



THE BULLETIN OF ROTARY CLUB OF MULUND HILLS

# Udaan

FOR INTERNAL CIRCULATION ONLY  
Volume 1, August 2025

Rotary  
DISTRICT 3141



UNITE  
FOR  
GOOD  
Rotary

LET'S  
INSPIRE!

#rcmulundhills

rcmulundhills

Rtn. Dr. Francesco Arezzo  
RI President

Rtn. Dr. Manish R. Motwani  
Dist. Governor

Rtn. Varsha Kolhatkar  
Club President

Rtn. Pravin Loke  
Club Secretary

Rtn. Dr. Anoop Gupta  
Club Editor

**You Know  
We have a Lady President**



**And We are so Proud of Her**



**And What's more  
We have Mr. Anilji  
as our First Gentleman**

## Installation Message

I joined our club as an honorary member and continued as a regular member with taking various responsibilities and now we are in the midst of my installation as president. Thanks my rotary friends for showing trust in me. I promise to continue with the legacy of our club.

**Key Focus Areas of our club in Rotary Year 2025-26 are**

### 1. Environmental Sustainability

Organising tree plantation, Encouraging eco-friendly practices through rallies and public drives, Engaging school students in environmental care, Conducting E-waste collection drives.

### 2. Farmer Upliftment & Income Generation

Water harvesting and fruit tree supply

### 3. Health and Wellness

Pediatric heart surgeries, Blood donation, cancer detection, and cataract camps, Dental and eye check-ups in schools and rural areas.

### 4. Empowering Women and Girls

Offering self-defense training, financial literacy and entrepreneurship sessions, Skill development programs, Cervical cancer vaccination

### 5. Education & Student Development

Career guidance programs, elocution competitions, and workshops, Awareness on good touch/bad touch in schools, Supporting midday meal programs for underprivileged students, Mental health awareness sessions for teachers, parents, and students.

### 6. Community Engagement

Awareness about government schemes, Happy Box Initiative for donating clothes, Anna Daan

### 7. Rotary Fellowships

Fellowship meetings, Organising cruise trips, picnics, Raigad treks, and celebrations that build strong friendships and joyful memories, Encouraging family involvement in Rotary events to build a deeper Rotary bond.

These seven pillars reflect Rotary's essence – Service, Fellowship, and Transformation. Let us Unite For Good to make 2025-26 a year of unity, impact, and pride for our Rotary Club

## President's Message

Dear Fellow Rotarians,

As we celebrate Membership and New Club Development Month, I'm excited to share our plans to grow our club and spread the spirit of Rotary.

On August 29th, we'll be hosting a speech by our District Officer on membership, which will be a great opportunity to learn and get inspired.

In September, we'll be organizing a Membership Seminar, and I invite each of you to bring at least two non-Rotarian friends to join us. To ensure the seminar's success, we'll be making all-out efforts this August to spread the word, invite potential members, and build momentum.

We're also planning a blood donation drive in a housing complex, where we'll set up a Rotary table with informational pamphlets. Let's make our presence felt and attract potential members.

Fellowship is at the heart of Rotary, fostering bonds among us and turning members into passionate advocates. I encourage you all to participate in our fellowship activities, like the upcoming rain picnic.

Let's work together to make our club stronger and more vibrant. Bring a friend, bring a smile, and let's spread the joy of Rotary!

Warm regards,

**Varsha Kolhatkar**

President,

Rotary Club of Mulund Hills

## Secretary's Message



Dear Rotarians,  
Namaskar!

August is a very special month in the Rotary calendar, it is celebrated as Membership and New Club Development Month. This gives us a chance to reflect on one important question: What makes Rotary strong? The answer

is very simple – “our members”

Rotary is not just about meetings and service projects. It is about people, people like you and me who believe in doing something good for the society. Every new member who joins us brings new ideas, fresh energy, and a bigger heart to serve. This month, let us come together to celebrate the strength of our Rotary family.

Our goal this month is to focus on growing our membership and also to make sure that every existing member feels valued, respected, and connected. A club grows not only by numbers but also by bonding. Let us interact more, attend meetings regularly, and support each other like one family.

I request all of you to take a small effort by inviting one good person from your friend circle, workplace, or society who has a service mind. Tell them about what Rotary does. Sometimes, one invitation can open the door for a lifetime of service and friendship.

