



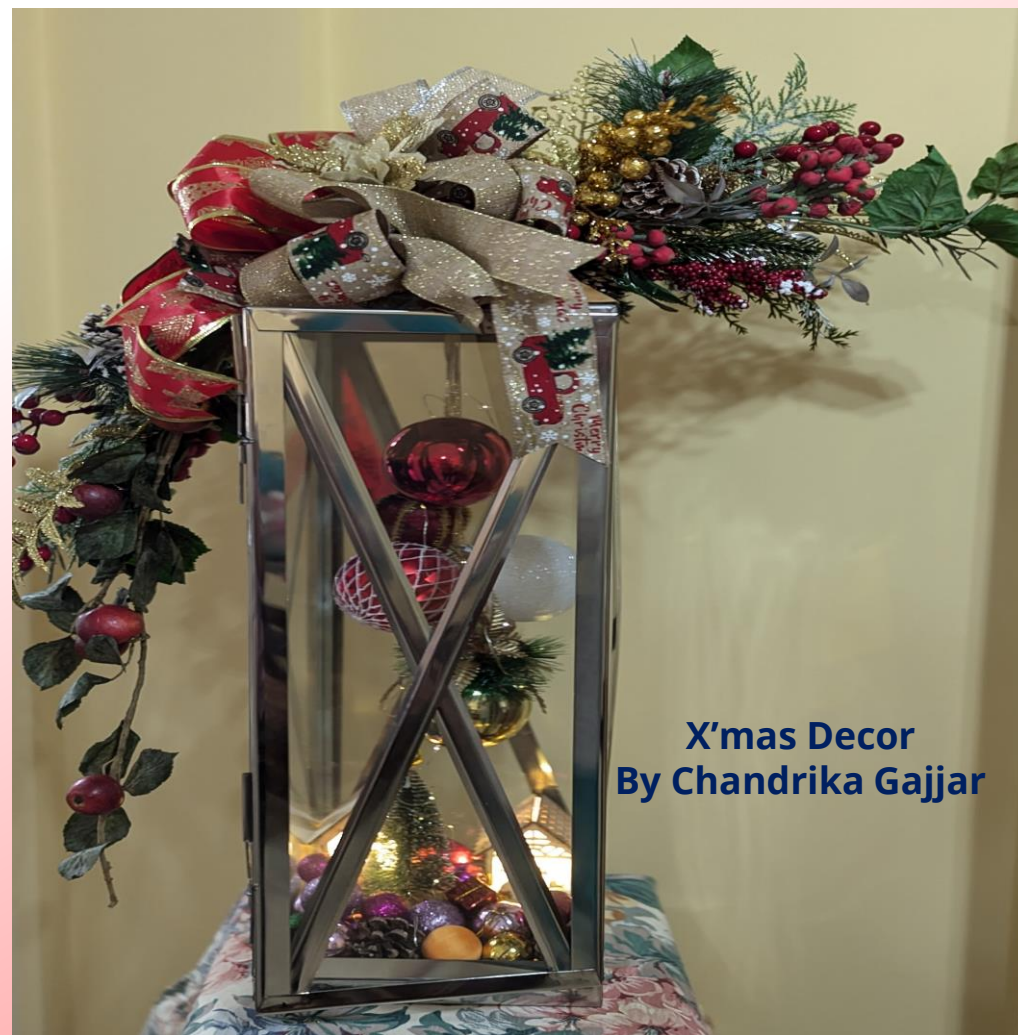
Rotary
Club of Bombay Powai
District 3141



POWAI TARANG DECEMBER 2024

Disease Prevention & Treatment Month

Sanskriti Theme: Christmas



**X'mas Decor
By Chandrika Gajjar**



PRESIDENT *Speaks*



Rtn. Dr. Susan Tripathi
Club President

Dear RCBP Family,

In Rotary, the theme for **December month is Disease Prevention and Treatment**. Rotary believes good health care is everyone's right. Rotary International has helped with disease prevention and treatment in many ways, including ending polio, working with partners to provide clean water, organizing health camps and training facilities in undeveloped countries and communities struggling with HIV/AIDS and malaria. Rotary has designed and built infrastructure for doctors, nurses, governments, and partners to reach people who can't afford healthcare, educating communities on how to stop the spread of life-threatening diseases.

It is only when Governments work along with businesses, NGOs and citizens that impactful and sustainable changes is made possible. Rotary is a global organization which never sleeps and works round the clock, it's members are continuously working in some village, some city on the world map 24/7.

