

Rotary  
District 3141



ROTARY CLUB  
OF MUMBAI

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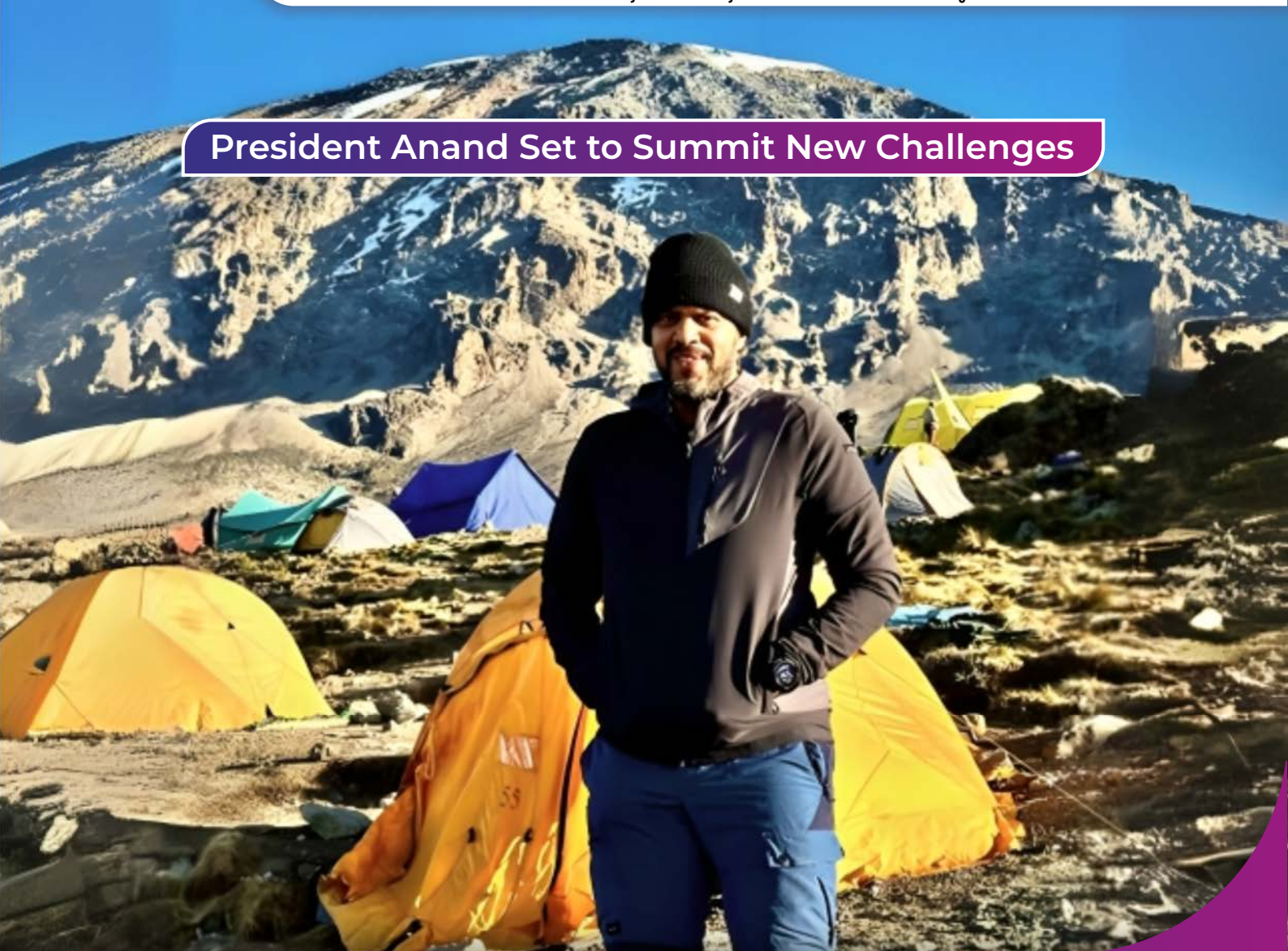
# Neo Vista