Let us also remember to take care of our current members. Fellowship meetings, personal calls, or celebrating birthdays and anniversaries – these small efforts make a big difference in keeping members engaged and happy.

Together, let us make this Membership Month meaningful and joyful. Let's strengthen our club and take Rotary to more and more people.

Warm regards,  
Rtn. Pravin Loke  
Club Sec.



## Happy Box Project



## Musical Ladies Evening





## Editorial

The reluctant President, although from hindsight I feel he was more than convinced to show his might, gave us a year of Rotary that would be remembered for a very long time to come- A Destiny's child. And what's more he earned the coveted Platinum Plaque for our Club, goes to prove that sincerity, humbleness and ability to be present wherever required is just about everything you need to run the Club. Congratulations PP Rtn Rajnikantji for surpassing all expectations. I also congratulate and thank the entire team for believing him and being with him.

The smooth transfer of power is something other organisations need to learn from Rotary, Well the exchange of collar, the pinning and the handing over of Charter done in quick succession impressed the invitees.

President Rtn Mrs Varsha Kohlatkar who takes over as our lead, happens to be our First Lady President in our 38 years of Rotary existence, how fortunate of us and we indeed feel honoured. Her acceptance speech very much underlined her strategy of serving the Club in all earnest, take the service projects a notch further up the wheel, community service and devotion to the underprivileged Adivasis her main forte. Her coming to the helm has indeed charged up the Anns and the Rotaractors alike and she indeed wishes to take everyone along!

The highlight of the evening was obviously the presence of our honourable Chief Guest District Governor Rtn Dr Manish Motwani. Well, his presence added a sense of awe, respect and honour to the entire Installation Ceremony. Well, our incoming President Rtn Mrs Varsha Kohlatkar anointment as a President under the blessings of the DG was indeed the highlight of the evening.

DG Rtn Dr Manish Motwani a well accomplished Bariatric Surgeon, humble, dignified, polished to the core has all what it takes to be a great DG. He presided over the entire event, witnessed the proceedings, and finally gave his blessings. His speech was immaculate, precise, anecdotal, inclusive, appreciative and at the same a guiding light for the direction in which he wishes to lead the Club and indirectly the entire District. His Oratory was the talk of the evening and very much made our evening.

Mention needs to be made of the Asst. Governor Rtn Prashant Karde for the heartfelt blessings that he showered on us and the fabulous introduction he gave of the respected DG.

We had the good fortune of adding to our family. We inducted a new member Mr Sanjay Narsapur. We wish him all the best in Rotary, and we wish to assimilate him and his family into our family.

Obviously, we had plenty of past District Governors and District Dignitaries blessing the installation. So also, many invitees and well-wishers, needless to say the entire Kolhatkar family was there to witness another feather being added to madam's cap.

The fellowship that followed was an example of what our Club is famous for. The drinks and Dinner left

every soul satiated.

Nearly a month has passed by since I wrote the above report, and it seems, and you can see with your own eyes that everything that was predicted about our President is coming true! You name the



avenue, and the relevant project successfully completed stares into your eyes. Not a day has gone that did not have the stamp of her Rotary Presidency. Right from day one you had the Blood Donation drive, Tree plantation, Happy Box, Roti distribution, the Cataract Surgeries you name it, and it was there. We had fabulous Speakers in CC Rtn Ravi Jaswani who spoke on Rotary Verified Business, a new concept mooted by our DG Manish. Well, he is of the opinion that you need not shy away from promoting your business, in fact Rotary will verify and authenticate your business and promote it. Respected Swami Chidanandaji elaborated on Human Intelligence, Artificial Intelligence and Beyond pushing us to raise our horizons and progress with changing times. Surprisingly there was no preaching and spoke plain facts!

Club assembly conducted by our AG Rtn Pankaj Karande was a breeze with Varshaji scoring all the brownies.

And what a way to finish the month than adding a sense of melody, classical music with the audience going berserk.

With a Heart of a Teen, she pushed us in conducting a Seminar on Adolescence, Menstrual Hygiene, PCOS and Sex Education for the Girls and Boys of DAV College. She managed the Innerwheel to collaborate with the Rotarians and Rotaractors in having two seminars on Sparsh - making the young understand the difference between Good Touch Bad Touch. All three seminars had large attendance.

