



**ROTARY CLUB OF
MUMBAI JUHU**

BREEZY NEWS

R.I. President: Rtn. Gordon McInally • DG 3141: Rtn. Arun Bhargava • President: Rtn. Arun Wadhwa • Editor: Rtn. Rakesh Kumar.
For Private Circulation Only. Please send your contributions to rakesh.r133@gmail.com

NOVEMBER IS ROTARY FOUNDATION MONTH



CONTENTS

03

MESSAGE FROM
THE INCREDIBLE PRESIDENT

FELLOWSHIP BLOOMS

04

07

MEMBERS' OWN SPACE

NEWS CAPSULE

13

18

ANSWER AND BE
RECOGNISED!

LAST WORD

19



MESSAGE FROM THE INCREDIBLE PRESIDENT



Dear RCMJ Incredible Family,

As we enter the final quarter of the calendar year, all of us are enthused with the positive energies released by the advent of major festivals. It is a time of the year where all of us bond with our club members and families to celebrate the many festivals of the year.

October saw the continuation of the momentum of our social projects and the execution keeps happening like clockwork and as per plan. While our regular projects like blood donation camps, eye check-up camps, etc. are being well appreciated by the beneficiaries, we have this month also initiated a couple of new initiatives which may be repeated at scale in the current months.

The “Mental Health Walkathon” and “Walk with a Doc” are two such new initiatives which have drawn a lot of praise from the

district and the beneficiaries. RCMJ as always is driven by the Rotary motto of Service above Self and continues to work with that goal in mind. Happy to share that the first 120 days of the Incredible Year have produced incredible results – 62 projects, financial impact of above 36 lakhs and 12,000 + people positively impacted by our initiatives. All thanks to the energetic incredible team of RCMJ.

This month also saw focus on fellowship opportunities within the club. The Dandiya program was the highlight this month and it was heartening to see the enthusiasm of the members towards it. We were one of the co hosts and almost 42 members participated in the event. RCMJ family members put up a performance at the event which was highly appreciated and got a prize at the hands of the DG. The performance which was presented was the result of regular practice and coordination between the participants ably driven by our ever-enthusiastic Rakeshji. The place for rehearsal was quickly found, coordination of costumes, etc. everything was spot on, just like they were preparing for a relative’s wedding dance. Natasha drove the entire performance with the thoroughness of an experienced project manager while Anaiya our dancing star performed the dual roles of an accomplished choreographer cum dance teacher with aplomb.

I look forward to this cohesiveness to deepen with

many more performances in the future. The month also saw the celebration of the Golu festival at Kala’s house. Our club also hosted a speaker meeting with Rtn. Nakul Chatterjee of Rotary Club of Mumbai Ghatkopar. He spoke about Bharatvarsh and we were all engrossed during his speech which highlighted many lesser known facts of ancient Indian history.

The issue of **Breezy News** that you are holding in your hands comes after a great deal of effort by the edit and the design team. We have been putting in a members’ contest area wherein we asked questions from the **Breezy News** itself. The following members were declared winners for the previous 3 months during the Speaker meet. The prizes were distributed and as true Rotarians the members donated the prize money for charity work to the Club. (July Contest: Dhiti, Natasha, Meera; August Contest: Ananth, Natasha; September Contest: Amarjit, Anand and Natasha)

This month we are doing a slight twist to the same by having brain teasers. These initiatives and new ideas make sure that our house magazine never becomes monotonous. I request all members to participate in these contests. Looking forward to the forthcoming Diwali celebrations with the RCMJ family.

Arun Wadhwa

Incredible President 2023-24,
RC Mumbai Juhu

RCMJ DANDIYA DAZZLES THE DISTRICT

By Daksha Bhagwat

4

The District Dandiya event this year was organized at Juhu Gymkhana on October 12 at 7:30 PM. Rotary Club of Mumbai GenX was the lead host, while RCM Elegant was joint co-host, RCM Juhu was the Platinum co-host and RCM Green City, RCM Hillview, RCM Inspire and RCM Borivali East joined as Gold co-hosts.

The event was managed and co-ordinated by the District Events Team with Rtn. Kala Sridhar as avenue chair, Club Service 1. Rtn. Sandeep Kedia as the chief coordinator – events and Rtn. Jinesh Choksi as avenue director were the other key personnel in managing this event. It was a vibrant and culturally enriching celebration that brought the community together in a spirit of joy and unity.

First lady Seema and DG Arun Bhargava attended the event as Chief Guests and thoroughly enjoyed the program. They danced and interacted with the Rotarians at the event.

