

KALEIDOSCOPE

BULLETIN OF THE ROTARY CLUB OF MUMBAI BHANDUP

R.I. PRESIDENT:	GORDON MCINALLY	DISTRICT GOVERNOR:	ARUN BHARGAVA
CLUB PRESIDENT:	JENNIFER ISAAC	EDITOR:	NARAYANA SHAGRITHAYA
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DISTRICT GOVERNOR’S MESSAGE

Dear Incredible Rtn. Narayan,
 It gives me immense pleasure to note that the RC of Mumbai Bhandup is coming out with club communication bulletin **Kaleidoscope**.
 I am sure that this publication will enlighten readers with important milestones that club has achieved year after year. Besides, club’s budding talents will express their thoughts, ideas, hopes, feelings aspirations and convictions in a creative way.
 This magazine should be a good source of information for Rotarians and Non-Rotarians alike.
 I congratulate you for bringing the July/August edition of Magazine.
 With best wishes,
Arun Bhargava
District Governor
 RI District 3141

FROM THE PRESIDENT’S DESK

Greetings to All!
 The journey has begun.....
 EVERY MOVE I MAKE I MAKE IN YOU
 YOU MAKE ME MOVE JESUS
 EVERY BREATH I TAKE I BREATHE IN YOU
 EVERY STEP I TAKE I TAKE IN YOU
 YOU ARE MY JESUS
 This song is the one that inspired me today to not only to move but also breathe in only **‘INCREDIBLE ROTARY’** and that is what gives me the passion to serve society.
 Nothing less than the word **‘INCREDIBLE’** and **‘INCREDIBLE’**.
 As we all embark on the grand Incredible Year, I Rtn. Jennifer Isaac along with Isaac wish all my fellow Rotarians to have a great and blessed year ahead.
‘CREATE HOPE IN THE WORLD’ yes, this is indeed what we Rotarians of Rotary Club of Mumbai Bhandup intend to spread hope in our surroundings.
‘Hope’ is **‘Light’** we want to be the light and give light by spreading our wings of peace and service to society.
 The club is grateful to Alpha President Uday Shetty and first lady Soniya Shetty for doing marvellous work during the year. He just did not pass the baton to me, but with a lot of hopes to do much better service than he started off with. His extensive support for the incredible year is highly appreciable.

Rotary International President Gordon McInally talks about continuity, I as a President would indeed continue with all the projects that the Alpha President has started.

And hence, being the President for the year 2023-24, I along with the club members would like to focus on **‘FUND RAISING’**. This extensive plan for the year is for the benefit of the community and supporting the system is in itself creating hope so that there is better future.

I thank members of Rotary Club of Mumbai Bhandup for pouring out their blessings and trusting in me to lead as the Club President. As I say nothing without the TEAM –

T ogether
 E veryone
 A chieves
 M ore

Yes, when we can achieve more then why not as a TEAM.

JENNIFER ISAAC

RI THEME 2023-24



DISTRICT GOVERNOR - ARUN BHARGAVA

Born and brought up in Pink City – Jaipur, coming from a humble background, Arun did his Masters in Nuclear Physics from the University of Rajasthan, Jaipur.

During his days in college, he was a radio artist at All India Radio, Jaipur for several years presenting his performances of a lesser-known musical instrument, **Shahi Baja**.

After his education, he moved to Mumbai and with his brothers, pioneered new mode of packaging in India, called Thermoforming in 1978.



He was fortunate to work with stalwarts of Indian manufacturing industry in Food, Pharma, Medical, Electronic, Entertainment, FMCG, Cosmetics and other industrial segments. Working with seniors of manufacturing industry and advertising world shaped his work culture and ethics.

In his zeal to learn business and industrial intricacies better, he enhanced his knowledge by attending various Diploma courses like – Marketing Management, Export Management, and Event Management from prestigious institutions in Mumbai. With his knowledge and designing expertise, he won **two National Awards for excellence in packaging Design “India Star Awards”**, instituted by The Indian Institute of Packaging, Mumbai, under the Ministry of Commerce, Government of India.

He expanded his vision by attending certificate programs on Holistic Counselling from TISS and Archaeology from Mumbai University. This program gave him good insight into human behavior.

As he completed this special program, he was invited by a well-known drug and alcohol De – Addiction center in Mumbai to help their patients with counseling. He was associated with this Drug and Alcohol treatment and deaddiction center, called **“Seva Dhan”**, situated in Andheri West for almost 6 years, helping thousands of patients to recover from clutches of drug and alcohol, and re-settle back in their lives in normal way.

Working with these unfortunate people, who are outcaste by the society and their own families, was very important phase of learning in his life.

