



Newsletter

JULY , 2024 - AUGUST , 2024

VOL. 01



ROTARY CLUB
OF MUMBAI
GHATKOPAR WEST

Spreading Smiles and Stories: Library Distribution at Old Age Homes

Date of Projects : 1st July , 2024

Continuing our commitment to community service, the Rotary Club of Mumbai Ghatkopar West recently undertook a heartwarming initiative under the Vibrant Baghbaan and Disability to Ability avenues.

In collaboration Ratnanidhi charitable trust, libraries filled with books were distributed across various old age homes, bringing joy, comfort, and mental stimulation to our senior citizens. Rotarians personally visited these homes, engaging with residents and sharing moments of warmth. Sweets were also distributed, adding a touch of festivity to the experience.

This project reflects our ongoing dedication to uplifting lives and serving with compassion, one thoughtful gesture at a time.



**At Matushree
Vridhashram Bhiwandi**

No. Of Beneficiaries: 16



**At Aadharwad Old Age
Home, Koparkhairane**

No. Of Beneficiaries: 10



**At Karuneshwar Old
Age Home , Panvel**

No. Of Beneficiaries: 45



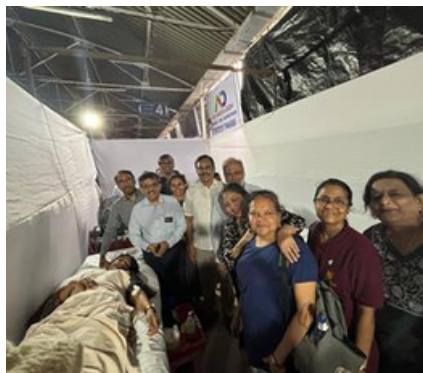
**DONATE BLOOD
SAVE LIVES**



Vibrant Life Saving Express

A Blood Donation Drive

The inauguration was graced by Chief Guest DGE Manish Motwani, who led by example by donating blood. Inspired by his gesture, President Shruti Dharamsi, Secretary Arun Ganapathy, Nikunj Shah, and Ann Heena Ketan Shah also stepped forward to donate, embodying the true spirit of service.



President and secretary
donating blood



Masik Chakra

A period awareness session was successfully conducted in collaboration with Menstrupedia at various schools. The session, designed for girls from grades 6 to 10, included the distribution of Menstrupedia comic books, a 20-minute educational video, pictorial explanations, and an interactive Q&A round. The girls from grades 6 to 10 participated, engaging in open discussions about menstrual health.



**Rajasbai Rajaram
Jagtap Vidhyamandir**

No. Of Beneficiaries: 227



**Shamanand
Bhatwadi**

No. Of Beneficiaries: 67



**Gyan Prakash
School**

No. Of Beneficiaries: 69



Masik Chakra

Other Glimpses



**Vivek
Vidhyalaya**

No. Of Beneficiaries: 45



**Vidyadeep
School**

No. Of Beneficiaries: 330



**Saraswati
Vidhyamandir**

No. Of Beneficiaries: 203



Masik Chakra

Other Glimpses



SIES North Bombay

No. Of Beneficiaries: 39



Sainath Hindi School, Vashi

No. Of Beneficiaries: 432



Salvation Army, Byculla

No. Of Beneficiaries: 80



Masik Chakra

Other Glimpses



Gyanvidhyamandir Powai

No. Of Beneficiaries: 100



Shree Sanathan Dharam Sabha

No. Of Beneficiaries: 100



Mulund High School

No. Of Beneficiaries: 130



Dr.Kusumati School , Kandivali

No. Of Beneficiaries: 27





Sustainable Tribal Welfare and Village Adoption

To discover innovative solutions to real world problems and explore potential collaborations with renowned IIT Bombay faculty and Rotarians.

No. of Beneficiaries: 70

Books and Stationery Distribution at Wada

As part of its commitment to supporting education and child welfare, the Rotary Club of Mumbai Ghatkopar West organized a meaningful outreach project at a school in Wada, benefiting 450 students. The children were provided with books and stationery kits to aid their learning, along with biscuits and chocolates to bring smiles to their faces. This thoughtful initiative aimed to encourage academic growth while spreading joy, reflecting the club's dedication to uplifting underprivileged communities through compassion and service.



