



Coastal News Network

## ROTARY CLUB OF MUMBAI WEST COAST

**CLUB NO - 50053**

**RID - 3141**

**CHARTER DATE - 26 DECEMBER 1996**

**YEAR - 2024-25**

**Volume - 7**

**31st December 2024**

**RI President - Stephanie A Urchick**

**District Governor - Rtn. Chetan Desai**

**Club President - Rtn. Dr. Seemaa Negi**

**Club Secretary - Rtn. Saurabh Patel**

**CNN Editor - Rtn. Machindra Borhade**

### President writes.....

#### The Magic of Rotary : A Year of Service Above Self



**Dear Rotarians,**

As we bid adieu to 2024 and embrace 2025 with open arms and hearts full of hope, I feel it is important to take a moment to reflect on our incredible journey over the past

six months.

Together, as Rotarians, we touched countless lives and made a meaningful impact through our projects. Whether it was through education, health, or community upliftment initiatives, we came together as a family to spread light and hope where it was needed most.

This journey wasn't just about service—it was about fellowship. We shared laughter, memories, and moments of camaraderie that

strengthened our bonds and reminded us why we joined this movement of selfless service.

As we step into the new year, I urge each one of you to carry forward the same passion, energy, and commitment. The next six months hold immense potential for us to amplify our impact and live up to Rotary's guiding principle: "Service Above Self."

Let's set even higher goals, extend our hands further, and remind the world that when we come together with purpose, we can truly create magic. Each one of us is a beacon of hope, and together, we can shine brighter than ever.

Wishing you and your families a joyous and fulfilling start to 2025. Let's continue making a difference—one project, one smile, and one life at a time.

Warm regards,

**Dr. Seemaa Negi**

President,

Rotary Club of Mumbai West Coast

## The Editors' Desk



**Hi, West Coasters,**

As we step into January, the first month of this new year, let us embrace the spirit of fresh beginnings and endless possibilities. This is a time to

reflect on the journey we've shared, the milestones we've achieved, and the lives we've touched through our service.

The dawn of a new year brings with it a renewed opportunity to dream big, act boldly, and make a meaningful impact. Together, as a family of compassionate leaders, we can continue to inspire change, foster hope, and bring smiles to countless faces.

Let us use this month to set inspiring goals for our club, take up impactful projects, and strengthen the bonds of fellowship that unite us. Remember, each small effort we make contributes to a greater purpose—a better world for all.

As we light the path of service, may we also inspire others to join our mission. Together, let's make 2025 a year of extraordinary accomplishments!

**Yours in Rotary Service,**

**Machindra Borhade**

CNN Editor

**Rtn. Dimple Tanwar**

CNN Co-editor

## In This Issue

**The Month That Was**

**Mark Your Calendar**

**Recognitions**

**Birthdays and Anniversaries**

**Special Feature**

**Success,**

**Thy Name Is Rotarian**

**Rotary Stories**

**(International and National)**

## The Month That Was

**1st December 2024: Future Ready Skills Workshop at Dahisar**

The Rotary Club of Mumbai West Coast organized the Future Ready Skills Workshop for middle and high school parents on 1st December 2024 at Sanjeevani International School, Dahisar.

An esteemed panel of speakers—Dr. Himanshu Dev, Dr. Anurag Pandey, Dr. Manoj Saigal, and Adv. Dr. Nagaraj Shetty—shared valuable insights on emerging trends in education, 21st-century skills, and innovative learning tools.

The session, moderated by Dr. Seema Negi, President of the Rotary Club, empowered parents to proactively guide their children in today's dynamic world.

This impactful initiative, led by Project Chair Rtn. Machindra Borhade, reaffirmed the



Rotary Club's commitment to shaping a brighter future for families and students.



An esteemed panel of speakers enlightening parents with valuable insights on education and future readiness

## 8th December 2024: National Polio Immunization Day Awareness Drive at Malad

National Polio Immunization Day was observed on 8th December 2024 at Nemani Municipal Primary Health Center, Malad.

Rtn. Dr. Seemaa Negi, our Club President, honored field staff and handed over 15 ice boxes to Dr. Dhananjay More to support immunization efforts.

Thanks to Rtn. Ajay Balan, Rtn. Megha Kushthe, Rtn. Ganesh Kadam, and the Rotaractors from Sky City for their support.

The initiative was led by Project Chair Rtn. Vishnu Bhat. Together, we are working towards a polio-free world!



President Dr. Seemaa Negi, Project Chair Rtn. Vishnu Bhat, Rotarians, and field staff led a Polio Immunization Day awareness drive in Malad. Together, they strive for a polio-free world.