**LET'S  
INSPIRE !**

**UNITE  
FOR  
GOOD**

R.I. President: Rtn. Francesco Arezzo • DG 3141: Dr Manish R. Motwani • President: Rtn. Anand Bhadkamkar  
Chief Editor: Rtn Rakesh Kumar • Co-Editor: Meera Ramachandran • Design and Publication : Arun Wadhwa & Team Envisage  
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## President Anand Set to Summit New Challenges



ROTARY OBSERVES  
JULY AS **NEW  
LEADERSHIP MONTH**



# WHAT'S INSIDE?



**R.I. President:**  
**Rtn. Francesco Arezzo**

**DG 3141:**  
**Dr Manish R. Motwani**

**President:**  
**Rtn. Anand Bhadkamkar**

**Chief Editor:**  
**Rtn Rakesh Kumar**

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# MESSAGE FROM DG



**DG Manish and Mahek Motwani**

### **A New Dawn for District 3141**

#### **My Dearest Inspire Presidents,**

As the clock struck midnight and we stepped into the 2025-26 Rotary year, I'm filled with immense pride and excitement to congratulate each and every one of you on becoming the President of your respective clubs!

What an honor, and what a responsibility you've embraced.

Together, as the leaders of 124 incredible clubs, we stand at the threshold of an extraordinary year. Let's seize this moment, unite our passions, and truly Inspire and Do Something Great for our communities and beyond.

I believe in your vision, your dedication, and your power to make a significant difference.

Let's make this year one for the history books!

Ur Inspire First Lady and DG,

**Mahek and Manish Motwani**

## LET'S KNOW OUR DG



### Dr Manish R. Motwani

M.S. General Surgery  
Diploma Adv Weight loss Surgery – Lyon, France  
Diploma Adv Laparoscopy – SGH, Singapore  
Fellowship in Revisional Bariatric Surgery, Brugge – Belgium  
Fellowship in Metabolic and Bariatric Surgery, OSSI  
Laparoscopic Weight Loss Surgeon

**“Honor bespeaks worth,  
Confidence begets trust,  
Service brings satisfaction.”**

He is the founder and Chief Bariatric Surgeon at Aastha Bariatrics, which is a Centre of Excellence (COE) in Metabolic and Bariatric Surgery, amongst the 2 centres in Mumbai and 10 in India to get this recognition. In his career as a Bariatric Surgeon spanning over 2 decades, he has operated thousands of Obese patients and is the highest volume centre in Mumbai and amongst the top 5 Bariatric Surgeons in the country.

Dr Manish Motwani is also a Senior Bariatric Surgeon (Weight Loss Surgeon) at Breach Candy Hospital and owns a 50 bedded Speciality Laparoscopic Hospital, Aastha Health Care. He has acquired various Fellowships and advanced training in Bariatric Surgery from every renowned centre across the globe including:

Diploma Bariatric Surgery, Lyon; France  
Fellowship Bariatric Surgery, Brugge; Brussels  
Fellowship Revisional Bariatric Surgery, Brugge; Brussels  
FALS (Fellowship in Advanced Laparoscopic Surgery) Bariatrics, India

He has been a Key Opinion Leader, National Trainer and faculty for Bariatric Surgery with Ethicon, Medtronic and Lotus India

Has been a National and International faculty at various seminars, conferences and workshops all over the world.

He is the Executive Council Member OSSI (National Governing body for Metabolic and Bariatric Surgeons in India) and National Advisory Council for National Conference of OSSI. Has published scientific papers and articles in various International and National journals and been interviewed on National News channels close to 100 times in the past two decades.

Joined Rotary as a Charter member of Rotary Club of Mulund Hill View in 2001 and was President in 2007-08

He has been at the helm of almost all Avenues including and not limited to Membership/ Rotary Foundation/ Community Service Medical/ Non-Medical/ Youth/ Public Relations/ Publications and all administrative positions including AG/ DS/ Chief Coordinator AKS/ Chief Coordinator District 3141 in his Rotary journey, to be finally elected as the District Governor for Rotary 3141 for the year 2025-26

He introduced the concept of E-learning and E-administration in our District way back in 2014-15.

