

BEACHWATCH

Rotary Year 2025-26

Volume 24 : 15th October 2025

Club President: Bhavna Pandya | Club Secretary: PP Yogini Shah | Editor-in-Chief: Pradeep Parikh

PRESIDENT'S COMMUNIQUE



Rtn. Bhavna Pandya,
President, RCBJB

Dear Rotary Family,

I am filled with immense gratitude and excitement as we continue this journey together. This year, our focus remains steadfast on impactful community service, meaningful fellowship, and active membership engagement.

Our special initiative, 24 Projects in 24 Days, stands as a testament to our shared resolve to serve with purpose and passion. In just 3 months, we have already completed 56 projects, a remarkable achievement made possible by your dedication and teamwork.

Our Medical Team deserves special appreciation for completing 33 projects, in these first 3 months, vocational-14 projects and Non medical -16 projects, significantly benefitting our community's well-being.

On 16th September, seven women from our Club visited our Vocational Project at Chiplun, a truly inspiring experience we fondly call "Jungle mein Mangal."

The installation ceremony of our young partners in service, our Interactors and Rotaractors, was a truly heartwarming experience. Their fresh perspectives and enthusiasm infuse tremendous energy into our joint initiatives, inspiring us to serve with renewed passion.

In line with the District's initiatives, our Club continues to uphold strong fellowship and active participation among both senior and new members. We thank Past President Ojas Dave for hosting a Fireside Meeting in September and Past President Tejas Dave for hosting another in October, both wonderful opportunities for bonding and sharing ideas.

Rotary fellowship events have always been the heartbeat of our Club. In September, 22 couples enjoyed a memorable two-night, three-day trip to Nashik, blending two beautiful vibes, music and culture. From a soulful brunch with a melodious singer at Chandon Wines to exploring the heritage of Panchavati and enjoying an authentic Maharashtrian lunch, it was truly a weekend to remember.

October, the month of celebration, began on a joyous note. On 12th October, 60 Members, Anns and Annas had an unforgettable Diwali Fellowship Celebration at LUFT – The Air, with lively Antakshari and Garba performances led by the talented singer Rupa Dagli.

Looking ahead, on 3rd December, our Anns will travel for a two-night, three-day visit to the President's village to experience the roots of Bharat.

Our Club continues to build strong momentum through service projects, fellowship gatherings, and impactful outreach programs. Under our flagship initiative "UDAAN", we reaffirm that education is the foundation of progress. Our efforts in upgrading tribal schools and supporting literacy initiatives are empowering young minds and shaping a brighter future for Bharat. Let us continue to be the light that guides others toward knowledge, empowerment, and hope.

My heartfelt thanks to my dedicated team for their relentless efforts in ensuring our service reaches those who need it most, and to all our members for their wholehearted support and participation.

Together, let's keep the Rotary spirit soaring high!



Installation of
President Bhavna Pandya
and her Team of Directors.

Launch of RCBJB Bulletin
at the hands of
DG Manish Motwani



INTERNATIONAL MEETINGS BY MEMBERS

Member Rtn Pradeep Parikh met the Rotary Club of Edgbaston Convention, Birmingham, UK a forty years distinguished club. They will partner with us in projects in the near future.

The President, Dr. Peter Mayer, recently received the British Empire Medal for meritorious services to the nation.

Had the pleasure of meeting DG Jonathan Wilding of District 1060.



With DG Jonathan Wilding, of District 1060



Handing over the RCBJB flag to President Peter Mayer



Member Rtn Mona Mehta had the pleasure of attending the weekly meeting of the Rotary Club of Bellevue, a dynamic club founded in 1961 and now 140 members strong.

FIRESIDE MEETING



As we all know, a Fireside Meeting is a wonderful way to welcome new members and share information about our Rotary Club in an informal and friendly setting.

The purpose of the meeting was to:

- Build camaraderie among members
- Share Rotary's mission and values
- Discuss club activities and projects
- Encourage new members to get involved

Our first Fireside Meeting for the year 2025–26 was held on 10th August over a delicious breakfast at PP Ojas Dave's residence.

