

# ROTARY CLUB OF BOMBAY SEAFACE



## 2024 DECEMBER E - BULLETIN



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# PRESIDENT'S MESSAGE



Dear Fellow Rotarians,

At the outset, let me wish all of you and your families a Merry Christmas and a Happy New Year in 2025.

I am happy to see the progress of the Club and the projects and fellowships we have enjoyed till now in the last 5-6 months.

In the recent Pre-OCV conducted by AG Prashant Gupta, he conveyed that the Club was healthy in all respects and have done good work in all Avenues of Service.

I would like to thank all of the members, their families, our extended Partners, the Rotaractors and all the Interact Clubs for their valuable contribution and support to the various projects and activities the Club has undertaken till date.

I look forward to all of your continued support in the forthcoming 6 months. We have our OCV coming up in January 2025 which I encourage all of you to attend in large numbers to see the progress of the Club.

December is Disease Prevention and Treatment Month on the Rotary Calendar. Some of our projects have been aligned with the designated month. We executed projects for Prevention and Treatment on Breast and Cervical Cancer for Women.

Let's bring 2025 with a new hope of serving a larger Community and take the Club a notch higher than from where we started and leave a footprint behind !!

Once again, wishing all of you a **HAPPY NEW YEAR** in 2025 !!! May it bring cheer and solidarity in all your endeavours .....

Yours In Rotary  
Rtn Minal Turakhia  
President



# EDITORIAL'S MESSAGE



Dear Readers,  
It is indeed heartening to see a lot of you have contributed to this Bulletin edition.  
It takes a lot of efforts to come out with a Bulletin with various kinds of news to be published.

Let's through the Bulletin rekindle the Rotary fire in us ....



How many of you remember the 4 way Test :  
Rotary International is an International Organisation which we are part of and therefore should be proud of belonging to an International Organisation.  
Let's endeavour to live the lives we enjoy in the way our Rotary Values are given through the 4 way Test as given above.....  
Are you able to do work on these areas and be a better you a Better ROTARIAN .....?  
I am endeavouring..... lets do it together.....  
Wishing all of you and your families a Happy NEW YEAR 2025 !!!!

Yours in Rotary  
PP Rtn Tejal Gandhi  
Bulletin Editor





# COMMUNITY SERVICE PROJECTS



## BLOOD DONATION CAMP

RCBSF, with the generous sponsorship of Rtn. Nimish Sahani, conducted a blood donation camp at N.M. Joshi Road, Parel (East). Rtn. Sahani's daughter and son-in-law were among the many who participated. The camp successfully collected 115 blood bottles, which were donated to Breach Candy Hospital.

## TOILET BLOCK PROJECT

Toilet Block Project Implemented at Palghar with SRCC / Narayana Hrudalaya Ltd – CSR Funds Deployment.

RCBSF visit was done on 4th December with SRCC/ Narayana Hrudalaya Limited to 4 Palghar schools, where we have implemented 4 toilet blocks project in alignment with SRCC. There was local news release on this event.

RCBSF has toilet project for 8 schools in Palghar . IPP Rotarian Uday

## LEARN PROJECT

Our Club Champion PP Leena Shah alongwith Dr Swaroop Sampat is back with another class of LEARN project....this project aims at upskilling the Life Skills of Youth and overall development of adolescents.

This is going to be again a huge success with both powerful ladies at the helm.

Wishing them and the whole team all the best .....





# COMMUNITY SERVICE PROJECTS



## BREAST AND CANCER AWARENESS SESSION

The Rotary Club of Bombay Sea Face, in collaboration with other eminent organisations, organised a Breast and Cervical Cancer Awareness Programme at Bhavan's, Chowpatty, on Sunday. Expert speakers emphasised the importance of awareness and early detection in preventing these diseases.

The event, attended by a large gathering, aimed to empower individuals, particularly women, to prioritise their health.

PDG Rajendra Agarwal, Club President Minal Turakhia, Medical Director Dr. Anil Mehta, and several club members were present. The vaccination will be provided at Rtn Dr Anil Mehta's Clinic. The programme was part of the Rotary Club's ongoing efforts to promote health and wellness in the community. Attendees appreciated the informative sessions and interaction with expert speakers.





