

Rotary



THE MAGIC
OF ROTARY



CNN

Coastal News Network

ROTARY CLUB OF MUMBAI WEST COAST

CLUB NO - 50053

RID - 3141

CHARTER DATE - 26 DECEMBER 1996

YEAR - 2024-25

Volume - 9

28th February 2025

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 month of service and fellowship, let us take a moment to reflect on the essence of Rotary—the spirit of giving. Throughout history, humankind has thrived not by hoarding wealth or power, but by giving selflessly. From the great leaders who shaped civilizations to the unsung heroes in our communities, it is the act of giving—time, effort, knowledge, and kindness—that has propelled societies forward.

Let me share a story that beautifully embodies this spirit.

Many years ago, a young boy named Arjun lived in a small village. His family struggled to make ends

meet, and education seemed like an impossible dream. One day, a retired teacher noticed his keen interest in learning.

Without any expectation of reward, the teacher took it upon himself to educate Arjun every evening under the village's old banyan tree. Years passed, and Arjun, with the knowledge and values instilled in him, grew up to become a respected doctor. But he never forgot his teacher's generosity. He returned to his village, set up a free medical clinic, and ensured that no one suffered due to a lack of healthcare.

This is the power of selfless giving—it creates ripples that change lives.

In Rotary, we do not just give; we uplift, empower, and transform. But let us also recognize the privilege that comes with being a Rotarian. Not everyone has the honor of carrying "Rtn." before their name. It is not just a title—it is a responsibility, a commitment to service above self, and a pledge to make the world a better place.

Being a Rotarian means being a responsible citizen of the world. It means embracing the duty to create opportunities, bridge gaps, and bring hope where it is needed the most.

Whether through a small act of kindness or a large-scale initiative, each contribution we make echoes far beyond what we can see.

So let us celebrate this privilege—not with pride, but with gratitude. Let us continue to be the hands that serve, the hearts that care, and the voices that inspire. Because together, we are not just members of a club; we are changemakers, building a legacy of selfless service for generations to come.

Yours in Rotary,

Dr. Seemaa Negi
President, Rotary Club of Mumbai West Coast

The Editor's Desk



Dear Fellow Rotarians,

As we step into another month of service and fellowship, let us reaffirm our commitment to making a difference. Rotary is not just about meetings and projects; it is about the lives we touch, the smiles we bring, and the hope we ignite. Each small act of kindness contributes to a larger impact, and together, we create ripples of positive change.

Let's continue to inspire, lead, and serve with passion. Let our actions reflect the values of Rotary—integrity, compassion, and selflessness. Remember, true leadership is not about holding a position but about lifting others.

Keep the spirit high, keep making a difference, and let's move forward together with purpose and enthusiasm!

Yours in Rotary,

Machindra Borhade
CNN Editor

Dimple Tanwar
CNN Co-editor

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Birthdays and Anniversaries

1st February 2025: Skill Bharat Samman at NESCO

The Rotary Club of Mumbai West Coast, in collaboration with OLL, successfully hosted the Skill Bharat Samman on 1st February 2025 at Nesco, Goregaon (E). This prestigious event brought together 300 distinguished leaders from the field of education, including visionary school leaders from across India, making it a landmark occasion that celebrated advancements in skill development and innovation.

Event Highlights:

• Showcasing Advanced Skills:

The event featured cutting-edge technologies such as Robotics and Artificial Intelligence (AI), providing insights into the future of education and technology integration.

• AI Avatar Launch:

A key moment of the event was the launch of an AI Avatar of Dr. Seemaa Negi, President of the Rotary Club of Mumbai West Coast, symbolizing the seamless fusion of technology and leadership in education.

• Felicitations:

The event honored exceptional school leaders for their significant contributions in imparting diverse skills within their institutions, recognizing their dedication to skill-based education.

• National Representation:

With 300 leaders from across India, the event served as a powerful platform for collaboration and knowledge exchange among educators, policymakers, and industry experts.

The Skill Bharat Samman celebration reinforced the importance of skill-based education and innovation, fostering a collective vision for a future-ready India.

The Rotary Club of Mumbai West Coast and OLL extend their heartfelt gratitude to all attendees, contributors, and supporters who made this event a grand success. Rtn. Nagraj Shetty served as the Project Chair, leading this impactful initiative.



Celebrating Excellence in Skills & Education!