Other Valuable Projects

Thalassemia Training Session



Members of the Rotary Club of Mumbai Ghatkopar West attended a Thalassemia awareness and training session at Jhunjhunwala College, gaining valuable insights to support future health initiatives.

No. of Beneficiaries : 453

Honoring SSC Toppers



The Rotary Club of Mumbai Ghatkopar West honored SSC exam toppers in recognition of their academic excellence, encouraging young achievers to continue striving for success.

No. of Beneficiaries : 21

Ongoing Commitment to Community Service

Apart from the above, the Rotary Club of Mumbai Ghatkopar West has undertaken many other impactful projects dedicated to the betterment of society, focusing on education, health, and community welfare.

Talk to Teens

District 3141

Rotary Club of Mumbai Ghatkopar West

Organizing

TALK TO TEENS
(ONLINE COUNSELLING & PSYCHODIAGNOSTIC FOR ADOLESCENTS) ON

GENDER DYSPHORIA

14th July 2024, Sunday
8:00 am to 1:00 pm

Resource Person

Rtn. Dr. GAURANG JOSHI
Psychologist & Neuroscientist (New Delhi)
MMR Hospital & Research Center, Bhopal

What is Gender Dysphoria?
"Gender Dysphoria is a term that describes a sense of unease that a person may have because of a mismatch between their biological sex and gender identity"

Symptoms :

- > Low self esteem.
- > Becoming withdrawn or socially isolated.
- > Depression or anxiety
- > Taking unnecessary risks

Teens having any complaint of above mentioned symptoms condition along with any psychological can contact for psychological counselling. All the details given by patients or caregivers will be kept confidential. For further details contact on 9427182209

Rtn. Shruti Dharamsi
President and Project Coordinator

Rtn. Arun Ganapathy
Secretary

A session on Gender Dysphoria was conducted by Dr. Gaurang Joshi, addressing 8 cases (5 male, 3 female) aged 14-27. A Rotarian from another Mumbai club showed interest but did not join due to privacy concerns.

No. of Beneficiaries : 8

Speaker Meeting by Mr. Harshad Ahirrao



In July, the Rotary Club of Mumbai Ghatkopar West hosted Jailor Harshad Ahirrao for an inspiring talk on prison reform. He was honored with a Vocational Excellence Award for his impactful work.

No. of Beneficiaries : 8



Financial Literacy Projects



Financial Literacy for Maids and Household Staff

The Rotary Club of Mumbai Ghatkopar West has also conducted sessions on financial literacy, helping individuals make informed decisions and build a secure financial future.

Spreading Patriotism Through Rakhi-Making for Jawans

01 Saraswati Vidhya Mandir

02 Vivek Vidhyalaya

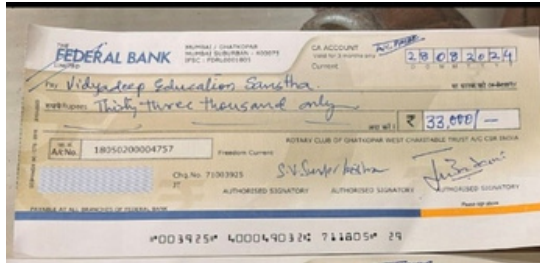
03 Vidhyadeep School



The Rotary Club of Mumbai Ghatkopar West has actively conducted Rakhi-making competitions in multiple schools, where students enthusiastically created rakhis. These were later sent to jawans stationed in Kashmir as a tribute to their service and sacrifice, fostering a sense of patriotism among the youth.

No. of Beneficiaries : 800





Fee payments for under privileged students

The Rotary Club of Mumbai Ghatkopar West supported fee payments for a few underprivileged students of Saraswati Vidyaniketan and Vidhyadeep School, helping them continue their education.

