



Dist. 3141 Bulletin of the Rotary Club of Bombay Hills South



Hills South Highlights



Club Credo :
"Be Happy & Communicate Happiness"

Editor : Vajjayanti Shende
September - October 2023

R.I. President : Rtn. Gordon R. McNally
District Governor : Rtn. Arun Bhargava
Club President : Rtn. Rajendra Bhinge

President's Message:



My Dear Members of Rotary Club of Bombay Hills South

During the last two months we have launched several initiatives towards enhancing the club experience and doing more service projects.

We had our annual picnic at the beautiful property at Oleander Farms, Karjat. It included an overnight stay, dinner at Saltt Restaurant, leisurely lakeside walks and a musical evening. It was enjoyed by all.

Club members visited the SEC (Society for the Education of the Challenged) School at Naigaon to interact with students & staff and assess their needs. The school has 42 students needing annual sponsorship at Rs 25,000 each. A funds appeal resulted in a total of 37 sponsorships. A cheque for Rs 9.25 lakhs was handed over to SEC on 11th October.

A walkathon to raise awareness about mental health was held on 8th Oct. Several club members participated.

Mun Ki Shakti- a new initiative in mental health- was launched. It will provide counselling services in collaboration with EmancipAction Foundation India to children, particularly girls, residing in the Bal Kalyan Nagri Juvenile Home, Deonar, Mumbai. The six month program costing about Rs 6 lakhs has been funded by a CSR grant from Savex Technologies Pvt Ltd.

Under Project National Integration, Rtn Gayomard Panthaki generously donated a school bus worth about Rs 22 lakhs to the Army school in Machal, Kashmir.

A medical camp was organised at All Saints Home, Mazagaon on 7th Oct through Masina Hospital. Follow up steps are being undertaken. Monthly ration support continued during this period.

A Cankids birthday party was held at BJ Wadia hospital on 22nd September. The program of providing 100 meals daily to relatives of patients continued as before.

Several new initiatives will be announced during the coming weeks. I look forward to active participation, support and contribution from all BOD members, club members and esteemed donors.

Together, let's make RY2023-24 an Incredible year in all ways.

Best regards

Your President
Rajendra Bhinge

#rotaryinternational
Rotary District 3141

Editorial



Dear fellow Rotarians,

Happy Dipawali & festive season to all of you. Dipawali symbolises the spiritual victory of light over darkness. Good over evil, and knowledge over ignorance.

For Rotarians, each year brings with it new challenges, fresh ideas & more scope for service. The success in conquering new challenges will largely depend on each of us contributing our might to support our "incredible" president in all the endeavours that the club will embark upon.

We, as Rotarians, must help the club to become bigger & better. We are fortunate to be Rotarians. We must work in harmony and make our club more vibrant, more effective, and more meaningful.

Vaijayanti Shende
Editor

Club Activities

SEP 09

Ms. Divya Nair spoke about "E.A.R and Cochlear implants for hearing impaired children."

Ms. Divya Nair is the director at E.A.R institute and a special educator for hearing impaired children.

E.A.R. stands for - Education Audiology and Research Society.

Since 1975, this institute has helped thousands of people with better hearing by providing hearing aids and cochlear implants. Many people with hearing loss struggle to understand speech in noisy surroundings, which makes them excluded, disconnected, and lonely. Hearing loss in children can lead to many difficulties in speaking and learning

Through a PowerPoint presentation, Ms Divya explained about cochlear implants and AVT. Cochlear implants are electronic devices that improve hearing.

It can be an option for people who have severe hearing loss from inner ear, who are not able to hear well with hearing aids. Cochlear implants bypass damaged portion of the ear to deliver sound signals to the hearing (auditory) nerve. AVT - Auditory Verbal Therapy. This therapy is used for building the language development of children with Cochlear implants.

AVT is an intensive programme of therapy that focuses on the development of active listening (auditory) and speaking (verbal) skills.

It was a very informative session.



Club Activities

SEP 23

Rtn Dilip Mehta

Our guest speaker - Rtn Dilip Mehta (former MD of Pegasus Shipping), a fortunate survivor of the 26/11 terrorist attack on the Taj Mahal hotel, shared his emotional experience of the hostage crisis and the fight for survival.

