

THE GATEWAY

UNITE
FOR
GOOD

Bulletin of the Rotary Club of Bombay

VOLUME 67 ISSUE NO. 24 DECEMBER 16, 2025



Celebrating 96 Years of Service

This Tuesday, Dec 16th

Rotary Club of Bombay Social Service Award to HT Parekh Foundation, Ms. Ziaa Lalkaka will accept the award.

Rotary Club of Bombay Arvind Jolly Award for Excellence in Sports to Ms. Jiya Rai

UPCOMING

December 17th

Charity art exhibition: When Light Touches, Dr. Zirak Marker

December 20th, 11 am

Inauguration of 3 floors of the New Dharamshala

December 23rd, 11 am



Ms. Dimple Jangda in conversation with Rtn. Anushka Jagtiani on the ultimate healing code: energy, nutrition and gut health

January 3rd, 2026

Ananda Yaan Sports Day

January 17th- 18th, 2026, Pune

RCB Asia Golf Challenge

96TH ANNUAL GENERAL MEETING



(1) Annual Report of the various committees of Rotary Club of Bombay for the Rotary year 2023-2024:

President Bimal Mehta: "Resolved that the Annual Report of the Rotary Club of Bombay for the year 1st July 2024 to 30th June 2025 be and is hereby adopted."

The Resolution is proposed by Rtn. SV Prasad and seconded by PP Rajnikant Reshamwala

(2) Accounts of the Rotary Club of Bombay for the Rotary year 2024-2025:

To consider and if thought fit to adopt the Audited Statement of Accounts of the Rotary Club of Bombay for the year 1st July, 2024 to 30th June, 2025.

President Bimal Mehta: "Resolved that the Audited Statement of Accounts of the Rotary Club of Bombay for

the year 1st July, 2024 to 30th June, 2025 be and are hereby adopted."

The Resolution is proposed by Rtn. Rina Deora and seconded by Rtn. Swati Mayekar

(3) Accounts of the Rotary Club Bombay Charities Trust No.3 for the Rotary year 2024-2025:

To consider and if thought fit to adopt the Audited Statement of Accounts of the Rotary Club Bombay Charities Trust No.3 for the year 1st July 2024 to 30th June 2025.

President Bimal Mehta: "Resolved that the Audited Statement of Accounts of the Rotary Club Bombay Charities Trust No.3 for the year 1st July, 2024 to 30th June, 2025 be and are hereby adopted."

The Resolution is proposed by PP Arun Sanghi and seconded

by ARRFC & PDG Sandip Agarwalla

(4) Appointment of Auditors of the Rotary Club of Bombay

M/s M. P. Chitale & Co. be appointed as Auditors of the Rotary Club of Bombay for the Rotary year 2025-2026 and their remuneration be fixed at Rs. 50,000/- per annum, exclusive of out-of-pocket expenses and tax.

President Bimal Mehta: "Resolved that M/s M.P. Chitale & Co. be appointed as Auditors of the Rotary Club of Bombay for the Rotary year 2025-2026 and that their remuneration be fixed at Rs. 50,000/- per annum, exclusive of out of pocket expenses and tax."

The Resolution is proposed by Rtn. SV Prasad and seconded by Rtn. Renu Basu.



(5) Appointment of Auditors of the Rotary Club Bombay Charities Trust No.3

M/s M. P. Chitale & Co. be appointed as Auditors of the Rotary Club Bombay Charities Trust No.3 for the Rotary year 2025-2026 and their remuneration be fixed at Rs. 1,75,000/- per annum, exclusive of out of pocket expenses and tax.

President Bimal Mehta: “Resolved that M/s M. P. Chitale & Co. be appointed as Auditors of the Rotary Club Bombay Charities Trust No.3 for the Rotary year 2025-2026 and that their remuneration be fixed at Rs. 1,75,000/- exclusive of out of pocket expenses and tax.”

