lyon, France

Fellowship Bariatric Surgery, Brugge, Brussels

Fellowship Revisional Bariatric Surgery, Brugge, Brussels

FALS (Fellowship in Advanced Laparoscopic Surgery) Bariatrics, India

He has been a Key Opinion Leader, National Trainer and Faculty for Bariatric Surgery with Ethicon, Medtronic and Lotus India.

Has been a National and International faculty at various seminars, conferences and workshops all over the world.

He is the Executive Council Member **OSSI** (National Governing body for Metabolic and Bariatric Surgeons in India) and **National Advisory Council** for National Conference of **OSSI**. Has published scientific papers and articles in various International and National journals and been interviewed on National News channels close to 100 times in the Past two decades.

Dr. Manish Motwani joined Rotary as a **Charter Member of Rotary Club of Mulund Hill View** in 2001 and was President in 2007-08.

He has been at the helm of almost all Avenues including and not limited to Membership/Rotary Foundation/Community Service Medical/Non-Medical/Youth/ Public Relations/Publications and all administrative positions including AG/DS/Chief Coordinator AKS/Chief Coordinator District 3141 in his Rotary journey to be finally elected as the **District Governor for 3141 for the year 2025-26**.

He introduced the concept of E-learning and E-administration in our District way back in 2014-15.

He has published 3 Rotary books, latest being Brush up ur Rotary Knowledge, which was released in 2022-23.

As a New Club Advisor, he has formed 3 clubs, RC Mumbai SOBO, RC Mumbai Greens and RC Medical Crew and has **personally sponsored more than 45 members to Rotary**, in District 3141, India and abroad.

He has produced and coordinated talk shows promoting Rotarians all across the district – VizBiz talks in 20-21 and alphaBytes in 22-23.

He has been the Convener for almost all District Fellowship events, training seminars, DG Installation, District Conference and Awards nights in his Rotary career spanning 25 years.

He has been awarded '**FIVE AVENUES OF SERVICE**' citation and the '**CLUB BUILDER AWARD**'.

His partner **Dr. Mahek Motwani** is an Aesthetic Gynecologist and a Cosmetologist who runs her brand "**The Pinnk Door**" – Centre for Cosmetology across Mumbai. She is also the Past President from Rotary Club of Mulund Hill View. They are blessed with a beautiful daughter **Tanya**, who is following the path of her parents and pursuing Medical studies.

Dr. Mahek and Dr. Manish are Major Donor Couple.

FROM THE PRESIDENT'S DESK

Dear Rotarians,

It is with immense pride and gratitude that I pen down my first message as the President of our Rotary club. I thank each one of you for placing your trust in me to lead this incredible family of changemakers.



Rotary stands for Service Above Self, and together, we have the opportunity to bring that motto to life. This year let's focus on impactful projects that uplift communities – from empowering women and youth through skill development, to supporting healthcare initiatives like cataract surgeries, to spreading digital literacy among senior citizens and ensuring safety and dignity through programs like Pink AutoInitiative. Let us continue to collaborate with enthusiasm, inspire with compassion, and lead with integrity. I invite each member to be active, share ideas, and take pride in being a Rotarian. Together, we can turn small actions into powerful transformations. Here's to a meaningful Rotary year ahead!

SEEMA KSHIRSAGAR

OUTGOING PRESIDENT WRITES

Shukriya to Each and Every One of You!

Thank you, Uday, Jennifer, and Natarajan, for interviewing me and giving me the opportunity to become a Rotarian.

Even before I could fully understand what Rotary was all about, you all recognized my potential and elected me as the President Nominee. I still remember Sorisso DOP – a moment etched in my memory.

Realizing the gravity of the responsibility, I began to learn and understand Rotary's workings. And then, the day arrived when the baton was handed over to me by PP Jennifer. The collar felt incredibly heavy, and I had hundreds of butterflies in my stomach.

But little did I know – I was in the safest hands. Those hands were yours, the members of RCMB. Thank you, my lovely Rotary family. Without sounding too warm and fuzzy, let me say this, it has been an incredibly affirming and humbling experience.

Just yesterday morning, Rajiv called and said, "Hello, 3-day President," and it hit me - yes come July 1st, I will take on a new role. But the joy is that I will forever carry the title of President for the year 2024-25. I will cherish this journey. Sitting back in the audience will always be a proud and happy moment.