Together, we create a future of limitless possibilities!

1st February 2025: Origami Workshop at Aadarsh Vidyalaya

The Rotary Club of Mumbai Sky City, in association with the **Rotary Club of Mumbai West Coast**, organized an **Origami Workshop** at **Aadarsh Vidyalaya** on **1st February 2025**. A total of **65 students** participated in the **flower-making workshop**. **Rtn. Neelam Patil** served as Project Chair.

The workshop aimed to introduce children to the art of origami, fostering creativity, patience, and fine motor skills.

Workshop Structure and Activities :

- **Introduction** – A brief overview of origami, its history, and cultural significance.

- **Basic Techniques** – Learning fundamental folding techniques and terminology.

- **Simple Projects** – Starting with basic flower petals to build confidence.

- **Advanced Projects** – Creating complete flowers and decorative items using multiple petals.

- **Materials and Resources** - Origami Paper – A variety of colors and sizes to keep the activity engaging. - Instruction Sheets – Step-by-step diagrams and written guides for each project.

• Outcome

By the end of the workshop, the children not only acquired new skills but also crafted beautiful origami pieces to take home. The experience encouraged teamwork, creativity, and a sense of accomplishment.



Guiding Hands, Creative Minds:
Project Chair Rtn. Neelam Patil with
Young Artists and Their Mentor

February 1, 2025: A Special Movie Screening for Under-privileged Kids

The Rotary Club of Mumbai West Coast, in collaboration with the Rotary Club of Mumbai Sky City (RCMSKC), organized a special patriotic movie screening for underprivileged children from the Smiti Social Work Foundation (SSF Center) on 1st February 2025.

With the support of President Dr. Seema Negi, Rtn. Ganesh Kadam, Rtn. Rashmi Mahajan, and President Rtr. Kartik, the children were taken to watch "Sky Force", an inspiring film centered around patriotism.

A total of 45 children and volunteers participated in this memorable experience, making it a day filled with joy, inspiration, and meaningful engagement.



"Smiles, Screen, and Spirit: Kids Enjoy a
Special Movie Screening with Rotary Club Members"

7th February Online Speaker Meeting on Instagram Reels

The Rotary Club of Mumbai West Coast hosted an engaging Online Speaker Meeting on 'How to Make Instagram Reels' on 7th February. The session, led by Kijal, Pooja, and Shreyansh, provided valuable insights into creating compelling Reels for personal and professional growth.

Key Takeaways :

- **Understanding Instagram Reels** – Features, significance, and branding potential.
- **Step-by-Step Creation** – Shooting, editing, and enhancing Reels using built-in tools.
- **Content Strategy** – Choosing trends, topics, and formats for engagement.
- **Editing Techniques** – Using music, transitions, effects, and captions effectively.
- **Algorithm & Best Practices** – Maximizing reach, engagement, and follower growth.

The interactive session included live demonstrations, Q&A, and hands-on learning, making it a valuable experience for all attendees.

The **Rotary Club of Mumbai West Coast** continues to empower its members with relevant digital skills and looks forward to more such insightful sessions.

12th February 2025 – Edufest at Mira Road

The **Rotary Club of Mumbai West Coast**, in collaboration with **Edufest**, successfully organized a grand event to celebrate and recognize student talent across Mira Road and Bhayander schools. With participation from **31 schools** and over **3,000 students** from grades 3 to 12, the event honored young achievers in music, dance, sports, and various other domains.

Student & Educator Recognition :

- **Student Felicitation:** Schools nominated students for their excellence, and they were recognized at Radhe Shyam Grounds, Bhayander in two ceremonies (morning and afternoon).

- **Educator Appreciation:** An evening felicitation ceremony at GCC Club, Mira Road honored 140+ principals, trustees, directors, and senior teachers for their invaluable contributions to education.

Event Highlights

- **Massive Participation:** 31 schools and 3,000+ students recognized.
- **Eminent Guests:** 140+ distinguished educationists attended.
- **Diverse Skill Categories:** Holistic student achievements were celebrated.
- **Strategic Partnership:** Rotary's collaboration with Edufest ensured event success.

Leadership & Impact

The event was successfully led by Project Chair Rtn. Rashmi Mahajan, whose dedicated planning and leadership brought together students, educators, and institutions to celebrate excellence.