Wrote DG Arun to Kala and Jinesh after the event, “My compliments to your team on getting close to 37 clubs to participate in the program and more than 425 Rotarians present, from every corner of our district. The arrangements of dance and food at the venue were par excellent. Everyone enjoyed the program till the end. Seema joins me in extending our compliments and congratulations to you and your team.”

Dandiya, a traditional Indian folk dance, is known for its lively music and energetic dance moves. The Rotary Clubs’ decision to host this event showcased their commitment to promoting cultural diversity and fostering a sense of togetherness. The venue, Juhu Gymkhana, provided a perfect backdrop, picturesque settings with its sprawling grounds adorned with colourful decorations and good ambiance, creating an inviting atmosphere for the attendees.



FELLOWSHIP BLOOMS



5



The event commenced with the auspicious aarti and lamp lighting ceremony. It came to life with a burst of color and energy. The rhythmic beats of the *dhol* and melodious tunes of traditional instruments filled the air, setting the stage for an unforgettable evening. Dressed in vibrant and intricately designed traditional attire, with women dressed in *chania cholis* and men wearing vibrant *kurtas*, participants and guests joined in the *Garba* dance, swinging their *dandiya* sticks to the infectious music.

To enhance the cultural experience, the event also featured live performances by renowned artists. Musicians and singers entertained the audience with their soulful renditions; the fusion of traditional and contemporary elements added an extra layer of excitement and diversity to the event.

Every age group ranging from 3 years to over 80 years participated in the event with enthusiasm. I respect senior citizens giving a meaning to the phrase, "Gray hair with spring season in life".

The event also featured dance performances, where talented dancers from RCMJ and RCM North Island showcased their skills. The performances were nothing short of mesmerizing, and they added an element of friendly competition to the evening. RCMJ got a prize in this dance competition. The credit for the prize goes to Anaiya Dcosta who choreographed the dance and spent her time training the participants.

The members who participated in the dance and did the club proud were Natasha, Anaiya, Noah, Anita, Ravee, Daksha, Varsha, Rutvika, Akansha, Subhashish, Shubhra, Mehek and Dhiti. Ravi, spouse of Rtn. Dr Madhavi Chaturvedi, got the best male dancer prize.

Many club members attended the event: Kala and Sridhar, Madhavi and Ravi, Subhashish and Shubhra, Rahul and Nidhi, Jagruti, Ananthalaksmi and Ramesh, Sneha and Adira, Yogita and Yogesh, Ravee and Anita, Natasha, Anaiya, Noah and Aalia, Narinder, Varsha, Rutvika and Akansha, Ashish, Mugdha, and

Ashlesha, Nirav and Priti, Anu, Indu, Datta and Daksha, Pawan and Ruchi, Arun, Mehek and Dhiti. The members missed Rakesh who was one of the chief motivators behind the dance performance and was always encouraging the participants.

Rotary families came together to celebrate their heritage, teaching the younger generation about the significance of these cultural traditions. The night was filled with laughter, music, and camaraderie, leaving a lasting impression on everyone who attended.

In summary, the District Dandiya event was joined by Rotary Club of Mumbai Juhu as the Platinum co-host. It was held at Juhu Gymkhana on October 12 and was a testament to the power of culture and community. It brought people from various backgrounds together in celebration, and served as a reminder of the importance of preserving and promoting our cultural heritage and the value of coming together as a community to make a positive impact.

THE MAGIC OF GOLU

It is the beauty of India that festivals are celebrated across the country in different forms. For example, Navratri is celebrated in the West as the festival of dandiya, in the East as Durga pooja, in the North as the worship of Mata, and in the South as Golu.

Golu is the festive display of dolls and figurines in South India during the autumn festive season, particularly around Navaratri. These displays are typically thematic, narrating a legend from a Hindu text to court life, weddings, everyday scenes, and miniature kitchen utensils. Each displayed item in a Golu display is typically made by rural artisans from clay and wooden materials, then brightly painted. They are generally arranged in an odd number of padis (tiers or steps) to tell a story. Goddess-related themes are common, along with developments such as an anticipated wedding within

the family and friends. During the Golu display season, families and neighbors visit each other with gifts to view and chit-chat over the Golu display, share festive foods, and sometimes play music or sing devotional songs together. Temples such as the Meenakshi-amma temple in Madurai arrange elaborate Golu displays each year for Navaratri.

