

Rotary



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OF ROTARY



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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 About Self*

Dear Fellow Rotarians,

As we step into another promising month, let us take a moment to appreciate the beauty and significance of this time of the year. We are truly blessed to witness the Mahakumbh, a divine event that occurs once in 144 years, in our lifetime. This rare and sacred occasion is a reminder of our deep-rooted cultural and spiritual heritage, inspiring us to embrace the year ahead with renewed energy, gratitude, and purpose.

At the Rotary Club of Mumbai West Coast, we take immense pride in the incredible work our members are doing. Each one of you has contributed to impactful projects that are making a real difference in the lives of many. Our club continues to uphold the values of

service, compassion, and commitment, ensuring that our collective efforts bring about meaningful change in society. Your dedication and hard work do not go unnoticed—let's continue to spread kindness and positivity.

As we move forward, let us remain committed to our guiding principle, "Service Above Self." Together, we have the power to transform lives, uplift communities, and create a lasting legacy of goodwill and service. May the divine blessings of this auspicious time strengthen our resolve to serve with even greater enthusiasm and passion.

Wishing you all a month filled with inspiration, joy, and new opportunities to make a difference. Keep up the commendable work, and let's continue to lead with purpose and heart!

Yours in Rotary,

Dr. Seemaa Negi

President, Rotary Club of Mumbai West Coast

The Editor's Desk



Dear Fellow Rotarians,

February marks Rotary's focus on Peacebuilding and Conflict Prevention. As Rotarians, we hold the unique power to foster harmony through compassion, understanding, and service. By embracing diversity, promoting dialogue, and resolving differences with empathy, we can create a ripple effect of peace within our communities. Let us continue to be ambassadors of goodwill, inspiring positive change and strengthening bonds that unite us all.

Yours in Rotary,

Machindra Borhade
CNN Editor

Dimple Tanwar
CNN Co-editor

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The Month That Was

7 & 8 January 2025:

Session on 'Dealing with Exam Anxiety'

The Rotary Club of Mumbai West Coast organized a session on **Dealing with Exam Anxiety** for Grade 10 students and parents at Sanjeevani World School. Experts shared practical strategies to manage stress, enhance focus, and boost confidence.

Key topics included:

- Understanding Exam Anxiety
- Mindset & Preparation Techniques
- Parental Role in Managing Anxiety
- Relaxation & Mindfulness
- Building Self-Confidence

The session encouraged open discussions, reassuring students that exams are just one part of life's journey. Ritu Dubey was the Project Chair.



Guiding Minds, Easing Hearts – Experts Engaging with Students & Parents for a Stress-Free Exam Journey

10th January 2025:

Speaker Meeting on 'Learning AI Tools'

An online speaker meeting was held on 10th January 2025 on the topic 'Learning AI Tools.' The guest speaker, Ms. Vidushi Daga, Chairman of OLL and an AI Training Expert, addressed the club members. The session was highly interactive and informative, drawing an enthusiastic response from a large number of Rotarians.

Rtn. Ritu Dubey introduced the speaker, while Rtn. Vishal Mundra felicitated her. The vote of thanks was graciously proposed by Rtn. Renu Bhat.

11 January 2025:

Fun Fiesta – A Day of Learning & Play at Dahisar

The Rotary Club of Mumbai West Coast hosted Fun Fiesta at Sanjeevani World School, Dahisar, for children aged 3 to 6 years. The event featured 20 activity rooms designed to enhance fine and gross motor

skills through arts & crafts, sensory play, puzzles, obstacle courses, and interactive games.

Key Highlights:

- **Creative Corners** – Painting, clay modeling, and DIY crafts.
- **Physical Challenges** – Obstacle courses and movement-based games.
- **Brain Boosters** – Puzzles, block-building, and memory games.
- **Express & Explore** – Storytelling, role-playing, and drama sessions.

While children engaged in fun learning, expert-led counseling sessions helped parents understand behavioral challenges, emotional well-being, and child development.

The event fostered growth, creativity, and joy, reinforcing the Rotary Club's commitment to nurturing young minds.

Rtn. Meghana Kushte chaired this particular project.



Joyful moments at Fun Fiesta!

12th January 2025: Tilgul & Snacks Distribution on Makar Sankranti at SSF Center, Borivali

On 12th January 2025, a **Tilgul & Snacks Distribution Program** was organized at **SSF Center, Borivali** to celebrate **Makar Sankranti**. This initiative was a collaborative effort between **SSF** and the **Rotary Club of Mumbai West Coast**.