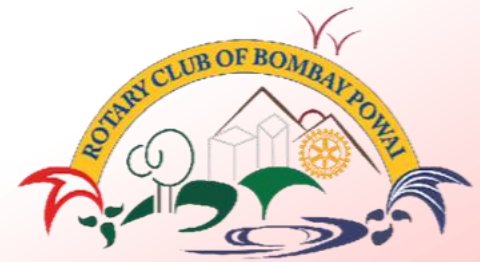


PRESIDENT *Speaks*

At RCBP we have been very focussed for the last 33 years in the avenue of Disease Prevention and Treatment and continue with resolve in the Vibrant year too. Huge efforts and time have been contributed by our members for various programs in this avenue be it going around along with officials for Pulse Polio, setting up medical camps, contributing to Little Hearts Pediatric Heart Surgeries, helping huge infrastructure and equipments setup cost in many hospitals and centers. During COVID too, RCBP contributed by setting up a Covid Ward in Platinum hospital, donating oxygen cylinders, facilitating for vaccination etc.

Therefore, I'm very thrilled to continue doing projects in this area. We have continued our collaboration with L&T Realty and LTPCT this year to organize 100 general medical camps thereby impacting more than 10,000 beneficiaries with the help of Implementation Partner J. V. Gokul Trust. We are also doing upwards of 12 special camps along with Family Planning Association of India (FPAI), touching around 5000 beneficiaries, for Breast and Cervical Cancer. We are keen to undertake HPV Vaccination through FPAI to protect adolescent girls from getting infected with HP Virus.

The Theme of Sanskriti this month is Christmas. The essence of Christmas is Giving, Caring & Sharing coupled with peace & happiness. Baby Jesus came into the world on Christmas day to give hope to the poor & needy. As Rotarians, we too emulate these attributes in our way of living by giving our time and energies voluntarily in the service of mankind.



PRESIDENT Speaks

In November-24, we completed 22 projects, 1 fellowship dinner meet and 4 meetings with lots of enthusiastic support of our members and spouses. ***We are grateful to our members contributions to the projects and for your donations.*** We have completed 64 medical camps from July to Nov,24. We have also conducted 10 Annapurna Services in Nov-24

December-24 is an absolutely action packed month... We are in control of all work being done for our signature event "Vibrant Powai Fest 2025", the theme being "Sanskriti". We plan to complete Voice of Powai, semi finals, finals and the award ceremony in this month. We also have grand plans of having a carnival leading into Fun Street and fanfare with melodious music, mouth smacking food, rocking entertainment and a great fun time for everyone. All member families are urged to join and contribute in making Powai Fest 25 a grand success. Do reach out to your families, friends, neighbourhood and promote PF 25 events and help in increasing registrations for all the events. Our 08 Annapoorna services and 10+ medical camps scheduled will continue in this month too. We have planned few projects late evening and also on weekends to give an option to our working members to join & participate.

I look forward to your involvement, contributions & motivation as always.

Yours In Service,
Rtn. Dr. Susan Tripathi
Club President



MESSAGE FROM DISTRICT GOVERNOR RID 3141

Dear Vibrant Rotarians of District 3141,

As we embrace the month of December, designated as Disease Prevention and Treatment Month in the Rotary calendar, we are reminded of one of the most critical areas of focus of Rotary International — ensuring healthier lives and creating sustainable healthcare solutions for all. This month calls on us to redouble our efforts to address pressing health challenges, from combating non-communicable diseases to improving access to basic healthcare services.

Our district has always been at the forefront of impactful health initiatives, and I am proud to see many of our Vibrant Clubs planning projects that align with this vital cause. From organizing health camps and vaccination drives to supporting long-term healthcare infrastructure, these efforts not only save lives but also foster hope in communities that need it most.

A historical milestone for RID 3141 as on 23 November 2024 we inaugurated the Rotary Centre at Dharavi, made possible by the noble deed of Rtn. Ashwin Shetty, who generously provided his premises for worthy community service projects. In collaboration with RC Mumbai SOBO, and thanks to the untiring efforts of Rtn. Els Reynaers, this centre will serve as a hub for healthcare, education, and skill development, making a tangible impact in one of Asia's most underserved areas.

This month also brought a moment of great pride for District 3141, as we celebrated the election of Rtn. Deepak Jiandani of RC Mumbai Mulund East as District Governor for the year 2027-28.



Rtn. Chetan Desai
District Governor, RID 3141



MESSAGE FROM DISTRICT GOVERNOR RID 3141

His resounding victory reflects the trust and confidence Rotarians have in his vision and leadership. Congratulations, Deepak—your journey ahead promises to inspire and uplift our Rotary family!

Kudos to DGE Manish for organizing an outstanding Pre-PETS in Jaipur, a gathering that combined learning, fellowship, and inspiration for our future leaders. Similarly, my heartfelt compliments to DGN Rajan for his proactive approach in announcing his core team, setting a strong foundation for his year. Such efforts highlight the continuity and strength of leadership in our district.

Finally, let us applaud IPDG Arun for the grand success of the District Trophy and Awards event in Lonavala. It was a celebration of excellence, honouring the tireless contributions of clubs and individuals who went above and beyond to make a difference during his tenure.