# COMMUNITY SERVICE PROJECTS



**GENEROUS DONATION OF SPORTS AND OTHER  
EQUIPMENT TO WILSON HIGH SCHOOL, SIKKA  
NAGAR,  
V P ROAD - HAPPY CHILDREN !!!**



On Thursday 12<sup>th</sup> December 2024 various indoor and outdoor games and sports equipment were donated to The Wilson High School .

New Vinyl flooring is also done in art room and ' Ideal Study App' cards distributed to 10th grade students.

The generous amount of donation is received from Rtn Minaxiben Gandhi for this purpose





# COMMUNITY SERVICE PROJECTS



**2 Day Medical Camp conducted at RCBS and Mangaldas Nathubhai Charitable Trust Medical Centre**

We organized a 2-day medical camp at our Medical Centre as mentioned above on 16.12.2024 and 17.12.2024 featuring doctors from the Lady Ratan Tata Cancer Institute, Colaba. During the camp, 40 ladies underwent check-ups, and thankfully, only one was detected with cancer.

We are grateful to Dr Shalini Soni and her team for successfully conducting the Medical Camp !!

Congratulations Dr Shalini and the whole team ...!!!!





# CLUB SERVICE SPEAKERS MEETING



**SPEAKER MEETING - RCBS and R C of Posnan, Poland - Building friendships**  
RCBS and R C of Posnan, Poland - Building friendships  
RCBS had today on 7/12/2024 hosted the Incoming Rotary Friendship Exchange (RFE) team members who were visiting us from Rotary Club of Poznan, Poland.



They shared their Club projects and their City's wonderful highlights tempting us to visit Poland. The Team Leader Alicja Czabajaska and the other members exchanged the Club flags with our Club. Our outgoing team comprising of PDG Nitin Mangaldas and PP Rtn Tanveer Hawa and Dr Anjum Hawa along with 2 couples from other Rotary Clubs will be visiting Poland (their District) later in the Rotary year. There was a series of interesting q and a on culture, family ties and various other topics. All in all, an educative exchange meeting in the true Rotary spirit of comradeship.

# CLUB SERVICE

## CLUB ASSEMBLY AND PRE-OCV MEETING on 14/12/24 by Assistant Governor Prashant Gupta



The Rotary Club of Bombay Sea Face successfully hosted its Pre-OCV Cum Club Assembly at IMC, attended by a sizable number of club members. The event commenced at 1:00 pm, following lunch, with distinguished Rtn. Prashant Gupta as the chief guest.

During the assembly, all directors of the board presented comprehensive reports on the club's accomplishments over the last six months, as well as outlined the roadmap for the upcoming months. AG Prashant expressed satisfaction with the progress made.

President Minal took the opportunity to announce two significant projects scheduled for this month, generating enthusiasm among the members.

The meeting concluded on a positive note, leaving attendees feeling fulfilled and motivated. Overall, the Pre-OCV Cum Club Assembly was a resounding success, fostering a sense of camaraderie and shared purpose among the club's members.



# CLUB SERVICE VIBRANT FELLOWSHIP



## HIGH NOTE ENDING YEAR CLOSING FELLOWSHIP - A HIT .....

Before bidding farewell to 2024, the Rotary Club of Bombay Sea Face ushered in 2025 with unparalleled enthusiasm! The fellowship party was brimming with energy, setting the tone for a magical evening filled with music, dance, and joyous cheers. The evening sparkled with incredible dance performances by Dr. Anil & Purna, Darryl & Grace, Dr. Pankaj & Hema, Charoo Mehta, and Prez Minal with her energetic team. Each act brought its own charm and vibrancy, leaving everyone thoroughly entertained and in high spirits.

A heartfelt thanks to Rtn. Paresh and Rupa Tejura for their warm hospitality, complete with a delightful spread of alcohol, ponk, and ghevar. Their generosity added a special touch to the festivities. To top it all, the delicious food elevated the evening, making it a perfect celebration to welcome the new year with joy, laughter, and camaraderie. A night to remember for all!