Conclusion

Edufest 2025 was a remarkable success, inspiring students, educators, and the academic community. The Rotary Club of Mumbai West Coast remains committed to fostering talent, recognition, and holistic development in education. This event sets a benchmark for future educational collaborations, strengthening the bridge between students, schools, and society.



Celebrating Excellence: Honoring Students, Educators, and Visionaries at Edufest 2025!"

13th to 15th February: RYLA 2025 at Avi's Village Resort, Karjat

The **Rotary Club of Mumbai West Coast** successfully organized **RYLA 2025** for its Youth Rotaract Club, **Ghanshyamdas Saraf College**.

Rotary Youth Leadership Awards (RYLA) is a leadership development program conducted by Rotary clubs and districts worldwide. It focuses on enhancing leadership skills, life management, and a commitment to service among young individuals, typically aged 14-30.

This year, around **50 Rotaractors** enthusiastically participated in the event.

- **Day 1:** The participants were divided into teams, and they engaged in a series of team-building and leadership-enhancing activities.

- **Day 2:** The excitement continued with inter-team competitions in adventure activities, pool games, and a thrilling treasure hunt. Dr. Rupa Shah and Prof. Sonali guided students on how Rotaract activities contribute to leadership development.

- **Day 3 - The Grand Finale:** The day featured an inspiring session by guest speaker Mr. Himansu Dev, who shared insights on career opportunities, the importance of taking risks, and strategies for overcoming failure. Later, standout participants were shortlisted for the **Mr. & Miss RYLA** competition, a personality-based contest where judges evaluated their confidence through a Q&A round.

The program concluded with the announcement of **Mr. & Miss RYLA**, who received trophies, while all participants were awarded certificates.

RYLA 2025 was an engaging, enriching, and memorable experience for all participants!

Highlights of RYLA



RYLA participants at Avi's Resort, Karjat



Team Leaders Briefing Teams on Activities



Dr. Rupa Shah and Prof. Sonali engaging in a meaningful interaction with the participants.



Celebrating Excellence: Winners of Mr. & Miss RYLA with Our Esteemed Guest Speaker, Teacher Coordinator, and Rotarians

15 February 2025: 'Gourmet Delight – Fireless Cooking' Session at Sanjeevani World School, Dahisar

The Rotary Club of Mumbai West Coast successfully organized a three-day workshop, '**Gourmet Delight – Fireless Cooking**', at **Sanjeevani World School, Dahisar**, on **15th February 2025**. This engaging initiative aimed to empower young minds with essential life skills while fostering an understanding of healthy eating habits.

Aligned with the United Nations' Sustainable Development Goal (SDG) of Zero Hunger, the session highlighted the significance of nutritious food choices, zero food wastage, and mindful consumption. The workshop offered a hands-on, interactive learning experience, where participants explored the art of preparing delicious and healthy meals—all without using fire.

Throughout the three-day event, experts and guest speakers shared valuable insights on balanced nutrition, food sustainability, and mindful eating. Special sessions emphasized how simple, eco-friendly cooking practices can contribute to global hunger reduction and environmental sustainability.

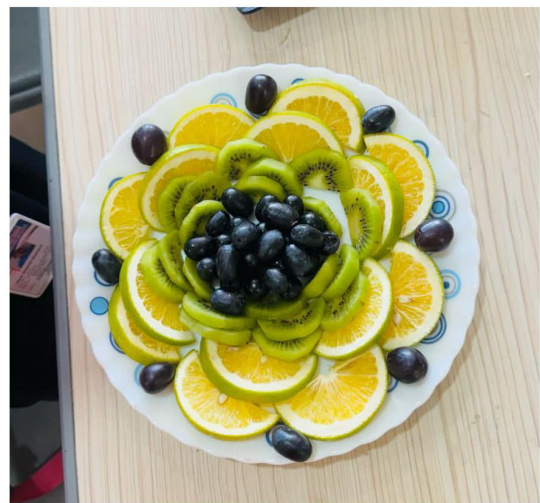
The workshop encouraged young participants to adopt sustainable and self-reliant cooking habits, making them more conscious of their role in addressing food security and waste reduction. The event not only equipped them with practical skills but also inspired a sense of responsibility toward healthier and more sustainable lifestyle choices.

The 'Gourmet Delight – Fireless Cooking' session was a meaningful and enriching initiative, reinforcing the impact of small yet significant lifestyle changes in creating a healthier, more sustainable future. The Rotary Club of Mumbai West Coast remains committed to organizing more educational and impactful programs in the future.

