

R.I. PRESIDENT:	JENNIFER JONES	DISTRICT GOVERNOR:	SANDIP AGARWALLA
CLUB PRESIDENT:	UDAY SHETTY	EDITOR:	NARAYANA SHAGRITHAYA
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FROM THE EDITOR'S DESK

Most of the Rotary clubs face one problem year after year – trying to get a President to lead their club. Our club has been somewhat lucky in this respect – most of the years we have been able to get good Presidents who got laurels to the club. This year has been no different, in **Rtn. Uday Shetty**, we found an outstanding President. The year has been a truly remarkable one.

Although Rtn. Uday Shetty was our member for more than 20 years, he was not a serious Rotarian until two and a half years back when he agreed to become the club secretary and then the president. And there has been no looking back after that – he was totally committed to the responsibility he undertook. He attended and chaired 100% of the meetings during the year as President, both club meetings and Board of directors' meetings and that is sort of a record. And he was present in all the projects and programs too. Added to this, the most important project of the year – **Cataract Free Bhandup Project** was a runaway success. President Uday handled it single handedly, being present full time in all the 11 screening camps held on the first Saturday of the month and also ensuring that the selected patients are sent for surgery and successfully operated. He also ensured the successful publicity for the project. No wonder, the results were obvious, more than 600 people were screened and more than 200 people got their almost lost vision back. Congratulations Uday for leading the club in such a remarkable way.

Congratulations also to Secretary **Jennifer Isaac**, who rendered solid support to the president in ensuring the runaway success of the club.

There were other major achievements too, like the skill development project, chartering of 7 RCCs, Surgery of a glaucoma patient, educational loan scholarship, Pink Auto project, assistance to old age homes, fund raising through souvenir and so on. 8 new members were inducted during the year. The membership at the end of the year stood at 38.

In the Shukriya function held in the district, our club was recognised with **gold award**. We also received **R. I. Presidential Citation**.

Two new members **Bhadresh Mehta** and **Sachin Neswankar** joined our club during May/June period. A warm welcome dear Bhadresh and Sachin to our club.

The 2023-24 Incredible core team with President Jennifer Isaac, secretary Vaishali Savla, treasurer Dr. Shradha Nate, President Elect Asha Narang, President Nominee Seema Kshirsagar and sergeant-at-arms Dr. Sujatha Sanil is an impressive all women team. We are so proud of them and our heartiest congratulations and best wishes for their all-round success.

With season's greetings to you all,
PP Narayana Shagrithaya

RI THEME 2022-23



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 camp held on 6th May 2023, 42 beneficiaries were screened, out of whom 18 were selected for operation. They were sent to Bhaktivedanta Hospital at Mira Road on 7th May 2023 and were successfully operated.



In the camp held on 3rd June 2023, a total of 41 beneficiaries were screened out of which 18 were detected for cataract. They were sent to the Hospital at Mira Road on 4th June and were successfully operated.

BOARD OF DIRECTORS MEETING

11th BOD meeting of the year was held on 30th May 2023 at the Conference Hall of Bunts Industries Pvt Ltd, at Anandraj Industrial Estate at Bhandup West. **President Uday Shetty** was the chairman of the meeting. He welcomed the Board members present and then **Secretary Jennifer Isaac** read the minutes of the last BOD meeting. The various items/programs/projects discussed include collection of semiannual dues, Status/developments related to the Pink Auto Project, New developments/status on Skill Development project, TRF Contributions, Installation program of President Elect Jennifer Isaac and her Board, Plans for Shukriya Nite / Charter Day Celebration / Souvenir release, awards to be given on the Shukriya Nite, Resolution for change of bank signatories effective from 1st July 2023, getting the PAN Card for the club etc.

