



Coastal News Network

ROTARY CLUB OF MUMBAI WEST COAST

CLUB NO - 50053

RID - 3141

CHARTER DATE - 26 DECEMBER 1996

YEAR - 2024-25

Volume - 4

30th September 2024

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Club President - Rtn. Dr. Seemaa Negi

Club Secretary - Rtn. Saurabh Patel

CNN Editor - Rtn. Machindra Borhade

President writes.....

The Magic of Rotary : A Year of Service Above Self



Dear Rotarians,

As we bid farewell to an inspiring September, I am filled with deep gratitude for the remarkable service each of you has contributed. The passion, dedication, and heart that

every member has shown have strengthened our club's mission to uplift society. Together, we have lit the flame of hope in many lives, embodying the very spirit of Rotary's purpose — "Service Above Self."

As we enter the vibrant month of October, a time of festivals and joy, let us also celebrate the bonds we have forged within our Rotary family. This togetherness is not just our strength — it is the force that drives real change. Our unity, compassion, and shared vision for a better tomorrow make us unstoppable.

Every Rotarian is a beacon of strength, and together, we form an unbreakable chain of hope, service, and progress.

October brings with it the spirit of festivity, but also the opportunity to continue making a difference. Let us harness this energy and channel it into even greater service, pushing the boundaries of what we can achieve together. Each of you is a pillar in our journey, and your dedication is what fuels our collective success.

Thank you for standing tall as the pillars of strength and support that our Rotary Club rests upon. Together, we will continue to inspire, uplift, and transform lives — creating a world that reflects the values we hold dear. Let this festive season be not just a celebration of culture, but of the impact we are making and the brighter future we are building.

With heartfelt gratitude and festive cheer,

Dr. Seemaa Negi

President,

Rotary Club of Mumbai West Coast

The Editors' Desk



Hi, West Coasters,

As we step into the month of October, I am reminded of the core values that bind us together as members of this great Rotary community. At the heart of everything we do lies one of our most cherished principles: Service Above Self. It is this guiding motto that propels us to dedicate our time, energy, and resources for the betterment of society.

The importance of our work cannot be overstated. Every project we undertake—whether it's empowering the underprivileged, promoting education, addressing health issues, or supporting environmental sustainability—creates a ripple effect of positive change. Our actions today will shape the future of generations to come.

This month, I encourage each of us to reflect on the importance of being proactive in service. Our individual efforts, when combined with the strength of Rotary, have the power to transform communities and build a better world.

Let us continue to inspire others with our commitment, compassion, and unwavering dedication to service. Together, we can make October a month of action and impact.

Thank you for your continued passion and support. It is a privilege to serve alongside you all.

Warm regards,

Yours in Rotary Service,

Machindra Borhade

CNN Editor

Rtn. Dimple Tanwar

CNN Co-editor

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The Month That Was

Mark Your Calendar

Recognitions

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Special Feature

Success,

Thy Name Is Rotarian

Rotary Stories

(International and National)

The Month That Was

September 1st, 2024: Tree Plantation at Ismail Yusuf College of Arts, Science, and Commerce, Jogeshwari

Our club, in collaboration with the Rotaract Club of Mumbai Sky City successfully organized a Tree Plantation event. The Rotaract members planted 100 saplings of various species, with nearly 70 students voluntarily participating in the program. President Rtn. Dr. Seema Negi graced the occasion with her presence.

A special thanks to Rtn. Ganesh Kadam and Rtn. Rashmi Mahajan for their meticulous planning of the event. We also extend our gratitude to Rtn. Vishal Mundra and Rtn. Jyotsna Gaikwad for their support and arrangements.



President Dr. Seemaa Negi, Rtn. Ganesh Kadam and Rotatactors at Ismail Yusuf College of Arts, Jogeshwari

Inauguration of Library at Maharashtra English School, Goregaon (2 September 2024)

On September 2, 2024, the Maharashtra English School in Goregaon saw the inauguration of a new library, generously supported by Ratna Nidhi Charitable Trust in collaboration with the Rotary Club of Mumbai West Coast. The trust, represented by Rotary Avenue Chair Ms. Kala Shridhar, donated a diverse collection of books to the school.

The school administration has taken proactive steps to sort, list, and maintain a detailed register of the books, ensuring their proper management and easy access for students. This initiative will significantly enhance the reading opportunities for students, fostering a love for literature and learning.

Rotarians Rtn. Reena Patel, Rtn. Nilima Inamdar, Rtn. Jyotsna Gaikwad, Rtn. Neelam Navgare, Rtn. Renu Bhat, and Rtn. Tejinder Kandhari graced the occasion, marking a memorable day for the school community.

This contribution symbolizes a shared commitment to enriching young minds and creating a brighter future through education.



Rotary Avenue Chair Ms. Kala Shridhar, Rtn. Reena Patel, Club members and students of Maharashtra English School at Inauguration program



Eco-friendly Ganpati Idol Making Workshop at Sanjeevani World School, Dahisar (2-6 September 2024)

The Rotary Club of Mumbai West Coast, in collaboration with Sanjeevani World School, Dahisar, organized a unique Ganpati Idol Making Workshop, engaging over 2,000 students and teachers from Play Group to Grade 10.

The workshop promoted eco-friendly practices for Ganesh Chaturthi by encouraging participants to create Ganesha idols using Shadu Mati (natural clay). A total of 350 kg of Shadu Mati was used, ensuring the idols were biodegradable and safe for the environment.

