



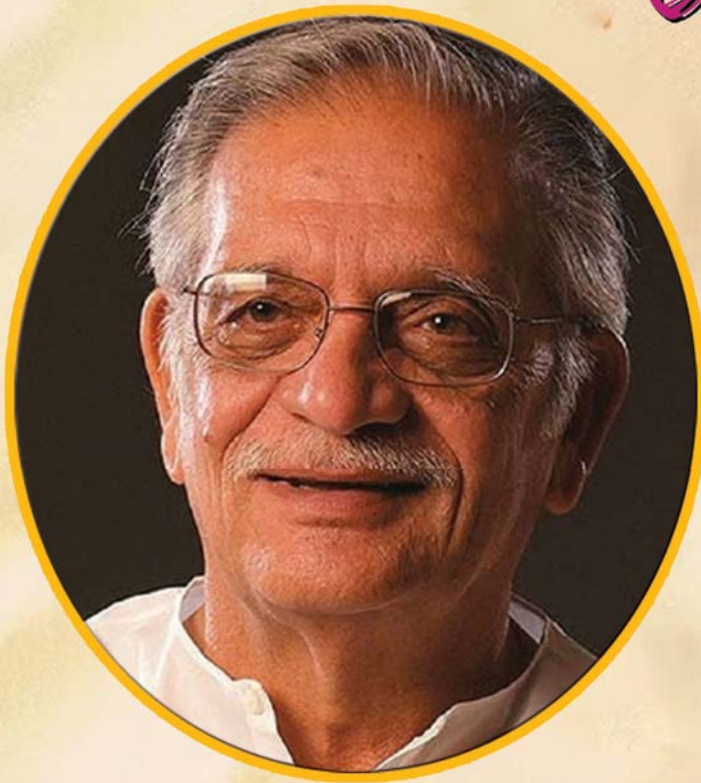
Mahim waves

Special Issue

23rd November 2024

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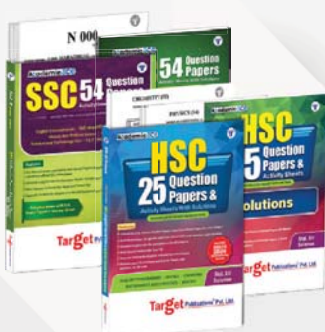
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PRESIDENT, ROTARY INTERNATIONAL 2024-25

Stephanie Urchick



RI President Rtn. Stephanie A. Urchick

has served Rotary in numerous roles, including RI director, Rotary Foundation trustee, training leader, regional Rotary Foundation coordinator, and RI President's representative. She has participated in three Council on Legislation sessions as a representative and member-at-large.

Urchick has chaired the Strategic Planning Committee, The Rotary Foundation's Centennial Celebration Committee, and has been on various Rotary committees such as the Election Review and Operational Review Committees. A member since 1991, she has engaged in international service projects, including National Immunization Days in India and Nigeria, helped build a primary school in Vietnam, and installed water filters in the Dominican Republic. She has mentored new members in Ukraine and coordinated a Rotary Foundation grant for mammography equipment in Poland, where the Rotary Club of Krakow credited her for aiding Rotary's rebirth post-Communism.

Urchick has connected clubs in the U.S. with those in Albania, Kosovo, and Ukraine for humanitarian projects. Her professional background includes higher education, consulting, and entertainment, and she holds a doctorate in Leadership Studies from Indiana University of Pennsylvania. She is recognized by The Rotary Foundation and other organizations for her contributions.

Urchick calls on members to support Rotary's Action Plan to strengthen clubs, balance continuity with change, and promote peace. She emphasizes eradicating polio, urging members to join PolioPlus Societies and continue the fight. She will lead the 2025 Rotary Presidential Peace Conference in Istanbul, Turkey, from 20-22 February, with the theme *Healing in a Divided World*.

Rtn. Vidula Manoj Kshirsagar,
Rotary Club of Mumbai Mahim

Congratulate you on your installation to the office of Club President at the Rotary Club of Mumbai Mahim, Maharashtra, India.

Rotary needs your leadership now more than ever if we are to make every club and district an irresistible experience. By following Rotary's Action Plan and making sure all members feel a sense of belonging in your club, you have a special opportunity to inspire members to new heights of service.

Our ability to create lasting change begins with our family of Rotary. Together, it is within our power to bring healing in a divided world.

Join me in making Rotary a source of strength for those who need it most, within and beyond our membership. Let this be the year we harness *The Magic of Rotary*, and let Rotary be known as an organization that takes care of its members as well as the people we serve.

It is within your power to help make your club a beacon of goodwill and fellowship in your community.

I look forward to working beside you as we change the world with *The Magic of Rotary*.

Warmest Regards,

A handwritten signature in black ink that reads "Stephanie A. Urchick". The script is elegant and cursive.

Rtn. Stephanie A. Urchick
President, Rotary International 2024-2025





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DISTRICT GOVERNOR 2024-25

Chetan Desai



DG Rtn. Chetan Desai, a Mechanical Engineer turned IT Entrepreneur and Director of Vibrant Etechnologies, a prominent networking and software consultancy firm operating in India, USA and UK. He joined RC Borivali in 2003-04 and bagged the award of Best New Rotarian in his first year.

As the President in 2008-09, he garnered an impressive array of accolades from Rotary International and the District. Notable awards include the Excellent President award, Best International Service Project, Most Unusual Project, and Best Cooperative Project of "KANHERI FESTIVAL". As District's Rotary youth Exchange Avenue Chair, he achieved 100% growth in Long Term Exchange Program, 100% Growth in STEP and NGEF Program, and made District 3140 the no.1 district in India in terms of sending maximum number of Long-Term Exchange students.

DG Chetan's outstanding contributions to Rotary have been recognized through various prestigious awards, including Rotary International's "Club Builder" Award, "Avenues of Services" Award, and the District Service Award on three occasions. He has worked at different levels and variety of roles. His notable achievements include - Introducing the innovative RISE (Rotary Inducts for Service & Excellence), along with his team collected TRF contribution of 4 million USD, the highest ever for District 3141 and created a Guinness Book of World Record for Rotary Humsafar.

He is a Major donor and PHS member, receiving a Gold Pin for Membership from RI for introducing more than 10 members to Rotary. He has donated 31 Lacs to the RC Borivali Charitable Trust.

He is happily married to Jwala, who he considers his pillar of strength. Elder son Krish has completed B Tech in Computer Engineering and is pursuing a Masters in finance, while younger son Yash, completed his 10th grade, expresses a keen interest in participating in the Rotary Youth Exchange.

Dear President Rtn. Vidula Kshirsagar and members of the Rotary Club of Mumbai Mahim,

It gives me immense pleasure to extend my heartfelt congratulations to the Rotary Club of Mumbai Mahim for your continuous commitment to serving the community with impactful projects in Health, Water, Education, Environment, Livelihood, and Women Empowerment. Your dedication to addressing vital societal needs is truly commendable, and I am proud to see how your club has embraced the true spirit of Rotary's motto, Service Above Self.

Your upcoming cultural event, "Iss Mod Se Jaate Hain," celebrating the timeless works of Padma Bhushan Gulzar, promises not only to be a captivating evening of music but also a meaningful initiative to raise the necessary funds to fuel your service projects. Such a celebration of art, combined with a commitment to serve, embodies the holistic approach Rotary is known for—blending compassion with creativity to uplift society.

As you release your special edition of Mahim Waves, I urge you to continue channelling the magic of Rotary through innovative projects that create lasting change. Every step you take in empowering the underserved strengthens the foundation of our society. Together, we will continue to build a world where service and humanity walk hand in hand.

Wishing you the very best for your event and the ongoing success of RC Mumbai Mahim's endeavours. May the vibrancy of your club continue to shine brightly in District 3141.

Yours in Rotary Service,

Rtn. Chetan Desai

District Governor (Vibrant 2024-25)

RI District 3141





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DISTRICT GOVERNOR ELECT 2024-25



Dr. Manish Motwani

DGE Rtn. Dr. Manish R. Motwani, holds an M.S. in General Surgery and has pursued advanced training internationally. He completed a Diploma in Advanced Weight Loss Surgery in Lyon, France, and a Diploma in Advanced Laparoscopy at SGH, Singapore. Additionally, Dr. Motwani has earned a Fellowship in Revisional Bariatric Surgery from Bruges, Belgium, and a Fellowship in Metabolic and Bariatric Surgery through the Obesity Surgery Society of India (OSSI).

He is a Senior Bariatric Surgeon (Weight Loss Surgeon) at Breach Candy Hospital and owns a 50 bedded Speciality Laparoscopic Bariatric Surgery Centre by name Aastha Health Care which is a Centre of Excellence (COE) in Metabolic and Bariatric Surgery.

Has been a National and International faculty at various seminars, conferences and workshops all over the world. He is in the Executive council of Obesity Surgical Society of India and has organised National and International Bariatric surgery conferences. Has published scientific papers and articles in various International and National journals and been interviewed on News channels multiple times in the past two decades.

Joined Rotary as a Charter member of Rotary Club of Mulund Hill View in 2001 and was President in 2007-08. He introduced the concept of E-learning and E-administration in our District 3141. He has been awarded the 'FIVE AVENUES OF SERVICE' citation and the 'CLUB BUILDER AWARD'. He has been at the helm of almost all Avenues and all administrative positions in his Rotary journey to be finally elected as the District Governor for Rotary 3141 for the year 2025-26

His partner Dr Mahek Motwani is an Aesthetic Gynaecologist and a Cosmetologist who runs her brand The Pinnk Door – Centre for Cosmetology across Mumbai. She is also a Past President from Rotary Club of Mulund Hill View.

Dr Mahek and Dr Manish are a Major Donor Couple

It is an honor to contribute to this special edition of Mahim Waves. Your steadfast commitment to transformative initiatives in Health, Water, Education, Environment, Livelihood, and Women Empowerment truly sets the gold standard for excellence in our district.

Water, as a cornerstone of life, presents an unparalleled opportunity for us to craft a legacy project that will endure for generations. By pioneering innovative water management and conservation solutions, we can carve a lasting legacy that echoes through time.

Moreover, the true power of Rotary lies in our ability to forge meaningful connections. By weaving a tapestry of robust networks, we can not only amplify our collective impact but also unlock new avenues for collaboration and innovation.

Congratulations on your upcoming event, “Iss Mod Se Jaate Hain.” I am certain it will be a beacon of success, reflecting your unwavering dedication and passion.

Thank you for your inspiring leadership and for lighting the way for others to follow.

