



# ROTARY CLUB OF MUMBAI GHATKOPAR

**Rtn. Francesco Arezzo**  
R.I. President 2025-2026

**Rtn. Dr. Manish Motwani**  
Dist. Governor 2025-2026

**Rtn. Mitesh Gala**  
President 2025-2026

**Rtn. Jaydeep Modi**  
Secretary 2025-2026



# VISION

**JULY 2025**

**MATERNAL AND CHILD HEALTH MONTH**



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Eye Care & Cataract Surgery	Rs. 5,000	Patient
Support Pediatric Heart Surgery	Rs. 50,000	Child
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Support a Thalassemia Child	Rs. 5,000	Per child per Month
Eye Camp in Rural areas	Rs. 50,000	Camp
Sponsor a Dialysis	Rs. 1,200	Per Dialysis
Water Wheel	Rs. 2,500	Per Water Wheel

Rtn . Mitesh Gala - 9702663263

Rtn. Trupti Shah - 9821733878

Rtn . Viren Gohil - 9821007602

### CONTACT:

Rtn . Jaydeep Modi - 9821087310

Rtn . Laxmichand Gala - 9821087310

## PRESIDENT'S MESSAGE

The past month has been quite thrilling for me. The Rotary Year 2024-25 – Vibrant Year – led by Rtn. Kamlesh bhai and Rtn. Vijay has been one of the most service-filled rotary years in the recent past for our club. Kudos to them and all of us for executing projects with deep impact.

We entered the new Rotary Year – 2025-26 – Inspired Year on a musical note at mid-night of 30th June – 1st July. During the month we saw 5 meeting plus 1 meeting of Board members. Members who attended, participated wholeheartedly. From meeting on Gut Biome by Dr. Bhaskar to an innovative attempt at conducting a project planning meeting on Ghatkopar Fest.



However, our members' true colors came out in HUMLOG. Be it recently inducted or veteran past presidents, everyone was speaking their mind. And did we get some innovative views on mundane topics? I wish to continue such meetings at a frequency of every 2 to 3 months.

We have also added a feature during our regular meetings – Know Your Member. This will help our new as well as senior members to know a bit more about each other's family, profession and interests. I hope this will lead to more interactions between members outside of our meetings and projects. Do put Club Roster to good use for this.

12th July 2025 is one of the milestone days in my life – Installation Day. Sleepless nights leading up to that Saturday. Humongous efforts by the Installation team to bring together a flawless event. I still get complements on our Installation from District executives when I meet them during my co-president's installation. I will be forever indebted to all who made this day truly unforgettable.

Leading up to 1st July, there was this huge rush to prepare for the District 3141 motivated Jeevandhara Project – Blood donation and CPR training at Ghatkopar Railway Station. For me, it was my first experience witnessing how well coordinated all various stakeholder were. It was like an orchestra. On behalf of all members, it is my commitment to keep this project going every month for the rest of the year.

Currently four key projects are in various stages of planning – 1. Pedeatric Orthopedic Surgeries; 2. Mental Wellness Program in 3 schools; 3. Mental Wellness Program for Senior Citizens; & 4. GHATKOPAR FEST.



I request members to come forward to participate in the above projects or plan service projects of their choice. Be in touch with our directors or me.

I highly recommend planning projects from beneficiaries' point of view instead of what you want to do. Let's meet various beneficiary groups together, understand their real need and to best of our abilities, try to ease their poverty & pain.

I hope we carry this momentum through in August. More members attend meetings, join existing projects, support in conduct of weekly meetings, raise funds and definitely plan projects of their choice while taking support of the experienced Board members.

Thanks for who you were in July for what we could accomplish.

I wish you all, August full of service & fun.

**Rtn. Mitesh Gala**

#### **Blood Donation & Dialysis Report 2025-26**

Service	July	RY 25- 26
Blood Donation	85 units	85 units
Dialysis	1034	1034



# DISTRICT GOVERNOR'S MESSAGE

**Dear Inspired President Rtn. Mitesh Gala and Rotarians of Rotary Club of Mumbai Ghatkopar.**

It gives me immense pleasure to share this message with you as you begin another promising Rotary year!

With over four decades of selfless service, your club stands as a symbol of service, of compassion and commitment. Your outstanding initiatives — from the successful Dialysis and Thalassemia Centre where you treat 1000 patient, projects in rural medical outreach, OT for Spandan Hospital, and school renovations to your very own Medical Center providing affordable healthcare — truly embody Rotary's motto: Service Above Self.



Your Rotary Service Center continues to play a pivotal role not just for your club and community, but also in supporting district-level events, trainings and meetings.

