

MID-CITY SAMACHAR

March Edition of Health & Happiness



Note from President

Holi: A Kaleidoscope of Colors and Joy



March is the month of Holi and also last month of Indian Financial Year. Holi, the vibrant Hindu festival of colors, is a celebration of spring, love, and the triumph of good over evil. It's a time when social barriers dissolve, and everyone, regardless of age, caste, or creed, joins in the joyous revelry.

The Holi festival's origins are deeply rooted in Hindu mythology. The most popular legend revolves around the story of Holika and Prahlad. Hiranyakashipu, a powerful demon king, demanded that everyone worship him. However, his son, Prahlad, was a devoted follower of Lord Vishnu. Enraged by his son's devotion, Hiranyakashipu plotted to kill him. He asked his sister, Holika, who was believed to be immune to fire, to take Prahlad into a burning pyre. However, due to his unwavering faith, Prahlad emerged unscathed, while Holika was consumed by the flames. This event symbolizes the victory of good over evil, and the burning of Holika is re-enacted annually as "Holika Dahan" on the eve of Holi.

Another legend connects Holi with the divine love of Radha and Krishna. Krishna, known for his playful nature, is said to have applied colors on Radha and the gopis (milkmaids) of Vrindavan. This playful act is believed to have transformed into the colorful celebration we know today. Today, Holi is celebrated with great enthusiasm worldwide, wherever there is a Hindu community. Music festivals inspired by the spirit of Holi also occur in many western countries. While the core traditions remain, modern adaptations have emerged, with organic and eco-friendly colors being preferred to minimize environmental impact.

Holi is more than just a festival of colors; it's a celebration of life, love, and the triumph of good. I would like to connect this celebration as a farewell party of last financial year and start of new year. Actually there is lot of new year festivities in same month in our Indian culture. Lets dedicate & celebrate It's a reminder to embrace joy, forgive, new beginning and celebrate the beauty of togetherness. **Happy reading .**

Yours

Ajay Mishra

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DISCON'24-25

The month started with District Conference at Jio world convention centre on 1st & 2nd March 2025. This year Discon was unique in itself with several uniqueness like two districts 3141 & 3142 came together for conference, it looked like two brothers separated earlier and now united. Bonhomie of DG Chetan Desai (3141) and DG Dinesh Mehta (3142) were reflecting in every moment. In this year Discon, environment, health and unity were stealing the spotlight along with distinguished speakers. In simple words a fabulous arrangement and experience. It was a privilege for me as president of a club and as individual Rotarian to know both DG personally.

RCBMC also contributed to the Discon in its own way. Our club arranged 2000 goodies bag made from 100% recycled plastic in which return gifts were distributed among the visitors. Our club also ensured that its sustainable partner PACE, set up one stall and explain the benefit of recycling. Several club presidents and members including 1st lady shown interest in the initiatives of Mid city toward the environmental awareness. The goodies bag will work as reminder that what wonder it can do if we recycle. In coming months we can see several new projects related to environment will be picked up by the Rotarians on disposal of waste, collection and recycling. In health our vendor of ICU bed projects showcased their various ICU models to contributors.



WOMEN EMPOWERMENT

Continuity and commitment is key trait shown by RCBMC and our commitment toward women empowerment is nothing sort of magic which is also a theme of our vibrant year. RCBMC committed towards women empowerment during the vibrant year and we continued the momentum by supporting more women's to become self-reliant. During the month of March, we empowered another 2 needy women : Gracy & Sanjana.

Gracy Singh is a single parent and she lives with her two daughters in worli slum. Its difficult to survive and provide basic needs including food and education through odd jobs. With Sewing machine we believed that she can increase her income and support her children.

Sanjana lives in Virar with her husband who is unwell for sometimes and three daughters and works as a house maid. She has knowledge of stitching and needed financial assistant now or then. We believed that with the sewing machine she can earn more respectfully and support her family in their day to day struggle.

RCBMC grateful to the Women & Child empowerment director -Ratna Betala for identifying the needy and 1st Lady Sonali Mishra to support again for the project and donating two sewing machines for Gracy Singh and Sanjana.



Gracy Singh

Sanjana

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SELF DEFENSE

Under Women & Child Empowerment RCBMC Club planned to touch as many lives be it older or younger by creating magic in their life during vibrant year. Our team always tried to reach out to all those who need little push in their life to make them believe in themselves. What best can be other than making young girls mentally and physically strong to take challenge.

