



ROTARY CLUB OF MUMBAI MAHIM

DISTRICT 3141, CLUB No. 59127



MAHIM WAVES

JULY, 2024



Rotary



❖ R. I. President – Stephanie Urchick ❖ District Governor – Chetan Desai ❖

◆ President – Vidula Kshirsagar ◆ Secretary – Shaila Rege ◆

❖ Bulletin Chairperson – Shobha Karnik ❖



FROM DISTRICT GOVERNOR

Ignite the Magic of Rotary: Building Vibrant Clubs, Vibrant Communities!



Dear Vibrant President and Club Members,

As your District Governor, I'm thrilled to embark on this Rotary year together, fueled by the inspiring theme - The Magic of Rotary. This theme isn't just a slogan; it's a call to action to ignite the magic within each of us and create a lasting impact on our communities.

My vision for this year is to build on this magic and make our clubs truly Vibrant. Vibrant clubs are those where members are engaged, enthusiastic, and empowered to make a difference.

Rotary District 3141 boasts a rich tapestry of service projects - from Vibrant Anganwadis nurturing young minds to Breast Cancer Detection empowering women. We champion CSR initiatives, sustainable tribal welfare, and transform lives through 'disability to ability' programs. We care for the elderly with compassion, and bring hope with pediatric heart surgeries and eye surgeries.

Let's not forget the importance of mental well-being - mental health initiatives are crucial. Neonatal projects, water projects, railway projects, and the fight against anemia and thalassemia - each project holds the potential to transform lives. Samavesh, our national integration project in Kashmir, reminds us of our duty to integrate Kashmiri people with stream of India

The magic lies in YOU! Your participation and dedication breathe life into these projects. I urge you to embrace these opportunities - attend club meetings, participate in service projects, and share your ideas. Together, we can weave a vibrant tapestry of service that leaves a lasting impact.

Let's ignite the magic, build vibrant clubs, and create vibrant communities!

With Rotarian Spirit,

Chetan Desai

District Governor,

Rotary International District 3141



FROM PRESIDENT'S DESK



What a fantastic start to the Vibrant year! With the divine blessings of Lord Ganesha, the Rotary Club of Mumbai Mahim kicked off the first day of this year with Rakta Daan, Anga Daan, and Annadaan. I am extremely grateful to our District Governor, Rtn Chetan Desai, for showing confidence in me and our club by entrusting us with the first District project, Disability to Ability. The participation and support from the District team, club members, and members of co-host clubs, along with the efforts of Rtn Rajiv Mehta and the efficient team of Ratnanidhi Foundation, brought immense satisfaction.

The first week was filled with activities, with a project each day. The 'Abhangawani and Natya Sangeet' fundraising program, featuring some of India's top vocalists, was a superhit, drawing an audience of nearly 700. We also installed our two Interact clubs and one Rotaract club, kicking off with amazing vibes.

This month, RCMM has touched the hearts of underprivileged children, senior citizens, the needy, the sick, and the disabled. I am grateful to all the members of RCMM for their support in bringing impactful projects to life, donating wholeheartedly, and participating with enthusiasm. The visit of Assistant Governor Rtn Padma Kapoor and her praise for our club were deeply appreciated.

A big thank you to RCMM.

Enjoy Rotary and Enrich Life.





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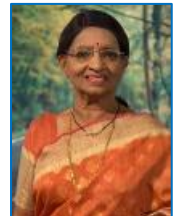
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Rtn. Vandana Rajhansa

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AUSPICIOUS START TO THE ROTARY VIBRANT YEAR

Rotary District 3141 welcomed the first day of the new Rotary year with a heartfelt Ganesh Pooja ceremony and President Vidula, along with District Governor Chetan Desai, seeking the blessings of Lord Ganesha for a year filled with service, success, and positive impact.

As we embark on this new journey, we are filled with gratitude and optimism. May Lord Ganesha guide us in our mission to serve our community with dedication and compassion.

Here's to a year of meaningful projects and cherished moments!



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VIBRANT ABILITY – MAKE MUMBAI DISABILITY FREE

The Rotary Club of Mumbai Mahim and Mumbai Worli, in collaboration with Rotary District 3141 and Ratna Nidhi Charitable Trust, organized its transformative initiative, ‘Vibrant ABILITY – Make Mumbai Disability Free’ on 1st July, start of the year. This project is dedicated to empowering individuals with disabilities by providing prosthetic limbs free of cost. With a mission to enhance mobility, independence, and quality of life for the differently-abled, Vibrant ABILITY embodies the spirit of compassion and community service. Through this initiative, RC Mumbai Mahim aims to create a more inclusive society where every individual can lead a life of dignity and purpose.