Through this initiative, students and teachers had the opportunity to craft their own idols, blending creativity with environmental awareness. The workshop also underscored the importance of sustainable celebrations and teamwork.

Workshop Outcomes:

• Hands-on Learning:

Participants gained a practical, creative experience, molding their own eco-friendly Ganpati idols. This provided not only a creative outlet but also an opportunity to work with sustainable materials.

• Environmental Awareness:

The use of Shadu Mati reinforced the significance of adopting eco-conscious practices during festivals, educating both students and staff on the importance of protecting the environment while preserving cultural traditions.

• Community Spirit:

The workshop fostered a strong sense of community, as students and teachers collaborated, shared ideas, and helped each other throughout the idol-making process. It was a heartwarming experience that promoted teamwork and collective responsibility toward nature.

Together, the Rotary Club and Sanjeevani World School celebrated Ganpati with creativity and a commitment to a greener future.



Sanjeevani World School students at
Ganpati Idol Making Workshop

Eco-friendly Ganpati Making Workshop at Bangur Vidya Bhavan School, Goregaon (4 September 2024)

The Rotary Club of Mumbai West Coast organized an Eco-friendly Ganpati Making Workshop on 4th September 2024 for the Interact Club of Bangur Vidya Bhavan School, Goregaon.

The workshop aimed to instill environmental awareness among students while fostering creativity during the Ganesh Chaturthi festival.

Rtn. Ganesh Kadam, Rtn. Jyotsna Gaikwad, and Rtn. Renu Bhat conducted the session, with enthusiastic support from Saraf College Rotaractors. The workshop saw an overwhelming participation from students, who eagerly learned the process of crafting Ganesha idols using Shadu Mati (natural clay), promoting sustainability and eco-conscious celebrations.

This initiative highlighted the Rotary Club's dedication to environmental responsibility and youth engagement, encouraging students to embrace eco-friendly traditions.



Rtn. Jyotsna Gaikwad, Rtn. Ganesh Kadam and Bangur Vidya Bhavan students at Ganpati making workshop

Teachers Day Celebration (5 September, 2024)

The Rotary Club of Mumbai West Coast celebrated Teachers' Day with the esteemed teachers of Sanjeevani World School, recognizing their dedication and invaluable contributions to shaping young minds. The teachers were appreciated for their tireless efforts and felicitated with heartfelt gratitude. It was a day of honoring their commitment to education and the positive impact they have on students' lives.

Through this event, the Rotary Club emphasized the importance of educators in building a brighter future and reaffirmed their support in creating an enriching learning environment. Together, we celebrated the true pillars of our society — our teachers.



President Dr. Seemaa Negi honoring educators at the Teachers' Day Celebration, spreading inspiration and gratitude at Sanjeevani World School

8th September 2024: Anemia Detection Camp at Asmita Jyoti Society, Goregaon

The Rotary Club of Mumbai West Coast, in collaboration with the Asmita Jyoti Welfare and Cultural Association, successfully organized an Anemia Detection Camp at Asmita Jyoti Society on 8th September 2024. A total of 128 beneficiaries were screened, provided with guidance on maintaining optimal hemoglobin levels, and encouraged to adopt healthier lifestyles and eating habits. A heartfelt thank you to Dr. Nilima Inamdar, Dr. Neelam Navgare, Meghana Kushte,

Meghana Kushte, Ganesh Kadam, and all the Rotaractors for their invaluable support. Special thanks to the technicians from Sunflower Lab, Gavaskar Lab, and Dr. Neelam's Pathology for their assistance and expertise.

Rtn. Rajesh Kushte served as the Project Chair for this camp.



Doctors in action, ensuring healthier futures by detecting anemia at our community camp

(15th September 2024):

A session on 'How to Avoid Digital Distraction' at Sanjeevani World School, Dahisar

The Rotary Club of Mumbai West Coast organized an insightful session titled "How to Avoid Digital Distraction" for parents at Sanjeevani World School on 15th September 2024. The session was conducted by Dr. Seema Negi, President of the club. In today's digital age, where screens are omnipresent, managing distractions has become a significant challenge for both children and adults. This session aimed to address the growing concern among parents about the impact of excessive screen time and digital distractions on their children's academic performance, social behavior, and overall well-being.

Dr. Negi highlighted the dangers of digital addiction and provided practical strategies for parents to implement at home. The session covered crucial topics such as creating healthy digital habits, setting boundaries for screen time, and encouraging children to engage in offline activities that promote creativity and physical health. Parents were guided on how to model positive behavior themselves and create an environment where technology is used mindfully and productively.

The session also emphasized the importance of open communication between parents and children, ensuring that digital usage is balanced and does not interfere with critical aspects of life such as education, sleep, and family time. Dr. Negi encouraged parents to use tools such as screen-free zones, regular family check-ins, and engaging in technology-free hobbies with their children to foster a deeper connection.

The parents found the session highly informative and left with actionable insights to help their families reduce digital distractions and foster a healthier relationship with technology. This initiative by the Rotary Club of Mumbai West Coast reinforced the importance of digital mindfulness in today's fast-paced world, aiming to create a balanced and focused environment for the holistic development of children. Parents, Rotarians and Rotaractors attended the session. Rtn. Machindra Borhade was the project chair of this particular project.





President Dr. Seemaa Negi addressing the parents at Sanjeevani World School

21st September 2024: World Pull-Up Day at Indian School of Calisthenics, Goregaon (E)

The Rotary Club of Mumbai West Coast, in partnership with the Indian School of Calisthenics (ISC), organized a fundraising event at the ISC premises in Goregaon (E) on 21st September 2024.