The Resolution is proposed by IPP Satyan Israni and seconded by PE Manish Reshamwala

(6) Election of Officers and Directors:

The next point on the Agenda is regarding the Election of Officers for the Rotary year 2026-2027 and Directors for the Rotary years 2026-2028:

In response to the Circular dated 3rd October, 2025 sent to all members, the following valid nominations were received for Officers (2026-2027) and four Directors (2026-2028) of the Rotary Club of Bombay. The

nominations mentioned below were scrutinised by the Board of Directors at their meeting held on 11th November, 2025 and were found to be in order.

Officers for 2026-2027

President-Elect:

Rtn. Vineet Suchanti

President-Nominee:

Rtn. Akhil Sanghi

Honorary Secretary:

Rtn. Farhat Jamal

Honorary Joint Secretary:

Rtn. Madhusudan Daga

Honorary Treasurer:

Rtn. Manish Sampat

Directors for 2026-2028

Rtn. Rhea Bhumgara

Rtn. Vikram Daiya

Rtn. Mihir Mody

Rtn. Pulin Shroff

Directors (2026-2027)

Rtn. Pranay Vakil (Post vacated by Rtn. Akhil Sanghi on his appointment as President Nominee)

President Bimal Mehta: Since one nomination was filed for each vacancy, the nominees are declared elected unopposed.

Further, President Elect Manish Reshamwala has appointed

PP Preeti Mehta as the Additional Director for Rotary year 2026-2027.

“Resolved that the Election of Officers for the Rotary year 2026-2027 and Directors for the Rotary years 2026-2028 of the Rotary Club of Bombay, be and are hereby appointed”.

The Resolution is proposed by ARRFC & PDG Sandip Agarwalla and seconded by PP Nirav Shah

Rtn. Farhat Jamal: My heartiest Congratulations to all and I wish President Elect Manish Reshamwala and his team all the very best for the ensuing Rotary year.

(7) To pass the following Resolution without modification:

President Bimal Mehta: “Resolved that the members of the Rotary Club of Bombay, do hereby consider and adopt the Club Constitution as recommended by Rotary International”.

The Resolution is proposed by Rtn. Paritosh Rungta and seconded by PP Rajnikant Reshamwala

(8) To pass the following Resolution with/without modification:

President Bimal Mehta: “Resolved that the members

of the Rotary Club of Bombay, do hereby consider and adopt the changes in the Club Bylaws as recommended by Rotary International and the Club Bylaws be updated accordingly, as under:

Article 6 - Meetings

Section 1 b – (b) The annual report of the Board together with the audited statement of accounts and balance sheet for the year ending 30th June each year shall ordinarily be submitted to members not later than 20th November of the succeeding Rotary year and shall be placed for adoption in the annual meeting of the club which shall be held no later than 31 December.

Section 1 b – (c) A mid-year provisional financial report, including income and expenses of the first six months of the current year (1st July to 31st December), shall be placed for information of the members at a weekly meeting to be held by 31st January. The provisional financial report shall be circulated in advance to members by 20th January.

The Resolution is proposed by Rtn. Rina Deora and seconded by PP Framroze Mehta

With that, the Annual General Meeting proceedings are now closed.

Khel Khel Mein: Cultivating Gratitude Through Music and Play

Khel Khel Mein, an initiative by Rtn. Samina Khorakiwala, is a thoughtful effort aimed at nurturing emotional well-being and instilling positive values in a joyful and engaging manner. As part of this initiative, a gratitude-based session was recently conducted, seamlessly blending meditation, music and interactive play to create a meaningful learning experience.

The session began with a gratitude meditation song that set a calm and peaceful tone. The soothing melody encouraged participants to relax, centre their thoughts and experience a sense of inner happiness. Simple yet powerful affirmations such as *"Thank you for this day," "I am grateful for my family,"* and *"I feel calm and safe"* gently guided participants towards recognising everyday blessings and developing a habit of thankfulness.

Following the meditation, a series of engaging gratitude-themed games brought the session to life. Participants were encouraged to share one thing they felt thankful for, fostering self-expression, attentive listening and empathy. Another activity involved matching words with pictures associated with gratitude, making the learning process enjoyable, interactive and memorable.