Warm regards,

Rtn. Dr. Manish Motwani

DGE, (Vibrant 2024-25)

RI District 3141



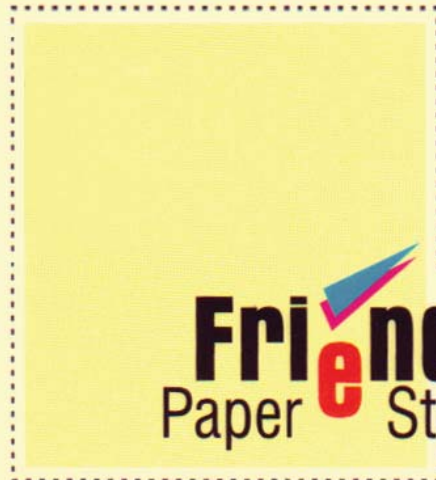
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ASSISTANT GOVERNOR 2024-25

Padma Kapoor



AG Rtn. Padma Kapoor, comes across as a very jovial and a warm-hearted personality. She has majored in economics and also completed her diploma in fashion designing from Nirmala Niketan Mumbai.

Rtn. Padma is an enterprising woman and has ruled the Garment business for the past 30 years both in manufacturing and in export. She is part of NIFT Mumbai as a guest lecturer and has nurtured many NIFT students with her expertise.

She is associated with 'ETIKA Trust' a UK Based NGO, which helps promote livelihood for women and provide sanitation needs of the Girl child.

It was a proud moment in her life when she was awarded -the Best Woman Entrepreneur by UIA, Gujarat. She was felicitated by MP Rahul Shewale with the Ran Ragini award for her work during the Covid period.

Dear Fellow Rotarians,

I am deeply honoured to contribute to this special edition of Mahim Waves, which reflects the incredible work done by the Rotary Club of Mumbai Mahim in addressing crucial social issues. Their endeavour to organize a musical program to garner funds for worthy causes is truly commendable. Among their numerous projects, I fully support their commitment over the last three years to meet the nutritional needs of TB patients.

One of the most pressing health challenges our society faces today is tuberculosis (TB), a disease that affects millions and yet remains preventable and curable. The TB project aims to provide comprehensive care to those suffering from this debilitating disease, focusing on early detection, medication, and community awareness. Despite advancements in medical science, TB continues to claim lives, particularly among the underprivileged. This makes our project not just necessary, but urgent. Through collaboration with healthcare professionals, NGOs, and government initiatives, we strive to ensure that patients receive the help they need and do not go untreated or stigmatized for having this disease.

The true spirit of Rotary is embodied in service to others, and the Mahim club actively contributes by organizing free health check-ups, awareness campaigns, and treatment support through medical camps addressing various health parameters.

As Rotarians, our role goes beyond providing resources; it involves being compassionate advocates for various causes within our communities. In the fight against TB, educating our communities and erasing the stigma associated with the disease is paramount. With continued efforts, I am confident that together we will achieve our vision of a TB-free society.

Let this musical event, Iss Mod Se Jaate Hain, remind us of the joy that art brings and the deeper impact we can make by uniting for meaningful causes like this and others that the Mahim club promotes. I encourage all Rotarians and patrons to come forward and wholeheartedly support the various projects, so they can continue to bring health and hope to those in need.

Warm regards,

Rtn. Padma Kapoor

Assistant Governor (Vibrant 2024-25)

RI District 3141





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PRINCIPAL DISTRICT SECRETARY 2024-25

Dilip Mulay



Rtn. Dilip Mulay, fondly called as Dilip in Rotary circles, is a multifaceted, hugely talented, versatile and a gifted Rotarian. After his post-graduation in MSc Biochemistry from Grant Medical College, Mumbai, started his professional career as a Chemist for couple of years.

The entrepreneur in him pushed him to start his own enterprise of manufacturing pharmaceutical products with a sales force of 150+ employees. Dilip is a true entrepreneur and went on to start other factory in Roha, Dist. Raigad for manufacturing exclusive Poultry Feed Supplements. He further went on to start one more unit in Pune to manufacture Nutraceutical products. In 2005, he diversified into manufacturing specialized garments for sterile area in pharmaceutical & healthcare industry in association with a largest textile mill, Precision Fabrics Group, Greensboro, NC USA. Precision Fabric Group is a premier American Company manufacturing unique fabric INTEGRITY. The Companies are having offices in Mumbai & Chandigarh.

He has been associated with theatre and he had done few professional dramas on The Marathi stage & some programs on television. He has also worked as a news reader on "ALL INDIA RADIO". During his college days, he was widely known and popular in Bombay (Mumbai) University for his extracurricular activities, dramatics, debate competition & bagged many prizes. He was elected as Executive - Dramatics in Bombay University. Presently, he is one of the most sought-after patron in several other social organization. He is life member of "MARATHI VIDNYAN PARISHAD".

He was invited to join Rotary in 1994 and within a short time was elected as the president of the club in 1997-98. His is widely known for leading many innovative projects.

Rtn. Dilip Mulay has served District RID 3140 then and now RID 3141, in various different capacities and across several diverse avenues.

He served Rotary in multiple roles such as Assistant Governor, Assistant Trainer, District Treasurer and District Secretary.

Further, he went on to serve the Rotary District 3141 as Chief Co-Ordinator in 2018-19, Principal Aide 2020-21, Lieutenant Governor in 2021-22 & District Trainer 2023-24.

Dilip is supported by Ann Ruta & daughter Shamoni. Shamoni has done M.Sc in Biochemistry & MBA in Biotechnology. She is married to Shreerang Sunkersett, an IT professional & their daughter Thea is studying in school.

It is with immense pride and admiration that I write to commend the incredible performance of Rotary Club of Mumbai Mahim over past few years. Your dedication and enthusiasm and vibrant approach towards service have been nothing short of inspiring. The number of impactful projects completed under your leadership is truly commendable.

Completing numerous projects in a year is an achievement which will make all your Club members and us at the District level quite proud. From the smallest initiatives to the largest undertakings, each project has reflected the Rotary spirit of selfless service and community upliftment.

The growth in your membership numbers is a testament to the strong sense of purpose and commitment your club has fostered. Not only have you engaged your members effectively, but you've also expanded the reach of Rotary in your community, motivating others to join in the good work.

Your efforts are setting new benchmarks in service, and your success is a source of pride for the entire Rotary District 3141. The impact of your hard work will be felt for years to come, as you continue to transform lives and strengthen communities.

On behalf of the district, I extend heartiest congratulations to every member of Rotary Club of Mumbai Mahim. May you continue to inspire, grow, and serve with the same passion and drive in the years to come.

With warm regards and best wishes,

Rtn. Dilip Mulay

Principal District Secretary (Vibrant 2024-25)

RI District 3141

CHAIRMAN FUND RAISING

Prakash Samudra



PP Rtn. Prakash Samudra, holds a degree in Chemical Engineering from IIT Bombay. His professional journey has been marked by notable achievements, including serving as the CEO and MD of thyssenkrupp Uhde India Private Ltd. As an Engineering Consultant, his expertise has significantly contributed to the industry. He had been Chairman of Indian Institute of Chemical Engineers (IICChE- Mumbai Region) and Process Plant and Machinery Manufactures Association (PPMAI).

He has been an esteemed member of the Rotary Club of Mumbai Mahim since 2002. His commitment and leadership have been instrumental in shaping the club's success and impact on the community. During the Rotary year 2009-10, Rtn. Prakash Samudra served as the President of RCMM. He held various positions in District 3241 - Co-Chair CSR, Chair CSR, Assistant Trainer, Director CSR, Assistant Governor. He is one of the first from RCMM to become a Major Donor Level 1.

Currently he is an Independent Director for Deepak Nitrite Ltd and Deepak Chem Tech Ltd. His involvement in these roles reflects his ongoing commitment to business excellence and corporate governance. PP Rtn. Prakash Samudra's multifaceted contributions, spanning professional achievements, leadership in Rotary, and community service, exemplify the Rotary spirit.

I welcome our District Governor Rtn. Chetan Desai, dignitaries from Rotary District 3141, donors, well-wishers and the Rotarians from various clubs including Rotary Club of Mumbai Mahim, as well as their families.

Rotary International will complete 120 years on 23rd February 2025. It has grown over the century; and now boasts of dedicated Rotarian members exceeding 1.3 million, from more than 46,000 clubs in 200 countries and geographical regions.

Rotary works to create lasting changes in the world, on causes such as fighting disease, providing clean water, supporting education, End Polio Mission, helping development of communities, promoting peace, etc

Rotary's motto is "Service above Self".

Rotary Club of Mumbai Mahim (RCMM) was formed in the year 2002. With a strong force of like-minded 65 members from various profession, we have been serving the communities, in both urban and rural regions, over past 23 years! We have implemented a large number of social projects which have benefitted 1000s of needy persons and their families.

Over the years, we have been fortunate to receive donations from philanthropists, well-wishers, corporates under their C S R schemes, our esteemed members, their families and friends, to execute such important projects.

Also, this year, we have been humbled by their generous contribution by way of Donations, Sponsorships, Advertisements as well for supporting this Annual Fund-Raising Event.

These contributions will encourage and help us to bring in positive changes in the financially weaker sections of the Society.

A big Thank you.

The Music Program for our Fund Raising event this year, is based on the theme "iss mod se jaate hain", which will showcase a musical journey based on the eternal songs of The Living Legend **Padma Bhushan Gulzar ji**.

The compere for the event, Shri Vinayak Shinde along with Music arranger Mohit Shetty will take us through this musical journey, with help of renowned singers Alok Katdare, Madhura Datar, Dr Jay Ajgaokar and Radhika Nandey, duly accompanied by a set of well-known musicians.

As a Chairman, I would like to thank all the members of the Fund Raising Committee for their commitment and dedicated efforts, to make this event a grand success.

Many thanks also to our partner Swarasparsha, for the excellent cooperation and making the necessary concept, planning and the arrangements for this event.

Enjoy the musical journey.

PP Rtn. Prakash Samudra
Chairman, Fundraising Event
Rotary Club of Mumbai Mahim

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PRESIDENT, ROTARY CLUB OF MUMBAI MAHIM 2024-25



Vidula Kshirsagar

President Rtn. Vidula Kshirsagar, born and brought up in Dharwad, Karnataka, pursued her engineering degree from Karnatak University. Growing up in a family of engineers, she realized her dream of becoming a professional engineer in Electronics and Telecommunication. Her relentless curiosity and eagerness to learn have driven her interests across diverse topics. After a successful six-year tenure with Humphreys and Glasgow Consultancy as an Instrumentation Engineer, Vidula, along with her husband Manoj Kshirsagar, became the first business partners of NIIT in Mumbai. They established multiple centres in Mumbai and Pune. Vidula's dedication, hard work, and passion for nurturing young minds earned her recognition as the top business partner in terms of business and placements to students. Beyond IT training, she expanded her expertise to training in IFBI- banking and finance, IRDA training, sales and marketing through NIS and Management training with IIM through NIIT's virtual centres. Her commitment to student development is evident through her certification as a career counsellor with Mindler using psychometric testing and her skills as a graphologist to guide students in their emotional wellbeing. She is currently Managing Director of BRV Data Serve Pvt. Ltd. a BPO in Insurance Claim processing in the healthcare sector. She is deeply interested in holistic living, including yoga, meditation, and nutrition, and is an avid reader on these subjects. Additionally, she enjoys listening to classical music and experimenting with various cuisines. As a Reiki master and Internationally certified THETA healer, she continues to explore new modalities in Occult Sciences. Her extensive professional achievements, dedication to education, and passion for holistic living makes her an exemplary leader and an inspiration to all. Through her leadership at RCMM, Vidula leverages her vast expertise to drive impactful community projects, embodying Rotary's values of service, leadership, and community empowerment.

