

**President Writes**



Dear Westcoasters,

The later months of July & August were packed with activities and projects. We started with the humble activity of Annadaan at Goregaon, followed by many satisfying projects. In this month's Speakers meet, we explored, how to practice Yoga in daily life, by 'the Yoga Institute'.

This year Rotary International focus is on Mental health. The RI President has asked all Rotary members to become champions in our effort to illuminate mental health needs near and far. This includes helping one another feel more supported, advocating for mental health services, and building bridges with experts in the field to expand access to treatment. Following this, we conducted two projects on mental health addressing the guards of society i.e. Police and the second one with the emerging citizens i.e. college students.

We also celebrated a proud moment of Independence Day at Vidyaniketan school. This month also saw the happy moments of Installation ceremonies of our Rotractor club and Interact club. Of course, there was fun in District picnic and learnings for new Rotarians in Fireside meeting.

This month BOD had healthy discussions on the way we would like to set our club's operational patterns and leadership within our club. Leaders who share a deep commitment to doing good in the Society!! But what makes Rotary powerful isn't just what we do for the communities we serve. We also support and empower each other, by creating a safe space for our members to bring their whole, authentic selves. We show each other comfort and care.

The R I theme this year is to Create 'Hope' in the world. I am confident that everything we do across our areas of focus has the potential to foster the hope.



**Wishing you  
all Happy  
Ganesh Festival**

**From Editor's Desk**

Dear Westcoasters,

We are Happy to handover double Issue this month after Installation Special in July 2023. This issue covers the events our club has conducted / participated in the later part of July and August month.

With the arrival of Lord Ganesha the festivities have already started. I am sure that the coming months of festivities will inspire us to learn from our ancestor's and contribute our fullest to the society. Time and again by action, Rotarians have proved the way of life 'Service above Self'

I wish all the Westcoasters a wonderful festive period ahead !!

Let's together create hope in the world !!



Rtn Sanket Dhotre

## Installation Ceremony



Dear Rotarian,

I am sure you all had a wonderful time at the Installation. We had a hall packed with 180 people.. Thanks to our Installation team IPP Sangita, Dr. Bal Inamdar, Dr. Nilima, Uma, Jyotsana, Rajesh, Nagraj, Meghana, Aashish, Ganesh, Vishal, Seema, Saurabh, Roopa, Dimple, Renuji and Sanket.

I would like to thank all the west coasters for supporting the team by showing a solid presence at our installation event.

Thanks to you all, our District dignitaries, guests and families for showering us with their blessings.

Thanks to Rotractors and all westcoasters for helping at the event. Thanks to our AG Rajivji for inducting new members.

Thanks to chief guest Sunil Prabhu and Rtn Mhatreji.

Together, we all will make this year a memorable one.

Regards,

Dr Rakhi Dhotre (President - Rotary Club of Mumbai West Coast)



## Speakers Meet



On August 18, 2023, we conducted Speakers Meet at Hotel Radisson, Goregaon-West.

Two of the keynote Speakers of 'the Yoga Institute' Mr KPM Ramaswamy & Mr Vinay Zende delivered a session on practicing Yoga philosophy in daily life. The Yoga Institute, world's first Yoga Center, was established in 1918 by the legendary yogi Shri Yogendra Ji, also known as the father of the modern yoga Renaissance. The Institute has won the prestigious Prime Minister's award for its outstanding service to the science of yoga.

The speaker, Mr.KPM Ramaswamy is an ex-Managing Director of Saint Gobain Weber and has a successful track record of corporate career for more than 30 years.

Mr Vinay Zende is an Engineer by Profession. Having worked with Coastal Guard and Advertising field, he has been preaching Yoga for last 10 years.

Basis the feedback from Club members, we are planning 5 more sessions of Yoga Practice, in coming months.

## Fireside



We had conducted fireside meeting on 27th August '23 for inducting our new members, few of the glimpses ... It was attended by new members, Miss Maya purohit, Miss Tejinder Kaur, Miss Ulka Mayur and Dr. Singh



CREATE HOPE IN THE WORLD Rotary District 2147 incredible

## INCREDIBLE Monsoon Picnic Fun weekend

A great time for our friends where we spend time together, laugh, and create beautiful memories together.

- 🏊 Pool & Games
- 🍹 Chilling Out
- 🎵 Qawwali Night

Saya Grand Club & Spa Resort

26-27th Aug

NOT A SINGLE DULL MOMENT !!!!

