



## Coastal News Network ROTARY CLUB OF MUMBAI WEST COAST

**CLUB NO** - 50053

**RID** - 3141

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**31st July 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 and friends,**

As we step into a new month, I am filled with immense pride and gratitude for the unwavering commitment and passion

each one of you brings to our Rotary Club of Mumbai West Coast. Together, we embody the true spirit of Rotary – a spirit of service, fellowship, and making a positive impact on our community and beyond.

July was a testament to our collective dedication and resilience. Our meetings were filled with vibrant discussions, our gatherings strengthened our bonds, and our actions spoke louder than words. We have proven, time and again, that when we come together with a shared purpose, we can achieve remarkable things.

As we look forward to August, let us carry forward this momentum. Let's continue to support each other, embrace new challenges, and strive for excellence in all that we do. Every small effort, every act of kindness, and every moment of fellowship contributes to our greater mission.

#### Remember:

**Service Above Self:** This is not just a motto but a way of life. Let's continue to put the needs of others before our own and make a tangible difference in the lives we touch.

**Fellowship and Friendship:** The bonds we form within our club are the foundation of our success. Let's nurture these relationships, support one another, and celebrate our collective achievements.

**Continuous Growth:** As Rotarians, we are committed to personal and collective growth. Let's seek opportunities to learn, innovate, and expand our horizons. Let's embrace August with renewed energy, optimism, and a determination to make a difference.

Together, we have the power to inspire, to lead, and to bring about positive change in our community and the world.

Thank you for your dedication, enthusiasm, and unwavering support. Here's to an amazing month ahead, filled with purpose, passion, and impactful service.

Warm regards,

**Dr. Seemaa Negi**  
President,  
Rotary Club of Mumbai West Coast  
Vibrant Year 2024-2025

## The Editors' Desk



Hi, West Coasters !

As we continue our Rotary journey, let's take a moment to appreciate our collective efforts and the potential ahead. Our Rotary Club is a close-knit community bound by compassion, dedication, and a strong spirit of service.

This month, let's reaffirm our commitment to our core values: fellowship, integrity, diversity, service, and leadership. Each of us brings something unique to the table, and it's this diversity that makes our club strong and impactful.

Let's keep creating an environment where every member feels valued and heard. The friendships we build and the joy we share are the heart of our Rotary experience.

As we take on new projects and continue our work, let's do so with enthusiasm and purpose. Together, we can overcome challenges, celebrate successes, and make our community and the world a better place.

Here's to another month of meaningful service and cherished fellowship. Together, we are Rotary strong!

Thank you for your commitment and enthusiasm.

**Yours in Rotary,**

**Machindra Borhade**  
CNM Editor, 2024-2025

**Rtn. Dimple Tanwar**  
CNN Co-Editor (2024-2025)

## 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)

## 29 June 2024 : Rotary Installation Ceremony at D. G. Khetan International School, Malad (W)

The installation ceremony for the Vibrant Year President, Rtn. Dr. Seemaa Negi, was held on June 29, 2024, at D. G. Khetan International School, Malad (W). The program commenced at 4:30 p.m. with IPP Satish Thakur calling the meeting to order. He extended a warm welcome to district dignitaries, club members, and representatives of Rotaract and Interact clubs. The ceremony began with the lighting of the lamp, graced by Assistant Governor Bhavna, PDG Shashi Sharma, and PDG Sandip Agarwalla.

PDG Dr. Bal Inamdar reflected on the club's 28 years of service to humanity, followed by Club Secretary Rtn. Nagraj Shetty presenting the Incredible Year report.

Ms. Adwitta Negi then introduced the Vibrant Year President. The Chief Guest, PRID Kamal Sanghvi, officially installed Rtn. Dr. Seemaa Negi as the Vibrant Year President by presenting her with the collar and pin. In her acceptance speech, Dr. Negi outlined the plans for the Vibrant Year.

Dr. Nilima Inamdar introduced the Chief Guest, PRID Kamal Sanghvi, who delivered an inspiring, informative, and interactive speech,

wishing great success to President Dr. Seemaa Negi. He also inaugurated and released the club's e-bulletin, CNN.