As the wheel of Rotary continues to run, the baton will pass to Seema. But one thing that will remain constant is my unwavering commitment to our members and the community. June 30th isn't the end of an era for me – it is the beginning of a more learned and evolved leader within me. Thank you for teaching me, guiding me, and then trusting me enough to follow.

Our weekly meetings were full of fun and learning.

Projects like Annapurna, visits to old age home, six months continuous blood donation drives, medical awareness programs, a fun-filled picnic, and so many other initiatives brought out the best in each one of us.

And how can I forget Team Phantom? Let's give a loud cheer for our cricket team! Ajesh, you were a true captain! I have so many people to thank:

* To the **Board of Directors**: thank you for putting up with me and supporting every initiative through the year.

* **Chitra**: Despite your busy schedule, you made time for your pet project. Aarti Naik was icing on the cake, and the safety training was the cherry on the top.

* **Bhadresh Bhai**: You once said even serving three cups of tea is an expense – but you donated US\$ 1000 for the Anganwadi project. That takes a big heart. I learned generosity from you.

* **Vinodji**: You taught me consistency.

* **Ajit**: You were my Shah Rukh Khan – Mai hoon na.

* **Rama sir and Vaishali**: Without your presence, my journey would have been incomplete, but you not only supported me throughout but kept me on toes also and I loved it.

* **Rashmin Bhai, Bhavin Bhai and Jitu Bhai**: I needed someone to listen to me – and I knew I had you.

* **Jayashree, Narayana, having morning breakfast and learning would like to continue**, Rajesh our toast to good life still continues and I thoroughly enjoyed Shalini's advices during my journey as President.

* **Message for Swati**: Aap jo jange jit liya hai, aapke liye Presidentship cake walk hai – think about it.

* **Rajiv**: You were my Bhishma Pitamah, always showing me the right path.

We meet every Thursday at Hotel Guru Prasad, Link Road, Mulund at 7.00 PM.

* **Uday**: You were my Krishna, guiding me like Arjun, especially when I went off the track.

* **Suju**: Like Tom and Jerry, we may not appear the same when seen individually, but together we are a perfect pair. Thank you for tolerating me, guiding me, and just being there through thick and thin.

Thank you all for truly demonstrating what it means to put Service Above Self, to Engage Rotary, and to Change Lives.

IPP Asha Narang

JEEVANDHARA BLOOD DONATION CAMP

A blood donation camp was organized on 1st July 2025 at Mulund West Railway Station platform from 9am to 5.30pm. This was in association with **Grant Medical College and J. J. Group of Hospitals Blood Centre**. Apart from our club, all Rotary Clubs, Inner Wheel clubs and Rotaract clubs of Mulund, participated in the camp. The donors were provided with a certificate from the Blood Centre and also a Umbrella was given as token gift.



From our club President Seema Kshirsagar, Secretary Vaishali Nair, PP Natarajan T. R., IPP Asha Narang, Rtn. Ajit Sankaran, PP Rajiv Shah and PP Narayana Shagritaya attended the camp. Rtn. **Ajit Sankaran and PP T. R. Natarajan** donated blood. President Seema, Secretary Vaishali and IPP Asha Narang also volunteered to donate blood, but could not do due to technical reasons. Blood donations were conducted at various Railway stations throughout the District. We could collect **76 bottles of blood at Mulund center**.

CATARACT FREE BHANDUP CAMP

As a part of our ambitious project "**Cataract Free Bhandup**", cataract screening and eye check up camps are organised on the first Saturday of every month. It is going on from August 2022 regularly. Presently it is being organised at Datta Mandir, Near Hotel Gopalashram, Near Mulund Checknaka, Thane. So far we have screened more than 2600 persons and carried out more than 1100 cataract surgeries. This is in association with **Bhaktivedanta Hospital and Research Institute, Mira Road** - with kind help from **Wagle Estate Lorry Owners' Association and Hotel Gopal Ashram**.



In the cataract screening and surgery camp held on **5th July 2025**, 88 beneficiaries were screened and out of them 50 were detected for cataract.

Out of the 50, 40 were sent to Bhaktivedanta Hospital at Mira Road on 6th July 2025 & 10 were sent on 8th July and surgery was successfully carried out. Also 23 persons were provided with spectacles free of cost.