He has published 3 Rotary books, latest being Brush up ur Rotary knowledge, which was released in 2022-23.

As a New Club Advisor, he has formed 3 clubs, RC Mumbai SOB0, RC Mumbai Greens and RC Medical Crew and has personally sponsored more than 45 members to Rotary, in District 3141, India and abroad

He has produced and coordinated talk shows promoting Rotarians all across the district – VizBiz talks in 20-21 and AlphaBytes in 22-23

He has been the Convener for almost all District fellowship events, training seminars, DG Installation, District Conference and Awards nights in his Rotary career spanning 25yrs.

He has been awarded the 'Five avenues of service' citation and the 'Club Builder Award'

His partner Dr Mahek Motwani is an Aesthetic Gynecologist and a Cosmetologist who runs her brand The Pinnk Door – Centre for Cosmetology across Mumbai. She is also a Past President from Rotary Club of Mulund Hill View. They are blessed with a beautiful daughter Tanya, who is following the path of her parents and pursuing Medical studies.

Dr Mahek and Dr Manish are a Major Donor Couple.

## FROM THE INSPIRE PRESIDENT



### Anand and Pallavi Bhadkamkar

**Dear Neokars,**

As I step into the role of President of the Rotary Club of Mumbai Neo for the year 2025–26, I do so with deep gratitude and enthusiasm. Joining Rotary in 2022 was driven by a desire to give back to society—and, over time, contribute meaningfully to the community we’re part of. In just three years, the journey has been filled with heartfelt experiences and lasting connections. Above all, I’m truly thankful to Rotary, through which I’ve met this extraordinary group of Neokars.

#### ***Gratitude for a Vibrant Foundation***

As we begin a new Rotary year, my sincere thanks to IPP Sridhar and the 2024–25 Board of Directors for steering our club through a truly vibrant chapter. Setting the tone and driving new initiatives is no easy feat, yet Sridhar and our senior Rotarians have done just that—laying a strong foundation of leadership, dedication, and purpose that propels us forward with confidence and unity.

#### ***A Strong Beginning to the Inspire Year***

This year started on a promising note—with enthusiastic Neokars already driving impactful initiatives in the very first week. One such milestone was the successful installation of the

Interact Club at St Stanislaus International School, underscoring our commitment to nurturing young leaders and fostering intergenerational impact through Rotary.

#### ***Member-Driven Projects, Member-Led Change***

Our focus this year will be to launch and grow social impact projects born from member ideas. Your passions, lived experiences, and creative thinking will shape our club’s agenda—making every initiative a true reflection of our collective spirit. We’re proud to continue flagship projects such as Annapoorna, Bottles to Benches (Books), Adhar, Specially, and Happy Strays, while exploring new ones together.

#### ***District Collaboration: Stronger Together***

Rotary is powered by unity. From its inception, RCMN has actively engaged in district-level collaborations. Many Neokars play leadership roles and contribute significantly to various district initiatives. This year, we will continue to support efforts that align with our core areas—be it environmental action, youth development, or community health—amplifying our role in driving meaningful change.

#### ***Fellowship That Sparks Joy***

Friendship is the soul of Rotary—and Neo exemplifies that spirit. We will cultivate more moments of togetherness, celebration, and shared joy—bringing families closer, reviving traditions and ensuring that laughter and warmth remain central to our fellowship. I look forward to open conversations, shared ideas, and moments that remind us why we chose Rotary: to serve, to grow, and to belong.

Let’s shape a Rotary year defined not just by our accomplishments, but by the heart and unity behind them. Let us **Unite for Good.**

#### ***Anand Bhadkamkar***

President, Rotary Club of Mumbai Neo 2025-26

# FROM THE OUTGOING PRESIDENT



**Sridhar Ramasubramanian**

### **The Last Word... Lost for Words**

**Dear Neokars,**

*"Rotarians are very much more favorably disposed towards action than they are towards words."*  
- Paul P. Harris

Paul Harris certainly sums up my year as President very nicely. Our Club is a beacon of hope and positive change, and I am honored to have served as your President.