As we move forward in December, I urge all clubs to amplify their efforts in disease prevention and treatment. Together, let us address healthcare inequities, educate communities, and provide innovative solutions that can transform lives.

Wishing you a December filled with the joy of service and the warmth of fellowship. Let us continue to spread the Magic of Rotary, bringing health and hope to all!

Warm regards,
Chetan Desai
Rotary District 3141 (2024-25)

Together we can, together we will



MESSAGE FROM RI PRESIDENT



Stephanie A. Urchick
President 2024-25

To adapt, as laid out in Rotary's Action Plan, we must occasionally step out of our comfort zone and try something new. Here are two examples of clubs that adapted — one with heart and one through critical thinking and strategy.

The Rotary Club of Chandigarh Mid Town, India, led with heart earlier this year. To engage members and grow membership, Club President Nitin Kapur personally called every former member of the club and invited them to a gathering billed as an alumni meetup.

Eight former members attended, and the results were stupendous. The visitors had a chance to connect once more — not only with current members but with the sense of camaraderie and belonging that membership gave them. By the end of the evening, the club welcomed six of the former members back into the Rotary family.

Club President Kapur showed courage when he reached out to the alumni. Not only did he adapt and try something new but he had the strength of character to show the club's alumni how much they still meant to the family of Rotary. That bravery paid off.

People want to feel needed and appreciated. People want to feel that they belong. And they might never feel that way if we don't have the courage to tell them.

Meanwhile, the Rotary Club of Seoul-Hansoo, Korea, has been experimenting with different club models to great



MESSAGE FROM RI PRESIDENT contd/-

effect. Over the past four years, Seoul-Hansoo has created and maintained four satellite clubs — a service club, an interest-based club for musicians, a cause-based club that mentors professionals, and a club for college students.

These satellite clubs are part of a five-year plan the Seoul-Hansoo club implemented to increase membership through innovation..

What's the secret to founding and maintaining so many satellite clubs? Membership between Seoul-Hansoo and its satellite clubs is fluid and synergistic. Many members of the satellite clubs attend the sponsor club's meetings. And many of the sponsor club's members participate in the satellite clubs. Additionally, the focus of each satellite club is no accident. Each one appeals to different interests of people in the sponsor club and in the community, attracting existing and potential members.

This is an excellent strategy to both retain and attract members because it offers flexibility. If someone is interested in joining but they can't make it to the sponsor club's meetings, they have plenty of options to choose from.

These are just two examples of how we can adapt with our hearts and minds. Every club is different, so I encourage you to reach out to members of your club and of the community around you. Ask them about the club experience and what you can do to improve.

Talk to enough people and you might find ways that you can adapt and spark The Magic of Rotary in your club.



RI SPECIAL OBSERVANCE THEME-DISEASE PREVENTION & TREATMENT By Rtn Latha Vanamali

RCBP's COVID-19 Relief Efforts: A Story of Community Service - In March 2021, the world was grappling with the devastating impact of the Delta variant of the coronavirus. Hospitals were overwhelmed, and new facilities were being set up to cater to the surge in patients. The situation hit close to home when one of our Rotary Club of Bombay Powai (RCBP) members contracted the virus and struggled to find a hospital bed in Mumbai. This dire situation prompted us to think creatively and act swiftly. Our Medical Director, the late Bharati Shenvi, proposed an innovative solution: converting the second floor of Platinum Hospital, Mulund, into a COVID-19 ward. The hospital, run by a charitable trust, provides free treatment to economically backward patients. We estimated the cost of setting up the ward, which could accommodate 50 beds, and made an MoU with Dr. Kutty, the hospital's founder. We ensured that 20% of the facility would be reserved for underprivileged patients, who would receive treatment free of charge. We verified the hospital's credibility through rigorous due diligence and ensured that the funds collected would be utilized effectively.





RI SPECIAL OBSERVANCE THEME-DISEASE PREVENTION & TREATMENT By Rtn Latha Vanamali

We launched a crowdfunding campaign, which raised an impressive ₹27 lakhs within two months. Thanks to all our members, their relatives and friends. On June 29, 2021, we inaugurated the fully equipped COVID-19 ward, at the hands of DG Sunil Mehra. This ward had 10 ICU beds and 40 ward beds. This was RCBP's best project of Vision Year. I owe a big thank you to many people. A few names I would like to mention here are Rtn Dipanwita Dutt and Rtn Kalpana Jaishankar. They had brought in huge amounts for this project by coordinating with their friends and families. Thanks to Rtn Vivek Govilkar, Rtn Hanuman Tripathi and Rtn Shrikrishna Bhawe who took care of the legal matters of this project. This project was a testament to our club's commitment to community service. This project showcased the power of collective action, community bonding, and trust in Rotary Clubs. We pay tribute to our dear Rtn Bharati, who directed this project with dedication and passion. Her legacy lives on through this initiative, which has made a tangible difference in the lives of many.

