

# MID-CITY SAMACHAR

## December Edition of Health & Happiness

HAPPY NEW YEAR  
2025

### Note from President

Dear Mid-City Family

As 2024 draws to a close, I'm reflecting on what a vibrant year it has been for our Club. It's truly inspiring to see all that we've accomplished together. I wanted to take a moment to express my sincere gratitude to each and every one of you. Your dedication and resilience have been truly inspiring. We've accomplished so much together in 2024, and I'm incredibly proud of all that we've achieved.



From taking small steps of donating sewing machine and making women atma-nirbhar to training 400+ young girls in self-defense course, donating slate and notebooks to making e-learning platform available to students, Donating clip boards & pens made from recycled waste to innovative idea of making plastic neutral society corner in gardens for community awareness, Supporting a cancer patient to sanitary pad distribution to 300+ rural villages young girls, sharing lunch with transit camp children to arranging mid-day meal for entire year to Adivasi school of Talasari, we did amazing social work in last 6 months. we've consistently risen to the challenge and delivered exceptional results. Not to forget all the donors who came forward to support the projects. We also had amazing meetings in last 6 months and heard from prominent speakers having vast knowledge in their respective fields be it freedom fighters, astronomical vastu science, myths about your health to legal wealth, I believe that we all enlightened ourselves. Our fellowship and bonding were Spectacular and Stupefying, Hamare Ram to Boat ride to Diwali party simply Extraordinary. Thanks to all committee members for these grand arrangements. Let's take a moment to celebrate our successes, big and small, and acknowledge the lessons we've learned along the way.

Now, it's time to look ahead to the new year with renewed enthusiasm and optimism! I'm confident that 2025 will bring even greater opportunities for service to societies and especially global grants in pipeline. Wishing you all a joyous holiday season filled with warmth, laughter, and cherished moments with loved ones. Here's to a happy, healthy, and successful New Year! *Happy Reading of December Edition.*

Yours: Ajay

# MID-CITY SAMACHAR

## December Edition of Health & Happiness

### SPEAKER MEET

#### **Topic: Knowledge Sharing on Mutual Fund**

RCBMC and WS FinServ Pvt Ltd together organised a knowledge sharing seminar on Mutual Fund.

The speaker was Mr Ashutosh Bhargava, Fund Manager and Head- Equity Research at Nippon India Life Asset Management Ltd, a listed entity on NSE and BSE. He has over 26 years of work experience & over 17 years in Investment Research. He is working with Nippon India for over 15 years now. Prior to that, he has worked as an Analyst for over 2 years at JP Morgan in their Global Economics Team based out of Mumbai. Ashutosh has done MBA in Finance from NMIMS, Mumbai. He manages many hybrid funds of Nippon Asset mainly Nippon India Multi Asset and Nippon India Balanced Advantage among others.

He specializes in Macro & Rule-based Investment strategies. With 65+ strong audiences he shared one of finest understanding on the investment market and Indian growth story. His clarity on why we should invest in mutual fund were Startling, An evening full of engagement, knowledge sharing and bonhomie. Special Thanks Rtn Paurus Kohina for coordinating, organising and leading from the front for the event.





# MID-CITY SAMACHAR

## December Edition of Health & Happiness

### Urban to Rural: A journey toward betterment of Bharat

On 26<sup>th</sup> Dec 2024 we embarked on the journey of reaching out to our rural and tribal friends, sharing our knowledge and making young girls self-reliance.

Schools & Children impacted:

**Saraswati Vidyamandir, Pardi**

**Project 1:** Donation of 10,000 sanitary pads to 100 girl students and sharing knowledge on the menstrual hygiene. It was an eye opener for us to know that several girls had never used the pad or were unaware about the menstrual hygiene. School teachers equally welcomed the initiatives and assured us that they will continue to teach them about the hygiene.



**Project 2:** Donation of 4 Dari for Prayer Hall. Students had to sit on the cold floor for prayer. Now Students can sit on Dari and pray comfortably.