Arun continues to use this knowledge enhancement to help people through Rotary.

Arun joined Rotary in 1996 and became **President of Rotary Club of Mumbai Andheri in 2003-04**. In 1997, he started a **career guidance project** for his club, which he continuously did for more than 18 years.

That became a permanent project of the club, and after 24 years, this project still continues as an ongoing project of the club.

Arun was fortunate to work with many governors in different roles, including Assistant Governor, Assistant Trainer, District Secretary, Chief Coordinator and so on. Each of these governors left his mark on him and enhanced his knowledge.

He has been elected to lead the **District as Governor during 2023-24**.

Arun is an avid photographer and archaeologist, having spent number of days at archaeological excavation sites.

His **wife, Seema**, is a home maker and has a small but beautiful business of marble artifacts, which she runs from home.

His **son Ankur** is a robotic engineer, and has his own On-line marketplace, offering products for chocolate, bakery and confectionary industry.

Daughter-in-law Pallavi is a Neuro psychologist at Kokilaben Dhirubhai Hospital, Mumbai. The couple is blessed with a lovely daughter **Ayra**.

Daughter Saloni, an Odissi dancer, is a Patisserie Chef and works in Sydney, Australia.

Having a joint family of brothers, sisters, spouses, and children, all of 19 family members, Arun understands the value of family and relations, and commits himself to remain available for community service at all times.

ASSISTANT GOVERNOR – B. K. AHLUWALIA

Commodore Bijendra K. Ahluwalia is a well decorated Naval Officer retired voluntarily in 2003 after 33 years of service with honor and dignity. He has actively participated in all the wars/actions from 1970 to 2003. He was instrumental in achieving commendable Ops objectives in 1971 war and Srilanka Ops and also in Kargil Ops.



Comdr B. K. Ahluwalia is a good sportsman and a keen Golfer. He has been Judge Advocate General of Navy and has handled large number of Court martial and other important matters of Maritime Law and Laws of Seas.

He is an active Rotarian and is **Charter and past President of E Club of Mumbai**. Now he is a member of Rotary Club of Bombay Hills south.

As a Rotarian, he has been doing Military Welfare, War Widows and their children projects. Notably counseling and preparing defense children for SSB to be selected as a Mil Officer, all this free of cost spending his money and time.

He is settled in Mil colony in Hiranandani Gardens in Powai. He is blessed with a daughter and son. Daughter is a chartered accountant and is married and settled. Son is a Captain in Merchant Navy, is married and happily settled.

Comdr Bijendra Ahluwalia is blessed with three grandchildren and is having a great time with them and enjoying life.

He was an NCC cadet during school/college days. He joined Indian Navy as a Commissioned Officer in 1970 and retired after 34 years of active service. He was awarded the **Vishisht Seva Medal in 2000** by then President of India **Honorable K. R. Narayanan**. He took part in the **Veterans Day Parade** which was held on 24th February 2020 and was the first ever such an event in the country.

CATARACT FREE BHANDUP CAMP

As a part of our ambitious project “Cataract Free Bhandup”, cataract screening and eye check up camps are organised on the first Saturday of every month. It is organised at Datta Mandir, S. G. Barve Marg, Near Hotel Gopalashram, Near Mulund Checknaka, Wagle Estate Starting Road, Thane-400604. This is in association with **Billavar Association, Bhandup and Bhaktivedanta Hospital and Research Institute, Mira Road**



In the cataract screening and surgery camp held on **1st July 2023**, 41 beneficiaries were screened out of whom 23 were detected to have cataract. They were sent to Bhaktivedanta Hospital at Mira Road on 2nd July 2023 and surgery was successfully carried out.



In the cataract screening and surgery camp held on **5th August 2023**, 61 beneficiaries were screened out of whom 32 were detected to have cataract. They were sent to Bhaktivedanta Hospital at Mira Road on 6th August 2023 and surgery was successfully carried out.

KNOW YOUR PRESIDENT - JENNIFER ISAAC

Rtn. Jennifer Isaac an MBA in Human Resources, who started her dream career in banking industry. From 2001 to 2004, she worked as an Officer in Centurian Bank Ltd. From 2004 to 2007 she was with ICICI Bank as Assistant Manager. From 2007 to 2011, she worked as HR Manager with RT Engines. Since 2012, she is the **Managing Director at CrossAsyst Technologies Pvt Ltd**, which specialises in product development and services delivering enterprise grade software applications. They are experts in open-source technologies driving cost effective innovation and tailor-made solutions. They offer multifaceted client partnership architecture yielding high customer value and continuous alignment with client teams.