It was a morning filled with warmth, fellowship, and inspiring conversations. Members

exchanged ideas, shared experiences, and strengthened the bonds that make our Rotary family so special.

Attendees:

- Charter President Dr. Deepak & Sheela Dave • Bhavna & Jayesh Pandya • PP Yogen & Shivali Shah
- PP Ojas & Shradha Dave • Naresh & Heena Raveshia • Nishit & Dipali Jhaveri • Rajeev & Sonali Gandhi
- Sudhir Shah

A heartfelt thank you to PP Ojas Dave for taking the initiative to host this meaningful first gathering of the year.



RCBJB's Second Fireside Chit Chat

Graciously hosted by PP Rtn Tejas Dave and Ann Sheetal Dave at their residence.

The evening was attended by:

- Rtn Aaditya Parekh
- Rtn Sweta Dalal & Samish Dalal
- Rtn Umesh Merchant
- Rtn Bina & Nishit Patel
- Rtn Prakash & Chandrika Patel
- Rtn Yogini & Vijay Shah
- Rtn Mona & Amit Shah

It was a delightful evening blending Rotary camaraderie with casual conversation, laughter, and light-hearted fun.

The evening was further enriched by delicious food and warm fellowship — truly reflecting the Rotary spirit!

With warm regards,

Dr. Mona Shah

Membership Director, RCBJB

RCBB JULY ACTIVITIES



16th July - Grain Donation to Bachatghad NGO Ladies



17th July - Craft Kit Distribution, Bechpada, Vardhapada & Dhundhulwadi Schools



18th July - Mattress, Bedsheets & Pillow Cover and Blankets to Dhundhalwadi Ashramshala School



19th July - Shiksha Setu Seminar for Digital Awareness at Saravali School, Dahanu



20th July - Blood Grouping Drive for Students at Saravali Hilimpada School, Dahanu



21st July- Donation of Sewing Machine to Specially-Abled Students at Nanavati College



22nd July- Visit to Nehru Planetarium - Special Day for Anandi Special School Kids



23rd July- 5 Wheelchairs and Ration Kits to Cancer Patients at Anand clinic



24th July - Breast Screening and Awareness Talk at Valia College

GLIMPSE OF PROJECTS



28th July - A Noble Act of Love and Remembrance



31st July - J&B Healthcare Clinic Inauguration
Blood Sugar Test and Bone Density Test



1st August - Blood Donation Camp at Malad West



4th August - Distribution of Notebooks at Bechpada School



4th August - Distribution of Educational Charts
at Bechpada School



5th August - Blood Grouping for Students
at Sanyas Ashram



11th August - Blood Donation Camp at Andheri Station



12th August - Menstrual Hygiene Awareness at
Sanyas Ashram School



12th August - Freedom for Girls 2025-26 - Edition 1
Distributed Sanitary Pads to Girls at Sanyas Ashram



13 August - Freedom for Girls 2025-26 - Edition2
Distributed Sanitary Pads for full Year to Girls at
Kanbai Lalbhai School



13th August - English Speaking Classes
at Kanbai Lalbhai Gujarati School



15th August - Independence Day



21st August - Freedom for Girls, Distributed Sanitary Pads
for full Year to Girls at ShishuKalyan School
for Special Children



23rd August - Anna Dan



23rd August - Blood Donation Drive with
Brahmakumari BSES Hospital



23rd August - CBC and BMD Drive for Staff of Sane Guruji School, Santacruz



25th August - Blood Donation Drive at Brahmakumari BSES Hospital



26th August - Awareness Talk at Valia College



31st August - Blood Donation Drive with Shree Sai Darshan Mitra Mandal, Malad West.