Rtn. Dr. Seemaa Negi introduced the Board of Directors for the Vibrant Year. Incredible Year President Rtn. Mithoon Gada congratulated Dr. Seemaa Negi and wished her great success. Rtn. Rajesh Kushte briefed the members about the Rashmi Project. Under this project, the club helps girls from economically weaker sections every year. This year, the club supported 13 such college students, and PRID Kamal Sanghvi distributed cheques to the girls in Malad and Goregaon.

PP Vishal Mundra introduced the AG, Rtn. Bhavna Bhadreshwara, who congratulated Incredible Year President Rtn. Mithoon Gada and wished Vibrant Year President Dr. Seemaa Negi great success.

Club Secretary Rtn. Saurabh Patel made the secretarial announcements, and Rotarian PP Arun Chaudhary proposed a vote of thanks. President Rtn. Dr. Seemaa Negi then adjourned the meeting. Congratulations were extended to Rtn. Rashmi Mahajan and Rtn. Ajay Balan for their excellent roles as MOC.

The installation ceremony was attended by 128 people, comprising district dignitaries, Rotaractors, Interactors, club members, and special invitees.





**PRID Kamal Sanghvi presents collar to Vibrant President Rtn. Dr. Seemaa Negi**



**President Rtn. Dr. Seemaa Negi greets Chief Guest PRID Kamal Sanghvi**



**President addresses to club members and invitees**



**Board of Directors**



**Release of CNN**



**Chief Guest PRID Kamal Sanghvi addresses the club members**



**PDG Rtn. Dr. Balkrishna Inamdar addresses the club members**



**District Dignitaries at Installation Ceremony**



**AG Rtn. Bhavna Bhadreshwar addresses the attendees**



**Scholarships for Success: Rotary Club of Mumbai West Coast Uplifts Young Women.**



# The Month That Was

## 1st July Blood Donation Camp at Goregaon Station

The Rotary Club of Mumbai West Coast, in association with Western Railways, organized a Mega Blood Donation Drive on 1st July 2024 at Goregaon Railway Station. The project collected 54 units of blood by the end of the drive.

Heartiest congratulations to Project Chair Rtn. Maya Purohit, Director of Community Service Rtn. Ganesh Kadam, District Avenue Chair Rtn. Dr. Nilima Inamdar, and the entire team for successfully conducting the camp. We are thankful to the donors, Rotarians, and Rotaractors who were present at the camp.

Thanks to all club members for their unwavering support and participation, including Rtn. Vishnu Bhat, Rtn. Jyotsna Gaikwad, Rtn. Shaila Vyas,

Rtn. Renu Bhat, Dr. Nihar, Rtn. Saurabh Patel, Rtn. Mithoon Gada, and Rashmi Mahajan.

We are grateful to our Co-Lead Host clubs - Rotary Club of Mumbai Western Elite, Rotary Club of Bombay North West-Malad, Rotary Club of Bombay Film City and Rotary Club of Mumbai Mid-West for their contributions. Special thanks to District 3141 Rotaract for their support. Kudos to Vibrant President Rtn. Dr. Seema Negi and Secretary Rtn. Saurabh Patel for the fantastic start to the year!

Congratulations to Dr. Nilima Inamdar (District Avenue Chair) for executing Blood Donation Drives at 17 Railway Stations and leading 106 Rotary Clubs (a District Record!) in collecting more than 1000 bottles of blood!



**Project chair Rtn. Maya Purohit, doctors and club members**



**President Rtn. Dr. Seema Negi with Rotaractors**



**Project Chair Rtn. Maya Purohit, Director of Community Rtn. Ganesh Kadam and club members**



**Doctors at the Blood Donation Camp**



"Honored to receive an appreciation certificate from K.B. Bhabha Municipal General Hospital for our club's dedicated efforts and contributions."



## 5th July - Club Assembly at the Lemon Tree, Malad

First club assembly of the Vibrant Year 2024-2025 was held at Lemon Tree, Malad.