Currently she is also Managing Director of Tikok Technologies Pvt Ltd, Director of Stryde Agro Pvt Ltd, Director of Fidele Multiventures Pvt Ltd and Director at CrossAsyst Infotech Pvt Ltd. She is Designated Partner at Eduasyst Learning Curve and is also a member of Indian Chamber of International Business. She ventured in India into Real Gold and Diamond Jewellery by partnering with Shreeji Jewels LLP and went ahead to spread her wings globally and is now also a director at Shreeji Jewels LLC in the Emirate of Dubai, which deals in Real Gold and Diamond Jewellery.

A habit of serving people and making more connects with professionals has made her to be a Rotarian. She wants to participate actively in serving the world. Jennifer joined Rotary Club of Mumbai Bhandup in 2021 and soon she was Director of Membership Development. With her unmatched leadership skills



and hard work and dedication, she has been responsible for taking the club membership from 14 in the beginning of the year to a astounding 52 at the end of the Rotary year 2021-22. She was club secretary for this year ie 2022-23 where once again she did outstanding work. Now she is the Club President for the year 2023-24 and her vision is to take the club to a different level..

Jennifer is actively involved in Church activities especially in Children's ministry. Helping is an in-built nature of her. She believes in one thing - **'Nothing is Impossible with God'**.

The greatest strength of Jennifer Isaac is indeed her spouse **Mr. Isaac Soundrapandian** an IT professional and her three lovely children, **Justin Ophir Isaac, Jeffrina Evelyn and Jerusha Isaac.**

KNOW YOUR SECRETARY – VAISHALI SAVLA



Rtn. Vaishali Sumeet Savla has a Master's Degree in commerce to her credit. She has a work experience of more than 20 years. For eight years she worked as a computer faculty at Multilink Computer Classes. In her experience in the field of insurance for 12 years, she worked with Insurejoy as a Senior Branch Manager and with ICICI Prudential as an Advisor. Currently she is working as a manager at 1 Click Policy, an insurance company.

Rtn. Vaishali has been an active member of Rotary Club of Mumbai Bhandup for the past two years and is serving as a secretary for the year 2023-24.

Vaishali's hobbies include music and traveling. She really likes to spend time in doing social activities as much as possible.

Vaishali is happily married to **Sumeet** who is also a member of Rotary Club of Mumbai Bhandup. He is in the business of edible oils.

The couple is blessed with two lovely children. Son **Parth** is a booming teenager, his interests are to play cricket, meet and spend time with his friends along with bingeing on Bollywood movies. Daughter **Meepsha**, a naïve little girl with eyes on the latest fashion trend is a shopaholic, she's the most loving child when she's around her closest people and friends.

BOARD OF DIRECTORS MEETING

The first board of Directors meeting of the year was held on 21st July 2023 at Bunts Industries premises at Anandraj Industrial Estate, Bhandup West. The meeting was chaired by **President Jennifer Isaac.** Discussions were held on various issues like funds available in club/trust account, corpus fund creation, Navaratri celebrations, Rotary Mela, Comedy show, Marathon, Pink Auto project, Launch of Traffic Police stand, Garden adoption, Fashion show etc.

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The second Board of Directors meeting of the year was held on 16th August 2023 at Playce, Mulund West. The BOD meeting preceded the normal club meeting.

President Jennifer Isaac chaired the meeting. The various points discussed in the meeting include Corpus Fund for Rotary Center, District Dues payment, Navaratri Celebration Project, Rotary Mela, Comedy Show, Marathon, Pink Auto Project, Providing Traffic Police Stand, Garden Adoption and Rotary center, Special Cataract Surgery of a patient, New Member Orientation/Induction Program, Felicitation of SSC & HSC students, Job Fair, Fashion Show etc.

INSTALLATION PROGRAM

Installation Program of **President 2023-24 Jennifer Isaac and her team** was held on Saturday 3rd June 2023 at Crown Banquets, Vikas Center, Mulund West. **DGE Arun Bhargava** was the chief guest of the program.

President Uday Shetty called the meeting to order. After the national anthem, Incredible President Jennifer Isaac accorded the formal welcome to the guests and other delegates. President Uday Shetty, then presented the report for the alpha year through PPT and also a video was played.

After this, President Uday Shetty introduced President Elect Jennifer Isaac. He presented her with

collar, club charter and gong bell & gravel and also pinned her with President pin in the presence of DGE Arun Bhargava. DGE Arun Bhargava handed over the President's badge to Jennifer. Jennifer in turn, presented IPP pin to President Uday Shetty.

President 2023-24 Jennifer Isaac welcomed the guests and her co-presidents who had just entered after the start of the meeting and then she gave her acceptance speech. She made a detailed power point presentation about her plans and projects for the forthcoming Rotary year 2023-24.