Rtn. Machindra Borhade served as the Project Chair, ensuring the successful execution of this inspiring initiative.



"Inspiring Young Minds!" – President Dr. Seemaa Negi engages with kids at Gourmet Delight, encouraging creativity and healthy eating habits.



19th February 2025: Shivjayanti Drawing Competition at Gurudwara, M.G. Road, Cross Road

On 19th February 2025, the Rotary Club of Mumbai West Coast, in collaboration with Goregaon Vidhansabha, successfully organized a Shivjayanti Drawing Competition at Gurudwara, M.G. Road, Cross Road No. 5. Led by Project Chair Jyotsna Gaikwad, the event witnessed the enthusiastic participation of 170 young artists, who beautifully expressed their admiration for Chhatrapati Shivaji Maharaj through their artwork.

Event Highlights :

- The competition was categorized into different age groups, with themes centered around Shivaji Maharaj's life, forts, and legacy.
- Students showcased historical events, royal ceremonies, and the valiant leadership of the great Maratha warrior through their creative illustrations.
- The event aimed to instill historical awareness, cultural pride, and artistic expression among young minds.

This initiative not only **fostered patriotism and historical knowledge** but also provided a platform for students to showcase their creativity. The **Rotary Club of Mumbai West Coast** and **Goregaon Vidhansabha** extend heartfelt gratitude to all **participants, parents, and volunteers** for their invaluable support in making this event a grand success.

With such **overwhelming enthusiasm**, we look **forward to organizing more impactful and educational events** in the future!

Highlights of Drawing Competition



21st February 2025 – Club Meeting & Mahakumbh Fellowship at Trento, Goregaon West

The **Rotary Club of Mumbai West Coast** held its monthly **Fellowship and Meeting** on **21st February 2025 at Trento, Goregaon West**, embracing the theme '**Mahakumbh**'—a celebration of spiritual grandeur and sacred traditions. The event was designed to offer members a deeply immersive and culturally enriching experience, fostering camaraderie and spiritual reflection.

• Divine Rituals & Sacred Atmosphere:

The fellowship commenced with **sprinkling of Holy Gangajal** on all members, symbolizing purification and divine blessings. Guests were warmly welcomed with **marigold garlands and sandalwood tikka**, setting the tone for a deeply devotional and reverent gathering.

• Musical Bliss & Spiritual Harmony

The evening was graced by the enchanting performances of **Reena and Saurabh**, whose soulful renditions of divine songs created a mesmerizing spiritual ambiance. Their melodious voices filled the air with a sense of serenity and devotion, making the experience truly unforgettable.

• Celebration Through Music & Dance

As the evening unfolded, members joyfully participated in **music and dance**, embracing the festive spirit of Mahakumbh. The enthusiasm and energy turned the fellowship into a vibrant celebration, strengthening bonds among members through shared joy and devotion.

• Sharing Mahakumbh Experiences

A highlight of the evening was the ***heartfelt sharing of experiences*** by members who had attended Mahakumbh. Their personal stories, insights, and spiritual journeys provided a deeper understanding of the event's significance, allowing others to connect with its essence.

• A Night to Remember

The **Mahakumbh-themed fellowship** was a truly **divine and memorable** evening, filled with spirituality, music, dance, and meaningful interactions. It successfully fostered **unity, devotion, and celebration**, making it a cherished gathering for all members of the ****Rotary Club of Mumbai West Coast**.





A Night of Fellowship, Honor, and Divine Celebration – Where Hearts Unite and Spirits Shine!

27th February 2025: OCV of Rotaract Club of Ghanshyamdas Saraf College

The Official Club Visit (OCV) of the Rotaract Club of Ghanshyamdas Saraf College was held on 27th February 2025.

The club president presented the club's initiatives, accomplishments, and future aspirations to the OCV

officials. This was followed by annual activity reports from all Board of Directors (BOD) members, each representing their respective avenues. The club secretary shared the secretarial report, while the treasurer provided insights into the club's financial status.

The event concluded with inspiring addresses by Rtn. Mithoon Gada from the Rotary Club of Mumbai West Coast and DRR Nikhita Sunil, motivating the Rotaractors.