Dr. Niteesha Agarwala of Hinduja Hospital and a member of Rotary Club of Bombay visited our camp today. She took a quick round our screening camp and ambulance. She was highly appreciative of the excellent work we are doing in association with Bhakti Vedanta Hospital.

KNOW YOUR ASSISTANT GOVERNOR KUNAL KAUSHAL



KUNAL KAUSHAL has over 29 years of experience in the security industry. He has risen through the ranks to his current role as Regional Head at Peregrine Guarding, where his strategic insight and leadership have become essential in shaping the company's growth and direction.

But beyond the boardroom, Kunal's identity is enriched by his deep-rooted passion for music – a

love that has transcended personal enjoyment to become a professional pursuit. As a professional singer, Kunal has had the privilege of sharing the stage with some of Bollywood's most iconic musical legends, including Laxmikant Pyarelal, Alka Yagnik, Anup Jalota, and Sanjeevani Bhelade.

His artistic journey doesn't stop at music. Kunal's passion for fashion photography has also garnered significant recognition, with his works earning multiple awards.

Kunal is a member of RC of Chandivali, Mumbai and was its President in 2022-23. He has served the District as Zonal Avenue Chair and in the Inspire year 2025-26 he is the Assistant Governor. He is a Past Chairman of IFRM (International Fellowship of Rotarian Musicians), and through this he has channeled his passion for music into fostering a sense of togetherness and creativity within the Rotary community. He is Zonal Head India for IFRM and Maharashtra Incharge for the Dadasaheb Phalke memorial Foundation (DPMF).

Kunal has been honored with the Hunar Ratna award and Achievers award for singing at JWM, Juhu. He is a jury member for the Dadasaheb Phalke Icon Award Films.

One of Kunal's most cherished achievements is the founding of the Tarane Musical Group, a platform dedicated to nurturing and empowering musical talent. Through Tarane, Kunal has created a community where singers, musicians, and artists can grow, express themselves and find a sense of belonging.

Kunal says he is blessed with one **wife Vaishali** and one son **Shaurya**. Wife is working as Teacher at Headways school and son is in class 11.

KNOW YOUR PRESIDENT SEEMA KSHIRSAGAR

SEEMA KSHIRSAGAR holds an MBA in Fashion Technology from the prestigious School of Fashion Technology, affiliated with NIFT, New Delhi.

Seema has a rich background in fashion design. She has served as the Head Designer for several international fashion brands, including Aldo, Tie Rack, Zara, Max, Forever 21, and H & M.

In 2012, Seema established the **Advance Institute of Fashion Technology**, a premier institute for fashion education. The institute received affiliation from the Maharashtra State Government in 2015.

Seema has been at the forefront of women empowerment through skill development. Under schemes like the National Urban Livelihood Mission (NULM) Pramod Mahajan Kaushalya Vikas and Udyojakta Abhiyan, she has trained over 1500 underprivileged women, with 75% of them gaining employment or starting their own ventures.

She is the founder of **SEAM BY SEEMA**, a women's apparel brand known for its elegance and quality. Recently, she launched **Laddki** – a handcrafted, eco-friendly jewellery brand made from handloom fabric. Laddki is more than just a brand – it's a mission to empower tribal and underprivileged girls through skill training.

Through the **Centre of Excellence** in Kandivali East, she is providing jewellery-making and sewing machine operator training to tribal girls from areas such as Palghar, Mangaon, Vasai, Virar and Borivali – promoting financial independence and creativity.

Seema joined Rotary Club of Mumbai Bhandup in 2021 and has been an active member of the club since then. She took charge of club's skill development project and through her organisation Advance Institute of Fashion Technology, she has been instrumental in training number of underprivileged women in tailoring, who have either got gainful employment or have started their own venture. Seema has been a member of the club board since last 2 years, finally taking over as Club President in 2025-26.

Seema is happily married to **Shekhar Kshirsagar** who is working with Tech Mahindra as a Finance Manager – Pay roll and Pay roll accounting. The couple is blessed with two children. **Son Devarsh** has done his B. Sc. in Nautical Science and is working for Aza Shipping Pvt. Ltd. **Daughter Sanvi** is studying in 12th grade at Mulund College of Commerce.