The past year (RY 2024-25) has been filled with moments of inspiration, camaraderie, and impactful service to the community. In the words of Mahatma Gandhi, "The best way to find yourself is to lose yourself in the service of others." Our club exemplifies this spirit of selfless service, and together, we've achieved remarkable feats that have touched the lives of those in need. Let us continue to be a force for good in our community and beyond.

I am incredibly proud of what we did together...over 2400 hours of service, 200+ projects or activities, 35 of our members were involved in one or more activities or projects, good fellowship, surpassing our Foundation giving goal, and so much more.

There are many thanks to give out, but the bottom line is that I was blessed to have a wonderful team to work with and thank you to each and every one of you.

Would like to end as below:

"For last year's words belong to last year's language. And next year's words await another voice. And to make an end is to make a beginning."

Best wishes to the Inspire President 2025-26, Anand Bhadkamkar and his board and the entire Neo team a successful and wonderful Rotary year with lots of fun and happiness.

**Sridhar Ramasubramanian**

Outgoing President 2024-25, Rotary Club of Mumbai Neo



# RI PRESIDENT FRANCESCO AREZZO'S ADDRESS TO CALGARY CONVENTION



## Francesco Arezzo

I want to express my gratitude to President Stephanie and the Rotary Board for entrusting me with the opportunity to lead this great organization.

This past year, Rotary has faced global challenges with a firm heart and determination, blazing a trail for peace — and spreading The Magic of Rotary far and wide.

Let us start with our annual message, Unite for Good. Let us examine it for a moment. In my opinion, it is an extraordinary message in its simplicity, brevity, and impact.

Unite: to unite, reconcile, gather around. Unite can be understood in two different manners. You have to unite in space and time. Uniting in space means involving all members, but not only members, in our service. It means involving organizations that function as partners, local administrations, other voluntary associations.

In short, it means “expand our reach.”

It means increasing our membership. In many parts of the Rotary world, we are not growing. In fact, we have been losing membership for years. This remains one of the areas of action we will have to focus on during this year. The

most effective way to increase membership is, first of all, to increase retention. We lose too many members, especially members admitted in the previous two to three years. Maybe they did not find what they were looking for? Maybe the club experience was not what they expected? Improving the club experience must be another imperative during the year, making ample use of all the possibilities we have to apply great flexibility.

Unite also means expanding one's reach and working to benefit not only the local community but also needs far beyond our borders. In short, unity means working in harmony, building bridges, involving as many people as possible to achieve more and more effective results.

Unite can also be understood as unity in time. In other words, it points to the need to work serenely with those before you and those after you. An annual project can be limiting. A project that lasts one year will rarely be transformational but will always remain on the surface of the problem. If we really want to change the world and people's lives, we must plan bigger, with multiyear projects. Our assignments may only last one year, but we must work and plan with those who precede us and with those who follow us. Remember, it is never my year; it is always and only the year of Rotary.

*What are my goals?*

First, along with membership, is the eradication of polio. We are always a few steps away from a success that is denied from year to year. We can do it — we have the means and the right partners; we have our infinite tenacity. We can do it. And we will do it.

And the last goal is peace.

That's it: polio, membership, peace.

Peace for me is what we do best and what we do every day. Taking a young person to a peace center or sending a young person to another

country on a Youth Exchange is working for peace.

Preventing and curing disease is working for peace.

Providing clean drinking water or sanitation where there is none is working for peace.

To have women give birth in a safe environment and take care of their children is working for peace.

To improve the environment in which we live, to support girls' education, to give economic support to those who cannot open their businesses, all this is working for peace. We are a great, immense machine that has been working for peace for more than a century.

I am confident that you will give me all the support and affection I have always found in Rotary.

Together, we can unite.

We can unite to change lives, including our own.

We can unite to change communities, right around the corner and half a world away.

We can unite to change our world for the better, not just for us, but for generations to come.

Together, we 'Unite for Good'.