Well, we knew we have a Lady President with us, and it was obvious that she would take the ladies along. Her special meeting with all the ladies in the Club over Lunch indeed made them feel included and mutually synergistic.

Undeterred by a few resignations she fought back by inducting three new members: Mr Sanjay Narsapur; Mrs Rekhaji Mehta and Mr Mahesh Motwani. You would remember Maheshji had been our Charter Member and Past President and his was a prized Trophy. The entire Club has welcomed the three new entrants, and they have already assimilated with us.

Fellowship our Trump Card seems to be the talk of the Rotary inner circles, and you dare not miss it.

This friend gives you a glimpse of the things to come, I hope you don't get overwhelmed. Your presence and participation will surely take the Club to greater heights.

**Dr Anoop Gupta**



### Mahesh Motwani

Rtn. Mahesh Motwani began his professional journey by joining the **Merchant Navy in 1975 as a Marine Engineer**, serving in the shipping industry until 1984 with dedication and discipline.

In 1984, he charted a new course by becoming an **LIC agent** extending

financial security to countless families and later took on the role of a **Mutual Fund Distributor**, empowering individuals to plan for a stable future.

His commitment to sharing knowledge saw him educating **LIC agents at the LIC Training College** shaping the careers of many in the insurance industry. His leadership qualities were further reflected in his tenure as **President of the Life Underwriters' National Guild (LUNG)**, a national body for educating LIC agents, where he also served as **Editor of LUNG's** mouthpiece, amplifying knowledge across the fraternity.

In 2009 he became a **Certified Financial Planner (CFP)** equipping himself to serve clients with holistic financial guidance.

On the personal front, Maheshji is married to **Smt. Bhavna Motwani** and is blessed with two daughters, **Pooja and Tripti**, who continue to uphold the value of education and service.

For us at Rotary, Rtn. Mahesh Motwani is no stranger. He served as the **president of the Rotary Club of Mulund Hills in the Rotary year 1999-2000** leading the club with vision and commitment to the Rotary motto of Service above self.

we are delighted to have him amongst us.



Rtn PP Harikishanji introducing New member Mahesh Motwani and Rtn, PP Narayan Sharma pinning him



Professional Background:-

### Adv. Rekha Mehta

B.com, LLB

Practicing advocate all over India since 1995.

Office Address- S-4, Sant Jalaram Bappa Market opp. Oswal Super Market, SL Road, Mulund, West.

- Specialization in Maharashtra Rent Control Act.
- NGO Member in 6 Vishaka Committee panel i.e. 2 Committees of Maharashtra & Goa, 2 Motor Accident Tribunal, 2 Committees of CIDCO
- Founder and President of NGO for Senior Citizens known as Jyestha Nagarik Shakti Welfare Association Since 2011.
- Trustee of Manav Jyot Trust. ● Organiser of Mischievous Singer Group having Karaoke Singing Studio.
- Professional Counsellor and Mediator. ● Passed Exam of District Judge in 2015.
- Member On the panel of Mumbai Police Zone 7.

**Hobby:** Organizing Events of Singing and Picnic, Social work

**Extra Qualities:** Farmer having Farming at Kutch, Gujarat

2 Children:- **Adv. Kinjal Mehta**, Pursuing LLM from Mithibai College & 2nd year President of Rotaract club of Mulund Hills.

**Devansh Mehta** Studying BA, LLB, Director in Rotaract Club of Mulund Hills.



Rtn PP Vijay introducing Rekha Mehta, Rtn PP Gopalji giving the charter, and Mrs Sarla pinning her and Rtn. PP Radhakrishnan reading the Oath to both



### Sanjay Suresh Narsapur

#### ● Residential Address:

A-905, Akruti Elegance CHS,  
90 Feet Road, Gavanpada, Mulund (East).

#### ● Spouse: Kavita Narsapur

- ✧ M.Sc., M.Phil. in Organic Chemistry
- ✧ Entrepreneur and Educator with over 30 years of experience

- **Daughter:** Ms. Shreya Narsapur
  - ✧ B.E. (Computer Engineering), MBA (Tech)
  - ✧ Currently residing in New York; completed Tech MBA in June 2025

#### Educational Qualifications:

- **Bachelor of Engineering (Civil)**
  - ✧ University of Mumbai



#### Professional Experience:

- **Organization:** CIDCO of Maharashtra Ltd.
- **Designation at Retirement:** Executive Engineer (Civil)
- **Additional Expertise:**
- **Designation:** Vastu Acharya and Mahavastu Trainer
- **Affiliation:** Mahavastu Corporation, Delhi
- Founded by Vastushastri Khushdeep Bansal
- **Role:** Provide guidance and remedies for Vastu-related issues to help individuals live more harmonious and successful lives.
- He is also Modular Kitchen Manufacturer.



