

AUGUST 1, 2025

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ROTARY CLUB OF ADDICTION PREVENTION 3141

NEWSLETTER



A Night of Purpose, A Year of Promise

The Installation Ceremony of President Rtn. Dr. Kruti Abhyankar & the Board of Directors 2025-26

Date: 4th June, 2025

Venue: Tummy Temptation, Mulund West, Mumbai

Chief Guest: Inspired District Governor Rtn. Dr. Manish Motwani

The Rotary Club of Addiction Prevention 3141 marked a significant milestone with the installation of Rtn. Dr. Kruti Abhyankar as President, Rtn. Vishal Patwa as Secretary & the Board of Directors for the year 2025–26.

Graced by the presence of District Governor Dr. Manish Motwani as Chief Guest, the event brought together club members, dignitaries, family and well-wishers in a spirit of service and new beginnings.

Dr. Kruti shared her plans for impactful initiatives. The ceremony concluded with optimism, energy and a collective commitment to making a meaningful difference in the year ahead.

Here's to serving from the heart and creating change that lasts...

JUMPSTART JULY

Laying the foundation for an impactful year



This Month in Numbers

- Total Projects Conducted: 11
- Total Projects launched: 2
- Total People Impacted: 2,200+
- Rotary Man Hours: 120+ hours
- Total Club Meetings: 2
- Fireside Meeting: 1

Making a difference, one project at a time

This month marks the beginning of a purposeful and impactful year for our club. With energy, empathy and enthusiasm, we've reached young minds, supported teachers and parents and tackled pressing challenges like digital addiction, substance abuse, and emotional well-being in schools and communities.

From eye-opening workshops to heartfelt conversations, each initiative reminded us why we do what we do to create safer, stronger and more aware citizens of tomorrow. Let's take you through this powerful beginning...

one project at a time!

Jeevandhara Project 1st July, Mulund Railway Station

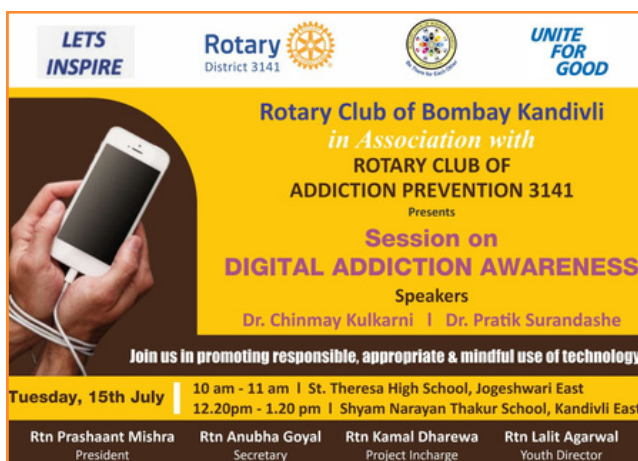
The Jeevandhara blood donation camp was conducted at Mulund Railway Station, led by RC Bombay Mulund Valley with the strong support of RC Addiction Prevention and 8 other Rotary Clubs as Gold Co-Hosts. The drive witnessed 99 enthusiastic donors, with 76 units of blood successfully collected.



Digital Detox & Cyber Security Awareness Session, 7th July

- 📍 USMS Vidyanidhi High School, Juhu
- 👥 Participants: Students of Grade 5 & 6
- 🕒 Time: 10:30 – 11:30 AM
- 🗣️ Speaker: Rtn. Vishal Patwa
- 👉 Organised by: RC Mumbai Royales

In an engaging and informative session, students were introduced to the concepts of digital well-being, healthy screen habits, and basic online safety. The session encouraged children to pause, reflect, and take control of their digital lives at an early age—an essential skill in today’s tech-driven world.

LET'S INSPIRE Rotary District 3141 **UNITE FOR GOOD**

Rotary Club of Bombay Kandivli
in Association with
ROTARY CLUB OF ADDICTION PREVENTION 3141

Presents
Session on DIGITAL ADDICTION AWARENESS

Speakers
Dr. Chinmay Kulkarni | Dr. Pratik Surandashre

Join us in promoting responsible, appropriate & mindful use of technology

Tuesday, 15th July | 10 am - 11 am | St. Theresa High School, Jogeshwari East
12.20pm - 1.20 pm | Shyam Narayan Thakur School, Kandivli East

Rtn Prashaant Mishra (President) | Rtn Anubha Goyal (Secretary) | Rtn Kamal Dharewa (Project Incharge) | Rtn Lalit Agarwal (Youth Director)

Digital Detox & Cyber Security Awareness Session, 15th & 16th July

- Digital Addiction Awareness Drive
- 📅 4 Sessions conducted over 2 days
- 👥 Audience Impacted: 250+ students and teachers
- 📍 Schools Covered:
 - Sharda Gyanpeeth International School, Malad East
 - St. Theresa High School, Jogeshwari East
 - Shyam Narayan Thakur School, Kandivli East
 - Swami Vivekanand High School, Jogeshwari East



In collaboration with Rotary Club of Bombay Kandivli, the sessions were conducted to educate young minds about Digital Addiction—its signs, effects and healthy digital habits.

“Success in Life” –A Motivational Talk for grade 9th and 10th students, 18th July

- 📍 Little Stars English High School, Worli
- 👥 Target Audience:
 - Grade 9 – 58 students
 - Grade 10 – 64 students
- 🗣️ Speaker: Rtn. Kishor Dadia (RECAP)
- 👉 Organised with the aim of inspiring students to pursue excellence and clarity in their life goals, this session on "Success in Life" is sure to leave a lasting impact.