I love you, try to love me a little.

Thank you all.

**Fransesco Arezzo**

RI President 2025-26

June 25, 2025

## INSPIRE NEO TEAM FOR 2025-26

President	Anand Bhadkamkar	Officer*
Secretary	Jyoti Hariharan	Officer*
President Elect	Natasha Dcosta	Officer*
Vice President	Narinder Madan	Officer*
IPP	Sridhar Ramasubramanian	Officer*
Treasurer	Sridhar Ramasubramanian	Officer*
Sergeant at Arms	Meera Ramachandran	Officer*
Club Admin	Nidhi Jain	Director*
Membership	Alok Ranjan	Director*
TRF	Datta Bhagwat	Director*
Public Image	Suresh Jayaram	Director*
Community Services (Including Non-Medical)	Arun Wadhwa	Director*
Youth	Mehek Wadhwa, Daksha Bhagwat	Director
Medical	Kala Sridhar	Director
Vocational Services	Rita Rego	Director
RSW	Natasha Dcosta	Chair
District Strategic Planning	Arun Wadhwa	Chair
District Communication	Kala Sridhar	Chair
District Thrust Area	Rahul Jain	Chair
Club CSR/Fund Raiser	Hariharan Sivaramakrishnan	Chair
Club Learning Facilitator	Hemang Jangla	CLF
Club Newsletter	Rakesh Kumar	Editor
Club Newsletter	Meera Ramachandran	Co-Editor
Advisor	Rakesh Kumar	Advisor



## NEO MINES PLATINUM IN VERY FIRST YEAR

During the District Shukriya event at St. Regis on the evening of June 28, RCM Neo had the distinction of bagging a Platinum trophy in its very first year due to its all-round performance.

The Platinum trophy, and  
Vibrant President Sridhar  
with the trophy.



Hemang Jangla won the  
Vibrant Vibhushan award



Arun Wadhwa bagged the Vibrant Bhushan award



Vibrant Assistant Governor  
award for Kala Sridhar



Jyoti Hariharan was lucky  
with the draw

# CHANGE OF GUARD



**Rakesh Kumar**

As the clock struck midnight on June 30, a new chapter began for the Rotary Club of Mumbai Neo. Anand Bhadkamkar officially assumed the mantle of President, ushering in an energetic team poised to carry forward the Club's mission of 'Service Above Self' and hearty fellowship. The transition occurred with the same precision and grace that define Rotary's global leadership handover – an annual ritual that underscores continuity, fellowship, and shared purpose.

Outgoing President R. Sridhar leaves an indelible legacy. Under his stewardship, Mumbai Neo achieved remarkable milestones – most notably clinching the prestigious Platinum Trophy from our District Governor in recognition of exemplary service, membership growth, and impactful community projects. Sridhar's tenure was marked by initiatives that leveraged the passions and strengths of our

own members. His leadership not only raised the Club's profile but also deepened our collective resolve to serve those in need.

Anand Bhadkamkar steps into this role with a spirit of adventure that mirrors his personal passion: mountaineering. An accomplished mountaineer, Anand has summited Mount Kilimanjaro and scaled several other formidable peaks. His experience in scaling difficult peaks has instilled in him resilience, teamwork, and optimism – qualities that he now brings to Rotary leader-

**The annual leadership transition in Rotary is more than a formal handoff; it is a living testament to the strength of our organizational structure.**

ship. Just as climbers rely on one another to navigate difficult terrain, Anand envisions the Club advancing hand in hand, supporting each member's growth and every project's success.

The annual leadership transition in Rotary is more than a formal handoff; it is a living testament to the strength of our organizational structure. At precisely 00:00 hours on July 1, Presidents-designate

around the world step forward armed with the guidance and goodwill of their predecessors, and structured learning facilitated by Rotary. This is replicated at every level of the Rotary world up to the RI President, and the Rotary wheel turns anew. This seamless process ensures that momentum is not lost, aspirations do not remain partially fulfilled, and the spirit of service carries on.