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The last and 12th meeting of the Board of Directors for the Rotary year 2022-23 was held on Thursday 22nd June 2022, at the premises of Bunts Industries Pvt Ltd, at Anandraj Industrial Estate, Bhandup West. Chairing the meeting, President Uday Shetty called the meeting to order and welcomed the participants. Minutes of the previous BOD meeting was read by club secretary Jennifer Isaac. Discussions were held on the status of club dues collection, action to be taken regarding the unpaid dues, Pink Auto project status, breast cancer screening project, Skill Development project, TRF contributions, Charter/Shukriya/souvenir release program, change of signatories for bank account etc.

Dr. Manjit Singh Arora on “My Role at the Time of Heart Attack”

In our regular club meeting held on Thursday 3rd May 2023, renowned Doctor from Fortis Hospital Mulund, Dr. Manjit Singh Arora spoke on the topic “My Role at the Time of Heart Attack”.

President Uday Shetty called the meeting to order and after the national anthem, welcomed the chief guest and others. PP Narayana shagrithaya gave the Rotary information. President Uday shetty then gave an account of the projects and programs carried out since the last meeting.



Rtn. Rashmin Shah introduced the chief guest Dr. Manjit Singh Arora. Dr. Manjit Singh in his talk illustrated with demonstration as to what to do when a person gets heart attack. He told that time is very important and explained the importance of the “Golden Hour”. He also explained the difference between the heart attack and cardiac arrest. In the case of the cardiac arrest the action needs to be immediate whereas in the case of heart attack you get some time to act. A heart attack is when one of the coronary arteries becomes blocked. The heart muscle is robbed of its vital blood supply and, if left untreated, will begin to die because of its not getting enough oxygen. A cardiac arrest is when a person’s heart stops pumping blood around their body and they stop breathing normally. Many cardiac arrests in adults happen because of a heart attack. This is because a person who is having heart attack may develop a dangerous heart rhythm, which can cause a cardiac arrest.

Dr. Manjit Singh Arora explained as to what is CPR and how to do it effectively.

CPR stands for cardiopulmonary resuscitation. It’s when someone gives chest compressions to a person in cardiac arrest to keep them alive.

When a person is in cardiac arrest their heart stops pumping blood, which means their brain gets no oxygen.

Without PCR the person will die in minutes. CPR keeps the heart pumping blood around the body until emergency help arrives.

How to do CPR on an adult?

1. Check for a response. Firmly shake the person's shoulders and ask if they are ok.
2. Call the emergency help number. If the person is unconscious and not breathing, or not breathing normally, start CPR.
3. Start chest compressions. With the heel of your hand in the centre of their chest, press down smoothly and firmly at the rate of 2 per second.
4. It is your choice to give rescue breaths. Hands only CPR is very effective and is the recommended way to give CPR since the covid 9 pandemic. However, you may wish to give rescue breaths to a family member. If you want to give rescue breaths, follow these instructions:

* Give rescue breaths after every thirty chest compressions.

* Tilt the person's head back gently and lift their chin.

* Pinch their nose.

* Seal your mouth over theirs and blow hard for a second. Do this twice.

Keep giving CPR until the emergency services arrive, the person regains consciousness or until you are too exhausted to continue. If there is somebody else with you, ask them to take turns giving CPR.

Sometimes minor injuries can occur, such as a cracked rib, but you should continue to give CPR to help save their life. A broken rib or other injury can be treated.

Usually it is better to press harder than softer. You are aiming to press down one third of the chest depth (5 or 6 centimetres). If you press too softly then your compressions won't be effective.

Dr. Manjit Singh explained the whole process very effectively with live demonstration. Dr. Sharadha Nate, Rtn. C. R. Ramakrishnan and Rtn. Asha Narang volunteered to help in the demonstration.

Overall it was a very interesting and effective session. **Secretary Jennifer Isaac** made the secretarial announcements and **Rtn. Dr. ShradhaNate** proposed the formal vote of thanks.

DIRECTORS' ORIENTATION PROGRAM

Directors' Orientation Program for our club, and Rotary Clubs of Mulund and Mumbai Salt City was held on Thursday 18th May 2023 at Guruprasad Hotel, Marathon Max, Mulund West. It was addressed by some eminent speakers from the District.

