



Rotary Club of Bombay West

In Service of Humanity..... Since 1954

THE FLYING CARPET

Club Bulletin

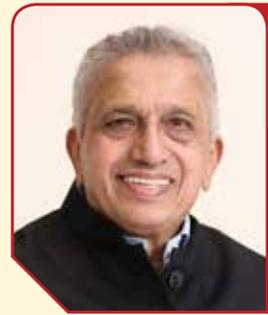
FOR PRIVATE CIRCULATION

RI President: **Francesco Arezzo** | Dist. Governor: **Dr. Manish Motwani** | President: **Jayant Sanghvi** | Secretary: **Dr. Kamal D'Mello** | Hon. Editor: **CA Siddhant Bhide**

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From the President's Desk

Dear RCBW Members & Fellow Rotarians,
DISCON 2026
 The DISCON 2026 was held on 7th and 8th February at the Sahara Star Hotel, Vile Parle East, near the airport. Representatives from our club included myself, President-Elect Tejas Sura,

PP Harmindar Singh Patheja, PP Anand Gupta, and Apurva Nanavati. I had the privilege of attending both days of the District Conference and found it to be an extremely enriching, informative, and motivating experience.

The invited speakers were exceptional – highly knowledgeable, accomplished, and articulate individuals who addressed a wide range of relevant and thought-provoking subjects. Each session reflected careful planning and intellectual depth. The selection of speakers and topics was thoughtfully curated and executed with remarkable professionalism, ensuring that every segment offered valuable insights and practical learning. The audiovisual presentations were of outstanding quality, complemented by creative and visually appealing backdrops that enhanced audience engagement. The display of the pink auto stood out as a distinctive and memorable feature, symbolizing innovation and social impact.

A particularly inspiring segment was when project beneficiaries were invited onto the stage to share their experiences. Hearing directly from them highlighted the tangible difference Rotary initiatives are making in people's lives. The cancer screening and vaccination program was especially noteworthy – well planned, efficiently executed, and clearly impactful. Such initiatives truly reflect the spirit of service and dedication that Rotary stands for.

The Conference also provided an excellent platform for networking, exchange of ideas, and strengthening fellowship among members from different clubs. It encouraged meaningful discussions, inspired new perspectives, and reinforced the importance of collaborative service projects.

Overall, it was a truly valuable and memorable experience that offered both learning and inspiration. I strongly recommend that all Board members make it a point to attend future District Conferences, as participation in such events significantly enhances leadership perspective, service vision, and organizational growth.

Yours in Rotary,
 Rtn. Jayant Sanghvi

The Sandwich Generation - How to Cope

11th February, 2026

On 11th February, we had the privilege of hosting Dr. Anjali Chhabria, a leading psychiatrist, psychotherapist, and mental health advocate with over two decades of experience, for an insightful and thought-provoking session on "The Sandwich Generation – How to Cope." As the Founder of Mindtemple and Director of Mumbai RTMS LLP, Dr. Chhabria has been at the forefront of advancing mental health awareness and care in India.



A respected public voice, author, and suicide prevention advocate, she brings both clinical expertise and deep empathy to her work. The session centered on the concept of the Sandwich Generation – individuals who find themselves balancing responsibilities between ageing parents and the younger generation, often while managing demanding professional lives. Dr. Chhabria highlighted the cultural, emotional, and psychological complexities of navigating this dual role. Many members in the audience strongly resonated with the subject, as they are currently managing similar expectations at home and at work, constantly striving to maintain harmony across generations.

A key aspect of her discussion focused on gender differences in emotional responses. She explained that women are generally more open to sharing their feelings and seeking support from loved ones, whereas men often internalize their struggles. This tendency, she noted, stems from deeply ingrained societal conditioning that discourages emotional expression among men. Over time, suppressing emotions can intensify stress and create emotional isolation.

Dr. Chhabria also elaborated on how prolonged stress, when left unaddressed, gradually turns into distress. The first visible impact

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LET'S INSPIRE !