Under President Anand's guidance, Neo will build on Sridhar's achievements while charting fresh pathways. Our projects will benefit from his leadership style, forged in high-altitude challenges. We can look forward to innovative projects that harness the Club's collective strengths, guided by Rotary's ethical framework and commitment to lasting change.

As we celebrate this momentous installation today on July 25 in a ceremony steeped in tradition and camaraderie in the presence of DG (Dr.) Manish Motwani, let us salute both past and future. To Sridhar, let us offer heartfelt gratitude; to Anand and his team, let us pledge our whole-hearted support. Together, we will scale new heights of service, knowing that the Rotary ideal – of building goodwill and better communities – remains our highest summit.

**Rakesh Kumar**  
Editor, Neo Vista



# MAKING LIFE MEANINGFUL

What makes life meaningful may differ for different people, but what is common to all is finding a sense of belonging and doing something for the greater good of society.

Having joined the Rotary Club of Mumbai Neo a couple of months back, I found opportunities for fulfilling both of these.

I was looking for a place where I could meet like-minded people, to get a chance to interact with persons who share the same mindset as me and want to make a positive impact in the community.

During the briefing for the Fireside Meeting that was held on 29th March, among the reasons mentioned for joining Rotary were the following:

- a) Fellowship – enjoying social events and activities with fellow Rotarians
- b) Service opportunities – participating in local and international service projects to make a real difference in people's lives.

For me, the most delightful opportunity for fellowship was through the playreading activity conducted by Rtn. Meera Ramachandran and

myself on 24th April. It was an innovative approach to bonding and enjoyment among club members.

My chance for volunteering for a service project came very recently during the Cleanup Drive at Aarey Forest on 8th June, an endeavor organized by Rtn. Natasha Dcosta and Start Upcycling Now.

So, in the area of making life meaningful, the Rotary Club of Mumbai Neo has earned a 5-star rating from me.

Yours truly,

**Dr. Roshmi Roy**

## NEO MEETINGS

# SHUKRIYA NITE

*By Sharika Kaul*

Shukriya nite was celebrated by the Neokar family on June 19 – a celebration of the year gone by under the inspiring leadership of President Sridhar. The evening honored Sridhar for his contribution to the life and journey of RCM Neo. Our performance has been regarded as being truly extraordinary in District 3141, and fetched Neo the Platinum Club award at Vibrant Rotary Awards held on June 28.

Sridhar acknowledged each member individually, enumerating their contributions during the year. Paintings done by Jyoti and ear-rings courtesy Jyoti were gifted to all the ladies.

Four talented Neokars – Meera, Rakesh, Rakhi and Roshmi – enacted a 3-minute performance that encapsulated the highlights of Sridhar's leadership, much to the delight of the audience.







This was followed by acknowledging TRF contributions of Neokars Sridhar and Kala (PHF+2); Rahul, Anand, Datta, Arun and Mehek (PHF+1); and Jyoti and Hari (PHF). Sridhar acknowledged Meera and Narinder for their donations towards the Adhar Project.

Neo newbies gave a slice of their experience post joining the Neo family, as the oldies rallied members' attention to various titbits about their Rotary journey. The night became more magical

when a printed copy of Neo Vista was launched by the President.

The feeling of bonhomie was compounded by melodious songs of Kishore Kumar sung by the talented Parag Mahajan from ARK Eventts, which made all Neokars let their hair down. He, along with music arranger Deva Banger, attended the event as guests. The room was filled with some rocking dance moves and uninhibited vocals from some of our Neokars.

## CLUB ASSEMBLY

*By Rakesh Kumar*

The first club assembly for the Inspired Year 2025-26 was held on July 3 at The Club. Assistant Governor Rakhi Sunil conducted the assembly.

The budget for 2025-26 was passed. Directors presented their plans for the Inspired Year. AG Rakhi was effusive in her praise of our Club, and gave guidelines and targets for the year. She pre-



sented badges to Neo members of the District team. The meeting ended on an upbeat note.