Key Statistics:- ₹27 lakhs raised through crowdfunding- 40 ward beds and 10 ICU beds set up in the COVID-19 ward- 20% of the facility reserved for underprivileged patients- Project completed within two months





FROM OUR CSR PARTNERS - MEDICAL CAMPS - By L & T Realty and LTPCT Team

A collaboration of CSR Partners L&T Realty & LTPCT and Implementation Partners J. V. Gokul Trust, RCBP has been able to manage upwards of 200 medical camps in last four years impacting more than 25,000 beneficiaries... In the Vibrant year Family Planning Association of India too is an Implementation Partner for screening breast & cervical cancers. This joint endeavor has brought hope and health to the beneficiaries year on year.

A CSR Initiative of



PROGRAM IN PARTNERSHIP WITH

LARSEN & TOUBRO
Public Charitable Trust



HEALTH CAMP FACILITATOR



IMPLEMENTATION PARTNERS



BLOOD SUGAR SCREENING



BLOOD PRESSURE CHECK UP



MEDICAL CONSULTATION

BRINGING PRIMARY HEALTHCARE TO THE DOORSTEP OF BENEFICIARIES IN AND AROUND POWAI



FREE MEDICINE DISTRIBUTION



FREE EYE CHECK UP & FREE
SPECTACLES DISTRIBUTION



COUNSELING & REFERRAL
SERVICES



FROM OUR CSR PARTNERS - MEDICAL CAMPS - By L & T Realty and LTPCT Team



A CSR initiative of
L&T Realty

BENEFICIARIES REGISTER AT THE COUNTER - ALL ESSENTIAL DETAILS ARE FILLED IN A FORM



A CSR initiative of
L&T Realty

POST REGISTRATION - BENEFICIARIES GET NCD BLOOD TESTS FOR DIABETES AND ANAEMIA



A CSR initiative of
L&T Realty

POST BLOOD CHECK - BLOOD PRESSURE CHECKING AND DOCTOR CONSULTATION IS DONE



A CSR initiative of
L&T Realty

POST CONSULTATION - BENEFICIARIES COLLECT THEIR FREE MEDICINES FROM THE COUNTER



A CSR initiative of
L&T Realty

FREE EYE CHECK UP SPECTACLES DISTRIBUTION - COUNSELING & REFERRAL FOR CATARACT SURGERY



A CSR initiative of
L&T Realty

POST EYE CHECK UP - ADOLESCENT & FAMILY HEALTH AWARENESS COUNSELING WAS OFFERED





SANSKRITI- Art, Culture, Heritage- By Pres. Rtn. Dr Susan Tripathi – CHRISTMAS

CHRISTMAS is a great unifying festival which is celebrated by people of all faiths worldwide as a symbol of love, hope, sharing and joy. People all over the world attend the Midnight mass and also visit one another during the Christmas season, exchanging gifts and having a good time.

And The Tradition Continues:

Aryaman, Tripathiji and myself celebrate Christmas with the same enthusiasm as we do in Diwali and Dussera. We still play the Jim Reeves songs on 1st December every year. We put up our Christmas tree, crib and decorations together in a fanfare way. I still make the very special and one of it's kind... Home Made Wine 😊 We go for midnight mass, come back home and place Baby Jesus in the crib. We cut the Special Christmas cake and eat it by clinking our wine glasses.

We listen to some carols and then hit the bed to wake up to an awesome Christmas morning.... A day which brings all our families together for a great big lunch at home with exchange of gifts, lots of gupshup, khaana and stories... Well picture abhi baki hain... Let me take you back in time to tell you what we used to do then... **Walk back in Memory Lane**



At Trinity Church, Powai
24-12-24 at 00:00



SANSKRITI- Art, Culture, Heritage- By Pres. Rtn. Dr Susan Tripathi - CHRISTMAS

There are many wonderful memories I cherish about Christmas time back home as I grew up:

Along with Dad & Mom and my 3 siblings, we would do so many things together in readiness for Christmas... First things first, we all had to dress up in new clothes, so the very first thing on the agenda would be to go to Crawford market and buy the material, then visit the tailor, to give the measurement, well in advance to make sure that we would get our dress stitched in time. Today we just need to drive any where and you can easily buy a readymade dress.

Come 1st December, it was customary to play **Jim Reeves Christmas Special songs**... we would play the records on our Gramophone... Yes! we had one at home. How I wish I could have treasured it... but alas it is lost in time. This music still lingers on in my mind. Early December, we would buy around 50-60 Christmas cards, write them up for all the relatives and send them by post (So unimaginable in today's digital world) This was good fun of all of us sitting together doing one work of the entire activity of sending cards. Then came the mammoth task of cleaning up the entire house. Each of us were allocated one space to get it dusted and shining. A week before, we would all sit together multiple nights, making Christmas sweets like Kalkals, nuarees, rose cookies, Jhuzups, snowballs, cheedas, marzipan, Gauva sweet, also the Rum & Raisin cake and homemade wine. All along the Christmas carols would be playing in the background.