As President of the Rotary Club of Mumbai Mahim, it is a matter of pride to lead our dedicated members in a year of impactful service. Together, we have accomplished significant work in both medical and non-medical community service projects. Being a Rotarian has always brought me a profound sense of fulfillment, but stepping into this leadership role has deepened my commitment and opened up new opportunities to identify impactful projects and reach deserving beneficiaries.

Guided by Rotary's mission in the seven areas of service, I've been fortunate to contribute to initiatives that truly make a difference. Through RCMM, we have supported our community by providing meals and essentials to the elderly, orphans, and those in need, along with donating libraries, sports equipment, and musical instruments to schools and organizing medical camps. These past five months have been incredibly rewarding, and I am excited to continue this journey, working on projects that touch lives and create lasting positive change.

As we reflect on these achievements, I am deeply grateful for the unwavering support of our members and the generosity of our donors. Your commitment and contributions make these projects possible, and together we are building a stronger, more resilient community. To those considering how they might help, I invite you to join hands with RCMM—whether through donating resources, volunteering, or simply spreading awareness of our work. Each contribution, big or small, fuels our mission and brings us closer to our goals.

Joining Rotary is not just about membership; it's a path to lifelong connections, purposeful service, and the joy of knowing you're making a tangible impact. We welcome all who share this vision to be a part of our journey and experience the fulfillment that comes with giving back. Let us continue to inspire and uplift, creating a ripple effect of goodwill that reaches far beyond our club and touches countless lives.

Rtn. Vidula Kshirsagar

President (Vibrant 2024-25)

Rotary Club of Mumbai Mahim

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Shobha Karnik & Jayanti Radhakrishnan

Rtn. Shobha Karnik, an accomplished electrical engineer who graduated from V.J.T.I., chose to align her professional expertise with her commitment to community service by becoming a member of the Rotary Club of Mumbai, Mahim in 2005. Since 2010, she has been serving as the editor of Mahim Waves, contributing her skills and dedication to the club's communication endeavours.

Rtn. Jayanti Radhakrishnan, a Commerce Graduate from R. A. Podar College, with a background in banking, brought her wealth of experience and financial acumen to the Rotary Club of Mumbai, Mahim, when she joined in 2019. Her role involves supporting the publication of Mahim Waves, enriching the club's communication efforts with her insights.

Both Rtn. Shobha Karnik and Rtn. Jayanti Radhakrishnan share a profound commitment to the principles of Rotary. They view Rotary as more than just an organization; it has provided them with a passionate and humane vision, particularly in advocating for the well-being of the less privileged members of our society. Their dedication exemplifies the transformative power of Rotary in shaping individuals who, in turn, contribute meaningfully to the betterment of their communities.

At the core of who we are lies a deep commitment to serving humanity. As Rotarians, we have embraced this commitment, dedicating our time, skills and, whenever possible, our financial support. Yet, we recognize that there are many others—individuals and organizations alike—who share this intrinsic desire to give back. What they need is a reliable pathway to realize their generous aspirations, particularly through financial contributions. This is where RCMM can step in as a vital bridge.

Friends, the time has come for our annual Fundraising event—a special occasion where we bring together generous supporters with the meaningful projects RCMM is eager to champion. We extend an invitation to every Rotarian to actively engage in this organized process, enabling individuals and institutions to channel their desire to make a difference. Our fundraising efforts do more than raise funds; they build community connections, inspire a sense of shared purpose, and drive real social and economic change.

In this special edition of Mahim Waves, we are delighted to present a rich mosaic of our club's wide-ranging initiatives. The scope of our efforts is extensive, reflecting the diversity and reach of our projects. Among the highlights is the impactful 'SAMAVESH - Project National Integration' from District 3141, dedicated to building enduring peace in Kashmir. Continuing the rich tapestry of insights, this edition brings to light vital themes and discussions from our esteemed members. Rtn. Dr. Nilesh Satbhai's article emphasizes the life-changing impact of organ donation, showing how one decision can profoundly transform lives. Addressing a widespread health concern, Rtn. Dr. Sanhita Walavalkar explores diabetes, prevalence in today's society. Mental health, often still a hushed topic, is thoughtfully unpacked by Rtn. Dr. Hemangee Dhavale and Dr. Shaunak Ajinkya, while Dr. Anjalika Atrey delves into the healing power of music on mental well-being.

Our young and dynamic member, Rtn. Swara Shettigar, reflects on her inspiring journey from Interactor to Rotarian. Adding to this, our seasoned member, Rtn. S. Venkateswaran, offers insights into Goddess Saraswati, embodying the path to self-knowledge, and concludes with the empowering message that the choice to harness our mental potential lies with us. Finally, Rtn. Shobha Karnik captures the essence of Rotary in answering, "Why join Rotary?" This edition is truly a treasure trove, guiding us through the enriching world of Rotary.

We hope these articles inspire you to join hands with RCMM—whether by becoming a member, supporting our fundraising efforts, or contributing as a donor. Together, let us be catalysts for positive change, harnessing our shared drive to serve and uplift our communities.

Rtn. Shobha Karnik & Rtn. Jayanti Radhakrishnan

Editors, Mahim Waves
Rotary Club of Mumbai Mahim

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ALL ABOUT ROTARY CLUB OF MUMBAI MAHIM

Rotary International, founded over 119 years ago and headquartered in the USA, is one of the world's leading humanitarian organizations, uniting 1.4 million Rotarians across the globe.

Through its 46,000+ Rotary Clubs in more than 200 countries, Rotary has been a driving force in creating lasting change by addressing critical global challenges. Rotary District 3141, under which our club falls, covers the Mumbai region with nearly 100 clubs serving communities from Mumbai City to Dahanu and Palghar.

Rotary's mission is centred around six key areas of focus: Promote Peace, Fight Disease, Provide Clean Water, Sanitation, and Hygiene, Save Mothers and Children, Support Education, Grow Local Economies, and Protect the Environment. These guiding principles form the foundation of every project undertaken by Rotarians worldwide.

The Rotary Club of Mumbai Mahim (RCMM), established on 26th June 2002, is a proud part of this global network. Our 65 members, each a dedicated professional in their own field, have come together with a shared vision – to uplift the less fortunate and create meaningful change in society. We firmly believe in the Rotary ethos of 'Service above Self' and live by 'The 4-Way Test', ensuring that every action we take is fair, beneficial to all, and fosters goodwill and better friendships.

Through our club's initiatives, we have consistently demonstrated a commitment to making a difference in our community. Whether it's through providing artificial limbs to those in need, donating musical instruments to schools, or creating butterfly gardens to enrich biodiversity, our projects have a lasting impact.

Our efforts are generously supported by individual donors, corporates through CSR contributions, District funds, and Rotary International Grants, all of which help turn our ideas into impactful realities. With this unwavering support, we have the resources to continue spearheading initiatives that address the pressing needs of the underprivileged.

At RCMM, our vision is clear: to enrich lives, empower communities, and inspire hope. Our projects span a wide range of causes, from education to health, from environmental conservation to social welfare, all designed to make a tangible difference where it matters most. Every project, big or small, is an opportunity for our members to contribute their time, talent, and expertise for the greater good.

Rotary is a global network of individuals united by a common desire to serve humanity. As we continue our journey, we invite others to join us in making a meaningful impact. Be it through volunteering, donating, or simply spreading the word, you too can contribute to uplifting the lives of your fellow brethren.

Project Glimpses

Empowering Futures: Education and Vocational Training for Underprivileged Children

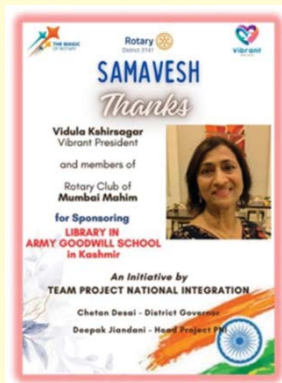
1. Cause to Connect Skill Development for rural area - Multipurpose Skills Course Center

In today's world, academic education alone isn't enough, especially for rural students. Recognizing this, RCMM supported Mr. Anirudha Bansod's initiative, and on 3rd July 2024, inaugurated the Multipurpose Skills Course Center at Chauke School in Sindhudurg. This center equips 8th to 9th standard students with practical skills like farming, carpentry, welding, and solar energy, empowering them for future self-reliance and community growth.

ALL ABOUT ROTARY CLUB OF MUMBAI MAHIM



2. Project National Integration - Library Books to Army Goodwill School



District 3141's Project National Integration aims to foster peace in Kashmir by supporting the local population through education, healthcare, and job opportunities. Responding to a request for library books for the Army Goodwill School, RCMM contributed 262 books covering a range of subjects to enrich the students' learning experience and inspire a love for knowledge. This contribution serves as a meaningful investment in their future.

3. Reviving Hope: Bicycle Maintenance and Restoration for Tilher School



The Rotary Club of Mumbai Mahim (RCMM) has provided restored bicycles and Ideal Study App coupons to the students of Tilher School, helping ease their long journeys to school and enhance their study resources. Led by Rtn. Kishore, RCMM coordinated the restoration of 55 bicycles and distributed app coupons to 90 students. This initiative supports students traveling over 5 kilometres to school, offering practical solutions for accessibility and academic support.

ALL ABOUT ROTARY CLUB OF MUMBAI MAHIM

4. Support for Dnyaneshwar Vidyalaya's Music Room: A Melody of Progress

Dnyaneshwar Vidyalaya holds a special place in Rotary Club of Mumbai Mahim's (RCMM) heart. Through CSR funding, RCMM has modernized the library, digital classrooms, and science labs, enhancing education for many students. This year, RCMM donated musical instruments for the school's Music Room, including harmoniums, tablas, a Yamaha keyboard, a guitar, dholaks, tasha, manjira, and khanjiri. A special thanks to NRB Bearings for their continued CSR support, making this initiative a reality!