The event was filled with smiles as club members distributed delicious Tilgul and snacks to the children. It was truly heartwarming to witness their joy and excitement.

With almost 130 kids participating, the celebration was a great success! A special thanks to President Rtn. Dr. Seemaa Negi for her unwavering support in making this event memorable for the children. We also appreciate the efforts of Project Chair Rtn. Rashmi Mahajan for leading this wonderful initiative.



Spreading sweetness and joy! Project Chair Rtn. Rashmi Mahajan distributing tilgul and snacks at SSF Center, celebrating Sankranti with warmth and gratitude.

14 January 2025: Sankranti Celebration with Ancillary Staff, Borivali

The Rotary Club of Mumbai West Coast celebrated Makar Sankranti by honoring the ancillary staff, recognizing their hard work and contributions.

The event began with a Haldi Kumkum ceremony, symbolizing prosperity and goodwill. Women exchanged turmeric and vermillion, strengthening bonds of appreciation. Gifts, sweets, and heartfelt gestures made the staff feel truly valued.

A festive feast featured tilgul, puran poli, and chikki, spreading warmth and joy.

The celebration was filled with music, dance, and gratitude, fostering unity and respect for every role in society. Rtn. Rashmi Mahajan chaired this project.



Tilgul ghya, god god bola!

17 & 19 January 2025: Sanjeevani Premier League – Box Cricket Tournament, Dahisar

The Sanjeevani Premier League, organized in collaboration with the Rotary Club of Mumbai West Coast, was a thrilling three-day event celebrating sportsmanship, teamwork, and community spirit.

With 12 men's teams and 3 women's teams competing, the tournament saw intense matches filled with passion, skill, and last-over thrillers. Spectators enjoyed breathtaking moments that proved cricket is more than a game—it's an emotion that unites.

Encouraged by the overwhelming response, the Rotary Club aims to make this tournament an annual tradition, fostering a love for sports and togetherness.

Rtn. Nagraj Shetty chaired this project.



Sanjeevani Premier League – A Thrilling Collaborative Effort!

24th January 2025: Fellowship Meeting at Trento Banquet, Goregaon

The Fellowship Meeting was held at Trento Banquet, Goregaon, on 24th January 2025. President Dr. Seemaa Negi called the meeting to order and warmly welcomed all members and guests.

Rtn. Machindra Borhade and Dr. Sujata Singh introduced the distinguished speakers of the day:

Dr. Anita Sharma, an expert Graphologist, who provided insights into handwriting analysis.

Hema Bhatia, a seasoned Tarot Card Reader, who guided members with her expertise.

Rtn. Satish Thakur and Dr. Nilima Inamdar felicitated the guests.

Additionally, Rtn. Anjali Karandikar briefed the members about the **Swaroop project**, highlighting its objectives and progress.

The meeting concluded with a vote of thanks proposed by Rtn. Ganesh Kadam.



Dr. Anita Sharma receives well-deserved recognition from IPP Rtn. Satish Sharma for her outstanding contributions



Hema Bhatia is honored by Rtn. Shaila Vyas for her outstanding contributions and dedication

25th January 2025: Mandala Art Workshop at Aadarsh Vidyalaya, Goregaon

A Mandala Art Workshop was held at Aadarsh Vidyalaya, Goregaon, on 25th January 2025. The workshop was jointly organized by the Rotaract Club of Mumbai Sky City and the Rotary Club of Mumbai West Coast.

Students of Aadarsh Vidyalaya actively participated, exploring the creativity and mindfulness of Mandala art. The event was graced by the presence of Rotaractors, Rtn. Neelam Patil, and Dr. Neelam Navagare, who engaged with the students and encouraged their artistic expression.



'Creativity in Action! Students of Aadarsh Vidyalaya immerse themselves in the beauty of Mandala Art, enjoying a fun and inspiring workshop'

26th January 2025: Patriotic Fervor at Sanjeevani World School

Sanjeevani World School celebrated Republic Day with a grand Flag Hoisting Ceremony, honouring the spirit of patriotism, unity, and national pride. Students, teachers, parents, club members, and dignitaries

gathered to pay tribute to our freedom fighters and the values that define our great nation.

As the Tiranga soared high, the National Anthem echoed with pride and devotion. The event featured:

- Patriotic Performances
- Tributes to Freedom Fighters
- Pledge for a Better Tomorrow

In collaboration with the Rotary Club of Mumbai West Coast, the event reinforced values of respect, service, and national responsibility. With renewed commitment, we strive for a brighter and stronger India! Rtn. Machindra Borhade chaired this project, ensuring its success with dedication and leadership.



