

UDAAN

February 2025

STEPHANIE A. URCHICK
R I PRESIDENT

CHETAN DESAI
DISTRICT GOVERNOR

APURVA PATEL
PRESIDENT

HARSHA MEHTA
HON. SECRETARY

AJANTA RATH MISHRA
EDITOR

FROM THE PRESIDENT'S PEN...

Udaan - February 2025: A Month of Service, Celebration, and Peace

February unfolds, carrying the torch of service and fellowship ignited in January. Building on December's classroom inauguration at the Ranshet Tribal School, we've continued our commitment to the six areas of focus. The Community Hall, Kitchen, and Shed project at Ranshet is progressing well, promising enhanced facilities for the community. We also enjoyed superb camaraderie at our fireside meeting, held at the beautiful farmhouse of PP Ujwal Andhari.



February is also Peace and Conflict Prevention/Resolution Month, a time for Rotarians to reaffirm our dedication to global peace and understanding. Peace isn't simply the absence of conflict; it's an active pursuit of bridges, dialogue, and a just world. As Swami Vivekananda said, "Peace can only come through the heart. When there is peace in the heart, there will be peace in the family, in the society, in the nation, and in the world." Our projects, especially this month, should reflect this commitment.

We were honored to welcome Rtn. Yudeesha Pathirana from the RC of Colombo Fort, Sri Lanka, and the RC of Halifax NorthWest, Canada. Her insights into transportation solutions and tourism broadened our global perspective.

January's Vocational Service focus shone through our joint project with RC Mahakali Heights. Distributing sewing machines to women in economically weaker sections, with more planned for a Vikramgarh vocational school, empowers individuals. This, along with supporting pediatric heart surgery through the Gift of Life Global Grant (\$282,608), demonstrates our commitment to both immediate and long-term needs. We're grateful to PP Shachiin Nanavati's trust for their magnanimous donation to the TRF Global Grant and also to the Juhu Half Marathon, and to Director Dhiren Shah for his donation towards the Ranshet Girls' Hostel solar water heater. We also witnessed heartwarming moments when we distributed 200 wheelchairs at a mega medical camp, bringing mobility and independence to those in need.

Our community health commitment was highlighted by the 37th AED installation at Ram Mandir Station, thanks to IPP Dr. Akshay Mehta. The upcoming cardiac ambulance for Brahma Kumari's Hospital will further aid their free medical treatment. We also anticipate a youth suicide prevention seminar with Atul Khatri and Dr. Anjali Chabbria.

February's highlight is the 7th HRX Juhu Half Marathon on February 9th. Partnering with 44 doctors/interns from Sri Sathya Sai Sanjeevani Hospital Kharghar, we'll raise CHD awareness. We also look forward to the BPM High School medical camp. Environmental initiatives continue with solar water heaters for the Ranshet hostels and the construction of a check dam at Ambeghar. We're expanding our reach through the newly chartered RCC Shri Sadguru Sewabhavi Sanstha at Dahanu and school repairs in Vikramgarh.

Congratulations to Rtn Vaishali Salla and young star Shauna Dhurandhar for their ROTAL achievements! Their singing success brings us pride.

Let us continue working together for a better future, always striving for peace and understanding.

Yours in Rotary Service,

President - Rtn. Apurva Patel

TRF & INTERNATIONAL SERVICES Avenue Director: Rtn. Manish Kothari



President Apurva Patel & First Lady Mona Patel were felicitated for becoming Major Donor Level 1



Rtn Paresh & Priti Bhagat were felicitated for becoming Major Donor Level 2

EDITOR'S TIDINGS

Flavours & Aromas of India – A Culinary Mosaic



India's cuisine is as diverse as its culture & as rich as its heritage & as colourful as its textiles. Indian cuisine dates back to the Indus valley civilisation & started with the usage of wheat, barley, millets, spices & livestock. It evolved with the influences of varied regional cultures, traditions, climate & landforms. Indian food is widely popular & is unique for having a variety of flavourful & aromatic spices & ingredients in it. The usage of different spices tantalizes the palate & makes the cuisine stand out from the rest. It's not just about taste, but these ingredients form the foundation of traditional recipes aligning with the principles of ayurveda which has numerous healing properties promoting wellness & balance. Each spice has some medicinal property of either being an antioxidant or a digestion aid or an immunity booster, etc

The northern India is known for its creamy rich dishes, tandoors, while the south India is known for its fiery curries. The eastern part has speciality of delicately spiced fish & a varied spectrum of flavours & the western part has a diverse palate of savours. Mumbai offers amazing seafood & street food like vada pav etc. The Indian thali is the brightest example of a balanced wholesome platter where the portion of each dish is controlled & there's a balance of nutrition & flavours.