# DISTRICT NEWS

## DISTRICT NEWS

BY OUR OWN RTN PP LEENA SHAH

DISTRICT FOCUS AREA- L.E.A.R.N - GREAT GOING

- On 12<sup>th</sup> Dec 2024, I proudly inaugurated the 2<sup>nd</sup> batch of whooping 81 teachers trained under L.E.A.R.N (Life Skill Education for Adolescents through Rotary Network). Hats off to Smt. Dr. Swaroop Sampat Rawal, one of India's top 10 educators, for her life-changing training sessions! These teachers in turn will impact lives of more than 10,000 students through the Cascading model.
- A big shoutout to Vibrant President Minal Turakhia ( RC of Bombay Sea Face ) ,Presidents Sonali Desai (RC Mumbai Divas), Ketki Nisar (RC Bombay Metropolitan), and others for sponsoring this impactful initiative. Special thanks to Shruti Dharamsi for sending an incredible 41 teachers!
- Ever grateful to my dear friend and AC LEARN Leena Shah and her team whose passion and flawless execution are simply outstanding. Your dedication truly embodies the Magic of Rotary!
- Together, we're transforming lives—one teacher, one student at a time. Let's keep the momentum going!
- Together, we can. Together, we will.

- DG Chetan Desai

MESSAGE FROM OUR DISTRICT  
GOVERNOR - KUDOS TO  
RTN LEENA SHAH - WAY TO GO !!!





# DISTRICT NEWS



DG Chetan Desai and DGN Dr Manish Motwani  
with our Club Member Rtn Daryl Cabral

## DISTRICT NEWS

Walk with a Doc Program—Organised By R C of Bombay Worli  
On Sunday, 1<sup>st</sup> December we were welcomed by Dr Shirish Hastak to a well arranged program at Sunville Banquets, Worli which was organised by RC of Bombay Worli.

‘Walk with a Doc’ is a ‘foot down’ program which is held on the 1st Sunday of every month. It starts at 7 am with a talk by a Specialist followed by a walk and having an informal interaction with him. At the event organised on 1st December, besides the various Specialists and Doctors present, the Civic Chief Commissioner Bhushan Gagrani shared his experience in keeping fit. This was an awareness session.

To give a background how it started : Walk with a Doc started in 2005 in Columbia, USA by a Doc and is now a Global awareness program.

Dr Shirish Hastak started the movement in India in 2018 and even handled during Covid by conducting sessions online to maintain a continuity.

He calls Specialists to speak on a Medical topic of public interest and about 250 members have joined the movement.

This session was also an awareness session on Walk with a Doc program which was well attended by our Club members PDG Nitin Mangaldas, Rtn Sanjay Parikh and Rtn Daryl Cabral.

Those members who are interested to join the Walk with a Doc Program, please call Aarti : 8657134634.

# PARTNERS IN SERVICE

## PARTNERS IN SERVICE - FABULOUS SCIENCE EXHIBITION AT VANITA VISHRAM SCHOOL - OUR INTERACT PARTNER

A ward-level science exhibition was organized over two days, where students and teachers from various schools of the C and D wards participated and competed.

On the 3<sup>rd</sup> and 4<sup>th</sup> of December 2024, our Interact Partner Vanita Vishram High School hosted the science exhibition in its school auditorium for the academic year 2024-25. The event ran from 9:00 am to 3:00 pm on the first day, with a total of 46 schools participating. The exhibition showcased 38 junior projects, 43 senior projects, 24 exhibits at the Teaching Aid Junior level, 17 exhibits for seniors, 10 projects by lab attendants, and 4 exhibits by differently - abled students.