Through music, play and reflection, the session successfully reinforced the importance of gratitude as a daily practice. Khel Khel Mein demonstrates how simple, creative approaches can help cultivate emotional awareness, positivity and resilience, particularly in young minds, while ensuring that learning remains joyful and inclusive.



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TUESDAY MEETINGS AT ROTARY CLUB OF BOMBAY



IPP Satyan Israni, Hon. Secy. Farhat Jamal, PN Vineet Suchanti, Rtn. Hiranmay Biswas, President Bimal Mehta & PE Manish Reshamwala



PP Nirav Shah with his staff Ms. Sunita and Ms. Bhagyashree



Rtn. Laxmi Karnani, PN Vineet Suchanti, PE Manish Reshamwala and President Bimal Mehta



Rotarians Miral Shah, Rina Deora, Ujjwala Singhanian, Swati Mayekar and IPP Satyan Israni



President Bimal Mehta, Rtn. Renu Basu, Rtn. Hoshang Nazir and Hon. Secy. Farhat Jamal



Rotarians Miral Shah, PP Nirav Shah and Paritosh Rungta



Rotarians Akhil Sanghi, PE Manish Reshamwala, President Bimal Mehta and IPP Satyan Israni



Rotarians Puneet Wadhwa, Ujjwala Singhanian, Ritu Prakash Desai and PP Framroze Mehta



Rotarians at the Annual General Meeting



PE Manish Reshamwala and Rtn. Ajai Kumar



President Bimal Mehta wishes Rtn. Hiranmay Biswas on his birthday



BIMAL MEHTA
PRESIDENT, ROTARY CLUB OF BOMBAY
and

PDG SANDIP AGARWALLA | PP VIJAY JATIA | PP VINEET BHATNAGAR
PROJECT COORDINATORS

Cordially invite you for the

INAUGURATION OF
**3 FLOORS OF THE
NEW DHARAMSHALA**

DECEMBER
SATURDAY **20** AT 11 AM
2025



Chief Guest

DR. SUDEEP GUPTA
Director, Tata Medical Centre



DONORS
RTN. YOGESH MAHANSARIA
RTN. MANJEET KRIPALANI
MR. SURENDRA MOHATTA

At the
PLATINUM JUBILEE BLOCK, TATA MEMORIAL CENTRE
(erstwhile Haffkine Institute)
G. D. Ambekar Rd, Parel Village, Parel, Mumbai, India



[CLICK HERE FOR MAP](#)

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ANAEMIA MITIGATION PROJECT BY ROTARY CLUB OF BOMBAY

OVERVIEW

In line with the Government of India's Anaemia Mukh Bharat programme introduced in 2018, the Rotary Club of Bombay has initiated an Anaemia Mitigation Project, which has recently commenced in collaboration with Shrimad Rajchandra Mission Trust (SRMT) and on-ground implementation partner Diganta Swaraj Foundation.

The Anaemia Mitigation Project by the Rotary Club of Bombay extends beyond simply providing medical assistance. By focusing on education, awareness and sustainable solutions, the project aims to create a long-lasting impact on the communities it serves.

The Rotary Club of Bombay aims to reach tribal and rural districts with a high prevalence of anaemia and limited access to medical care facilities. By focusing on schoolchildren, the project is dedicated to making a significant impact on the lives of children in these communities.

SRMT has initiated a holistic approach to anaemia mitigation in the South Gujarat area. So far, they have conducted over 450,000 screenings.

GOING BEYOND BORDERS

The Rotary Club of Bombay is initiating school screenings in Dahanu at Zilla Parishad schools. The club will initially focus on two schools, serving a total of over 14,000 children.

The primary objectives of this programme were to:

- Assess the anaemia status among school-going children and hostel residents.
- Identify high-risk cases requiring urgent medical attention.
- Facilitate early treatment, improve dietary practices, and enhance long-term nutritional outcomes through targeted interventions.