Participants performed pull-ups, with ISC pledging to donate an amount corresponding to the total number of pull-ups completed. The pledge rates were set at Rs. 1 for every Bodyweight Pull-up, Rs. 2 for every Weighted Pull-up, and Rs. 0.5 for every Banded Pull-up/Rowing.

A total of 170 participants performed an impressive 1,14,559 pull-ups, resulting in ISC pledging a donation of Rs. 1,07,011/-. The funds raised will support two of our flagship projects—Little Hearts and Project Rashmi, focused on female education. Rtn. Saurabh Patel served as the project chair for this successful event.



A Moment of Honor: Secretary Saurabh Patel recognized by the Indian School of Calisthenics for his exemplary leadership and dedication

(22 September 2024) : Handover Ceremony of Portable X-Ray Machines to Thane Municipal Hospital

As part of a significant Corporate Social Responsibility (CSR) initiative, the Rotary Club of Mumbai West Coast, in collaboration with Indian Oil Corporation Limited (IOCL), donated seven portable X-ray machines to a local hospital on 22 September 2024. This initiative was done under CSR Project for TB - Mukht Bharat.

The handover ceremony took place at RG Medical College and Chhatrapati Shivaji Maharaj Hospital, Kalwa, Thane.

This generous contribution is expected to greatly enhance the hospital's ability to perform X-ray diagnostics, particularly benefiting the surrounding rural areas where access to healthcare is limited.

The donation of these state-of-the-art portable X-ray machines will provide the hospital with the capacity to perform more X-rays, improving the overall diagnostic capabilities. One of the most significant aspects of this initiative is its outreach to the rural communities. Often, residents of these areas face considerable difficulties in

traveling to healthcare facilities for basic diagnostic services, such as X-rays. With the new portable machines, the hospital can now extend its services to remote locations, bringing essential medical care directly to those who need it most.

The hospital will be able to perform more X-rays daily, allowing for quicker diagnoses and more efficient patient care.

Improve rural healthcare: The mobility of these machines allows the hospital to reach patients in rural areas, removing the barrier of travel and bringing essential diagnostic services directly to the people.

Early and accurate diagnosis through X-rays can significantly improve treatment outcomes, particularly in cases of fractures, lung conditions, and other medical issues that rely on radiographic evidence for timely intervention.

The inauguration of this vital project was marked by a formal ceremony, attended by several esteemed dignitaries. Their presence underscored the importance of this initiative and highlighted Rotary's commitment to supporting community healthcare through meaningful partnerships.

DG Rtn Dinesh Mehta, District 3142, was the chief guest.

Advisor, PDG Rtn Dr. Balkrishna Inamdar, Rtn Seema Negi – President, Rotary Club of Mumbai West Coast, Rtn Dr. Neelam Navagare – CSR Chair

Rtn Jagdish Chelaramani – President, Rotary Club of Thane Lake City, Rotary District Dignitaries and club members were present in large numbers.

During the inauguration, DG Rtn Dinesh Mehta emphasized the critical role of accessible healthcare in rural areas and

praised the efforts of Rotary and IOCL in making this a reality. PDG Dr. Balkrishna Inamdar highlighted the importance of technological advancements in medical care and how these X-ray machines will have a lasting impact on the health of rural populations.

Rtn Seema Negi, President of Rotary Club of Mumbai West Coast, expressed her gratitude to all involved, particularly IOCL for their generous contribution. She reiterated Rotary's mission to serve the community, noting that this project represents a major step forward in improving healthcare access.

CSR Chair Rtn Dr. Neelam Navagare explained the technical capabilities of the portable X-ray machines, emphasizing how they will allow the hospital to provide better and faster diagnostics, ultimately saving lives. Rtn Jagdish Chelaramani, President of Rotary Club of Thane Lake City, commended the collaboration between different Rotary Clubs and corporate entities like IOCL in executing such high-impact projects. Ajay Balan was the project chair and Vishnu Bhat served as the Co-chair of this project.



Chief guest DG Rtn Dinesh Mehta, District 3142, PDG Dr. Bal Sir, Club President Dr. Seema Negi, CSR Director Dr. Neelam Navagare, Project Chair Ajay Balan, Co-Chair Vishnu Bhat, club members at inauguration ceremony



Dignitaries present at the handover ceremony of Portable X-Ray Machines

रोटरीच्या माध्यमातून कळवा हॉस्पिटलला मिळाल्या सात पोर्टेबल एक्स रे मशीन

ठाणे : कळवा येथील छत्रपती शिवाजी महाराज रुग्णालयाला रोटरी क्लब ऑफ मुंबई वेस्ट कोस्ट व ठाणे लेकसिटीच्या सौजन्याने सात पोर्टेबल एक्स रे मशीन भेट म्हणून देण्यात आल्या. इंडियन ऑईल कार्पोरेशन कंपनीने त्यांच्या सीएसआर फंडातून सदर मशीन दान केल्या आहेत.

छत्रपती शिवाजी महाराज रुग्णालयात झालेल्या एका कार्यक्रमात रोटरी प्रांत ३१४२ चे गवर्नर दिनेश मेहता यांच्या हस्ते या एक्स रे मशीनचे वाटप करण्यात आले. यावेळी हॉस्पिटलचे डिन डॉ. राकेश बारोट, अधीक्षक डॉ. अनिरुद्ध माळगावकर, रोटरीयन बाळकृष्ण इनामदार, रोटरी क्लब मुंबई वेस्ट कोस्टच्या अध्यक्षा डॉ. सीमा नेगी, रोटरी क्लब ऑफ ठाणे लेकसिटीचे अध्यक्षा जगदीश चेलारामानी, आदी व्यासपीठावर उपस्थित होते.