President Uday Shetty called the meeting to order. After National anthem, President Uday Shetty formally welcomed the guests and others. **PP Narayana Shagrithaya** spoke about the "Purpose of the Day" and explained the importance of training in Rotary. He said that if Rotary has survived for 118

years, one of the many reasons for that is also the importance given to training programs in Rotary.



After this **President Elects Jennifer Isaac, Hitesh Ganatra and Ramachandran Iyer** of Rotary clubs of Mumbai Bhandup, Mulund and Mumbai Salt City respectively gave their vision for the incredible year.

Assistant Trainer Lata Jha formally introduced the various speakers to the audience. **Rtn. Sandip Kedia**, a member of Rotary Club of Mumbai North End and the Incredible year District Secretary and Chief Coordinator – Events and also Convener of District Conference, spoke on **Club Administration and also on community service**. **Rtn. Hanuman Tripathy** who is a member of Rotary Club of Bombay Powai and is District Secretary in Incredible year spoke on **Membership Retention**. He explained the topic in a very interesting way. **Rtn. Devang Goradia**, a member of Rotary Club of Bombay Hills South and Incredible year Chief Coordinator and Project Coordinator for Project National Integration, spoke on **Public Image** and **Rtn. Manish Gyani**, a member of Rotary Club of Borivali and Incredible year Avenue Chair for Rotary Foundation 2, spoke on **Rotary Foundation**. **Rtn. Rajan Dua**, once again a member from Rotary Club of Bombay Hills South and Incredible year Lt. Governor and avenue Chair for Project National Integration, made a very interesting and powerful presentation on **Project National Integration**.



Commodore B. K. Ahluwalia, a member of Rotary Club of Bombay Hills South and **Assistant Governor** to our club for the Incredible year summed up the day's proceedings.

President Nominee Asha Narang proposed the formal vote of thanks.

CLUB ASSEMBLY

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

The regular club meeting of Thursday 24th May 2023 was a club assembly. Our Assistant Governor Elect **Air Commodore B. K. Ahluwalia** was the chief guest of the program. President Uday Shetty called the meeting to order. After national anthem and welcoming of the guests and members, President Uday Shetty briefly spoke about the projects and programs carried out since the last meeting and then handed over the meeting to **President Elect Jennifer Isaac**.



PE Jennifer requested AG Elect Commodore Ahluwalia to conduct the Club Assembly. He requested the Directors and Chairmen of Incredible year to present their plans and programs for the incredible year in their respective avenues. The various Directors and chairmen presented their planned projects and programs in a nice way. There were some novel projects and programs presented especially by the recently joined members.

PE Jennifer Isaac then formally introduced AG B. K. Ahluwalia to the audience. AG Ahluwalia summed up the presentations by the directors. He appreciated the innovative projects proposed by some of the members.

Rtn. Jennifer Isaac made the secretarial announcements and **Rtn. Chitra Ramakrishnan** proposed the formal vote of thanks.

ROTARY COMMUNITY CORPS (RCC)

The following seven RCCs were chartered during the year:

1. RCC of Pannalal Industrial Estate, Bhandup. President: Janardhan.
2. RCC of Bhandup Sonapur, Bhandup. President: Saleem.
3. RCC of Hanuman Nagar, Bhandup. President: Ganesh.
4. RCC of Pratap Nagar, Bhandup. President: Manisha.
5. RCC of Jangal Mangal, Bhandup. President: Lukesh.
6. RCC of Village Road, Bhandup. President: Savith Kumar Satyanathan.
7. RCC of Sakinaka, Andheri. President: Somnath Chinchkar.

Congratulations to President Uday Shetty for his commendable efforts in achieving the above.

CHARTER NITE – SHUKRIYA - SOUVENIR RELEASE PROGRAM

The program of Charter Nite Celebration, Shukriya and Souvenir release was held on Thursday 29th June 2023 at Banquet Hall of Guruprasad Restaurant in Mulund West. **Rtn. Prabhakar Shetty** was invited as chief guest of the program.