Then it was the time for the installation of the Incredible board of directors. **R/Ann Preethy Biju** introduced the directors one by one and **Incredible Governor Arun Bhargava** presented them with pins. He also presented badges to Incredible year **Assistant Trainer Lata Jha** and to **Avenue Counselor Club Service 2 Narayana Shagrithaya**. **AG Elect Commodore B. K. Ahluwalia** then formally introduced the chief guest DGE Arun Bhargava to the audience.



DGE Arun Bhargava in his address congratulated President Uday Shetty for the excellent work done during the alpha year. He had all praise for the **Cataract Free Bhandup Project** being done by us. He was quite impressed by the projects and programs planned by Incredible President Jennifer. Then he talked about his expectations from the Presidents and the clubs. He said that the clubs should do projects in their areas so that the community feels the presence of Rotary. He said that the clubs are free to do whatever the projects they would like to do and there won't be District projects. The only exception will be the **National Integration Project** which is being planned by the District in Jammu and Kashmir. Our club announced a donation of Rs. 3 lakhs for the National Integration Project and **PP Vinodkumar Aggarwal** presented a cheque to DGE Arun Bahrgava for the same. We also made a contribution to the District General Fund. **Incredible year Secretary Vaishali Savla** made the secretarial announcements. Chief guest DGE Arun Bhargava and District dignitaries were presented with momentos. President Elect 2024-25 **Asha Narang** proposed the formal vote of thanks. **IPP Natarajan T. R.** was the master of ceremony for the day.

We meet every Thursday at Hotel Guru Prasad, Link Road, Mulund at 7.00 PM.

After the adjournment of the meeting, Stand-up Comedian **Mr. Suraj Tripathy** entertained the audience with his humour session. This was followed by a sumptuous dinner.

It was a great evening of excellent fellowship and fun & frolic, attended by large number of our Rotarians, R/Anns, Rotaractors, guests, District Dignitaries and PE Jennifer's co-Presidents.

OUR SPONSORS

We are grateful to the following organizations and persons for their generous contribution as sponsors for our Installation program:

WETC Intelligent Solutions: Rs. 10,000.

Shreeji Jewels: Rs. 10,000.

Seven Wonders Multiservices Pvt. Ltd: Rs. 10,000

Justinvest: Rs. 5,000.

Shamkris: Rs. 10,000.

Crossasyst Infotech Pvt Ltd: Rs. 10,000.

Good Filipino: Rs. 5,000

Sai Sashta Samrat: Rs. 5,000.

Om Sai Enterprises: Rs. 5,000.

Apple Stationary & Gift Shop: Rs. 10,000.

Absolute Zero: Rs. 10,000.

Bhadresh Mehta: Rs. 5,000.

Sardarni Kitchens: Rs. 5,000.

Total: Rs. 1,00,000.

DONORS FOR NATIONAL INTEGRATION PROJECT

Grateful thanks to the following Rotarians for their generous donations for the National Integration Project:

Vinodkumar Aggarwal: 80,000.

Dr. Shraddha Nate: 50,000.

Rashmin Shah: 60,000.

Arpit Thakkar: 30,000.

Total: Rs. 2,20,000.

TEAM 2023-24

President: Jennifer Isaac

Secretary: Vaishali Savla

Joint Secretary: Asha Narang

President Elect (2024-25): Asha Narang

President Nominee (2025-26): Seema Kshirsagar

Vice President: Biju Babu

Immediate Past President: Uday Shetty

Treasurer: Dr. Shraddha Nate

Joint Treasurer: Jayashree Shagrithaya

Sergeant-At-Arms: Dr. Sujatha Sanil

DIRECTORS:

Membership: Bipin Shah

Public Relation: Taranjeet Singh

Club Administration: Natarajan T R

Community Service – Medical: C R Ramakrishnan
 Community Service-Non Medical: Seema Kshirsagar
 Vocational Service: Dr. Sujatha Sanil
 The Rotary Foundation: Vinodkumar Aggarwal
 Youth Service: Biju Babu
 International Service: Jinansh Doshi
 Polio Plus: Rajendra Mokal
 Club Trainer: Narayana Shagrithaya
 E- Administration: Arpit Thakkar
 CSR & Crowd Funding: Uday Shetty

Journey So Far

As President Elect, we had our first President's meet – UDGHOSH ON 29TH APRIL 2023 at Hotel Novatel, BKC. I was overjoyed to meet everyone and delighted to know so many positive heads – seem like an ocean of friends at first place, such a warmth. Had second informal meeting with vibrant Governor Chetan Desai and Central team at Chembur Club which helped us to get insight of projects and other District office bearer roles and responsibility, once again an evening full of learning and understanding.