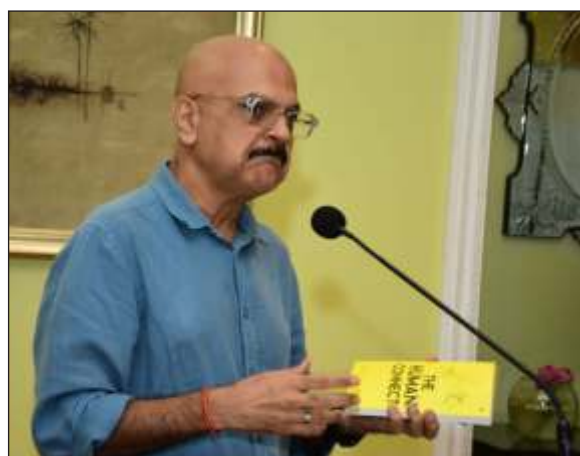
Rtn Dilip was at a business meet of the South Korean Consulate, on the fateful night of 26th November, at the Rendezvous banquet hall. He gave a gripping narrative of the sequence of events at the Taj hotel, the heroics of the local Fire Brigade and Police personnel, the valiant staff of the hotel who steered the evacuation of the guests, the sad loss of lives of guests and staff across various locations within the hotel, and the ultimate sense of relief when Safely was achieved.

Rtn Dilip showed slides of the terror attack at adjacent Oberoi hotel, Leopold Cafe, Israel house, boats that ferried the terrorists, attack at VT and Cama Hospitals, and the car chase at Marine drive

He also shared the sequence of terror attacks in the City over last 2 decades

Post the incident, Rtn Dilip has addressed various forums to give a call for unity of action against Terrorism, including the International Congress in Paris during 2011

The talk was very heartwarming and inspiring, and revived emotional memories of the past.



OCT 14

Rtn Manoj Gursahani spoke about 'The secret of networking - the human connect.

Rtn Manoj Gursahani is the incredible president of RC Mumbai Queens Necklace. He is the Executive Director of Global Chamber. He is the author, Ted speaker, Global Strategist & philanthropist. A global networking Guru and an influencer. Manoj has written a book - The Human Connect.

This book is about some amazing human connection mantras. It's about the significance of connecting with fellow humans and how its rewards can be marvellous. In his speech, he

shared some valuable mantras and do's and don't for good networking.

The key takeaways from his speech on human connect are : - Build deeper relationships to improve personal and professional life. - Build a diverse network and lead an inspired and enriched life. Stay focused, be mindful. - Be a good listener, make people feel special.

He explained how to connect and expand one's social circle without exhausting oneself or coming across as an opportunist social climber.

It was a wonderful session, and Rotarians thoroughly enjoyed this afternoon with Rtn Manoj.

Club Activities



OCT 28

Ms. Radhika Jesrani spoke about "Serve and Evolve"

Radhika is a content creator, homemaker, and a member of Chinmaya Mission. She loves to write and shares her views about life and its experiences on her blog, "Life is....".

In her PowerPoint presentation on Seva and Evolve, she explained about Seva & 3 gunas or triguna.

Seva is the act of compassion and care for living beings other than ourselves. The concept of Seva is considered one of the highest dharma in Hinduism & Sikhism. The 3 gunas are : Sattvik guna- purity, steady mind, free of agitations. Attached to a selfless goal.

Rajas guna - is self-importance, agitated mind attached to desires.

Tamasik guna- is ignorant and lethargic mind devoid of goals.

Seva done with a Sattvik bhavna is done with a clarity of purpose or goal. Sattvik Seva leads to changes within. One grows internally & evolves into a better human being. It involves acting selflessly and helping others in a variety of ways without any hopes of reciprocation, monetary gains, or awards. Let's strive to live a sattvik life free from desires & expectations.

The presentation was concluded by showing a small video, " The Spirit of Seva" by Chinmaya Mission.

It was a thought-provoking session with Rotarians.

Club Projects



RCBHS project at All Saints Home for senior ladies at Mazgaon on 14 September. Rs. 22000/ were given for the ration support for the month of September.

Club Projects



RC Bombay Hills South project at Wadia Children's Hospital on 19th September. Ganesh Chaturthi special meals served to 100 patients families.

Club Projects



President Bhinge handing over a cheque of Rs. 5,000/- for celebrating Ganesh Chaturthi to the Superintendent of the Bal Kalyan Nagri in Govandi, Mumbai.

Along with the President, senior members of the Rotary Club of Bombay Hills South were present to handover this cheque. Bal Kalyan Nagri Home has more than 65 children who are residing their under Juvenile Care Act.