The program was chaired by **President Uday Shetty**. After the national anthem President welcomed the guests and members. The souvenir brought out on the occasion was released by the chief guest. A video highlighting the achievements of Rotary year 2022-23 prepared by Rotarians **Asha Narang** and **Dr. Sujatha Sanil** was then shown. President Uday Shetty then addressed the gathering and thanked all the members for their cooperation for making the year successful.

This was followed by presentation of awards to members in various categories. **IPP Natarajan** then introduced the chief guest and then chief guest addressed the gathering. Number of Rotarians spoke on the occasion and praised the president for the excellent club performance during the year.

Secretary Jennifer Isaac made the secretarial announcements and **PN Asha Narang** proposed the formal vote of thanks.

The meeting was followed by cocktails and dinner.

Congratulations to the award winners at the Shukriya Program:

Rotarian of the year: Natarajan T. R.

Best Project Coordinator: Chitra Ramakrishnan

Best New Rotarian: Rashmin Shah

Best Director: Seema Kshirsagar

Best Supporting Director: Ramakrishnan C. R.

Outstanding Membership Development: Bipin Shah

Outstanding Attendance: Asha Narang

Best Fellowship Coordinator: Dr. Sujatha Sanil

Lifetime achievement Award:

Vijayam Krishnan

Rajesh Kumar Saksena
Jayant Kumar Raina

SOUVENIR ADVERTISEMENT COLLECTIONS

We are grateful to the following members for their efforts in collection of advertisements for the souvenir:

Uday Shetty: 97,000.

Natarajan T. R.: 50,000.

Vinodkumar Aggarwal: Rs. 20,000.

Bipin Shah: 22,000.

Narayana Shagrithaya: 11,111.

Biju Babu: 10,125.

Vijayam: 10,000.

Vaishali Savla: 10,000.

Jennifer Isaac: 10,000.

Sandip Popat: 10,000.

Sujatha Sanil: 5000.

Dr. Shalini Saksena: 5000.

Asha Narang: 5000.

Vanaja Shetty: 5000.

Tanaji Todkar: 5000.

Dr. Shraddha Nate: 5000.

Subhash Alva: 5000.

Rashmin Shah: 5000.

Kishore Mundakel: 15000.

Bhadresh Mehta: 3000

Total: Rs. 2,98,236..

GLIMPSES OF ROTARY YEAR 2022-23

* Installation program of President Uday Shetty and his team for the year 2022-23 was held on 9th July 2022 at Crown Banquets, Vikas Center, Mulund West with DGE Arun Bhargava as the chief guest.

* Official Club Visit of District Governor Sandip Agarwalla on 6th September 2022, at Hotel Sorisso, Mulund West.

* Charter day and Shukriya program along with release of souvenir was held on 29th June 2023 at Hotel Guruprasad, Mulund West.

* An overnight picnic to Monteria Resort, Khopoli, Near Karnala was organized on 8th January 2023.

* Twelve meetings of the Board of Directors and three club assemblies were held during the year.

* Eight new members were inducted, and 21 members left during the year bringing the membership of the club to 38.

* A joint Directors' Orientation Program for our club and for Rotary clubs of Mulund and Mumbai Salt City was organized on 18th May 2023 at Hotel Guruprasad, Mulund West.

* President Elect Jennifer Isaac attended the PREPETS held from 19th to 21st November 2022 at Hotel Deltin, Daman.

* PE Jennifer Isaac, SE Vaishali Savla and TE Dr. Shraddha Nate attended the PETS/SETS/TETS/GMS Seminar held on 26th March 2023 at Hotel Lalit in Mumbai.

* PP Vinodkumar Aggarwal (AG), PP Lata Jha (AT), PP Narayana Shagrithaya, PP Natarajan T. R. were invited by DG Sandip Agarwalla to be in the District Team during the year.