5. Empower Education – Provision of Computers

For over five years, the Rotary Club of Mumbai Mahim (RCMM) has supported the 700 students of Dadar Vidya Mandir through medical camps, e-learning kits, study materials, and water filters. On 23rd September 2024, with CSR support from NRB Bearings, RCMM donated four desktop computers, initiating a plan to install 20 computers for digital learning and skill development. This partnership aims to enhance student opportunities and future job prospects.



ALL ABOUT ROTARY CLUB OF MUMBAI MAHIM

Disease Prevention and Treatment

1. Ration Distribution Under Pradhan Mantri TB Mukh Bharat Abhiyan

Since November, 2022 RCMM is providing ration to 16 patients under 'Pradhan Mantri TB Mukh Bharat Abhiyan'. Distribution takes place at BMC Health Post, City Light. 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.



2. Cataract Free Palghar

Cataract-related blindness is a major issue in India, and the Cataract Free Palghar project, initiated in 2021-22 under PP Rtn. Kishore Parulekar and PDG Rtn. Rajendra Agarwal, addresses this need. Every year, RCMM sponsor eye camps and surgeries, with this year's 100 surgeries funded through NRB Bearings' CSR support.



3. Donation of Digital Microscope to KEM Hospital

RCMM provided a Cilika Digital Microscope to KEM Hospital's Pathology Department, offering high-resolution imaging and real-time data analysis to support both education and advanced diagnostics. This versatile microscope enhances data sharing and workflow efficiency, enabling detailed, on-screen displays for more effective learning and accurate clinical assessments. Professors, staff, and students expressed deep appreciation for this state-of-the-art addition.

ALL ABOUT ROTARY CLUB OF MUMBAI MAHIM



4. Donation of Automated External Defibrillator

RCMM provided an AED at Dadar Station, with prior hands-on training provided to railway staff to ensure readiness for cardiac emergencies. This user-friendly device, equipped with voice prompts, enables prompt intervention in sudden cardiac arrests, allowing even non-medical personnel to administer lifesaving treatment.



5. Dental, Eye and General Check-up Camp at Matunga Premier School

The Rotary Club of Mumbai Mahim (RCMM) held a successful Dental, Eye, and General Health Check-up at Matunga Premier School, serving 400 students from 5th to 10th standards. Special thanks go to the Aditya Jyot Eye Hospital Wadala. team for eye check-ups, Rtns. Dr. Arun and Dr. Sangeeta Garg, and Rtn. Dr. Arti Sharma and Dr. Runa Khale for dental care, along with Rtns. Dr. Gurmit, Dr. Supriya, and the J J Hospital team for general health checks. Rtn. Dr. Sneha led follow-up discussions on further treatment and preventive care.



6. 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 a heartwarming event dedicated to transforming lives. We hosted a Free Prosthetic Fitting and Training session, aiming to empower individuals with disabilities by providing them the tools to lead fuller and more independent lives. The event was kicked off by fitting prosthetic limb for a child. Total of 70 beneficiaries received prosthetics and training.

ALL ABOUT ROTARY CLUB OF MUMBAI MAHIM



7. Paediatric Heart Surgeries

So far successfully conducted 272 surgeries

- Surgeries carried out at Wockhardt Hospital at Bombay Central, SRCC Hospital at Worli, Fortis Hospital at Mulund and Raheja Hospital at Mahim
- Aim is to Reach out to grass-root levels to help underprivileged children requiring immediate surgical intervention like heart surgeries.
- Eligibility checks and verifications are done.

Water, Sanitation and Hygiene



Providing Safe Water to Drink - Water Filter Installation at Schools and Police Stations



Distribution of Waterwheels - lifting the weight off the heads of hundreds of women in the drought-prone regions of Maharashtra. Waterwheels — an ingenious solution to the burden of rural women carrying water over long distances.

ALL ABOUT ROTARY CLUB OF MUMBAI MAHIM



Installing Incinerators and Sanitary Napkin Vending machines at Hospitals, Schools and Colleges



Provided toilet block at Zilla Parishad School at Kotbi, Bujadpada, Dahanu. The facility consists of 12 toilets (5 for boys and 7 for girls), with proper wash basins at two levels to cater to students from various ages.

Environment & Renewable Energy



Butterfly Garden at Shishu Vihar School, Dadar

Butterfly Gardens contribute to environmental conservation, education, and community well-being, making them valuable additions.

In spite of Government declaring ban on usage of thin plastic bags, people still use them mainly at vegetable, fruit vendors, grocery stores. RCMM decided to distribute cotton bags to vegetable and fruit vendors and grocery shops. Any customer who does not have a carry bag can use these cotton bags and return after the usage. This will educate customers to use cotton bags and usage of plastic bags eventually will be phased out. RCMM purchased these bags from Sulabha School which caters to mentally retarded children. The bags are stitched by the students of the school. Thus, we are helping the school as well as trying to educate people on usage of cotton bags and working towards better environment.

ALL ABOUT ROTARY CLUB OF MUMBAI MAHIM



Borrow Your Cotton Bags

Use of Solar Energy



At Shisne, Dahanu Provided: 1. Solar Lanterns for Every House; 2. Solar Street Lights; 3. Vocational Training in Warli Painting and Sewing Skills.

Tree Plantation



Tree Plantation at J. J. Hospital



Tree Plantation at ICT

ALL ABOUT ROTARY CLUB OF MUMBAI MAHIM

Women Empowerment



Training on Sewing & Stitching Skills Provided 11 Sewing Machines, Helping to learn and earn



Skills of stitching imparted to Adivasi women with help of NRB CSR funding and local NGO The Aastha Foundation.

To start with 4 sewing machines were set up, where around 30-40 women trained. Each woman is able to stitch 75 bags within 8 to 10 hours.

RCMM has procured 7 more machines to train more women.

Each woman makes 75 bags per day, giving her an income of Rs.300 per day.

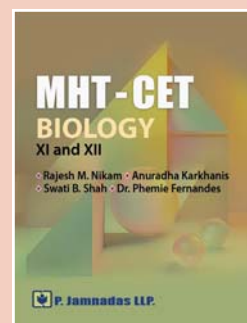
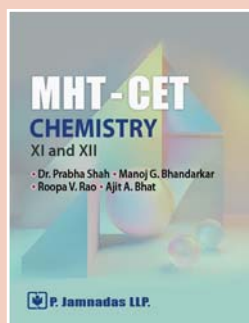
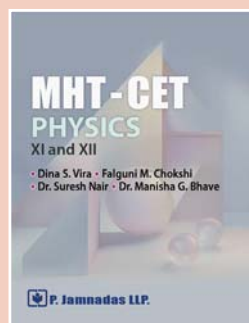
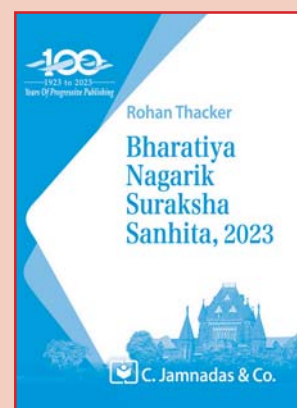
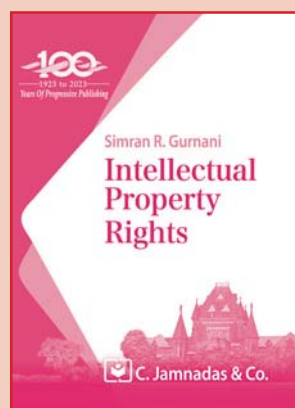
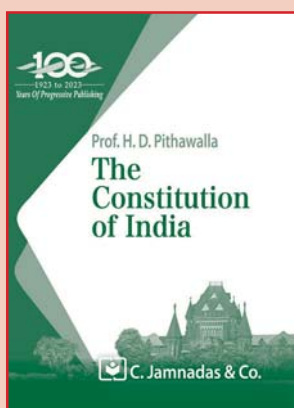
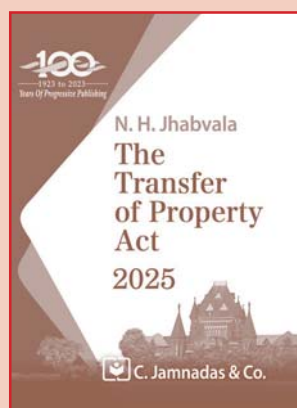


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Rtn. Deepak Jiandani
*Head SAMAVESH - Project
 National Integration*

Rtn. Deepak Jiandani, a dedicated Rotarian, began his Rotary journey in 1999 with the Rotary Club of Mumbai Mulund East. Serving as the Club President in Rotary's centennial year (2004-05), Deepak has since contributed extensively to Rotary's mission. His leadership roles span almost all major positions within the Rotary District, including Assistant Governor (AG), Avenue Chair, District Sergeant-at-Arms, District Secretary, and Chief Coordinator. His commitment to Rotary's values earned him the prestigious Rotary International Avenues of Service Citation.

Throughout his Rotary career, Rtn. Deepak has been instrumental in impactful projects. In the Rotary year 2017-18, he spearheaded the installation of over 150 sanitary napkin vending machines and incinerators across Districts 3141 and 3142, fostering women's health and hygiene. During the COVID-19 pandemic, he procured and distributed hand sanitizers valued at over INR 5 crores, significantly aiding communities across the state. Currently, Rtn. Deepak is a Principal Aide in the "Vibrant" year and leads "Samavesh," a Project National Integration initiative, embodying Rotary's mission to foster unity and integration across diverse communities.

The "Project National Integration in Kashmir" launched by Rotary District 3141 in the Rotary year 2023-2024 and re-christened to "SAMAVESH" in the Rotary year 2024-2025, represents a significant initiative aimed at fostering national unity and promoting peace in the conflict-sensitive region of Jammu & Kashmir. The project's primary objective is to build bridges of understanding between different communities, focusing on Youth Engagement, Educational Programs, Health & Welfare and Cultural Exchange.

Objectives of the Project:

Promoting National Unity: The project seeks to strengthen the bonds of national integration by creating platforms for interaction between people from different parts of India, particularly those living in the conflict-affected regions of Kashmir.

Youth Engagement and Development: Rotary District 3141 focuses heavily on youth empowerment. The project includes organizing various skill-development programs, leadership workshops, and education initiatives for the young people of Kashmir. This helps in providing them with opportunities for growth, improving employability, and fostering a sense of belonging to the nation.

Cultural Exchange Programs: Another important aspect of the initiative is the promotion of cultural exchanges between Kashmir and other parts of India. By bringing in students, artists, and professionals from across the country, the project helps in bridging cultural gaps, thereby fostering mutual respect and understanding.

Educational Initiatives: Rotary 3141 has initiated infrastructure support for schools, and higher education counseling for students in Kashmir. This is aimed at enhancing educational

opportunities and reducing the disparity in access to quality education.