Nearly 40 members attended the assembly. President Rtn. Dr. Seema Negi called the meeting to order. Secretary Rtn. Saurabh Patel presented Installation Ceremony Report in the assembly. PDG Dr. Balkrishna Inamdar talked about CSR and Global Grants. Rtn. Anjali Karandikar proposed vote of thanks.



**Dr. Seema Negi  
addresses First Club Assembly**

## 6th July 2024 : Sessions on Menstrual Hygiene and Good Touch and Bad Touch in Maharashtra Vidyalaya, Goregaon

On 6th July 2024, Rotary Club of Mumbai West Coast conducted two vital educational sessions aimed at empowering young girls and

primary students with crucial knowledge on Menstrual Hygiene and Good Touch & Bad Touch.

Dr. Nilima Inamdar led an engaging session on Menstrual Hygiene for the girls of Maharashtra Vidyalaya.

In a separate session aimed at primary students, Shaila Vyas addressed the sensitive yet crucial topic of Good Touch & Bad Touch.

These sessions, led by Dr. Nilima Inamdar and Shaila Vyas, have made a significant impact on the students, promoting a healthier and safer environment.



**Dr. Nilima Inamdar and  
Rtn. Shaila Vyas conduct sessions**



## 10th July 2024: Robo Sumo Competition at Sanjeevani World School, Dahisar

The Rotary Club of Mumbai West Coast, in collaboration with OLL and Navneet, organized an exciting Robo Sumo competition for students in grades 6 to 9 at Sanjeevani World School. The event saw the enthusiastic participation of 11 teams, all mentored to design and build their robots, showcasing their technological prowess and human intellect.

The top three teams were felicitated with trophies, celebrating their outstanding performance and innovative designs. The event was graced by the presence of Dr. Seemaa Negi, President of the Rotary Club of Mumbai West Coast, and Youth Director Rtn. Meghana Kushte, who were there to encourage and motivate the young participants.

## 13th July 2024 : Trashion Pe Fashion

The Rotary Club of Mumbai West Coast proudly collaborated with Sanskriti Arts for the remarkable Trashion Pe Fashion event held on 13th July at Hotel Kohinoor Continental. This innovative event saw the participation of more than 179 students attending offline and an additional 30 students joining online.



**President Rtn. Dr. Seemaa Negi and PP Nilima Inamdar with the participants**



**President Dr. Seemaa Negi, club members and participants at the event**

## 14th July 2024 : Breast & Cervical cancer & Anaemia at Datt Maternity & Nursing Home

The mega Medical Camp was organized by Goregaon Mahila Mandal and Rotary Club Of Mumbai West Coast on 14th July 2024. It was led by Rtn Niru Patel and RTN Nilima Inamdar. The camp offered crucial healthcare services, including screening for Breast & Cervical cancer & Anaemia at Datt Maternity & Nursing Home.



## The highlights of the camp are :

- 38 beneficiaries screened
- Detailed breast exams with the iBreastExam device(2 cases identified for follow-up)
- Pap smears for cervical cancer
- Spot Haemoglobin tests for anaemia.

## Acknowledgments

The venue for the camp was provided by RTN Nilima Inamdar and PDG Dr. Balkrishna Inamdar.

Thanks to President Rtn. Dr. Seemaa Negi, Dr. Nilima Inamdar, Dr. Navina Singh, Dr. Neelam Navgare, Ritu Dubey, Vinita Vanjani, Niruben Patel, Shaila Vyas, Jyotsna Gaikwad, Dr. Rupali Patel, and Paresha Ma'am for the support. Special thanks to Dr. Nilima Inamdar and Dr. Navina Singh for their expertise in Pap smears and counseling.

Thanks to Sunflower technicians, Prachi from UE Life Sciences, Dr. Deepali Kute and staff at Datt Maternity for technical support.

The camp successfully advanced early detection of cancer and anaemia, reducing physical, mental, and financial stress for beneficiaries. Thank you Project Chair Dr. Nihar Thakkar for the wonderful planning and execution of the camp.