## NEO PROJECTS

### ANANDOTSAVA – ANAND HI ANAND

*By Meera Ramachandran*



As Rtn Anand took over as president of Neo on 1st July, District 3141 decided to hold

Anandotsava, of which our club was a lead host. It was a two-in-one event. For one, the day being 'Doctors Day', a group of doctors, specialists in diverse fields, serving in different hospitals, came together to regale the audience by pelting memorable melodies of Hindi cinema of yester years, ably supported by an orchestra of highly competent instrumentalists. Secondly,

the special invitees for the show were Senior Citizens from Rotary and care-homes. Along with being entertained, they were also provided with health tips in between songs, such as on care of heart, dental implants and lasik surgery. Their very presence was equal to receiving elders' blessings for a successful new Rotary year. Hence the evening was really an Anandoseva!

Another special feature of the event was a background video that ran information on the expertise and hobbies of the performing doc-

tors as well as details of the makers of each song and the context in which it was sung. This added knowledge to melody and greatly enhanced the aesthetic stature of the program. About a dozen Neokars attended the show and Kala Sridhar was felicitated for her contributions in organizing the event as District Avenue Chair. Actor, director and theatre coach Juhi Babbar was chief guest, and her cheer for the performers added to the joy and verve of the evening. Chief host DG Dr. Manish Motwani himself could not resist rising up to shake a leg.

## INTERACT AT ST STANISLAUS

**By Mehek Wadhwa**

The Interact Club of St Stanislaus International School, Bandra was installed on July 9 in the presence of Neokars Anand, Mehek and Natasha, and AG Rakhi Sunil.

The emblem of St Stanislaus reads "Born for Greater Things". In his speech, Anand mentioned that it aligns with the Rotary motto of "Service Before Self".



## ADARSH VIDYALAYA INTERACT CLUB

**By Mehek Wadhwa**

On June 30, Kala, Natasha and myself visited Adarsh English School in Goregaon West to brief them about Interact Club activities, projects and benefits. We met their principal and two more teachers. They decided to form an Interact Club. Kala has applied for the Charter, which is expected shortly.

The school expressed their desire to start the activities even before receiving the Charter: a speaker session on time management cum goal setting cum managing stress.



## ROTARACTORS PROMOTE MENSTRUAL HYGIENE

**By Meera Ramachandran**



On June 21, members of our Rotaract Club of LS Raheja School of Architecture carried out a menstrual hygiene awareness and sanitary pad distribution drive at Desire Society, Malad.

## EXPRESS EYE CHECK-UP AT SSS

**By Rakesh Kumar**

An eye check-up camp was held at Shivaji Shikshan Sanstha Technical School, Ghatkopar on July 15. Rtn Hemang Jangla mobilized as many as 18 doctors to complete the check-up for over 300 students in one day.



## ADARSH AND KES PUPILS SENSITIZED ON WASTE MANAGEMENT

**By Rakesh Kumar**

Natasha Dcosta delivered a lecture to the students of Adarsh Vidyalaya, Goregaon on June 30 on waste management and the Bottles to Books project. She sensitized the pupils of KES School on the same topic on July 14.



## ROUND-UP OF PROJECTS IN JUNE-JULY

**By Narinder Madan**

### JEEVANDHARA

District 3141 began Rotary Year 2025-26 by conducting a blood donation camp at eight railway stations in Mumbai. Our club RCMN participated in this drive at Andheri station. In this project Jeevandhara, some Rotaractors also participated. Several Neokars visited

Andheri station to encourage the youngsters: President Anand, Kala, Suresh, Narinder, Roshmi, Sharika, Daksha and Rakhi. A total of 610 units of blood was collected, of which the maximum collection (104) was at Andheri. CPR training was also given as a part of the project.



### EMPOWERING YOUNG MINDS

Rotary Club of Mumbai Neo's first project for 2025-26, 'Empowering Young Minds', aimed to support underprivileged community children in Vile Parle West. On July 1, the club distributed geometry boxes to students, promoting education and creativity, in the presence of President Anand and Rtn Hemang Jangla. IPP R. Sridhar sponsored the geometry boxes.