## Sevamahotsav: A 12-Day Celebration of Service

Rotaract Club of Mulund Hills | Rotaract District 3141

As the new Rotaract year commenced on 1st July 2025, the Rotaract Club of Mulund Hills proudly set the tone with a spirited 12-day service initiative titled **"Sevamahotsav"**, in collaboration with Rotaract District 3141. The vision behind this campaign was to conduct meaningful community service projects from 1st to 12th July, reaching various corners of Mulund and Thane.

Over this fortnight of impact, the club successfully executed six heartfelt initiatives that truly reflected the essence of service above self:

### 1. Jeevandan – Blood Donation Drive (1st July):

Kicking off Sevamahotsav with purpose, the club participated in a large-scale blood donation camp jointly organized with multiple Rotary and Rotaract Clubs. With the District's strong support, the drive culminated in the collection of **76 units of blood**, marking a life-saving start to the initiative.

### 2. Furry Friends – Animal Feeding Drive (2nd & 3rd July):

Over two days, members voluntarily stepped out to feed stray dogs and cats across various localities, showing compassion and care for our voiceless friends.

### 3. Baghban – Old Age Home Visit (5th July):

With warm hearts and open arms, members visited a local old age home, spending quality time, sharing stories, and offering comfort to the elderly – reminding

them they are remembered and cherished.

### 4. Anndaan – Monthly Food Donation Drive (6th July):

Continuing a legacy of monthly giving, this drive was conducted in collaboration with the **\*Rotary Club of Mulund Hills\***, providing meals to those in need and reaffirming the club's ongoing commitment to tackling hunger.

### 5. Sparsh – Awareness Session on Good Touch & Bad Touch (11th July):

In collaboration with the **Rotary Club of Mulund Hills**, a vital awareness session was organized for young children to educate them on the concepts of safety and personal boundaries, nurturing awareness and protection from an early age.

### 6. Tree Plantation Drive (12th July):

Concluding Sevamahotsav with a green touch, a plantation drive was conducted in partnership with **\*RADAV NSS Group, Mulund Court Bar Association\***, and **\*Jyestha Nagrik Shakti Welfare Association\***. The drive resulted in the planting of **\*40-45 saplings\***, contributing to a greener and healthier tomorrow.

Through **Sevamahotsav**, the Rotaract Club of Mulund Hills demonstrated the power of consistent service and collaboration. These 12 days not only celebrated the beginning of a new Rotaract year but also redefined the spirit of community, compassion, and commitment.

**Rotaract Club article**

**Swami Chidananda** talk on **Human intelligence, Artificial Intelligence** and **Beyond** on the 18th July was indeed thought provoking. A Speaker who is very educated, Spiritual and Vocal enlightened us on how Human intelligence works; and how now Artificial Intelligence is challenging the very need for us to think or do anything and he further went on to add that there exist something beyond that has been the forte of the Sadhus.

He very well brought up the fallacies and dangers that this invention has put humans through, nevertheless it is here to stay, that we need to discriminate and accept all that is beneficial.

The interactions were interesting, and we thank the Bhagwat' for convincing him to be our speaker.



## First Board Meeting



First Board Meeting Sponsor  
Rtn. Harikishanji



# Installation Collage



People who prevented gate crashing and kept tabs



Pinning the new Secretary



Proud to have a Lady President



Respected AG Prasant Karde



Respected DG Dr Manish Motwani



The Acceptance Speech



The Board



The Charter Handover



The Collar Exchange



Charter Cake



Watching Mesmerised



Zonal CC Ravi



Back Benchers



Group Photo



Bulletin Release





Invocation Song



Lighting The Lamp



Master of Ceremony & Learning Facilitator



Mentor And Guide



New Member Induction



Packed House



People Who Matter



A Cultural Touch



A Goodbye Message



All Cheers



All The Presidents



Athiti Devo Bhava

## Blood Donation Drive

This important obligation to humanity was fulfilled on the very first day of this Rotary year and was carried out at the Mulund Station as a joint project. 76 bags of precious Blood was collected by the team from JJ Hospital. Few of our own large hearted members also donated.