PPs Kala and Sridhar organized a Golu display at their house on October 18. Quite a few members visited and used it as an opportunity for fellowship. Thanks to Kala for being the host and chef Sridhar for the crisp dosas lovingly prepared and served along with a whole lot of delicacies. Special thanks to Akka for her cameo appearance that brightened up everyone. A great fellowship event with the backdrop of gods and goddesses adorning the Golu!



LET'S GET TO KNOW ONE ANOTHER:

Sumana Menon

My journey begins in the classroom, where I embarked on a remarkable teaching career that spanned two decades. As a torchbearer of knowledge, I taught mathematics and science to numerous primary and middle school students. Teaching wasn't just a job; it was a calling deeply rooted in my family's history. My mother, grandmother, and great-grandmother were all educators who inspired me to carry forward their noble tradition.

After completing my post-graduation, a crucial choice presented itself: marriage or furthering my education. While my father urged me to embrace matrimony, my mother was adamant that I complete my degree. I managed to strike a balance, saying "I do" and "I will" – getting married and enrolling for my B.Ed. degree simultaneously, all while my daughter was just two months old. I credit this achievement to my in-laws, who lovingly cared for my child, allowing me to pursue my quest for knowledge.

In 1995, I found my teaching home at Arya Vidya Mandir in Juhu, Mumbai, where my own children were also students. Every day, I would take my kids to school, a symbolic reminder of the intertwined roles of teacher and mother in my life.



In 2009, I joined the Rotary Club, a pivotal moment in my life, as I yearned to give back to society. It was a turning point where I began to channel my dedication and passion into community service.

Life continued, and my children grew alongside my students. The journey led me to a new home and through the trials of parenthood, including my husband Sunil's battle with lung cancer. Thanks to the support and goodwill of well-wishers, the school community, my husband's workplace, and the grace of the divine, he made a full recovery and remains healthy to this day.

As my parents aged, I made a life-altering decision to step away from my teaching career. I wanted to dedicate myself to those who had selflessly cared for my children throughout the years – my in-laws.

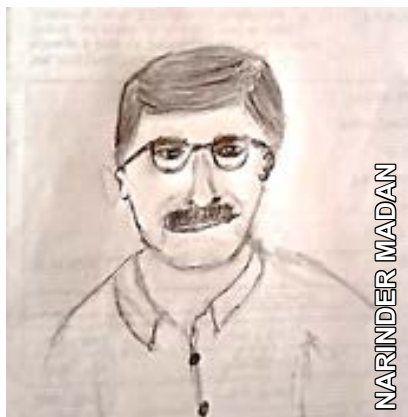
In 2016, I faced the heart-wrenching loss of my in-laws. In 2017, my daughter's wedding was a significant milestone. Both my daughter and her husband are doctors, settled in Sydney, and are thriving in their careers.

In 2019, my son embarked on a journey to the United States, returning unaffected from the challenges of the COVID-19 pandemic in 2021.

Now, in 2023, I've reached a new juncture. I aim to focus on my health and continue my journey of giving back to the society through the platform of Rotary. My life is an inspirational narrative of service, sacrifice, and a heart that beats for the betterment of others. My story is a testament to the power of perseverance, the love of family, and an unwavering dedication to make the world a better place.

LET'S GET TO KNOW ONE ANOTHER:

By Narinder Madan



I met life for the first time when I was born in Delhi in the year 1953. My parents were happy and celebrated it, especially to have a son after two daughters. The growing up from a kid to boyhood, teenager and as an adult has been full of ups and downs, happy and sad moments, but it was fun as life did teach me a new lesson every other day.

Our family had roots in a village called Gujranwala in West Punjab (now a part of Pakistan). Just a couple of months prior to the partition of our Motherland, my parents had moved to Delhi as my father got a job there. They never went back. However, the next few months were full of anxiety and stress as our other family members were still in our village. The reunion of family was a mixed feeling as some reached India while a few were lost on the way. Settling at a new place with no resources was a difficult and testing time; however, it

passed off sooner than later. I studied in a government-aided boys' school while my sisters were in a girls' school. Life was a routine with little or no excitement except when we had summer vacations. During the vacations my grandmother was around to tell us stories and once in three years we spent a few days in a nearby hill station. The other time in the vacations we enjoyed playing gilli danda, kanche, chor-sipahi, chhuppa-chhuppi, etc.

“ **The life in IITD threw up bigger challenges since the competition had become tougher and support from home reduced. Hostel life in IITD helped me in becoming a person for all seasons. I started my professional career in Indian Oil in Madras as officer.** ”

In the late sixties my father got transferred to Bombay and we all joined him there to start a new chapter of our life. We faced many challenges on the education and social front as we all were in our teens. Anyhow, we managed the new situation and won it as I got 1st class in my matriculation exam. This gave me an opportunity to go to a good

college in South Bombay. Parent pressure increased as now the target was set to choose between Engineering and Medical streams. With clear objectives, I struggled but finally made it to IIT Delhi.