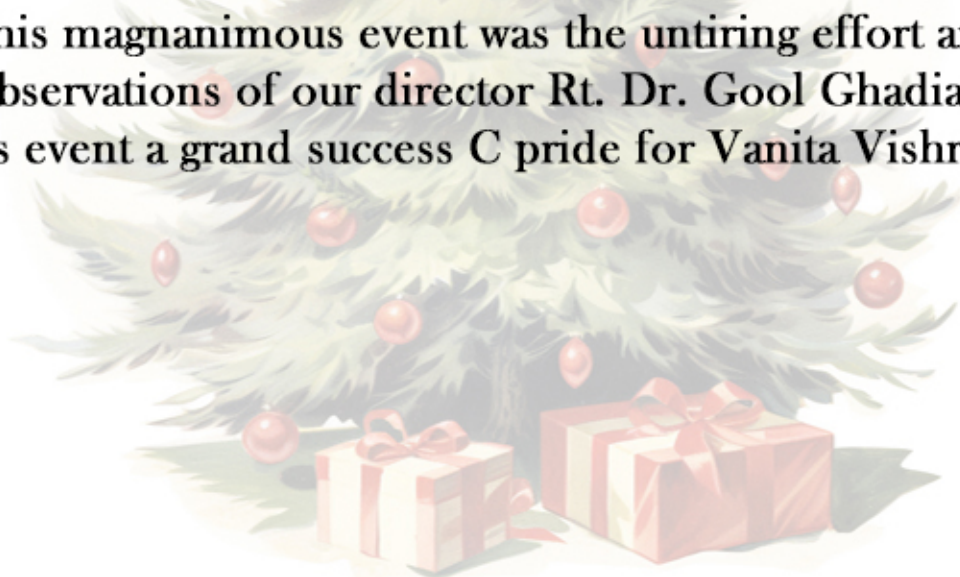


# PARTNERS IN SERVICE

## Theme and Inauguration

The central theme of the science exhibition was “Sustainable Development”, along with five sub-themes relevant to contemporary issues. The program commenced with flag hoisting at 9:00 am, accompanied by a vibrant band display from Lilavati High School. The flag was hoisted by Shri Ramesh Kamble, an officer from the education department, alongside respected management members Deepak Khambati, Nitin Mangaldas, and Dr. Mrs. Gool Ghadiali. After the ribbon-cutting ceremony, the science exhibition was officially declared open. The event was graced by principals, teachers, and students from various schools. All our interactors of Vanita Vishram High school over 100 in numbers were totally involved in the creation of this unique event. Winners of the science exhibition are as follows as per the categories given were ... The BJPC institute, Vanita Vishram High school, Lady ngineer High school, Aryan education society high school and Chandaramji English School. There was a prize given to the Handicapped category which was bagged by Vanita Vishram High school.

Behind this magnanimous event was the untiring effort and minute observations of our director Rt. Dr. Gool Ghadiali who made this event a grand success C pride for Vanita Vishram School.



Participant at the Science Exhibition

Report sent by Mrs Manisha Chetan Bhamre –

Teacher at the School

School name : J. D. Bharda High School,  
Grant Road, Mumbai.

Laboratory-Style Heat Lamp:

A DIY Project for Experiments at Home

Introduction

The laboratory-style heat lamp is a versatile and eco-friendly innovation designed to enable students and enthusiasts to conduct various experiments at home. It is particularly useful for integrating scientific curiosity with practical applications, such as using mosquito-repellent natural fragrances substances and repurposing old oils. This project highlights the potential for combining creativity, resourcefulness, and sustainability in education.

## OBJECTIVES

### 1. Encouraging Research-Based Learning

Inspire curious minds to explore their surroundings, ask questions, and develop scientific thinking. Foster an environment where students can experiment and learn through hands-on activities.

### 2. Supporting Learning-Disabled Students

Provide opportunities for students with learning disabilities to engage in practical skills such as pottery, home science, and hygiene.

Build confidence and creativity through activities like making Diyas and crafting wicks.

## PROBLEM STATEMENT AND RESEARCH QUESTIONS

### 1. How can a laboratory-style heat lamp be made at home?

Using sustainable materials such as Ganpati immersion clay, old oils, and natural fragrances. Crafting a functional design with easily available components.

### 2. What materials are required to make the lamp (Diya) and its wick?

Diyas are made from Ganpati immersion clay, baked in an earthen pot using charcoal and an LPG stove. Twisted cotton wicks with a height of 1 cm to 5 cm as the most efficient option.

### 3. How is the stand for the pot or container positioned above the Diya?

Using a metal wire mesh molded into a sturdy stand to hold the container. Placing a plastic jar cutout over the setup to protect the flame from airflow.

### 4. How many substances are required for a mosquito-repellent fragrant solution for different time periods?

Based on a combination formula, To find combinations in Pascal's Triangle for 9 substances, you can use the combination formula:

This TEAM WON the 2ND PRIZE.