On 5th of August 2023, we had our 2nd President meet at Radisson Blu, great fellowship and indeed full of euphoria and enthusiasm. As a Central team we unveil our team's name which was a 2 minutes presentation, on the same day Gyanotsav – Prepets date and venue was announced.

I would like to say that President's post is not only one of great responsibility, but will immensely help you in the overall personality development and also in gaining knowledge

President Elect 2024-25 Asha Narang.

LOOKING BACK

Our very first regular club meeting of the Rotary year held on **Thursday 6th July 2023** was a combined meeting of Club assembly and speaker meeting with our **Assistant Governor B. K. Ahluwalia** as the chief guest. He spoke on the topic "**Life of a Navy Officer**". As Assistant Governor, he was also the chief guest for the Club Assembly.



President Jennifer Isaac called the meeting to order. After the national anthem, President formally welcomed the guests and others. Then the club budget was presented and passed. Subsequently club bylaws and club constitution were also presented and passed. President Jennifer made a presentation on the projects and programs planned for the Rotary year ahead.

Rtn. Capt. Aniket Khanzode introduced the chief guest AG Comdr. B. K. Ahluwalia. AG Comdr B. K. Ahluwalia spoke about the life of Navy officers. Their dedication and zeal to do for the country are always reflected in their attitude. Members were literally mesmerised and got goosebumps after listening to multiple stories by Comdr Ahluwalia.

Club secretary **Vaishali Savla** made the secretarial announcements and **PE Asha Narang** proposed the vote of thanks.

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We actively participated in the **Mega Tree Plantation Program** held on 9th July 2023 at Veena Nagar cycle track along with Rotary clubs of Mulund and Powai and also Inner Wheel clubs of Mulund. RC of Mulund was the lead club and **PP Ramesh Motwani** was the man behind this project.



Around 250 trees were planted near to the cycle track and the track was lined by 450 bougainvillea, which surely would flower into an eye pleasing sight for morning walkers and bikers.

PDG Harjit Singh Talwar was the chief guest. **DGN 2025-26 Dr. Manish Motwani** also attended the program. 5 Rotarians of our club participated in the program.

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In the club meeting held on Thursday 20th July 2023, **Rtn. Hanuman Tripathi**, a member of Rotary Club of Bombay Powai and the District secretary in the current year's District team spoke on the topic **"Why Raise Funds and How to Achieve?"**.



President Jennifer chaired the meeting and called the meeting to order. After national anthem she welcomed the guests and others. Vice President **Rtn. Biju Babu** formally introduced the speaker.

Speaking on Fund Raising, Rtn. Hanuman Tripathi detailed on various ways to raise funds like through CSR, Sponsorship, Donations, Event Management, through promotional material, Management seminars etc.

Talking of the various activities related to fund raising he spoke about Planning of the events, appointing an event Manager, deciding on the venue, getting permissions like from Police and Municipal Corporation, Deciding on the club members' roles and teams, promotional plan, promotional collaterals, Invitations, Fund collection method, completion activities etc.

Overall great insights were given by the speaker Rtn. Hanuman Tripathi.

Secretary **Vaishali Savla** made the secretarial announcements and PE **Asha Narang** proposed the formal vote of thanks.

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In the regular club meeting held on Thursday 3rd August 2023, **Rtn. Dr. Amanpal Singh Chawla** spoke on the important topic **"Financial Literacy"**. Dr. Amanpal Singh has a management degree from IIM Ahmedabad. He has done his Doctorate in CSR. He specialises in Financial Education and Training & Consulting.

Vice President Biju Babu chaired the day's meeting in the absence of President Jennifer Isaac. He called the meeting to order and after national anthem welcomed the guests and others. In the Rotary Information session, **AG Rajiv Shah** spoke **"The Membership Drive"**. He is planning a program which will be addressed by a wellknown senior Rotarian for the benefit of new members and prospective members. He suggested that two of our senior Rotarians also should speak on the occasion on what are the benefits of joining Rotary, what made them

join Rotary and what has made them to stay in Rotary for long. New members not inducted so far also can be inducted on the occasion.



Our enthusiastic new member **Rtn. Vaishali Nair** introduced the speaker Rtn. Dr. Aman Singh Chawla to the audience. Dr. Amanpal made an excellent presentation on **"Financial Literacy"** which was very well appreciated and enjoyed by the members present. Pleased to give responses of some of our members.

Rtn. Rashmin Shah – It was a wonderful session today with Dr. Amanpal Singh. Members not present have lost a great learning opportunity – especially when he was explaining Estate Planning.

Rtn. Vaishali Nair – Very insightful session on financial education... Many aspects of financial planning captured so well by Dr. Aman Chawla!!