**Rtn. Dr. Neelam Navgare,  
Rtn. Jyotsna Gaikwad and camp beneficiaries**



**President Dr. Seemaa Negi, Project Chair  
Dr. Nihar Thakkar, Dr. Nilima Inamdar,  
Dr. Neelam Navgare, Dr. Navina Singh  
and Rtn. Niruben Patel at the camp**



## 15th July 2024 :First Patient to be Treated at HBOT, Cooper Hospital

On 15th July 2024, First patient was treated at new Hyperbaric Oxygen Therapy Center at Cooper Hospital. This patient is suffering from diabetes since last 15 years. Since last one year, her right foot sensations became abnormal. Doppler showed that blood supply to the foot has become less leading to low oxygen levels in the tissues. This patient would certainly suffer from gangrene of the foot leading to amputation! Now, multiple sessions of HBOT will lead to very high oxygen supply to tissues, saving her from possible gangrene and amputation.

And cost? Outside in private, cost is **Rs. 6000 to 10000 per session.** 10 to 12 sessions become very costly.

**But in Cooper at our HBOT center ONLY Rs. 150/- per session!!!** Great support to needy patients - poor and not-so-poor!

This is truly an iconic project for improving health of such oxygen starved patients in Mumbai!

It was truly a historic event as we have created a big impact on overall health of Mumbai.

Congratulations Project Chair Dr Arun Chaudhari, President Rtn. Seemaa Negi and team !



**HBOT - Limb Salvaging Project**

## 19th July 2024 : Club Meeting at Lemon Tree Premier, Malad

A session on Dance Fitness for club members was conducted on 19th July 2024 at Lemon Tree Premier, Malad. President Dr. Seemaa Negi called the meeting to order. Dance Fitness Trainer Mr. Tushar Lanjekar conducted the session for club members. Members in large numbers enjoyed the dance sessions. Rtn. Bharati Mahendarkar proposed the vote of thanks. Congratulations President Dr. Seemaa and team for this wonderful concept of club meeting.



**Dance and Fitness trainer Mr. Tushar Lanjekar demonstrates fitness tips**



**PP Rtn. Vishnu Bhat honours  
Mr. Tushar Lanjekar**

## **21st July 2024: Food Donation and Stationary Distribution Drive at Borivali**

The Rotary Club of Mumbai West Coast, in collaboration with Smiti Social work Foundation organized Food Donation Drive and Stationary Distribution Drive for 200 kids. This event was conducted at SSF Center, Ishwar Nagar, Borivali (E) on 21st July 2024. Thank you, President Rtn. Dr. Seemaa Negi, Rtn. Rashmi Mahajan and Rotarians who supported for this social cause.



**Food Donation Drive @ SSF centre, Borivali**

## **22nd July 2024 : Distribution of Reusable Sanitary Pads for Girls of Vidarbha Vidya Mandir**

On the 22nd of July, 2024, the Rotary Club of Mumbai West Coast organized an impactful event focused on promoting menstrual hygiene among the young girls of Vidarbha Vidya Mandir, Kurar Village, Malad. The event aimed to address the crucial topic of menstrual health and provide essential resources to support the girls' well-being.

The highlight of the event was an informative speech on 'Menstrual Hygiene' delivered by the esteemed Dr. Neelam Navagare.

Dr. Navagare's insightful and engaging talk covered important aspects of menstrual health, breaking myths, and providing practical advice on maintaining hygiene during menstruation.

The session was well-received by the girls, who found it both educational and empowering.

In addition to the enlightening talk, the Rotary Club also distributed 150 reusable sanitary pads to the girls, emphasizing the importance of sustainable and eco-friendly menstrual products.

This generous donation was made possible thanks to the kind contributions of Rtn. Pankaj Tike and Mrs. Prerna Tike, whose support was greatly appreciated by the entire community.



The event was a resounding success, fostering a sense of awareness and responsibility among the girls regarding their menstrual health. The Rotary Club of Mumbai West Coast remains committed to supporting such initiatives that promote health and well-being in the community.



**Dr. Neelam Navagare  
interacts with students**

## **23rd July 2024 : Awareness Session on Family Planning and Nutrition at BMC Hospital**

In observance of July as the month dedicated to Maternal and Child Health, Dr. Nilima Inamdar conducted an enlightening session on "Awareness about Family Planning and Nutrition" at BMC Hospital, Goregaon. The session, held on 23rd July 2024, witnessed a significant turnout with numerous women in attendance.