Indeed remarkable !!!





# INTERNATIONAL SERVICE

The RFE Team with  
Rotarians at SRCC  
Hospital organised by  
Rtn PP Nirmal Doshi.



RFE Team  
members  
dressed in  
Indian attire.



RFE Team  
at Elephanta  
Caves



RFE Team visiting Sir Mangaldas Nathubhai  
Centre at Banganga with PDG Nitin Mangaldas  
and Pres Minal.

## ROTARY BYTE

THE ROTARY FOUNDATION (TRF) HAS BEEN  
RATED AS A 4 STAR CHARITY BY THE CHARITY  
NAVIGATOR FOR 16 YEARS IN A ROW.



# INTERNATIONAL SERVICE

## ROTARY FRIENDSHIP EXCHANGE (RFE) WITH POLAND DIST 2231 & DIST 3141 MUMBAI -By PDG Nitin Mangaldas

This is a very interesting program of RI for promotion of International Understanding & peace among Districts across the world, it is between the two or three Districts for the period of 8-10 days by mutual agreement where 4 -5 couples visit the matched, stay with Rotary Couples, visit places of interest & learn about the culture, customs & cuisine about the matched districts.

This year our district was matched with Poland district 2231 area known as Poznan. Whole of Poland is one Rotary district on the basis of no. Of Rotarians & no. Of clubs.

It is surrounded by many countries, especially war-ravaged Ukraine on west, but peace prevails in Poland. We hosted the Incoming team and our Outgoing Indian team will visit their District in the next few months. Members of 3140 are PDG Nitin & Raksha Mangaldas, (Team Leader), Rtn PP Tanvir Hawa & R/Ann Anjum-Hajra, Dr. Dayasagar Rao & Kusuma, Dr couple Amit Karbharis & Anaga from dist. 3142, Thane. Members from Poland Dist 2231 are Rtn Alicija-Mikolaj (Team Leader), Ewa Pawel, Kasia-Poiter, Dr. Couple Malgosia-Mikolaj. It was an interesting mix of Rotarians & their spouses.

Kasia-Poiter arrived early morning of 5th December & were received traditionally & hosted by Dr. Rao.

Alicija-Mikolas & Ewa Pawel were received by Nitin Raksha & Dr couple Amit Anagha on 6th midnight while Malgosia-Mikolaj came & received by Tanvir-Anjum next night.

Nitin arranged a visit for Alicija-Mikolas & Ewa Pawel to the 1st dedicated burns hospital in Dist 3141 at Airoli started by RTn. Dr. Sunil Keswani. They were shown around this unique facility for the treatment of burns victims, mainly coming from lower economic strata of society. Very modern & uniquely developed new methods of treatment impressed all. They were also treated to nice lunch prepared by the hospital canteen.



This was followed by visit to the Triumph blood bank at Thane, again a very unique bank not just for collection of blood but also for treatment & transfusion for Thalesemia patients, of ages very young kids to adults also. Bank has very modern equipment at this facility for collecting blood, platelets, separation, preservation, embriyo testing, matching etc. They also conduct regular blood donation camps in various colleges, hostels, society bldgs etc. in a vast area of the District which today has over 125 rotary clubs. Visitors were very impressed with visits to both the facilities & active involvement of many Rotarians.

By the time this visit concluded, it was almost 4 pm & then the hosts brought back the visitors to their respective homes. In the evening the visitors were treated differently by the respective hosts at the restaurants with south Indian, non veg & seafood delicacies or at home.

Next day on Saturday Alicia-Mikolaj, Ewa Pawel, with their hosts came to see Sir Mangaldas Charitable dispensary at Banganga, managed by RCBSF Trust, where lot of activities are being undertaken with steady stream of patients. They were shown around by Pres. Minal & staff. Visitors were impressed with the same as well.

Malgosia-Mikolas were received by Tanvir Anjum at early morning & they joined the team along with Kasia-Poiter & Host Dr. Rao & Kusuma for Rotary meeting at IMC which went off well.

After the meeting, both the teams proceeded to Museum from where they boarded an A/c Best bus for the Mumbai Darshan round trip to Bandra Sealink & back. Everyone had a nice exposure incl. Hosts of the history & geography of Mumbai since Portuguese days.