A total of 6,269 students were screened from 79 schools and hostels. The screening included haemoglobin (Hb) testing, basic health checks and referral of severe cases to healthcare facilities.



KEY FINDINGS

Overall Anaemia Burden

Indicator	Count
Total screened	6,269
Mild anaemia	1,225 (19.5%)
Moderate anaemia	4,878 (77.8%)
High-risk (Hb < 7)	53 (0.84%)
Normal (Hb ≥ 12)	113 (1.80%)

Major Observations

- Overall anaemia prevalence is extremely high (above 98%).
- Moderate anaemia is the most

dominant type, affecting nearly 78% of all screened students.

- Only 113 students (1.8%) fall within the normal Hb range, indicating widespread nutritional deficiencies.
- High-risk cases (Hb < 7) constitute 0.84% and require urgent medical management.

HIGH-RISK CASES (HB < 7)

Total high-risk students: 53 (0.85%)

Schools with the Highest High-Risk Burden

- Z.P. School Khaniv – 11 students
- Z.P. School Nikane–Sutarpada – 2 students
- Z.P. School Nikane – 2 students
- Z.P. School Dahyale (Dhangadpada) – 2 students

Several other schools recorded one high-risk case each.

Most high-risk cases were found in remote tribal hamlets (padas), characterised by limited healthcare access, inadequate nutrition and poor awareness of anaemia prevention.

SCHOOLS AND HOSTELS WITH VERY HIGH ANAEMIA LOAD

Schools with 90–100% Moderate Anaemia Prevalence

- Z.P. School Waghadi – 100%
- Z.P. School Khaniv (Savarpada) – 98%+
- Z.P. School Nikavali – 98%
- Z.P. School Koshesari – 97%
- Z.P. School Ambivali (multiple padas) – 95%+

Hostels (Kasa, Wadkun, Agar, Bordi)

- 80–95% moderate anaemia, indicating chronic dietary deficiencies.

INTERPRETATION OF FINDINGS

- 98% of students are anaemic, with only a very small fraction within the normal range.
- Nutritional deficiencies, especially iron and folate, are the primary causes. Adolescent girls, tribal children and hostel residents form the most vulnerable groups.
- High-risk students ($Hb < 7$) require urgent treatment and follow-up by healthcare teams.
- The high concentration of anaemia in hostels suggests structural gaps in diet planning.
- Schools in remote padas show more severe anaemia, indicating:
 - Poor access to nutritious food
 - Low awareness of anaemia prevention
 - Inadequate health-seeking behaviour

RECOMMENDATIONS

Medical Intervention

- Immediate Hb re-testing and medical treatment for all 53 high-risk students.

- Initiation of Iron-Folic Acid (IFA) supplementation for 4,800+ students with moderate anaemia.
- Deworming as per national protocols.
- Linking severe cases to Public Health Centres for supervised treatment.

Nutrition and Diet Improvement

- Improve mid-day meals and hostel diets with iron-rich foods, including:
 - Green leafy vegetables, pulses, jaggery and groundnuts
 - Weekly jaggery-groundnut laddoos
 - Fortified rice or wheat (as applicable)
 - Introduction of meal quality monitoring in hostels

Health Education & Behaviour Change

- Menstrual hygiene awareness sessions for adolescent girls
- Weekly nutrition and health education modules in schools
- Parent counselling on low-cost, iron-rich home diets

Strengthening Screening & Monitoring

- Re-screening after three months to monitor progress
- School-wise anaemia dashboards for decision-makers
- Continuous follow-up for high-risk and moderate cases

CONCLUSION

The anaemia screening conducted across 79 schools and hostels reveals a critical public health concern, with over 98% of the 6,269 screened students found to be anaemic. Moderate anaemia is overwhelmingly prevalent, while high-risk cases, though fewer in number, require urgent intervention. The findings underscore the need for immediate medical treatment, dietary improvements and structured nutritional programmes, particularly in hostels and remote tribal padas. With coordinated action by schools, community leaders and partner organisations, a significant reduction in anaemia levels can be achieved over the next six months.



