



ROTARY CLUB
OF MUMBAI

Neo Vista

R.I. President: Rtn. Stephanie A. Urchick • DG 3141: Rtn. Chetan Desai • President: Rtn. Sridhar Ramasubramanian
Chief Editor: Rtn Rakesh Kumar • Co-Editor: Meera Ramachandran • Design and Publication : Arun Wadhwa & Team Envisage
For Private Circulation Only. Please send your contributions to rakesh.r133@gmail.com

Hope at Adhar Home

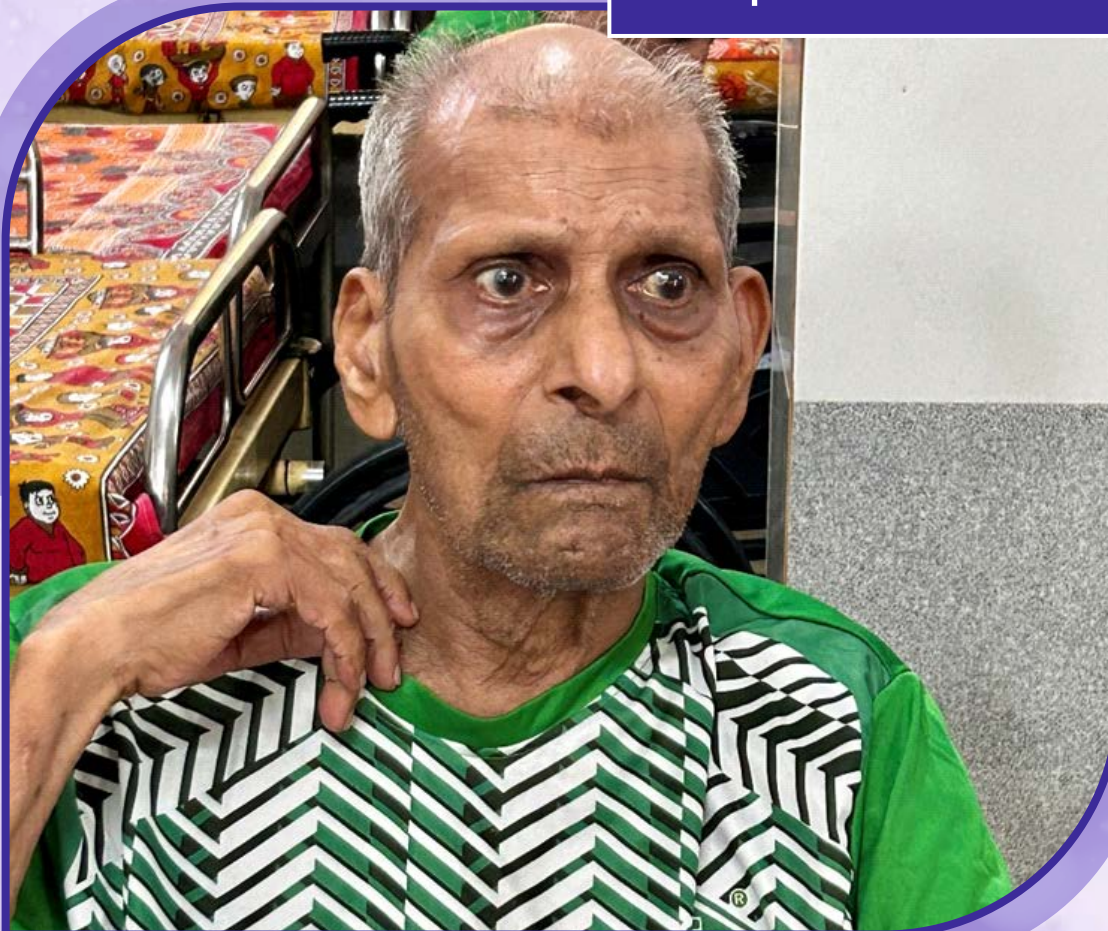


Photo credit: Rakesh Kumar

ROTARY OBSERVES
MAY AS
**YOUTH SERVICE
MONTH**

MAY IS



**YOUTH
SERVICE
MONTH**

"We cannot talk about the future without talking about children. They are our future." - PRIP James L. Lacy 1998-99

Rotary  YOUTH

www.rotary.org

WHAT'S INSIDE?



• NEO MESSAGES	3
- From the Vibrant Neo President, <i>by President Sridhar R.</i>	
- Impact Table, <i>by President Sridhar R.</i>	
- Message from Rotary International President, <i>by Stephanie A. Urchick</i>	
• NEO MUSINGS	6
- Discovering a New Dimension of Artistic Expression, <i>by Rakesh Kumar</i>	
• DISTRICT DIARY	7
- District Learning Assembly, <i>by PDG Sandip Agarwalla</i>	
- A Walk into Old Mumbai, <i>by Sharika Kaul</i>	
• NEO MEMBER PROFILE	10
- Arun Wadhwa: Built by Challenges, Driven by Purpose	
- Mohini Ranadive	
- A S Venkatesh	
• NEO MEETINGS	14
- Birth of the Neo Thespians, <i>by Dr. Roshmi Roy</i>	
- Club Meeting Offers Double Feature, <i>by Rakesh Kumar</i>	
• COLUMN	16
- Trigun Sadhana, <i>by Mehek Wadhwa</i>	
• THE WORLD OF NEOKARS	17
- Pradnya Weds Manish	
• THE INDOMITABLE NEO SPIRIT	18
- The Story of Deven, <i>by Rakesh Kumar</i>	
• NEO CONTEST	18
- Caption Contest – May 2025	
- Winners of the April Contest	
• NEO PROJECTS	19
- The Special Adhar Universe, <i>by Suresh Jayaram</i>	
- Round-up of Projects in April, <i>by President Sridhar R.</i>	

FROM THE VIBRANT NEO PRESIDENT



Sridhar Ramasubramanian

Dear Neo-kars,

I write this message with a heavy heart. On April 22, terrorists killed innocent people of the country in J-K's Pahalgam. The entire country is in mourning and in pain following this incident. We stand with the families of the victims and pray to God for giving them maximum strength to bear their invaluable loss. From a pre-World War I resolution calling for "the maintenance of peace" to our continuing support for Rotary Peace Centers, Rotary and its members have a long history of promoting peace and working to address the underlying causes of conflict in communities around the world. We, at all Rotary, must do whatever is required to drive this agenda. Our government needs support and solidarity during this time and am sure Rotary and its family and the entire universe is together at all times, driving this agenda.