1st September - Bone Mineral Density Screening Camp at Khetwadi Ganesh Pandal



09th September - Teachers Day Celebration at Sanyas Ashram School



11th September - Lantern Making Class at Kanbai Lalbai School



11th September - Yoga classes at Shishu Kalyan School



13th September - Lantern Making at Vidyanidhi School



15th September - Embroidery Kit Distribution to 20 Young Women, Empowering them with Livelihood Skills at Chiplun



17th September - 150 kgs of Food were Donated to Shree Nityanand Ashram for Senior Citizens



17th September - Blood Donation Camp at Jogeshwari on PM Modi's Birthday. 79 units were collected



19th September - Thalassemia Awareness Camp at Valia College



21st September - Breast Screening Done for 40 women at Kapil Utkarsh Kendra



21st September - Bone Mineral Density Test for 104 Persons at Kapil Utkarsh Kendra



21st September - Blood Donation Drive at Valia College



05th October - Anna Dan, Essential Food Items and Diwali Sweets Distribution

No of Cataract Surgeries



2 Surgeries Done

A Rotaract Club, That Undertakes Various Social Initiatives.



Nivaaran - The Shade of Care. RCBJB and it's Rotaract club, jointly distrusted umbrellas and traditional mats to 58 families, in the rainy season at Makadchola village, Palgha on 13th July 2025

Siksha Setu – A Professional Development - On 19th July, Siksha Setu was conducted at Saravali School, Dahanu, in collaboration with the Rotary Club of Bombay Juhu Beach. The seminar introduced 40+ students to the responsible and safe use of digital tools and platforms, fostering awareness and equipping them with essential skills for the digital age.



Rotaract Club of Bombay Juhu Beach collaborated with Shri Vardhaman Jagruti Yuvak Mandal to provide essential medicines to cancer patients and distribute fruits, milk and other food items to more than 450 patients and their family members, at Tata Memorial Hospital, Parel on October 08, 2025