The event was a tremendous success, with DG Chetan Desai addressing the audience and kicking of the event by fitting prosthetic limb for a child, 70 beneficiaries receiving prosthetics and training. Their resilience and courage inspired us all, and we are honoured to be a part of their journey towards greater mobility and confidence.



DG Chetan Desai addressing the audience



DG Chetan Desai with young patients

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VIBRANT ABILITY – MAKE MUMBAI DISABILITY FREE

The event was co-hosted by RC Mumbai Shivaji Park and RC Mumbai Lower Parel. Together, we are making a meaningful impact and fostering a more inclusive community.



Patients happy to receive prosthetic limbs

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BLOOD DONATION DRIVE

At the start of the year Rotary Club of Mumbai Mahim, in collaboration with other Rotary Clubs, kicked off the new Rotary year with a heartfelt initiative – a blood donation camp at Dadar Railway Station, Mumbai.

This impactful event saw the community come together to make a difference. At the end of the day we collected 80 bottles of blood, contributing to saving lives and supporting our local healthcare system.

A heartfelt thank you to all the generous donors and dedicated volunteers who made this event a tremendous success. Your support and hard work are deeply appreciated! Let's continue to make this year one of service and positive change!





BLOOD DONATION DRIVE

Continued from 1st July, 2024 Blood Donation Drive, one more camp was held on 22nd July, 2024 at Dadar Station. Rotaractors of RC Ramnarain Ruia College were very active in getting the donors. At the end of the day 65 Units Blood was collected. This will benefit 195 people.



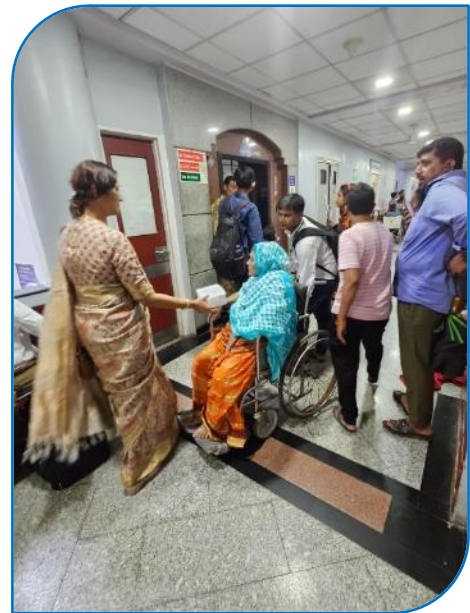


FOOD DISTRIBUTION AT TATA HOSPITAL

Spreading Smiles and Hope!

At the start of the year, 1st July Rotary Club of Mumbai Mahim had the honour of distributing 100 food packets at Department of Palliative Medicines, Tata Memorial Hospital for palliative care patients. It was a heartwarming experience to witness the smiles and gratitude from those we were able to help.

Together, we can make a difference, one meal at a time. Thank you to all our volunteers and supporters for making this possible. Let's continue to spread kindness and hope!





CATARACT FREE PALGHAR

Cataract-related blindness poses a significant challenge in India, impacting both health and socio-economic aspects. In response, the 'Cataract Free Palghar' project was launched in 2021-22 during IPP Kishore Parulekar's tenure, under the guidance of PDG Rajendra Agarwal.

IPP Kishore took the lead along with Parleshwar Club in finding out partner in service, finalizing logistics involved in Vasai. Since then, every year IPP Kishore is pursuing this project and helping in conducting Eye Check-up Camp and subsequently sponsoring the surgery cost through RCMM. He also generously donates towards this cause. His dedication to this cause is commendable.

This year, Rtns. Varsha and Kishore secured CSR funding from NRB Bearings, enabling 100 surgeries. This month group of 29 patients underwent successful cataract surgeries and are deeply grateful to RCMM for restoring their vision and enabling them to lead happier lives. A special acknowledgment goes to IPP Kishore for his tireless dedication. His unwavering commitment, including his hands-on approach in the Vasai area, ensures the best possible care for patients, earning him well-deserved appreciation.



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BAGHBAAN - VISIT TO VRUDHASHRAMS IN VASAI

One of our focus areas this year is Baghbaan – caring for elderly persons. In line with this initiative, the Rotary Club of Mumbai Mahim, along with the Rotaract Club of King's Circle, Matunga, and in collaboration with the Ratna Nidhi Charitable Trust, had the pleasure of donating library books to three old age homes in Vasai: Logos Old Age Home, Shradhdhanad Mahilashram, and Dr. Shirishkar's Old Age Home. RCMC also discussed on what further help can be extended.