Health and Welfare Initiatives: Upgrading Army Hospitals to ensure that the local population, especially in remote areas of Kashmir, receives the necessary medical support on healthcare.

Empowering Women and Communities: Another crucial aspect of the project is the empowerment of women in Kashmir through various self-help groups, vocational training programs, and entrepreneurship workshops. This initiative aims to make women economically self-reliant and active participants in the social fabric of the region.

Impact and Reach

Some of the Projects executed / committed include

- Infrastructure support for schools by construction of Building enclave @ a cost of 110 Lakhs by RC Bombay North, to accommodate additional classes and administrative staff.
- Commitments for Donation of School buses worth 25 Lakhs each to Army Welfare School (AGS) Wayne & Hajinar, received from RC Queens's Necklace & RC Mumbai Salt City.
- Donating books worth 1.30 Lakhs each for libraries at AGS Wayne, Raghavan, Davar, Tithwal, Hajinar, Wayne by RC Mumbai Mahim, Bombay Queen City, Mumbai Nova, Bombay Kandivli, Bombay North West-Malad, Mumbai Iconic & Deonar.
- Commitment by RC Bombay Worli for providing Medical Equipments worth INR 40 Lakhs to Army Hospital
- Commitment by RC Chandivali Mumbai for providing ICU beds worth 10 Lakhs to Army Hospital.

- Supply of medicines worth INR 10 Lakhs to Army Hospital by RC Queen's Necklace.
- Dental treatment by Dr Aarti of RC Bombay Uptown to locals in the area of Machhal.
- Developing a Skill Vocational centre at a cost of INR 35 Lakhs by RC Bombay Central.
- Construction of a Sumo Stand (similar to a Bus stand) with Public Utility services for the benefit of the local population, by RC Mumbai Malabar Hill at a cost of INR 18 Lakhs.
- Construction of a Toilet Block by RC Bombay Worli.
- Distribution of approximately 2000 Smart Watches, 1000 Period Panties & 2000 Nutrition Bars.
- Entrepreneurship workshops & help in setting up Bistro Cafe to empower war widows and other women from local community.

Conclusion

Samavesh is a commendable effort that addresses the multifaceted challenges in the region. By focusing on education, cultural exchange, youth development, and empowerment, the project serves as a critical tool in fostering peace, unity, and a shared national identity in Kashmir. Its long-term vision is to create sustainable change, contributing to the socio-economic and cultural upliftment of the region.

Samavesh has seen considerable success in creating positive changes within the region. It has helped youth connect with the broader national mainstream, facilitated economic development, and contributed to peace-building efforts. The involvement of Rotary members and volunteers from RI District 3141 has allowed for a genuine exchange of ideas and perspectives, making it a model for other initiatives aimed at promoting national integration in conflict zones.



WHY JOIN ROTARY

Rtn. Shobha Karnik
RC of Mumbai Mahim

Rtn. Shobha Karnik, an accomplished electrical engineer who graduated from V.J.T.I., chose to align her professional expertise with her commitment to community service by becoming a member of the Rotary Club of Mumbai, Mahim in 2005. Since 2010, she has been serving as the editor of Mahim Waves, contributing her skills and dedication to the club's communication endeavours.

Rtn. Shobha Karnik shares a profound commitment to the principles of Rotary. She views Rotary as more than just an organization; it has provided her with a passionate and humane vision, particularly in advocating for the well-being of the less privileged members of our society. Her dedication exemplifies the transformative power of Rotary in shaping individuals who, in turn, contribute meaningfully to the betterment of their communities.

Rotary International has been a beacon of service and leadership across the globe for over a century. Its influence extends far and wide, touching the lives of millions in meaningful ways. For individuals in India, joining Rotary is not just about being part of a prestigious global organization, but it also offers a platform to contribute to the nation's socio-economic progress, engage in community service, and foster meaningful relationships. Here's why becoming a Rotarian is an inspiring and fulfilling decision from an Indian perspective.

1. Service to Humanity

The most compelling reason to join Rotary is the opportunity to serve humanity. In India, where social and economic disparities are stark, the impact of service-oriented work cannot be overstated. Rotary Clubs across the country are involved in projects addressing pressing issues like poverty alleviation, healthcare, literacy, sanitation, environmental sustainability, and skill development.

For instance, Rotary's polio eradication campaign has had a tremendous impact in India, contributing to the country being declared polio-free in 2014. Whether it's improving sanitation facilities in rural schools or providing artificial limbs to those in need, Rotary's service projects resonate deeply with the local communities, creating tangible change.

2. Community Building and Networking

Joining Rotary allows members to build strong networks within the local and global community. India, with its diverse social fabric, benefits greatly from the platform Rotary provides for individuals from various walks of life to come together. Entrepreneurs, doctors, engineers, educators, and professionals

from various fields unite under the shared banner of service above self.

These connections foster not only personal growth but also open doors to collaborations that strengthen community initiatives. The camaraderie and networking opportunities within the Rotary family also help members achieve personal and professional milestones. Rotary clubs in cities like Mumbai, Delhi, and Kolkata often host influential guest speakers, events, and workshops that enrich members' lives.

3. Leadership Development

Rotary promotes leadership skills by encouraging members to take active roles in planning and executing community service projects. Leading a Rotary project in India—be it installing solar panels in rural schools, organizing blood donation drives, or improving urban healthcare—gives individuals a platform to refine their leadership qualities.

The structure of Rotary, with its Club Presidents, District Governors, and various leadership roles, offers opportunities to take on responsibilities that extend beyond local projects to global initiatives. These roles help members enhance their management, communication, and decision-making skills while contributing to causes they believe in.

4. Global Fellowship

India, being a part of a rapidly globalizing world, benefits from the international network that Rotary provides. Rotary members are connected to a global community of 1.4 million Rotarians across more than 200 countries. This worldwide fellowship opens doors for cultural exchanges, global projects, and international collaborations that benefit both local communities and global humanitarian efforts.

Rotary's cultural exchange programs, scholarships, and international conferences allow members to experience new perspectives while representing India on the world stage. It's a unique way to build bridges across cultures

and contribute to Rotary's global mission of promoting peace and understanding.

5. Involvement in Diverse Causes

One of Rotary's greatest strengths in India is its commitment to a wide array of causes. Whether your passion lies in education, healthcare, disaster relief, women's empowerment, or environmental conservation, Rotary offers avenues to support causes that are close to your heart. In India, Rotary projects include everything from building toilet blocks in rural areas to supporting skill development programs in tribal communities.

Rotary's flexibility in engaging with diverse social challenges makes it attractive to people of all interests. It provides members with the satisfaction of contributing to long-term change while addressing immediate needs, as demonstrated by initiatives like Rotary India Literacy Mission, which aims to eliminate illiteracy in India.

6. Promoting Peace and Cultural Harmony

India's vast cultural diversity makes peacebuilding and conflict resolution critical elements of Rotary's work. Through its Peace Fellowships and inter-community dialogue initiatives, Rotary plays an essential role in fostering harmony in regions where ethnic, religious, and political conflicts may arise.

Rotary's peacebuilding initiatives, both globally and locally, resonate with the ethos of India—where diverse cultures and communities coexist. Rotarians in India have championed efforts to build bridges between communities, promote peace, and engage in meaningful conversations on issues that affect both national and global harmony.

7. Personal Fulfilment and Legacy

For many in India, joining Rotary is about more than service; it is about creating a lasting legacy. The joy and fulfilment derived from knowing that your efforts have helped someone achieve a better life is priceless. Whether it's through a long-term initiative like Rotary's "WASH in



Schools” (Water, Sanitation, and Hygiene) program or helping an individual with healthcare support, the ability to leave a positive mark on society is deeply rewarding.

Additionally, many Rotarians choose to involve their families, passing on the values of service, leadership, and philanthropy to the next generation. This family-oriented culture makes Rotary an appealing platform for those who wish to make their contribution to society a lifelong commitment.

Conclusion

In a country as diverse and dynamic as India, Rotary provides an unparalleled platform for

individuals to channel their passions, skills, and resources toward creating a better future. Whether you are driven by the desire to serve your community, expand your network, develop leadership skills, or contribute to global causes, Rotary offers a path for impactful action.

Joining Rotary is not just about attending meetings or participating in projects; it’s about being part of a movement that uplifts communities, promotes peace, and fosters sustainable change—making a difference locally and globally. So, if you are looking for a way to turn your passion for service into action, Rotary could be your perfect calling.



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**PP Rtn. Subramanian
Venkateswaran**
RC of Mumbai Mahim

PP Rtn. Subramanian Venkateswaran (fondly called 'SV') is a Chartered Accountant, Cost Accountant and Company Secretary with 31 years of post-qualification experience in 5 different organizations in India and abroad. He has successfully carried out many workshops during his professional career-like Vision and Values; Risk Management; Stress Management; Conflict Management; Effective Executive & Leadership.

SV is also creator of "Magic of Mind Power" – a counselling and mentoring program primarily aimed at Corporate Executives.

SV is currently Director in Stalwart Sales Pvt Ltd – a Stalwart World Company, who are India's first and only of its kind "Plug-N-Play & Route to Market" Company delivering Retail Sales and Market Execution for FMCG Emerging Brands.
www.stalwartplugnplay.com

SV is Past President of Rotary Club of Mumbai Mahim – RID 3141

SV can be contacted at sv@stalwartmanagement.com

We start every musical event invariably with an invocation to Goddess Saraswati considered as Goddess of Knowledge, Music, Arts, Wisdom and Learning. Saraswati, is a Sanskrit fusion word of Sāra (सार) which means essence, and Sva (स्व) which means one self, the fused word meaning "essence of one self", and Saraswati meaning "one who leads us to essence of self knowledge".



Self Knowledge is knowledge of 'Pure Consciousness' often considered to many as abstract and beyond comprehension. Cosmic forms and images with profound meanings are very often used to make such knowledge of pure consciousness enter the realms of our limited intellect (acquired intelligence). Hence the need to understand the meaning of various cosmic forms or images

Veena or Musical Stringed Instrument:

Most of the images of Goddess Saraswati show her playing a musical stringed instrument called 'VEENA' using two of her four hands. It is a clear message to everyone that we should **PLAY OUR OWN MUSIC** meaning thereby we should pursue and practise our chosen profession /vocation to the best of our abilities.

Book

The book in her third hand depicts universal, divine, eternal, and true knowledge as well as all forms of learning. Whatever we pursue and practise, we must perform with utmost integrity and sincerity.