KNOW YOUR SECRETARY VAISHALI NAIR



Rtn. Vaishali Nair has a bachelors degree in Pharmacy to her credit. She is a dynamic and assertive pharmaceutical expert with 31 years of leadership experience in the global pharmaceutical industry. Based in Mumbai, India, she has played pivotal role in research, development, and project management, successfully launching 60+ pharmaceutical products across India, APAC, EU, US, and ROW markets. She has held key leadership positions at industry giants like Sandoz, Novartis, Johnson & Johnson (Janssen India),

We meet every Thursday at Hotel Guru Prasad, Link Road, Mulund at 7.00 PM.

and Pfizer, earning numerous awards, accolades, and industry recognitions. As a pharmaceutical project management consultant with Gerson Lehrman Group (CLG) – the world's leading expert network – Vaishali provides strategic insights and expertise to international pharmaceutical companies.

Beyond her corporate achievements, Vaishali is a #1 international best selling author of **"Embrace the Journey: Your Path to Spiritual Growth"** (Amazon, November 2021). She is also a contributing writer for **Voice of Truth**, an international magazine published by Women World Leaders.

As the Founder & CEO of **Enduring Genesis**, she is a passionpreneur specializing in pharmaceutical consultancy, technology transfer, and project management. She is an established authority in corporate grooming, soft skills training, life coaching, and leadership development for working professionals.

Driven by a deep sense of purpose, Vaishali is on a mission to impact 100,000+ women by 2027, equipping them with the skills, confidence, and resilience to excel in both their personal and professional lives.

Vaishali joined Rotary Club of Mumbai Bhandup in 2023 and has been a very active member of the club since then. She was club's Vocational Service Director during 2024-25 and has been responsible for chartering of a new Interact club, **Interact Club of Mulund Vidya Mandir**. In Inspire year 2025-26, she is the **Club Secretary**. She is also the **Secretary of Inner Wheel Club of Mumbai Bhandup** during 2025-26.

Vaishali's commitment to giving back to the society extends to active volunteer work with Nanhi Kali, Goonj, MFPA, Helen Keller Foundation, Amcha Ghar, Jesus Calls, and Shantivan Old age Homes, supporting underprivileged children, the disabled, and the elderly.

Vaishali is happily married to **Ravikumar** who is credited with a B. Sc. Tech degree, with a post graduate Diploma in Supply Chain Management and also a PGD in Industrial Management. He works for Reliance Industries as Sr. Vice President Logistics of entire petchem division. The couple are blessed with two grown up children. **Daughter Anuprita** is BDS from Manipal University, MS in Public Health from Boston University and currently working with University of IOWA as Biostatistcian Level 1. She is married to **Jaydeep Vaidya**, a mechanical engineer with masters in Automotive Engineering. **Son Anurag** has done his B. Tech. in Mechanical Engineering and will be leaving to US for his Masters degree at Clemson's University, South Carolina.

Vaishali loves spending quality time with her family and extended family. She enjoys learning Hindustani classical music and singing some classics and Bollywood songs on various platforms and in her free time.

TEAM 2025-26

President: Seema Kshirsagar

Secretary: Vaishali Nair

Immediate Past President: Asha Narang

President Elect 2026-27: Vaishali Savla

Vice President: Vaishali Savla
Treasurer: Sachin Neswankar
Sergeant-At-Arms: Rashmin Shah
President Nominee 2027-28: Vaishali Nair

DIRECTORS:

Club Administration: Narayana Shagrithaya
Membership: Asha Narang
Public Relations: Ganesh Waradkar
Vocational Service: Dr. Viral Gada
Community Service Medical: Ramakrishnan C. R.
Community Service Non-medical: Rajendra Mokul
Youth service: Manpreet Singh Banga
The Rotary Foundation: Vinodkumar Aggarwal
District Thrust Area: Natarajan T. R.
Club Trainer: Rajiv Shah
Polio Plus: Bhadrash Mehta
E-Administration: Sudhanshu Sharma
CSR: Jennifer Isaac

FROM THE EDITOR'S DESK

If Rotary has survived for 120 years and is still going strong, one of the main reasons is the beautiful systems that have been built into Rotary. The foundation for this was laid by **Rtn. Chesley Perry**, who served as the General Secretary of Rotary International for 32 years from 1912 to 1942. Aptly, **Founder Paul Harris** used to call him as **"Builder of Rotary"**.