The joy and gratitude on the residents' faces were truly heartwarming as we shared the gift of knowledge and companionship. Spending quality time with these wonderful individuals, hearing their stories, and seeing their happiness reminded us of the profound impact small acts of kindness can have.



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CAUSE TO CONNECT - SKILL DEVELOPMENT FOR RURAL AREA

In today's world, academic education alone is not enough, especially for students from rural areas. Recognizing this need, Mr. Anirudha Bansod of Cause to Connect conceived the idea of a Multipurpose Skills Course Center at Chauke School Hall. This center aims to provide essential skills to students, empowering them to become self-reliant. The Rotary Club of Mumbai Mahim (RCMM), understanding the importance of this initiative through Rtn. Rashmi Patil, decided to support the project. This collaboration is set to benefit nearly 80 students every year, equipping them with practical skills that will help them succeed in various fields.

The Multipurpose Skills Course Center in Chauke School, Sindhudurg District was inaugurated on 3rd July at the hands of Deepak Bhogate, President of Barrister Nath Pai Sevangan Katta. Designed for students from 8th to 9th standard, this center aims to equip young minds with a diverse range of practical skills including farming, animal husbandry, construction, plumbing, fabrication, welding, carpentry, soldering, cooking, packaging, labelling, and cleanliness, provide information on environment, electrical and solar energy. By providing hands-on training in these essential areas, the center seeks to empower students with the knowledge and abilities needed for their future endeavours, fostering economic growth and self-reliance within the community.





CAUSE TO CONNECT - SKILL DEVELOPMENT FOR RURAL AREA



शब्दांना सत्याची धार
प्रहार

चौके हायस्कूल येथे बहुविध कौशल्य अभ्यासक्रम वर्गाचे उदघाटन

रोटरी क्लब मुंबई माहिम यांचे विशेष आर्थिक साहाय्य

चौके (प्रतिनिधी)

केवळ चौके संस्थेनेच विद्याप्रासाद मंडळ मुंबई संस्थेला प. ना. चव्हाण, भागीधारण्य व प्रशासनास संरक्षण पुरवठ्याने व रोटरी क्लब मुंबई माहिम यांच्याकडून विविध आर्थिक साहाय्य प्राप्त झाल्याने या शाळेतील इतर ८ वी व ९ वीतील विद्यार्थ्यांना बहुविध कौशल्य अभ्यासक्रमाचे पालन प्रशासनाच्या मूल्य पुरवठ्याने फक्त होणामुळे सुलेने प्राप्त आहे. या बहुविध कौशल्य अभ्यासक्रम पालनाचे वे. नाथ या संस्थेने मदत हे वर्यावस्थे दिवाक भोटे यांच्या हस्ते फिज क्वान् उदघाटन करण्यात आले. जवळी डॉ. अश्विनी बनसोडे, संस्थाक व संस्थाक बॉन टू कनेक्ट फाउंडेशन, डॉ. प्रसाद देवकर, संस्थाक परिषद

अर्थविकासा प्रतिष्ठान सिंधुदुर्ग, चौके हायस्कूल संस्था अग्रिम जयदीप पाय, रोय्या रॉजिस्ट्रार रोहित भुरी, संसद खनिजदार सुरेश चव्हाण, रॉजिस्ट्रार रोहित जयराव विठ्ठल मावटे, संस्था उपाध्यक्ष आर. जी. जैकेकर, मुख्यअध्यक्ष सी. रोय्या गोसावी, चौके उपसंचय डी. के. चौकेकर, दीपाली खैरमुळे प्रोड्रम हेड आदी मान्यवर उपस्थित होते.