## 9th December 2024: Career Counselling Workshop at Dahisar

The Rotary Club of Mumbai West Coast organized a 'Career Counselling Workshop' on 9th December 2024 at Sanjeevani International School, Dahisar, to empower parents of secondary school students with insights into guiding their children toward future success.

Dr. Anita Sharma, a renowned career counsellor, led the session, focusing on:

- Emerging careers in AI, sustainability, biotechnology, and digital marketing.
- Essential 21st-century skills like critical thinking and adaptability.
- The role of technology and emotional intelligence in holistic development.

Interactive sessions allowed parents to explore educational paths and futuristic learning tools, ensuring their children are prepared for a rapidly evolving world.

The project was chaired by Rtn. Machindra Borhade, whose dedication ensured its success. This initiative reinforced the Rotary Club's commitment to fostering future-ready generations and inspired parents to think beyond traditional career choices.



Dr. Anita Sharma inspiring parents and students with invaluable guidance at the Career Counselling Workshop



## 11th December 2024: Life Lessons from Shrimad Bhagavad Gita on Gita Jayanti at Dahisar

On Gita Jayanti, the Rotary Club of Mumbai West Coast hosted an inspiring session for students of Sanjeevani International School, highlighting timeless lessons from the Shrimad Bhagavad Gita.

The session emphasized the Gita's relevance, ethical guidance, and practical life skills, inspiring students to embrace its teachings for personal growth and emotional stability.

The event, chaired by Rtn. Meghana Kushte, strengthened the Rotary Club's commitment to connecting youth with India's cultural and spiritual heritage.



President Dr. Seema Negi and Project Chair Meghana Kushte guiding students on Gita Jayanti

## 13th December 2024: Kala Kosh – An Interschool Cultural Extravaganza at Dahisar

The Rotary Club of Mumbai West Coast hosted Kala Kosh, an interschool cultural competition at Sanjeevani International School on 13th December 2024.

The event, themed “Vasudhaiva Kutumbakam The World is One Family,” celebrated unity and creativity, with participants from 8 Mumbai schools showcasing their talents in:

- **Young Innovator:** Innovative ideas and problem-solving.
- **Music and Dance:** Cultural performances celebrating diversity.
- **Art:** Stunning works reflecting global unity.
- **Fire Cooking:** Culinary creativity and teamwork.
- **Tally Games:** Engaging logical challenges.

More than just a competition, Kala Kosh fostered collaboration, creativity, and cultural harmony, leaving participants with lasting memories.

The event, chaired by Rtn. Meghana Kushte, was a resounding success, promoting the spirit of togetherness and growth.



President Dr. Seema Negi and Project Chair Meghana Kushte celebrating creativity and talent at Kala Kosh – Interschool Cultural Extravaganza

## 19th December 2024: Tech Fest at IIT Bombay

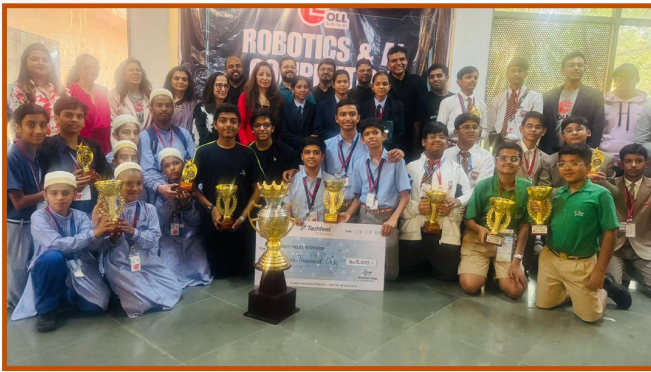
The Tech Fest at IIT Bombay on 19th December 2024 was a landmark event, uniting technology enthusiasts from across the country. Partnered with OLL (Robotics and Technology Partner) and supported by the Rotary Club of Mumbai West Coast, the fest highlighted innovation and futuristic skills among young minds.

The fest brought together 518 students from across India, fostering creativity, problem-solving, and teamwork. It provided a platform for experiential learning and



inspired the next generation to take on leadership in technology.

The Rotary Club of Mumbai West Coast, committed to promoting futuristic education, played a key role in this initiative, empowering students to thrive in a rapidly changing world. Rtn. Ritu was the project chair.



**President with the brilliant student participants at IIT Tech Fest**

## **28th December 2024: Charter Night 2024 at China Gate, Andheri West**

The Charter Night Celebration of our club was held on 28th December 2024 at China Gate, Andheri (W). Before the celebration, an official meeting was convened, presided over by President Rtn. Dr. Seema Negi, who called the meeting to order.