* 14 of the club meetings had speakers including some of our own members who spoke on various Rotary and Non-Rotary topics. Other meetings included installation, OCV, club Assemblies (three), Annual Meeting and Charter Nite and balance were dedicated to discussion on projects and programs.

* Annual General Meeting was held on 22nd December 2022. Team for Rotary year 2023-24 was announced with Rtn. Jennifer Isaac as the President Elect. Rtn. Asha Narang was declared as President Nominee for the year 2024-25.

* Two of our Rotarians attended the District Conference DISCON 2023 – Polaris held at Taj Resort & Convention Center, Goa from 25th to 27th February 2023.

* Ten of our Rotarians attended the District Training Assembly 2023 held at Hotel ITC Grand Maratha, Sahar, Mumbai on 16th April 2023.

* Number of our Rotarians actively participated in the various District programs/projects.

* Two of our Rotarians attended the Grant Management Seminar which was held during the DTA.

* We cohosted a number of District programs.

* Monthly/bimonthly four/six-page/8-page bulletin "Kaleidoscope" (Hard copy/soft copy) was published regularly.

* US \$ 625 has been contributed by our members to TRF.

* We actively participated in the joint Tree Plantation Program held on 10th July 2022 at ITI premises in Mulund East in which large number of members from Rotary, Rotaract and Inner wheel clubs of Mulund and Bhandup participated.

* We visited along with our Inner Wheel club and Roataract club members to Karuneshwar Old age Care House in the outskirts of Panvel and Rupvan Foundation Old age Home at New Panvel and made donations in cash (Rs. 35000 plus Rs. 21000) and kind.

* Advanced interest free loan scholarship of Rs. 77500 (Rs. 37500 for 2022-23 and Rs. 40000 for 2023-24) to one B. Sc. I. T. student

* Our **CATARACT FREE BHANDUP** project ran throughout the year. We organized 11 cataract screening and surgery camps on the 1st Saturday of

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

every month starting from August 2023, in association with Bhaktivedanta Hospital & Research Center, Mira Road and Billawar Association, Bhandup. A total of 612 people were screened for cataract and 203 persons underwent successful surgery. Initially the camps were in Bhandup, which were shifted to Thane subsequently.

* Number of Diabetes checkup and medical checkup camps were organized. A health talk on breast cancer awareness was organized.

* Skill Development Program was inaugurated on 9th October 2022 and number of needy women were provided training in tailoring free of cost during the year.

* A career guidance seminar was organized in which more than 800 students and parents participated.

* We sponsored 8 auto rickshaw stands at various locations in Bhandup.

* During the year our club became active in social media platforms like LinkedIn, Face Book and Instagram.

* We supported the surgery of a Glaucoma patient with a donation of Rs. 40000. The total cost of surgery was Rs. 65000. District contributed the balance amount of Rs. 25000.

* Celebrated International women's day wherein we recognized six deserving women teachers.

* Received Gold Award from the District for Cataract Free Bhandup Project.

* Received R. I. Presidential Citation.

* Received coveted PDG Ashok Mahajan Trophy for the best Membership Development for clubs with membership less than 50, for the Dream year 2021-22.

OUR MEMBERS IN THE DISTRICT

DGE Arun Bhargava has invited following of our members to be a part of the Incredible Year(2023-24) District team.

Rajiv Shah: Assistant Governor

Lata Jha: Assistant Trainer

Narayana Shagrithaya: Avenue Counselor – Club Service 2

Vinodkumar Aggarwal: Zonal Chair West – Rotary Foundation 1

Natarajan T. R.: Zonal Chair Central – Public Image 3

Ramakrishnan C. R.: Co Chair Central 1 – Vocational Service 2

Our congratulations to all of them.

ROTARY FOUNDATION CONTRIBUTIONS

We are grateful to the following members for their contributions to the Rotary Foundation during the Rotary year 2022-23:

1. Vinodkumar Aggarwal: US \$ 250.

2. Uday Shetty: US \$ 225.

3. Asha Narang: US \$ 100.

4. Narayana Shagrithaya: US \$ 50.

Total Amount: US \$ 625.