## District Picnic



Glimpses of District Picnic attended by our club members at Saya Grand Club on August 26th & 27th.

## Vidyaniketan School



On August 15, 2023, Flag hoisting and Uniforms distribution was conducted at our adopted school Vidyaniketan in Goregaon. President Dr Rakhi Dhotre hoisted the Flag. After flag hoisting, we had lovely songs and speeches performed by the school students, followed by Uniforms distribution to the school children. We ended by giving snacks to the school children and their parents. Thanks to Club Secretary Nagraj for sponsoring the snacks. Thanks to Jyotsana, Nagraj, Ganesh for joining and helping with the event.

## Interact Installation



On August 31, 2023, we had installation of Interact club at Bangur Nagar. President Dr Rakhi Dhotre addressed the interact kids by. Lots of enthusiasm in the hall !! Dr Rakhi advised the students to imbibe the true Rotary Culture of service above self and leadership. Wonderful job done by their teacher Martha and the Principal.

Thanks to Ganesh, Jyotsana, Dr Nilima and Rotaractors for joining for the interact installation and self-defence workshop after that.

Self Defence workshop was conducted for girls students of Interact Club of Bangur Vidya Bhawan School. Trainer Mahek Shaik who is certified Martial Art Expert was invited to conduct the session. Around 300 Girls students got benefited of this session, Trainer has taught around 8 self-defence techniques to protect themselves. Rotaractors of JM Patel College & Saraf College has also Joined to help during the Session.

# Mental Health



On August 15, 2023 we conducted an event on Mental health awareness and Stress Management for Police. The event was held at Patkar college. We had Dr Harish Shetty, a very well known and renowned Psychiatrist who delivered an interactive session on mental health. Second talk was by Dr Gaurav Kulkarni, who spoke on OCD. We had speech by DCP Bansal and ACP Renuka. The event was attended by 150+ police cadre. Thanks to Chair Reena and team and Shaila for initiating the contact with ACP Renuka and expediting the process and making the event possible.

## Menstrual Hygiene



Rotary District 3141  
 With Rotary Club of Mumbai West Coast  
**RED : Colour of Life**  
 Menstrual Hygiene Awareness & Hemoglobin Test

Date - 12 Aug, our 2023  
 Time - 10.00 am  
 Place - St. John's Model English High school (Malad)  
 Chairperson - Rtr. Lavanya Dumpeti

-Dr. Nilima Inamdar  
 MD.Obstetrics & Gynaecology

A much-needed event was well organized by the Rotaract Club of Mumbai Sky City under the guidance of Rotary Club of Mumbai West Coast.

More than 100 girls students from std 8th 9th 10th were benefited with a counselling session by Dr. Nilima Inamdar followed by Hemoglobin check up camp. These girls were guided well for menstrual hygiene and precautions to be taken for a healthy life.

Thanks to Lavanya, Prajakta, Ganesh, Arya, and others for carrying out this important event successfully. Thanks to Dr Nilima for her guidance and arranging a hemoglobin checkup.

## Rotract Installation



On August 05, 2023 we had a happy moment of Rotract Club installation at Saraf hall. Rtr Ashwarya Thanvi and her Board was installed for Rotary Club of Ghanshyamdas Saraf College. Rtr Nirav Joshi and his board was installed for Club of Mumbai Sky City. Congratulations and All the Best !!

# Annadaan



We had a 2 drives of Annadaan on July 9 & July 22, 2023 at Goregaon. Thanks Rashmi Mahajan, Narayanswamyji, Ruksanaji, Dr Nilima, Neha kadam, Ganesh for joining the drive. Thanks Saurabh for making the creatives. Special thanks to Ganesh for arranging the transportation to bring the food grains at the venue (old age home suggested by him) and to lead the Rotaract team. Special Thanks to Jyostnaji for making her place available to do the collection of Food grains. Thanks Rotractors for joining the drive. Thanks Raya (Ruksanaji's daughter)for conducting the houseie. We appreciated major contribution by Mr. Rajesh Kushte for Goregaon Station Anandan Project  
Total donation 165 kgs of food grains /oil plus biscuits plus lizol phenyl.





## Know your Rotarian - Abdul WahabBaig



A successful Freelancer - NGO fundraiser embodies a combination of passion, strategic thinking, effective communication, and adaptability. He can help organizations thrive and continue to make a positive impact on the causes they serve.