PROGRAMMES
 11th March 2026 : Monologues of Anarkali by Dr. Manjiri Mazumdar

UNITE FOR GOOD

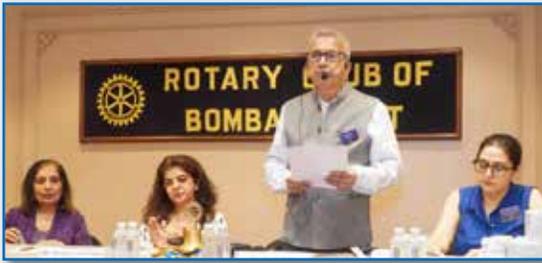
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is often disturbed sleep, which can spiral into irritability, fatigue, and reduced concentration. If ignored, this may further develop into depression – characterized by a loss of interest in activities once found pleasurable. She emphasized that increasing work pressures, constant “grinding,” and surface-level communication have reduced meaningful human connections, contributing to rising emotional strain.

The session concluded with practical and compassionate coping

strategies. Dr. Chhabria encouraged open conversations with family members, setting healthy boundaries, prioritizing self-care, and consciously nurturing hobbies and passions that bring joy. The engaging Q&A that followed reflected the depth of interest in the topic. Members left the session enriched with renewed awareness, reassurance, and actionable insights to better navigate the challenges of the Sandwich Generation.

– Rtn. Isha Nisar



RCBW Welcomes a New Family Member Rtn. Sonal Merchant: Rooted in Legacy, Rising in Service

Rtn. Sonal Merchant, the newly inducted Rotarian of RCBW is the daughter of the late Rtn. Naresh Merchant and late Dr. Rajani Merchant, Past President Inner Wheel Club of Bombay West. She has been a Rotary Exchange Student in 1986–87.

Rtn. Sonal is an alumna of the Academy of Architecture and a founding partner at the award-winning firm, Sonal Merchant Architects. After gaining rich professional experience with leading architectural firms in Mumbai and the UAE, she established her own practice in 1999.

Her studio is recognized for its thoughtful and innovative architectural and interior design solutions across residential, retail, and commercial spaces. In addition to architecture, Sonal has explored furniture design, presenting her creations at two exhibitions.

She has played a pivotal role in setting up the trend forecasting cell at Asian Paints and continues to contribute as a consultant on various paint-related products.



Since 2022, Sonal has been an accomplished competitive Scrabble player, consistently ranking among the top five in her division and winning multiple prizes. As a committee member of the Mumbai Scrabble Club, she actively champions the growth of the mind sport through creative initiatives and collaborations.

Beyond her professional pursuits, Sonal expresses her creativity through her crochet brand, The Knotty Merchant, and her artisanal baking venture, SoMe Bakes, which specializes in sourdough breads.

Rtn. Sonal, coming from a proud Rotary legacy and having been a Rotary Exchange Student yourself, it feels especially meaningful to welcome you home to the Rotary family of RC Bombay West. We look forward to your leadership, creativity, and continued contribution to our shared mission of service. May your

journey with us be filled with purpose, fellowship, and meaningful service above self. May we serve, grow, and inspire together.

– Rtn. Dr. Usha Jayachandran,
Vice President and Director Club Service II

February: Peace & Conflict Prevention/Resolution Building Bridges, Transforming Lives

February in the Rotary calendar is dedicated to Peace and Conflict Prevention/Resolution – one of Rotary’s seven Areas of Focus and a cornerstone of our global mission. Peace is not merely the absence of conflict; it is the presence of understanding, opportunity, justice, and dialogue. Rotary believes that sustainable peace is built through education, community engagement, and leadership development.

Across the world, Rotary clubs mark this month by promoting peacebuilding initiatives, facilitating dialogue, supporting mediation efforts, and investing in programs that address the root causes of conflict – poverty, illiteracy, inequality, and social division.

Rotary Peace Fellowships – Creating Global Peace Leaders

One of Rotary’s most powerful contributions to global peace is the Rotary Peace Fellowship program. Through this initiative, Rotary funds dedicated professionals from around the world to pursue advanced training in peace and development studies at Rotary Peace Centers. These Peace Fellows go on to serve in governments, NGOs, international organizations, and grassroots movements – becoming catalysts for conflict resolution and social transformation.

By investing in individuals who demonstrate both passion and potential, Rotary ensures that peacebuilding is not episodic but sustained and systemic.

The Rotary Club of Bombay West has consistently supported Rotary’s peace initiatives. Our club has actively participated in promoting and sponsoring Peace Fellowship candidates, encouraging qualified professionals to step forward and apply for this prestigious opportunity. Through mentorship, advocacy, and awareness, RCBW continues to strengthen Rotary’s peace ecosystem.