'Proud Moments from the Flag Hoisting Ceremony'

27 January 2025: Hearing Aid Distribution for Senior Citizens in Borivali

The Rotaract Club of Mumbai Skycity, in collaboration with Smiti Socialwork Foundation, brought joy to 20 senior citizens by distributing hearing aids in Borivali. These devices will enhance their quality of life, enabling them to stay connected with their loved ones and the world around them.

A special thanks to Rtn. Rashmi Mahajan, the Project Chair, for her dedication and efforts in making this initiative a success.



Bringing the Gift of Sound: Rtn. Rashmi Mahajan Distributes Hearing Aids to Senior Citizens

30 January 2025: Slumber Surprise – A Night of Fun, Learning & Friendship!

The Rotary Club of Mumbai West Coast hosted "Slumber Surprise" at Sanjeevani World School, an exciting overnight event designed to spark joy, learning, and friendship among children.

The night was packed with *engaging activities*, including:

- **Star Gazing** – Exploring constellations under expert guidance.
- **Movie Time** – A cozy screening filled with laughter.
- **Team-Building Games** – Icebreakers, storytelling, and group discussions.
- **Bonfire & Storytelling** – Creating a nostalgic camp-like atmosphere.
- **Midnight Munchies** – Delicious treats for endless energy.
- **Karaoke & Fun Games** – Singing, dancing, and friend-

Beyond the fun, Slumber Surprise encouraged teamwork, confidence-building, and digital detox, allowing children to bond and grow in a meaningful way.

A big thanks to Rtn. Mithoon Gada, the Project Chair, for making this event a memorable success!



"Slumber Surprise: A Night of Fun, Learning & Leadership Under the Stars!"

31 January 2025: Nikshay Mitra Project – 7th Month of Nutrition Kit Donation

The Rotary Club of Mumbai West Coast continued its commitment to the Nikshay Mitra Project by distributing nutrition kits to 12 TB patients at BMC Hospital, Goregaon (W). Each kit included food grains, protein powder, and other essentials to support their recovery.

The initiative was led by Project Chair Rtn. Ganesh Kadam, with the presence of Rtn. Shaila Vyas and Rtn. Jyotsna Gaikwad.

A heartfelt thanks to all Rotarians for their unwavering support and contributions in making this project a success!



Distribution of Nutrition Kits to TB patients

Birthdays and Anniversaries Of February

February

Birthdays

10 - Rtn. Vikas Upadhyay

13- Rtn. Nagraj Shetty

24- Dr. Seema Negi

Anniversaries

01 - Rajendrasinh Chauhan and Sangeeta Chauhan

16 - Arun Chaudhari



ROTARY DESIGNATED MONTHS



Mark Your Calendar

February

Mark your calendar



1st Feb : OLL's Skill Bharat Samman - a collaborative event.

4 Feb : Saraswati Pooja at Sanjeevani World School

5 Feb : Autobot Arena - Battles of Robotics competition

7 online meeting : Speaker meet - How to make instagram reels

12 Feb : Edufest with Arihant Tutorials at G.C.C. STERLING, G.C.C. CLUB, MIRA BHAYANDER from 7:00pm onwards.

13, 14, 15 Feb : RYLA at Avi's Resort, Karjat

21 Feb : Club meeting & fellowship - Theme - @Mahakumbh - Devotion, divinity, dress up

Success, Thy Name is Rotarian



Raju Mehandarkar A Remarkable Journey of Leadership and Service.

Raju Mehandarkar was born on July 24, 1970, in Mumbai, Maharashtra. He holds a Bachelor of Commerce (B.Com) degree from Mumbai University. Additionally, he completed a Business Management program at K.C. College, Mumbai, and earned an MBA from Mumbai University (Prin. L.N. Welingkar Institute of Management Development & Research), where he secured second place in the college rankings. He also holds a Diploma in Travel & Tourism and Airline Management, along with an LLB from Mumbai University.

Currently, Raju Mehandarkar serves as the Vice President (Cargo) at Aeroflot Russian Airlines (GSSA). His responsibilities span sales, cargo operations, aviation security, and legal advisory services for various international airlines. His expertise encompasses travel and tourism, dangerous goods regulations, and the security awareness programs of GVK Mumbai International Pvt. Ltd.

Raju has held leadership roles in social and housing organizations, serving three terms representing a housing federation and holding the chairmanship of a social organization.