Rtn. Bhadrash Mehta - A very good session on financial planning. I have been in the same field for the last 20 years, but yesterday I learnt the difference between health insurance and mediclaim insurance.

Our treasurer **Dr. Shraddha Nate** spoke on the club finances like collections and expenses. Secretary **Vaishali Savla** made the secretarial announcements and PE **Asha Narang** proposed the formal vote of thanks.

Dr. Pooja Singh on "Movement is Therapy"

In our club meeting held on Wednesday 16th August 2023 Dr. Pooja Singh spoke on the interesting topic **"Movement is Therapy"**. The meeting had been postponed to Wednesday 16th from Thursday 17th as President Jennifer had requested for this due to her nonavailability on 17th.

After fellowship president Jennifer called the meeting to order. After national anthem she formally welcomed the guests and others. **AG Rajiv Shah** gave Rotary information and also spoke about the proposed New Member Orientation and Induction Program.

PE **Asha Narang** introduced the speaker Dr. Pooja Singh.

We meet every Thursday at Hotel Guru Prasad, Link Road, Mulund at 7.00 PM.



Rtn. Vaishali Nair reports::

We Rotarians really have a knack of networking with people and inviting them to impart real value-based trainings from their areas of expertise!!

What a lovely evening it was to have spent it with most vibrant, enthusiast Dr. Pooja Singh!! Dr. Pooja is a young, dynamic KIASTM/PIASTM/IASTM certified Physio – Pilates – Health expert. She is also founder of PROSEHAT which specializes in Physio – Pilates Holistic Health and Rehab. She is indeed a Pain & Movement specialist! She brings together expertise and experience as a Pilates instructor with her own custom designed innovative exercises to address specific needs and problems of her patients/clients of all ages.

“The Movement is Therapy” session from Dr. Pooja Singh which was initiated and organized by our Treasurer Dr. Shraddha nate was one of such power packed sessions!!!

The elegant and beautiful Dr. Pooja taught us the importance of being always in movement through daily fitness regime. She broke the unresolved myths with facts in areas of diet, exercise and postures. The mantra we got from her was better visit a physio not only in the case of injuries or post – surgery but also to take expert advice from them to evaluate and diagnose most potential problems before they lead to serious injuries which can lead to complicated surgeries and disabling conditions!

Dr. Pooja also gave us some tips to improve on right postures in day-to-day life activities like daily morning/evening walks, stretching muscles during the work hours by doing squats, yoga stretches, using staircases in place at work places.

She emphasized on the side effects of incorrect body posture during the long working hours at work places and in day-to-day life. We learnt new carpal tunnel syndrome(wrist disorder), Tennis/Golfer’s elbow, cervical pain (vertigo), Sciatica (Back pain), leg numbness and tingling which can really lead to disabling conditions if the posture is not corrected on time.

This “**Pilatesgirl**” which she likes to claim herself on Instagram, Facebook and other social media handles also deeply took us to understand the concepts, benefits of **PILATES** which is a series of controlled movements that flow into one another with precision and how they build our core muscles, lower and upper back muscles, inner thigh muscles. The numerous advantages include in body posture, overall mental health and performance in life.

The icing on the cake of this session was the body shaking dance movements led by this Physio Expert on a very catchy Bollywood number. Every Rotarian present enjoyed, got energized.

We will surely love hosting Dr. Pooja again in our future training events.

By Rtn. Vaishali Nair

Secretary Vaishali Savla made the secretarial announcements and President Nominee Seema Kshirsagar proposed the formal vote of thanks.

Also with inputs from **Rtn. Rashmin Shah**

RI PRESIDENT 2025-26

Mario Cesar Martins De Camargo, a member of the Rotary Club of Santo Andre Sao Paulo, Brazil, is the selection of Nominating Committee for President to become Rotary International’s president for 2025-26. He will officially becomes the nominee on 1 October if no other candidates challenge him.



De Camargo plans to boost Rotary’s public image by working from the topdown.

“Rotary today has strong competition for members and funds,” he says. “We need to rejuvenate the brand, especially in some zones. We should utilize post-pandemic meeting tools... to allow the president go address Rotarians all over the globe. We also need to develop more long-term partnerships with political, community, and business leaders. Let’s emphasize our greatest asset: 1.4 million volunteers.”

FROM THE EDITOR’S DESK

The new Rotary year started on a very jubilant note for our club. The installation program of President Jennifer and her team was a grand affair which took place on 3rd June 2023 with **DG Arun Bhargava** as the Chief Guest.