The life in IITD threw up bigger challenges since the competition had become tougher and support from home reduced. Hostel life in IITD helped me in becoming a person for all seasons. I started my professional career in Indian Oil in Madras as officer. Later my father helped me to come back to Bombay. The city of Bombay had opened a Pandora's box of opportunities and helped me in making changes in my job with little struggle. In the meantime, I pursued my management studies from NM College. My professional life gave me ample opportunities to travel both in India and abroad. In fact, for some time I was living out of my suitcase, travelling 20 days a month. Sometime while I was visiting Bombay, I got married to Asha and got domesticated. Life again was on a different cloud this time. Anyway, no regrets as I always look for the positive in everything I do. I am still enjoying my professional and social life. Thanks to Rotary and my friends in Germany and Italy.

Thanks, Dear Rakesh for asking me to travel back the memory lane and here I am with my story. Hope you all liked it.

LET'S GET TO KNOW ONE ANOTHER:

Dr. Indu Salian



Life has always been beautiful. The journey, a wonderful one with amazing experiences which bring in a contentment difficult to define. I have always been able to do things I felt good about due to a huge fantastic nine-member family. A visionary father who wanted to become a Medical Doctor, couldn't due to financial constraints (but wanted all the kids to become Docs; wish somewhat fulfilled with eight Docs, with added members to the family). Soulful mother dedicated to looking after all the notorious kids – four sisters, I being the youngest (spoilt brat) and three brothers. In short, childhood was a super picnic with all fun, games but of course top priority to education.

First phase: Well, after my MA in Economics there was no looking back, got into teaching. It is my forte (as rightly told by a Bhruhu I was into teaching in all my previous births, teaching families and sons of Kings in

the South and will always be reborn to be in teaching). Feels good, since I feel it is a profession that permanently keeps you young and passionate.

Back to Profession and Education: I Joined a Commerce College, was the youngest Lecturer to be appointed as a Head of Department – of Economics, moving on to be an Elected Member of the Board of Studies in Economics and Faculty of Commerce of University of Mumbai.

Additionally, I am highly indebted to Mumbai University for all the courses I was able to pursue. A Diploma Course in Management (DMS), M.Phil. in Economics, and a course in Journalism and Communication (DCJ) motivated by one of my college Principals. I started writing for the Indian Express along with my teaching career. Finally, I completed my Ph.D. in Economics (must say that was a tough shot since I had taken primary data investigation – full 5 years, around 23 +11 visits to Nashik and Sangli... WOW...what an experience.)

Second phase: After my Ph.D., my Guide Dr S. D. Sawant insisted on my joining a Corporate. I joined the Times of India – Times Foundation under Indu Jain as Principal University Chair, worked for 3 years; then, as indicated by Bhruhu (ha ha) teaching came calling again. I joined MVM Educational Campus as

Director. Moved the Institution from an SSC stream, to a Junior College and Degree College, was appointed as the Principal of the Degree College, too. Additionally, initiated a CBSE stream at the school level.

Third phase: Retired from Degree College on completing 63 years, pursued a course in Training and Development from ISTD Delhi. Joined Smart Training and Consultancy Services as a Transformation Multiplier. This was an experience I wouldn't forget in a lifetime. It was a fantastic and challenging role of guiding and reviewing entrepreneurs who had taken the program and the icing on the cake was two of my clients being awarded the First Best Implementation Awards in two different batches that I was leading as Transformation Multiplier.

Latest Phase: My appointment as a Director in Mogaveera Cooperative Bank and Member of the College Development Council of MVM Degree College.

So, my dear wonderful RCMJites, I have immensely enjoyed my journey with you ALL. My passion for singing also bloomed with all your motivation by joining Mohan Sir's classes.

And in keeping with my motto... Keep accepting challenges ...Age is just a number...Look forward to a beautiful tomorrow. Be happy...Keep smiling. God bless us all.

EAT YOUR WAY TO HEALTH ...RICE – THE STAPLE FOOD

By Nidhi Jain



NIDHI JAIN

(This is the fourth in a series of articles by the author, who is a Nutritionist)

There are some 40,000 varieties of rice cultivated and said to exist on this planet --- 40,000! **So how to pick the type of rice that is right for YOU?**

The good news is that with a fairly rudimentary understanding of how rice is classified, you can do it right.