BLOOD DONATION CAMP



RTN PRAVIN DONATING BLOOD



# From Raigad to Gingee : The 12 Maratha Forts that won UNESCO recognition.

Complied by Rtn. PP. Chandrakant Parle

UNESCO officially inscribed the Maratha Military Landscapes of India on its prestigious World Heritage List. This milestone celebrates not just forts, but a legendary legacy of strategy, strength, and sovereignty. Unlike typical single-site listings, it's a serial nomination, which includes a curated collection of 12 formidable forts built by the Marathas between the 17th and 19th centuries. Eleven are spread across Maharashtra, whereas Gingee Fort stands tall in Tamil Nadu. Together, they showcase the vast territorial span, architectural brilliance, and strategic mastery that defined the Maratha Empire.

## 1. Salher Fort

Perched high in the Sahyadri ranges, this fort serves as a reminder of the epic Battle of Salher where the Marathas triumphed over the Mughals. Its elevation offers strategic views and historic echoes. It's also a popular trekking destination for those seeking a brush with history and altitude.



2. Tucked near Junnar, **Shivneri Fort** holds a special place in history as the birthplace of Chhatrapati Shivaji Maharaj. Its solid bastions and well-planned water reservoirs hint at the early roots of Maratha military strategy. Reaching the fort means climbing a winding path lined with ancient guard towers – each step steeped in legacy. At its heart lies the temple of Shivai Devi, the goddess who inspired Shivaji's name and spirit.



## 3. Lohagad Fort

Located near Pune, Lohagad is a favourite among trekkers today, but it once guarded trade routes through the Western Ghats with its imposing gates and iron-clad history. Its famous "Vinchu Kata" (scorpion tail) structure adds to its defensive advantage. The fort's robust walls and commanding height allowed control over the nearby Bhaja and Karla caves.



## 4. Khanderi Fort

An island fort in the Arabian Sea, Khanderi (along with its twin,

Underi) played a key role in Maratha naval defence. Its lighthouse still operates today, guiding ships along the busy Mumbai coastline. The fort's design included underground freshwater reservoirs to support soldiers stationed offshore.

## 5. Raigad Fort

Once the capital of Shivaji Maharaj's empire, Raigad is where the king was crowned. Accessible only by steep pathways and a ropeway today, it remains a symbol of Maratha resilience. The fort houses Shivaji's samadhi (memorial) and the ruins of his royal palace. Its strategic location allowed 360-degree views of enemy movement in the Sahyadris.



## 6. Rajgad Fort



Spread across the misty slopes of the Sahyadris, Rajgad was Shivaji's very first capital – and it's easy to see why. Its triple-layered defence system made it a nightmare for enemies and a dream for strategists. At its peak sits Balekilla, the citadel, perched so high and secure it was nearly untouchable. Beyond its military might, Rajgad also treated its defenders to sweeping views and served as the command centre for several of Shivaji's boldest campaigns.

## 7. Pratapgad Fort

This fort saw the dramatic face-off between Shivaji and Afzal Khan in 1659. Surrounded by dense forests, Pratapgad stands as a symbol of tactical brilliance. A towering statue of Shivaji now greets visitors at the top. The fort's clever design allowed defenders to ambush enemies on narrow approach paths.



## 8. Suvarnadurg Fort



Off the Konkan coast, this island fort showcases the naval engineering of the Marathas. It was part of the coastal defence ring designed to control maritime routes. Built with black basalt rock, it was nearly impossible to breach during high tides. The



surrounding reef added a natural layer of protection against invaders.

#### 9. Panhala Fort

One of the grandest forts in the Deccan, Panhala was a key player in the power struggles of its time, especially during the reigns of Shivaji and the formidable Queen



Tarabai. Spread across a vast area, the fort boasts an urban-style layout, more like a fortified city than a simple stronghold. Features like the Andhar Bavdi (a secret well) and Dharma Kothi (a massive grain store) speak volumes about its self-reliant design. Over the years, it also became a safe haven during multiple sieges, standing strong through storms of history.