# MID-CITY SAMACHAR

## December Edition of Health & Happiness

### BRS College , Dharampur

RCBMC members were warmly welcomed with traditional song and dance. It was an emotional moment for several members. College principal even showed gratitude for our earlier projects which we executed including projector for students, fees for several under privileged students. We did two projects with them during our visit which are as below

**Project 1:** Donation of 12,500 sanitary pads to 125 girl students and sharing knowledge on the menstrual hygiene. Local doctor obliged to attend the event and share the knowledge on menstrual hygiene which generally several Adivasi children missed to get due to shyness.



**Project 2:** Self-Defense Course training to 90 Girl students. So far we focused on urban girl child however we felt that rural and Adivasi children are more vulnerable to social predators and hence first time we reached to them for training. It was a grand success. Our efforts were published in local newspaper and we have started to get more requests.





# MID-CITY SAMACHAR

## December Edition of Health & Happiness

N M Desai School , Dharampur

**Project 1:** Donation of 7,500 sanitary pads to 75 girl students and sharing knowledge on the menstrual hygiene. Local doctor joined us and share the knowledge on menstrual hygiene to Adivasi children. Glad to announce that doctors offered free medical service to the girls.



**Project 2:** Self-Defense Course training to 75 Girl students. The girls used to come to school from 5-25 km distance and some had to stay in local hostel alone away from parents and hence vulnerable to external violent environment. We wanted to train them not only in self-protection but also protecting others. It was a 5 day course.



# MID-CITY SAMACHAR

## December Edition of Health & Happiness

We would like to thank all of our members who contributed /donated for the rural outreach program for Dharampur. The committee member led by Women & Child empowerment director Rtn Ratna led the project from front and ensured that it was been executed flawlessly even though the site is 220km away from Mumbai. Arranging of accommodation for the trainer for 5 days at the village , ensuring all girls participate in the program, sourcing of sanitary pads from the manufacturer and getting it delivered at site, packed locally and finally distribution were huge task but kudos the director Rtn Ratna Betala that all projects were executed with utmost satisfaction. The BRS college boys took yoga and healthy lifestyles lectures from the trainers for 3 days.

I would also like to thank Rtn Mmona Sheth, Rtn Bharat Shah, Rtn Harshad Thakker to spend their entire day with us and interacted with the students. Our efforts were captured in the local newspaper also and appreciated.



વાપી ભાસ્કર 31-12-2024

### બીલપુડી બીઆરએસ કોલેજમાં બહેનોને સેલ્ફ ડિફેન્સ તાલીમ અપાઈ



ધરમપુર| ધરમપુરના વન સેવા મહાવિદ્યાલય બી.આર.એસ. કોલેજ બિલપુડી ખાતે રોટરી ક્લબ ઓફ મુંબઈ મીડસિટીના સંયુક્ત ઉપક્રમે તા. 22થી 26-12-2024 સુધી કોલેજની તમામ બહેનો માટે 'સેલ્ફ ડિફેન્સ' ની તાલીમ રાખવામાં આવી હતી. જેમાં મુંબઈના માસ્ટર ટ્રેનર સુશીલ શિશુપાલ દ્વારા પાંચ દિવસીય ટ્રેનિંગ આપી હતી. જેનું સમગ્ર આયોજન રોટરી ક્લબ ઓફ મુંબઈ મીડસિટીના પ્રેસિડેન્ટ અજય મિશ્રા તથા વુમન એન્ડ ચાઇલ્ડ એમ્પાવર્નમેન્ટના ડાયરેક્ટર રત્ના બેતાલા અને કોલેજના ઈન્ચાર્જ આચાર્ય ગામીત કોમલબેન દ્વારા કરવામાં આવ્યું હતું. ટ્રેનિંગનું સંચાલન કોલેજના અધ્યાપિકા ગામીત પ્રતિભાબેન તથા ગાંવિત યોગિતાબેન, અજય મિશ્રા, રત્ના બેતાલા, મોના શેઠ, જગદીશ પરમાર, અશ્વિન બસ્તા સહિતના મહાનુભાવોએ ઉપસ્થિત હતાં. તથા કોલેજની બહેનોને વ્યક્તિગત 100 જેટલા સેનેટરી પેડ વિતરણ કર્યા હતા.