चौके व प्रशासनात शलेय फटाकामादोबर शलेय मुलीय

मुरेत सुल होणाया बहुविध कौशल्य अभ्यासक्रमात मागीर फिजल फाउंडेशन कोर्सा पणुय बागकाय व इली तंत्रज्ञान यांच्या कृपे तरे, रोय्यादोबा, कणाय प्रीतिया, पाणुयकरने, बंधकाम व सुतर काम, वैकिकेशन व वेव्हिंग, शोल्दारी, अण प्रशिक्षण तंत्रज्ञान यामध्ये फककला, फॅशियन, लेबलिंग यामध्ये स्वयच्छात शिक्षाया ऊर्ज व पर्यावरण यामध्ये इलेक्ट्रिकल, सर्वेक्षण ऊर्ज संवर्धन मूलतः माहिती

आय व फटाकाया व कार्यप्रज्ञेत कुशल प्रविष्टकाकटून वेथेरी आणि प्रीकल असा समायाय अग्रमर आहे. पाणुय या प्रशासनातील विद्यार्थी शिक्षणव्यवस्थेत अली असायलया कोय्यायाय प्रोपण्य वेव्हिल असे 'बॉन टू कनेक्ट'चे संस्थाक डॉ. श्री अश्विनी बनसोडे यांनी सशिलले. यावेळी संस्थेने 'बॉन टू कनेक्ट'चे संस्थाक डॉ. अश्विनी बनसोडे व रोटरी क्लब माहिमचय सी. रमडे फोटो यांचे विशेष आभार यातने.

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Supporting the Multipurpose Skills Course Center brings immense satisfaction as it directly contributes to the empowerment and self-reliance of rural students. Witnessing the positive impact on nearly 500 young lives in the coming years reaffirms our commitment to fostering sustainable development and community growth.





SCHOOL UNIFORM DISTRIBUTION AT MANAV SHELTER HOME

Comes the month of June and you see students crowding up for books, notebooks, uniforms, umbrellas and raincoats. But all students are not fortunate enough to get these essentials. RCMC received a request through SAAD to Rtn. Usha for providing Uniforms to the students of Manav Shelter Home at Panvel and members readily agreed to support them.

SAAD - Social Awareness Advocacy & Development foundation is not for profit organization working for wellbeing of underprivileged children and women. SAAD started open shelter home for homeless children and deprived children in 2018 and named as MANAV CHILDREN HOME. Manav Child Home is comprehensive care program.

On 5th July, Uniforms were distributed to the students and now they are ready to attend the school. It was so heartening to see smile and happiness on their face.



Students happy to get the uniforms



FUND RAISING EVENT – ABHANG & NATYASANGEET

On the evening of Saturday, July 6, 2024, the Rotary Club of Mumbai Mahim (RCMM) organized a spectacular fundraising event titled 'Abhang & Natyasangeet' in collaboration with Swarsparsh. The event aimed to raise funds for Project National Integration, a vital initiative focused on fostering lasting peace in Kashmir through various community support efforts.

The event was held at the prestigious Shri Shivaji Mandir Natyagruh in Dadar West and featured an enthralling musical performance that captivated a nearly full house. Esteemed artists such as Anand Gandharv Pt. Anand Bhate, Pt. Jayteerth Mevundi, and Arya Ambekar, renowned for her talent showcased in Little Champ, graced the stage with their soulful renditions of Abhangwani and Natyasangeet.

Actress Dipti Bhagwat served as the anchor for the evening, doing a marvelous job of guiding the audience through the program. Her engaging presence added a special touch to the event, keeping the audience captivated throughout.

During the event, District Learning Facilitator Dilip Muley delivered a heartfelt explanation of Project National Integration. His words resonated deeply with the audience, highlighting the project's importance and the profound impact of Rotary's work in Kashmir. His speech raised the bar for Rotary's efforts, inspiring many to contribute to the cause.



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FUND RAISING EVENT – ABHANGWANI & NATYASANGEET

The Rotary Club of Mumbai Mahim, committed to augmenting their financial resources to expand their humanitarian efforts, organized this musical extravaganza to ensure continued support for the project. The evening was a resounding success, with the audience deeply moved by the performances and the noble cause they supported.

As the melodies of Abhangwani and Natyasangeet filled the air, audience were reminded of the power of music to unite and inspire. The event not only showcased the incredible talent of the artists but also highlighted the Rotary Club's dedication to making a tangible difference in the lives of those in need.

RCMM extends its heartfelt gratitude to all the performers, attendees, and supporters who contributed to the success of this event. With the funds raised, the club will be able to further its mission of promoting National Integration and supporting the Indian Army's initiatives in Kashmir.



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FUND RAISING EVENT – ABHANGWANI & NATYASANGEET



Full House



Felicitations – Donors & Supporters



Dipti Bhagwat - Anchor



DLF. Muley highlighting Rotary's Work



Vote of Thanks by Rtn. Manoj Kshirsagar

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VIBRANT KNOWLEDGE QUEST

On 13th July, 2024, the Vibrant Knowledge Quest for Interact Clubs, organized by District 3141, saw an exciting and competitive day at Amulak School for our zone. This intellectual contest, designed to foster knowledge and camaraderie among young minds, featured participation from 5 Interact Clubs.