As the countdown for the Vibrant year end (RY 24-25), its time to celebrate and cherish the milestones/ goals set and memories of the year.

We started the new Club RC Mumbai Neo with set objectives and laid down our priorities. A club's strength lies in membership and we did that well by slowly and steadily adding new members (more importantly new Rotarians). Moved from 22 members to 36 members in 8 months' time (50% growth). The highlight of it, being the diversity and inclusiveness in the member classification which brought in more values to our objectives.

Each and every member had worked very hard to drive impactful projects across all 7 focus areas and avenues of Rotary. We managed to deliver more than 180 + projects in last 10 months and with 2 more to go, am sure we will reach a new benchmark of 200 projects in a single year. This would not have been possible without support of all our members, their families, our partners, our fellow Rotary clubs/ Rotarians and Rotary district 3141.

Though a new Club, we have established our image in a short time with huge participation across district festivals, conferences, project initiatives and more importantly contributing US\$ 3564 towards The Rotary Foundation (TRF). We bagged the title of "100% Foundation Giving Club" and "EREY" status.

We continued our bonding through various fellowships and the last quarter of RY 24-25 witnessed/witnessing many fellowships.

Having had an incredible vibrant year so far, it's also time for us to prepare well for "INSPIRE YEAR 25-26" and our President Elect is putting all efforts towards the same. 60 more days to go. That doesn't stop us from continuing with our service to the community but only double energize all of us to gear up for incredible years ahead.

Sridhar Ramasubramanian

President, Rotary Club of Mumbai Neo 2024-25

Project	Date	Type	Avenue	No of Beneficiaries	No of Volunteers	Man Hours	Cost	Sponsor	Comments
1	29-Mar-25	CPR training camp at Electoral officers, Andheri. Coordinated by Arun and attended by Rakhi Desai, Mehek	Medical	100	2	6	0	RCMN	Rtn Arun, Rakhi, Mehek
2	12-04-25	Adhar Visit by RCMN members to experience and understand their challenges and requirements to manage 300+ specially abled inmates. RCMN committed to support them through CSR and other donations. Members bought Adhar products	Non-Medical	300	17	204	25,000	RCMN	ALL
3	15-04-25	"SmileStation Foundation"- RCMN supported the foundation by celebrating with 120+ specially abled children and their parents at Infiniti Mall, Malad. RCMN sponsored through a donor for the gifts to the Children	Non-Medical	120	8	40	50,000	RCMN	ALL
4	21-04-25	Donation of a new water cooler to Gurukul School in Vakola. Fresh fruits also distributed. Rtn Madhavi coordinated for the Donor and distribution	Non-Medical	100	2	6	11,000	Donation	Rtn Madhavi
5	23-04-25	Joint session on stress management (STRESS LESS, SHINE MORE..) with teachers of Shivaji Shikshan Sanstha, Ghatkopar . The combination of my insightful talk and activity along with experiential learning with Mehek's yoga. Rtn Rakhi and Rtn Mehek conducted the sessions and Rtn Daksha organised for the same.	Non-Medical	25	3	15	-	RCMN	Rtn Rakhi, Rtn Mehek, Rtn Daksha
6	24-04-25	Donation to Adhar Centre for specially abled, Badlapur , towards their OPEX/Capex requirement for the betterment of the centre. Rtn Sridhar, Rtn Sridhar Rajagopalan, Rtn Nandini Sridhar, Rtn Narinder, Rtn Meera contributed towards this donation.	Non-Medical	300	3	6	1,20,00	RCMN	Rtn Sridhar, Rajagopalan, Nandini, Meera Narinder
7	25-04-25	Girls Education support (11th standard) through contribution of education fees for Pratima. Amount donated thru'a donor, identified by Rtn Sharika Kaul	Non-Medical	1	1	1	9,000	RCMN	Rtn Sharika
8	25-04-25	Stress management program called Stress Defrost was conducted by Rtn Rakhi, with Barfiwala School in DN Nagar, Andheri (W). Total 26 secondary school teachers attended and benefitted on this	Non-Medical	26	1	5	-	RCMN	Rtn Rakhi
				872	35	277	2,15,00		

TOP 10 COUNTRIES IN MEMBERSHIP

SI NO	Country Name	No of Rotarians	Club Count	No of Districts	Club / Dist	Rtns / Dist
1	US	273149	7230	153	47	1785
2	India	176280	4677	42	111	4197
3	Japan	84175	2204	34	65	2476
4	Korea	67394	1675	19	88	3547
5	Germany	58106	1141	15	76	3874
6	Brazil	49849	2309	21	110	2374
7	Italy	38578	948	14	68	2756
8	Taiwan	36125	988	14	71	2580
9	Philippines	29119	980	10	98	2912
10	France	27276	1090	18	61	1515

MESSAGE FROM ROTARY INTERNATIONAL PRESIDENT



Stephanie A. Urchick

President, 2024-25
Rotary International

Dear Neo-kars,

A season of renewal.