During the meeting, Rtn. Vishal Mundra provided a briefing on the Vibrant Year's six-month expenses and the Incredible Year's Income Tax Return (ITR). Following this, Incoming President Rtn. Mithoon Gada announced the Board for the Rotary year 2025-26. The meeting concluded with a vote of thanks proposed by Rtn. Rajesh Kushte.

After the AGM, the much-awaited Charter Night Celebration and fellowship began. It was an evening filled with joyful moments and engaging conversations. A total of 54

members and guests joined the celebration, making it a memorable occasion.

A special thanks to Rtn. Govind Vanjani for his impeccable coordination, and heartfelt gratitude to Rtn. Vishal Mundra for arranging several elements, including gifts and the cake.

Lastly, a big thank you to President Rtn. Dr. Seema Negi and her team for their efforts in making the Charter Night celebration a delightful and memorable event for all.



**Leadership in Action: President Rtn. Dr. Seema Negi inspiring members during the AGM**



**Shaping the Future: Incoming President Rtn. Mithoon Gada unveiling the Board for Rotary Year 2025-26**





Celebrating 28 Glorious Years: President Rtn. Seemaa Negi and members share the joy with a cake-cutting moment.

## Recognitions

Congratulations,  
Rtn. Jyotsna Gaikwad,  
on your outstanding achievement !





## Birthdays and Anniversaries Of December

**December**

### Birthdays

09th January – Rtn. Saurabh Patel

12th Jan – Rtn. Arun Chaudhari

### Anniversaries

1st January – Rtn. Mithoon & Pinky Gada

25 Jan Rtn. Kavita & Ramesh Koti

30 Jan Rtn. Sujata & Rakesh Singhi



## Mark Your Calendar

### JANUARY

Mark your calendar

- ✓ 10th January : Learn 5 AI Tools
- ✓ 19th January : Cricket Match - Rotary & Rotractors
- ✓ 24th January : Fellowship Meeting
- ✓ 26th January : Flag Hoisting Ceremony at Vidya Niketan school





# Special Feature

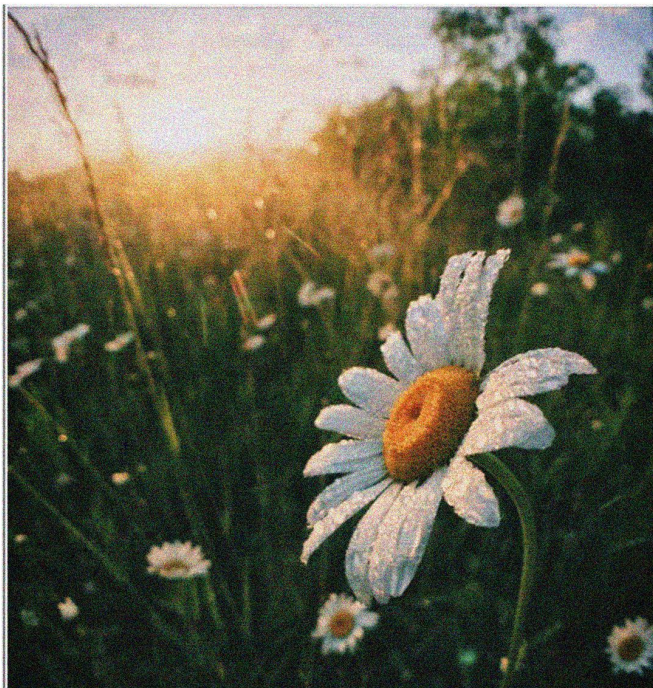


**Sangita Chauhan**

Mindset & Energy Coach

## The Magic of Morning Rituals: Transform Your Life After 40

In the whirlwind of daily life, mornings often feel like a race against time. For those of us in our 40s and beyond, balancing responsibilities at work and home while maintaining personal well-being can be a challenge. But here's the truth—your mornings can become the most empowering part of your day! Morning rituals aren't just routines; they're the foundation for a life filled with purpose, energy, and joy.



Let's explore how simple morning rituals can transform your days and your mindset, aligning beautifully with our lifestyle. Whether you're businessmen, a professional or a homemaker these rituals are your gateway to a thriving life.

### Why Morning Rituals Matter After 40

Life after 40 is a phase of transitions. Our bodies, minds, and priorities shift, and it's

the perfect time to embrace practices that rejuvenate and empower us. Here's why morning rituals are essential:

**1. Rejuvenate Energy:** As we age, our energy levels may fluctuate. Morning rituals like light yoga or stretching, combined with hydration, can help kickstart your metabolism and energize you for the day.