INTERACT INSTALLATION



9th July

**Interact Club of Billabong-
President: Yuvraj Naik**

9th July

**Interact Club of Billabong
High International School**



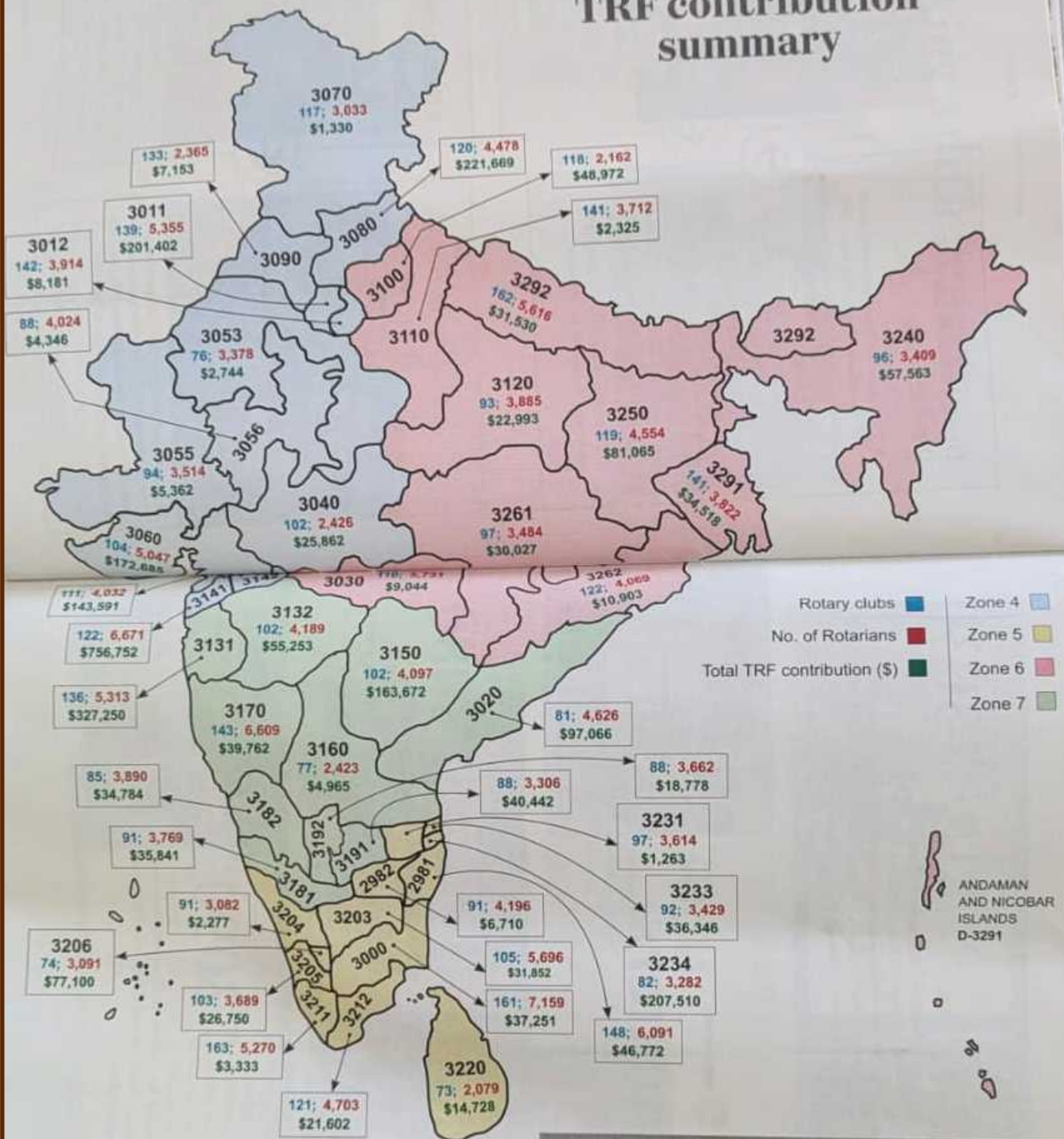
ROTARACT INSTALLATION

12th July

**Rotaract Club of
Bombay Juhu Beach -
President: Anshuman Dash
At President
Bhavna Pandya's Residence**



Membership & TRF contribution summary



* Membership figures as on September 1, 2025
 * TRF contribution figures as on August 31, 2025.

Rotary worldwide

Rotaract clubs :	9,680	Rotaract members :	136,499
Interact clubs :	18,041	Interact members :	415,081
RCCs :	14,191		

As on September 23, 2025

INSPIRING PERSONALITIES.



**Sivaramakrishna
Iyer Padmavathi**

In the year 1917, a Tamil Indian girl was born in a middle class family at Rangoon, Burma, where her father had gone for a living. He named her **Sivaramakrishna Iyer Padmavathi**. At a time when women were traditionally confined to the kitchen/illiterate, the middle class girl did MBBS from Rangoon Medical College.

When the Japanese invaded Burma, they briefly returned to their traditional home in Coimbatore. In 1949, she went to London to do an FRCP, then unimaginable for a Female Indian doctor. She was selected to study further at Johns Hopkins University, US, where she trained under the legendary cardiologist Helen Taussig. Thereafter, she moved to Harvard University, where she trained under the Father of Cardiology- Paul Dudley White.

When a glorious cardiology career awaited her in the US, she was firm in returning to India & serving Indians. She joined Lady Hardinge Medical College in 1953, to become India's First Lady Cardiologist.

S.I. Padmavathi started India's first Cathlab & exclusive Cardiac Clinic. Started India's first DM Cardiology course. She founded the All India Heart Foundation (AIHF) in 1962, to serve the poor & needy. She joined Maulana Azad Medical College in 1967, by which time her fame had spread. The Indian Govt under Indira Gandhi honoured her with the Padma Bhushan, that year.

She was the cardiologist & administrator of 3 great colleges at the same time- MAMC, G. B. Pant Hospital & Lok Nayak Hospital. She retired as Director, MAMC in 1978.