As the chill of winter gives way to the warmth of spring, we have an opportunity to rejuvenate our commitments to each other and to the communities we serve. A shining example is the Rotary Club of Windsor-Roseland in Ontario, whose members support a programme providing hot meals to people facing homelessness and food insecurity. On any given evening, the Soup Shack run by Feed Windsor-Essex serves up to 130 people, offering nourishment and a sense of community and care. Club member and past district governor Aruna Koushik got the club involved after seeing a news segment about the Soup Shack. Koushik collaborated with club members to quickly approve the purchase of a stove, pots and pans for its new permanent space. Soon after, club members met with the Soup Shack team, toured the new location, and presented a cheque for 3,000 Canadian dollars

(about \$2,000) to support its efforts. They also committed to volunteering their time to prepare and serve meals once the facility is operational. This exemplifies how Rotary members can come together to address community needs, foster engagement, and make a tangible impact. By identifying opportunities for service and mobilising resources, we not only support those in need but also strengthen our bonds with each other and with the communities we serve. As we embrace the renewal that spring offers, let's take inspiration from the Windsor-Roseland club. Consider these ways to reinvigorate engagement within your club: Identify emerging needs: Stay attuned to the evolving challenges in your communities. Engage with local organisations to understand where your club's support can make the most difference. Mobilise resources quickly: When opportunities arise, act swiftly. Leverage the skills and networks within your club to gather resources, from financial contributions to equipment to volunteer time.

Foster collaboration: Encourage members to take initiative and collaborate on projects. Empowering individuals to lead and contribute their unique talents enhance engagement and drive success.

Commit to ongoing involvement: Beyond initial contributions, pledge continued support. Regular service keeps members connected and reinforces the club's commitment to sustained impact. By embracing these approaches, we can harness the energy of spring to renew our dedication to service and engagement. Let's seize this season as an opportunity to revitalise our efforts, strengthen our connections, and continue making a positive difference in the world. This is The Magic of Rotary — transforming lives, inspiring hope, and creating lasting change for the communities we serve.

Stephanie A. Urchick

RI President 2024-25, February 2025

DISCOVERING A NEW DIMENSION OF ARTISTIC EXPRESSION



Rakesh Kumar

In the past few issues, we have celebrated the Neokars' visual artistry – showcasing paintings and photographs that span a wide array of genres. We've explored the magic of verbalization and visualization, and the rich dialogue that springs from their interplay. In the month of April, we added a new dimension to our creative tapestry: a spirited play-reading of Jane Austen's timeless novel *Pride and Prejudice*. In this edition of *Neo Musings*, we examine how verbal and visual creativity converge in live performance, and how the simple act of reading aloud can reveal unforeseen strengths. Our goal is to unearth and celebrate the multifaceted talents of our Neokars. If you've ever wondered what it feels like to breathe life into a classic text – or to discover your own hidden voice – read on and be inspired

by the Neokars' latest artistic foray.

A group of Neokars brought Austen's world to life in a reading session held in our monthly club meeting on April 24. The modest experiment captivated its audience of Neokars. With each turn of the page, participants slipped effortlessly into the Regency era, inhabiting characters whose wit and emotion still

Beyond showcasing performance skills, the event underscored the power of collaborative creativity. Rehearsals became spaces of camaraderie, where participants exchanged feedback, experimented with pacing and dance steps, and supported one another in refining their interpretations.

resonate today. Even without elaborate sets or costumes, the subtle shifts in tone and rhythm evoked grand drawing-rooms, playful banter, and moments of heartfelt confession.

This play-reading was more than a dramatic exercise – It was a testament to our Neokars' hidden talents. Many of the readers, who had never before performed in public, discovered a flair for expressive narration. Some surprised themselves with their ability to convey Austen's gentle irony; others unearthed a latent knack for character differentiation. The result was an evening of genuine delight, evoking laughter and applause from the audience.

Beyond showcasing performance skills, the event underscored the power of collaborative creativity. Rehearsals became spaces of camaraderie, where participants exchanged feedback, experimented with pacing and dance steps, and supported one another in refining their interpretations.

In response to the overwhelmingly positive reception, this group is contemplating to expand this initiative. Future sessions may explore works by Shakespeare, Tagore, or contemporary playwrights – chosen to challenge our collective imagination and to foster new avenues for self-expression. Watch this space.

Rakesh Kumar
Editor, *Neo Vista*

DISTRICT LEARNING ASSEMBLY

District Learning Assembly

Courtesy PDG Sandip Agarwalla, DLF 25-26, D3141

On 20th April our DLA was conducted at the YB Chavan Centre in Mumbai. As the District Learning Facilitator of D3141 for 2025-26; I had the privilege of conducting the day long proceedings of the DLA under the able leadership of DGE Dr Manish Motwani. The day started with the customary welcome to all delegates and the fantastic turn out of our PDGs. It was indeed a very heart-warming sight to see almost 10-12 PDGs in attendance. I spoke on "Thinking Big - the Power of Ambitious Ideas" which was well received by the nearly 550+ audience. It was followed by "Being

Unreasonable" by PDG Bal Inamdar which resonated well with the audience. Preceding his talk, DGE Manish presented his vision and plans for the forthcoming year which met with thunderous applause and appreciation from all for his planning and novel projects. Past TRF Trustee and PRID Ashok Mahajan gave his introduction of DGE Manish straight from his heart as he has known him since Manish was a child. Sr Rtn Ramesh Motwani, was the President immediately after Ashok Mahajan and will complete 50 years of membership next year!



Neokars at DLA

Mr JP Kabra gave an outstanding motivational talk to the spellbound audience in his own inimitable way which wowed everyone leading to a standing ovation!

DG Chetan gave a short and effective message of good wishes, followed by talks from guest speaker PDG Ramesh Aggarwal from Delhi who captivated all with his powerful presentation on WASH. DGND Deepak Jiandani also shared his greetings and best wishes.

The breakaway sessions were a complete hit with all groups given the immaculate preparations and rehearsals by our highly empowered Facilitators. They were studiously guided by our 3 CLFs – Sunil Haribal, Dr Sanjiv Gandhi and Viren Gohil. Our Resource Persons – PDGs: Vice Governor Shashi Sharma, Harjit Singh Talwar, Rajkumar Bagadia, Sunil Mehra, Bansi Dhurandhar and Lata Subraidu added their weight and might to all discussions.