कार्यक्रमाला कळवा हॉस्पिटलच्या रेडीओलॉजी विभाग प्रमुख डॉ. वीणा कलपट, रोटरीयन नीलम नवधरे, रोटरीयन अजय बालन व विष्णू भट, रोटरी क्लब ऑफ प्रिमीयमच्या अध्यक्षा डॉ. सोनल बागडे यांच्यासह रोटरी क्लबचे सदस्य उपस्थित होते.

दैनिक आम्ही महाराष्ट्राचे कैवरी, आजचा महाराष्ट्र घडविण्याचा संकल्प सोडला आहे घरोघरी!

आजचा महाराष्ट्र

रायगड, ठाणे, मुंबई, मुंबई, पालापर विजयनाथ, एकाच वेळी इतरांविरुद्ध होणारे एकमेव वृत्तपत्र

aaajchamaharashtra@gmail.com

संपादक : संतोष घरत

१/४

२५ सप्टेंबर २०२४

रोटरीच्या माध्यमातून कळवा हॉस्पिटलला मिळाल्या सात पोर्टेबल एक्स रे मशीन

पेण, (प्रतिनिधी) : कळवा येथील छत्रपती शिवाजी महाराज रुग्णालयाला रोटरी क्लब ऑफ मुंबई वेस्ट कोस्ट व ठाणे लेकसिटीच्या सौजन्याने सात पोर्टेबल एक्स रे मशीन भेट म्हणून देण्यात आल्या. इंडियन ऑईल कार्पोरेशन कंपनीने त्यांच्या सीएसआर फंडातून सदर मशीन दान केल्या आहेत.

छत्रपती शिवाजी महाराज रुग्णालयात झालेल्या एका कार्यक्रमात रोटरी प्रांत ३१४२ चे गवर्नर दिनेश मेहता यांच्या हस्ते या

एक्स रे मशीनचे वाटप करण्यात आले. यावेळी हॉस्पिटलचे डिन डॉ. राकेश बारोट, अधीक्षक डॉ. अनिरुद्ध माळगावकर, रोटरीयन बाळकृष्ण इनामदार, रोटरी क्लब मुंबई वेस्ट कोस्टच्या अध्यक्षा डॉ. सीमा नेगी, रोटरी क्लब ऑफ ठाणे लेकसिटीचे अध्यक्षा जगदीश चेलारामानी, आदी व्यासपीठावर उपस्थित होते.

कार्यक्रमाला कळवा हॉस्पिटलच्या रेडीओलॉजी विभाग प्रमुख डॉ. वीणा कलपट, रोटरीयन नीलम नवधरे, रोटरीयन अजय बालन व विष्णू भट, रोटरी क्लब ऑफ प्रिमीयमच्या अध्यक्षा डॉ. सोनल बागडे यांच्यासह रोटरी क्लबचे सदस्य उपस्थित होते.

(पान ३ वर)

शब्दांना सत्याची धार

प्रहार

मुंबई, सिव्हुदुर्ग, रत्नागिरी, नाशिक येथून एकाचवेळी प्रसिद्ध

वर्ष २० • अंक ३४९ • पाने ५० • ₹ ५.००

ठाणे जिल्ह्याचे लोकप्रिय वृत्तपत्र

ठाणे वार्ता

बातमी तीच, जी सत्य असेल!

५ वे • अंक ३४२ • बुधवार, दि. २५ सप्टेंबर २०२४ • पृष्ठे : ४ • किंमत : २ रुपये • ई-मेल : thanevartha2016@gmail.com

रोटरी तर्फे कळवा हॉस्पिटलला सात पोर्टेबल एक्स रे मशीन

ठाणे, दि. २४ : कळवा येथील छत्रपती शिवाजी महाराज रुग्णालयाला रोटरी क्लब ऑफ मुंबई वेस्ट कोस्ट व ठाणे लेकसिटीच्या सौजन्याने सात पोर्टेबल एक्स रे मशीन भेट म्हणून देण्यात आल्या. इंडियन ऑईल कार्पोरेशन कंपनीने त्यांच्या सीएसआर फंडातून सदर मशीन दान केल्या आहेत.

छत्रपती शिवाजी महाराज रुग्णालयात

रोटरी क्लब ऑफ प्रिमीयमच्या अध्यक्षा डॉ. सोनल बागडे यांच्यासह रोटरी क्लबचे सदस्य उपस्थित होते.

इंडियन ऑईल कार्पोरेशनच्या सीएसआर फंडातून या मशीन हॉस्पिटलला देण्यात आल्या आहेत. कळवा येथील छत्रपती शिवाजी रुग्णालयात दिवसाला ३०० च्यावर एक्स रे काढले जातात. सध्यास्थितीत



छत्रपती शिवाजी महाराज रुग्णालयात

झालेल्या एका कार्यक्रमात रोटरी प्रांत ३१४२ चे गवर्नर दिनेश मेहता यांच्या हस्ते या मशीनचे वाटप करण्यात आले. यावेळी हॉस्पिटलचे डिन डॉ. राकेश बारोट, अधीक्षक डॉ. अनिरुद्ध माळगावकर, रोटरीयन बाळकृष्ण इनामदार, रोटरी क्लब मुंबई वेस्ट कोस्टच्या अध्यक्षा डॉ. सीमा नेगी, रोटरी क्लब ऑफ ठाणे लेकसिटीचे अध्यक्षा जगदीश चेलारामानी, आदी व्यासपीठावर तसेच कळवा हॉस्पिटलच्या रेडीओलॉजी विभाग प्रमुख डॉ. वीणा कलपट, रोटरीयन नीलम नवधरे, रोटरीयन अजय बालन व विष्णू भट,