On the occasion of Gandhi Jayanti (2nd October), RC Bombay Hills South served meals to 100 family members of patients at Wadia Children's Hospital.

Club Projects



RC Bombay Hills South hosted special meals for 100 family members of patients' families on 22nd September at Wadia Children's Hospital.

Club Projects



RC Bombay Hills South hosted a birthday party "Cankids" for the children undergoing cancer treatment at Wadia Children's Hospital. Cake cutting, distribution of gifts, snack boxes, juice & dry fruit chikki was done by members and Rotaractors.

Club Projects



The Rotary Club of Bombay Hills South, in partnership with Masina Hospital, organized a Medical Check-Up Camp for senior citizens residing at All Saints Home in

Mazgaon on 7th October. A comprehensive medical examination was conducted for 50 female residents by a team of 16 doctors and medical staff from Masina Hospital. The check-up included the assessment of vital signs, blood tests, ENT, eye, skin, diabetes/general health, orthopedic conditions, ECG, and breast cancer examination. Breakfast & lunch were provided to both the residents and volunteers. Additionally, 50 sets of bedsheets and pillowcases were distributed to the residents of All Saints Home. A cheque of Rs 22,000 was handed over for the ration support.

Club Projects



RC Bombay Hills South sponsored 37 students of SEC School-Naigaum (Society for the education of the challenged) for one year. The sponsorship is for their education, nutrition & health care. These differently abled students are from the rural areas in Maharashtra.

A cheque of Rs 9,25,000/ was handed over for SEC at Agripada.



The Rotary Club of Bombay Hills South (RCBHS) is delighted to announce its collaboration with the EmancipAction Foundation India (EAIF) for a Mental Health Project called "Mun Ki Shakti, Rotary Ki Raah." RCBHS President Rajendra Bhinge emphasized the commitment of Rotary International to prioritize Mental Health Projects throughout the world, stating that this partnership has the potential to bring about positive changes in the lives of children, particularly girls, residing in the Bal Kalyan Nagri Juvenile Home in Mumbai. Vandana Kriplani, CEO of EAIF, expressed excitement about this collaboration with Rotary and the Rotary Club of Bombay Hills South from Rotary International District 3141. She mentioned that this partnership reinforces their belief in EAIF's ongoing Mental Health Programs, which have been transforming the lives of underprivileged children in Mumbai. Vandana Kriplani expressed gratitude towards RCBHS and its donors for their generous contribution to this collaboration.

Club Projects



On October 8th, a walkathon was organized to raise awareness about mental health. The event was flagged off by PDG Rtn Rajendra Agarwal, along with the Guest of Honour PDG Rtn Nitin Mangaldas. Other District Officials present were

Dist Project coordinator RTN Yogesh Jesrani - Dist Secretary

Rtn Nitin Doshi, Past President of Bomay Psychiatric Society

Founder & Director of Mann Healthy Mind CentreDr Anita Sukhwani addressed the Rotarians.

It was an honour to have them present at the event.

A total of 40 members from 6 clubs participated in the walkathon, showing their support for mental health awareness.

In recognition of their leadership, all the Presidents of the participating clubs were awarded a trophy as a token of appreciation.

Breakfast snack boxes were given to all participants.

Mr Amzad of *Zee news* covered the complete walkathon. Overall, the walkathon was a successful event that brought people together, raised awareness, and fostered a sense of community support for mental health.



Under Project National Integration, Rtn Gayomard Panthaki generously donated a school bus worth about Rs 22 lakhs to the Army school in Machal, Kashmir.

Club Projects



It was a moment of great gratitude and joy when we received an extremely generous donation of thirty-eight Glucometers, along with test strips, totaling over Rs. 1.5 lacs. This donation came from the well-known International Scientific Instrument Company, owned by the Malhotra Family from Delhi, who are regular contributors to Rotary. We are thrilled to have the privilege of joining hands with them in service to the community. In the attached picture, we see PP Ravi Budhiraja of RCBHS presenting a portion of these Glucometers to Dr. Eric Borges, the esteemed Chairman of the King George V Memorial (KGVM) Trust in Mumbai. It is at this institute that these Glucometers will be put to good use, specifically in the Palliative Care department to support the testing needs of chronically ill patients. Seen in the picture receiving Glucometers are the staff of Sukoon Nilaya, Centre for Palliative Care at KGVM. Also, some Glucometers were gifted to Cancer Patients Aid Association at KGVM. Also, in pictures handing over the Glucometers to Nurses & Doctors at Masina Hospital in Mumbai is Rotarian Vishwanath Kokitkar. These will be used on free of cost basis for the ward or casualty patients visiting the hospital. We would like to take this opportunity to express our deepest gratitude to the Malhotra Family for their unwavering dedication and commitment to serving the community through Rotary. Their contribution will undoubtedly make a significant impact on the lives of those in need.