No. of Beneficiaries : 42

Other Projects

In the constant efforts of the club to the betterment of society, the club has undertaken several other impactful projects



Donation at Bapuji Children's Home , Mysore

During a visit to Bapuji Children's Home, Mysore, Rtn. Shruti, Amit, and his school friends distributed games, stationery, storybooks, and Menstrupedia comics, bringing joy and educational support to the girls and encouraging learning and creativity.

No. of Beneficiaries : 58



Independence Day at Vivek Vidyalaya

On 15th August, the Rotary Club of Mumbai Ghatkopar West celebrated Independence Day at Vivek Vidyalaya, felicitating Rakhi competition winners with medals and certificates. The event included performances, speeches, and chocolate distribution to all students.

No. of Beneficiaries: 600

Other Valuable Projects

Annapoorna



On August 30, 2024, the Rotary Club of Mumbai Ghatkopar West held an Annapurna Camp at Bharati Tai Office, Amrut Nagar. Led by V.P. Shaline Serpes and attended by Rtn. Dolly and Rtn. Shaline, with Rtn. Hemang Janghala as chief guest, the camp was made successful through generous contributions from club members.

No. of Beneficiaries : 51

Breast Cancer Screening



The Rotary Club of Mumbai Ghatkopar West organized a Breast Cancer Screening Camp to promote early detection and awareness. Women from the local community benefited from free screenings and guidance on preventive care.

No. of Beneficiaries : 60

Ongoing Commitment to Community Service

Apart from the above, the Rotary Club of Mumbai Ghatkopar West has undertaken many other impactful projects dedicated to the betterment of society, focusing on education, health, and community welfare.

Panic Disorder in Youth



Rotary Club of Mumbai Ghatkopar West
Is Organizing
Panic Disorder in Children and Adolescents

Date : 18th August Sunday
Time : 9:00am to 12:00pm

Resource Person
Rtn. Dr. GAURANG JOSHI
(Consultant Psychologist & Neuroscientist (Senior Fellow),
Mumbai Hospital & Research Center, BKC)

Symptoms of a panic attack include:

- Intense fearfulness (a sense that something terrible is happening)
- Racing or pounding heartbeat
- Dizziness or lightheadedness
- Shortness of breath or a feeling of being smothered
- Trembling or shaking
- Sense of unreality
- Fear of dying, losing control, or losing your mind

All the details given by patients or caregivers will be kept confidential.
For further details contact on 9427182209

Rtn. Shruti Dharamsi
President and Project Coordinator

Rtn. Arun Ganapathy
Secretary

As part of Dr. Gaurang Joshi's ongoing initiative, 67 children and adolescents with panic disorders received one-on-one consultations with their parents, offering guidance, awareness, and coping strategies to support mental well-being.

No. of Beneficiaries : 201

Harmonium Donation



The Rotary Club of Mumbai Ghatkopar West organized a Breast Cancer Screening Camp to promote early detection and awareness. Women from the local community benefited from free screenings and guidance on preventive care.

No. of Beneficiaries : 500



Meeting on Membership by Rtn.Sandip Kedia

The Rotary Club of Mumbai Ghatkopar West, along with six other Central Zone clubs, held a joint online session on Club Membership, led by District Coordinator Rtn. Sandip Kedia, focusing on growth and strengthening of Rotary clubs.

No. of Beneficiaries : 100

Other Projects

In the constant efforts of the club to the betterment of society, the club has undertaken several other impactful projects



Snacks Distribution at Vidhyadeep School

The Rotary Club of Mumbai Ghatkopar West conducted a snacks distribution drive at Vidhyadeep School, bringing smiles and joy to the students.

No. of Beneficiaries : 500



Navratri Fundraiser for Anganwadi Support

The Rotary Club of Mumbai Ghatkopar West participated as a Silver Host in a Navratri fundraiser organized in collaboration with Rotary Club of Mulund Hill View. The event supported Anganwadi initiatives, combining festive celebration with a noble cause.

No. of Beneficiaries : 200

Travel Magazine

Contact Us:

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et volutpat mauris



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