

UDAAN

March 2025

STEPHANIE A. URCHICK
R I PRESIDENT

CHETAN DESAI
DISTRICT GOVERNOR

APURVA PATEL
PRESIDENT

HARSHA MEHTA
HON. SECRETARY

AJANTA RATH MISHRA
EDITOR

FROM THE PRESIDENT'S PEN...

Udaan - March 2025: Making a Splash for Water & Sanitation Month

March is Rotary's dedicated Water and Sanitation Month, a time for us to reflect on the critical importance of clean water and hygiene. Our club's theme, "Be Humane," guides our efforts this month and throughout the year. We are thrilled to announce a significant project: the construction of a check dam at Ambeghar, Vikramgarh. This initiative, jointly undertaken with the IWC of Bombay Airport and RC Bombay Mahakali Heights, will provide much-needed water access to 165 farmer families, transforming their lives. As Swami Vivekananda said, "We are what our thoughts have made us; so take care about what you think." Our work at Ambeghar embodies this, translating caring thoughts into action. We are also providing a solar water heater for the Boys Hostel at Ranshet, demonstrating our commitment to sustainable solutions. Furthering our support, we provided 15 sewing machines to a ZP school at Saarshi, Vikramgarh, empowering students with valuable skills.



The past month has been a whirlwind of activity for RCBA. The HRX Juhu Half Marathon was a resounding success, showcasing community collaboration and healthy living. Our medical camp at BPM School benefited over 400 students. We've empowered individuals through career counseling and life-saving CPR training for runners, institutes, and even the first company of SRPF in Mumbai, in partnership with Lodge Mother No. 110 of Freemason.

Our community commitment continues with a donation of 60 laptops to Ram Krishna Mission Sakwar, AED installations, and ongoing support for pediatric heart surgery, now with the partnership of 9 clubs in District 3141 and 4 foreign Rotary clubs/Districts. Our Phase II project at Ranshet, including a kitchen, shed, and community hall, is progressing well. We've applied for three CSR India Grants this year, the latest for an ambulance for the Brahma Kumari hospital at Andheri West, Mumbai.

We eagerly anticipate "Samanvay," the District conference of two Districts 3141 & 3142 on March 1st and 2nd, 2025. Many of us look forward to celebrating Holi. This vibrant festival symbolizes unity and joy – values that resonate deeply with Rotary.

Our global partnerships were strengthened with a Flag Exchange with the Rotary Club of Tumkur Prerna and RC Colombo Fort, Sri Lanka. We proudly announce the formation of a new Rotary Community Corps, Shree Sadguru Sevabhavi Sanstha, at Dahanu, Dist Palghar, Maharashtra. Congratulations to PP AKS Shachiin and AKS Himadri Nanavati on becoming members of the prestigious Arch Klumph Society!

We remain dedicated to our core mission of service, believing that even small acts of kindness create ripples of change. Thank you for your continued support. Join us in making a difference!

President - Rtn. Apurva Patel

VOCATIONAL SERVICE Director: Rtn. Sandeep Tarkas



15 Sewing Machines were solely donated by RCBA worth 98,209 rupees to empower the women at Sashi village in Palghar . This was a joint project with RC of Mahakali Heights & they donated furniture.



News of donations of sewing machines have been published in print media.

EDITOR'S TIDINGS



In this hustle bustle of life, our me time & even family time is gradually truncating & becoming scarce. When I reminisce about my childhood days, I visualise those good old days, where the dinner table used to be a space for an exchange of conversations about how the day went by. Life used to be simpler with small pleasures. The value of owning even a pair of new clothes was a matter of great happiness. Every small possession was cherished. This was because abundance wasn't there & moreover, access to plenty was also restricted to most. But these occasional indulgences were conducive in making life very fulfilling. We had the luxury of time to read books, listen to music, pursue our hobbies or just play mindless games with friends & siblings. Vacations with cousins, were filled with boundless fun, where family bonding & emotional security was very high. Unfortunately, those aspects are slowly fading away from the lives of children these days. They experience exotic & luxurious vacations & material comforts at an early age, but somehow the ability to appreciate the little joys of life is missing. Now our lives are fast paced & multifaceted. Just sipping a cup of coffee while listening to the chirping of birds have become a luxury unless we are on a vacation. Fast paced life coated with technology is curtailing our cognitive skills, stoicism, focus, patience & even creativity. Despite having materialistic comforts, the inner peace & contentment is shrinking. Mental health issues are rising even among the younger kids. Gratitude & positive thinking should be taught to be manifested now more than ever. As Rotarians, we are fortunate to be a part of the community, where we have a platform to touch lives & make a difference through service & compassion. This gives us true contentment & joy. Moreover, through rotary, we have found some of our closest friends & have rediscovered ourselves, an experience, we will always be grateful for.

