

MID-CITY SAMACHAR

May Edition of Health & Happiness



Note from President

Dear Mid-City

May is the month of Milestones for Mid-City. While we are moving toward end of the Vibrant Year, we are closing all the open projects started during the vibrant year including CSR projects and global grants. In India month of May associated both with poet -Rabindra Nath Tagore and Valor – Maharana Pratap similarly mid-city also executed the projects with full aggression with lot of empathy and sentimental hearts during the month of May.



Friends, glad to inform you that we executed Mid-City 1st global grant project of donating ICU Beds to Bharatratna Dr Babasaheb Ambedkar hospitals for the vibrant year 2025 on 31st May 2025. This Project created several milestones, Not only this global grant is the largest global grant in terms of value \$85250 of mid-city history but also one of the biggest collaborated project in terms of no of clubs (10) associated with the project in district 3141. It is great example of big achievement with collaborative approach. This project is going to impact life of 76000 patients in its life time and we are proud of being lead club.

Other prominent impactful project during the month of may of our club including 2 CPR manikin to Railways, Innovating Spitting unit for the prevention of disease from spitting in public, distribution of the benches made from recycled waste for public awareness on recycling. All projects will create the positive impact on the society and environment. With all these projects glad to announce that we also completed 100 projects in the Mid-City in vibrant year 24-25.

Mid city also become 100% EREY club with growth of 100% over last year in contribution and achieving target of \$5000 in TRF. Our donors kept our flag high. I believe our fellowship program creating bonding unlimited result support unlimited and contribution limitless. 😊

As mentioned during the beginning of the year we are playing like Dhoni, till last ball. Keep an eye for another cracker Month June.

Hope you will enjoy the May Edition. **Happy reading.**

Yours
Ajay Mishra

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GLOBAL GRANTS: ICU BEDS

Title of the project: Global Grant 2572587 : Donation of ICU Beds to Bharatratna Dr Babasaheb Ambedkar Railway Hospital

Under this project we donated first batch of 50 ICU beds out of 76 to Bharatratna Dr Babasaheb Ambedkar Railway Hospital. RCB Mid-City lead the project and brought 10 other club and foundations including Foreign Partner Rotary Club of Nagarjun together to execute biggest GG of the Mid-City history. These ICU beds are fully motorised with multidimensional adjustment for convenience of patient with life of 10 years. Each bed costed Rs.90,000/- with 5 years warranty all inclusive. During its life time of 10 years each bed will serve to atleast 1000 people (100 per year). This bed not only give convenience to patient but also help tremendously to nurse and staff in managing the patient, effortless. All these beds has each donor name as recognition.

This project were supported by :

Rotary Club of Mumbai West End
Rotary Club of Mumbai North End
Rotary Club of Mumbai Elegant
Rotary Club of Mumbai Bravehearts
Rotary Club of Mumbai Royals
Rotary Club of Bombay North Island
Rotary Club of Bombay Bayview
Rotary Club of Mumbai BKC
Rotary Club of Mumbai Greencity
~~Rotary~~ Rotary Club of Nagarjun
Jivendra Mishra Foundation
Oaklane Impact Foundation &
Volvie Capital management

From our club we received donation from Rtn Roopal Mehta, Rtn Harshad Thakker, Rtn Pravin Sarvaya and Friend of Rtn. Ashok B Kothari . Eternal Grateful to all donors for contributing \$85250 (Rs.70 lacs) for the project.

The Event were inaugurated by DG-Rtn Chetan Desai, Director-Strategy of Rotary Ms Meghan Anderson, PCMD- Dr Shobha Jagannath- Central Railway, MD-Dr Sushma Matey. More than 100 people turned out for the events which is simply amazing feat. The emotion and empathy were unbelievable among the donors. Several beds were already put on use.

This project were covered in dozens of news paper and articles. Special thanks project coordinator Rtn. Roop Chand Betala , Committee Rtn. Member Bharat shah and Club secretary Rtn. Mmona Sheth for organizing such wonderful events.



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COMMUNITY SERVICE

RCBMC donated 5 cement benches to the Ram and Hanuman Temple at Chinchad village near Vapi. These have been placed near a tree inside the temple compound, mainly to help elderly devotees have a place to rest, especially during the hot weather. It feels really nice to do something small that can bring comfort to others. Approximately 100 people will use this on regular basis. The benches were sponsored by President Ajay Mishra, Rtn. Bharat Shah, Rtn. Mmona Sheth, Smt. Sudha Tanna and Rtn Ratna Betala.