Neokar Hemang Jangla was recognized by the host club, RCM Royales

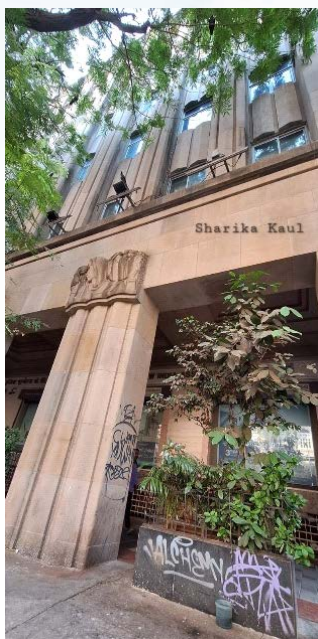
Three cheers for Convenor Rtn Paritosh Rungta and Principal Chief Coordinator KK Choudhary and the Host Club team of RC Mumbai Royales for the immaculate arrangements. All in all, a very fruitful session replete with compliments, appreciation from many but above everything very useful learning and productive outcomes! The Inspired year of DGE Rtn Manish Motwani is well and truly underway and launched with a catapult!

A WALK INTO OLD MUMBAI

Text and images: Sharika Kaul

Mumbai is a treasure trove of architectural delights. We got to experience a slice of the beautiful buildings in our Kala Ghoda Heritage Walk on April 19. The group explored a few heritage buildings around Kala Ghoda and learned about its architectural history. The

They were listening intently to a man who was speaking passionately about the mesmerizing architecture surrounding us. Nikhil Mahasur seems to breathe architecture every moment. He patiently explained different architectural styles – Gothic style of David Sassoon Library,

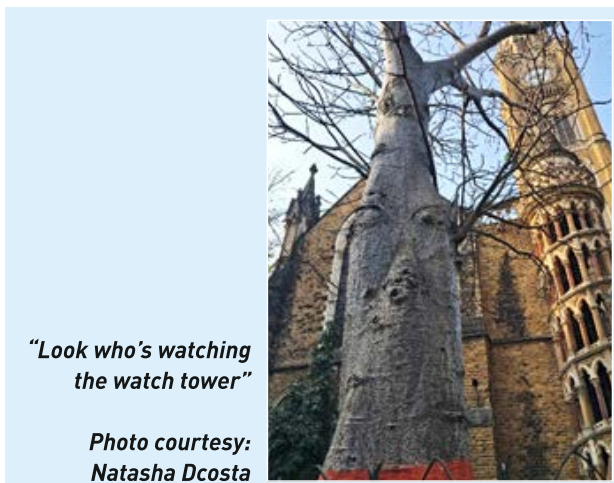


Heritage Walk was organised by Vidyottama Sharma of Only Women and Kalpana Khira of Team Sanskriti of Rotary District 3141. Kalpana is passionate about heritage walks in Mumbai and has organized almost 15 such walks for Rotary.

The walk had to begin by 7.10 am from Kala Ghoda, we were sternly told repeatedly in our WhatsApp group, essentially to avoid the Mumbai heat that would come later. Mumbai that early in the morning looked something from a silent movie. Things are quieter, sleepier but there is a sense of serenity everywhere. With lots of prayers and thanks to our perfect local train systems that function like a well-oiled machine, I was able reach the allotted place, almost on time.

Next to the black bronze horse that glistened under the sun, stood a group of women all prepped for a nice warm walk – walking shoes, baseball caps, water bottle cushioned in one elbow, satchels around their shoulder and mobile phones in the hand, all set to capture the beauty of the walk and build memories.

the Neo-Classical design of The Army and Navy Building, the pre-fabricated cast-iron structure of Watson's Hotel. As our walk continued towards the Mumbai University, he continued to share insightful and some delightful commentary about people of those times and how they built these wonderful buildings more than 100 years ago that still stand strong today. Our walk finally ended with exploration of the 300-year-old St. Thomas Cathedral that's located at Horniman Circle.



"Look who's watching the watch tower"

**Photo courtesy:
Natasha Dcosta**



The Mumbai heat was surging and our breakfast joint gave us some reprieve. We were all hungry and loaded up on some wonderful south-Indian food, *sabudana khichdi* and sandwiches. Our wonderful hosts Kalpana and Vidyottama ensured our belts were loosened and tummies filled to maximum capacity.



The Heritage Walk showed a different view of Mumbai, the one that we often become nostalgic about when we see those old black and white photos. She is all there, hidden under the bustle, and we all got to experience her for a few hours – totally delighted and humbled by her beauty and strength.



ARUN WADHWA: BUILT BY CHALLENGES, DRIVEN BY PURPOSE



Most of you know me already, and that makes writing this article even harder — there's so much to share, yet every memory feels precious. Since I regard the Neokars as close family friends, I decided to open my heart and talk about the earliest, most defining phase of my life.

I was born and raised in Borivali, Mumbai. School life was a happy time — I was consistently among the top three students in my class, which gave me the privilege to participate in debates, cricket tournaments, and enjoy a bit more leniency from teachers on attendance! My fondest memories are of those care-free trips to Kanheri Caves and endless sports sessions during vacations.

But alongside the happiness were real life challenges that shaped me.

My younger brother, Girish, was a special child, prone to epileptic seizures. There were countless days when I had to leave school and rush home to be with him. Over time, I developed such a deep bond with Girish that I could sense

his seizures even before they came — feeling restless and uneasy at exactly the same time as him.

Managing schoolwork and his medical emergencies taught me early on that while a career builds recognition, it's the health and happiness of family that truly sustain us.

Multitasking between responsibilities became second nature — a theme that continues even today.

At home, life was not easy. My father, Mr. Manohar R. Wadhwa, shouldered the immense pressure of earning enough for our family while managing Girish's ever-rising medical expenses. In those days, awareness and treatment for epilepsy were limited — leading to endless rounds of tests, MRIs, and desperate trips to temples, churches, and mosques.

Through all this, Dad remained my hero — a man of impeccable integrity, tireless resilience, and a ready smile. As a senior manager at RBI, he sacrificed multiple promotions because frequent transfers were impossible in our situation. Despite the strain, he made sure we never felt burdened. His life was a long struggle, but he never let it steal his joy — or his rock-solid belief in honesty, ethics, and hard work.

My mother, Mrs. Neeta M. Wadhwa, was the other pillar of my life.

