



Incredible Bombay Mahakali Heights NEWS



NEWSLETTER
NOVEMBER 2023

District Governor Rtn. Arun Bhargava
Club President Rtn. Pinky Rajgarhiya

Club Secretary Rtn. Ameeta Shetty
Club Treasurer Rtn. Deepak Wadhwa



President Speaks...

Dear Fellow Rotarians,

As we come together in service, let us reflect on the power of unity and the impact it has on our community. Our collective efforts, bound by a shared commitment to service, exemplify the true spirit of Rotary.

In every project we undertake our unity is our strength. Together we are a force for good embodying the Rotary motto, "Service Above Self."

This commitment to unity extends beyond our club and into the heart of the community. Our service projects not only address immediate needs but also contribute to the long lasting fabric of unity that binds our community together.

Each act of kindness, no matter how small, contributes to the larger tapestry of unity. Through our combined efforts, we can make a lasting impact on the lives of those we serve.

Thank you all for your dedication to Rotary and the powerful work we accomplish together.

Yours in Rotary Service,

**Pinkky Rajgarhiya,
President,
RCBMH**



Blood Donation Camp



10 Rotary Clubs joined together to conduct Blood Donation Camp at Andheri East Station.

DATE: 4th Nov, 2023

BENEFICIARIES: - 60

AMOUNT (Rs): - 2,300/-

Health Check Up Camp at Otter's Club



Mega Medical Camp and CRP Training for the staff and members of Otter's

DATE: 4th Nov, 2023

BENEFICIARIES: - 250

AMOUNT (Rs): - 55,000/-

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Promoting Hygiene and sharing joy of Diwali celebration



RCBMH members distributed sanitary napkins and sweets to the slum dwellers in Bandra East

**The Project was done.
in collaboration with
RC of Bandra.**

**DATE: 4th Nov, 2023
BENEFICIARIES: - 100
AMOUNT (Rs): - 12,000/-**



DIWALI CELEBRATION

Students of ALM Park



Distribution of chocolates to interact club and Angel Xpress students of ALM Park

DATE: 9th Nov, 2023
BENEFICIARIES: - 50
AMOUNT (Rs): - 1,000/-

Senior Citizens of Aadhar Old Age Home



Senior citizens of Aadhar Old Age Home enjoyed the magic of music, dance and the shimmering lights of the festival of lights

DATE: 8th Nov, 2023
BENEFICIARIES: - 80
AMOUNT (Rs): -7,000/-

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DIWALI CELEBRATION

Children of Construction Workers



Diwali celebration with children of workers and women staying near Powai bridge under construction RCBMH members distributed snacks, chocolates, milk bottles, biscuits, cake and t shirts

DATE: 10th Nov, 2023

BENEFICIARIES: - 100

AMOUNT (Rs): - 20,000/-

Employees of Sher E Punjab Club



Staff of Sher E Punjab Club Gymkhana distributed chocolates on occasion of Diwali.

DATE: 10th Nov, 2023

BENEFICIARIES: - 30

AMOUNT (Rs): -1,000/-

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DIWALI CELEBRATION

Transgender Community a hand shake



Transgender community invited at RCBMH member residence for Diwali celebration. Sweets Snacks and Sarees were distributed to them

DATE: 12th Nov, 2023

BENEFICIARIES: - 10

AMOUNT (Rs): -nil

Tribals of Adivasi Pada of Dhavali Gaon near Aksa Beach



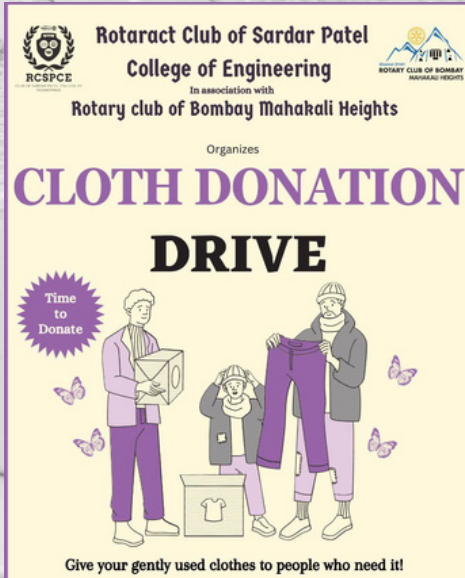
Shared sweets with the tribals of Vanvasi Kalyan Ashram residents. A project in collaboration with sister club RC of Biratnagar Central.

DATE: 13th Nov, 2023

BENEFICIARIES: - 40

AMOUNT (Rs): -7,000/-

Cloth Donation Drive



RCBMH members generously contributed clothes and usable items to be distributed by Rotaractors to the needy.

Children Day Celebration

DATE: 14th Nov, 2023

BENEFICIARIES: - 50

AMOUNT (Rs): -6,000/-



Distributed chocolates and biscuits to children of Malvani Slum

Club image Building



5 Members of RCBMH Club helped organising Drawing Competition in Lodha Eternis CHS Ltd. They were also Judges of the Competition.

Felicitation of Brave Hearts



Kashmiri girls doing skill development course were felicitated by RCBMH members.