Rosary or Pearl Necklace

All the beads in the Rosary or Necklace placed in her fourth hand are arranged together and they are in perfect alignment and harmony. The Rosary is to convey to us that while we are engaged in our vocation or profession, we must ensure that we allow the entire creation to live in perfect harmony. For instance, a chemical manufacturer may have all the registrations and certifications; however if he allows the effluents from his plant to get discharged into the rivulet

flowing behind the factory building, he is causing small fish living in the rivulet to die. He is thus causing disturbance for other creatures to live in harmony. He must, therefore, work on immediately putting up an effluent treatment plant. This is precisely what Goddess Saraswati is trying to convey holding pearl necklace in her fourth hand.

Lotus Flower

Seated on the Lotus Flower, Goddess Saraswati is trying to convey to us that we should keep our mind open to positive things and shun away from negative thoughts and discussions, just as the Lotus Flower blooms when the sun shines and closes itself when the dusk sets in.

Swan

Very often we are unable to use our discretionary power to differentiate between right and wrong. The Swan is therefore kept as vehicle for Goddess Saraswati, conveying to us to develop our discretionary skills very similar to swan which can easily separate the water from the milk and drink only the milk leaving out the water.

Goddess Saraswati thus not only embodies knowledge but also the experience of the highest reality.

WHY HUMAN BEINGS ARE THE POWERFUL SPECIES IN THE WORLD?

*They have the **Most Impactful Niche Device** called the **MIND**. MIND can produce 'Outstanding Positive Result' or 'Disastrous Negative Outcome'. Choice is Ours to make the best use of our Mind Power.*

One of my friends recently confessed to me saying that 'Spirituality' should be 'part' of his life. I immediately corrected him, quoting my Guruji, clarifying that 'Spirituality' should be the 'foundation' of his life.

Play your own Music and Experience & Enjoy the Magic of your Mind Power



GIFT OF LIFE: THE TRANSFORMATIVE POWER OF ORGAN DONATION

Rtn. Dr. Nilesh Satbhai
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Rtn. Dr. Nilesh G Satbhai is currently the Senior Consultant and Head of the Department of Plastic, Hand & Reconstructive Microsurgery at Gleneagles Hospital in Parel, Mumbai, as well as the Honorary Consultant in Pediatric Plastic Surgery at BJ Wadia Hospital for Children in Mumbai.

In terms of notable achievements, Dr. Satbhai serves as the Director of the Hand Transplant and Vascularized Composite Allotransplantation program at Gleneagles Hospitals, previously known as Global Hospital, in Parel, Mumbai. His team has completed 12 hand transplants to date, achieving several significant milestones: conducting the first bilateral hand transplant in Mumbai, Maharashtra, and Western India; performing India's first successful bilateral hand transplant on a quadruple amputee patient; completing Asia's first partial hand transplant; performing Asia's first hand transplant for congenital hand absence (aplasia); achieving Asia's first successful bilateral total arm transplant at the shoulder level; conducting India's first unilateral hand transplant; and carrying out the world's first shoulder-level transplant on the youngest and first female recipient.

Organ donation holds the power to transform the lives of people battling chronic illnesses. Your willingness to donate can open endless possibilities for the person in need. This article emphasizes the increasing need for organ donation to save and transform lives.

Organ donation is often called an act of generosity as that which gives a second chance or a new lease of life to those awaiting a transplant. Over the years, there has been a surge in organ donations in India. By choosing to donate organs you choose to save at least 9 lives. You can donate various organs such as the heart, lungs, liver, kidneys, pancreas, small intestine, uterus to somebody who is in need. In addition to this, several tissues such as hands, face, trachea, larynx, skin, corneas, heart valves, bone marrow, bone, tendons, ligaments, cartilage, blood vessels and nerves can be donated as well.

There are two types of organ donations: deceased donation and living donation. The process of deceased donation occurs when the person is declared brain dead due to a certain injury or accident. Whereas, a living donation is done when a living person is willing to donate an organ such as a kidney or liver to his/her loved ones with end-stage kidney or liver disease. Unfortunately, there are many taboos and myths related to organ donation that prevent one from donating organs. Also, there is a lack of awareness regarding this topic which further discourages one from donating organs.

Importance of organ donation

- Improves the quality of life: Everybody may not be able to save lives. But everybody can surely improve the quality of life for many others by donating organs. For instance,

eye donation can give somebody the ability to experience the real beauty and colors of life. Liver or kidney transplant can save the life of a person suffering from end stage disease. A hand or face transplantation can tremendously improve the quality of life of the recipient and transform it completely.

- To overcome shortage of organs: Organ shortage is one of the major issues that is the cause of death of several patients on the waiting list. There is already a long waiting list of people waiting for one or another organ transplant. Unfortunately, many would die even before receiving organ transplantation due to its scarcity. Organ donation can effectively help resolve this serious issue by reducing the gap. It is important for the society to be aware of this important problem. The first step to be taken is to take the pledge for organ donation and inform

your family about your wish, so it is easy for them to decide when the situation arises.

- Generosity of donor families: To accept the death of our loved one or dear family member can be overwhelming and challenging. Organ donation is a unique opportunity to convert this grief into pride. It takes a mature mindset and strong will power on part of the donor family to take this brave decision of organ donation. They deserve all appreciation and support to make this process smooth and respectful.
- Human organs and tissues are precious and invaluable. By donating organs and tissues, we are not only enriching the recipient's life but we are prolonging our own existence on this earth as well.
- Burying or burning these precious organs after our death is the loss of a huge opportunity to help humankind!

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WELLNESS BEGINS FROM THE WOMB

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Author of TWO books in Marathi
titled
"संहितेची संहिता" – published in April
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"अंतर... गुंज" – published in October
2023

Lifestyle disorders or Non-Communicable Diseases as they're called, are the bane of 21st century. Diabetes mellitus, high blood pressure, high cholesterol levels, fatty liver, Polycystic Ovarian Disease, a variety of cancers and obesity are the major maladies that are threatening our lives today.

Numerous studies conducted in every nook and cranny of the globe clearly prove that they are preventable diseases. If that's a loud and clear message, what are we doing to nip it in the bud? Unfortunately, we aren't doing enough. I, as a Metabolic Disease specialist, have been observing a very scary situation on a daily basis in my clinic. Not only College students but also school children are being brought by their parents and grandparents with high blood sugar levels, raised blood pressure, fatty liver and obesity issues. Affluence is creating effluence in our society.

I attended a lecture by Dr. Yajnik last weekend at a diabetes conference. For the uninitiated, he is a diabetologist extra ordinaire, with a farsighted perspective. He has been doing research regarding epidemiology of diabetes in rural areas of Pune since the last many years. His research findings are an eye opener. The studies have unequivocally proven that THE JOURNEY OF DIABETES PREVENTION HAS TO START FROM THE WOMB!! It's high time we start taking every measure we can to change/modify the DNA that has made us so vulnerable to developing these life style disorders.

Let's come together to make our nation healthy and happy. Impossible is nothing as they say. We must concentrate on woman's health, first and foremost. It's not enough to prevent or treat the disease complex when an adult or an adolescent comes to our clinic. Actually, that's a little too late for creating a healthy society. Primarily the aim should be to create future generation with healthy genes. If we succeed in creating awareness amongst the masses in general and girls and women in particular, this battle can be won.

It's a Herculean task but definitely worth executing for better and healthier Bharat. Let's inculcate good dietary habits such as protein rich and low calorie foods, daily exercise regime including "Run India Run" campaign, avoidance of tobacco, alcohol, drugs and smoking. Let's take a small but decisive step NOW. I'm positive it'll change our destiny.



EMPOWERING MINDS: BREAKING BARRIERS TO MENTAL HEALTH

Rtn. Dr. Hemangee Dhavale
RC of Mumbai Mahim

Rtn. Dr. Hemangee Dhavale, currently a Consultant at Somaiya, Dhanwantari, and Fortis Hospitals, has a remarkable career in psychiatry, with significant contributions to the field. She holds an MD, DPM, and training in Hospital Management and REBT. Dr. Dhavale is a Fellow of IPS and a member of IMA.

She has served as Professor and Head of Psychiatry at BYL Nair Hospital (1991-2005) and Somaiya Hospital (2005-2014). Dr. Dhavale has held leadership roles, including President of IPS (WZ) and BPS, and served as Secretary in various societies. She has chaired and been a member of over 30 committees at Mumbai University, MUHS, and others. She is also a Founder Member and Convenor of a mental health group in Mumbai.

From 1975 to 2014, she taught medical students and guided postgraduate students, extending her expertise to occupational therapy, physiotherapy, nursing, and speech therapy students. Dr. Dhavale has authored numerous publications, won Best Paper awards, and delivered prestigious orations like the Dr. S. M. Lulla oration.

WORLD MENTAL HEALTH DAY

World Mental Health Day is observed on October 10th each year with the objective of raising awareness about mental health issues globally and mobilizing efforts to support mental health.

The World Health Organization (WHO) defines mental health as a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to contribute to his or her community.

Mental Health in India - A Growing Concern

Mental health issues present pervasive challenges globally, and India, with its vast population and diverse cultural landscape, is no exception. While the topic has gained more attention in recent years, there remains a significant stigma and lack of awareness. Organizations like Rotary International are also placing importance on mental health, further highlighting the need for action.

Challenges Faced by Indians

Stigma and discrimination are the most significant barriers to seeking help. The pervasive stigma associated with mental disorders deters many individuals from seeking assistance due to fear of being labelled as “weird” or “crazy,” which leads them to hide their symptoms and avoid professional help.

Lack of Awareness

There is a general lack of understanding about mental health conditions and their treatment options. Many people think of mentally ill patients as those who exhibit visible behaviours such as shouting, talking to themselves, dressing inappropriately, or displaying violent tendencies. Such misconceptions, often

shaped by media portrayals, apply primarily to chronic and untreated conditions like schizophrenia, mania, or paranoid psychosis. However, there are mental illnesses like anxiety, depression, and somatoform disorders, where individuals suffer without exhibiting abnormal behaviours. Additionally, psychosomatic illnesses such as diabetes, hypertension, acidity, and irritable bowel syndrome often have physical symptoms precipitated by stress and anxiety.

Cultural and Religious Factors

Cultural and religious beliefs can influence how mental health issues are perceived and addressed. In some cases, mental illness may be attributed to supernatural causes, such as black magic or worsening symptoms during certain lunar phases. In reality, mental illnesses are generally the result of physical, mental, or social stress that causes a chemical imbalance in the brain.

Misconceptions about Mental Health Treatment

Many people mistakenly believe that once a person has a mental illness, they will never improve. This is incorrect, as many effective treatments are now available, allowing for complete recovery. If a patient is initially unwilling to take medication, options such as dispersible tablets or injections that need to be administered only once every 15 days or once a month can be considered.