Our cuisine also has a great influence of the invaders like the Mughals who left their culinary traditions. The multifarious Indian cuisine is passed on from generations. It is complex & each cuisine has a story behind it which is an experience to have. It depicts different cultures & binds us with the roots. Food brings people together in a community during celebrations.

Indian cuisine has gained a lot of global popularity & people across the world are now aware of the magical benefits of ghee, turmeric & other Indian spices, herbs & many other things. These are all widely available in the foreign countries now.

Food ingredients are grown, sourced, cleaned & cooked with utmost care & lot of efforts.

Our primary responsibility should be, not to waste any amount of food & pass it on to the needy. We should try to make sure that no one sleeps hungry.

In RCBA, we try to introduce different kinds of food in our Monday meetings which is a bright example of our bonding & fellowship over dinner.

Rtn. Ajanta Rath Mishra

PUBLIC IMAGE AVENUE DIRECTOR: RTN. AJANTA RATH MISHRA

Youth Services 1 (Rotaract) Avenue Director-Rtn. Yogini Sheth



Our AED project featured in VIBE, the district monthly newsletter (GML) as one of the best projects saving lives. Kudos to IPP Dr. Akshay Mehta for doing this great work relentlessly .



Rotaract-Rotary's Heritage Walk on Saturday 18th January was a huge success, marking another notable collaboration between the two organizations as "Partners in Service". The event, part of the Khaki #Castletogate tour, allowed participants to explore the city's rich cultural and historical heritage. Many Rotaractors & Rotarians joined the Heritage Walk making it a memorable experience. Director Rtn. Dr Yogini sponsored this entire walking tour by paying for all the Rotaractors & food for everyone present there.

Our RCBA OCV report too featured in VIBE, the district monthly newsletter (GML) as one of the best & exemplary report. Kudos & heartiest



congratulations to our dear Secretary of the Club, Rtn AKS Harsha Mehta for compiling everything so meticulously in a very organised manner. DG Rtn Chetan Desai too appreciated Secretary Harsha Mehta for her good work.



MEDICAL PROJECTS

AVENUE DIRECTOR: RTN NINA BHATIA



Revive Heart Foundation donated 8 AED machines which they had imported from Australia to be put in the railway stations of Mumbai. One AED machine was put in Sion railway station along with CPR Training



36th AED machine was put in Matunga(WR) Road Station along with CPR Training



Appreciate the entire team for a successful CPR training session for the 7th edition of HRX Juhu Half Marathon runners at SRCC Centre, Worli. Special thanks to Getfit Vice Chairman Atul Parekh, RCBA PP Ashmi Parekh, President Apurva Patel, FL Mona Patel, Rtn Bijal Merchant, and Director Nina Bhatia for their efforts, and to IPP Dr Akshay Mehta for coordinating the training.

Appreciation also to Ms Sumaiya and the team from Revive Heart Care Foundation (I Care) for imparting valuable knowledge to the 20 participants. This is indeed a great initiative, and wish the runners all the best for the upcoming marathon!



Maha Arogya Shivar 2025
It's a district project where 750 wheel chairs were donated for the needy & immobile people. There was also a health check up camp for them.
RCBA contributed 200 wheel chairs by crowd

funding by all our members & partners. Thanks to all the donors for making a difference to the lives of many.



The 37th AED machine was installed in Ram Mandir Railway Station along with CPR Training.



YOUTH SERVICES II (INTERACT) Director: Rtn. Vaishali Paranjape



The 'Old to New to School - Footwear Recycling' initiative, was spearheaded by Vaishali Paranjape at CNVM school. They collected two full cartons of used footwear for the underprivileged. Director Vaishali has been on a roll ever since she joined the board.

A paper recycling project was done at NMS from which new notebooks will be made & given to the underprivileged.

In BPM School, Remedial Therapy sessions for disabled children has started on a weekly basis for 3 months (January to March) benefitting more than 80 students.