Inspired by his father, who was deeply involved in Bhavsar Samaj activities, Raju has actively participated in the Andheri Bhavsar Samaj from childhood. He is a founding member and Charter President of Bhavsar Vision India (BVI)-Mumbai, established in 2012. He also served as the State President of ABBK Yuva Parishad-Maharashtra and was the first BVI Governor of Area 105, representing Mumbai. Additionally, he is a Trustee of Mahajanwadi and Boarding Trust, Mumbai, and a working committee member of ABBK Mahasabha (2013-2017).

Raju has contributed significantly to the Air Cargo Club of Bombay, related to International Air Transport Association Agents and Clearing House Agents. He held the position of Secretary from 2013 to 2015 and served as President from 2017 to 2019.

Raju is happily married to Mrs. Bharati, a dedicated homemaker. They are blessed with two children. Their daughter, Dr. Harshali, is pursuing her second year of post-graduation in Obstetrics and Gynaecology at

MGM Medical College, Navi Mumbai. Their son, Advocate Abhishek, practices law at the Mumbai High Court.

Raju Mehandarkar's journey is a testament to his leadership, dedication, and commitment to both professional excellence and community service.



Rtn. Raju Mehandarkar and his family

About My Partner - Bharati

Today, whatever I am is because of my true life partner, Rtn. Bharati, and the blessings of my mother, my Guru. Bharati has been the leader and motivator behind all my accomplishments in educational, professional, and social fields. She has been my backbone, tirelessly ensuring that my dreams come true through her hard work and dedication to our family.

This success is not just a personal triumph but an inspiration to all who dare to dream. Bharati is the reason I smile, hope, and continue to dream. Thank you for being you!

- Raju

Special Feature



Dr. Anita Sharma , B.H.M.S.(Mumbai), An expert & experienced Mental Health Practitioner

Graphology

- A Window into Self-Awareness and Personal Growth

Handwriting is more than just a means of communication; it is a reflection of one's personality, emotions, and subconscious mind. Graphology, the study of handwriting, provides deep insights into an individual's character, thought patterns, and behavioral tendencies. This article explores various aspects of

of handwriting analysis and its implications for self-awareness and personal development.

Introduction

Handwriting has long been regarded as a unique identifier, but beyond its function as a tool for written communication, it serves as an insightful map to the human psyche. Graphology analyzes the shapes, pressure, spacing, and structure of handwriting to reveal traits that might otherwise remain hidden. By understanding these traits, individuals can enhance their self-awareness and even make conscious changes to their handwriting to positively influence their mindset.

Handwriting and Personality Insights

Size of Handwriting -

- Large letters: Outgoing, confident, enjoys attention, leadership qualities.
- Small letters: Focused, detail-oriented, prefers solitude, introspective.
- Medium-sized letters: Balanced personality, adaptable.

Slant of Writing-

- Rightward slant: Expressive, emotional, people-oriented, follows the heart.
- Leftward slant: Reserved, introspective, protective of emotions, follows logic.
- Straight/No slant: Practical, balanced, logical decision-making.

Spacing Between Words -

- Wide spacing: Values personal space, independent, enjoys solitude.
- Narrow spacing: Enjoys socializing, dislikes being alone.

Pressure Applied on Paper -

- Heavy pressure: Intense emotions, strong-willed, determined, energetic.
- Light pressure: Sensitive, empathetic, can be easily influenced by surroundings.

Baseline of Writing

(Direction of Lines on Paper) -

- Upward-slanting lines: Optimistic, motivated, hopeful.
- Downward-slanting lines: Fatigue, stress, or temporary discouragement.

- Straight lines: Emotionally stable, disciplined.

Loops in Letters (Like 'l', 'e', and 'y') -

- Open loops: Imaginative, expressive, free-spirited.
- Tightly closed loops: Reserved, self-controlled, cautious.

Letter Shapes & Personality-

- Rounded letters: Indicate a friendly, creative, and gentle personality.
- Pointed letters: Reflect a sharp-minded, intense, and analytical thinker.
- Connected letters (cursive writing): Suggest a logical and systematic approach to thinking.
- Disconnected letters (print writing): Show independence and an unconventional thought process.

Dot on 'i' (i-Dot Analysis) -

- Perfectly placed dot: Signals discipline and attention to detail.
- Far-away dot: Suggests creativity, free thinking, and imagination.
- Missing dot: May indicate impulsiveness or forgetfulness.
- Circular dot: Reveals a playful and artistic nature.