She set up the National Heart Institute (NIH) in 1981, at Delhi. At age 90, Padmavathi became a fellow of The European Society of Cardiology in 2007.

Till age 95, (year 2015), Padmavathi worked 12 hours a day, five days a week, to serve poor and needy Indians, with state-of-the-art Cardiac Care. She retired from active practice, that year. The Government of India bestowed India's second highest Civilian Award, the Padma Vibushan on S.I. Padmavathi in 1992.

Both Padmavathi and her sister Janaki(neurologist) remained single and started the Janaki-Padmavathi trust, pouring in their entire earnings to start a trust to provide poor people with money for life-saving Heart Surgeries.

After dedicating her entire life to serving the poor in the field of Cardiology, S.I. Padmavathi passed away in 2020, at age 103 from Corona.

Imagine the steely resolve, vision, brilliance and sheer determination of this iron- lady to shatter the glass ceiling in achieving all these, serving poor Indians with quality cardiac care, and finally giving away all her wealth to her fellow citizens.

Most of the DMs I get are about: How do I get through USMLE or PLAB? What salaries can I get? Quality of Life? Citizenship?

Here is an inspiring story of the first female cardiologist of India, who achieved so much by returning to her country. Tamilnadu & India should be mighty proud of their daughter- Sivaramakrishna Iyer Padmavathi!



LIST OF CO-HOSTED EVENTS



TRF - Seminar



District Garba Night



**Co-host -
District Exhibition
Artisan Sutra**

FELLOWSHIPS



19th Sept to 21st Sept: The Chandon picnic at Courtyard Marriott, Nasik, was a memorable one. We enjoyed every bit of it from... good food to good company to good fellowship. It was well attended by 19 couples. It was a perfect blend of fun and devotion- we enjoyed temple visits and the aarti as well. Here are some pics of the memorable event.



27th Sept, Navratri celebrations hosted by Rtn Smita & Kashyap Shah



Our Club Diwali Party was celebrated at Luft Air, on October 12th. We had a fantastic time with a super competitive (and musical!) round of Antakshri, followed by everyone hitting the floor for some energetic Garba. It was wonderful to see all 60 members celebrating the festival of lights together.

CLUB ASSEMBLY ON 29TH JULY



SPEAKER MEETINGS



1st Speaker Meeting was on 12th August. **Dr. Jigna Batavia** spoke on the subject, Brahmanvidya, a path to self discovery and inner peace



2nd Speaker Meeting was on 9th Sept, by **Dr. Lucky Kasat**. Well known Dr. Kasat enlightened us on the fascinating subject of Mahakumbh 2025. A first hand experience to motivate spiritually.

UPCOMING EVENTS CALENDAR FROM OCTOBER TO DECEMBER :