Some of the above contributions are for Annual Fund and some are for Polio Fund.

KNOWING YOUR NEW ROTARIANS

BHADRESH MEHTA

Proposed by: Bipin Shah

Classification: Real Estate



Rtn. Bhadresh Mehta is a commerce graduate and is in the real estate business. Bhadresh's father expired when he was just 9 years old. Soon after this, his family moved from Calcutta to his maternal grandfather's place in Ahmedabad. From the age of 11 years he started earning by doing odd jobs like selling newspapers, selling household items etc along with his studies. He studied in Gujrati medium right up to his graduation.



Daughter, son-in-law & grandson

After graduation from Gujrat University he moved to Mumbai and joined Malhotra International in 1978. The company was manufacturing shaving blades. In 1979 he joined Hotel Oberoi Sheraton as assistant F

& B controller. In the year 1981, he went to Middle East with the Sheraton Group as a Restaurant cashier. After promotion every year, in the last two years he worked as night auditor. He was with Sheraton group for 5 years up to 1986.



Son & Daughter-in-law

In 1986 he started his own business of selling ball bearings and various other industrial items to the various industrial establishments.. In 2004, he joined Tata AIA Life Insurance as an Executive Life Planner. In 2022, he got licence as areal estate agent from RERA.

By joining Rotary, Bhadresh wants to engage himself in some useful social work and serve the community. Bhadresh is happily married to Richa who is a housewife. The couple is blessed with a son and daughter. Son Rohil is a B. Com and is in service. Daughter Maitri has a graduate degree in Arts and is married to Yash Vasa. Maitri and Yash are blessed with a son Diyan.

Bhadresh's interest is in traveling and sports. He also works as a professional stageartist. Rohil's hobbies are traveling and seeing movies.

SACHIN NESWANKAR

Proposed by: Ganesh Waradkar

Classification: Chartered accountant

Rtn. Sachin Neswankar is a practicing Chartered Accountant and is Proprietor of S. D. Neswankar & Associates. Sachin is based in Bhandup. His work areas include audit, taxation and consultancy. Other than work, he loves visiting new places and farming. In the past he was associated with Maitreya Foundation through which they were working in the field of education like creating awareness about various career opportunities after 10th and 12th through organizing seminars and exhibitions etc. Currently the organization was almost non-functional and is organizing one annual program viz tree

plantation drive at Aarey Milk Colony that too on a small scale.



Sachinn says that he was always fascinated by Rotary's work and in the past had got opportunity to work with Rotary few times. He says that he was not contributing anything to the society(Except paying taxes which he feels is a duty of citizen and not a social responsibility). By joining Rotary, Sachin feels that he will be able to serve the society better.

Our Ambassadors

Rtn. Seema Kshirsagar was invited at Special Children School at BKC Cerebral Palsy Association of India on 3rd May 2023.

SCHEDULE OF CLUB PROGRAMS.

3rd May 2023: **Dr. Manjeet Singh Arora of Fortis Hospital** to speak on "My Role at the time of Heart Attack". Venue: Hotel Sorriso, Mulund Goregaon Link Road.

6th May 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.

18th May 2023: **Directors' Orientation Program.** 5.30 to 6pm: Tea & Fellowship. 6 to 8.30pm: Directors' Orientation Program. 8.30pm onwards: Dinner & Fellowship. Venue: Banquet Hall, Hotel Guruprasad, Mulund West. Speakers: **Rtn. Sandip Kedia, DS Hanuman Tripathi, Rtn. Devang Goradia, Rtn. Manish Gyani, Rtn. Rajan Dua, AG B. K. Ahluwalia.**

24th May 2023: **Club Assembly.** Time: 6 to 7pm: Fellowship. 7 to 8pm: Club Assembly. Chief Guest: **AG Air Commodore B. K. Ahluwalia.** Venue: Banquet Hall, Hotel Guruprasad, Mulund west.