असलेल्या एक्स रे मशीन त्यासाठी अपुऱ्या पडत असून रुग्णांना देखील एक्स रे साठी ताटकळत राहावे लागते. नवीन एक्स रे मशीन पोर्टेबल असल्याने कोणत्याही वॉर्डात जाऊन रुग्णाचा एक्स रे काढणे आता शक्य होणार आहे, या योजनेलाबद्दल हॉस्पिटलचे डिन डॉ. राकेश बारोट यांनी इंडियन ऑईल कार्पोरेशन व रोटरी सदस्यांचे आभार मानले.

टीबीमुक्त ठाणे साठी सदर मशीनद्वारे जास्त रुग्णांची तपासणी करून त्यांच्यावर औषधोपचार सुरू करता येतील, ज्या ठिकाणी जास्त गरज आहे अशा या छत्रपती शिवाजी रुग्णालयात या एक्स रे मशीन उपयोगी ठरतील. रोटरीच्या सहकार्याने असे समाजसुयोगी प्रकल्प राबवायला आम्हाला निश्चीत आवडेल असे रोटरी गवर्नर दिनेश मेहता यांनी सांगितले.

वेचक रोटरीतर्फे कळवा हॉस्पिटलला मिळाल्या सात पोर्टेबल एक्स-रे मशीन



कळवा : येथील छत्रपती शिवाजी महाराज रुग्णालयाला रोटरी क्लब ऑफ मुंबई वेस्ट कोस्ट व ठाणे लेकसिटीच्या सौजन्याने सात पोर्टेबल एक्स-रे मशीन भेट म्हणून देण्यात आल्या. इंडियन ऑईल कार्पोरेशन कंपनीने त्यांच्या सीएसआर फंडातून सदर मशीन दान केल्या आहेत. छत्रपती शिवाजी महाराज रुग्णालयात झालेल्या एका कार्यक्रमात रोटरी प्रांत ३१४२ चे गवर्नर दिनेश मेहता यांच्या हस्ते या एक्स-रे मशीनचे वाटप करण्यात आले. यावेळी हॉस्पिटलचे डिन डॉ. राकेश बारोट, अधीक्षक डॉ. अनिरुद्ध माळगावकर, रोटरीयन बाळकृष्ण इनामदार, रोटरी क्लब मुंबई वेस्ट कोस्टच्या अध्यक्षा डॉ. सीमा नेगी, रोटरी क्लब ऑफ ठाणे लेकसिटीचे अध्यक्षा जगदीश चेलारामानी, आदी व्यासपीठावर उपस्थित होते. नवीन एक्स-रे मशीन पोर्टेबल असल्याने कोणत्याही वॉर्डात जाऊन रुग्णाचा एक्स-रे काढणे आता शक्य होणार आहे, या योजनेलाबद्दल हॉस्पिटलचे डिन डॉ. राकेश बारोट यांनी इंडियन ऑईल कार्पोरेशन व रोटरी सदस्यांचे आभार मानले. टीबीमुक्त ठाणेसाठी सदर मशीनद्वारे जास्त रुग्णांची तपासणी करून त्यांच्यावर औषधोपचार सुरू करता येतील, ज्या ठिकाणी जास्त गरज आहे अशा या छत्रपती शिवाजी रुग्णालयात या एक्स-रे मशीन उपयोगी ठरतील. रोटरीच्या सहकार्याने असे समाजसुयोगी प्रकल्प राबवायला आम्हाला निश्चीतच आवडेल असे रोटरी गवर्नर दिनेश मेहता यांनी सांगितले.

Rotary Club of Mumbai West Coast Nation Builder Award Ceremony - (28th September, 2024)

The Rotary Club of Mumbai West Coast organized the prestigious Nation Builder Award Ceremony on 28th September 2024, an event designed to honor and recognize exceptional educators across India. This year's event was marked by a large-scale participation from educators, with nominations and recognition spanning from Jammu to Chennai, and Rajasthan to West Bengal. The day was filled with energy, wisdom, and inspiration, as it brought together educators from diverse fields to celebrate their contributions to the nation. The program began with a mesmerizing dance performance by Sakshi Damani.

• Event Preparation and Nomination Process

The preparation for the event began in July 2024, when a Google form was rolled out to invite educators across India to nominate themselves for the Nation Builder Awards.

The response was overwhelming, with a total of 879 nominations and recommendations received from educators, counselors, special educators, and EdTech educators.

A panel of seven distinguished jury members carefully reviewed all the 879 nominations and, after a thorough selection process, 225 educators were chosen as awardees. This year, for the first time, the Rotary Club of Mumbai West Coast also introduced the Lifetime Achievement Award, recognizing four luminaries for their outstanding contributions in their respective fields.

• Distinguished Speakers and Guest Presentations

The event was enriched by the insights and experiences shared by four distinguished speakers:

Lina Ashar, a pioneer in the education sector, shared her vision for the future of learning through her ventures Billabong High, Kangaroo Kids, and Dreamtime Learning.

Lt. Gen. Surendra Kulkarni, Director of Mayo College, Ajmer, inspired the audience with his leadership journey in both education and the armed forces.