Awareness Session on Mobile Addiction for Grade 4 Students, 18th July

- 📍 Venue: Bright Scholar's School, Amer, Jaipur
- 🗣️ Speaker: Rtn. Dr. Shalini Jha
- 👥 Participants: Around 90 students (ages 9–10) from Class 4
- 👤 Staff Presence: 4 faculty members

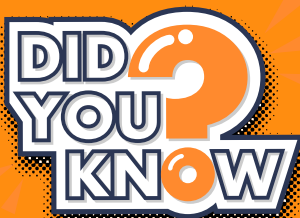
Dr. Shalini conducted an engaging session on mobile addiction, where she not only shared valuable insights about healthy digital habits but also interacted deeply with the students—learning about their personal mobile usage and perspectives. The session was interactive, informative, and left a strong impact on the young minds.



#CatchThemEarly: Awareness on Addiction Prevention, 24th July

- 📍 Venue: Jai Hind College, Mumbai
- 🗣️ Speaker: Rtn. Dr. Nilam Gada
- 👥 Audience: First-Year Students

The session focused on helping students understand the risks of vaping, hookah, and drug use—especially as they step into a phase of newfound freedom. Through real-life examples, interactive discussions, and reflection activities, the talk encouraged students to make informed, conscious choices and not be swayed by peer pressure. The energy in the room was electric, with students responding with curiosity, honesty, and a genuine willingness to learn.



Based on research from the National Center on Addiction and Substance Abuse (CASAColumbia), it has been found that -

“90% of people who have addictions started using before age 18, and those who reach 21 without misusing substances are significantly less likely to develop an addiction.”



Digital De-addiction Awareness in Action, 25th & 26th July

📍 Event 1: Students Academy, Malad East
 In collaboration with: RC of Lokhandwala Kandivali
 Date: 25th July 2025
 Speaker: Rtn. Dr. Trupti Pai
 Audience: Grades 5 to 10
 Total Reach: 250+ students and teachers



📍 Event 2: Wadala (College Students)
 In collaboration with: RC of Mumbai Uptown
 Date: 26th July 2025
 Speaker: Rtn. Dr. Trupti Pai
 Audience: 3rd-year college students
 Focus: Raising awareness on managing screen time, digital dependency, and building mindful tech habits

Substance Addictions Awareness Session: A Wake-Up Call, 29th July

- 🏫 St. Joseph's School, Juhu
- 👥 Number of Students: 440
- 🗣️ Speaker: Rtn. Dr. Nilam Gada

Students were engaged, curious and honest — a promising step toward preventing early risky behaviors and building a safer school environment.



Digital Addiction Awareness Session for Parents, 29th July

- 📍 Venue: Bright Scholar's School, Amer, Jaipur
- 🗣️ Speaker: Rtn. Dr. Shalini Jha
- 👥 Participants: Around 50 Parents
- 🔑 Key Highlights:

- The session encouraged parents to shift their focus from “screen-smart” to “heart-smart” and “mind-smart” children through the powerful slogan:
- 🗣️ “Hamare bacche screen se smart nahi, dil se smart aur dimag se smart banenge.”
- A thought-provoking role-play by the teachers titled ‘Kahani Ghar Ghar Ki’ illustrated real-life digital struggles in households.
- 🎁 All parents received a Screen-Time Alternative Art Kit — promoting creativity and screen-free bonding at home.





Empowering Education Through Digital Support, 29th July

- 📍 Venue: BMC Schools – Kandivali Irani Wadi & Sodawala Lane, Borivali
- 📁 Initiative: Free Subscription Coupons for Study Buddy App
- 🎉 Total Coupons Distributed: 230
- 👉 Courtesy: Rtn. Shri Kishor Dadia



- This initiative supports equitable education by making high-quality learning accessible to students from underserved schools.
- Heartfelt thanks to Shri Kishor Bhai for his generous contribution towards building a brighter future for our children.
- The students and school staff deeply appreciated this thoughtful gesture, which promotes digital learning with purpose.



Launch of Two Key Initiatives

Global Vimukti Yatra

A Global Movement Against Digital Addiction:

We are thrilled to announce the Global edition of the Vimukti Yatra.

A bold international movement to combat digital addiction through awareness, assessment, and training across the world.

Building on the success of the national campaign in India, the Global Vimukti Yatra aims to reach 25–30 English-speaking countries, partnering with Rotaract, Interact, Rotary, and Inner Wheel clubs worldwide.

Addiction Awareness & Support for the LGBTQIA+ Community

Led by Rtn. Dr.Soham Biswas
Youth Director, ReCAP

Recognizing the disproportionate rates of addiction and mental health challenges in LGBTQIA+ community, we launched a dedicated initiative within our Diversity, Equity & Inclusion framework. Our initiative brings awareness sessions, peer support and advocacy efforts tailored for queer individuals supported by NGOs and set to build safe, inclusive pathways for prevention and recovery

A Note to Our Changemakers

To every member of our club,

Your passion, your commitment, and your willingness to serve is at the heart of this movement

Every session conducted, every conversation started, every hand reached, it all counts. You're not just spreading awareness; you're shaping futures, offering hope and building a culture where prevention is possible and healing is real.

Let's continue to support one another, grow together, and remember why we started to create a world where our youth are free, focused, and flourishing.

**Keep showing up. Keep shining.
Together, we are unstoppable.**



Rtn. Dr. Kruti Abhyankar
Inspired President



Rtn. Vishal Patwa
Inspired Secretary