Electroconvulsive Therapy

Commonly known as shock treatment, electroconvulsive therapy often invokes fear due to media portrayals. In reality, it is a highly

effective treatment for severe illnesses like depression and psychosis, particularly when the patient is violent. The procedure involves a small machine and short-acting anesthesia, so the patient does not experience distress during the treatment.

Medicines Prescribed by Psychiatrists

There is a common misconception that psychiatric medications, such as sleeping tablets, are addictive and require lifelong use. This is not true. Often, the relief from symptoms is a result of reduced anxiety, and even for severe mental illnesses, medications may eventually be stopped under the guidance of a psychiatrist.

In conclusion, it is essential to remember the acronym 'MENTAL FIT':

- **M** is for manage stress and anxiety
- **E** is for enhance one's mood and overall well-being
- **N** is for nurture positive relationships
- **T** is for treat mental health conditions effectively
- **A** is for amplify self-awareness and personal growth
- **L** is for lead to better physical health
- **F** is for foster emotional intelligence and coping mechanisms
- **I** is for improve focus and productivity
- **T** is for transform lives and promote happiness

As emphasized by WHO, mental health is crucial for emotional well-being, psychological resilience, social connections, productivity, and overall quality of life.



THE IMPACT OF MUSIC ON MENTAL, EMOTIONAL & PHYSICAL WELL-BEING

Dr. Anjalika Atrey

Dr. Anjalika Atrey is a Consultant Psychiatrist, Sexologist, De-addiction Specialist, and Therapist at Criticare Asia Hospital, Juhu, and Phoenix Hospital, Borivali. In addition to her medical expertise, she is also a Stand-up Comedian and a passionate social activist, dedicated to raising awareness about mental health and sexual well-being.

Music has been a fundamental part of human culture for thousands of years, serving as a powerful tool for communication, expression, and connection. Its impact on mental and emotional well-being is profound, and more recently, research has also shown that music can have beneficial effects on physical health. This article explores the multifaceted ways in which music influences our minds, emotions, and bodies, highlighting the therapeutic potential of this universal art form.

1. Music and Mental Well-Being

- a. **Reducing Stress and Anxiety** One of the most significant benefits of music on mental health is its ability to reduce stress and anxiety. Listening to calming music, such as classical or ambient genres, can slow down the body's physiological responses, leading to lower heart rates, reduced blood pressure, and decreased levels of cortisol, the stress hormone. This soothing effect helps individuals feel more relaxed and can be particularly beneficial for those dealing with chronic stress or anxiety disorders.
- b. **Enhancing Cognitive Performance** Music is also known to enhance cognitive function, particularly when it comes to tasks that require concentration and memory. The "Mozart effect," a term coined after studies suggested that listening to Mozart's compositions could temporarily boost spatial-temporal reasoning, highlights music's potential to enhance brain function. While the exact mechanisms are still being studied, it's believed that music's complex structure stimulates brain activity, leading to improved problem-solving abilities and creativity.

- c. **Alleviating Symptoms of Depression** For individuals struggling with depression, music can be a powerful ally. Listening to music that resonates emotionally can provide a sense of comfort and understanding, acting as a form of emotional release. Additionally, engaging in musical activities, such as playing an instrument or singing, can increase the production of endorphins, the body's natural mood lifters. Music therapy, which involves the use of music interventions by trained therapists, has shown promising results in helping individuals cope with depression by improving mood, increasing motivation, and fostering a sense of accomplishment.
- d. **Improving Sleep Quality:** Sleep disturbances are a common issue for many people, often linked to stress, anxiety, or other mental health conditions. Music has been found to be an effective tool for improving sleep quality. Listening to calming music before bed can help relax the mind and body, making it easier to fall asleep and stay asleep. Slow-tempo music, in particular, can encourage the body's relaxation response, leading to a deeper and more restorative sleep.

2. Music and Emotional Well-Being

- a. **Emotional Expression and Processing** Music is a powerful medium for expressing and processing emotions. Whether it's the lyrics of a song that resonate with a personal experience or the melody that evokes a particular feeling, music allows individuals to connect with and explore their emotions in a safe and controlled way. This can be especially beneficial for those who find it difficult to verbalize their feelings, as music provides an alternative outlet for emotional expression.
- b. **Building Emotional Resilience:** Listening to music that evokes positive emotions

can help build emotional resilience. When individuals are exposed to music that makes them feel happy, inspired, or motivated, it can enhance their overall emotional state and improve their ability to cope with challenges. Music can serve as a source of strength during difficult times, reminding individuals of their inner resilience and capacity to overcome adversity.

- c. **Enhancing Social Connections:** Music has a unique ability to bring people together, fostering a sense of community and belonging. Whether it's attending a concert, participating in a group music-making activity, or simply sharing a favourite song with a friend, music creates opportunities for social interaction and connection. These social bonds can enhance emotional well-being by providing a support system, reducing feelings of loneliness, and promoting a sense of belonging.
- d. **Music as a Tool for Emotional Regulation:** Emotional regulation refers to the ability to manage and respond to emotional experiences in a healthy way. Music can be an effective tool for emotional regulation, helping individuals to shift their mood, manage stress, or process difficult emotions. For example, listening to upbeat music can elevate mood, while listening to calming music can help reduce feelings of anger or frustration. By using music intentionally, individuals can develop healthier emotional regulation strategies and improve their overall emotional well-being.

3. The Physical Health Benefits of Music

- a. **Music and Exercise:** One of the most well-known physical health benefits of music is its impact on exercise performance. Listening to music while exercising can enhance endurance, improve coordination,

and make physical activity more enjoyable. Upbeat, rhythmic music can motivate individuals to push harder during a workout, while the tempo of the music can influence the pace and intensity of the exercise. Music also serves as a distraction from physical discomfort, allowing individuals to exercise for longer periods without feeling fatigued.

- b. Pain Management Music has been found to be an effective tool for pain management, both in acute and chronic pain settings. Listening to music can trigger the release of endorphins, which act as natural painkillers in the body. Additionally, music can provide a distraction from pain, reducing the perception of pain intensity. In medical settings, music therapy is often used as a complementary treatment for patients undergoing surgery, dental procedures, or managing chronic pain conditions, helping to reduce anxiety and improve overall comfort.
- c. Cardiovascular Health Music's impact on cardiovascular health is another area of interest for researchers. Listening to music with a slow tempo has been shown to have a calming effect on the cardiovascular system, leading to lower blood pressure and heart rate. Conversely, upbeat music can stimulate the cardiovascular system, increasing heart rate and promoting circulation. This dual effect makes music a versatile tool for supporting cardiovascular health, whether through relaxation or physical activity.

- d. Music and Immunity Emerging research suggests that music can also have a positive impact on the immune system. Listening to music that one enjoys can lead to the release of immunoglobulin A, an antibody that plays a critical role in immune function. Additionally, music's ability to reduce stress and promote relaxation can indirectly support immune health, as chronic stress is known to weaken the immune system over time. By fostering a positive emotional state and reducing stress, music may contribute to a stronger and more resilient immune response.

Conclusion: Music's impact on mental, emotional, and physical well-being is undeniable. From reducing stress and anxiety to enhancing cognitive performance and improving sleep quality, music offers a wide range of mental health benefits. Emotionally, music serves as a powerful tool for expression, regulation, and connection, helping individuals navigate the complexities of their emotional lives. On a physical level, music supports exercise performance, pain management, cardiovascular health, and even immune function. As our understanding of the therapeutic potential of music continues to grow, it becomes increasingly clear that music is more than just a source of entertainment; it is a valuable resource for promoting holistic well-being. Whether through passive listening or active participation, integrating music into daily life can lead to significant improvements in mental, emotional, and physical health, making it a powerful tool for enhancing overall quality of life.

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Dr. Shaunak Ajinkya

Dr. Shaunak Ajinkya, is a consultant psychiatrist at Kokilaben Dhirubhai Ambani Hospital at Andheri West in Mumbai. He has over 25 years of experience in the field and specialises in child and adult psychiatry, neuropsychiatry, deaddiction, psychotherapy, and medical hypnotherapy. He is also an ex-professor of Psychiatry who actively engaged in training programs and mentoring the next generation of mental health professionals. He has an extensive list of over forty publications in various national and international journals, with research covering a wide range of topics within psychiatry. He completed his MBBS and MD in Psychiatry from the University of Mumbai. He is also a certified hypnotherapist with certifications from the International Medical and Dental Hypnotherapy Association, USA. His work involves a holistic approach to mental health, integrating medical and psychotherapeutic interventions, including medical hypnotherapy.

HYPNOTHERAPY IN STRESS MANAGEMENT

Stress is an inevitable part of life. Whether it's caused by work pressures, personal relationships, or financial concerns, stress can significantly impact both mental and physical health. Chronic stress is linked to numerous health issues, including diabetes, heart disease, and depression. Traditional methods of stress management, such as exercise, meditation, and counselling, have long been used to help individuals cope with stress. However, hypnotherapy is increasingly being recognised as a powerful tool for managing stress.

Understanding Hypnotherapy:

Hypnotherapy is a branch of psychotherapy that uses hypnosis for therapeutic purposes. Hypnosis is a trance-like state of conscious awareness characterised by diminished peripheral alertness, heightened suggestibility, and enhanced cognisance of the task at hand. Research has shown that around 50% of people can be hypnotised, with 10% capable of achieving a state of deep trance. Hypnosis entails three components – (1) Absorption: Focal concentration, ignoring peripheral activity with readiness for self-altering experiences (2) Dissociation: A compartmentalisation of experiences, with separation of commonly associated mental processes into two or more parts, which results in one group functioning independently from the rest, e.g. an individual may suddenly feel that his legs are no longer a part of his body. (3) Suggestibility: An enhanced receptiveness in which the person accepts suggestions or instructions uncritically and nonjudgmentally.

Contrary to the popular portrayal of hypnosis in the media as a form of entertainment, medical hypnotherapy is a respected and valuable form of therapy. A trained hypnotherapist plays a crucial role, guiding the client into a trance state where the mind

becomes more receptive to suggestions. Medical hypnotherapy is a professional, supportive therapeutic technique that uses hypnosis to help individuals achieve various mental and physical health goals.