Thanks to Rtn Ratna Betala for coordination and execution.



Actual Benches Placed on temple ground

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CPR MANIKIN



On 13th may another set of CPR manikin has been handed over to medical officer Dr Jyotsna Chopra of Mumbai Central railway dispensary. This will help them to give CPR to needy passengers who get sick due to heatstroke , dehydration and other ailment's. A well trained staff can save the life of 100 people. This project were facilitated by the Mr Rupesh from the Western railway.

Our Club thankful to Rtn Sunita Gupta for sponsoring the this life saving equipment. From our club Bharat shah and myself were present for inauguration.

BLOOD DONATION: SAVE THE LIFE

RCBMC participated in blood donation camp started the beginning of the year along with other clubs. Blood donation camp were organized by the district medical team with support from Nair Hospital staff at CST station and collected 77 units.



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SAFETHOO

On 21st May our club along with RC Mumbai Pioneer Installed innovating spitting pot with special dry chemical to convert spits into gel at colaba police station. The objective of keeping premises clean and spit free. The bin convert spit into gel which can be easily disposed, does not have any smell and no chance of infection spreading. The instrument inaugurated by colaba PI Mr Pramod bhovte and his team. Team present Rtn Bharat shah from our club and Mr Shashtri and his team from pioneers joined the event.

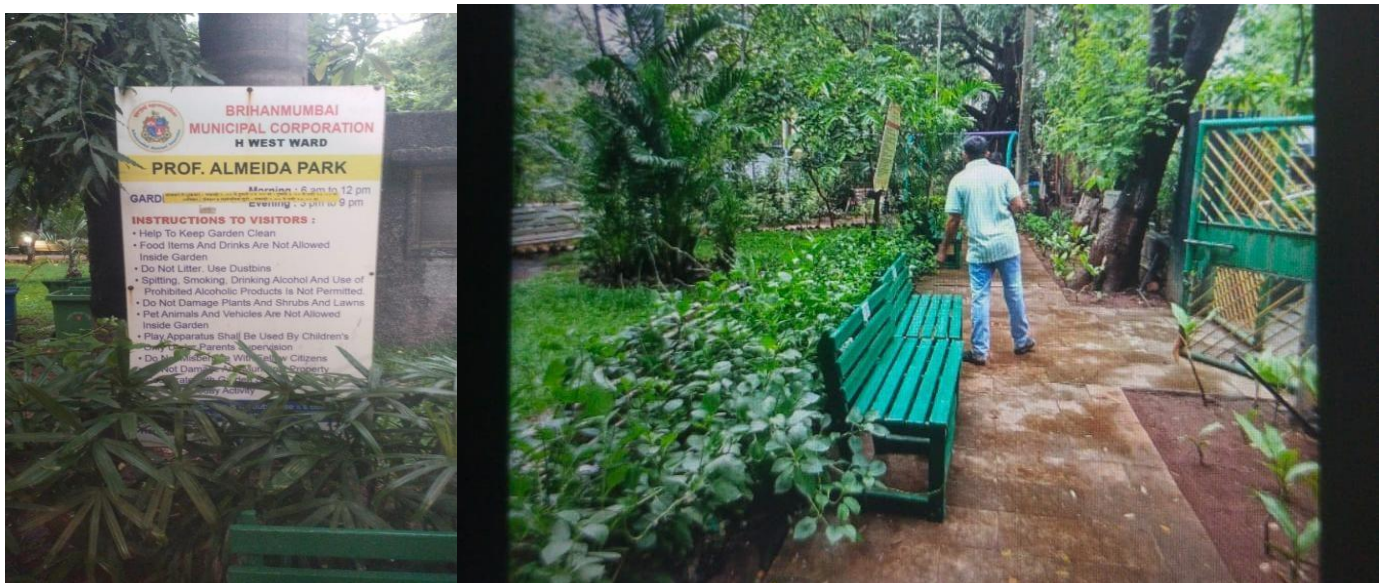


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DEKHO BHI SEEKHO BHI

We installed 3 benches each made from recycled plastic in 3 Gardens of Mumbai to create awareness about plastic waste and recycling.