Among the participants was the Interact Club of Matunga Premier School, which is sponsored by the Rotary Club of Mumbai Mahim (RCMM). The Matunga Premier team demonstrated exceptional skill and determination, advancing to the final round against Amulak School. The competition was intense, with both teams performing admirably, leading to a tie at the end of the rounds.

To break the tie and decide the winner, a rapid-fire round of 12 questions was conducted. Despite their strong performance, Matunga Premier School narrowly missed the top spot, with Amulak School emerging victorious.

The event was well-supported by RCMM members, with Rtns. Kishore, Manoj, Nita, Seema and Varsha present to cheer on the Interactors. Their encouragement and enthusiasm provided a significant boost to the participants.

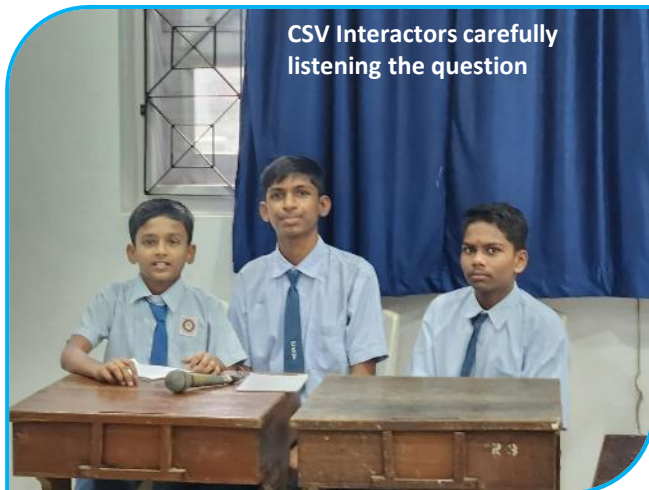




VIBRANT KNOWLEDGE QUEST

Subsequent to Quiz Round on 13th July, for vernacular students the quiz round was held on 28th July, 2024 at Anjuman Islam Girls School at Mumbai Central. The Interactors from Chhatrapati Shivaji Vidyalaya school participated in the contest. They made good effort but Anjuman Islam Interactors won at the end. Rtn. Jayanti was present throughout the contest to cheer up CSV Interactors.

At the end, each participant received a Certificate of Participation. The quiz covered Science, Geography, English, Sports, Mathematics (mainly Roman numerals), History, and General Knowledge. Overall, it was a positive experience for the participants. Rtn. Jayanti had the honour of awarding the certificates.



CSV Interactors carefully listening the question



Each participant received the certificate



Rtn. Jayanti had the honour of giving away certificates





VISIT TO JEEVAN ANAND SANSTHA OLD-AGE HOME

On 16th July, 2024, PR Vidula, along with Rtns. Varsha and Kishore, visited Jeevan Anand Sanstha Old-age Home near Virar. This home, managed by Sandeep Parab, shelters destitute senior citizens found on the streets. Sandeep operates four such homes across Maharashtra, providing clothes, food, and medical aid to the residents. He also makes efforts to locate their families and reunite them. Currently, the home houses 30 senior citizens.

RCMM donated two months' worth of groceries, amounting to about 100 kgs. Special thanks to Rtn. Varsha for sponsoring the groceries in celebration of her birthday.



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DONATION OF TABLES TO SEVA BHARATI

Seva Bharati in Matunga supports underprivileged women and children, fostering their all-round development to make them financially and socially independent. They run a pre-primary school, library, daycare, and recreation center for senior citizens. Additionally, they provide training in tailoring, handicrafts, and preparing Diwali Faral, snacks, and lunch items.

RCMM received a request from Seva Bharati for six tables. On 17th July, 2024, PR Vidula, along with Rtns. Pradny, Shaila, Shobha, and Vidya, visited to inaugurate the donation. The management was very hospitable and expressed their gratitude for RCMM's contribution. As it was Ashadhi Ekadashi, a well-organized kirtan program was held, which Rtns. Shaila, Shobha, and Vidya thoroughly enjoyed.





SCHOOL UNIFORM DISTRIBUTION AT JAGRUTI VIDYA MANDIR

Through Rtn. Usha RCM received one more request to provide School Uniforms. Jagruti Vidya Mandir at Govandi mainly caters to the children coming from Govandi and Deonar areas. Many of them collect waste from the dumps and sell for the day to day expense of their families.