Rtn. Ajanta Rath Mishra

YOUTH SERVICES II (INTERACT) Director Rtn. Vaishali Paranjape



Medical Health Check-up was done for 400 students in BPM School.

Thanks to our doctor members, Dr. Manju Bhatia, Dr. Yogini Sheth, Dr. Urvi Kothari & other doctors who came from outside of RCBA



291 kgs of old books & notebooks were collected from NSM School to be recycled & turn them into new notebooks for the underprivileged students

YOUTH SERVICES I (Rotaract) Director Rtn. Dr. Yogini Sheth



The doctors at the medical camp, held in Tara, YMC, were helped by a few RCBA rotractors. Being the Director of the youth services, director Yogini Sheth was happy to see the help offered by the rotractors. Beneficiaries

were 240 patients & 200 hostel students.



Career Counselling Workshop & Assessment was held for 90 students of 9th grade at BPM School by

Aasman Foundation along with RCBA. They did an aptitude test for the children for free of cost before the counselling.



ICONIC PUBLIC IMAGE EVENT OF RCBA

JUHU HALF MARATHON

Our Iconic Public Image Event, the 7th edition of JUHU HALF MARATHON was a huge success! A big congratulations and thank you to our amazing club members and supporting partners who made our club's flagship project, jointly organised with Getfit through sports foundation, a super successful event!

Our Members & Partners volunteered put in their best efforts for the smooth execution of the event: There were more than 5200 runners. The surplus goes for paediatric heart surgery. The chairpersons in alphabetical order: Ashmi Parekh for convening the event with ease and total balance.

- **Ajanta Rath Mishra** handled PR. For RCBA's visibility, a Pamphlet with RCBA's flagship projects went into the runners' kits & a Photo Booth of RCBA was also put up on the ground in similar lines.
- **Secretary Rtn Harsha Mehta** got the press people & our JHM news was published in 14 newspapers & bytes were shown in a couple of news channels as well.
- **Azim Gadiwala** kept our runners hydrated at the Water Stations
- **Bijal Merchant** captured smiles at the Selfie points
- **Bimal Shah** as a great support & our associate partner.
- **Biren Parekh** managed AV & Photography skills excellently.
- **Chetan Mashru** ensured our finishers received their well-deserved Medals, with support from **Suketu Jariwala** who helped procuring the medals
- **Deena Parekh** organised the Awards with precision.
- **Dhiraj Mehta** managed Baggage with utmost care & patience.
- **Dr Akshay Mehta** took a lot of pain in creating awareness by taking repeated CPR training sessions & gave required medical advice for the runners.
- **Dr Kanir Bhatia** expertly managed the route with a lot of precision & alertness.
- **Dr Snigdha Mehta** managed very efficiently the recovery area along with other physiotherapists.
- **Dr Yogini Sheth** motivated the Rotaractors to help in JHM.
- **Dhruti Shah** designed elegant T shirts for runners and managed the Reflexology area.
- **Kashyap C Shah** and **Ranjan Tarkas** efficiently handled Bib distribution at the Expo
- **Kulvinder Singh Bansal** ensured a smooth Flagoff and Security, with support from **Manish Kothari** and **Manish Nathwani** who provided Security support
- **Lalit Sanwal** tracked the Results accurately.
- **Mona Patel**, the First Lady, coordinated things very
- **Nina Bhatia** worked hard all night designing an excellent Ground layout
- **Phoolchand Jain** & his team managed the food pavilion very efficiently with hot breakfast
- **Pragna Mehta** managed & coordinated the Zumba session & got brand new pilot cars from Mahindra.
- **Rahul Patel** energised our runners at the Energy stations
- **Sandip Tarkas** was the chief coordinator & managed things smoothly.
- **Sanjay Merchant** expertly managed the Venue
- **Shachin Nanavati** has been the pillar of marathon supporting the event in best possible way.
- **Suvendu Mishra** Chaired the Marathon by putting his heart & soul into it, ensuring everything goes on well.



But that's not all! Many of our members, as well as their family, friends, and employees, also registered and participated in a big way in the event as runners. Others attended to cheer and encourage our participants. Our chair persons were also supported by many members who helped with various tasks. It was truly a team effort. The invaluable contribution, enthusiasm and energy that each and every one put in made the event extraordinary.