For Cooking and Cuisines

Rice is classified into three categories based on grain length: long, medium and short grain.

Can you substitute one for another while cooking? Not a great idea....because each type of grain has its own texture, characteristics, aroma and quality.

Which type of rice is healthier for you? Brown or white rice?

Rice comes off the plant with an outer coating (husk), a

middle layer (bran) and a starch centre. Husk is removed before the rice is shipped to us.

All rice starts brown – you may know this – so the basic difference between brown and white is refinement.

Brown rice keeps the bran layer; white rice has the bran taken off. The problem is that the minerals, vitamins and fibre are right in the bran. Therefore, brown rice is more nutrient-dense and is definitely a winner.

Generally brown rice helps reduce blood sugar levels, and aids weight management. However, it is not good for those with certain digestive issues and those who cannot digest fibre-rich foods. It also has a short shelf life – six months. In kitchen cooking, brown rice requires more labour, longer time, and is of tougher texture if not cooked long enough.

White rice supports those with digestive issues and sensitive stomach. It is a simple and easily digestible carb, more affordable and has a long shelf life up to two years. It has been processed to strip away the hull bran and germ where

most nutrients are found. Hence, it has less fibre and a high glycemic index.

While choosing white or brown rice, consider your preferences and the desired benefits. Or you can enjoy brown rice in your meal plan a few times a week.

Should we Consume Only Organically Grown Rice?

It does not matter whether the rice is organically grown; all rice still contains arsenic. Why? Because rice is grown in flooded fields. In many areas irrigation water is contaminated with arsenic and the rice efficiently absorbs more arsenic from the soil than any other common crop. Of course, not all rice contains high arsenic levels.

Studies show that American rice accumulates the highest levels of arsenic while rice grown in Nepal, North India and North Pakistan has the least amounts of arsenic as the soils of these areas have less pollutants.

White rice has less arsenic because arsenic accumulates in the bran.

Some Interesting Facts about Rice

- The Great Wall of China is held together with sticky rice.
- Rice is grown in every continent except the Antarctic.
- Just one seed of rice will result in 3,000 grains.



DEEPSHIKHA GETS RECOGNIZED

Rtn. Deepshikha Srivastava was recognized with a certificate of recognition and conferred the Top Educator Award by Principal Connect in recognition of her outstanding dedication and unwavering commitment to the field of education. The award was given for her exceptional contributions to education and her role in transforming lives. Breezy News is honoured to congratulate Rtn. Deepshikha.



NARINDER IS GOOD SAMARITAN

On the occasion of World White Cane Day, October 15, GyanamGanga Charitable Trust along with Bharat Petroleum conferred the 'Good Samaritan Award' on Rtn. Narinder Madan for his steadfast commitment to the cause of the Trust, which has played a crucial role in making a difference and empowering individuals.

ON WINNING A TALENT COMPETITION

By Anaiya and Noah Dcosta

Anaiya

The St. Andrews All Bandra Talent Contest was the first stage I ever performed on, long before I had chosen dance as my future career in the performing arts. The Zonals are always filled with competition, fun, mischief and so much more; my family has treated the Zonals as 'the ultimate competition' since I was 4 years and it's heart-warming that we all still love and compete with that same energy every single year.

Honestly, Zonals for me is the time of the year when so many people meet up, friends and family come together with full spirit and zest for performing and winning. The excitement that builds in our house during the Zonals time is always magical! Zonals are very closely linked to my family for me because as I said it's our family ritual to participate every single year. So, it's magical to see that the exact same way my mum and dad coached me for singing and

dancing when I was 4, still happens now when I'm 15.

Noah

I love Zonals and I have been dancing and singing since 4 and up to this day I still do it. It has become an annual ritual in my life and I enjoy doing it. Whether we win or not we still dance with our friends and enjoy and my favorite part is when everybody comes in the hall watching who will stand first. Everyone holds hands and we run up on the stage when our names are called.

ASHLESHA SCORES BIG

Ashlesha Patankar, who had been selected to play for Maharashtra girls' under-14

team in CISCE national football held in Agra, scored a goal for her team, which had

the distinction of being the second runner-up in the tournament.