The most educated woman in her family, she carried the

enormous responsibility of caregiving for Girish while keeping our home cheerful and positive. Her emotional strength taught me that courage isn't loud — it lies in silent, daily perseverance. She encouraged me through my own battles with severe asthma, pushing me to continue participating in sports and never let illness define me.

As I grew older, our small family business — manufacturing promotional gift articles for companies started picking up. I, Girish, and Mom took charge of backend operations, quality control, and packaging from a rented garage in our building. Working alongside my parents gave me my first lessons in business — understanding clients, handling suppliers, managing finances — and seeded my lifelong love for entrepreneurship. It also honed my multi-tasking skills: a student by day, a production in-charge by evening, a caregiver round-the-clock.

After doing well in my 12th-grade exams, I got admission into Engineering, and also cleared IIT entrance — though relocating to Vishakhapatnam for the course wasn't an option I was willing to accept.

Engineering was fascinating. I loved solving complex problems and had a simple plan — finish Engineering, secure an MS scholarship to the US, and eventually get a job that would allow me to ask Dad to take early retirement and finally enjoy the rest he deserved.

But life had other plans.

During my third year of Engineering, Dad was hospitalized for what was supposed to be a minor gastric procedure. Tragically, a surgical error led to his untimely passing at just 50 years of age — barely a year short of his retirement eligibility.

It was the most challenging time of my life.

I had to grow up and take on the responsibilities overnight — managing the business, Girish's needs, home finances, and my own grief — all these while completing my engineering degree. Somehow, with the blessings of my parents and the grace of God, I managed to pull through. Adhar was being set up around 1988, and by 1992, the first batch of students was admitted. Dad's passing away made it extremely difficult to manage everything, and Girish, sensing Dad's absence, became even more difficult to handle. I had to take the toughest decision of my life — we decided to admit Girish to Adhar. It threw me off emotionally. I was simultaneously facing multiple challenges: final year engineering coursework, project work, managing business challenges, and carrying the emotional guilt of leaving Girish at Adhar.

This also meant frequent trips to Adhar, Badlapur. Setting up Adhar in its initial days was an enormous challenge — securing funding, settling the children, training the caretakers, and ensuring smooth daily operations. Over time, things began to settle, business picked up, and life seemed to be getting back on track. However, to manage everything, I had to shut down the hospital software business, as I couldn't handle it alone after my co-founders migrated to the US.

In 1997, I got married to Mehek, who became an able partner, sharing my love for Adhar and supporting the family through everything. She also helped me manage a small animation business that we ran from home, creating animations that were far ahead of their time. It allowed us to explore our creativity and enjoy our work. We experienced a few peaceful and happy years until life decided to throw another surprise our way.

Mom was diagnosed with Multiple Myeloma — a serious and painful form of cancer. The diagnosis was difficult as there were no symptoms except a persistent neck pain. After extensive investigations, a bone marrow test confirmed the cancer. This diagnosis meant a complete reset of life — monthly and weekly chemotherapy cycles and medical tests started dictating our calendars. Business had to be managed more from hospital rooms than from the office.

Mehek had to leave her teaching job to manage both home and hospital responsibilities.

Amidst all this uncertainty, we were blessed with a little angel — Dhiti — a bundle of ideas, hope, love, and boundless energy. She instantly lit up our lives, filling us with hope and joy during one of the darkest periods.

Around this time, I made another major decision — shifting the business from corporate gifting to starting a design agency. Dhiti's arrival had somehow filled me with the courage to take risks again. The service-oriented business gave me creative freedom and helped me master brand management.

Even while juggling personal and professional challenges, I never lost focus on my own education.



I have always loved studying — after my BE in Electronics, I pursued a Database Administrator course (DBA - Oracle), a DBF from ICFAI, a Diploma in Project Management, an MBA in Marketing, and a Certificate Course on Disruptive Strategy from Harvard. These educational milestones gave me the knowledge and confidence to independently manage and grow my business, understanding every aspect needed for expansion.

In 2011, we lost Mom after an 11-year fight with cancer.

Losing both parents is a pain that I wouldn't wish even on my worst enemies. It leaves you feeling incredibly lonely — with no one left to share your fears or your successes with. This loss made me even more inward-looking, but Dhiti and Mehek ensured that they constantly pulled me out emotionally.

Meanwhile, business was thriving — the hard work was finally paying off.

Envisage today is a full 360 degree healthcare communication agency working with leading healthcare and pharma companies across the spectrum of brand management, strategy, event management, digital marketing, CRM software tools deployment, media initiatives, etc.

Dhiti joined the Interact Club at her school, and that was my first exposure to the Rotary network. I was deeply impressed by the work being done and the quality of the people who were Rotarians.

During COVID, the parent Rotary Club — Rotary Club of Mumbai Juhu — invited me to a few online meetings and then offered me membership. Kala was the President at the time and became my first President.

COVID was a challenging period for everyone.

Being linked to the healthcare industry, we were classified under ESMA and attended office every day. Work was dynamic and intense — more work, fewer resources, and no clear visibility of the future.

This period gave me a bird's-eye view of the increasing importance of software in business operations. It was shifting from being a discretionary spend to an essential one. We started developing internal CRM modules and expanded the media and software arms of the business.

Rotary became an important part of my life.

It was like a perfect microcosm of society — all types of personalities coexisting and working together. Within six months of joining, I was made Secretary under President Sridhar. Just a year later, I was made President. So, within 18 months of joining Rotary, I was President of RC Mumbai Juhu.

The Club was already 24 years old, with set systems and traditions.

Managing projects with a senior member profile — high on experience and enthusiasm but lower on physical energy — came with its own challenges.

The *incredible year of my presidency* was one filled with milestones. We broke records in all major club projects — Sanskar, Udaan, Umang, V N Desai Hospital initiatives, and more. We exceeded all our targets, set new benchmarks, and created impact stories that the Club could be proud of.