A Photo Booth was created at JHM showcasing RCBA's flagship projects.

नवभारत
www.navbharatlive.com

**फिटनेस के लिए
जुहू में दौड़े लोग**



■ **पुण्य (रा).** फिटनेस वुन्डरवॉल फाउंडेशन, ठाणे ब्रान्च और थाने एरलैंड की तरफ से आयोजित एनआरएनआ जूहू हॉल मैराथन में 5000 से अधिक लोग भाग ले रहे थे। फिटनेस वुन्डरवॉल फाउंडेशन की तरफ से आयोजित एनआरएनआ जूहू हॉल मैराथन में 5000 से अधिक लोग भाग ले रहे थे। फिटनेस वुन्डरवॉल फाउंडेशन की तरफ से आयोजित एनआरएनआ जूहू हॉल मैराथन में 5000 से अधिक लोग भाग ले रहे थे।

Thane NavMumbai plus Edition
Feb 13, 2025 Page No. 3
Powered by: navbharatlive.com

वाह - आंधीलग्न - सुरत Date : 11-02-2025 Tuesday

जुहु मेरेथोन सफलतापूर्वक पूरा



■ **पुण्य (रा).** फिटनेस वुन्डरवॉल फाउंडेशन, ठाणे ब्रान्च और थाने एरलैंड की तरफ से आयोजित एनआरएनआ जूहू हॉल मैराथन में 5000 से अधिक लोग भाग ले रहे थे। फिटनेस वुन्डरवॉल फाउंडेशन की तरफ से आयोजित एनआरएनआ जूहू हॉल मैराथन में 5000 से अधिक लोग भाग ले रहे थे।

Mumbai Edition
Feb 11, 2025 Page No. 04
Powered by: erelego.com

पुण्य नगरी

जुहु हाफ मॅरेथॉनला उत्स्फूर्त प्रतिसाद



■ **पुण्य (रा).** फिटनेस वुन्डरवॉल फाउंडेशन, ठाणे ब्रान्च और थाने एरलैंड की तरफ से आयोजित एनआरएनआ जूहू हॉल मैराथन में 5000 से अधिक लोग भाग ले रहे थे। फिटनेस वुन्डरवॉल फाउंडेशन की तरफ से आयोजित एनआरएनआ जूहू हॉल मैराथन में 5000 से अधिक लोग भाग ले रहे थे।

Mumbai Edition
Feb 11, 2025 Page No. 04
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JHM news came in 14 newspapers & bytes were also shown in local news channels.

Rotary Foundation


Paul Harris Society

The Paul Harris Society recognizes individuals who notify TRF of their intention to contribute \$1,000 or more each Rotary year to the Annual Fund, the PolioPlus Fund, The Disaster Response Fund, or an approved Global Grant or CSR India grant. Recognition consists of a chevron-style pin and certificate provided by your district Paul Harris Society coordinator. Paul Harris Society members are listed in the Paul Harris Society Report.

DG Chetan Desai & Vibrant TRF Team

PDG BANSI DHURANDHAR
RC Bombay Airport

We Are Grateful ...
Thank you for fulfilling your commitment as Paul Harris Society member.



Rotary Foundation

Major Donor Level 1
Range : \$10,000 to \$24,999
Major Donors are individuals or couples whose combined giving has reached \$10,000, regardless of the gift designation. This recognition level can be achieved only through personal contributions and not through recognition points. Major Donors may elect to receive a crystal recognition piece and pin(s) commemorating the gift at each new recognition level. Major Donors are listed in the Major Donor, Arch Klumph Society, and Bequest Society Report.

MAJOR DONOR - 1

Rtn. BIDYUT & RINA SEN
Rotary Club of BOMBAY AIRPORT



Thank you PDG Bansi Dhurandhar for fulfilling your commitment as Paul Harris Society member for Vibrant Rotary year 2024-25

Congratulations to Rtn. Bidyut & Rina Sen for becoming Major Donor Level 1 by giving a cumulative contribution of USD 10,000 to the Rotary Foundation.

ENVIRONMENT AVENUE

Director: Rtn. Rahul Patel



Empowering young minds to fight pollution!
A drawing competition to empower the SSC students of KES was held called "Solutions to

Pollution" with 94 students, who've been championing waste recycling for 4 months.