On 26th July, 2024 School Uniforms were distributed to 36 students. PR Vidula along with Rtns. Usha, Shaila and Nita participated in the function and encouraged the students.



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RATION DISTRIBUTION UNDER PRADHAN MANTRI TB MUKT BHARAT ABHIYAN

In continuation from last year, on 26th July, 2024 ration was distributed to 16 patients at BMC dispensary, behind Goa Portuguesa restaurant, City light. Due to heavy rains, RCMM members were not able to distribute the ration personally. BMC officials were requested to carry on with the distribution. We will be providing the ration during the period of their medication. Hope this helps the patients to regain their health and lead the normal life.



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INSTALLATION OF INTERACT AND ROTARACT CLUBS

The Rotary Club of Mumbai Mahim (RCMM) proudly supports three Interact Clubs and two Rotaract Clubs. The start of the year is always a busy time as we focus on installing new teams for all clubs, ensuring they can begin their work with full energy and enthusiasm. In July, we successfully completed the installations for two Interact Clubs and one Rotaract Club, setting the stage for a dynamic and vibrant year ahead.

Installation of Interact Club Dadar Vidya Mandir

RCMM establish Interact Club at Dadar Vidya Mandir in the month of April, 2024. This being a first installation, there was lot of excitement in the Youth Team. The installation was scheduled on 19th July, 2024. The event was presided over by Joint Secretary of Vidya Mandir Mandal, Hon'ble Shri Vivekji Potdar, with Joint Secretary Hon'ble Shri Chandrashekhar Deshmukh as the chief guest.

The program started with Saraswati Pujan and lamp lighting. Hon'ble Principal Shri Vijaysinh Devdakar introduced the program while Joint Secretary Shri. Potdar Saheb and Mr. Deshmukh Saheb welcomed the dignitaries with a bouquet of flowers. Avenue Chair at District for Youth Services Rtn. Pankaj Phatarphod addressed the students. The team was announced and inducted by giving the Rotary Pin and a certificate.

PR Vidula addressed the Interactors explaining purpose of the club. Rotaract President Bhumi Gawad and Rotaract Secretary Abhinav also presented their views. Rtn. Dr Ajay Darekar also expressed his thoughts and wished all the newly elected members.

Akshat Pandey, the newly elected President of Dadar Vidya Mandir Interact Club, gave the vote of thanks. All the dignitaries present, teachers, non-teaching staff and all the students were given refreshments, sponsored by Rotary Club of Mumbai Mahim.

Many thanks to Rtn. Seema and the Youth Team for architecting the event with the help of Rotaractors from RC RRC, which was a grand success. RCMM members attended the function in large numbers.



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INSTALLATION OF INTERACT CLUB DADAR VIDYA MANDIR



Installation is successfully completed and Team ready to take off

We meet alternate Saturday at 9.00 a.m. at AOTS Hall else on Zoom Conference.

Year 2024-25

For Private Circulation Only



INSTALLATION OF INTERACT CLUB MATUNGA PREMIER SCHOOL

On July 22, 2024, Matunga Premier School hosted a memorable Installation Ceremony, meticulously organized by the RCM Youth Team: Rtns. Seema, Jayanti, Nita, Usha, and Alka. This Rotary event was smoothly conducted by the Rotaractors, ensuring a well-coordinated program.

Mr. Pankaj Avenue, Chair of the Interact Committee, graced the occasion as the chief guest. Trustee Mrs. Rita, Principal Rosy, and two teacher coordinators also presided over the function. Ms. Mahalakshmi was proudly nominated as the new Interact President.

Celebrating its 7th year, the Interact Club of Matunga Premier continues to thrive. The management expressed their satisfaction with the club's performance and eagerly anticipates a series of upcoming activities.





INSTALLATION OF INTERACT CLUB MATUNGA PREMIER SCHOOL



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INSTALLATION OF ROTARACT CLUB RAMNARAIN RUIA COLLEGE

The 13th Installation Ceremony of the Rotaract Club Ramnarain Ruia College took place on July 25, 2024, and was a resounding success. The event was meticulously planned and executed, showcasing the club's energetic and vibrant spirit. Rtr. Bhoomi Gawad was installed as President, and PR Vidula addressed the audience, adding a significant touch to the occasion.



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SESSION ON FINANCIAL LITERACY AT KHOKHRI AGAR

A Financial Literacy Program for Khokhri Agar was organized through Suryodaya Foundation, the CSR wing of the Suryodaya Small Finance Bank on 29th July, 2024 jointly by RC Mumbai Mahim and RC Wadala East.