Dr. Snehal Pinto, Director at Ryan International Group of Institutions, offered valuable perspectives on shaping the future of education in India.

Shreyaan Daga, a young entrepreneur and edupreneur, Founder of OLL, shared his entrepreneurial journey and vision for education in the digital age.

Honored Guests and Chief Guest

The ceremony was graced by the presence of several esteemed guests:

Guest of Honor: Mr. Anantha Krishnan Balasubramanian, COO of Kerolex Group participated in the day's celebrations.

The Chief Guest for the day was the esteemed Dr. Manjula Pooja Shroff, MD & CEO of the Kalorex Group and a princess from the royal family of Surangi, Odisha. Dr. Shroff launched her book Safe Teen Steps during the ceremony, which was followed by an enriching fireside chat between Dr. Shroff and Mr. Anantha Krishnan Balasubramanian.

• Recognition of Educators and Award Presentation

A total of 225 educators, spanning various categories from pre-primary to higher education, were honored with the

Nation Builder Award and the Professional-Excellence Award. These awards recognized the exemplary efforts of educators in fostering the intellectual and moral growth of young minds across India.

• Lifetime Achievement Awardees

Kamla Devi Damani, Dr. A.K. Kapoor, Lina Ashar, and Lt. Gen. Surendra Kulkarni were honored with the Lifetime Achievement Award for their exceptional dedication and contributions to their respective fields.

• Event Organization and Execution

The flawless execution of the event was a testament to the meticulous planning and dedication of the organizing team. The event was expertly curated under the advisory of PDG Dr. Balkrishna Inamdar and led by the vibrant President Dr. Seema Negi, Secretary Saurabh Patel, Vocational Director Rajesh Kushte, and Project Chair Prof. Nilesh Vedant.

The seamless flow of the ceremony, conducted by MOC Rtn. Ritu Dubey, adhered to the high standards of Rotary protocols and showcased the dedication of the entire organizing team.

The event was supported by the tireless efforts of Rotarians, Rotaractors, and the educators from Sanjeevani World School, the venue partner, who played an instrumental role in the event's success.

The Nation Builder Award Ceremony of 2024 was a grand celebration, buzzing with 250 participants from across the country. The program commenced at 10:00 AM and concluded at 3:15 PM, leaving behind a sense of accomplishment, joy, and inspiration for all attendees.

The day was marked by love, laughter, smiles, and cheers as educators and dignitaries came together to celebrate the power of education in building a stronger nation.

Educators from across India were recognized for their invaluable contributions, ensuring that the future of our nation remains bright and filled with hope.

Nation Builder Award Ceremony Highlights



Chief guest and other dignitaries lighting ceremonial lamp during Nation Builder Award celebration at Sanjeevani World School.





Vibrant Team NBA



Media coverage of NBA Ceremony

Your skills and talents are shared

Mark Your Calender

10 October Community Service & Development Dates to Remember 1 4 5 6 10 11 15 18 24 26	SUN	MON	TUE	WED	THU	FRI	SAT
			1 Menstrual Hygiene & Anemia Awareness - Vivek College	2	3	4	5 Fire side meeting Navratri Celebration for school students
	6 Navratri Celebration	7	8	9	10 Anemia Awareness & Detection camp - Bangur Vidya Bhavan	11 Anemia Detection camp - KHMW Jr. College of Sci & Com	12
	13	14	15 Remembering Kalam	16	17 Mental Health Awareness Day	18 Kanya Poojan & Bhoj	19
	20	21	22	23	24 World Polio Day	25	26 Speaker/ Fellowship meeting
	27	28	29	30	31		BoD Meeting Diwali Mart at Sanjeevani World School

Birthdays For The Month Of October

October

Birthdays

2 - Rtn. Vikas Upadhyay

11 - Rtn. Ritu Dubey

14 - Rtn. Maya Purohit

15 - Rtn. Nina Vyas

16 - Rtn. Sunil Gursahani

20 - Rtn. Satish Karandikar



Special Feature



Topic: Importance of Body Positivity in current times

By: Dr. Sujata Singhi

(Author, TEDx and International Keynote Speaker, Certified Life and Business Coach.)

In today's society, the impact of body image and self-esteem has never been more prevalent. The pressure to conform to societal beauty standards can lead to a widespread issue of body negativity, affecting individuals of all ages, genders, and backgrounds.

According to a survey conducted by the National Eating Disorders Association, approximately 91% of women are unhappy with their bodies. Additionally, a study published in the International Journal of Eating Disorders revealed that 37% of men also experience body dissatisfaction. These alarming statistics highlight the urgent need for a shift towards body positivity. In this blog, we will explore the importance of embracing body positivity in current times and its positive impact on mental health and overall well-being.

Why do people feel ashamed of their body?

In today's society, there are various factors that contribute to people feeling ashamed of their bodies. Here are some reasons why this occurs:

• Unrealistic Beauty Standards:

The media, advertising, and social media platforms often portray a narrow and idealized version of beauty. This constant exposure to flawless and photoshopped images creates unrealistic expectations, leading individuals to compare themselves unfavorably and feel inadequate in comparison.

• Social Comparison:

The prevalence of social media platforms has amplified the culture of comparison. People frequently showcase carefully curated versions of their lives, including their bodies. This constant comparison can lead individuals to feel self-conscious and dissatisfied with their own bodies.

• Body Shaming and Bullying:

Unfortunately, body shaming and bullying are pervasive issues that can occur both online and offline. Negative comments, criticism, or mockery about one's body can deeply impact self-esteem and contribute to feelings of shame and embarrassment.