In Rotary, everyone is equal irrespective of one's financial, educational, professional or social status. Everyone sits together, serves together, eats together and enjoys together. Any member, who is an ordinary citizen can become the President of a club having members from all rungs of the society. Managing in Rotary is altogether a different ball game and is nowhere near to managing a business entity. That is why, they call **Rotary the best management institute in the world for free**.

Becoming a club President is a rare privilege and a lifetime opportunity. When you become a Club President, the best in you comes out and you become a true Rotarian.

Dear **Seema**, heartiest congratulations to you for accepting the mantle of Presidency of our prestigious club during the **Inspire year**. We are sure that with your professional experience, capability and pleasant disposition, and with the able help from our dynamic club secretary **Vaishali** & a well-informed Board, you will be successful in taking the club to greater heights. Thank you, **Asha**, for giving us a fabulous **Vibrant year**.

District Governor **Dr. Manish** has given a beautiful and inspiring message to us through this bulletin. I have been editing our club bulletin for the last more than 20 years, and I can say with confidence that this is the best message ever I received from a Governor. This is not just a message, but a guiding **beacon** for the President and all of us members. We should be reading this every day so that we keep ourselves inspired all through. Thank you, DG Dr. Manish, for such an inspiring and lovely message.

Wishing you all members, a very eventful and enjoyable **Inspire year**.

PP Narayana Shagrithaya

SCHEDULE OF CLUB PROGRAMS/PROJECTS.

1st July 2025: **Jeevandhara Blood Donation Camp** along with Rotary, Inner Wheel and Rotaract clubs of Mulund. Venue: 1st Platform, Railway Station, Mulund West. Time: 9am to 5.30pm.

3rd July 2025: Regular club meeting. **Rtn. Ajesh Shetty** to speak on **"Importance of Name"**. Venue: Hotel Guruprasad Banquet Hall.

5th July 2025: Cataract Free Bhandup Camp in association with **Bhaktivedanta Hospital and Research Institute, Mira Road** – with help from Wagle Estate Lorry Owners' Association and Hotel Gopalashram. Free Cataract screening, Spectacles Distribution and surgery. Venue: Datta Mandir, Near Hotel Gopal Ashram, Starting of Wagle Estate, Thane West. Time: 10am to 1pm.

19th July 2025: Installation Program of **Inspire President 2025-26 Seema Kshirsagar and her team**. Time: 10am to 1pm followed by lunch. Venue: Jagannath Banquets, L. B. S. Marg, Bhandup West. Chief guest: **Inspire District Governor 2025-26 Dr. Manish Motwani**.

SCHEDULE OF DISTRICT/RI PROGRAMS.

7th & 8th February 2026: **DISCON 26 – Inspire District 7th Conference - "DRISHTIKON"**. Venue: Hotel Sahara Star, Mumbai.

BIRTHDAYS & WEDDING ANNIVERSARIES

JULY

05	BD	RTN	Manpreet Singh Banga
05	BD	SON	Pramod Vanaja Shetty
06	BD	RTN	Rajiv Shah
07	BD	ANN	Sujata Sabat
09	BD	ANN	Sharmistha Sudhanshu Sharma
10	WA		Arpit & Hima Thakkar
13	BD	RTN	Narayana Shagrithaya
21	BD	SON	Tanay Joshi
22	BD	ANN	Preeti Rajiv Shah
22	WA		Jasmine & Bhavesh Gandhi
28	BD	DTR	Vijaya Vanaja Shetty

Laugh It Off!!!!

After finishing dinner in a restaurant, the wife told her husband, "Give some tips to the waiter". Husband called the waiter and told, "Don't get married!"

Think It Over

Pay no attention to what the critics say. A statue has never been erected in honour of a critic. -Jean Sibelius

HELLO

When you lift the phone you say Hello. Do you know what is the real meaning of Hello? It is the name of a girl. ! Do you know who is that girl? "Margaret Hello". She was the girlfriend of Graham Bell who invented telephone. Graham bell's first word on his phone after his invention was "Hello". That practice of starting the call with hello still continues. One may forget name of Graham Bell, but not of his girlfriend, that is love!

Bulletin edited and published by PP Narayana Shagrithaya. Mobile : 9821267367.