First fortnight December every year, we would visit a home for the aged/ orphanage and distribute goodies having some fun times with the residents of the home. We would also sing carols every night going from one home to another.



SANSKRITI- Art, Culture, Heritage- By Pres. Rtn. Dr Susan Tripathi – CHRISTMAS



Christmas mass would always be the midnight one for us to attend. It was great to be a part of the Church Choir. After mass, it is customary to wish so many relatives & friends and then come back home. Cut the cake together, have cake & wine and then go to sleep wishing Santa comes by and leave a lot of presents under the Christmas Tree.

Early morning our house would be bustling with sounds from the kitchen and the aroma of so many dishes getting ready. Once awake and ready, our task was to get the trays of sweets out, all arranged well and distribute them to all the other friends & families in the quarters who had sent us sweets in Diwali and Eid. This work used to be huge and would take a good 2 - 3 hours to complete. Once done, we would sit down at the table for the Christmas lunch... a welcome sight a table full of various dishes (19 to 20 nos.), all waiting to be devoured. We would say the grace before meals and then bite into every bit.

Soon after we would have some good siesta time in noon and then in evening we would all dress up and go for the Christmas ball celebrations. All beautiful Christmas time memories still so fresh...





SANSKRITI- Art, Culture, Heritage- Christmas Treats By Pres. Rtn. Dr Susan Tripathi – KALKALS



The traditional sweet which is made over generations for Christmas is Kakkals. This is made by everyone, in every part of our country, during Christmas.

Kalkal Recipe:

Ingredients: Maida : 1 cup; Ghee (melted) : 1/2 cup + 2 tablespoon; 2 pinches of salt, pinch of cooking soda, half teaspoon of vanilla essence, Milk: 2-3 tablespoon and 500 gms of ghee for frying. Powdered sugar for sprinkling over the fried kalkals

Method:

Sift 1 cup of maida (all purpose flour) and salt. Place aside. Next heat 4 tablespoons of ghee (clarified butter) until it melts and appears golden. Pour the melted ghee on all sides of the flour. Allow the ghee to cool down. Rub the flour and ghee together with the tips of your fingers. The mixture will appear like bread crumbs. Next add a pinch of cooking soda and 1 pinch of salt. Stir and mix well. Now add half teaspoon of vanilla essence and mix well. Lastly pour 2 - 3 tablespoons of milk. Begin to knead the dough. Keep kneading till the dough becomes soft and pliable. The dough should be soft and smooth. Cover the dough with a lid or muslin cloth or cotton cloth. allow the dough to rest for 10 to 15 minutes. Remove the lid and knead the dough for 1 minute.



SANSKRITI- Art, Culture, Heritage- Christmas Treats By Pres. Rtn. Dr Susan Tripathi – KALKALS

Shaping Kalkal: Make marble sized balls from the dough. Place one ball at a time on the fork or a comb. Gently flatten the teaspoon-sized balls on the back of a fork or comb. Slowly start rolling from one end. Continue rolling to the other end. Gently seal both the ends. The shape should look like a small snail shell. Just place the rolled kalkal on a wide dish. Place a linen cloth or cotton cloth over the kalkals.

Frying Kalkal: Heat oil in a deep pan. Once the oil is hot enough or just check by adding a small piece of dough in the oil. If the dough rises gradually and steadily, then the oil is ready for frying the kalkal. Fry 10 to 12 kalkal at a time. Take care not to overcrowd the kadai. Fry on medium flame till they appear golden brown in color. Fry till they become crisp and golden. Remove them with a slotted spoon draining the extra oil. Place the deep fried kalkal on kitchen napkins to remove excess oil. Sprinkle powdered sugar with the help of tea strainer while kalkal is still warm. So that the powdered sugar coats the kalkal properly. Similarly fry the rest of kalkals and sprinkle powdered sugar on them as well. Once they cool down, store them in an airtight container or box.





SANSKRITI- Art, Culture, Heritage- Christmas Treats By Pres. Rtn. Dr Susan Tripathi - HOME MADE WINE

If one thinks about Christmas, the first things that comes in mind is the Rich Raisin n rum/Plum Cake and Wine. It is customary for the entire family to come back home after the Christmas Midnight Mass and cut the cake and eat it clinking the glasses of wine. Well today I share here the traditional Wine made in our family.... A secret until now 😊 This is something which I have learnt from my dad and I make it till date. All are welcome to come and have a round of clinking 😊 CHEERS to GOOD HEALTH and HAPPINESS.

Home Made Wine Recipe:

Ingredients: 10 Large Sized Lemon; 250 gms ginger; 20 gms Cinnamon sticks, 150 gms sugar

Method:

Squeeze the lemons and extract all the juice in a dish. Pound the ginger and cinnamon sticks separately. Take a big vessel and boil 5 litres of water. Bring it to boiling point. Add the lemon juice, pounded ginger, cinnamon and 40 gms of sugar. Let it boil for 20 mins.