VARSHA'S CLICKS



A WELL-ATTENDED SPEAKER MEETING



Amidst the season’s festivities, a speaker meeting was held on October 25 at The Club, the regular meeting venue of RCMJ. The distinguished speaker was Rtn. Nakul Chatterjee of Rotary Club of Mumbai Ghatkopar West. Nakul is a professional with a degree in management and 30 years of experience in strategic business planning, marketing and multi-channel sales. He is currently Senior VP, Sales and Marketing at Hindustan Composites Ltd. Nakul is an avid reader of history and politics, a story teller who loves to narrate anecdotes of world history and religion and connect it with contemporary India. He holds a certification from Harvard University for Religion and Hinduism.

Nakul took the audience back on a journey to the untold story of Bharatvarsh. The session was appreciated by the audience who listened with rapt attention and participated in the immersive experience.

This was followed by the President’s presentation on RCMJ activities during the period July 2023 till date. It was an impressive presentation, both for the projects carried out and their impact and the number of fellowship events enjoyed by the members.

During the meeting, election to the RCMJ Nominating Committee (NC) for 2024-25 was conducted by Rtn. Rakesh, the Returning Officer appointed by the Board of Directors. Five members were elected to the NC, and the

member with the highest number of votes was declared the NC Chair (please see box). In addition, the President and President-elect are ex-officio members of the NC.

The much-awaited distribution of awards for Breezy News Contests held during July, August and September took place during this meeting. All the winners present decided to donate their prize money to RCMJ Charitable Trust for projects of their choice. Breezy News once again congratulates all the winners and thanks all the participants.

Nominating Committee for RY 2024-25	
1.	Rtn. Rakesh Kumar (Chair)
2.	Rtn. Suneel Menon
3.	Rtn. Sumana Menon
4.	Rtn. Ashish Patankar
5.	Rtn. Sridhar Ramasubramanian
6.	President Arun Wadhwa (ex-officio)
7.	PE Subhashish Mazumdar (ex-officio)

WALK WITH A DOC

We held the first Walk with the Doc session at Kishore Kumar Park in Juhu on September 30. It was a much-needed initiative especially keeping in

pulmonary resuscitation (CPR). If the patient can be given CPR within the first 10 minutes, they can be saved. RCMJ invited eminent cardiologist

and spoke about the importance of the program. AG Harminder also spoke about organ donation and how one can make a pledge to donate



mind that more than 50% of deaths in India are due to heart attacks. However not many are aware that heart attacks are preventable with the right lifestyle and medical advice. Even post a heart attack, most lives can be saved if the people around the patient are trained in cardio-

logist Rtn. Dr Akshay Mehta to hold this talk at Kishore Kumar Park. More than 110 people attended the program and there was quite a buzz around the park because of the program. Banners were put up with Rotary branding 4-5 days before the event. DG Arun Bhargava was the chief guest

eyes and organs so that they can make a positive contribution to the society even after they pass away. The co-host clubs were RCM North Island, RCM Khar, RCM JVPD, RCM Sher-e-Punjab, RCM Airport, and RCM Genx. It being Dr Mehta's birthday, a cake was cut and shared by those present.

RIMJHIM – A MUSICAL FEAST

Rimjhim, a musical evening hosted by RC Mumbai Kalakar on October 1, was quite varied and enjoyable. The finale was a fashion show, in which host members sported diverse ethnic wear, while DS Sandip Kedia appeared as a dashing Bonga babu and first lady Seema Bhargava as a petite Kashmiri woman. Seven members of our club attended and bonhomied on samosas that were on the house. It was a finely curated collection of classical dances performed by



maestros, and melodious Bollywood numbers rendered

by Sanjeevani. A feast for the senses, thoroughly enjoyed.

MENTAL HEALTH AWARENESS WALKATHON



RCMJ co-hosted a walkathon event on October 8 to bring about mental health awareness among the citizens of Juhu, Santa Cruz and Khar.

RCM North Island was the lead host. The walkathon started from Raheja College, Juhu at 7 AM, and culminated at Khar Gymkhana at 9 AM,

where breakfast and fellowship were relished by the participants. It was good to see MVM Rotaractors also getting involved.

RCMJ MEMBERS ATTEND PRE-PETS

President-elect Subhashish and First Lady-elect Shubhra attended Pre-PETS at Fariyas Resort, Lonavla from October 27 to 29. PP Kala and Rtn. Hemang also attended DGE Chetan's introduction video

and image for Vibrant year 2024-25 created by IPP Sridhar's Sakshi team and his associate team Orange Elephant, received a citation from DGE for its high professional quality.

PP Kala did the Club proud by being appointed a core team member as District Secretary for 2025-26. Rtn. Hemang has been appointed the Avenue Chair for Annapurna.