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Club of Bombay
Celebrating 96 Years of Service



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Gold ₹7,100

Includes all Silver tests plus: HbA1c; Electrolytes (Na, K, Cl); Full LFT (adds ALP, GGT, Total Protein/Albumin/Globulin); Ferritin; hs-CRP.

Diamond ₹12,000


Includes all Gold tests plus: Thyroid Profile (FT3, FT4); Vitamin D; Vitamin B12; Fasting Insulin (HOMA-IR with fasting glucose); Apolipoproteins (ApoB, ApoA1); Lipoprotein(a).

Platinum ₹15,300

Includes all Diamond tests plus: Homocysteine; Serum Magnesium; Infectious Screens (HBsAg, Anti-HCV).

FOR APPOINTMENT BOOKINGS AND ASSISTANCE CONNECT TO:
MR. YADVENDRA YADAV 99206 19707 /
YADVENDRA2.YADAV@RFHOSPITAL.ORG





Rotary Club of Bombay
Celebrating 96 Years of Service



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- Shatabdi Hospital, Govandi (Free)
- Shatabdi Hospital, Kandivali (Free)
- Sanskari Dialysis & Transwenta Centre, Chakrapar (Free)
- Uthana Medicare Hospital, Charnop (Free)
- Dr. M.L. Dhavale Memorial Trust Hospital, Palghar (Subsidized)
- K.J. Somaiya Hospital & Research Centre, Son (Free)
- Acharya Shri. Karmesh Dayan Centre, Andher East (Free)
- Medico Hospital, Jogeshwari, Mumbai (Free)
- Symbiosis University Hospital & Research Centre, Pune
- Sanku Chodhramani Hospital, Vasai (Free)
- Ashwin Uthale Sports, Boker (Free)
- Galaxy Superspecialty Hospital, Mulund East (Free)

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Free, accessible healthcare for underserved tribal and rural communities.

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- Eye surgeries, checkups and treatment.

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- Medical camps, preventive care, and specialized services like
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- Pediatric OPD
- General OPD
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ANANDA YAAN



Rotary Club of Bombay
Celebrating 96 Years of Service



Dignity Foundation




Jai Hind

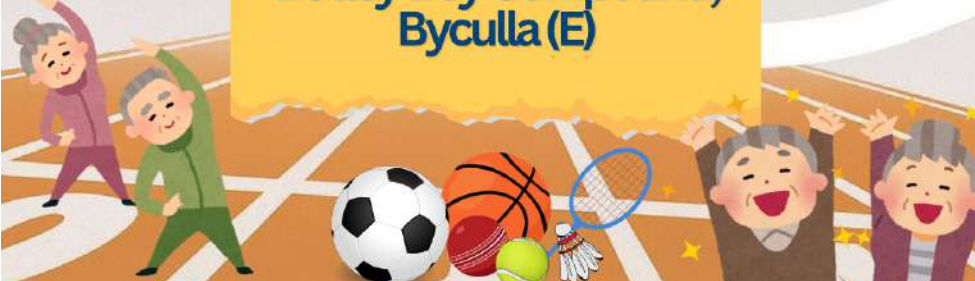
THE ROTARY CLUB OF BOMBAY
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THE ROTARACT CLUB OF JAI HIND COLLEGE
Invites you to


SILVER STRIDE

ANANDA YAAN SPORTS DAY



3rd January, 2026
8:00 A.M. onwards
Botley Boy Compound,
Byculla (E)





*President Bimal Mehta & The Rotary Club of Bombay
is delighted to invite you to A Charity Art Exhibition*

WHEN LIGHT TOUCHES

DR ZIRAK MARKER

PREVIEW
17 DECEMBER 2025 WEDNESDAY

TIME
5.00 PM 9.00 PM

**A curated walkthrough by Art Historian Nikhil
Purohit with artist Zirak Marker**

A collaboration of Museum & Contemporary
Art Committee & Animal Welfare Committee
of RCB (50% of the sales will go towards
welfare for animal and child care
organisation affiliated to RCB.)