Survodaya Foundation Vision ‘Bringing Smiles’ aims to support unserved and underserved communities by promoting inclusive growth and enhancing their economic and Social Well being. The session was conducted in a very interactive way. From the very start, they got the participants talking by asking them problems they face in managing money or earning money. That set the tone to the further discussions.

The session covered the following topics:

- Financial education and the importance of saving
- Information and support on various Government Schemes like Ladli behan, Eshram etc
- Information and support on Health schemes like Pradhan Mantri Jeevan Jyothi Yojana, Pradhan Mantri Suraksha Bima Yojana and Atal pension Yojana
- Help for Opening or getting E-Shram, Abha, Chief Minister Ladli Behan Program, Domestic Workers Card registration
- Knowledge of Widow Pension and challenges faced if document is not proper





SESSION ON FINANCIAL LITERACY AT KHOKHRI AGAR

This session definitely helped to understand importance of documentation, what basic documents are required to avail the various Government Schemes and for opening a bank account. It was highlighted that Bank Account is must for participating in many of the Government financial schemes. It was also emphasized that the data should be cross tallied across documents right from birth certificate to death certificates as they are the identity and support for one's existence.

They mentioned that some schemes are for a particular duration, and beyond that, no registration is possible unless the government reintroduces them. Therefore, it is important to act on time. This was almost engraved in the participants' minds.

The Program was attended by around 56 women and ABHA CARD was done for 37 women. The team will be visiting the colony once again to do the registration for Chief Minister 'Ladli Bahin' program. Over all session was very informative. Rtns. Lalit, Shaila and Usha were present throughout the session.



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NOURISHING YOUNG MINDS: A DIET AND NUTRITION SESSION

Healthy eating is crucial for the growth and development of young minds. On 29th July, 2024 a session on 'Diet and Nutrition' by Rtn. Varsha Parulekar and her friend Chitra Nadkarni, a sportsperson, was organized at Matunga Premier School for 5th to 9th Standard students. Schools play a vital role in promoting good eating habits, and this session aimed to support that mission by covering essential nutrients and practical tips for maintaining a nutritious lifestyle.

Following points were emphasized during the session:

- **Health Benefits:** Proper nutrition is fundamental to the physical and mental well-being of students. Educating students about nutrition can help prevent obesity, reduce the risk of chronic diseases, and promote overall health.
- **Academic Performance:** A well-nourished student is more likely to perform better academically. Proper nutrition enhances cognitive function, memory, and concentration, which are crucial for learning.
- **Lifelong Habits:** Early education about nutrition helps students develop healthy eating habits that can last a lifetime. This knowledge empowers them to make informed food choices as they grow older.

The session was very interactive and was well-received by the students.



Rtn. Varsha and her friend Chitra conducting a session on Diet and Nutrition at Matunga Premier School





SAFE AND DRY: RAINCOATS FOR TRAFFIC HEROES

The Rotary Club of Mumbai Mahim is proud to support our latest initiative: providing raincoats for the dedicated traffic policemen of Shivaji Park Police Station. Recognizing the invaluable service these officers provide to our community, especially during the challenging monsoon season, we are committed to ensuring their well-being and comfort as they perform their duties. This gesture not only acknowledges their hard work but also reinforces our club's ongoing dedication to supporting those who serve and protect us.

On 31st July, 2024 PR Vidula along with Rtns. Bhushan, Chandrashekhar, Dhananjay, Kishore, Lalit, Pradeep W, Shaila, Sunita and Veena visited Shivaji Park Police Station and met Sambhaji Murkute, the Senior Police Inspector and under his guidance distributed 80 raincoats for traffic policemen. Special thanks to Rtn. Veena Watve for coordinating with Sr. Inspector Murkute for the distribution of raincoats and the visit.



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DISTRICT INITIATIVE & CO-HOST

1. Vibrant Anand – Bringing Smile to Special People of Society

On 1st July, 2024 Rotary District 3141 organized a special event for the elderly and specially abled children Vibrant Anand. Differently abled children entertained the audience with their beautiful performances. Rtn. Vidula represented RCMM at the event.



2. Vocational Excellence Award to Mr. Hrshad Ahirrao, Superintendent of Mumbai Central Prison

On 18th July, 2024 Rotary Club South Bombay had invited Mr. Hrshad Ahirrao, Superintendent of Mumbai Central Prison as Guest Speaker. RC Mumbai Mahim and 5 more clubs joined as co-hosts. Vocational Excellence Award was presented to Mr. Harshad Ahirrao.