Born on 11th July, brought up in Mumbai, a typical Cancerian, completed graduation from Mumbai University & Diploma in Marketing Management, along with completed Project Management Certificate course from International Institute of Learning, UK.

He is highly influenced with the work done by Father Vincent Ferrer & Mother Teresa. He has diverse and impactful, reflecting efforts to raise funds for social and environmental causes while aligning with a company's CSR goals. He has raised more than 50Cr for various thematic areas like Education, Preventive & Curative Health, Water & sanitation in various states of India

He is happily married to Anagha on 9th December 2005, an inter-religion marriage.

Anagha worked with HDFC Bank and now working as Retail Banking Trainer. They have son (Aaryan) studying in Xth Standard in Euro School Airoli. The family reside in Upavan- Thane.

Listening to retro music (Hindi) is the only way to unwind himself. He has arranged several musical events to raise funds for social cause and has got excellent response from the audience, generated Rs 4 Lac for physically challenged children through musical event for Rotary Club of Thane Hills in December 2017. Watching sports is another hobby of Abdul, mainly Cricket, Wimbledon & FIFA.

Rotary is a global service organization known for its humanitarian efforts and community service projects, joining Rotary is fulfilling experience, offering him numerous opportunities for personal and professional growth.

## Mental Health



The second mental health awareness programme happened on 21st at Saraf College for 90 students. Dr. Gaurav Kulkarni conducted an interactive session with the students. This initiative was taken by Rtn Ganesh Kadam and Dr. Nilima Inamdar who worked out the finer details.

## Know your Secretary - Dr. Nagraj B Shetty



Dr. Nagraj B Shetty is a dynamic professional with two decades of diverse experience across industries such as Banks, NBFC, Fin-Tech Start-Ups, Hospitality, and Digital Payment. He firmly believes in the implementation of the 3 P's principles - People, Process, and Policy - as the foundation for any successful organization.

As a leader, Dr. Shetty excels in building and scaling operations, credit, customer service, risk management, compliance, audit, project management, product development, and technology implementations. His expertise lies in driving growth, profitability, and sustainability for organizations.

Dr. Shetty's commitment to lifelong learning is evident through his educational achievements, including a recent LLB graduation from Tilak Maharashtra Vidyapeeth, Pune. He holds a B.Com from St. Xavier's College, Mumbai, and an Executive MBA from IBMS Mumbai. Additionally, he has completed various certification courses, such as Entrepreneurship in Emerging Economies from Harvard and Face recognition application using Python – AI from Guvi Geek Networks and IITM Research Park.

His leadership and contributions have been recognized through prestigious honors and awards, including the 40 Under 40 from TradeFlock Business Magazine and the CRO of the Year at the CFO Leadership Summit hosted by Empiric Business Media. Dr. Shetty has also received accolades like the GuruvaryaSamman Award by Harvest Educational Transformation Solutions and the Education Icon Award by Thirty-one Venture.

Beyond his professional achievements, Dr. Shetty actively engages in volunteering and associations, such as the Kemri Conservation Project Udaipur and the Rotary Club of Mumbai West Coast. He is associated with various committees and councils focused on human rights, anti-corruption, consumer protection, and legal matters.

Dr. Shetty possesses a wide range of leadership attributes and competencies. As an entrepreneur and co-founder, he has a holistic understanding of business verticals and functionalities. He is hardworking, dedicated, motivated, intelligent, and resourceful, making him a valuable asset for any organization. His proficiency in understanding regulatory guidelines, managing and developing high-performance teams, and streamlining processes is commendable.

In addition, Dr. Shetty excels in communication, presentations, mentoring, thought leadership, innovation, team management, negotiation, quality management, KYC and operations management, customer relationship management, business analysis, audit and compliance matters, and administrative and vendor management.

Outside of work, Dr. Shetty's interests and hobbies reflect a well-rounded individual. He enjoys participating in various sports and athletics, including cricket, volleyball, kabaddi, and tennis. He is also passionate about cultural activities such as singing and folk dance, as well as training and coaching in soft skills, leadership, and behavioral areas. Dr. Shetty has a keen interest in healing and therapy practices like Reiki, NLP coaching, soul healing, and spiritual consultation.

In summary, Dr. Nagraj B Shetty is an accomplished professional with a strong track record of leadership and success. His commitment to service above self and humanity-first approach embodies the famous leadership quote, "Service above self and humanity comes first!"