Championed by
Free Press Journal

Exhibition continues till 30 December, 2025
(Sunday Open)
Time 10.00 AM- 7.00 PM

Venue
The Lobby
Free Press House, Free Press Journal Marg,
215, Nariman Point Mumbai - 400 021



Acrylic on Canvas 20" x 16"

ROTARY CLUB OF BOMBAY DIALYSIS CENTRES



Sr.No.	Centre / Location	Address	No. of Machines	Charges for Poor Patients
1	Aastha Hospital, Manor	First Floor, Rais Arcade, Palghar-Wada Road, Manor District Palghar 401403	3	Free
2	Platinum Hospital, Mulund	Neptune Colorscape, Dumping Rd, Siddharth Nagar, Mulund West, Mumbai 400080	2	Free
3	Sukh Sagar Hospital, Dahisar (Rotary Dialysis Centre)	Lokmanya Tilak Rd, Mhatre Wadi, Dahisar West, Mumbai 400068	2	800
4	Shatabdi Hospital, Govandi (Rehbar Foundation)	Rehbar Foundation Malik Rakia Khatoon Dialysis Centre, 1st Flr. Shatabdi Hospital, Centenary Building, WTP Marg, Deonar, Govandi East, Mumbai 400088	3	Free
5	Shatabdi Hospital, Kandivali	Swami Vivekananda Rd, Kandivali, Fateh Baug, Kandivali West, Mumbai 400067	2	Free
6	Samarpan Dialysis & Thalassemia Centre, Ghatkopar	Aaradhya Edu-Health Centre, , H-wing, 3rd Flr., Aaradya One Earth, Naidu Colony, Pant Nagar, Ghatkopar East, Mumbai 400077	14	300
7	Lifeline Medicare Hospital, Charkop	Near Rustomjee Meridian, Charkop Gaon / Village, Kandivali West, Mumbai, 400067	10	300
8	Dr. M.L. Dhawale Memorial Trust Hospital, Palghar	Boisar Rd, Opp. S.T Workshop, Industrial Co-Op Estate, Palghar 401404	3	250
9	K.J. Somaiya Hospital & Research Centre, Sion, Mumbai	Somaiya Ayurvihar, Eastern Express Hwy, Sion East, Mumbai 400022	10	Free
10	Acharya Shri Ramesh Dialysis Centre, Andheri East, Mumbai	316 B-Wing, Dattani Plaza, near Safed Pool, Sakinaka, Andheri Kurla Road, Andheri(East), Mumbai 400072	10	Free
11	Mallika Hospital, Jogeshwari	Sharma Estate, S V Road, Jogeshwari west, Mumbai Maharashtra 400102	4	Free
12	Rotary Yoda Dialysis Centre, Symbiosis University Hospital & Research Centre, Pune	Building #1, Mulshi Rd, Lavale, Pune 412115, Maharashtra	8	Free
13	Swami Shraddhanand Hospital, Vasai	Near Shankaracharya Samadhi Mandir Navale, Nirmal, Vasai (W, Vasai-Virar, Maharashtra 401304	6	Free
14	Adhikari Lifeline Hospital, Boisar	Adhikari Lifeline Hospital, Nagzari, Boisar	9	Free
15	Galaxy Superspeciality Hospital, Mulund	CTS No. 1124, Ambedkar Nagar, 90 Feet Road, Mulund East, Mumbai, Maharashtra 400081	2	Free

7 Oct 2025

To know more reach out to:

Rtn. Swati Jajodia +91 9821028587 swati@spentose.com

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WHATSAPP FOR BOOKINGS**

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Rotary Club of Bombay

ASIA GOLF CHALLENGE

2026

-3rd Edition

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LET'S TEE OFF FOR CHANGE...

PUNE, INDIA : 17 JAN - 18 JAN, 2026

PHUKET, THAILAND : 29 JAN - 2 FEB, 2026

MUMBAI, INDIA : 14 FEB, 2026

Start 2026 on a high note by participating in a series of global golf fundraisers. The monies raised will be used to fund the Rotary Club of Bombay's Adult Literacy Initiatives.