**Dr. Nilima Inamdar interacts with women**

## **23rd July 2024 :Nikshay Mitra Project**

On 23rd July 2024, the Rotary Club of Mumbai West Coast distributed nutritional kits to 12 T.B. patients at BMC Hospital, Goregaon (W) under our Nikshay Mitra project. The kits included food grains, protein powder, and other essentials.

The project was chaired by Rtn. Ganesh Kadam. Rtn. PP Dr. Nilima Inamdar, Rtn. Dr. Neelam Navagare, and Rtn. Jyotsna Gaikwad were also present at the hospital.

Thank you to all Rotarians for your support and contributions.



**PP Dr. Nilima Inamdar, Project chair,  
Rtn. Ganesh Kadam, Rtn. Jyotsna Gaikwad  
and beneficiaries**



## 24th July 2024: Exhibition by Transgender Artists Under Kinnar Asmita at Kohinoor Hotel

On July 24th, 2024, the Rotary Club of Mumbai West Coast honored Simran, a transgender woman who is also a painter, writer, business owner, social worker, and compassionate human being. The club recognized her relentless dedication to bringing the transgender community into the mainstream and pledged their continued support for her efforts. A heartfelt thank you to Sanskriti Arts for organizing this beautiful exhibition and to Kohinoor Hotel for their unwavering support of this social cause. Special thanks to President Dr. Seemaa Negi and Director of Vocational Services and Public Image, Rtn. Rajesh Kushte, for backing this important initiative. Our club was proud to be a collaborative partner.



Felicitation of Simran



President Rtn Seemaa Negi, Rtn. Rajesh Kushte with Simran





## 30 July 2024 : Empowering Young Minds: A Memorable Session at Thakur College

Our esteemed mentor, Dr. Nilima Inamdar conducted a session on Menstrual Hygiene for girls at Thakur College, Dahisar on 30th July 2024.

The event was organized by the Women Empowerment Cell, saw an enthusiastic turnout of over 100 young women eager to learn and grow.

Dr. Inamdar's insightful guidance and wisdom left a lasting impression on the attendees, sparking meaningful conversations and encouraging the girls to pursue their dreams with confidence and determination.

We extend our heartfelt thanks to Dr. Neelima Inamdar for her invaluable contribution to empowering the next generation of women leaders.



## Mark Your Calendar

	SUN	MON	TUE	WED	THU	FRI	SAT
08 August					1	2	3
Meeting Incharge of the month Dashing Dharmendra & Naughty Nilesh							
4	5	6	7	8	9	10	
Club meeting - Grand Finale of vibrant knowledge - Grand Winner - Sarjapuri - Awarded school, Dahanu Time - 4:00pm to 5:00pm				Installation of Bangar Vidya Mandir	Club meeting - "Dashing Dharmendra & Naughty Nilesh" - Presentation program at Bangar Vidya Mandir		
11	12	13	14	15	16	17	
Hygiene Kit distribution along with awareness programme at Thakur College Dahisar, (10:00 AM to 11:30 AM)			SWAROOP - High Donation for Cancer Patient - ongoing project will be launched on Independence Day	15th meeting at Bangar Vidya Mandir			
18	19	20	21	22	23	24	
	Rakhi's for Soldiers				Club meeting - Surprised by the Awesome Teachers - 100th Anniversary of Thakur College		
25	26	27	28	29	30	31	
					Fire Side meeting with New members - The date will be declared soon	BOO Meeting	

## Recognitions

**Congratulations, PP Rtn Sangeeta Chauhan !**



PP Rtn Sangeet Chauhan is appointed as the Coordinator for Outbound Exchange Students of Dist. 3141

**Congratulations to the Rotaract Club of Mumbai Sky City!**



The Rotaract Club of Mumbai Sky City has achieved an impressive 26th rank among all Rotaract Clubs in Mumbai.

Additionally, the club has received a nomination for the Best Rotary & Rotaract Relationship award.

**Congratulations to all the members for their hard work and dedication!**

Heartiest congratulations, PDG Dr. Bal Inamdar Sir !