President Jennifer Isaac is our STAR Rotarian being responsible for lifting our club membership from 14 to 52 as a Membership Director in 2021-22 and also being the privileged member to having been invited for a one to one meeting with **RI President Gordon McNally** in 2022-23. President Jennifer is

armed with very ambitious plans especially for fund raising for the club.

The year started with our ongoing project “**Cataract Free Bhandup**” camp on the very first day ie 1st July, followed by another camp in August both being very successful. **IPP Uday Shetty** continues to spearhead this project. Then we participated in the Mega Tree Plantation Program along with Rotary clubs of Mulund and Powai and Inner wheel clubs of Mulund. We had excellent speakers in all the four club meetings held.

The icing on the cake was that 7 new members joined our club during the period, lifting the club membership to 45. This includes a very senior Rotarian **Rajiv Shah** who has been A Rotarian for more than 20 years and currently is the Assistant Governor. He is a charter member of Rotary Club of Mumbai Borivali East.

A very warm welcome to all the enthusiastic new members **Rajiv Shah, Vishwas Sardar, Jasmine Gandhi, Pushparaj Mandon, Kamesh Phumatiya, Vaishali Nair and Manpreet Singh Banga.**

Wishing you all a very fabulous and happening Rotary Year 2023-24 filled with fun, frolic and enjoyment.

PP Narayana Shagrithaya

KNOWING YOUR NEW ROTARIANS

Rtn. RAJIV SHAH

Proposed by: Rtn. Rajan Dua of RC of Bombay Hills South

Classification: Petroleum Products Dealing

Rtn. Rajiv Shah was born in Delhi and was brought up in Mumbai. At present he is into the business of trading of Petroleum product – mainly Bitumen – used for road building purpose.

Rajiv’s family is a Rotary family where his late father was 2nd President of Rotary Club of Borivali. His younger brother is also in Rotary and is a Past President of Rotary Club of Borivali. Rajiv’s daughter was Vice President of Rotaract Club of Borivali.

Rtn. Rajiv Shah joined Rotary Club of Mumbai Borivali East as charter member in June 2002. Rajiv has received Rotarian of the year award thrice. He had the opportunity of starting their club’s signature project **Rotary Medical Center** during his Presidential year in 2005-06.

Rajiv has enjoyed various positions in the District starting with group coordinator twice, Avenue Co-chair, Avenue Chair, District Treasurer during 2012-13 with Champion Governor Dr. Balkrishna Inamdar. As District Treasurer, he got District Accounts audited within 40 days of completion of the year.

We meet every Thursday at Hotel Guru Prasad, Link Road, Mulund at 7.00 PM.



Rajiv was instrumental in reporting District Grants and reports were approved by Rotary International without any query. He is Assistant Governor in 2023-24.

Rtn. Rajiv Shah is happily married to **Preeti**, who is a house maker. Son **Tejas** is into the business of Property. Daughter is a General Manager of Regent Honda for Thane and Kalyan showroom.

20 year old grandson **Taksh** is pursuing studies in IT.

Our Ambassadors

President **Jennifer Isaac**, Assistant Governor **Rajiv Shah** and Assistant Trainer **Lata Jha** attended the installation Program of **DG Arun Bhargava** held on 2nd July 2023 in Hotel Lalit in Mumbai.

ROTARY AREAS OF FOCUS

1. Peace Building and Conflict Prevention
2. Disease Prevention and Treatment
3. Water, Sanitation and Hygiene
4. Maternal and Child Health
5. Basic Education and Literacy
6. Economic and Community Development
7. Supporting the Environment.

ROTARY DESIGNATED MONTHS

July	Transition Month
August	Membership & Extension
September	Basic Education and Literacy
October	Economic and Community Development
November	The Rotary Foundation
December	Disease Prevention and Treatment
January	Vocational Service
February	Peace and Conflict Prevention/Resolution
March	Water and Sanitation
April	Maternal and Child Health
May	Youth Service
June	Rotary Fellowships

SCHEDULE OF CLUB PROGRAMS.

1st July 2023: **Cataract Screening and Surgery Camp** in association with Bhaktivedanta Hospital and Research Center. Venue: Datta Mandir, S. G. Barve

Marg, Near Hotel Gopalashram, Near Mulund Checknaka, Wagle Estate, Thane-400604

6th July 2023: **Regular club meeting & Club Assembly. Comdr. B. K. Ahluwalia (Retd) to speak on "Life Experience of Navy Officer".** Time: 6.30pm. Venue: The Playce, Mulund West.

9th July 2023: **Mega Tree Plantation.** A project jointly with Rotary clubs of Mulund and Powai. Time: 7.30am. Venue: Mulund Cycle Track, Veena Nagar. Chief Guest: **PDG Harjit Talwar.**

20th July 2023: **Rtn. Hanuman Tripathi** to speak on **"Why Raise funds in Rotary Clubs and How to Achieve?"**. Venue: Hotel Guruprasad, Mulund west.