The District recognized our achievements, showering us with a plethora of awards — I think we won over 20 awards and trophies that year. Winning the "Best Club" award was truly the crowning moment — a testimony to the collective spirit, teamwork, and sheer hard work of all our members. It was not just a personal achievement — it was a celebration of what committed individuals can do when they come together with a shared vision.

Another aspect that I was quite pleased with was that almost 16 members of the Club were represented in various roles in the District.

In fact, at the end of the year, I was honoured by Rotary International with the "Avenues of Service" Award — a prestigious recognition given to a Rotarian who has excelled across multiple avenues of service.

The year ended on a bittersweet note — the Club eventually split, as gaps in thoughts, energy, and vision for the way ahead reached a point of no return.

A new club — *Rotary Club of Mumbai Neo* — was formed, and I had the difficult task of ensuring that all former members of RCMJ were taken care of and settled comfortably in the Neo club. I am proud to share that the new club has done superbly well in its first year, and I am confident that many great achievements lie ahead for Rotary Club of Mumbai Neo.

In the current Vibrant Year in Rotary, I was given

more responsibilities at the District level – Events and Festival Team, TRF Team, Mental Health Team, NGO Directory Team, PNI Team, and many more..

Rotary has effectively been an extended family of friends for me — a circle where I can connect, serve, and share without any

restrictions.

In a nutshell, all the good things and achievements that I have are because of the blessings, guidance, and love of my Dad, Mom, and my brother Girish — and the unwavering support of my wife Mehek and our daughter Dhiti, the shining light of our family.

MOHINI RANADIVE



MOHINI RANADIVE

I am working as a Director Sales at an IT Company, viz, Happiest Minds Technologies Limited, taking care of all the IT services pertaining to cyber security, infrastructure

and application stack, with

work experience of over 22 years.

Besides work, my other pursuits of happiness include being a fitness enthusiast, spending time with family and friends and travelling to scenic places or nature.

I am a born Mumbaikar and have been staying with my family since childhood.

On the professional front, I have been working for ages running after accomplishing the allotted targets thereby missing out on balancing the so called 'me time' all this while. Happy that I started realizing the core values of life and family, which is why I started keeping one thing in mind these days: "Life is extremely beautiful... just that one needs to look at it from



the right angle". With this, I ensure to live every moment to the fullest. My husband Amit is into service, working with TCS and my son Samarth is pursuing CA as a career path.

While I was always occupied with multiple priorities, there was a thought in the mind to join Rotary. I am sure that we all do something or the other for a noble cause on and off. After joining Rotary, it has given me a platform for extending service to the society in a structured manner and achieving milestones in terms of contributing to the needy. Having said that, I am looking forward to contribute my best to the society in association with my Neokar friends.

PRIP A S Venkatesh Makes History

In February 2025, Past Rotary International Director A S Venkatesh of the Chennai Mambalam club made history as the first Indian to serve as moderator at Rotary's International Assembly in Orlando, Florida. The Assembly—Rotary's largest learning event for governors-elect—convened district leaders worldwide for intensive training sessions. Venkatesh officially opened the gathering by reflecting, "I was in your seat as governor-elect

18 years ago at San Diego, and have since travelled a long path".

During his tenure as RI Director from 2021 through 2023, he prioritized family health and community economic development initiatives across South India. In 2022–23, he also served as Rotary International Treasurer, enhancing financial transparency and driving grant allocations for service projects.

BIRTH OF THE NEO THESPIANS

By Dr. Roshmi Roy

A new activity has been added to the multifarious accomplishments of the Neokars. At the club meeting on 24th April held at the Renaissance Club, there was a novel addition to the agenda – a play-reading. The play was a dramatized version of *Pride and Prejudice*, an early 19th century novel by Jane Austen. Only four scenes from the play were chosen (to fit into the 20–25-minute slot that was allotted). The task of compiling the script was taken up by Meera Ramachandran.

Elizabeth, Rita Rego as her gentle and graceful sister Jane, Sharika Kaul as her pragmatic friend Charlotte, and yours truly as the mother Mrs. Bennet, obsessed with finding rich husbands for her daughters.

The costumes were improvised – the ladies in long dresses; the gentlemen in waistcoat or jacket, with a little 19th-century flavour thrown in by adding accessories such as hats and scarves.



The introduction to the play (for those not familiar with the original novel) and the connections between the scenes were ably written and narrated by Meera. The actors were Arun Wadhwa, as the eccentric Mr. Bennet; Rakesh Kumar, as the pompous clergyman; Suresh Jayaram, the charming and good-natured Charles Bingley; Datta Bhagwat, the haughty Mr. Darcy; Natasha Dcosta as the headstrong

A musical interlude within the play was provided in the ball scene by the graceful moves of the Viennese waltz performed by Bingley (Suresh) and Jane (Rita) along with the enchanting strains of the Blue Danube Waltz.

The appreciation of the witty dialogues was evident from the laughter of the audience. The enjoyment of the audience was matched equally by the joy created among the participants.



As I am a theatre-person; for me, the opportunity to take part in the play-reading was sheer happiness. Here are some comments from the other actors to show how they felt:

Arun Wadhwa: "Had forgotten how much I enjoyed play acting. The rehearsal and play act were perfect and loads of fun."

Natasha: "Thoroughly enjoyed the practice and performance.... Played dress-up after a while..."

Suresh: "Love this place of bliss and energy_"

Rita: "From prep to performance, every moment was a delight. Planning the outfits, accessories, and checking if everyone was in sync was fun."

Rakesh: "It was fun to work hard at being rejected."

To sum up, I would like to end by echoing a thought expressed by Meera, "The fun and the bonding will be cherished forever."

CLUB MEETING OFFERS DOUBLE FEATURE

By Rakesh Kumar

The April 24 club meeting offered a double feature: a play-reading session, and a mental health talk by two domain experts from our Neokar family. While we have already covered the play-reading session in the previous article in this issue, in this article we cover the rest of the meeting.

The meeting was held at the Renaissance Club, Juhu-Versova Road. Almost all the Neokars who were in town attended the meeting.

President Sridhar called the meeting to order.