#### 10. Vijaydurg Fort



Strategically positioned on the Konkan coastline, Vijaydurg was called the "Eastern Gibraltar." This coastal fortress is a masterclass in Maratha naval engineering. Its sea-facing defences and

hidden underwater trench showcase cutting-edge tactics for the time. It even had its own shipbuilding

dock, where Maratha vessels were crafted. Most fascinating of all? A 200-meter-long underwater wall designed to trap unsuspecting enemy ships before they could strike.

#### 11. Sindhudurg Fort

Built by Shivaji on an island off Malvan, this fort is famous for its cleverly concealed entrance and robust design. It functioned as a maritime bastion and training ground for sailors. The fort includes a temple dedicated to Shivaji, the only one of its kind. Its thick walls and multiple bastions made it an impenetrable sea fortress.



#### 12. Gingee Fort (Tamil Nadu)



Often dubbed the "Troy of the East," Gingee Fort features granitic hills, citadels, and temples. Its inclusion highlights the southern extent of Maratha influence and

control. It is spread across three hillocks, each with its own defensive walls and gateways. The fort changed hands many times, under Cholas, Vijayanagar kings, Marathas, Mughals, and the British.

## Club Programmes for August 2025

Date	Program	Chief Guest	Topic
1 <sup>st</sup> Aug	Rtn Sanjay Narsapur-	navi mumbai airport	
8 <sup>th</sup> Aug	Shri Sadashiv Chavan -	From Streets to Home- homeless children of Mumbai	empowering
22 <sup>nd</sup> Aug	The Family meet is preponed-	Rtn Deven Bhayani -	Magic show.
29 <sup>th</sup> Aug	Rtn Chetan Kotak-	Membership reach out	

## Monthly projects of August 2025

- 2<sup>nd</sup> Aug. - Rakhi making workshop at Shreenagar Vidyamandir
- 2<sup>nd</sup> Aug. - Rakhi making workshop at Pandurang Vidyalay
- 3<sup>rd</sup> Aug - Rain Picnic
- 10<sup>th</sup> Aug - Annadan
- 10<sup>th</sup> Aug - Bowling competition and RCMH is participating
- 15<sup>th</sup> Aug - Independence Day celebration at Pandurang Vidyalay
- 19<sup>th</sup> Aug - Ganpati idol making workshop at Pandurang Vidyalay
- 20<sup>th</sup> Aug - Ganpati idol making workshop at Shreenagar Vidyamandir



## Minutes of 12<sup>th</sup> Board of Directors Meeting held on Wednesday June 11, 2025 at Hotel Sitara.

### Agenda 12. To adopt byelaws for the year 2025-26

Rtn Varsha Kolhatkar informed that there is no change in Bye Laws except for the membership dues as mentioned below:

**Section 1:** Subject to section 3, 4 & 5 of this Article, the Annual dues payable by a member shall be Rs. 27,000/- per annum payable either fully or in two semi-annual instalments of Rs. 13,500/- each on the first day of July and January.

A member shall be entitled to discount in the above dues of an amount equal to the amount paid by him to the Rotary Trust of Bombay Mulund Hills, subject however, to a maximum discount of Rs. 7000/- per annum.

The Annual dues include RI per capita dues, a subscription to 'The Rotarian' or a Rotary regional magazine, district per capita dues, club fees, and any other Rotary or district per capita assessment.

**Section 2:** The admission fee shall be NIL for an applicant.

**Section 3:** Annual dues of Spouse member will be Rs. 13,000/- per annum payable either fully or in two semi-annual instalments of Rs. 6,500/- each on the first day of July and January.

**Section 4:** Where a member of Rotaract Club is also granted membership of this club, the fees payable by him would be Rs. 13,000/- per annum payable either fully or in two semi-annual instalments of Rs. 6,500/- each on the first day of July and January. This concessional rate shall be allowed to the Rotaractor for a period of 3 years only".

**Section 5:** "The discount mentioned in Section 1 shall not be granted to the Spouse member and Rotaract Member mentioned respectively in section 3 and 4. The amended bye laws were approved."

## Rotary Ladies Fellowship

**Ann Beena Daftary mooted the idea of rotary ladies fellowship lunch and Ann Beena Daftary and Ann Arti Kanodia worked hard for success of the same.**

A report

Our fellowship met on 15th July at Hotel Royal Treat, bringing together 16 enthusiastic lady members. True to the spirit of fellowship, it was not just a meeting but a warm coming together — a space for friendship, sharing ideas, and planning meaningful activities.