30th May 2023: **Board of Directors Meeting.**

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

3rd June 2023: **Cataract Screening & Surgery Camp.** Time: 10am to 1pm. Venue: Datta Mandir, S. G. Barve Marg, Near Hotel Gopalashram, Near Mulund Checknaka, Wagle Estate, Thane.

3rd June 2023: **Installation Program of PE Jennifer Isaac and her team for the year 2023-24.** Time: 6.30 to 7pm: Registration & Fellowship. 7 to 8.30pm: Installation Program. 8.30 to 9pm: Stand-up Comedian **Mr. Suraj Tripathy.** 9pm onwards: Fellowship & Dinner. Venue: The Crown Banquet, Vikas Centre, Mulund West. Chief Guest: **DG 2023-24 Rtn. Arun Bhargava.**

29th June 2023: **Charter Day/Shukriya/Souvenir Release Program.** Time: 6.30pm onwards followed by Cocktail & Dinner. Venue: Guruprasad Banquet Hall, Mulund west.

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 Starting Road, 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 other nearby areas. Time: 7.30am. Venue: Mulund Cycle Track, Veena Nagar. Chief Guest: **PDG Harjit Talwar.**

SCHEDULE OF DISTRICT/RI PROGRAMS.

6th May 2023: **Resolutions Meeting for District Bylaws Amendments.** Time: 3pm. Venue: IMC, Churchgate.

14th May 2023: Incredible **"Vibrant Club Workshop"**. Time: 8.30am to 2pm. Venue: THE CLUB, D. N. Nagar, Andheri West. Registration Charges: Rs. 1200 per person.

27th to 31st May 2023: **RI Convention. Venue: Melbourne, Australia**

25th June 2023: **ALPHA SHUKRIYA.** Time: 8.15am onwards. Program followed by lunch. Venue: Jio Convention Center, Bandra Kurla Complex.

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

BIRTHDAYS & WEDDING ANNIVERSARIES

MAY

02	BD	SON	Rohil Mehta
03	BD	ANN	Anjana Bipin Shah
09	WA		Rajendra & Ruchira Mokal
09	BD	SON	Kushagra Narang
10	BD	RTN	Rajendra Mokal
10	WA		Bhadresh & Richa Mehta
13	BD	SON	Sunner Reddy

18	BD	DTR	Tanishka Biju
19	BD	RTN	Ajesh Shetty
21	BD	RTN	Jayashree Shagrithaya
22	WA		Uday & Soniya Shetty
22	WA		Ajesh & Anita Shetty
24	BD	SON	Vignesh Ramakrishnan
26	WA		Ganesh & Vinaya Waradkar
28	BD	DTR	Sanvi Kshirsagar

JUNE

04	WA		Bipin & Anjana Shah
10	BD	SON	Nikhil Natarajan
13	BD	SON	Prathamesh Reddy
17	BD	DTR	Riddhi Popat
18	BD	RTN	Rashmin Shah
19	BD	RTN	Bhau Parab
21	BD	RTN	Uday Shetty
27	WA		Satish & Saritha Reddy
30	BD	DTR	Alishaa Khanzode

Laughing Matter??????

Five Rules for Men.....

Here are the Five Rules for men to follow for a happy life that Russel J. Larsen had inscribed on his headstone in Logan, Utah. He died not knowing that someday he would win the.... "Coolest Headstone Contest".

A Cowboy Tombstone!

Five rules for men to follow for a happy life:

1. It's important to have a woman who helps at home, cooks from time to time, cleans up, and has a job.
2. It's important to have a woman who can make you laugh.
3. It's important to have a woman who you can trust, and doesn't lie to you.
4. It's important to have a woman who is good at bed, and like to be with you.
5. It's very, very important that these four women do not know each other or you could end up dead like me!

Think it Over

We all have dreams, but acting on them is a choice.

Jennifer Jones

* * * * *

Once you choose hope, any thing is possible.

Christopher Reeve

* * * * *

God, grant me the serenity, to accept things I cannot change, courage to change things I can, and wisdom to know the difference.

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