The Impact of Body Negativity

Body negativity has a profound impact on individuals, affecting their mental and physical well-being. According to the National Eating Disorders Association, 91% of women are unhappy with their bodies and resort to dieting, while 81% of 10-year-olds are afraid of becoming "fat." This negativity contributes to mental health consequences such as anxiety, depression, and low self-esteem.

Additionally, the influence of body negativity extends to physical health, with disordered eating patterns and unhealthy behaviors prevalent. The World Health Organization reports that eating disorders have the highest mortality rate of any mental illness. These statistics highlight the urgent need to address body negativity and promote body positivity for the well-being of individuals.

Understanding Body Positivity

To combat body negativity, understanding body positivity is crucial.

Body positivity is an ideology that promotes self-acceptance and inclusivity. It challenges societal beauty standards and celebrates the diversity of body shapes, sizes, and appearances.

It encourages individuals to embrace their bodies and fosters a culture of self-love and acceptance. Body positivity emphasizes the importance of focusing on overall well-being rather than solely on external appearance. By promoting body positivity, we create an environment that values and respects individuals of all body types, contributing to improved mental health, self-esteem, and a more inclusive society.

Promoting Self-Acceptance and Self-Love

Promoting self-acceptance and self-love has been consistently associated with positive outcomes in various research. Studies have shown that individuals who practice self-acceptance and self-love tend to experience higher levels of happiness, life satisfaction, and overall well-being. They also report lower levels of anxiety, depression, and body dissatisfaction.

Furthermore, cultivating self-acceptance and self-love has been linked to improved relationships, increased resilience, and better coping mechanisms in the face of challenges. By embracing their unique qualities and accepting themselves as they are, individuals are better equipped to navigate life's ups and downs with confidence and self-assurance.

While specific figures may vary across studies, the overall body of research consistently supports the notion that promoting self-acceptance and self-love is beneficial for individuals' mental health,

overall well-being, and relationships. Embracing these practices can lead to a more positive and fulfilling life.

Benefits of Body Positivity

Embracing body positivity yields numerous benefits. Firstly, it improves mental well-being and self-esteem. By accepting and celebrating their bodies, individuals experience a positive shift in self-perception, leading to increased confidence and reduced anxiety. Secondly, body positivity enhances body confidence and resilience.

It allows individuals to navigate societal pressures with a sense of self-assuredness and resilience against harmful messages. Lastly, it contributes to an overall improvement in the quality of life, enabling individuals to focus on holistic well-being rather than being consumed by negative body image concerns.

Role of Media and Advertising

The role of media and advertising in shaping societal beauty standards and influencing body image cannot be underestimated. They have a profound impact on how individuals perceive and evaluate their own bodies. It is essential to recognize and critique the harmful representations and messages that contribute to the perpetuation of unrealistic beauty ideals.

Firstly, media platforms such as television, magazines, social media, and online content bombard individuals with images of the so-called "ideal" body, often showcasing unattainable beauty standards. These images are often heavily edited and air-brushed, creating an illusion of flawlessness that is far from reality.

Constant exposure to these images can lead to feelings of inadequacy, comparison, and dissatisfaction with one's own appearance.

Advocating for more diverse and inclusive representations in the media and supporting brands and influencers promoting body positivity can create a more inclusive and empowering environment.

Empowering Others and Creating Change

Empowering others and creating change in the realm of body positivity requires collective action and the establishment of supportive communities and networks. It is through these efforts that individuals can find strength, support, and inspiration to challenge societal norms and promote body acceptance.

Building supportive communities is crucial in creating a safe and inclusive space for individuals to share their experiences, struggles, and triumphs. These communities provide a platform for individuals to connect, empathize, and uplift one another. By sharing stories and perspectives, individuals can realize they are not alone in their body image concerns and can gain valuable insights and encouragement from others who have overcome similar challenges.

Conclusion

In conclusion, embracing body positivity in current times is of utmost importance. It allows individuals to counteract the negative impact of body negativity, promoting self-acceptance, mental well-being, and overall quality of life.

By challenging societal beauty standards, fostering self-love and self-care, and advocating for more inclusive representations,

we can create a world that celebrates and embraces the diverse beauty of every individual. Together, let us strive for a future where body positivity reigns, empowering everyone to embrace their unique selves and live.

Success, Thy Name Is Rotarian



By: Sunita Shetty

My journey has been one of hard work, passion, and dedication. I started as an athlete, competing for over 10 years and winning the All India Individual Championship while studying BA with Home Science at SNTD College. After getting married, my focus shifted to family life, and I became a full-time homemaker, raising my twin daughters, Rishika and Rithika. After 10 years of marriage got divorced and got custody of my twin daughters.

Once my children grew older, I decided to return to the workforce, taking on the role of a manager at Exhale Spa and Salon, where I worked for 8 years. During this time, I managed White Italian Restaurant, Zing Indian Restaurant and Majestica Banquet Hall, gaining valuable experience in the hospitality industry. In 2014, I took over the Exhale brand and became its proprietor, and I've been running it successfully for the past 10 years. Along with this managing S D Construction also since last 7 years.

Family has always been central to my life. My daughter Rishika pursued an MA in Film Editing and now lives in London, while Rithika, who is mildly autistic, attends a vocational center where she is flourishing. I owe much of my success to the unwavering support of my live in partner Shekhar Dadarkar, who has always

stood by me as a pillar of strength.