Loops in Lowercase 'g', 'y', or 'j' (Lower Zone Analysis)-

- Large, open loops: Indicate social expressiveness and adventure-seeking behavior.
- Tight, small loops: Suggest caution, reserve, and selectiveness in relationships.
- No loops, straight line: Reflects practicality, discipline, and a focused mind.

Graphotherapy : Transforming Mindset through Handwriting Changes

Graphotherapy, a lesser-known aspect of graphology, suggests that *conscious changes in handwriting can influence behavior and thought patterns.* Some key strategies include -

- Raising the *T-Bar* in 't' to boost *confidence and goal-setting ability*.
- Writing with *upward strokes* to enhance *positivity and motivation*.
- Keeping loops open to encourage *openness to new experiences* and *better communication*.

These small but impactful changes can help individuals cultivate positive habits and reshape their perspectives.

Conclusion

Graphology serves as an insightful tool for self-reflection, allowing individuals to understand their strengths, limitations, and subconscious behaviors. By analyzing handwriting patterns and making small adjustments, one can foster personal growth and emotional well-being. Whether used for self-discovery or psychological assessment, graphology remains a fascinating and valuable practice in the realm of behavioral sciences.

Written by- Dr. Anita Sharma , B.H.M.S.(Mumbai), An expert & experienced Mental Health Practitioner , awarded by the prestigious World Mental Health Congress for her elaborate range of services catering to the needs and mentoring students especially competitive aspirants of NEET /JEE etc and professionals of varied streams as a Performance Enhancement Coach & Career Counselor for over 30 years .Her expertise lies in using various healing modalities like NLP, Chakra Balancing , Redikal Healing , Hypnosis , Body Mind Programing , EFT ,Graphology , Mindfulness etc to overcome self limiting beliefs and patterns and be a better version of self .Also proud recipient of Atal Mentor of Change and Wellness Consultant at Times of India –NIE. Currently she is associated with an elite ICSE school, Sanjeevani World School as Head of Department of Counselling .

Rotary Stories International and National

Food Truck of Love' serves 2,000 meals per day to first responders

-By Seoha Lee

She was spending the morning with her grandchild when Hyun Ok Baek saw the news on TV: There had been a tragic plane crash at South Korea's Muan International Airport.

Jeju Air flight 7C2216, arriving from Bangkok, crashed into a runway barrier during landing. The 29 December accident claimed the lives of 179 passengers, including a Rotary member, sending shockwaves throughout the country.

"I couldn't eat lunch that day," says Baek, governor of Rotary District 3710, which includes the Muan County in Korea. Her immediate question: How could Rotary help? "My mind kept turning to what role we could play in the aftermath of this tragedy," she says.

Emergency responders lacked basic necessities like water, hot food, and a warm place to rest, she learned from Geun-Heong Yang, a Rotary member and volun-

teer firefighter. She also contacted District-3710 Secretary Heng Shim, whose experience in disaster response helped her make a quick and informed decision.

They wasted no time. Within hours, messages were sent to the district's volunteer group chat, summoning members who could help. Supplies like bottled water, coffee, ramen, and kimchi were quickly gathered, while team leaders coordinated shifts and transportation.

"In any disaster, the first 24 to 48 hours are vital," says Shim. "Before government or municipal resources can fully mobilize, there's a golden window where immediate assistance can make the most impact."

The district's Service Above Self Team, a rapid-response unit formed in 2010 to provide aid in times of disaster or crisis, quickly set plans into motion. The team's Food Truck of Love was ready to deploy, its mobile industrial kitchen capable of preparing up to 200 meals at a time.

Financial help also came swiftly. Rotary District 3710, with the support of 13 other Rotary districts across Korea, mobilized approximately US\$30,000–40,000 almost immediately. Funding came from a combination of district grants and contributions from individual Rotarians.

Eight hours after the crash, Rotary vehicles reached the heavily restricted crash site. Rotary was the first volunteer organization to arrive at the scene. While access was denied to many others, including bereaved families and journalists, the Rotary members' clear purpose and careful preparation ultimately won them entry.

"I assured them that our food truck was fully equipped to provide hot meals and beverages immediately, which would help sustain those doing the hard and heartbreaking work of recovery," says Baek.

The Food Truck of Love, a supply truck carrying water and food, and a six-passenger SUV packed with 12 volunteers entered, and the Rotarians got to work.

Courtesy : www.rotary.org



Rotary District Governor Hyun Ok Baek, third from left, and other Rotary members in Korea provide food and other necessities to emergency responders working at the crash site of Jeju Air flight 7C2216 near South Korea's Muan International Airport.