**2. Enhance Focus:** Mental clarity is often a challenge with the many roles we juggle. Mindfulness practices like meditation or journaling clear mental clutter and improve focus.

**3. Foster Emotional Balance:** Stress peaks when you're managing multiple responsibilities. Morning rituals act as an anchor, keeping you grounded and emotionally resilient.

**4. Support Health and Longevity:** Regular practices like exercise and mindful eating in the morning contribute to better physical and mental health, reducing the risk of chronic conditions.

### Designing Your Morning Ritual

Creating a morning ritual doesn't mean complicating your routine. It's about intentional, nourishing habits that fit seamlessly into your life. Here's how you can start:

#### 1. Wake Up with Intention

Set your alarm 30 minutes earlier than usual to create space for yourself. (Pro Tip: Sleep 30 minutes earlier the night before to wake up feeling refreshed.) Begin your day with a moment of gratitude [ You are seeing a new day it's truly a grateful moment]



**2. Hydrate Your Body:** Start your day with a glass of warm water infused with lemon, tulsi, or ginger. This simple act detoxifies your system and jumpstarts hydration. Add a pinch of Himalayan salt for an electrolyte boost.

**3. Move Your Body:** Movement is essential for physical and mental well-being, especially after 40. Choose an activity that resonates with you:



- **Yoga or Surya Namaskar:** Perfect for flexibility and mindfulness.

- **A Morning Walk:** A brisk walk in your garden or neighborhood is refreshing.

- **Simple Stretching:** Relieves tension and prepares your body for the day. Even 10-15 minutes can make a world of difference.

## 4. Cultivate Mindfulness

Take 5-10 minutes for meditation, pranayama, or journaling. These practices help calm your mind and set a positive tone for the day.

**5. Journaling Prompt:** Write three things you're grateful for every morning to set a positive tone for the day. In the chaos of life we ignore what actually we have in our life [honor what you have already in life] and set one positive intention for the day, it will help you to take control of your day.



## 6. Plan and Prioritize

Spend a few minutes reviewing your day. Write down your top three priorities and visualize completing them. This simple practice reduces overwhelm and boosts confidence.

### How Morning Rituals Transform Lives

#### The Science Behind Morning Routines

Research shows that morning rituals:

- Lower cortisol levels (the stress hormone).
- Improve focus and decision-making.
- Align your body's natural circadian rhythm, enhancing sleep and overall health.

#### Tips to Stay Consistent

1. **Start Small:** Focus on one or two habits initially and build from there.
2. **Prepare in Advance:** Lay out your clothes, journal, or breakfast ingredients the night before.
3. **Be Flexible:** Life is unpredictable. If you miss a day, restart without guilt.
4. **Celebrate Progress:** Acknowledge even small wins to stay motivated.





## Sangita's Take: A Morning Ritual for Energy and Vibrance

In my journey as a Mindset and Energy Coach, I've seen how transformative morning rituals can be. They're not about perfection but intention. Begin with small, meaningful steps and let your mornings set the tone for a joyful, purpose-driven life.

Remember, the morning is your sacred time—a canvas to paint with actions that uplift and inspire you. You deserve to start your day feeling alive, energized, and connected to your purpose.

Let's rise and shine, together!

## Success, Thy Name Is Rotarian



**Prof. Nilesh Vedant**

Director, Founder futureScience Eduventures

The Cricket field called life  
"Stay Hungry Stay Foolish"  
"We are here to put a dent on the universe"

"Success is a lousy teacher

it makes you think you can't lose" "There aren't difficult subjects ...only bad mentors"

These are famous quotes by change makers of this century the first three from Jobs ...the next by Gates and the last one ....

We pay so much attention on the life and details of others that we have no time to think of the journey of life and times of the most important person for us.....OURSELVES .

When our own CNN editor Machindra ji threw an offer to contribute about 'My life's success journey' it tickled those grey cells and led me into this forced phase of introspection .

This could be my first-hand realisation of how ROTARY could influence your notions of dignity. I had the opportunity to be a part of this privileged herd ....( I typed privileged....those with the edge over the normal) through Dr Nihar Thakkar one of my past students . Life is like a cricket tournament for me ....so I will make this an analogical biographical story .

Born at a nondescript village called Koday in Kutch where there was no doctor available to attend a lady in labour ....I and my mom were taken to Mumbai Borivali and was raised in the loving care of my maternal grand parents and mamas. I was then sent to Gokhale High School ...an institution rooted to strong Indian traditional values. Childhood was spent in Chawl ..... where cooperation mutual interest, common comforts and camaraderie took higher priority over personal comforts.