17 OCTOBER 25

District Diwali Event

26 OCTOBER 25

**Speaker Meeting
with Breakfast at
President's House**

02 - 09 NOVEMBER 25

**RSW -
Rotary Service Week**

02 NOVEMBER 25

Eye Care

03 NOVEMBER 25

**Cyber Crime
Awareness**

04 NOVEMBER 25

**Blood
Donation Drive**

05 NOVEMBER 25

**Cancer Screening
Breast & Cervix**

06 NOVEMBER 25

Senior Citizens

07 NOVEMBER 25

**Vocational Awards -
Unsung Heroes**

08 NOVEMBER 25

**Specially Abled - RCBJB is
organising a Fun Fair for
the Specially abled.
We are the Lead Host Club
for the same**

09 NOVEMBER 25

Happy Street

11 NOVEMBER 25

Speaker Meeting

23 NOVEMBER 25

Fellowship Meeting

03 DECEMBER 25

**2 Nights 3 Days
Ann's Picnic to a
Village Wankaner
in Gujarat**

09 DECEMBER 25

Speaker Meeting

23 DECEMBER 25

**Christmas Celebration
Fellowship Meeting**

The Activities Planned for the Rotary Service Week are as follows

Sunday 02nd November

Eyecare

Monday 03rd November

Cybercrime

Tuesday 04th November

Blood Donation

Wednesday 05th November

Breast Screening

Thursday 06th November

Senior Citizens

Friday 07th November

**Vocational Awards
(Unsung heroes)**

Saturday 08th November

Specially Abled

Sunday 09th November

Happy Street



Happy Birthday



October

- 03rd Amit Mehta
- 05th Spouse Supal Shah
- 06th Hittesh Shaah
- 06th Ojas Dave
- 08th Manoj Kothari
- 08th Spouse Shivali Shah
- 10th Bharat Shah
- 12th Bhavna Pandya
- 12th Mansi Thakkar
- 15th Honarary Dhruv Sitwala
- 15th Spouse Nikita Karbhari
- 15th Rupa Shah
- 15th Spouse Shrenik Shah
- 16th Pradeep Parikh
- 26th Dr. Shamin Karbhari
- 28th Anish Zaveri
- 29th Spouse Nila Champaneri
- 30th Spouse Dharmishta Shaah

November

- 04th Sejal Shah
- 06th Spouse Aarti Shah
- 07th Beena Patel
- 07th Spouse Yusuf Icewala
- 09th Spouse Kashyap Shah
- 12th Spouse Bhavesh Shah
- 12th Spouse Meena Kothari
- 13th Dr Tushar Jimulia
- 13th Yogini Shah
- 18th Sunil Choksi
- 19th Spouse Sheetal Dave
- 20th Spouse Sameer Shah
- 22nd Spouse Nupoor Zaveri
- 23rd Pavitra Bhatt

December

- 02nd Sudhir Shah
- 05th Bharat Soni
- 05th Spouse Kavita Salvi
- 07th Spouse Atna Mehta
- 07th Spouse Jayesh Pandya
- 07th Sanjiv Zaveri
- 09th Naresh Raveshia
- 15th Spouse Amita Soni
- 18th Spouse Ishita Gandhi
- 22nd Smita Shah
- 26th Spouse Dr. Rajiv Nandani



Happy Anniversary



October

- 26th Yogen & Shivali Shah

November

- 06th Parul & Paras Doshi
- 25th Lata & Mahadev Desai
- 26th Ajay & Sapna Jain
- 28th Deepen & Amita Soni
- 30th Dr. Ojas & Dr. Shraddha Dave

December

- 04th Udayan & Amisha Bhatt
- 06th Prakash & Chandrika Patel
- 06th Amit & Atna Mehta
- 08th Rakesh & Heena Shah
- 08th Dr. Krishna & Dr. Sanjay Desai
- 10th Sunil & Deepa Choksi
- 11th Rupa & Sameer Shah
- 12th Sanjiv & Binita Zaveri
- 14th Chaitali & Shrenik Shah
- 15th Gopi & Supal Shah
- 27th Anish & Noopur Zaveri
- 27th Benita & Nayan Shah
- 28th Bharat & Jeegna Soni

10 PROVEN WAYS TO MASTER YOUR TO-DO LIST

By Lukas Stangl

Pomodoro Technique

- Break work into 25-minute focused sessions followed by a 5-minute break.
- Best For: Anyone struggling with focus or prone to distractions.



Bullet Journaling

- Use a journal to track tasks, goals, and priorities in a visual format.
- Best For: Creative individuals or those who enjoy writing.

Journal	
<input type="radio"/>	Task
<input type="radio"/>	Task
<input type="radio"/>	Goal
<input type="radio"/>	Goal

Seinfeld Strategy

- Consistently complete daily tasks and mark them on a calendar. Keep the streak going!
- Best For: Habit builders and those who thrive on visual tracking.



Rapid Planning Method (RPM)



- Best For: People driven by goals and purpose.

ABCDE Method

- A Must do:** Highest priority.
- B Should do:** Important, but less urgent.
- C Nice to do:** No urgent impact.
- D Delegate:** Someone else can do it.
- E Eliminate:** Unnecessary tasks.