Next put the remaining sugar into a pan, add 1/4th Cup water and let it melt completely. Keep stirring till it gets caramalized (dark brown) At this point move this into the boiling water. Let this be boiling now along with the caramalized sugar for another 10 mins. Your Home Made Wine is ready. This can be sued instantly by mixing a bottle of Rum in it.





ROTARY FAMILY- Transforming Everyday Materials into Masterpieces - By Raaghav Parashar

Transforming Everyday Materials Into Masterpieces

At just six years old, Raaghav Parashar is already captivating us with his extraordinary artistic talents. With an innate flair for art, craft, and coloring since the age of 4, he transforms everyday materials into masterpieces, often making the best out of waste without any guidance. His imaginative creations, coupled with ability to think outside the box and breathe life into his ideas. From intricate craftwork to vibrant art projects, he has proven that age is no barrier to creativity.

Every time a delivery arrives, or a bottle or box is emptied, my first instinct is practical —how to discard it quickly, how to reduce waste and move on. But my 6-year-old son sees a blank canvas, a world of boundless creativity. That empty box isn't trash to him—it's the frame for an aquarium. In his eyes, every ordinary object is a masterpiece waiting to be crafted, a story waiting to be told.

Watching him, I feel a bittersweet tug in my chest. His unfiltered joy, his fearless curiosity it's like looking at the person I used to be, the child I once was, before the world became consumed by schedules, expectations, and glowing screens. I remember the thrill of making things because they filled my heart with a quiet, electric kind of happiness.



**Raaghav Parashar,
Son of Rtn. Preeti &
Kishlay Parashar**





ROTARY FAMILY- Transforming Everyday Materials into Masterpieces - By Raaghav Parashar

But somewhere along the way, as life got faster and demands piled up, that child's joy fell quiet. Brushes and pencils were exchanged for keyboards, dreams replaced with to-do lists. And yet, here's my little boy, standing knee-deep in cardboard boxes and scraps of tape, reminding me that art, creativity, isn't something you lose. It's something you forget to tend.

What if we paused for a moment? What if, in this busy, noisy world, we chose to pick up the brush again, or the clay, or even a handful of mismatched crayons? What if we allowed ourselves to make something - not for recognition or productivity, but for the sheer love of creating? Because here's the truth: within every adult still lives the child who once painted galaxies on paper and sculpted castles from sand. That child hasn't left you. They're simply waiting for you to notice.

So next time life gives you an ordinary moment a box, a bottle, or a quiet pause - ask what your younger self would do. Create. Play. Build. Let art be your guide back to a time when joy was simple, possibilities were endless, and creating felt like magic. That spark is still there, ready to light your way.





 **SUSH'S CHRISTMAS BONHOMIE – JINGLE BELLS EDITION – By Sushmita Chandra**

Dear Readers,

We asked you to tell us the ONE most important thing that you would ask Santa for. Here are the best entries!!!

I would ask Santa for a friendly pocket monster who would do all my homework while I would just play and have lots of fun.

-Aryaansha Sujen Shah

To be happy and spread happiness around till my last breath.

-Naval Khanna

WINNER!!!

I wish money lost its value because humans are the only living beings who pay to live on earth. If money lost its value there would be no unfair judgement or discrimination among humans.

- Nihavi Sujen Shah

My Dream Wish: Dear Santa, My dream wish is for a world filled with: Love and brotherhood No violence Clean air, water, and surroundings, Cherished children Fear-free youth Loved and cared-for seniors Unity and equality world-wide May my wish inspire a brighter, more compassionate world.

- Latha Vanamali

Dear Santa, please vanish mobiles from our lives so that are parents pay attention to us. I remember once my father was watching something on his dreadful cursed box aka mobile while feeding me and he shoved the spoon full of hot soup into my nose instead of mouth 🍴

- Nehavi Sujen Shah



ROTARY IN ACTION- Medical Camps

Vibrant Year Medical Camps titled Aarogya supported by the CSR Initiative of L&T Realty and Larsen & Toubro Public Charitable Trust (LTPCT) are being conducted for the unorganized sector. 9 camps were conducted in November helping nearly 1000 beneficiaries and taking the count of community medical camps held in the Vibrant Year to 64.





Sneha Sadan - Home for Destitute children, Chakala: RCBP sponsored a meal for the children of Sneha Sadan at Chakala on Nov 06, 2024 (1st Wed). Menu for the day was Chicken, Pulao and Sabji. Food is cooked by their caterer at their central kitchen in Chakala and sent to 7 centers of their home for destitute children. We thank Rotarian Rajnish Lokhande for sponsoring the meal.



RCBP sponsored a meal for the children of ASHA NGO on Wed, Nov 13, 24. Food served was Choley pulao, Rava sheera and Bananas. We thank Sponsors Rtn. Kalpana & Jaishankar Krishnan for contributing Rs.3,000/- for this service.