COMMUNITY SERVICE II

Director:
Rtn. Sanjay Merchant

34 laptops worth 13,60,000 were donated by Tyger Capital to Ramkrishna Mission Sakwar in Palghar for vocational training. Thanks to Director Sanjay for putting in so much efforts & thanks to Mr. Gaurav Gupta, (son of our Rtn Rakesh & Rashmi Gupta) CEO of Tyger capital for being instrumental in making this donation happen.

COMMUNITY SERVICE I - Medical

Director: Rtn. Nina Bhatia



CPR Training by IPP Dr. Akshay Mehta at DGMC where the song 'Staying Alive' was

played & exact 103 compressions per minute were done with the rhythm. The Rotaractors & their teachers & Principal Dr. Ameer Vora too learnt to give CPR.



CPR Training was given by Dr. Renaldo Parvey at Nanavati Max Hospital Auditorium for the staff before our

Juhu Half Marathon. Dr. Ronaldo is head of accident & emergency at the Nanavati Max Hospital.



CPR Training by IPP Dr. Akshay Mehta. This training was held by RCBA along with Cancer patients aid association.(CPAA) organised by Lodge Mother India 110. This was held at the SRPF Training grounds for SRPF trainees & personnel at Goregaon East. Thanks to Rtn.Quresh Habibulla for getting this project for RCBA.



AED machines were installed along with CPR training at the Diva junction station of the Central Railway & at Vikhroli station by IPP Dr. Akshay Mehta



The Mental Wellness Program called The Shrink & the Nut was held at KC college auditorium by Celebrity Pchycologist Dr. Anjali Chabbria & well known stand up comedian Mr. Atul Khatri. RCBA co hosted this project along with RC of Bombay & Rotaractors.

Celebrating the Boundless Generosity of R/Ann Himadri and Rtn. Shachiin Nanavati

In a world where the measure of one's life is often weighed by the impact made on others, Himadri and Shachiin Nanavati shine as exemplars of profound generosity and compassionate action. Recently declared members of The Rotary Foundation's esteemed Arch Klumph Society—an honour reserved for those whose lifetime contributions exceed \$250,000/- the Nanavatis have etched their names into the legacy of global philanthropy.

Their remarkable donation of \$226,633.83 to various global grants through our Rotary club's trust is more than a testament to their financial generosity; it's a reflection of their unwavering commitment to uplifting communities and transforming lives. Each contribution they have made serves as a beacon of hope, illuminating the path toward a better, more equitable world.

The Nanavati family's philanthropic endeavours span a diverse array of initiatives. Their support for global grants has catalyzed projects that save the lives of children who are the future of our nation, clean water and sanitation, and combating waterborne diseases in vulnerable regions.

Beyond these global efforts, the family trusts under their stewardship have been instrumental in fostering grassroots change. By funding educational programs, they have opened doors of opportunity for countless children, empowering the next generation with knowledge and skills to break the cycle of poverty. They have championed healthcare initiatives by supporting medical aids and the hospital that delivers critical services to all, including the underserved populations. In times of natural disasters, the Nanavatis have been quick to respond, providing relief and rehabilitation to those affected, embodying the very essence of humanitarian aid.

Their commitment to social welfare is further evident in programs aimed at women's empowerment and vocational training. By enabling women and youth to acquire essential skills, they have not only improved individual livelihoods but have also contributed to the economic vitality of entire communities. Such initiatives resonate deeply in our collective mission to create enduring positive change.

The activities undertaken by the Nanavati family trust also reflect a profound respect for cultural heritage, performing arts, fine arts, and environmental conservation. In times of natural disasters, the Nanavatis have been quick to respond, providing relief and rehabilitation to those affected, embodying the very essence of humanitarian aid.

Their environmental initiatives, focusing on sustainable practices and ecological preservation, demonstrate a forward-thinking approach to stewardship of the planet.

The magnitude of the Nanavatis' contributions is matched only by the humility with which they approach their philanthropy. They exemplify the Rotary ideal of "Service Above Self," not seeking recognition but driven by a genuine desire to make a difference. Their actions inspire us all to look beyond ourselves and to consider the broader impact we can create on the world around us.

As we reflect on their extraordinary generosity, we are reminded that philanthropy is not solely about the resources one can give but about the spirit in which those resources are offered. The Nanavatis' dedication serves as a call to action, encouraging each of us to find ways, no matter how small, to contribute to the greater good.

Their journey reminds us that when compassion meets commitment, the possibilities for positive change are boundless. May their example inspire a ripple effect of kindness and generosity that extends far beyond our Rotary community, touching lives and shaping a brighter future for all.