450 notebooks were given to the underprivileged children in the BMC School in Oshiwara

VOCATIONAL SERVICES Avenue Director-Rtn Sandip Tarkas



10 sewing machines were donated by RCBA to the underprivileged women at the Bindra Community in Mahakali Road, Mumbai.



Rtn Vaishali Salla stood first in Rotal in singing & made RCBA proud . PDG Bansi Dhurandhar's grand daughter Baby Shauna also stood first in Rotal in singing making us all proud. Congratulations to both Vaishali& Shauna. RCBA was a cohost in bronze category in Rotal.

MEMBERSHIP Avenue Director: Rtn Dhiren Shah



Fireside meeting at PP Rtn. Ujwal Andhari's farm house at Karjat. Total 35 members & partners attended the meeting which was well conducted by PP Rtn Sumant Naik. Sumptuous food was served with great camaraderie.

This was well planned by Director Dhiren Shah & Chairman Rtn PP Bharat Dhanki.

CLUB SERVICES I & II

Avenue Director: Rtn. Dhruiti Shah



Yesteryear legendary & Sensational actress Bindu had come as a speaker to our club meeting. She mesmerised the audience with her anecdotes, her spirit, her energy & her unusual journey. It was moderated by an equally talented person, Dr. Kumarswamy who inspite of being a dentist, is also a multifaceted personality who conducted the meeting flawlessly by his interesting questions & multilingual skills.

Director Dhruiti had planned it very creatively by making masks of Bindu for the ladies who welcomed her wearing them when she entered. Every minute detail was planned by Dhruiti which was thematic & added to the ambience.



Speaker Meeting with the great Music Director Shri Uttam Singh.

The great singer Ms Mitali ji had also accompanied him.

It was a beautiful evening with Singh's narration of his journey as a music director. It was very nicely moderated by our very own Rtn Ann. Rennu Gupta, who with her poetic inclination left no stone unturned to make the meeting even more interesting. Uttam ji was welcomed by a short medley of his compositions which was sung by Rtn. Amala, Rtn. Ajanta & Rtn. Ranjit & accompanied by keyboard played by Guru Vaqar Khan ji.



Had a club meeting on our high octane public image project, Juhu half marathon (JHM). CPR Training was demonstrated by Dr. Akshay. The directors briefed about their projects. PP Nitin Mehta briefed about Gift of life project.



PP Ashmi, PP Suvendu & VP Sandip briefed the members about the distribution of duties & other details of JHM.



The Rotal winners Vaishali & Shauna were recognised. We had guests & PE Rtn Yudheesa from RC of Colombo & flags were exchanged.



FELLOWSHIP

Celebrating 76th Republic Day



We celebrated India's Republic Day jointly with RC of Mahakali Heights to honour five heroes of Indian army and the Navy. The distinguished guests, Brig Ajit Srivastava, Cdr Nozar Engineer, Cdr Anoop Verma, Cdr Ramesh Chandra, and Lt. Cdr. Bijay Nair enthralled the members with their heroic stories.

PE Pragna Mehta took over the proceedings of the meeting with a vote of thanks at the end.

RC Mahakali President Sunil, RC Mahakali Secretary Aneta, Rtn Rajeev Puri, Rtn Satish Mandhana & Rtn Riaz introduced all the five guests. They shared their experiences on Indo china border problems, about the working of the submarine and the difficulties of the naval officers, encountering the LTTE in 1987, experience of India Pakistan war in 1971 which created history by declaring Eastern Calcutta into an independent country, called Bangladesh. Cdr Nair made the audience awestruck with his topsy turvy journey, born to a taxi driver family, who studied with financial aid, a marathoner, a Ted-ex speaker & an author of two Best selling books.

This meeting was very well planned creating a proper ambience with appropriate props & decor. Dhruvi had made beautiful scarfs & stoles for each & every person present in the meeting.

COMMUNITY SERVICE II

Avenue Director: Rtn Sanjay Merchant

PP Ujwal Andhari donated speakers, e-learning kits, printers & inverters to 22 schools in Neral, worth ₹40, 1726 benefitting 1396 underprivileged children.

₹3,37,500 has been donated to Reach School for the specially abled children. Courtesy: PP AKS Nitin Mehta

Solar water heaters have been put on the terrace of both boys & girls hostels of Ranshet Ashramshala.