RCBP sponsored a meal for the residents of Little Sisters of the poor, Home for the aged at Mahakali on Nov 07, 2024 (1st Thurs). Menu for the day was Chapati, vegetable, fried rice, milk and fruits. We thank Rtn. Rtn. Preeti Parashar for sponsoring and contributing Rs.3,000/- for this service





ROTARY IN ACTION- Annapoorna Services

RCBP sponsored a meal for the residents of Rathod home for the Aged on Nov 14, 2024 (2nd Thurs) Menu for the day was : Chapati, Dal, Dodka Bhaji, Rice, Pickle and Papad. Sweet boondi was the desert. Donors for the service were Amit and Tejal Sheth. We thank them for contributing Rs.3,000/- for this service



RCBP sponsored an additional meal this month for 150 children of ASHA NGO on Sat, 23rd Nov, 2024 - 5.00 pm onwards. Meals of idli chutney, fruit salad with custard were prepared at their kitchen in the center and served along with bananas by Anshu, prospective members Ravinder & Gurmeet and Pres. Susan . We thank Ravinder for getting Manish Purohit (staying in his building) to sponsor Rs.3,000/- for this service.

RCBP sponsored a meal for the residents of Saidham on Nov 19, 2024 (3rd Thurs). Breakfast menu was Vada pav and Tea. Lunch menu was Dal, Rice, Roti, Kobi, Chanadal Potato Sabji, Sweet Basundi, papad and pickle alongwith Fruit Banana. We thank donor for the day Rtn. Sudha Ajit for contributing Rs.3,000/- for this service.





ROTARY IN ACTION- Annapoorna Services

RCBP sponsored snacks (Digestive biscuit packet, Real fruit juice and Banana) to 200 children being coached by Ekta Mahila Samitee Vikas Sanstha at Vikhroli Parksite on Tues, 26th Nov, 2024 instead of 3rd Wed due to it being the election day. We thank Rtns. Savita & Vivek Govilkar for being the sponsors and contributing Rs.4,500/- for this Annapoorna service. They sent Rs.3,600/- directly to fill up the gap in expenses for the annapoorna distribution, total service cost amounting to Rs.7,600/-.



Annapoorna Service at SEED Foundation Chandivali on Nov 27, 2024 was sponsored by Rtn. Commander Varma. Children were very happy and relished the delicious food. Menu was Idli, banana and Chaas.



RCBP sponsored a meal for residents of Nityanand Home for the Aged, Mira Road scheduled on Nov 28, 2024 (4th Thurs). Breakfast menu for the day was Upama and Banana. It was served to 97 senior citizens and 15 orphans. RCBP thanks donor Mukesh and Minu Bhargav for their service.



ROTARY IN ACTION- Blood Donation through Blood Bank

On 6th Nov, 24, I received a request in Mumbai regarding a patient needing blood in Patna. I called our DG Chetanji and requested his help. He quickly connected with DG Bipin Chachan from Patna and informed them about the need. DG Chetan ji then told me to speak with DG Bipin ji. I did call him and he was very supportive and assured his help. Next, I called the attendant of the patient admitted in the hospital at Patna and told him to call DG Bipin ji. All these calls happened in the first half of the day. By evening when I called the attendant, he told me that they had quickly got the help from the Blood Bank after the calls were made and 3 units of blood was sent to the hospital which was transfused to the patient. These experiences firms up one's trust and the Magic of Rotary to do Miracles... in this case transcending boundaries connecting and making a change across cities saving a life.

- Dr Susan Tripathi

Wed, 6th Nov, 2024

I experienced the Power & Magic of Rotary

Meet The Heros

DG Rtn. Chetan Desai
RID 3141 - Mumbai

DG Rtn. Bipin Chachan
RID 3250 - Patna

SAVE LIVES,
BE A HERO!

Yesterday morning I received a request in Mumbai regarding a patient needing blood in Patna. I called our DG Chetanji and requested if he could help. He quickly said a firm YES amidst his busy schedules.

DG Chetanji connected with DG Bipin Chachan of Patna and informed me that Bipin ji and his clubs will surely help in fulfilling the requirement and that one of their clubs also has a blood bank. I got the opportunity to speak with DG Bipin ji. Post which the numbers were shared with the patient's attendant. There were a couple of calls made by them in Patna and by evening the required blood was sent to the hospital and used for the patient.



ROTARY IN ACTION- Workshop: Photography, Documentation & Storytelling

Larsen & Toubro Public Charitable Trust organized a full day Capacity Building Workshop on Photography, Documentation and Story-telling on Nov 14, 2024. They had organized this for all the NGOs and other organizations associated with them.. a total of 20 participants and facilitators were present. They had requested participation from RCBP's medical-camp team. Vineeth Arya, Ruchi Shrivastava and Poonam Sheshadri were interested to join this workshop. Photography skills with mobile/smart phone and Building your brand with story telling were the highlights of the workshop along with Documentation skills. All of this were covered with some relevant classroom exercises making it very practical & interactive.