The Project were supported by Usha Dhiraj Charitable Trust @ donated Rs.1.51 lacs for deploying 15 benches in the gardens of Mumbai for creating awareness toward plastic collection and recycling and our campaign of Dekho bhi & Seekho bhi. 6 more benches to come for 2 more gardens.

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The Breath of Life” – A Transformational Talk by Bijal Doshi

In a powerfully immersive and soul-stirring session, Bijal Doshi took center stage at our club’s talk show with her illuminating talk & Breathwork Session titled “The Breath of Life: Healing, Longevity & Limitless Energy.” What followed was nothing short of extraordinary. With her signature presence and profound clarity, Bijal introduced the ancient yet timeless science of Breathwork as a healing force beyond medicine. Her talk seamlessly transitioned into an energizing experiential session, where she guided members into a peak state—demonstrating what it truly means to breathe like the masters. She unveiled three powerful secrets that integrate conscious breath with asana, mudra, bandha, and the transformative practice of gratitude. Each formula was not only explained with razor-sharp insight but was practiced live—instantly shifting energy, calming the nervous system, reversing stress patterns, and even addressing conditions like arrhythmia.

Bijal’s signature approach blended spiritual wisdom with scientific precision. She demonstrated the three bandhas, the Mahabandha, and the sacred Hawaiian Ho’oponopono technique for deep emotional release through apology, forgiveness and gratitude. Her teachings illuminated how breath can repair cells, restore emotions, rewire thoughts, and realign life’s energy flow.

The session culminated in an insightful Q&A where Bijal continued to mesmerize with her depth and clarity.

Bijal Doshi didn’t just deliver a talk—she delivered cellular reset



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FELLOWSHIP: MOVIE WITH LUNCH



Another Fellowship of high voltage entertainment with delicious food. Movie Raid -2 , a high intensity movie but the joy of popcorn, Samosa and masala thumpsup made the entire experience a luxurious - life time memorable fellowship.

Our Fellowship Director Rtn Ashok B Kothari & his team of Bharat Shah, Mmona Sheth and Meghna supported by Rtn Abhay Kothari did a fabulous arrangement of lunch after movie. And the food was simply fabulous.

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RECOGNITIONS



A Revolution in Cancer Diagnostics: Rotary Club of Bombay Mid-City Donates India's First AutoMACS® NEO Cell Separator to ACTREC

INFORMATION COURTESY PREZ. AVINASH MISHRA



In a landmark move that promises to redefine the future of cancer diagnostics and research in India, the Rotary Club of Bombay Mid-City, under the stewardship of President Rtn. Ajay Mishra, has donated the AutoMACS® NEO Cell Separator to ACTREC, Tata Memorial Hospital, Kharghar. The handover took place on 29th April 2025, marking a proud milestone not only for Rotary but also for India's medical innovation landscape.

This state-of-the-art equipment is the first of its kind to be installed in India for clinical trial purposes, positioning ACTREC at the forefront of advanced oncological research. The AutoMACS® NEO Cell Separator brings together advanced magnetic technology and targeted antibody recognition, allowing for the gentle, high-speed separation of live cancer cells. This paves the way for early detection, precise diagnosis, and timely intervention—a game-changer for thousands battling cancer.



The significance of this machine extends beyond ACTREC. As shared by Dr. Prashant Bhatt, the equipment will be used not only in clinical trials but also as a training module for doctors and institutions across India, enabling a ripple effect of skill enhancement and impact.

With the capacity to handle 1,000 samples annually, the machine is projected to touch the lives of over 10,000 patients during its operational lifetime. The entire initiative, valued at ₹40,00,000, was made possible through the

CSR partnership with Marsh McLennan Global Services India Pvt. Ltd., reflecting the power of industry-NGO collaboration.

Mid-City Rotarians dedicated months to identify the project's impact, collaborating closely with the CSR partner and beneficiary to bring this vision to life — a testament to how focused and passionate service can lead to extraordinary outcomes.

This project stands as a shining example of Rotary's commitment to Disease Prevention and Treatment, reflecting how one machine, one vision, and one partnership can spark hope, healing, and change.