26th January 2026 marked a proud and historic moment for Rotary in India with the inauguration of South Asia’s first Rotary Peace Center at Symbiosis International University, Pune. This center becomes the eighth Rotary Peace Center globally and represents a major expansion of Rotary’s global peace architecture.

The Peace Center will offer a one-year Postgraduate Diploma in Peace and Development Studies for mid-career professionals, equipping them with academic rigor and practical tools to address conflicts and promote development across South Asia and beyond.

A moment of immense pride for RCBW was the instrumental role played by our Past President, Rtn. Rajendra Ruia, in facilitating



and supporting the establishment of the Rotary Peace Center at Pune. His vision, dedication, and leadership were integral during the selection and development process that culminated in the successful inauguration in January 2026.

PP Rajendra’s contribution reflects the very essence of Rotary service – quiet leadership, long-term thinking, and commitment to global good.

As we observe Peace and Conflict Prevention /Resolution Month, let us remember that peacebuilding begins in our homes, our workplaces, and our communities. Every act of dialogue, inclusion, mentorship, and understanding contributes to a more harmonious world.

– **Compiled by Rtn. CA. Siddhant Bhide**

Sources:

Rotary International – Peace and Conflict Prevention/Resolution Month

Rotary International – Rotary Peace Fellowship Program

Rotary International – Announcement of Rotary Peace Center at Symbiosis International University, Pune (January 2026)

Rotary India communications on the inauguration of the Pune Peace Center

**SUNSHINE
CORNER**

“Ask the right questions, and nature will open the door to her secrets.”

– *Bharat Ratna Dr. C. V. Raman*

Chhatrapati Shivaji Maharaj: A Leadership Beacon for Rotarians

Last week, on the 19th February 2026, we celebrated the 396th birth anniversary of Chhatrapati Shivaji Maharaj. Maharaj's life offers timeless lessons in leadership that resonate deeply with the values of Rotary. More than a warrior king, he was a visionary institution-builder who believed in governance rooted in justice, dignity, and welfare — principles that align seamlessly with Rotary's motto of Service Above Self.

Shivaji Maharaj's leadership began with a clear and purposeful vision of Swarajya — self-rule built on fairness and people-centric administration. His success was not accidental; it was driven by meticulous planning, strong policies, and ethical governance. He institutionalised systems that ensured accountability, transparency, and discipline — qualities that Rotary clubs must embody to create sustainable impact in their service initiatives.

Integrity was central to his rule. He upheld justice without discrimination, respected all faiths, and ensured the protection of women and the vulnerable. These ideals reflect the spirit of Rotary's Four-Way Test — truth, fairness, goodwill, and benefit to all. His inclusive leadership, which valued merit over background, reminds us that diversity strengthens institutions.

Strategic thinking and adaptability were hallmarks of his administration. Whether in military planning or civil governance,



he demonstrated foresight and agility — traits equally essential in today's dynamic Rotary environment.

As Rotarians navigating complex social challenges, we can draw inspiration from Shivaji Maharaj's balance of courage and compassion, authority and accountability. His legacy teaches us that leadership anchored in values creates institutions that outlast individuals.

In embracing these timeless principles, we not only honour a great historical leader but also reaffirm Rotary's enduring commitment to ethical service and community transformation.

In Rotary Service,
Rtn. CA Siddhant Bhide

RCBW NEWS ROOM

PP Rtn. Anand Gupta was honoured with the Bharat Bhushan Award organised by The International Human Rights Ambassador Organization, in collaboration with the Crime Prevention Committee. He received this award in recognition of his outstanding social work and his significant contributions to the construction industry in Maharashtra and across the country. Heartiest Congratulations, PP Anand!

SHRADDHANJALI

Mr. Anand Sagar, son-in-law of PP Rtn. Mohanbhai Patel passed away on 13th February 2026. May his soul attain Sadgati. Our heartfelt condolences to PP Mohanbhai Patel and the entire family. Om Shanti.

Rotary
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Birthdays & Anniversaries

Rotarian Birthdays	
28-Feb.	PP Rtn. Maya Bhatt

R/Ann Birthdays	
02-Mar.	R/Ann Mugdha Manohar Shaan

Anniversaries	
26-Feb.	PP Rtn. Ashok Deorah & Nirmala
28-Feb.	Rtn. Prakash Rastogi & Kumud
28-Feb.	Rtn. Hiralal Suthar & Manjula
28-Feb.	Rtn. Shelly Gupta & Anuj
04-Mar.	Rtn. Praveen Mehta & Hetal