This was my power play .....score as you wish ....no worries of the results ...just play After scoring a decent 80% in class 10 ....i was bundled to Jamnagar Gujarat to continue my studies in class 11 Science and started the downward spiral of my academic journey ....no score in 12th Science .....no admission in any course .....my application for a male nursing course was also rejected Back to pavilion ....Mumbai ....B.Sc at Royal College of Arts Commerce and



Science Miraroad. MSC at Institute Of Science Colaba . Life offered the opportunity ( not a challenge) to start earning when I was in SY BSc and maintain all expenses. So I got the chance of growing well beyond my chronological age. I supported my expenses by taking tuitions .....Thus started the journey of my innings as a tutor in an amateurish way which then became a thoroughly professional game . MSC cleared in 1995 validated my confidence to go further ....

1996 was the game changing year ...I stamped the commencement of a new family of Nilesh Vedant ...I Purchased my own residence at age 24 in a distant area then not so accessible called Gorai in Borivali.

Marriage to an understanding girl now my wife Aaisahni in 1997 completed the first kand ...then what followed was playing ball on its merits .....it is hard for any one to believe that I really plan my life as such ...( there was no connection or provision for a washing machine in my house ) ...I worked for prominent institutes ( Suresh Dani's classes , Vidysagar Classes and SP classes ) during the span of these years much of events which we define conventionally kept occurring

The joy of raising two lovely kids playing the dual role of father and mentor ( elder daughter Tvisha now in VJTI pursuing BTech with computer science ...the younger Atharv doing his computer engineering from SPIT ) Then Rotary happened has a very happy event. It was an excellent and constructive diversion from the routine. I was introduced by one of my very sincere student Dr Nihar Thakkar.

Under the encouragement and mentorship of Bal Sir it felt as if I was always here . The welcome nature of all the Rotarians made it feel that this social organisation makes

space for anyone with the values enshrined in its principles. I'm truly thankful to Prez Seema Negi and Rtn Rajesh Kushte to give me an opportunity to chair the Flagship event Nation Builders Award 2024 .

I do feel truly successful the parameter for which is overall happiness that has no tangible matrix.....just that one should observe the performance in all phases of the game ...be it defending the wickets of family wellbeing ....scoring runs of planning the future of your children and something defendable .....taking opportunities to rotate the strike and make career changes to suit the situation ....and declare after scoring enough ....accepting victory and defeat with the same spirit ...enjoying the success of our teammates and covering for their shortcomings....as a lecturer I learnt the what truly makes a selfless captain ...a mentor

At present I am the Director of a sustainably run educational institute futurScience Eduventures catering to the students aspiring for a future career in Science

I Thank Rotary for giving me this opportunity to retrospect and find the extraordinary aspects in the life of a not so ordinary a citizen

## Why Join Rotary?

**R**ealization of "Service Above Self"

**O**pportunities to be involved with community and international projects

**T**eam up with other volunteers to make a difference

**A**ppreciation for your contribution

**R**espect, fellowship and fun

**Y**our skills and talents are shared



# Rotary Stories

## International and National

### ROTARY PROJECTS AROUND THE GLOBE

January 2025

By Brad Webber



## India

After heavy rains triggered flooding and landslides in India's northeastern state of Tripura in August, the Rotary Club of Agartala City and the Rotaract clubs of Agartala City and Agartala Central mobilized to help. The clubs set up relief camps providing food, clothing, health care, and medicines in Agartala, reaching 400 people. During a second phase, club members distributed groceries and sanitary pads among 125 families in a remote village that was devastated by the floods. "Villagers lost all their belongings. Farms and agricultural crops were destroyed," says Agartala Rotary club member Anannya Das. Rotary members also organized clinics in the region where patients could see pediatricians, eye specialists, dermatologists, and general practitioners, including Rotarian doctors.



## Philippines

Members of the Rotaract Club of Calumpit are passionate about supporting young people with disabilities through skill development and advocacy. As part of their Breaking Barriers initiative, they've recorded podcasts on the rights and challenges of people with disabilities. In August, Rotaractors and members of the Rotary Club of Calumpit visited an elementary school, offering hygiene kits, medicine, and school supplies to 160 students with disabilities, as well as mentoring in reading, writing, and art. "The event was met with overwhelming positive feedback from participants, who appreciated the thoughtful activities and valuable resources provided," says Rotaract Club President Daniel Balingit. A session for caregivers was especially well received, he says. "It offered a safe space for mothers to share their experiences and gain insights into managing the mental health and psychological needs of their children."

**This story originally appeared in the January 2025 issue of Rotary magazine.**