TRF Seminar



The Incredible TRF Seminar took place on 16 September evening at the Ball Room, Taj President, Colaba.

RC Bombay Hills South was the host club of this wonderful seminar.

Chief Guest was PRIP Rtn Barry Rassin - TRF Trustee Chair. Along with other RI Trustee/ Director , District Governor 2023 - 24 Rtn Arun Bhargava, a galaxy of PDG's AG's and other District Officers of District 3141 attended this conference in large number.

RC Bombay Hills South was honoured for attaining 100% EREY Club and 2 Individual Donors were felicitated:

Rtn Rajan Dua & Preeti Dua. & PP Rtn Ramanath Subramaniam & Lakshmi Subramaniam for Major Donor Level 1 status. It was a star-studded evening to remember, and we are overwhelmed with congratulations for hosting this successful Seminar.



Members' Birthdays : Nov - Dec

04 November	Sanna Darne
11 November	Ahluwalia B K
17 November	Pratap Kotak
20 November	Sundip Shah
01 December	S. Ramanath
12 December	Mamta Shah
13 December	Bijal Seth
16 December	Purvangi Doshi
20 December	Ravin Gandhi
26 December	Ram Narain Bakshi

Anniversaries : Nov - Dec

14 November	Meenakshi & Vineet Kumar
23 November	Hoofrish & Adi Vakil
26 November	Mugdha & Vivek Paranjape
03 December	Sankarnarayan & Uma
10 December	Vanita & Vinod Budhiraja
26 December	Arvinder & Rajinder Loona
29 December	Vaijayanti & Anant Shende
31 December	Rukshana & Nuruddin Dhanani

BOARD OF DIRECTORS 2023 - 24

Rtn. Rajendra Bhinge	President
Rtn. Gaurang Darne	Immediate Past President
Rtn. Neeraj Dhawan	President Elect & Hon. Secretary
Rtn. Rajiv Sheth	Vice President
Rtn. Mayank Pareek	Hon. Treasurer
Rtn. Ginny Chawla	Sargeant-at-Arms
Rtn. Meenakshi Kumar	Director
Rtn. Vishwanath Kokitkar	Director
Rtn. Reeva Budhiraja	Director
Rtn. B K Ahluwalia	Director
Rtn. Vivek Paranjpe	Director
Rtn. T Rajgopal	Director

EDITORIAL BOARD

VAIJAYANTI SHENDE - Editor
RAJENDRA BHINGE - President
NEERAJ DHAWAN - President Elect & Hon. Secretary
NAVEEN CHAWLA - Past President
RAMNATH SUBRAMANIAM - Past President

Upcoming Events

November 2023
4 - Diwali Party
25 - Pre OCV

December 2023
9 - OCV
16 - AGM

RCBHS MEMBERS IN THE DISTRICT 3141 (2023 - 2024)



Rtn Devang Goradia
Chief Coordinator

In Charge of Installations & OCV Calendar.
Project Coordinator for Project National Integration.



PP Rtn Gayomard Panthaki
Assistant Trainer



PP Rtn Dilip Vora
Zonal Chair
Disease Prevention & Treatment



PP Rtn Ramanath Subramaniam
Zonal Chair South
International Service 2



PP Rtn Ravi Budhiraja
Co Chair (South)
Peace Building & Conflict Prevention



Rtn B K Ahaluwalia
Assistant Governor



Rtn Rajiv Seth
Co Chair - Youth Service 3



Rtn Vivek Paranjpe
Co Chair - Vocational Service 2



PP Rtn Savita Datta
Co Chair disease Prevention.
Medical 4.



Rtn Vaijayanti Shende
Co Chair (South)
Peace Building & Conflict Prevention



Rtn Meenakshi Kumar
Co Chair
Maternal & Child Health



Rtn Reeva Budhiraja
Co Chair
Vocational Service 4