EDITED BY NARESH BAJPAI

JUNE 2025 VIBE-X 23

PHILIPS

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**ROTARY CLUB OF BOMBAY MID-CITY
DONATES ADVANCED MONITORING SYSTEM
FOR CRITICAL CARE PATIENTS**

Club President: Rtn Ajay Mishra
Area of Focus: Disease Prevention and Treatment
Location of Project: ACTREC, Tata Memorial Hospital,
Kharghar
Date of Execution: 29th April 2025

Project Description
The Rotary Club of Bombay Mid-City donated a high-end hemodynamic parameter monitoring system to ACTREC, Tata Memorial Hospital Kharghar. This monitor attached sensors check and monitor critical parameters like BP, ECG, oxygen saturation, and pulse of patients undergoing chemotherapy, surgery, and other intensive interventions. This monitor is going to help 350-360 patients annually and will support 4000-5000 people during its lifetime.

Number of Beneficiaries: 4000 to 5000
Rotarian-Hours Spent: 27
Value of the Project: INR 10,00,000/-
Sponsors/Partners: CSR Partner: Snapwork Technologies Pvt. Ltd.



THREADING HOPE: NEW STITCHING SKILL CENTRE BY ROTARY CLUB OF BOMBAY MID- CITY

Club President: Rtn Ajay Mishra
Area of Focus: Women Empowerment
Location of Project: Pardi Village, Valsad
Date of Execution: 5th April 2025

Project Description
The Rotary Club of Bombay Mid-City (RCBMC) has launched Navi Kiran Silai Ghar, a sewing training centre in Pardi village near Valsad, to empower Adivasi girls and women. The centre is led by Hemaxi, a former beneficiary of the Club's women empowerment project, now paying it forward by training others. Set up on her rooftop with new advanced machines donated by the Club, the centre can train up to 50 students annually—nine have already enrolled. This initiative is a testament to community collaboration, and RCBMC will continue supporting it with essential machinery and resources to expand its impact.

Number of Beneficiaries: 50 students per year



ROTARY CLUB BICYCLES TO INDIA

Club President: I
Area of Focus: Y
Location of Proj
Date of Executio

Project Description
Mobility brings joy to students who heartwarming in the true impact. Fab Tech Works heartfelt gratitude Gandhi for his di This project will and inspiring stu with greater ent

**Number of Bene
Rotarian-Hours :
Value of the Pro
Sponsors/Partn**

Projects listed in District Magazine
-Full page on our project

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Rtn. Ashok Kothari become PHF-7

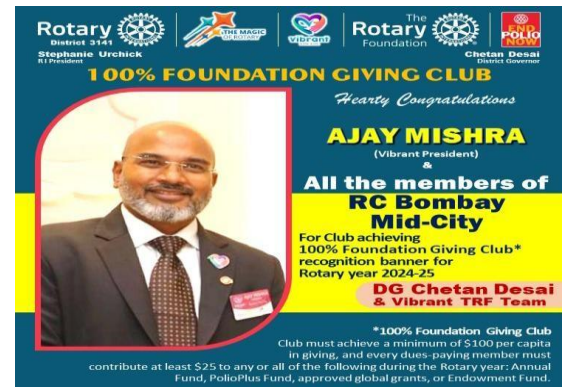


Rtn. Harshan Thakker joined PHF club



RCBMC become EREY club with 100% growth in TRF over last year.

Big thanks to TRF director: Bharat Parekh



CELEBRATION - BIRTHDAYS & ANNIVERSARY

The month does not finish unless we celebrate the birthdays and anniversary. Wishing all the birthday boys and girls happy birthday and couple happy wedding anniversary

BIRTHDAYS

1. Ashok Kothari & Jasmine Kohina– 2nd May
2. Deepak Nihalani – 3rd May
3. Hardev Plaha -12th May
4. Mmona Sheth -13th May
5. Rekha Sarvaya-19th May
6. Sudhir Bhingradde-20th May
7. Jashree Thakker-24^h May
8. Rtn. Roop Chand Betala-28th May



ANNIVERSARIES

- Abhay/Alpa Kothari -2nd May
- Pankaj & Shweta Shah-4th May
- Harshad /Jayshree Thakker -26th May
- Kunjjan & Kajjal Popat-27th May



THANK YOU