PDG Dr. Balkriahna Inamdar was invited as a guest by Rotary Club of Vasai on 14 July 2024. He spoke on 'Partnership is Key to Service'.

## Birthdays and Anniversaries

July

Anniversary

8 - Sunil Gursahani

Birthday's

1 - Roopa Vivek Prabhu

5 - Vivek Prabhu

9 - Vinita Vanjani

11 - Abdul Baig

23 - Ruksana Ladhani

24 - Raju Mehandarkar





## Special Feature

### EMOTIONAL INTELLIGENCE- THE REAL PREDICTOR OF SUCCESS

**“When one door closes, another opens; but we look so long and regretfully upon the closed door that we are unable to see the one opened for us”**

**-Alexander Graham Bell**



We often underestimate the importance of emotions in our lives. Our sustained focus on Intellectual Quotient (IQ) and the role it plays in an individual's suc-

cess forces us to believe that it is the only mandatory requirement for success. However, one often underestimated aspect of success is the role played by Emotional Intelligence (EI).

The concept of Emotional Intelligence unveiled the puzzle that had been troubling a large population for years as to how is it that people having average IQ outperform those with the higher IQ most of the times. This anomaly proved wrong the assumption of most of the people that the primary and the sole source of success was only intelligence. EI was understood as the

array of skills and characteristics that drive leadership performance, identified as traits that are inborn yet can be learned and strengthened. Decades of research now point to Emotional Intelligence (EI) as the critical factor that sets star performers apart from the rest of the population. The technical skills that helped us secure our job may not guarantee our promotion at workplace. The most sought-after interpersonal skill at workplace is EI which helps us manage stress, deliver work and take feedback and effectively collaborate with others. Emotional Intelligence determines our behaviour in the face of adversities, affects how we manage behaviour, navigate social complexities, and make personal decisions that achieve positive results for us. Our capability of positive approach in the most difficult times and situations sets us apart from our contemporaries who are bestowed with just high intelligence. This is a highlight trait in most successful people.

Emotional intelligence is defined as the ability to perceive, use, understand, manage, and handle emotions. People with high EI can recognise their own emotions and those of others, use emotional information to guide thinking and behaviour, discern between different feelings and label them appropriately, and adjust emotions to adapt to environments.

## The core components of this EI are understood as:

**Self-awareness-** your ability to not only understand your strengths and weaknesses, but to recognize your emotions and their effect on you and on others. To bring out the best in others, you first need to bring out the best in yourself, which is where self-awareness comes into play

**Self-management-** your ability to manage your emotions, particularly in stressful situations, and maintain a positive outlook despite setbacks. Our reactions are automatic. The more in tune we are with our EI, the easier it is to transition from reaction to response.

**Social awareness-** your ability to recognize others' emotions and the dynamics in play. While it's important to understand and manage your emotions, you also need to know how to read a room. People who excel in social awareness practice empathy. They strive to understand other's feelings and perspectives, which enables them to communicate and collaborate more effectively with their peers.

**Relationship management-** your ability to influence, coach, and mentor others, and resolve conflict effectively using intelligence with a pinch of an emotional touch.

## How to recognise if we are emotionally Intelligent:

- An ability to identify and describe what people are feeling
- An awareness of personal strengths and limitations
- Self-confidence and self-acceptance
- The ability to let go of mistakes
- An ability to accept and embrace change
- A strong sense of curiosity, particularly about other people
- Feelings of empathy and concern for others
- Showing sensitivity to the feelings of other people
- Accepting responsibility for mistakes
- The ability to manage emotions in difficult situations

Mental health professionals measure the EI using validated rating scales that help us understand our core strengths better. A lack of emotional intelligence skills often results in workplace conflicts and misunderstandings. One of the most common indicators of low emotional intelligence is difficulty managing and expressing emotions, a struggle with acknowledging colleagues' concerns appropriately or wrestle with active listening. Signs indicating lack of EI would reflect in strained conversations, blame game, projecting self incapacity onto people, conflicts and outburst.