ANTI-RABIES VACCINATION DRIVE BY STRAY HAPPY

Driven by Rtn. Dr Madhavi Chaturvedi, Stray Happy Foundation along with RCMJ and Brihanmumbai Municipal Corporation held an anti-rabies vaccination drive on October 7 at Goregaon.

RCMJ CO-HOSTS RYLA

The Rotary Youth Leadership Awards (RYLA) event of District 3141 was held on October 28. RCMJ was a co-host. President Arun addressed the participants on the subject of mental health. He gave valuable information on how to show care towards fellow-students who may be lonely or depressed.

BLOOD DONATION CAMP

RC Mumbai Juhu organized a Blood Donation Camp on 13th

Oct at Andheri Station (West). Over 118 units of blood was

collected. Thanks to all the Donors for their Contribution.



SEMINAR ON MANAGEMENT OF EYES

Lotus Eye Hospital conducted a Seminar on “Management Of Eyes “ on 9th October at Envisage Insights

LLP . This seminar was conducted on the occasion of World Sight Day. The seminar emphasized on

managing the health of your eyes is essential for maintaining good vision and overall well-being.



EYE CHECK CAMP AT PODAR MARATHI MEDIUM SCHOOL

Eye Check Camp was organized in Podar Marathi Medium school on 10th & 11th October 2023. There

was an overwhelming response to it. Around 800 students attended the camp.

This was followed by chocolate distribution to all the students. The kids were very happy.



EYE CHECK CAMP AT VERSOVA KOLI SAMAJ SCHOOL

Eye check up camp was held in Versova Koli samaj School

on 12th October 2023. Approx 350 students attended the

camp. The camp was followed by chocolate distribution.



Contest
11-01

**ANSWER
AND BE
RECOGNISED!**

Recognition:

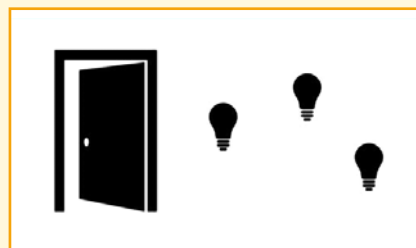
Three all-correct answers received first will be recognised in the first Club meeting after their announcement in the next issue. The correct answers will also be published in the next issue.

Rules:

- (1) All readers of *Breezy News* can enter the Contest, except the Editor and his spouse.
- (2) Entries must be sent by DM or email to the Editor by November 10.
- (3) Editor's decision will be final.

ANSWER THE FOLLOWING QUESTIONS:

1. You are in a room that has three switches and a closed door. The switches control three light bulbs on the other side of the door. Once you open the door, you may never touch the switches again. How can you definitively tell which switch is connected to each of the light bulbs?



2. Arnold Schwarzenegger has a long one. Michael J. Fox has a short one. Madonna does not use hers. Bill Clinton always uses his. The Pope never uses his. What is it?



3. You're escaping a maze, and there are three doors in front of you. The door on the left leads to a pit of lava. The door in the center leads to a room filled with deadly gas. The door on the right leads to a lion that hasn't eaten in three months. Which door do you choose?



RESULTS OF THE OCTOBER CONTEST

Correct Answers	Results of Contest 10-01
<p>(1) 20 as per Breezy News, 21 actually; both answers have been treated as correct.</p> <p>(2) Xaviers</p> <p>(3) Mt. Kilimanjaro</p> <p>(4) Space Planners</p> <p>(5) IIM Ahmedabad</p>	<p>We received five entries. All of them were correct. However, since there were only three awards to be given for the fastest correct entries, the following participants have been declared winners:</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <div style="background-color: #ADD8E6; padding: 5px; border-radius: 10px;">Amarjit Singh Sabherwal</div> </div> <div style="text-align: center;">  <div style="background-color: #ADD8E6; padding: 5px; border-radius: 10px;">Pawan Sehgal</div> </div> <div style="text-align: center;">  <div style="background-color: #ADD8E6; padding: 5px; border-radius: 10px;">Priti Raval</div> </div> </div>

Breezy News congratulates the winners and other contestants!

THE LAST WORD



RAKESH KUMAR

October has always been a special month for Rotarians around the world, as it marks a time to reflect, appreciate, and celebrate the incredible work of the Rotary Foundation. For over a century, Rotary has been dedicated to serving communities, both locally and internationally. The Rotary Foundation, established in 1917, has played a pivotal role in furthering this mission. Through its programs and initiatives, it has left a lasting legacy of positive change in the world.