Their induction into the Arch Klumph Society is a milestone that honors their significant impact, but it also serves as a beacon lighting the way for others to follow. It is with deep gratitude and admiration that we celebrate Shachiin and Himadri Nanavati, a partnership, not just in life but in the noble pursuit of elevating humanity.





Flag Exchange at PP Rtn. Kevin Colaco's residence with RC of Tumkur.

Delegates from RC Tumkur with their charter President Perna & our RCBA members were also present. They were briefed about our clubs projects & activities by PP Sumant, PP Kevin & President Apurva over a sumptuous lunch prepared by Rtn Ann Marise Colaco.

ZUCCHINI ENCHILADAS

The guilt-free & gluten-free way to make delicious enchiladas at home loaded with protein, veggies, spices and all things nice!

Ingredients-

Beans:

1 tbsp Oil
 ½ cup Tomatoes finely chopped
 1 tsp Red Chilli Powder
 1 tsp Jeera Powder
 1 cup Kidney Beans boiled
 Salt to taste
 Water if needed
 ½ cup Corn Kernels steamed
 1 cup Paneer grated

Enchiladas Sauce:

1 tsp Oil
 1 tbsp Red Chilli Powder
 1 tsp Jeera Powder
 3 cups Tomato Puree
 1 tsp Sugar
 1 tbsp Mixed Herbs
 Salt to taste
 Corn flour slurry to thicken

Assembly:

2-3 Zucchini
 Beans
 Enchiladas sauce
 Cheese of your choice
 Mixed Herbs



Method:

- For the Beans - Heat oil in a pan, add in tomatoes, red chilli powder, jeera powder and saute till slightly mushy
- Add in boiled kidney beans, along with a little water and salt. Bring this to a simmer
- Mash some of the beans while they thicken and cook further for 2 mins
- Transfer into a bowl, add in steamed corn kernels and paneer mix well and your filling is ready
- For the Enchiladas sauce - heat oil, add in red chilli powder and Jeera powder, saute for 1 min
- Then add in tomato puree, sugar, mixed herbs and salt to taste
- Keep simmering this on a medium flame till the puree is cooked and add in corn flour slurry to make it thick
- Once done turn off the flame and keep it aside
- For the assembly - Peel the zucchini into thick strips as shown and place them neatly overlapping each other
- Add a spoonful of the bean filling in the middle and roll it up as shown
- Spread a layer of the enchiladas sauce in a baking dish
- Place the zucchini roll ups on top
- Pour some more sauce over and top it up with grated cheese & mixed herbs
- Bake in a preheated oven at 180*c for 7-10 minutes
- Crush some nachos on top and serve hot!



By Rtn Ann Chetna Shah

CLUB SERVICES I & II

Director: Rtn. Dhruti Shah



A club meeting was held celebrating 5 successful years of our paediatric heart surgery, 'GIFT OF LIFE' initiated & spearheaded by PP AKS Nitin Mehta. A short film was also made by our DGMC Rotaractors which was shown. Till now 604 children have been successfully operated upon & leading a healthy life. 1.13 million dollars have been donated altogether till date. The chief trustee of Sri Satya Sai hospital, Mr. Srinivas was also present & introduced kids who were operated upon successfully.



Did you know?

Six Indian clubs—
Vijayawada, Kota, Bombay,
Karur, Bangalore, and Rohtak,
rank among the world's top 25 in
membership.

Forthcoming Events in the month of March :

15th March - Fellowship

24th March - club meeting

31st March - club meeting

MUMBAI ON MY PLATTER



Daaru & Chakna

1 Circa

Experimental Small Plates

2 Bombay Daak, Bandra

A Desi Bar X Fine Dining
Experience

4 Toto's Garage, Bandra

Typical British Garage Pub
Couple With The Bandra Vibe

3 Slink & Bardot, Worli

Hidden Gem, Every Corner Is A
Surprise

5 PCO, Lower Parel

Craft Cocktails & Small-plates



Raising a Toast...

Birthdays

01 Prabha Mathur
03 Rashmi Gupta
04 Gunveet Shethi
05 Shilpa Shah
05 Ami Shah

13 Ketki Shah
16 Harsha Mehta
16 Renuu Gupta
18 Hiten Dalal
19 Kevin Colaco

22 Atul Parekh
27 Archana Mehta
29 Himadri Lathia
30 Kalpesh Mehta

Anniversaries

01 Satish And Shobha
07 Ramesh And Manju

07 Ketki And Rajesh
12 Kanderp And Tehmina

19 Kalpesh Seema
27 Akshay And Snigdha