**Emotional intelligence can be used in many ways in our daily life. Some good ways to practice emotional intelligence:**

- Being able to accept criticism and responsibility
- Being able to move on after making a mistake
- Being able to say no when you need to
- Being able to share your feelings with others
- Being able to solve problems in ways that work for everyone
- Having empathy for other people
- Having great listening skills
- Knowing why you do the things you do
- Not being judgemental of others

**A review published in 2008 found that higher emotional intelligence is positively correlated with:**

- 1. Better social relations for children** – Among children and teens, emotional intelligence positively correlates with good social interactions and relationships.
- 2. Better social relations for adults** – High emotional intelligence among adults is correlated with better self-perception of social ability and more successful interpersonal relationships, with less interpersonal aggression and problems.
- 3. Highly emotionally intelligent- people** are perceived more positively by others.

**4. Better academic achievement** – Emotional intelligence is correlated with greater achievement in academics as reported by teachers, but generally not higher grades once the factor of IQ is considered.

**5. Better social dynamics** at work as well as better negotiating ability and management skills.

**6. Better well-being** – Emotional intelligence is positively correlated with higher life satisfaction and self-esteem, and lower levels of insecurity.

Especially in the globalized world, the ability to be an all-rounder and a leader is becoming important. The relevance and importance of EI in contexts of a successful business leadership, commercial negotiation capabilities and dispute resolution has been well recognized. Emotional intelligence can enhance your ability to manage interpersonal relationships, which is crucial for fostering positive team dynamics, empathy, and effective collaboration. Technical skills will put you higher on grades but the road to success goes through more complex functional circuits of the brain that continuously evolve to form the great Emotional Intelligence.

**Dr. Gaurav Kulkarni**  
Consulting Psychiatrist

# Success, Thy Name Is Rotarian

**Rajesh Kushte**

**Hello friends,**

**It gives me immense pleasure to introduce myself as a proud Rotarian.**



Hi, my name is Rtn. Rajesh Kushte. I am a commerce graduate and hold an MBA in

Finance. I work as the Head of Credit with the Vinmar group and also run an investment consultancy firm called "Money Sanjeevani."

I am married to Meghana, my childhood friend and a great supporter. We are blessed with a wonderful daughter, Vaishnavi, who is an architect and is currently pursuing her master's degree at Deakin University, Geelong, Australia.

I belong to a family where honesty, compassion, and empathy hold more weight than other material things. I am fortunate to have parents who set an example by supporting the needy as per their capacity while supporting the family.

My wife and I joined the prestigious Rotary Club of Mumbai West Coast (RCMWC) around four years ago and are doing our bit to give back to society through Rotary.

What fascinated me about joining RCMWC is the positive vibes among all the team members and the urge to do something for the needy. I am proud to be associated with the legacy of this 28-year-old club, which is well appreciated in district 3141 and beyond. The best part is that everyone is treated equally, and each member receives due respect and honor without any bias.

## **Beliefs:**

- Change is inevitable: Embrace change, and be the change.
- Life gives you opportunities: It's up to you to seize them or let them pass.
- Service Above Self: I owe it to society.
- One religion: Humanity.
- Creating a difference: Giving back is the key to happiness.
- Avoid being judgmental: Step into others' shoes before reacting.
- Love and respect: These lead to true success.

## **My Dual Personality:**

### **One side of the coin (as a Sensitive Human):**

- A positive mindset with "A-" Negative blood group - donated blood 86 times to date.
- Actively associated with various social welfare associations.
- Attached to Rotary International. Director of Vocational Services and Director of Public Image at the Rotary Club of Mumbai West Coast (RCMWC).
- Emphasizing the education of girls from weaker sections of society.
- A dependable personality in the vicinity - ready to help 24/7.

### **Other side of the coin (as a Wanderer)**

- A passionate and responsible motorcyclist - loves touring.
- Clocked over 250,000 km on a motorcycle across India and Bhutan since 1990.
- Promoting "Don't Drink & Drive" awareness.
- Emphasizing road safety for youth in coordination with local authorities.

**This is me - different shades, united by one soul.**



# Rotary Stories (International and National)

## INTERNATIONAL ROTARY NEWS

### ROTARY ACTION GROUPS

Rotary Action Groups are independent, Rotary-affiliated groups made up of people from around the world who are experts in a particular field, such as economic development, peace, addiction prevention, the environment, or water.