Rotary Community Corps (RCC) is an association where the members assist the parent rotary club to do the projects. This new RCC, Shree Sadhguru Sevabhavi Sanstha is formed & is chartered. It comes under RCBA. Congratulations to the director, Rtn Sanjay Merchant

ACKNOWLEDGING THE REMARKABLE CONTRIBUTIONS OF PDG BANSI DHURANDHAR

It is with immense pride and gratitude that we recognize the extraordinary contributions of Past District Governor (PDG) Banshi Dhurandhar, a charter member and Past President of our esteemed club.

A successful industrialist, educationist, and artist, PDG Banshi is a multifaceted personality. His artistic inclination is reflected in his impressive collection of paintings done by him.

Throughout his journey, PDG Banshi has worked & donated for community service projects. His generous contributions and dedication to the Rotary cause have been recognized by declaring them as Major Donors, Level 4 Plus.

Equally inspiring is his wife, Rtn Ann Dr. Surekha Dhurandhar, whose dedication to service has been recognized with the prestigious Rotary International Rotarian Spouse/Partner Service Award. As one of the very few recipients of this award and the only one in our club.

PDG Banshi and Dr. Surekha have established an endowment fund in the name of Dr. Surekha & PDG Banshi Dhurandhar Endowment Fund (E 12122), ensuring their contributions to Rotary causes will continue to benefit communities for generations.

As Founder Director of Microtrol Sterilisation Pvt. Ltd., PDG Banshi has extended his company's support to Rotary's CSR India grants, supporting three significant projects:

1. Boys' Hostel at Ranshet Ashramshala, Dahanu.
2. Concessional Accommodation at ACTREC, Kharghar: For cancer patients and their families.
3. Development of a Kitchen at Ranshet Ashramshala: Fully funded.

He's a Pillar of Support for our club as an invisible mentor, advisor, and guide to our club. His wisdom, experience & support is instrumental in our club's progress.

We are proud to have PDG Banshi and Dr. Surekha as part of our RCBA family.



MEAT LOAF

Ingredients-

1/2kg. Minced meat	100gm onions	1 teaspoon black pepper
1 teacup Tomato ketchup	50gm Ginger	Salt as per the taste
1 cup bread crumbs	50gm Garlic	2 tablespoons butter
1/2 cup milk	3 Eggs	



Preparation Time- 1 hour

Procedure-

Soak bread crumbs in milk, Mix grated onions, garlic, ginger, black pepper, salt, 1/2 cup ketchup, butter, beaten eggs with minced meat & bread crumbs thoroughly well Grease the baking tray & put meat. Glaze it with remaining ketchup & bake it. Serve it with fried potatoes & Green peas.



Surekha Dhurandhar

Did you know?

There are two Rotary Cubs in Antarctica.

1. RC of Base Marambio
2. Baldivis Rotary Club

The average temperature In both these places is 0°C

MUMBAI ON MY PLATTER



Street Food Special

1. Marine Lines Khau Gully
Husainyah Msrq Bhendi Bazaar
2. Mohammed Ali Road for meaty delights
3. Khau gully at Carter Road, Bandra (w)
4. Chembur Camp on Choithram Gidwani Road , Chembur(East)
5. Street food lane opposite Mithibai College

Forthcoming Events in the month of February :

9th Feb	HRX Juhu Half Marathon
24th Feb	Club meeting

Raising a Toast...

Birthdays

05 Bankim Joshi	17 Nayana Dhanki	26 Urvi Kothari
06 Yogini Sheth	18 Biren Parekh	27 Sunil Sheth
10 Naishadh Patel	19 Azim Gadiwala	28 Indira Jain
14 Hiren Gandhi	21 Parul Shah	28 Parita Maniar
16 Paresh Shah	22 Sandeep Batra	28 Santa Jain
17 Amrish Mehta		

Anniversaries

02 Parag And Neha	07 Pragna And Dhiraj	25 Jitender And Gunveet
03 Chetan And Neelima	14 Vishnu And Punam	25 Vijay And Suman
04 Anil And Amita	16 Vikram And Varsha	27 Dhruvi And Kashyap
05 Naishadh And Daksha	20 Chetan And Geeta	27 Paritosh And Kavita
05 Niraj And Minali	20 Ishwar And Ratnavali	28 Ashmi And Atul
06 Rajesh And Swati	23 Paresh And Jasmine	28 Satish And Kiran