ROTARY IN ACTION- Session on Masik Chakra

On the occasion of Childrens Day, Rotary Club of Bombay Powai conducted a session on Masik Chakra - Period Awareness and Management of Menstrual Hygiene in collaboration with Rotary Club of Mumbai Ghatkopar West and Rotary Club of Nariman Point. This initiative aims to promote menstrual health and hygiene among young girl students in schools. After a brief introduction of the topic, a 20 min. video was shown to the students covering all important aspects. President Shruti next took on with Q & A and urged the students, who were grouped together in 4 batches, to answer and win chocolates. 100 comic books titled "Menstrupedia" and chocolates were distributed to the students sponsored by RCB Powai (total cost of Rs.2,000/-) and 100 cramp pads sponsored by Rotary Club of Nariman Point (total cost of Rs.2,500/-) were distributed.





ROTARY IN ACTION- Wheelchair support for election day

L&T Realty had a requirement to fulfill for which President Susan got a call for support in providing 75 wheelchairs for the elections held on 20th November, 2024. President Susan got 3 quotes, spoke to the vendors, checked their credentials and forwarded the proposal to L&T Realty for their purchase team to take it further. She received a call from L&T Realty thanking RCBP for the quick turnaround in providing details to them by which they could over the weekend fulfill the request. The 75 wheelchairs were delivered at Chembur and were used for the election day.





ROTARY IN ACTION- New Clothes distribution to members of Gurukrupa

RCBP executed a project of distribution of 53 new sets of Tshirts and shirts to members of Gurukrupa Vruddhashram run by Gurukrupa Trust in Kandivali. This donation was organised by Savita as district BaagBan Avenue Initiative with the help of Ratnanidhi Trust. Prez Susan graced the occasion of handing over the clothes to the Trust on Nov 18, 2024. Project was executed by Rtn. Savita.





ROTARY IN ACTION- Visit to Indian Multipurpose Trust, Ambernath

Few of the RCBP members distributed 40 blankets, 35 sets of Steel Utensils (1 plate, 2 katoris, 1 glass & a Spoon) 50 Lunch Boxes (Biryani) and cash of Rs.100/each to 40 members. The blankets and Steel Utensils costing Rs.12,200/- were sponsored by Harish, Hanuman, Amit, Vijaya, Jyoti, Archana, Dr. Kamalini, Sonalika and Smita. This contribution was collected during Diwali time along with Aarey project and was distributed today. The items were procured by Dr. Kamalini from a known vendor. Lunch boxes costing Rs.5,000/- was sponsored by Archana ji and Rs.4,000/- cash was contributed by Dr. Kamalini Pathak. Ms. Dolly Agarwal, Co-Founder of IMT (partially blind herself) had organized this gathering in a temple along with her volunteers at Ambernath West. Archana ji has been continuously contributing and supporting Dolly in her initiatives.





Club Service	: Sanjay Thakur
Membership	: Sunita Sainani
Public Relations	: Hanuman Tripathi
TRF	: Amit Sheth
Global Grant	: R Vanamali
Fund Raise	: Nikhil Madgavkar
CSR	: Gayatri Mishra Oleti
Community Service Medical	: Bharati Shenvi
Community Service	: Savita Govilkar
Vocational Service	: Sumita Mishra
Youth Service	: Tejal Sheth
International Service	: Kishore Degwekar
Dist. Special Focus Areas	: Kalpana Jaishankar
Governance & Compliance	: Ashok Singh
Citation & Awards	: Vivek Govilkar

Club ID 27861

Charter date: 11/03/1991

Office Bearers

President 24-25	: Dr. Susan Tripathi
IPP	: Dr Kamalini Pathak
President Elect	: Anju Ahluwalia
Club Secretary	: Yogesh Gupta
Treasurer	: Latha Vanamali
Vice President	: Mani Mamallan
Sargent At Arms	: Ashok Nandy
Joint Secretary	: Krutee Ranpara
Club Trainer	: Ameeta Vohra

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Nalini Raghavan, Dipanwita Dutt, Anurag Chadha, Vivek Govilkar,
Krutee Ranpara, Mangesh Balkhande, Sushmita Chandra

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Pulse Polio	: Neelesh Kankane
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Medical Camps	: Punit Jain
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RCC	: Vivek Bhide
Digital	: Zill Savla

Club Advisors

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Kishore Degwekar, Rakesh
Aggarwal, Shrikrishna Bhawe





Rotary's Seven Avenues of Focus



Basic
Education
& Literacy



Maternal &
Child
Health



Peace &
Conflict
Prevention/
Resolution



Disease
Prevention
&
Treatment



Water,
Sanitation
& Hygiene



Community &
Economic
Development



Support the
Environment