**WORLD
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GOLF**

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LIFETIME
EXPERIENCE**

**POWERING
THE INDIAN
ADULT
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MOVEMENT**

FOR MORE INFORMATION **GAUTAM DOSHI** +919820623258 | GAUTAM@GDCAPITAL.IN [rotaryclubofbombay.org](https://www.rotaryclubofbombay.org) [f](#) [i](#) [t](#) [@rcb1929](#)

ROTARIAN BIRTHDAYS



Dec 17
Rtn. Anand Dalal



Dec 17
Rtn. Aliakbar Merchant



Dec 17
Rtn. Amrita Saraf



Dec 18
Rtn. Shailesh Patkar



Dec 19
Rtn. Sanjiu Mehra



Dec 19
Rtn. Sundeeep Puri



Dec 22
Rtn. Rajyalakshmi Rao Meka

ROTARIAN PARTNER BIRTHDAYS

December 16

- Rtn. Ptn. Vasudha Alimchandani
- Rtn. Ptn. Dr. Natasha Khubchandani

December 17

- Rtn. Ptn. Heena Sheth

December 19

- Rtn. Ptn. Kanan Fotedar

- Rtn. Ptn. Meghal Jhaveri
- Rtn. Ptn. Rajiu Lunkad

December 20

- Rtn. Ptn. Sheila Kripalani

December 22

- Rtn. Ptn. Gautam Mehta

ANNIVERSARIES

December 16

- Rtn. Ptn. Pratiksha & Rtn. Mihir Mody

December 17

- Rtn. Ptn. Prashansa & Rtn. Anirudh Chowdhary
- Rtn. Ptn. Smita & Hon. Rtn. Deepak Parekh
- Rtn. Ptn. Sandra & Rtn. Aliakbar Merchant
- Rtn. Ptn. Sweta & Rtn. Pranay Vakil

December 18

- Rtn. Ptn. Ushma & Rtn. Gautam Doshi

December 19

- Rtn. Ptn. Mita & Rtn. Dr. Ambrish Dalal

- Rtn. Ptn. Nilima & Rtn. Gautam Trivedi
- Rtn. Ptn. Delna & Rtn. Jamshyd Vazifdar
- Rtn. Ptn. Beena & Rtn. Ulhas Yargop
- Rtn. Ptn. Vineeta & Rtn. Hormusji Cama

December 21

- Rtn. Ptn. Sahar & Rtn. Ateeq Agboatwala
- Rtn. Ptn. Nita & Rtn. Rajendra Bhambhani
- Rtn. Ptn. Phiroza & Rtn. Dr. Ashish Contractor
- Rtn. Ptn. Dhvanika & Rtn. Ashwin Thakkar
- Rtn. Ptn. Priyanka & Rtn. Robin Fernandes

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NEXT TUESDAY: Ms. Dimple Jangda in conversation with Rtn. Anushka Jagtiani on the ultimate healing code: energy, nutrition and gut health

Dimple Jangda is a national bestselling author, gut health and Ayurveda coach, and founder of Prana Healthcare Centre. Her book Heal Your Gut, Mind and Emotions blends Ayurveda with food chemistry. With a global digital presence, she educates millions through podcasts and television. Her work has impacted patients and students across dozens of countries, and she is recognised internationally for leadership in wellness and holistic health, and integrative preventive care.



PUBLISHED BY PRESIDENT BIMAL MEHTA FOR ROTARY CLUB OF BOMBAY;
CONTACT@ROTARYCLUBOFBOMBAY.ORG
EDITORIAL CONTENT, DESIGN & LAYOUT BY THE NARRATORS
(THEWRITEASSOCIATES@GMAIL.COM);
REGD NO. MCS/091/2015-17; R.N.I NO. 14015/60.
WPP LICENSE NO. MR/TECH/WPP-89/SOUTH 2015