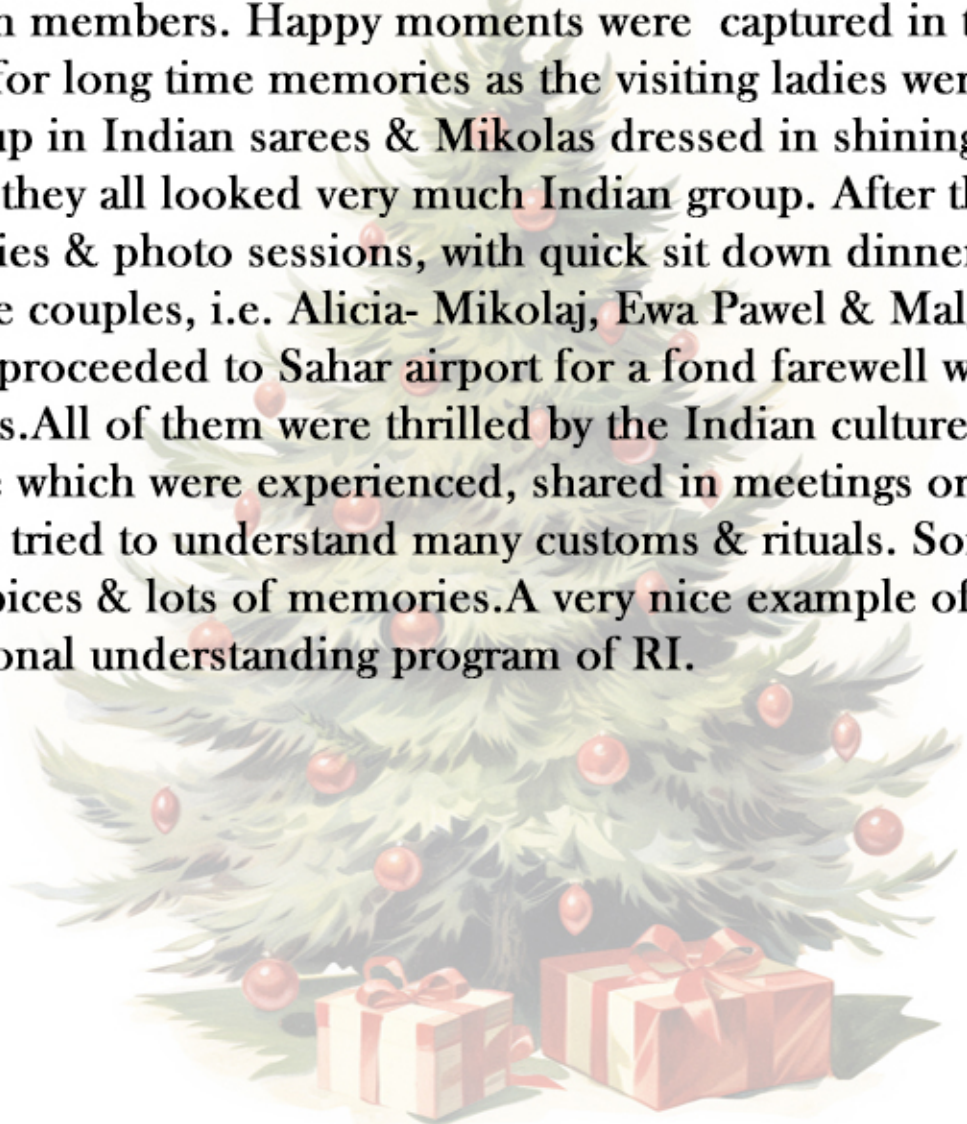
Sunday morning started with all the guests & hosts converging at Mcdonalds Opp. CST station to begin their heritage walk upto Gateway of india. Again the history & geography was explained by a well informed guide which was intriguing & interesting to visitors as well as the hosts. Looking up to various monuments, statues & models it made a nice journey in to the past. After the walk, the entourage ended up at a very nice restaurant for an enjoyable lunch. Monday started with visit to SRCC hospital at Hajiali, coordinated by Rtn. Nirmal Doshi. Visit marked going around the wards for a variety of treatment given to physically challenged children. Visitors were visibly impressed with the facility & human touch provided to the children. They have shown interest to go in for Global Grant to provide funding to provide additional facility to the hospital.