Amidst light hearted gossip and lively discussions, we finalized plans that reflect our collective spirit:

- ★ A fellowship project and a picnic are on the calendar.
- ★ A Ladies' Kavyasandhya is scheduled for February, with Suriiji graciously sponsoring the family meet.
- ★ R Ann Sarla Sharma proposed a unique and heartfelt activity — creating a quilt together and later auctioning it for a cause, with her premises offered for the work.

The afternoon truly embodied what our fellowship stands for — bonding, creativity, and purposeful planning — leaving us inspired for the months ahead.

Ann Beena Daftary





## ADOLESCENCE, MENSTRUATION AND TEENAGE SEXUAL COUNSELLING.

Friends with the ubiquitous proliferation of the BlueScreen, read - Mobiles, Tabs and laptops and the easy availability of crap things about all that we thought was personal and private, you would ask me what was the need for a seminar on Sexual Counselling .

But please realise these are the very people who need guidance, because they are tender, vulnerable, inquisitive, and easily impressionable and can get carried away in the wrong, undesirable direction.

This one-of-a-kind seminar was held at the RADAV College, Bhandup East. Like every year we had an overwhelming response what with nearly a 100 Girls and about 60 Boys attending.

Well the Speakers were our own Rtn.Dr Anoop Gupta and Dr Mrs Shubhada Anoop Gupta and amongst the two they discussed the Puberty changes that occur during Adolescence, The Menstrual Hygiene and Care, and above all the life style disease that seem to be spreading like an epidemic -The PCOS/ PCOD ( abbreviationfor Poly Cystic Ovarian Syndrome/ Disease). This was followed by an informative and interactive session for the teenage boyson Sexual development, changes in behaviour, Sexual counselling and a lot of their doubts and misgivings were cleared.

I would take this opportunity to thank our President Rtn Mrs Varsha Kolhatkar, Vice Principal Mrs Sunita Bhambre, the Past Principal Mr Daniel ( Prof), all the college staff and teachers and not forgetting our own Rotarian friends who made it successful. Thanks are due to the Sponsors- Intiwash, who arranged for the refreshments.

Dr. Shubhada and Dr. Anoop Gupta

## Jagruti Beti Seminar



## Sparsh Seminar







# Happy Birthday



5 <sup>th</sup> August	Annet. Ram Satish Soni
7 <sup>th</sup> August	Annet Shruti Rajendra Shah
10 <sup>th</sup> August	Rtn. Sanjay Dwivedi
15 <sup>th</sup> August	Rtn Swapa Kuma Sengupta
18 <sup>th</sup> August	Ann. Saloni Vijay Narula
18 <sup>th</sup> August	Annet Alisha Bothra
19 <sup>th</sup> August	Annet. Madhurika Vivek Bhagwat
23 <sup>rd</sup> August	Rtn. Dr. Haresh Manglani
27 <sup>th</sup> August	Ann. Mini Chander Kant Suri
29 <sup>th</sup> August	Annet. Mohit Vijay Narula
30 <sup>th</sup> August	Ann. Shankuntala Chaube



## Happy Wedding Anniversary

22<sup>nd</sup> August      Ann Sarla & Rtn. Narayan Sharma

### BULLETIN SPONSORED BY

**Rtn Bhupesh Gupta**

**Narayan Trading Co.**

2097 main Bazar Gurugovind Singh Road,  
Mulund Colony Mumbai 400 082  
Mob.: 9819008822 / 9223458621  
Email: bhupeshmg@yhoo.com

**R. Ann. Preesha B Gupta**

**Supreme Refrigeration**

B3-204 Highland Park,  
Mulund Colony Mumbai 400 082  
Mob.: 9136133622 / 9136441622  
Email: preeshabg@gmail.com

Window, Split AC, Casette, Tower, VRV/VRF, Cold Rooms, Walking Coolers  
anything in **Air Conditioners & Refrigeration**

Trophies, Plaques, T-Shirts, Caps, Medals, Badges, Key Chains & Many More **Corporate Gifts**

महर्षि दयानन्द सरस्वती



**मंत्री - आर्य समाज मुलुण्ड कॉलोनी,  
ट्रस्टी एवं गौशाला संचालक - आर्य प्रतिनिधी सभा मुंबई  
विवोशी गाँव, खालापूर खोपोली, महाराष्ट्र**

**918591600346**