Club child Aalia Dcosta won hearts with her flawless recitation of a poem. President Sridhar, Nandini and Sridhar Rajagopalan, Meera and Narinder were felicitated for committing donations to Adhar Home. Meera's daughter Varsha rendered a soulful song.

Arun and Saraswathi Suresh, domain experts in the field, gave a talk on mental health. Mehek Wadhwa led an interactive session on Yoga. Secretary Datta made the secretarial announcements.



TRIGUN SADHANA

By Mehek Wadhwa



It was an absolute pleasure, to facilitate, a Yoga practice for dear Neokars, in the club meeting on 24th April 2025.

Thank You president Sridhar, for the perfect timing in between the wonderful play reading initiated by Dr Roshmi Roy, which made me aware of the hidden acting talents of all the participants, and the talk by Arun and Saras on the alarming topic of mental health.

My heartfelt gratitude to all those present and did the practice, also lastly yet not the least I wish to say a special thanks to Sharika for suggesting we have a short yoga practice in each club meeting.

So here is a write up, about the Yoga practice we practiced.

It is called Trigun Sadhana, taught to me by my Yoga Guruji; revered Dr. Hansraj Yadavji.

Throughout our day, it is very rare that we breathe equally together through both our nostrils.

At a given time, either our left or our right nostril is more active, and we breathe only through it.

Trigun Sadhana, can be practiced by sitting on a yoga mat in any of the following asana, Sukhasan, Ardhapadmasan, Padmasan, or even Vajrasan, it can also be performed by sitting on a chair.

Hands to be in Gyan mudra; tip of index finger touching tip of thumb, remaining 3 fingers kept straight together, back of the palms rested on thighs.



Shoulders rolled behind and relaxed, abdomen tucked in comfortably, chest lifted up yet relaxed, neck straight, chin parallel to the floor.

Eyes closed, start observing your effortless natural breathing, stay connected with it for a while.

Maintaining the same posture and *hasta mudra*, now gradually bring your awareness to your left nostril, as one starts focusing on their left nostril the breathing through their left nostril, becomes more and more smooth and effortless.

Become aware of the sensation in and around left nostril, while inhaling exhaling effortlessly through left nostril, is it cool, warm or pleasant.

This activates and stimulates the right hemisphere of the brain, which is primarily associated with nonverbal communication, spatial awareness, emotional processing, and creativity. It also controls the left side of the body.

Then gradually and slowly move and bring your awareness to the right nostril.

Become aware of the sensation in and around right nostril, while inhaling – exhaling effortlessly through right nostril.

This activates and stimulates the left hemisphere of the brain, which is primarily responsible for language, logic, analytical thinking, and mathematical reasoning. It also controls movement on the right side of the body.

After a while continuing in the same posture

and maintaining the *hasta mudra*, gradually the awareness needs to be on the tip of nose from within, with eyes closed. This activates and stimulates both the hemispheres of the brain together, also with regular practice, at this point, one starts breathing together through both the nostrils.

Then gently rubbing palms, palming one's eyes, spreading energy of rubbed palms on face throat, one can slowly open their eyes.

Left nostril also known as *ida nadi*, in Hatha Yoga is said to be connected to the moon, giving calming cooling energy, right nostril known as *pingla nadi*, connected to sun, makes one feel energetic.

Focusing on the tip of the nose activates and stimulates the *sushumna nadi*, making one feel balanced.

Nadis are energy channels.

The *gunas* (Sanskrit for strands or qualities) are energetic forces that weave together to form the universe and everything in it. There are three *gunas*, each with its own unique attrib-

utes: *tamas* (stability), *rajas* (activity), and *sattva* (consciousness). It might help to think of *gunas* as tendencies: the habitual ways you respond to any situation that arises.

All three *gunas* are present in every experience in a constantly shifting relationship with one another. One quality is always more present or dominant than the others, depending on what challenge you're facing—and, most important, how you respond to it. When you overreact because someone cut you off in traffic, *rajas* becomes dominant. If you emotionally shut down to avoid having a difficult conversation, that's a sign that *tamas* has taken the reins. As you emerge from a beautiful restorative practice, you may experience the *sattvic* quality of joy.

Understanding the *gunas* is important because while the challenges of our everyday lives can disturb their delicate balance, these energies, entwined in an intricate dance, create all that we are, all that we see, and all that remains unseen. *Tamas* provides our foundation; *rajas* gives it vitality and breath; *sattva* imbues it with consciousness and compassionate awareness.

THE WORLD OF NEOKARS

PRADNYA WEDS MANISH



Neokar Pradnya Chavan married Manish on April 22.

Neo Vista wishes the young couple a long and happy married life!

THE STORY OF DEVEN

By Rakesh Kumar

A one-year-old boy from Ajmer, whom we'll call Deven (meaning 'gift of God'), faced a life-threatening situation when he accidentally inhaled an almond, which found its way into his lung. Initially taken to a local government hospital, Deven's mother was told he needed immediate surgery within 10 minutes to survive. Seeking a second opinion, she contacted a Neokar in Mumbai, who quickly sprang into action.



Deven after his surgery

Our Neokar consulted with a few doctors and asked Deven's mother to airlift him to Mumbai for a lung operation at Cooper Hospital. However, despite the city's renowned medical infrastructure, Deven was let down shamelessly by a number of hospitals. Cooper Hospital refused to admit Deven though they could clearly see that he was desperately gasping for breath. He was temporarily admitted into another hospital without the necessary

surgical facilities. Subsequent attempts to secure admission at Nair Hospital and Wadia Children's Hospital were also met with callous rejection

These heartless hospitals had not reckoned with the indomitable Neo spirit fired by compassion. Undeterred, our Neokar persisted, leveraging her network to speak with a number of doctors, finally managing to convince a senior doctor at Wadia Hospital. The operation was finally performed,

and the almond was successfully removed. Deven, who had been given a few minutes to live, is now poised to lead a long and fulfilling life, bringing joy to his loved ones and community.

The Neokar responsible for this remarkable act of compassion wishes to remain anonymous, embodying the true Rotary spirit of selfless service to humanity.