As we step forward into this Rotary year, let's embrace the spirit to INSPIRE:

**I** – Involve every member to make the club inclusive and dynamic.

**N** – Nurture ongoing projects while innovating for greater impact.

**S** – Seek strategic partnerships to expand our reach.

**P** – Promote leadership that empowers and uplifts.

**I** – Initiate meaningful bonds through dialogue and camaraderie.

**R** – Reach out to strengthen relationships within our Rotary family.

**E** – Engage with joy and purpose, making every moment count.

I urge you to focus particularly on member involvement and assimilation, as these foster retention and drive sustainable growth.

Do continue supporting the district's key focus areas: Cancer Screening, Model Villages, Rotary Connect, Lifestyle Disease Management, Mental Health & De-addiction, Women's Empowerment, and Rotary Hospitals. Your very own Rtn. Yogesh Zaveri is already making a significant contribution to the Rotary Hospital initiative — a matter of pride for your club and the district.

Thank you for being a source of inspiration through your exceptional service. I look forward to meeting many of you during the year — to listen, to encourage, and to celebrate your journey.

Dr Mahek joins in me in wishing you a very successful and satisfying Inspired year! Let's make this year meaningful, joyful, and impactful — together.

In Rotary Service,

**Dr Manish Motwani**

**District Governor 2025-26**



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## ROTARY SERVICE WEEK 2025–26

For over 120 years, Rotary volunteers have been serving communities worldwide, yet public awareness about Rotary's work often remains limited. In busy cities like Mumbai, service projects can be challenging due to limited manpower, resources, and fresh ideas. To address this, Rotary Service Week (RSW) brings clubs together in groups to undertake bigger, bolder, and better projects—creating stronger community impact and greater visibility for Rotary.

RSW, already a part of many Rotary districts, has been reactivated by District Governor Dr. Manish Motwani as one of the highlight projects for the Inspired Year 2025–2026. Scheduled from November 2 to November 9, the week will include two Sundays, each dedicated to a specific service focus.



Each day will feature a district-wide activity in an identified area:

- Nov 2 (Sun): Eye Care
- Nov 3 (Mon): Cybercrime Awareness
- Nov 4 (Tue): Blood Donation
- Nov 5 (Wed): Breast Screening
- Nov 6 (Thu): Senior Citizens' Welfare
- Nov 7 (Fri): Vocational Awards for Unsung Heroes
- Nov 8 (Sat): Support for the Specially Abled
- Nov 9 (Sun): Happy Street

Clubs will work in 15 groups of 6–9 clubs each, covering all five zones of District 3141. Depending on the scope, groups may work together on a single large project, form sub-groups, or execute multiple camps to increase outreach. For example, cybercrime awareness requires engaging diverse target groups, while activities like eye-care, blood donation, and breast screening will be held at multiple locations to maximize reach. Vocational Awards will be a grand, district-wide event to draw public interest and media coverage.

The aim is to foster collaboration, exchange ideas, and build friendships among Rotarians while presenting District 3141 as a united force for service—much like a grand human formation at the Olympics, but for community good.

Coordination and Teams:

RSW will be powered by a 63-member district team, divided into:

1. Admin & Coordination Team
2. Project Execution Team

They will work alongside 128 Club RSW Chairs, club directors, members, partners in service, and families—forming a formidable volunteer force.

A detailed RSW Handbook has been prepared under the leadership of District Avenue Chair PP Rajendran Unnikrishnan, outlining project plans, team structures, and strategic partnerships for specialized services.

Regular online meetings have already begun to fine-tune activities for each day. Zonal chairs and co-chairs will ensure smooth communication and planning, while project heads will create master plans and guide zonal project directors. However, the real success lies in execution by Club Presidents and RSW Chairs at the ground level.

#### Purpose and Legacy:

RSW is not just about service - it's about unity, visibility, and learning. By mingling with other clubs, Rotarians can adopt fresh approaches and innovative methods for their own future projects. Stronger friendships and better collaboration across the district will make Rotary's presence felt more powerfully in the community.

Let us join hands to make Rotary Service Week 2026 a landmark event that showcases the spirit of service and the strength of Rotary.