Action groups offer their technical expertise and support to help clubs plan and implement projects to increase our impact, one of Rotary's strategic priorities. This support includes helping clubs find partners, funding, and other resources. Action groups can also help clubs and districts prepare grant applications, conduct community assessments, and develop plans to monitor and evaluate their projects. Read more about these activities in the Rotary Action Groups annual report highlights.

Anyone who wants to share their expertise to make a positive difference can join an action group. Only Rotarians, Rotaractors, and Rotary Peace Fellows can serve in leadership roles.

### Contact or join a Rotary Action Group

Contact a Rotary Action Group to:

1. Get expert advice on planning and implementing service projects, including those funded by Rotary Foundation district and global grants
2. Connect with potential project partners, both within and outside of Rotary
3. Get help fundraising and obtaining resources for projects
4. Join a Rotary Action Group to share your expertise and make a difference in projects outside your club or district.

To get involved, look at our directory and contact the action group you're interested in.



## NATIONAL ROTARY NEWS

### Wild Poliovirus Weekly Update - July 2024

Polio cases on the rise is a matter of concern.

This week 3 Wild Polio Virus Cases are Reported from Afghanistan.

**Globally Cases : 17** as against **12** in 2023.

- Pakistan has 8

- Afghanistan 9

We have to be vigilant & see that here every child gets polio drops.

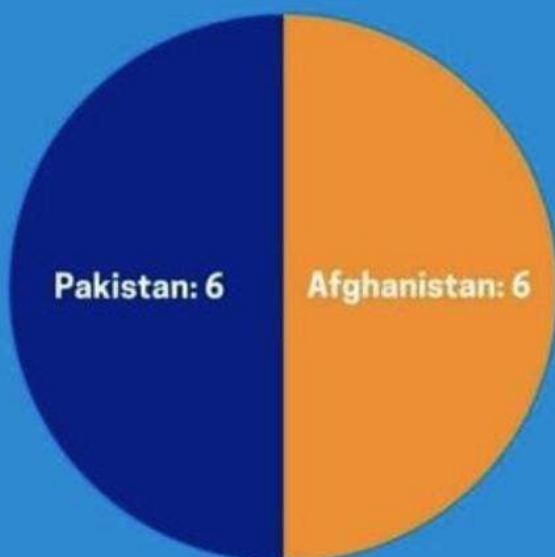
**ACTION : KEEP INDIA POLIO FREE**

## Wild Poliovirus Weekly Update

10 July 2024

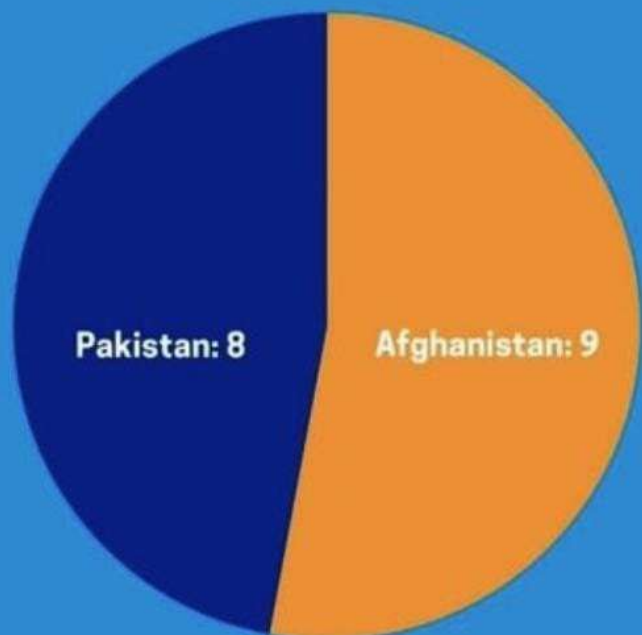
2023

12 children paralyzed by polio



2024

17 children paralyzed by polio



[www.polioeradication.org](http://www.polioeradication.org)  
#EndPolio



World Health  
Organization



*Thank you!*