The teams proceeded to the NAB centre at Worli Seaface, coordinated by Kusuma Rao which was also an eye opener of the sort for the visitors.



The afternoon saw them converge at Mini Club restaurant at the racecourse, where they were treated to a variety of delicacies. The highlight was the visit to Amateur Riders' Club visiting variety of horses & taking photos with them. Next day, on Tuesday the visitors were very keen to visit

Elephanta Caves, they all started early to begin their 1 hour boat ride from Gateway across the sea, which they found very nice with so many boats around & seagulls fluttering by the sides. They were enamored with the history of the caves & also the sculptures & how they could have been made hundreds of years ago with hardly any equipments. They were able to get some nice tasty seafood varieties in a local restaurant & trip ended on a high note. They proceeded back to their homes for packing up for the next day sojourn to Goa. The visitors landed back in Mumbai from their marvellous Goa trip around 6.30 were whisked to a nearby hotel for change of their clothes & ready for some drinks & dinner. Nitin & Alicija exchanged their pleasant sentiments & shared by both team members. Happy moments were captured in the cameras for long time memories as the visiting ladies were dressed up in Indian sarees & Mikolas dressed in shining kurta pajamas, they all looked very much Indian group. After the pleasantries & photo sessions, with quick sit down dinner, hosts with three couples, i.e. Alicia- Mikolaj, Ewa Pawel & Malgosia- Mikolaj, proceeded to Sahar airport for a fond farewell with lovely memories. All of them were thrilled by the Indian culture, customs & cuisine which were experienced, shared in meetings or at homes & tried to understand many customs & rituals. Some took Indian spices & lots of memories. A very nice example of International understanding program of RI.





# BIRTHDAY & ANNIVERSARIES

## BIRTHDAY

01<sup>ST</sup> - HEMA SANGVI  
02<sup>ND</sup> - KALPANA KHIRA  
03<sup>RD</sup> - MILAN KAPADIA  
05<sup>TH</sup> - PANKAJ PAREKH  
08<sup>TH</sup> - HARSHA PARIKHHI  
16<sup>TH</sup> - SANJAY PARIKH  
16<sup>TH</sup> - KUNJAN KAPADIA  
23<sup>RD</sup> - VIJAY HEMDEV  
23<sup>RD</sup> - RAMOLA MAHAJANI  
23<sup>RD</sup> - ANUJA PURANDARE  
24<sup>TH</sup> - ABHAY BHALERAU  
25<sup>TH</sup> - BHARAT SHAH  
29<sup>TH</sup> - VIPUL SHAH  
30<sup>TH</sup> - HEMA PAREKH

## ANNIVERSARY

02<sup>ND</sup> - HEMANT & GEETA  
04<sup>TH</sup> - ABHAY & SARITA  
04<sup>TH</sup> - HARSHA & PARESH  
05<sup>TH</sup> - VIPUL & LEENA  
08<sup>TH</sup> - BHUVAN & GOPI  
08<sup>TH</sup> - ANIL & BHAVNA  
08<sup>TH</sup> - MINAL & JANAK  
11<sup>TH</sup> - VIJAY & NISHA  
14<sup>TH</sup> - DEEPAK & VARSHA  
15<sup>TH</sup> - KASHYAP & PARUL  
15<sup>TH</sup> - PARESH & RUPA  
16<sup>TH</sup> - SURENDRA & SMITA  
16<sup>TH</sup> - VIMAL & FALGUNI  
19<sup>TH</sup> - CHAROO & GAUTAM  
22<sup>ND</sup> - MINAXI & DILIP  
25<sup>TH</sup> - ARUN & SHASHI  
25<sup>TH</sup> - SWATI & ASHIT  
26<sup>TH</sup> - MAHESH & VIBHA  
26<sup>TH</sup> - DHIREN & SONAL  
29<sup>TH</sup> - DHIREN & MANISH

## IMPORTANT NEWS

Please don't miss the Official Club Visit (OCV) of the Club on Jan 11, 2024. DG Chetan Desai will be present on this important occasion and give us a status report of the Club.