The OCV was graced by the presence of Rtn. Mithoon Gada, Rtn. Rajesh Kusthe, Youth Director Rtn. Meghna Kushte, and Rtn. Ganesh Kadam.



Board of Directors of Rotaract club of Saraf College at OCV

19th January 2025: Rotary Club of Mumbai West Coast & Rotaract Club Cricket Match

The Rotary Club of Mumbai West Coast, along with the Rotaract Club of Mumbai Sky City and the Rotaract Club of Ghanshyamdas Saraf College, organized an exciting cricket match on 19th January 2025 at Sabkuch Cricket Turf, Link Road, Malad (West).

The tournament featured three spirited teams:

- **Team Falcon** – Captained by Rtn. Meghana
- **Team Sea Hawk** – Captained by Rtn. Mithoon
- **Team High Flyer** – Captained by Rtn. Rajesh

The WPL Cup was clinched by Team High Flyer!

A heartfelt thank you to **President Dr. Seemaa Negi, Rtn. Rajesh Kushte, Rtn. Meghna Kushte, Rtn. Ganesh Kadam, Rtn. Jyotsna Gaikwad, Rtn. Narayan Swami, and Rtn. Mithoon Gada** for their unwavering support. Special appreciation to **Rtn. Patil** for meticulously maintaining the scorebook.

The event witnessed an enthusiastic participation from a large number of **Rotaractors and Rotarians**, truly showcasing team spirit and collaboration.

A big thank you to all **Rotarians** who joined and made this **WPL tournament** a grand success!

Highlights of Cricket Match



Special Feature



Machindra Borhade
(Rotarian and Educator)

Ways to Stay Mentally and Physically Fit

Ways to Stay Mentally and Physically Fit

In today's fast-paced world, maintaining both mental and physical fitness is essential for a happy and balanced life. A healthy body and a peaceful mind help us stay energetic, focused, and positive. Here are some simple yet effective ways to achieve overall well-being:

- **Stay Active Every Day**

Regular exercise keeps your body strong and

improves your mood. Activities like walking, cycling, yoga, or even dancing can make a big difference. Aim for at least 30 minutes of physical activity every day.

- **Eat Nutritious Food**

A balanced diet fuels both the body and mind. Include fresh fruits, vegetables, whole grains, and proteins in your meals. Stay hydrated and avoid too much junk food to feel fresh and energetic.

- **Get Enough Sleep**

Good sleep is essential for mental clarity and physical recovery. Try to get 7-8 hours of sleep each night. A well-rested body and mind are more productive and stress-free.

- **Practice Mindfulness and Relaxation**

Meditation, deep breathing, and spending time in nature can help reduce stress and improve concentration. Taking a few moments to relax each day can do wonders for mental health.

- **Stay Connected with Loved Ones**

Strong relationships bring happiness and emotional strength. Spend time with family and friends, share your thoughts, and support each other. Social connections help reduce loneliness and improve mental well-being.

- **Keep Learning and Stay Positive**

Reading, solving puzzles, learning new skills, or engaging in hobbies keeps the mind sharp. Always maintain a positive attitude, focus on solutions rather than problems, and surround yourself with positive influences.

- **Take Breaks and Have Fun**

Avoid overworking yourself. Take breaks, enjoy your hobbies, and do things that make you happy. Laughter and fun activities are great stress relievers.

- **Limit Screen Time**

Too much screen time, especially on social media, can lead to stress and anxiety. Set time limits for phone and computer use, and take breaks from digital devices to rest your eyes and mind.

- **Help Others and Give Back**

Acts of kindness, volunteering, or simply helping a friend can boost happiness and self-worth. Giving back to the community brings a sense of fulfillment and purpose.

- **Stay Hydrated**

Drinking enough water is essential for both mental and physical health. Dehydration can cause fatigue, headaches, and lack of focus. Make sure to drink at

least 8 glasses of water daily.

By following these simple steps, you can enjoy a healthy body and a peaceful mind. Remember, taking care of yourself is not a luxury—it's a necessity!

Stay active, stay positive, and stay happy!

Success Thy Name Is Rotarian

Service through Profession



DR. ADITYA TARE is a proud member of our Club - Rotary Club of Mumbai West Coast since 2019. He was born and brought up in Mumbai. Both his parents are doctors. His father Dr Shreenivas Tare, was a wellknown Anesthetist known to be an expert in Spinal anaesthesia. His mother Dr Nirmala

Tare, is a General Practitioner devoted to support families. Both of them inspired young Aditya to take up medicine as a profession.