#### **Dr. Indumati Gopinathan**

Governor's Principal Aide

Group Avenue Head – Rotary Service Week

Counsellor – Women Empowerment





# INSTALLATION DAY



**Board of Directors 2025-2026**



**Acceptance speech by  
President Mitesh**



**Handing over of collar to President  
Mitesh Gala by IPP Kamlesh Gandhi**



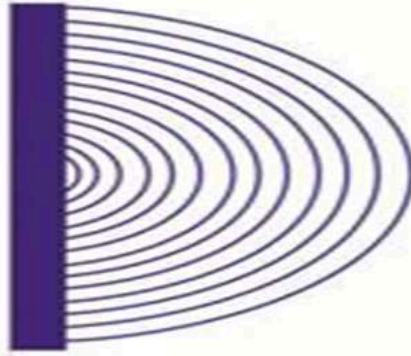
**District Governor Dr. Manish Motwani pins  
President Mitesh Gala**



**Audience**



**District Governor Dr. Manish  
Motwani shares his Vision**



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## INDUCTION OF NEW MEMBERS



**RTN. PRASHANT DHONDE**



**RTN. AAKASH PAREKH**



**RTN. AJAY SABOO**



**RTN. HILONI SHAH**

## PROJECTS



## BLOOD DONATION CAMP



## NOTEBOOK DISTRIBUTION



## FELICITATION OF YOGA TEACHERS

## 100% ATTENDANCE FOR MONTH OF JULY

- Rtn. Ajay Saboo
- Rtn. Bharat Shah
- Rtn. Himat Doshi
- Rtn. Trupti Shah
- Rtn. Prashant Dhonde
- Rtn. Ravi Shinde
- Rtn. Jaydeep Modi
- Rtn. Laxmichand Gala
- Rtn. Mitesh Gala
- Rtn. Radhika Pradhan
- Rtn. Yogesh Zaveri

## CELEBRATIONS:



Heartiest congratulations to Rtn. Leelam Lodaya on the joyous arrival of her precious granddaughter, born to her daughter Krina!

# DIMENSIONS OF A HAPPY RETIRED LIFE

What may bring happiness to a retiree?

While happiness is likely innate, the research says that living life a certain way can make us happy. This of course, applies to everyone (and not just a retiree) but for now let's discuss happiness in the context of a retiree.



The three important dimensions of a happy retired life are as follows –

## Purpose:

Most of us spend a ton of time working for someone - from a sole proprietor to a large corporation. An average working life of 40 odd years means a lot of time and energy spent thinking about objectives, prioritizing, managing time and collaborating with colleagues to achieve a shared goal. And that brings some purpose, direction to many. It offers a structure. And upon retirement from an active job, that construct disappears leaving many wondering about what they should be focusing on. A lack of routine may cause an identity crisis if our identity is mostly connected with the roles we play at work. So, the question, 'what is my purpose' while important at all stages in our life, becomes more important in our retired life. People are forced to think about the central motivating theme that will get them out of the bed in the morning other than their work. But once established, a purpose can guide life decisions, influence behaviour and offer a sense of direction.

## Relationships and Connections:

Humans are gregarious animals. Spending time with our loved ones energizes us. We strive to form connections with other likeminded individuals. We want to love and be loved! A decades-long Harvard study looking into what makes us happy determined that good relationships were the number one thing that makes us. And once nurtured, these relationships become the most important driver of happiness. During our working life we build relationships with our colleagues. But many of these connections lose their significance outside of the context of our work. Forming new connections, figuring out new relationships are an important determinant of a retiree's wellbeing and happiness.

## Health:

Aging is defined as "progressive physiological changes in an organism that lead to senescence (old age), or a decline of biological functions and of the organism's ability to adapt to metabolic stress". Age affects all aspects of our body – bones become brittle, mental capacity diminishes, muscles lose strength. All the grand plans of travelling, visiting new countries and engaging in other forms of enjoyment during retirement are meaningless if our body is unwilling to support us. So, maintaining health and living a healthy lifestyle as we age become important.

Where does Money fit in all of this?

After all, many retirees spend a lot of time worrying about money. As per a Forbes' article, following are the top 3 money worries of a typical retiree –

- Outliving savings
- Investments not keeping up to support the lifestyle
- Rising cost of medical expenses

Clearly, having sufficient money and being able to manage it the right way is important to a retiree. Fear of running out of money especially when the regular source of income (salary) has dried up is debilitating.

So, why haven't I added it to the list above?

Here is my rationale. The three aspects captured above may bring happiness to a retiree. Money on its own however, may not do that. There is a lot of research that suggests that money, beyond a certain threshold does not add to an individual's happiness.

Money, however, is a facilitator. It is a means to an end. It offers freedom from financial worries. It allows a retiree to gain back control of his / her time. The time, which then can be utilized for –

- Living purposefully
- Nurturing relationships and
- Being healthy

Over the course of the next few weeks, we will explore money and ways to manage it to ensure a happy retired life.

**Mr. Girish Ajgaokar**







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