- Best For: People and teams with long to-do lists.

Timeboxing

- Choose tasks.
- Set time limits.
- Add to your schedule.
- Stick to the plan.
- Adjust if needed.
- Best For: Professionals with tight schedules.

9-10	Focus Work
10-11	Emails
11-12	Meetings
12-1	Break
1-3	Meetings
3-4	Emails
4-5	Focus Work

2-Minute Rule

- If a task takes less than two minutes, do it immediately.
- Best For: People who procrastinate or have many small tasks.



Ivy Lee Method

- Write down the six most important tasks.
- Order by priority.
- Finish number 1, then continue down the list.
- Best for: Straightforward daily planning method.

Eat The Frog

- Tackle the most challenging task first thing in the morning.
- Best For: Individuals who avoid difficult tasks.

Challenging	
1	Task.
2	Task.
3	Task.

Time Tracking

- Monitor how much time you spend in specific activities to identify patterns and improve efficiency.
- Best For: Anyone looking to optimize their daily schedule.



“WHAT YOU DO HAS FAR GREATER IMPACT THAN WHAT YOU SAY”

- STEPHEN COVEY

Restaurant of Mistaken Orders Brings Smiles –Tokyo, Japan.

**This Japanese cafe will get your orders wrong
but your heart and stomach will still be full.**



In Japan, known as a super-aging society, dementia is predicted to affect one in five people by 2025. In such circumstances, an innovative social experiment has caught the attention of Japan and the world.

It's called the "Restaurant of Mistaken Orders" - a restaurant where orders and deliveries sometimes go astray. Yes, we've come to a place where the waiters and waitresses all have some degree of cognitive impairment.

The impetus for starting this pop-up restaurant comes from an encounter between the creator Shiro Oguni and a community home where people with dementia live. "Like everybody else, my awareness of dementia at first tended towards negative images of people who were 'radically forgetful' and 'aimlessly wandering

about.' But actually, they can cook, clean, do laundry, go shopping and do other 'normal' things for themselves. Close-up, they might go a little off course now and then, but..."

Lunchtime. The order was for a Hamburger steak, but Oguni was served a plate of gyoza (potstickers) instead. "As everybody around me was eating with such gusto, and I felt quite muddled and wondered if perhaps it was me who was in error," Oguni noted, "Why raise our eyebrows at the difference between sizzling steak and gyoza? 'So it's a mistake, well, fine.' Given that kind of tolerance, the dining scene can become relaxed and delightful."

Made possible by the help of many people, the "Restaurant of Mistaken Orders" is indeed a place where mistakes happen. One older woman shows her guests to a table and then sits down with them. Another serves a hot coffee with a straw. Yet another older woman struggles to twist a large pepper mill, not entirely sure that the pepper will fall where it's wanted. Everybody at the table pitches in to help, and with cries of "We did it!" all join in the laughter. However, "The restaurant is not about whether orders are executed incorrectly or not," notes Oguni. "The important thing is the interaction with people who have dementia."



When guests see the smiles of the staffers with dementia, and the joy that motivates their work, some feel a spirit of courage, while others are moved to tears. And invariably, the servers say such things as "I'm still capable. This has given me confidence." The negative image of dementia was replaced by a fun, positive one. Dementia is not what a person is, but just part of who they are. People are people. The change will not come from them, it must come from society," observes Oguni. "By cultivating tolerance, almost anything can be solved

Editors Column: This is a perfect example of how we can approach issues, help understand people, sympathize and encourage individuals with dementia to be active and contribute to society. Orders mix ups will be common, but we should all embrace the mistakes as part of the experience and show kindness.

Just as Life serves up untimely, unexpected challenges to us, though unexpected we still deal with it. Same with the food orders, laugh at the mistaken order served, embrace the imperfections of life and enjoy the food. Life and people are not perfect, but the imperfections define us.

It's a great positive social experiment to make the society more inclusive and understanding to the needs of others in the community.