The heart of the Rotary Foundation lies in its remarkable ability to transform donations into tangible and sustainable projects. By supporting initiatives such as clean water projects, disease eradication campaigns, educational programs, and vocational training, the Foundation has had an immeasurable

impact on the lives of countless individuals. This October, as we focus our attention on the Rotary Foundation, we acknowledge the countless lives that have been touched, uplifted, and transformed through its work.

One of the most remarkable aspects of the Rotary Foundation is its commitment to eradicating polio. We remember the countless hours of dedicated service, fundraising efforts, and vaccine distribution that have brought

“ The success of the Rotary Foundation would not be possible without the selflessness of individuals who contribute year after year. These contributions serve as a testament to Rotary's commitment to service above self, and exemplify the spirit of giving that lies at the core of Rotary. ”

us to the brink of achieving a polio-free world. The Foundation's dedication to this cause showcases Rotary's enduring belief that no challenge is insurmountable when we work together.

The Rotary Foundation empowers Rotarians to address pressing local and

global issues, making a positive and lasting impact. By providing grants and resources, the Foundation enables clubs to develop projects that align with their community's unique needs, making Rotary's mission a reality on a grassroots level.

The success of the Rotary Foundation would not be possible without the selflessness of individuals who contribute year after year. These contributions serve as a testament to Rotary's commitment to service above self, and exemplify the spirit of giving that lies at the core of Rotary.

As we celebrate October as Rotary Foundation Month, let us reflect on the incredible impact that Rotary and its Foundation have had on our communities and the world. It is a time to honor the dedication and unwavering commitment of Rotarians and to inspire a new generation of service-minded individuals. Together, we can continue to make a difference and create a world where goodwill and peace prevail.

The Rotary Foundation's legacy is a testament to the power of community, service, and the shared belief that positive change is possible. Let us use this month to recognize the progress we have made, and to recommit ourselves to the noble cause of Rotary.

Rakesh Kumar
Editor

REQUEST SUPPORT FOR OUR PROGRAMS:

V. N. DESAI HOSPITAL



- This hospital has one of the best equipped and talented child physicians among all govt. hospitals in the area from Dharavi to Andheri.
- We support the requirements of the pediatrician ward in the hospital.

SAKSHI



- Sakshi works in the area of POCSO & DEI
- It educates college children regarding sexual abuse and what they can do to prevent it.
- It makes them into “Rakshins” – protectors of children from sexual abuse

ADHAR



- Adhar is among the largest in Asia which takes lifelong 24x7 care of more than 355 specially abled adults.
- State of the art care facility in Badlapur and Nasik with vocational activities.

UMANG



- Unique trek for the Physically challenged
- More than 100+ participants.
- The trek has won awards in various competitions

CLT



- Training programs for healthcare workers to manage Complex Lymphedema Treatment.
- This is an intensive 9 day course which will enable the caregivers to improve the quality of life of cancer patients.

MENTAL HEALTH ANGELS



- Equipping mental health workers with the latest methodologies in managing mental health challenges
- Practical training in institutes like Adhar and in organisations which cater to people with mental health problems.

REQUEST SUPPORT FOR OUR PROGRAMS:

SANSKAR



- Interact Training Assembly which is planned to be held this year on
- Date : 4th of August 2023
- Time : 9 AM onwards till Lunch
- Venue : Rajhans Auditorium, Andheri West

UDAAN



- Udaan is the Interact District Conference is planned to be held this year.
- Date : 29th of September 2023
- Time : 10 am onwards.
- Venue : Rangsharda, Bandra.

STRAY HAPPY



- Stray Happy strives to take care of the abandoned animals in the streets of Mumbai.
- It cleans them, provides, temporary care facilities, provided vaccination and neutering facilities, and also puts them up for adoptions.

ENVIRONMENT & E-WASTE RECYCLING



- Tree plantation
- Green waste to mulch
- Waste management for large events (200+ people)
- Environment Clubs at school / college.

NATIONAL INTEGRATION



- Association with the army for development of Machal and its population.
- Sponsoring children for school, soft skills training, helping in medical projects, helping in need-based requirements, etc.

TANYA COMPUTER CENTRE FOR BLIND



- Tanya Computer Centre (TCC) provides computer literacy to the visually challenged across India.
- Today TCC has 14 centres across India.



ROTARY CLUB OF
MUMBAI JUHU

incredible
2023-24

RCMJ Incredible Team

*Wishes Everyone an
Incredible Year ahead*



Follow RCMJ
on Facebook



To Know More: :
Incredible President Arun Wadhwa
98200 67765
arunwadhwa@gmail.com



ROTARY CLUB OF
MUMBAI JUHU