21st July 2023: **Board of Directors meeting.** Venue: Bunts Industries Pvt Ltd, Anandraj Industrial Estate, Bhandup West.

3rd August 2023: **Dr. Amanpal Singh Chawla** to speak on **"Financial Literacy Awareness"**. Time: 6.30 to 8pm. Venue: The Playce, Mulund west.

5th August 2023: **Cataract Screening and Surgery Camp** in association with Bhaktivedanta Hospital and Research Center. Venue: Datta Mandir, S. G. Barve Marg, Near Hotel Gopalashram, Near Mulund Checknaka, Wagle Estate Starting Road, Thane-400604.

16th August 2023: **Board of Directors Meeting.** Time: 5.30 to 6.30pm. Venue: The Playce, Mulund West.

16th August 2023: **Dr. Pooja Singh** to speak on **"Movement is Therapy"**. Time: 6.30 to 8pm. Venue: The Playce, Mulund West.

19th August 2023: **Prostate Cancer awareness Camp** by **Dr. Saurabh Patil.** Time: 10am to 1pm. Venue: Fortis Hospital Auditorium, Mulund West.

26th August 2023: **Breast Cancer awareness camp and mammography** by **Dr. Uma Dangi.** Time: 10am to 1pm. Venue: Fortis Hospital Auditorium, Mulund West.

2nd September 2023: **Cataract Screening and Surgery Camp** in association with Bhaktivedanta Hospital and Research Center. Venue: Datta Mandir, S. G. Barve Marg, Near Hotel Gopalashram, Near Mulund Checknaka, Wagle Estate Starting Road, Thane-400604.

5th September 2023, Tuesday: **Rtn. Manish Gyani** to speak on **"Know Your RCC"**. Time: 6.30 to 8pm. Venue: Hotel Guruprasad Banquet Hall, Mulund West.

SCHEDULE OF DISTRICT/RI PROGRAMS.

2nd July 2023: Installation program of **DG Arun Bhargava.** Venue: Hotel Lalit, Mumbai.

25-29 May 2024: **Rotary International Convention.** Venue: Singapore.

BIRTHDAYS & WEDDING ANNIVERSARIES

JULY

02	BD	DTR	Shreya Vishwas Sardar
05	BD	SON	Pramod Vanaja Shetty
05	BD	RTN	Manpreet Singh Banga
05	WA		Jinansh & Riya Doshi
06	BD	RTN	Rajiv Shah
07	BD	ANN	Sujata Sabat
10	WA		Arpit & Hima Thakkar
13	BD	RTN	Narayana Shagrithaya
22	BD	ANN	Preeti Rajiv Shah
22	WA		Jasmine & Bhavesh Gandhi
28	BD	DTR	Vijaya Vanaja Shetty

AUGUST

02	BD	RTN	Jayant Kumar Raina
05	BD	SON	Chinmay Mokal
07	BD	RTN	Bhadresh Mehta
08	BD	RTN	Taranjeet Singh
10	BD	RTN	Rashmi Rasam
10	BD	SON	Rudra Ganesh Waradkar
12	BD	SON	Tejas Rajiv Shah
13	BD	RTN	Aniket Khanzode
15	BD	RTN	Sujatha Sanil
15	BD	RTN	Vishwas Sardar
16	BD	SON	Dhanush Patil
18	BD	ANN	Ruchira Mokal
19	BD	RTN	Chitra Ramakrishnan
22	BD	DTR	Anuprita Nair
23	BD	RTN	Kamesh Phumatiya
26	BD	RTN	Sumeet Savla
29	BD	SON	Justin Isaac
30	BD	RTN	Asha Narang

Laugh it off!!!

Once a man asked God: "Why all girls are so cute & sweet, and all the wives are always angry?"

God answered : Girls are made by me...and you make them wives.... Your problem...

* * * * *

Laughing at your own mistakes can lengthen your life.

-Shakespear

Laughing at your wife's mistakes can shorten your life. -Shakespear's wife

Think it Over

"One of the penalties for refusing to participate in politics is that you end up being governed by your inferiors." - **Plato**

"The wise who refuse to rule should prepare to suffer the rule of idiots". - **Socrates**

"A people who elect corruptpoliticians, imposters, thieves, and traitors are not victims....

But accomplices." - **George Orwell**

Bulletin edited and published by PP Narayana Shagrithaya. Mobile : 9821267367/9820967367.

We meet every Thursday at Hotel Guru Prasad, Link Road, Mulund at 7.00 PM.