Dr. Aditya is a Pathologist by profession and known as an **expert in blood bank technology**. He is associated with **Meenatai Thackeray Blood Centre(Bank) in Goregaon, Mumbai**.

Incidentally his introduction to Rotary Club happened through a blood donation drive which was being conducted by our club. This is an **excellent example of membership through service**. He is also working in the field of laboratory medicine. He is providing the latest and best testing at his lab **Diagno 360 Health Solutions**.

His partner Dr Renu Vidolkar Tare is a Consultant in Dermatology & Cosmetology. She is practicing at her clinic **Derma 360 Skin Clinic**. The couple has an adorable two year old son named Shrineel.

As a family, they desire to use their medical knowledge to help people improve their health and thus make a positive impact on society.

Truly an example of whole family involved in "Service through Profession"

Rotary Stories (International)



Presidential message of RIPE Mario de Camargo - International Assembly 2025

At the International Assembly held at Florida, US, RIPE Mario de Camargo announced the RI annual presidential message for 2025–26 — Unite for Good

Unite for Good

Rotary International President-elect Mario de Camargo at the International Assembly asked members to embrace growth, service and connection. He outlined a plan to expand "the best-qualified team of volunteers on the planet. Rotary's greatest asset is not our history, our projects, or even our unmatched global reach. It is our members," he said, and outlined three "essential pillars" for growth: innovation, continuity and partnership.

"Technology, social expectations and economic conditions evolve constantly, and Rotary must evolve with them. Innovation is how we adapt to this changing world," he said. One important way to do this is by embracing and promoting a variety of club models. Satellite clubs, cause-based clubs, enterprise clubs and passport clubs offer people different ways to experience Rotary.

He also emphasised the importance of leadership continuity and said he observed its benefits during his extensive travels in the past 18 months. Districts thrive when governors build on their predecessors' efforts, ensuring that programmes and strategies continue without interruption. "Continuity is not about uniformity; it's about alignment. When district leaders work together, envisioning Rotary beyond their 'governor year,' they set the stage for long-term success."

The power of partnerships

Rotary members working alone can achieve great things, de Camargo said, but collaborating with others makes it possible to change the world. He noted that Rotary's historic effort against polio has been undertaken with partners such as the Gates Foundation, the WHO and UNICEF. Without these partners, Rotary couldn't have had the same impact. He suggested exploring other kinds of partnerships to attract members and revitalise clubs.

Partnering with business associations, professional organisations and academic institutions can help Rotary attract members while embracing diversity in professions and perspectives, he said.

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Rotary attract members while embracing diversity in professions and perspectives, he said.

Ultimately, de Camargo said, all of Rotary's achievements and growth depend on members. By focusing on attracting and retaining them, Rotary can renew its strength as well as its ability to create change in communities for years to come. "In a world often divided, Rotary stands as a beacon of unity and hope. Our projects bring together people of all races, religions, genders, ideologies and economic backgrounds, uniting us in a shared purpose: to do good in the world. Let's build a Rotary that unites for good and ensures a brighter future for all."

(Courtesy: Rotary.org)
(March 20, 2025)

Birthdays and Anniversaries Of March

March

Anniversaries

29 March – Manak Khanna
Anniversary

Birthdays

03rd March – Ajay Balan

07 March – Mudaliar Narayana Swamy

26th March – Abhay Talathi

26th March – Dhanashree Naik



March

Mark your calendar

- **1 & 2 March** - DISCON
- **4 March** - Inauguration Function & Handover of Upper & Lower GI ERCP Scope
- **8 March** - Women's Day
- **8 March** - Nutan Vidya Mandir's MAHARASHTRA ENGLISH HIGH SCHOOL Annual Day Celebrations
- **11 March** - Inauguration & Handover ceremony of Fully Automated Biochemistry Analyser to Department of Biochemistry Grant Medical College & Sir JJ Groups of Hospital, Mumbai
- **13 March** - Floral Holi Celebration at Sanjeevani World School
- **16 March** - Mahadaan Blood Donation Camp
- **16 March** - Aarogyam - General & Specialized Health Check-up
- **17 March** - MNS Shivjayanti Utsav & felicitation
- **21 March** - Club Meeting
- **29 March** - BOD