We organized self defense training program to 150 girls of Jijau industrial training institute at Thane. These girls from underprivileged background gets their skills honed in mechanical, electrical, stitching -fashion designing and several others area of their interest. After training they join the mainstream of jobs in ground with mainly men's around and exposed to various physical and mental challenges.

RCBMC idea was to make them mentally strong to take any challenge by overcoming their fears. Under leadership of Women & Child empowerment directors Ratna Betala, supported by Club Secretary Mmona Sheth and trainer Sushil Shishupal we trained these girls in self defense and offense before they go in field to take up their dream job. The Institute principal and faculty were quite pleased with the transformation and wanted us to take the classes on regular basis and their other institute also.



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FELLOWSHIP PARTY: HOLI

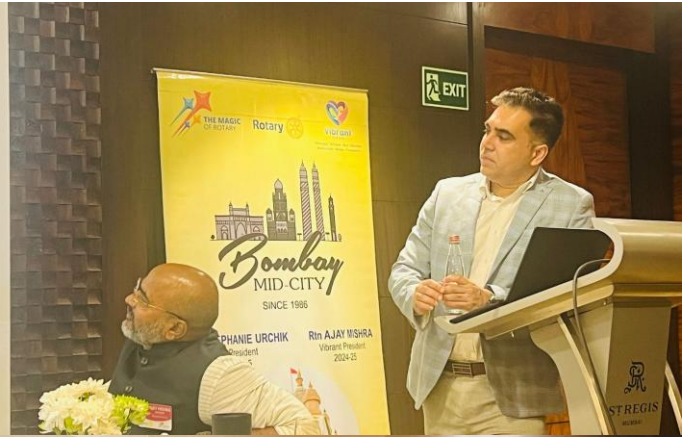
Our Club RCBMC sometimes goes out of the way to do project and celebrate the bonding and during the Holi , we went out of town to celebrate the Holi. Our Fellowship Director and his team organized a fabulous Holi party at the resort on the bank of Pawna lake instead of swimming pool. We started with fool (plz read as flower) Holi but ended with colors holi , started with cold drink and thandai but ended with bhang in it. Everything was out of the box and fabulous. Personally I enjoyed the lake most 😊



SPEAKER MEET

After knowing Bombay Gardens, RCBMC invited Railway man for our speaker meet at St Regis to know about the Railways and trust we were equally speechless.

Shri Robin Kalia, IRTS , Indian railway , heading traffic and freight business in 15 states of India , grace RCB Mid City family with his presence and knowledge. He shared with us Indian railway vision for Mumbaikars, how it is cheapest mode of transport in world (just 8 paise per km), changing gears and making all locals in AC coaches, new lines for ease of commutation, investment planned by Indian railways , , Amrit stations and offcourse bullet train (although separate company /department handles it. In simple line, As rightly shared by Nimmi ji we are blessed to have a 2nd life line in form of Indian railway for Mumbaikars, where life and time is full of uncertainty we get some solace of reaching office and house in time. We are thankful to Shri Robin Kalia for spending time with us.



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BLOOD DONATION

RCBMC also executed /participated in other continuous project which we started the beginning of the year and poised to complete in the Vibrant year. Thanks to the Blood donation drive started jointly by Many club and the teams led y Pankaj ji who rigorously collected blood for the hospitals with support from the college students , organized camps at railway stations and make blood available on time for the patients in need on call.



MID-DAY MEAL

RCBMC continues to support Adivasi School of Zari Village, talasari for their Mid-day meal requirement and donated entire January month meal cost for 330 students. The project is led by Rtn Mmona Sheth and Jjayesh Sheth.



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CELEBRATION - BIRTHDAYS & ANNIVERSARY

We always finish our meeting with celebration and cake cutting for our special person of the month. March month special person were

BIRTHDAYS

1. Rtn Pravin Sarvaiya – 15th March
2. Rtn Alpa Kothari – 15th March
3. Rtn. Vedika Nihalani -16th March

ANNIVERSARIES

1. Rtn Mahesh & Anuben Sanghvi -3rd March
2. Rtn Archana & Sudhir Bhingaradde -23rd March



Best Wishes from Club
THANK YOU