Throughout my life, I have always felt the desire to give back to society. I was introduced to Rotary by Dr. Nilima Inamdar and Mrs. Shaila Vyas, and I immediately felt that Rotary was the perfect platform for me to fulfill this lifelong dream of service. I've had the privilege of working on meaningful projects such as Swaroop, which has allowed me to contribute positively to the community and help those in need.

Joining Rotary has given me a sense of purpose and the opportunity to make a real difference. I am grateful for the chance to serve and look forward to continuing my journey with Rotary to impact even more lives.

Recognitions

Huge Congratulations, President Dr. Seemaa Negi on receiving the Community Builder Award !



Dr. Seemaa Negi received Community Builder Award under Women for change awards by Bharat CSR Network at Taj Lands End on 29th September 2024. Dr. Seemaa, you truly deserve this recognition !

Great Work, Dr. Nilima Inamdar !



Dr. Nilima Inamdar spoke on Women's Health for Aarey colony women on 16th September 2024. The session was organised by RC Western Elite, along with Rotarian Deepa Goenka who spoke about menstrual hygiene.

Rotary Stories (International and National)

Government of Canada donates CAN \$ 151 Million to Rotary's Polio Eradication efforts

The Government of Canada continues to demonstrate its commitment and leadership in the fight to eradicate polio, announcing a new contribution of CAN \$151 million over the next three years to support the work of the Global Polio Eradication Initiative (GPEI). Canada's Minister of International Development, the Hon. Ahmed Hussen, formally announced Canada's next pledge to the GPEI at a Rotary regional conference in Toronto, Ontario on 20 September to an audience of Rotary club members and civic leaders from across Canada and the United States.

Canada has been a leading supporter of the global polio eradication effort since its inception and across successive governments, helping the GPEI reduce cases globally by over 99% and prevent more than 20 million cases of paralysis from polio. This most recent funding, which brings Canada's total contributions to the GPEI to more than CAN \$1 billion, will support the GPEI's ongoing efforts in immunizing 370 million children annually. Canada's overall contribution has also helped build and will ensure the continuation of increasingly important health infrastructure in some of the most vulnerable regions of the world. In addition to vaccinating children against polio, this infrastructure also delivers other essential health services, including critical surveillance and tracking systems.

"Building on Canada's leadership in global health, today's investment will strengthen our partnership with the Global Polio Eradication Initiative. By protecting children who are most at risk from this preventable disease and providing support for health workers at the forefront of this effort, we will be one step closer to eradicating polio," said Ahmed Hussen PC MP, Minister of International Development for the Government of Canada.



Left to right: Past Rotary President Jennifer Jones, Rotary member Ramesh Ferris, Minister Ahmed Hussen, and Rotary member Dean Rohrs

Breaking News

Polio cases have increased by 4 this week in Pakistan bringing the total number of WPV1 cases in Pakistan to 21. Afghanistan remains at 19.

Total 40 WPV1 cases this year so far till 28th September 2024.



24 OCTOBER - WORLD POLIO DAY

By: Rtn. Vishnu Bhat ,(Director, Polio Plus)

World Polio Day highlights the global efforts to end poliomyelitis (polio) worldwide. Polio is a life-threatening disease caused by the poliovirus, which the World Health Assembly committed to eradicate in 1988. **India was declared polio-free by the World Health Organization (WHO) on March 27, 2014.** The last reported case of wild polio in India was in West Bengal on January 13, 2011. The last polio case in India was reported in 2011 in a two-year-old girl, Rukhsar Khatun in Howrah, West Bengal. Notably India has sustained this status every year since then.

Every year on 24 October, we observe World Polio Day to raise awareness of the importance of polio vaccination to protect every child from this devastating disease, and to celebrate the many parents, professionals and volunteers whose contributions make polio eradication achievable.

To ensure a polio-free future for everyone, efforts must continue to maintain high immunization coverage, implement high-quality surveillance to detect any presence of the virus, and prepare to respond in the event of an outbreak.

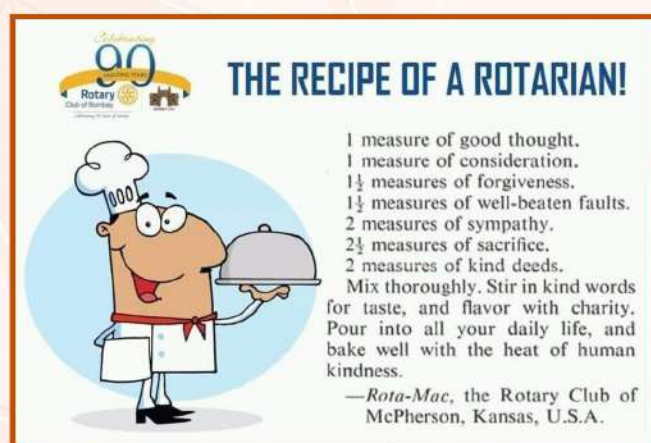


The Rotary Foundation receives highest rating from Charity Navigator for 16th consecutive year

For the 16th consecutive year, The Rotary Foundation has received the highest rating — four stars — from Charity Navigator, an independent evaluator of charities in the U.S.

The Foundation earned the recognition for adhering to sector best practices and executing its mission in a financially efficient way, demonstrating both strong financial health and commitment to accountability and transparency.

“We are delighted to provide the Rotary Foundation with third-party accreditation that validates their operational excellence,” said Michael Thatcher, president and CEO of Charity Navigator. “The Four-Star Rating is the highest possible rating an organization can achieve. We are eager to see the good work that the Rotary Foundation is able to accomplish in the years ahead.”



THANK
YOU