વન સેવા મહાવિદ્યાલય બી.આર.એસ. કોલેજ બિલપુડી ખાતે રોટરી ક્લબ ઓફ મુંબઈ મીડસિટીના સંયુક્ત ઉપક્રમે તારીખ 22/12/2024 થી તારીખ 26/12/2024 સુધી કોલેજની તમામ બહેનો માટે "સેલ્ફ ડિફેન્સ"ની તાલીમ રાખવામાં આવી. જેમાં બહેનો સ્વતંત્ર રહી સ્વ રક્ષા કરી શકે એ માટે મુંબઈના માસ્ટર ટ્રેનર સુશીલ શિશુપાલ દ્વારા પાંચ દિવસીય ટ્રેનિંગ આપવામાં આવી. જેનું સમગ્ર આયોજન રોટરી ક્લબ ઓફ મુંબઈ મીડસિટીના માનનીય પ્રેસિડેન્ટ અજય મિશ્રા તથા વુમન એન્ડ ચાઇલ્ડ એમ્પાવર્નમેન્ટના ડાયરેક્ટર રત્ના બેતાલા અને કોલેજના ઈન્ચાર્જ આચાર્ય ગામીત કોમલબેન દ્વારા કરવામાં આવ્યું. બહેનોની સમગ્ર ટ્રેનિંગનું સંચાલન કોલેજના અધ્યાપિકા ગામીત પ્રતિભાબેન તથા ગાંવિત યોગિતાબેન દ્વારા કરવામાં આવ્યું હતું. તા.26/12/2024ના રોજ ટ્રેનિંગના પૂર્ણાક્રમમાં શ્રી અજય મિશ્રા, શ્રીમતિ રત્ના બેતાલા, શ્રીમતિ મોના શેઠ, શ્રી જગદીશ પરમાર, શ્રી અશ્વિન બસ્તા જેવા વિશેષ મહાનુભાવોએ ઉપસ્થિત રહી વિદ્યાર્થીઓને પ્રોત્સાહન આપ્યું હતું તથા કોલેજની બહેનોને વ્યક્તિગત 100 જેટલા સેનેટરી પેડ દાનમાં આપ્યા હતા.



# MID-CITY SAMACHAR

## December Edition of Health & Happiness

### Hair Donation for Cancer patient



Pehchan word is itself a very meaningful word.. this word contains both aspiration and identification. Rtn Roop Chand Betala as always volunteered and donated his long hair for cancer patient an initiative by RC film city. It took 20 long months for him to care and grow his hair to make it impactful. He created his own pehchan with long hair and now his hair can become pehchan for others. Most importantly I liked consistency, years after years giving someone a new pehchan by losing his own.

### Mid-Day Meal for Talasari Adivasi School



RCBMC continues to support Adivasi School of Zari Village, talasari for their Mid-day meal requirement and donated entire December month meal cost. The project is supported by Rtn Mona Sheth and Jjayesh Sheth.

# MID-CITY SAMACHAR

## December Edition of Health & Happiness

### Birthdays of the Dec Month

18th	Pankaj Shah
22 <sup>nd</sup>	Pravin Gupta
23rd	Ashok B Kothari
30th	Dr. Laila Dave



### A Very Happy Birthday's to you all

### Anniversaries of the Dec Month

3rd	Ashok/Rajul Kothari
5 <sup>th</sup>	Mahesh/Meghna Bilimoria
27 <sup>th</sup>	Jjayesh/Mmona Sheth



**Wishing all the couples happy and joyful life.**

**THANK YOU**