The roots of hypnotherapy can be traced back to ancient civilisations. It was known as “*Sammohan*” during the Vedic times. Yogis practised it as “*Pran-vidya*” or “*Trikaal-vidya*”. The Greeks had “*sleep temples*” that patients visited and where priests used to induce trance-like states and give suggestions for ‘divine’ healing. A German physician, Franz Mesmer (1734–1815), came up with the theory that there was a “*transfer of energy between people*” and called it “*animal magnetism*” and thus, at that time, hypnosis was known as “*Mesmerism*”. But later, a Scottish surgeon, James Braid (1795–1860), debunked this theory, demonstrating that the hypnotic state resulted from mental processes and coined the term “*Hypnosis*” from the Greek word for sleep. Braid, now regarded as the Father of Modern Hypnotism, and his compatriot James Esdaile performed many surgical procedures using hypnosis while working for the East India Company in India. In the modern era, hypnotherapy gained recognition as a legitimate therapeutic technique. In 1955, the British Medical Association permitted the use of hypnosis in treating neurotic disorders, pain management, obstetrics and surgery and recommended that medicine students receive basic hypnosis training. In 1960, the American Psychological Association followed suit and endorsed hypnosis as a branch of psychology. In 2003, the Ministry of Health & Family Welfare of India recommended that hypnotherapy can only be practised by appropriately trained health personnel. Today, hypnotherapy is used to address a wide range of issues, including pain management, addiction, phobias, and, importantly, stress.

Types of Hypnosis:

- (1) Hetero-hypnosis: A hypnotic state induced by another person
- (2) Self-hypnosis: Induction of the hypnotic state by oneself using autosuggestions
- (3) Stage hypnosis: A type of hetero-hypnosis done in front of a large audience for entertainment purposes
- (4) Traditional Hypnosis: Hypnosis done using direct suggestions and instructions on highly suggestible clients.
- (5) Ericksonian Hypnosis: Hypnosis done using indirect suggestions and with the help of metaphors and developed by Milton Erickson, an American psychiatrist in the 1960s,

The Mechanism of Hypnotherapy in Stress Management :

Stress triggers automatic responses in the body, e.g., releasing stress hormones like cortisol and adrenaline, which prepare the body for a “fight or flight” response. While this is helpful in short bursts, repeated or chronic activation often leads to health problems. In hypnotherapy, the therapist helps the client enter the hypnotic trance state. Through suggestions and visualisations, the therapist can help the client reframe their perceptions of the stressors, reduce the intensity of their stress responses, and develop healthier coping mechanisms.

One essential technique is progressive relaxation, in which the client follows a series of commands to relax different body parts. As the body relaxes, the mind also calms down. Another technique is guided imagery, in which the hypnotherapist helps the client visualise a peaceful environment. This provides a mental escape and immediate relief from stress. Over time, with regular practice, it helps rewire the brain’s responses to stress.

The Effectiveness of Hypnotherapy in Managing Stress:

Numerous studies have shown the effectiveness of hypnotherapy in managing stress. For example, a series of studies published (2016, 2018, 2019, 2020) in the *International Journal of Clinical and Experimental Hypnosis* found hypnotherapy particularly effective in reducing stress-related physical and emotional symptoms. A 2013 study from *Jena University Hospital, Germany*, found that patients who received hypnotherapy before surgery experienced lower levels of preoperative anxiety and stress, as well as reduced postoperative pain. Thus, hypnotherapy is not only a valuable tool in acutely stressful situations, such as medical procedures, but also has long-term benefits. A 2012 study published in the *American Journal of Clinical Hypnosis* reported that clients who underwent a series of hypnotherapy sessions experienced sustained reductions in stress levels for several months after the therapy had ended. This indicates that hypnotherapy provides lasting changes in how individuals respond to stress rather than just offering temporary relief.

Benefits of Hypnotherapy for Stress Management

1. **Non-Invasive and Drug-Free:** One of the significant benefits of hypnotherapy is that it is a non-invasive and drug-free approach. Unlike medications, which may have side effects and may not address the root cause of stress, hypnotherapy focuses on changing the underlying thought patterns and emotional responses that contribute to stress. This makes it a safe option for individuals who prefer to avoid medications or who have not found success with other forms of stress management techniques.
2. **Personalized Approach:** Hypnotherapy is a highly personalised form of therapy. Each session is tailored to the individual's specific

needs, allowing the therapist to address the unique stressors and challenges the person faces. This individualised approach ensures that the therapy is directly relevant to the person's life, making it more effective. Hypnotherapy is holistic, addressing both the mind and body and promoting deep relaxation and mental clarity, which helps create a sense of overall well-being.

3. **Positive Changes in Behaviour and Habits:** Hypnotherapy also leads to positive changes in habits that contribute to stress. Individuals can break free from negative thought patterns, such as catastrophising, labelling or self-criticism, which exacerbate stress. Replacing these with more constructive and positive ways of thinking reduces the overall impact of stress. Additionally, hypnotherapy addresses unhealthy habits, such as smoking, substance use or overeating, which are often inappropriate coping mechanisms for stress and ultimately lead to greater problems in the long run.
4. **Improvement in Other Areas of Life:** Hypnotherapy can improve other areas of life; for example, by reducing stress, individuals sleep better, have more energy, and are more focused and productive. Hypnotherapy also helps with psychological issues such as anxiety, depression, and chronic pain, creating a positive ripple effect throughout the person's life.
5. **Empowerment and Self-Control:** Hypnotherapy empowers individuals, giving them tools to manage their stress independently. After undergoing sessions of hypnotherapy, clients report feeling more in control of their emotions and reactions. This sense of self-control is crucial in managing stress, as it helps individuals feel more equipped to deal with their challenges. Hypnotherapy includes teaching self-

hypnosis techniques that individuals can use whenever they feel stressed, enhancing their ability to manage stress effectively by themselves.

Challenges and Considerations

While hypnotherapy offers many benefits for stress management, it is essential to acknowledge that it may not be suitable for everyone. The effectiveness of hypnotherapy varies depending on the individual's openness to the process and their level of suggestibility. Some people may find it challenging to enter a hypnotic state or may be resistant to the suggestions provided during therapy. Moreover, hypnotherapy should be conducted by trained and certified professionals. Unqualified practitioners are not only ineffective but can also cause harm by using improper techniques. It is crucial for individuals seeking hypnotherapy to seek a reputable hypnotherapist with the necessary credentials and experience.

Another thing to remember is that hypnotherapy is not a quick fix. While some individuals may experience immediate relief, others may require

several sessions to achieve significant results. Hypnotherapy is most effective as part of a comprehensive stress management plan that includes other strategies such as regular exercise, healthy eating, and good sleep hygiene.

In conclusion, hypnotherapy is a powerful and versatile tool for managing stress. By accessing the subconscious mind, it reduces the physical and emotional symptoms of anxiety and helps individuals reframe their perceptions of stress, developing healthier coping mechanisms. The benefits of hypnotherapy for stress management are numerous, as shown by its extensive research, including its non-invasive personalised approach and long-term improvements in mental and physical health. As its awareness and acceptance continue to grow, more people will likely turn to this therapeutic technique to cope with the extreme stresses of modern life. However, individuals must approach hypnotherapy with an open mind and seek a qualified medical hypnotherapist to ensure the best possible outcomes.

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FROM INTERACTOR TO ROTARIAN: A JOURNEY OF LEADERSHIP AND GROWTH

Rtn. Swara Shettigar
RC of Mumbai Mahim

Rtn. Swara holds dual master's degrees in English Literature and Bharatnatyam, combining her love for language and classical dance. As a content writer, she brings creativity and precision to her work, crafting impactful narratives across various domains.

*In 2021, she had the honour of presenting at the **United Nations Commission on the Status of Women**, where she advocated for gender equality and women's empowerment on a global stage. Swara is passionate about using her skills to make a difference, both in her community and beyond.*

How many people can say they've been a part of something bigger than themselves since they were 13? Well, I'm one of those lucky few! My journey with Rotary started when I joined the **Interact Club of Gopal Sharma Memorial School** at the tender age of 13. My introduction to Rotary came early, and it wasn't just a passing phase—it was a foundation.

Becoming a Young Interact President

I was introduced to the world of Rotary through my Interact Club. It lets us teenagers be more than just students—we become leaders. I went on to become the President of the Club and led a group of equally passionate Interactors to make a difference in the community. That's where my love for service and leadership was born.

The Rotaract Chapter: Life at Ruia College

Fast forward to my college days at Ruia College, where the Rotaract Club became the center of my universe. And when I say "center," I mean it quite literally—life revolved around that club. I spent days and nights at Rotaract, organizing events, meeting new people, and learning things no classroom could teach. For five years, it wasn't just a club; it was a full-blown experience in leadership, project management, and teamwork.

Sleep? Optional. The amount of energy and commitment that went into those years was intense. But it's the kind of intensity that builds lifelong skills. Whether it was organizing fundraisers or community outreach events, Rotaract was a crash course in handling real-life challenges. It also introduced me to some of the best friends I have today. Anyone who's been in Rotaract knows that it's more than just volunteering—it's a lifestyle.

Meeting the Rotarians: The First Dance

During my Rotaract years, I also had the chance to meet the Rotarians of the **Rotary Club of Mumbai Mahim**, our parent club. The first Rotary event I attended was **Rotal—Rotary Talent Competition**, where I participated in the dance category. This event opened the door to a lasting relationship with the Mumbai Mahim Rotarians.

What stood out for me wasn't just the projects or the meetings—it was the people of Mumbai Mahim. The warmth, the camaraderie, and the shared passion for service. Attending Rotary meetings felt more like reconnecting with family than anything else.

The Full Circle: From Interactor to Rotarian

Now, here I am, a proud Rotarian of the very same Rotary Club of Mumbai Mahim. After eight years of knowing these wonderful people, I'm no longer just a participant or observer—I'm fully in. The journey from being an Interactor to a Rotaractor to a Rotarian feels like completing

a full circle, but it's really the beginning of something much larger.

I look back on the experiences—the lessons in leadership, the friendships formed, and the events organized—and I realize how much Rotary has shaped me, not just as a leader, but as a person. Rotary doesn't just teach you to serve others; it shows you how to think, plan, and lead effectively.

Looking Ahead

So, what's next? After years of service and leadership across Interact, Rotaract, and Rotary, there's one thing I know for sure: the work is never done. The projects continue, the community needs to grow, and we, as Rotarians, continue to rise to the occasion.

And let's be honest—there's something deeply fulfilling about contributing to something that's much bigger than yourself. The Rotary movement is about service, yes, but it's also about personal growth. It's been a long journey from a 13-year-old Interactor to where I stand now, but if there's one thing Rotary has taught me, it's this: the journey never really ends. It just evolves.

Rotary



FOUR-WAY TEST

The Four Way Test is an overview of what all religions preach. When practiced in day-to-day life, one will undoubtedly achieve a sense of satisfaction to life as a whole. It has been practiced in the past and we can do so also now. As Rotarians it is our guiding principle and our Ethical Obligation towards Humanity.

For Rotary, The Four-Way Test is the cornerstone of all action. It has been there for years, and it will be there in the future. Of all the things we think, say or do, it asks the following four questions:

IS IT THE TRUTH?

IS IT FAIR TO ALL CONCERNED?

WILL IT BUILD GOODWILL AND BETTER FRIENDSHIPS?

WILL IT BE BENEFICIAL TO ALL CONCERNED?

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