Eye Check Up Camp



DATE: 19th Nov, 2023

BENEFICIARIES: - 20

AMOUNT (Rs): -6,000/-

Eye Check Up Camp organised at Azim Nagar , Patel Chawl CHS Jogeshwari West SV Road.

DATE: 19th Nov, 2023

BENEFICIARIES: - 67

AMOUNT (Rs): -15,000/-

Self Defence Workshop



**Self Defence
Workshop organised
for Interact Angel
XPress children**

DATE: 22nd Nov, 2023

BENEFICIARIES: - 50

AMOUNT (Rs): -2,000/-

Chocolates & Notebooks Distributed



**Angel X Press children
provided with
notebooks and
chocolates by RCBMH
Members**

DATE: 22nd Nov, 2023

BENEFICIARIES: - 50

AMOUNT (Rs): -5,000/-



Story Telling Workshop



**Story Telling Workshop
for residents of Desire
Society. A collaboration
of RCBMH & RCSPCE**

**DATE: 23rd Nov, 2023
BENEFICIARIES: - 30
AMOUNT (Rs): -1,000/-**

Old Usable Clothes Distributed



**Distributed old
usable clothes to
the poor sitting at
Metro Andheri
station.**

**DATE: 26th Nov, 2023
BENEFICIARIES: - 50
AMOUNT (Rs): nil/-**

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Membership Retention Drive



RCBMH co hosted New Member Orientation Programme held at Rotary Centre - Malad.

DATE: 26th Nov, 2023

BENEFICIARIES: - 2 RCBMH members

AMOUNT (Rs): 3,000/-

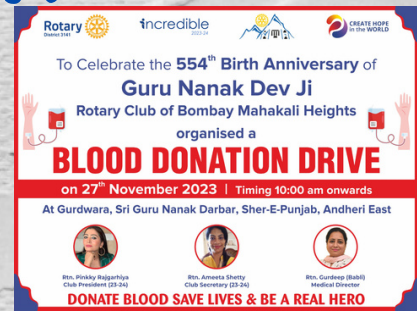
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To celebrate 554th Birth Anniversary of
Guru Nanak Dev Ji

RCBMH organised Blood Donation Drive at GURUDWARA



DATE: 27th Nov, 2023

BENEFICIARIES: - 28

AMOUNT (Rs): nil

Dental Camp at GURUDWARA



DATE: 27th Nov, 2023

BENEFICIARIES: - 25

AMOUNT (Rs): - nil

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To celebrate 55th Birth Anniversary of
Guru Nanak Dev Ji

RCBMH organised
Mental Health Awareness Campaign

Rotary

MENTAL HEALTH IS A UNIVERSAL HUMAN RIGHT	
MYTHS	FACTS
1. Mental illnesses are uncommon	1 in 5 has some emotional and behavioural problems. 1 in 8 has mental illness
2. Mental health problems are sign of weakness	They have nothing to do with being weak or strong. Anyone can develop mental illnesses like physical illnesses.
3. I don't have any stressors in my life so I can't suffer from mental illnesses	Presence of a direct relation to stress is not necessary for illness to occur. The biological and genetic factors predominate, for the occurrence of a mental illness.
4. All mental health problems are permanent	Most mental health problems are not permanent. They can be resolved with early adequate treatment and support.
5. People with mental illness are just crazy/ mad	Mental disorders are legitimate medical illnesses. Research shows there are genetic and biological causes.
6. All people with mental illness are violent	Only 3% to 5% of violent acts can be attributed to serious mental illness. In fact, people with serious mental illnesses are more likely to be victims of violence.
7. Psychiatric medicines make you dull and drowsy. They are sleeping pills.	All medications do not necessarily cause sleepiness. Most of the newer medicines are designed to adapt to the active lifestyle of the patient. Medicines help by correcting the underlying chemical imbalance.
8. Psychiatric medicines are addictive. You can't discontinue it.	Psychiatric medication are given in controlled doses and do not cause dependence. Not all illnesses need lifelong treatment.
9. Hobby class, yoga, gym & lifestyle changes can cure mental illnesses. Medicines are not needed. (Grab your reader's attention with a great quote from the document or use this space to emphasize a key point. To place this text box anywhere on the page, just drag it.)	All these are beneficial in promoting overall good health but these are not treatments for specific problems. Medications & psychotherapy of different types are needed for specific illnesses.
10. People who talk about suicide don't really do it.	Almost all the people who die from suicide had spoken about it before death.

HELP-LINE	
Aasra Trust	9820176644
Aasra Suicide Prevention Helpline	098204 69726
IPH Thane	022 2543 3270
The Samaritans Mumbai	084229 84529
Mpower (State Helpline)	1800 120 82050
Vandrevala Foundation	999966555
Shashiroha Counseling, Guidance and Training Institute	9422627571, 8275038382
iCALL Helpline	9820176645

SAY YES TO LIFE
(NO to suicide, NO to Drugs & NO to Screen addiction)

PAMPHLETS
Distributed

DATE: 27th Nov, 2023
BENEFICIARIES: - 80
AMOUNT (Rs): nil

Blankets & Ration Kits Distributed



to the Staff of
People's Mobile
Clinic

DATE: 27th Nov, 2023
BENEFICIARIES: - 25
AMOUNT (Rs): - 5,000