NEO CONTEST

Caption Contest – May 2025

Hello Neokars!

Two interesting, captivating photos.

Please give them suitable captions and win the May challenge.



Winners of the April Contest



Dr. Roshmi Roy:
"Magician P. C. Sorcar with his youngest disciple"

Datta Bhagwat:
"हार को हराने में दाग लगे तो अच्छे हैं, दादाजी।
Surf Excel!"

THE SPECIAL ADHAR UNIVERSE

By Suresh Jayaram

Heart-warming, humbling, inspiring touching, uplifting, compassionate, emotional, enlightening, sincere, joyful, profound, empathetic, though- provoking, moving, kind hearted and a transformative experience. The list of adjectives to describe is infinite that shares our feelings post the visit to Adhar, Badlapur, the first special home for the specially abled. An institution spanning across 4.5 acres that started with 10 children in 1990, now accommodates over 200 specially abled adults.

We, Neokars had the opportunity to have a day visit to this transformative place on April 12 and our gratitude to Rtn Arun Wadhwa, a trustee of Adhar.

We sighted a new universe in the midst of the vast lands of Badlapur that left a deep impression on our hearts and minds. We did have mixed feelings prior to our visit – curiosity, nervousness and desire to contribute in any way that we could. But nothing could have prepared us for the overwhelming emotions and lessons encountered during that single day.

The home was located on the outskirts of the city, surrounded by trees and fresh air. The specially abled, who we will call 'children', had created their own beautiful world. Some were engaged in activities and some were quietly observing the world around them. Each individual was unique,

with their own personality, needs and way of expressing themselves. We were the guests and the 'mehmaan nawazi' was exemplarily demonstrated by the children. The love, excitement and care were oozing out infinitely.

The key point that struck me most was the innocence and honesty in their expressions; unlike many people in the outside world who hide their emotions, the children were transparent and pure in their behaviour. Hugs from them were in abundance and they do not think twice before they share one. They don't judge and hence the innocence. The smile was contagious, and we all were genuinely connected.

We met Sarasvathy, one of the residing trustees, a lady who I would define as a sacred heart of that space. The staff portrayed excellence and professionalism in their approach and handling of the children. One could feel the secured environment created for such children. We also had the opportunity to notice a couple of family members visiting their loved ones. The smiles within them were a sense of satisfaction and relief. Some of the children struggled with mobility or communication and it was heart-warming to see how the staff attended to each one with patience and compassion. Their job is far from easy but they do it with love and dedication.





Many of the children were connected to various activities that kept them busy and planted confidence within themselves. Some of them excelled in dance whereas many contributed to the creations that were artistic and colourful. We participated in their activities – but to note, the final decision of approving the products remained with them. We were just doers and not decision makers. A couple of dance performances by them added stars to our journey. Their fitness and enthusiasm were a treat to watch.

Premises management, hygiene – clothes and space, behaviour and culture, kitchen and food form the core part of such spaces where usually

many falter. We could notice the management excellence that the Aadhar team has successfully achieved. The lunch served was a treat for our taste buds. The roti making machine donated by a Rotary club had enhanced kitchen productivity. They had their own herd of cows and vegetable gardens that made them self-sufficient.

Finally, a sinking feeling when we had to leave. They helped us to see the world differently. They taught us the importance of adding key flavours to our life – patience, compassion and gratefulness. The visit was a lesson in humanity that we shall carry forever.





ROUND-UP OF PROJECTS IN MARCH

President R. Sridhar

March 29, 2025 – CPR Training Session - A CPR training session was conducted for Electoral Officers, Andheri. Rtn Arun coordi-

nated on this project and attended by Rtn Rakhi, Rtn Mehek. More than 100 people benefitted on this training.



ADHAR VISIT BY RCMN MEMBERS

April 12, 2025- Adhar Visit by RCMN members (18) to experience and understand their challenges and requirements to manage 300+ specially abled inmates. RCMN committed to

support them through CSR and other donations. Members bought Adhar products and also committed to support Adhar in some form.



SUPPORT TO SPECIALLY ABLED CHILDREN

April 15, 2025- RCMN supported the foundation "SmileStation Foundation", by celebrating with 120+ specially abled children and their parents

at Infiniti Mall, Malad. RCMN sponsored through a donor for the gifts to the Children. 8 RCMN members attended this program.



DONATION OF A NEW WATER COOLER

April 21, 2025- Donation of a new water cooler to Gurukul School in Vakola. Fresh fruits also distributed. Rtn Madhavi coordinated for the Donor and distribution.



GIRL EDUCATION SUPPORT

April 25, 205 - Girls Education support (11th standard) through contribution towards education fees for girl Pratima. Amount donated through a donor, identified by Rtn Sharika Kaul and handed over to the girl.



EDUCATION- SUPPORT TO TEACHERS

April 21, 2025- Joint session on stress management (STRESS LESS, SHINE MORE..) with teachers of Shivaji Shikshan Sanstha, Ghatkopar . The combination of my insightful

talk and activity along with experiential learning with Mehek's yoga. Rtn Rakhi and Rtn Mehek conducted the sessions and Rtn Daksha organised for the same



SUPPORT TO ADHAR CENTRE

April 24, 2025- Donation to Adhar Centre for specially abled, Badlapur , towards their OPEX/Capex requirement for the betterment of the centre. Rtn Sridhar, Rtn Sridhar

Rajagopalan, Rtn Nandini Sridhar, Rtn Narinder, Rtn Meera contributed towards this donation. The cheque was handed over to Rtn Arun Wadhwa by the donors.



SUPPORT TO TEACHERS

April 25, 2025- A Stress management program called Stress Defrost was conducted by Rtn Rakhi, with Barfiwala School in DN Nagar,

Andheri (W). Total 26 secondary school teachers attended and benefitted on this. Rtn Kala organised the session with school.



ROTARY CLUB
OF MUMBAI

Neo Vista Ar219

To Know More: :

Neo President - Rtn. Sridhar Ramasubramanian

☎ 98200 96467

✉ sridhar@gmail.com