The objectives were to promote education: support students with essential tools; foster creativity: encourage learning through geometry and mathematics; and community engagement: to engage with local children and promote Rotary values.

### ROSHMI SPONSORS STUDENTS AT SPARK-A-CHANGE

Rotarians are known for their generosity in giving back to the society. Our club RCMN is always ready to help. Our member Roshmi is an ardent believer in education for the young generation.

In association with the NGO Spark-A-Change, she has donated the college fee of two young students Sumit Vishwakarma and Ritika Shukla for pursuing BA (Psychology) during the session 2025-26.





# CONTENTMENT IS WEIRD — AND THAT'S WHY WE MISS IT

**By Kirti Mishra**

*Let's be honest: nobody ever taught us how to be content.*

We were taught how to succeed, improve, and optimize. We've got calendars synced across devices, sleep tracked to the decimal, and podcasts queued up between errands. But when was the last time someone said, "You're doing just fine. Stay right there"?

Probably never.

Because contentment, in the age of ambition, sounds suspiciously like laziness. If you're not chasing the next thing, are you even trying?

That's the trap.

We've grown up believing happiness is something to be earned — like a bonus or a badge. But contentment? It's quieter. Less about achievement, more about how peacefully okay you are without one. Which is weird. Because it's not exciting. No one claps when you say, "I'm feeling steady and peaceful today."

In fact, contentment usually sneaks in when you're not paying attention: barefoot in the kitchen while the kettle boils. A friend laughing mid-sentence. A parking spot on the first try.

It's never dramatic. That's why we miss it.

We keep chasing loud happiness when maybe we were meant to notice the soft kind.

That doesn't mean we stop striving. It just means we learn to rest without guilt. That we allow pauses without panic. That we stop waiting for perfect and start appreciating "okay" — because most of life happens in the in-between.

We're often so focused on growth, we forget to ask if we even like the direction we're growing in. *Mental well-being isn't always about fixing. Sometimes, it's about allowing.* Letting a moment be enough. Letting yourself feel joy without needing to post or prove it. Contentment isn't flashy. But it's strong. It holds us steady. It

reminds us we don't have to be extraordinary to feel fulfilled. *Happiness is the song.*

*Contentment is the quiet hum that makes life sing in tune.*

So here's a wild idea: What if we stopped treating calm like a warning sign? And what if — just for today — we let something simple be enough

## AWAKENING

**By Dr. Roshmi Roy**

How much do we taste of life?

So much to see, so much to experience...

Lost in the calculation of loss and gain,  
We buy and sell away all those precious moments

Talking, chattering and bickering about  
the mundane.

Where is the beautiful, serene silence,  
The all-pervasive peace?

Can you close your eyes and  
feel His presence?

Can you feel the rhythm of life  
Throbbing in your veins with  
the pulsebeat of the Universe?

A little bird came and whispered to me  
"Look! The sun is out, the sky is so blue.  
Why do you sit there moping  
When Nature, decked in her Sunday best,  
Is inviting you to join the fest?"

This was my awakening...  
I resolved to shake off the past  
Forget the regrets, the pain,  
and make a new start  
With each dawn comes a new beginning  
On a new horizon I choose to set my heart.

# NEOKARS IN KEY POSITIONS AT RMB

**By Meera Ramachandran**

On July 12, Neokars Arun Wadhwa and Natasha Dcosta were installed as President and Treasurer of RMB Mumbai Numero Uno, by District Governor (Dr.) Manish Motwani. Charter President PDG Sunnil Mehra also graced the occasion.

RMB stands for Rotary Means

Business and is a Fellowship of Rotarian entrepreneurs. Its aim is to provide professional networking and business expansion opportunities. Neokar Hemang Jangla is past president of Mumbai Numero Uno – the first RMB chapter in Mumbai.

In his inaugural address, Arun highlighted his focal areas,

which include facilitating hiring of the specially abled, setting up business booster clinics, providing certification for Rotary Verified Businesses and offering internships to children of Rotarians.

Congratulations and best wishes to Arun and Natasha. Neo is proud of you.



To Know More :

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