It was wonderful to listen to the Superintendent of central jail Mr Harshad Ahirrao. He looked so calm and composed in spite of having a tough life of 29 years as a jailor. He mentioned the crime rate in Mumbai is the lowest in spite of the high population, whereas the crime rate and murders in Nagpur is 365 in a year with a population of 50 lakhs only. He personally has helped many inmates to transform their lives and we could see the compassionate side of his personality through his stories.

What some of you missed is not only the interesting lecture but the freshly baked biscuits by the inmates which he said one will not find such tasty biscuits anywhere else in the world.



DISTRICT INITIATIVE & CO-HOST

Vocational Excellence Award to Mr. Hrshad Ahirrao, Superintendent of Mumbai Central Prison



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PATRONS & DONORS



RC Mumbai Mahim is very grateful to all the donors without whom it is not possible to continue supporting larger section of less privileged community. We look forward for your continued support.

Donor's Name	Amount	Cause	Through Rotarian
Rtn. Uday Damle	5000	General	
Khimji Poonja Freight Forwarders Pvt	10000	Fund Raise July 2024	Kishore Parulekar
Mumbai Graphologist Society	35000	Disability Project	Vidula Kshirsagar
Khimji Poonja Freight Forwarders Pvt	15000	Fund Raise July 2024	Kishore Parulekar
Rtn. Uma Shah	6000	Nutrition to TB patients	
Rtn. Shaila Rege	9000	Nutrition to TB patients	
Ship Air Forwarders Pvt Ltd	5000	Fund Raise July 2024	Kishore Parulekar
Ravi Iyer	15000	Kokri Agar Project	Usha Seshan
Urja Techniques	5000	Raincoats for Traffic Policemen	Pradeep Dixit
Rtn. Varsha Parulekar	7445	Ration to Vrudhashram	
Rtn. Shobha Karnik	2250	Raincoats for Traffic Policemen	
Jaydev	5000	Fund Raise Nov 2024	Vidya Kulkarni
Nitin Chandra Parulekar	10000	Fund Raise Nov 2024	Kishore Parulekar
Parulekar Shipping Pvt Ltd	5000	Raincoats for Traffic Policemen	Kishore Parulekar
Parulekar Shipping Pvt Ltd	6000	Nutrition to TB patients	Kishore Parulekar
Matsya Trust (Kedar Kulkarni)	50000	Fund Raise Nov 2024	Vidya Kulkarni
Pushpalata S Jaywant	50000	Fund Raise Nov 2024	Pradnya Sabnis
Rtn. Sunita Padwal	2250	Raincoats for Traffic Policemen	



FAMILY CORNER



Rtn. Dr. Pallavi Saple is known to be very efficient Dean of J J Hospital, coming up with new ideas to make the hospital progressive and patients getting best possible treatment.

दैनिक भास्कर
DOCTOR'S DA
मरीजों के लिए फरिश्ते हैं डॉक्टर
हर समय सेवा को रहते हैं तत्पर

भारत में एक हजार जनसंख्या के पीछे 1.3 डॉक्टर

डॉक्टर बढ़ाने के कदम

मरीजों से कम जीते हैं डॉक्टर

भारत के 75 हजार डॉक्टर कर रहे विदेशों में काम

Rtn. Dr. Pallavi in her interview for **Dainik Bhaskar**, mentioned that how she is bringing in reforms to ensure the best possible medical services to the patients treated at J. J. Hospital. Current situation in India is just 1.3 doctor per 1000 persons.

RCMM is very proud of **Rtn. Dr. Pallavi**.



FAMILY CORNER

*Wishing you a day filled with Happiness and a year filled with Joy.
Happy Birthday*



Rtn. Asmita Alate

Harsh, son of Rtn. Dr. Ankalikar

Rtn. Prakash Samudra

Rtn. Varsha Parulekar

Meherab, son of Rtn. Jahangir Adranvala

Swati, wife of Rtn. Dr. Ankalikar

Rucha, daughter of Rtn. Dr. Sanhita Walawalkar

Rtn. Kishore Parulekar

Dr. Anand Patil

Aditi, daughter of Rtns. Shaila & Lalit Rege

Rtn. Revati Kanavinde

Pranav, son of Rtn. Dr Modak

Rtn. Vrushali Kolhatkar

Tanaz, wife of Rtn. Jahangir Adranvala

Rtn. Vasant Pathak

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