



ROTARY CLUB OF BOMBAY SEAFACE CLUB BULLETIN



FRANCESCO AREZZO
RI PRESIDENT

DR. MANISH MOTWANI
DISTRICT GOVERNOR

SONAL DOSHI
PRESIDENT

Editor : PP Rtn Ramola Mahajani

JULY 2025



FROM THE PRESIDENTS DESK...

🙏 **Namaste to all!** 🙏

I thank each one of you for having reposed faith in me to lead this club. I can assure you that I shall do justice to this faith and strive each day to further the object of ROTARY - **SERVICE above SELF.**

Our club is 39 years old and we have an ocean of Rotary experience and talent in our past presidents and senior Rotarians. They are always there for our support and action in those areas of Service where our club lays greater stress. Friends you will agree that as with every single past president of our club I too have been blessed with a good, strong, committed team and we assure you that we are in tune with our District Governor Dr Manish Motwani and the entire District team in making the canvas of Rotary in District 3141 STRONGER in 2025 - 26. This was evident at the joint BOD meeting at Khandala on June 22, 2025. Everyone thoroughly enjoyed the great fellowship with live music the previous evening and serious discussions on Service Projects & Programs during the meet on Sunday. A truly VIBRANT & INSPIRING meet.

And I firmly believe that:

TOGETHER WE CAN AND TOGETHER WE WILL!

RI PRESIDENT'S MESSAGE....

One of the most important thing we can do to tell our Rotary stories in an effective, compelling way is to make sure we all use consistent and unified messaging. You can use the President's message for 2025-26, **UNITE FOR GOOD**, to inspire members, participants and the public with an idea that aligns with our Action Plan and calls on us to work together. Using the presidential message in your club and district communications helps to convey Rotary's global impact and create stronger recognition of Rotary's name in our communities and with potential service partners. It can help people understand who we are and what we do and might even inspire them to join us.



FRANCESCO AREZZO
RI PRESIDENT



EDITORIAL: REFLECTIONS JULY 2025

Greetings dear friends.

It's that time of the year when old gives way to the new. Outgoing Club President Rtn. Minal Turakhia bowed out and entered a new President, Rtn. Sonal Doshi.

The name Minal generally means precious stone, gem, or fruit. It can also be interpreted as a gift. The name is often associated with qualities like beauty, rarity, and abundance. Whichever interpretation pleases you, it is to be said that Minal was a quietly composed figure who brought Vibrant laurels to the Club. And in comes Sonal...

The name Sonal has a meaning such as golden or precious. It is associated with qualities of richness, beauty, and radiance. On behalf of the members, I welcome her to lead an Inspiring year. "With the new day comes new strength and new thoughts." —

Eleanor Roosevelt

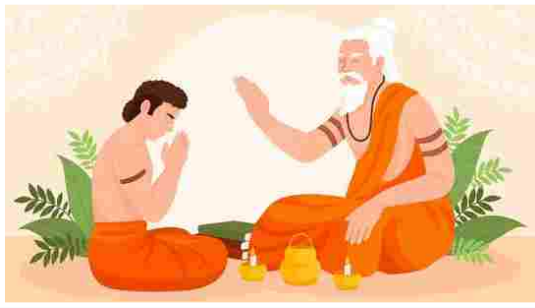


Remembering all our Club doctors of great mettle and selfless service, here's a special one. In India the Doctor's day is chosen on 1st of July as a mark of respect Dr. Bidhan Chandra Roy. His birthday and death anniversary fall on the same day, July 1 in year 1882 and 1962 respectively. He excelled as a physician, an educationist and as a freedom fighter, joining Mahatma Gandhi in the Civil Disobedience Movement.

As I write, I realise that today is the very auspicious Guru Purnima day and more on that as you read on...

I wish all Club members a memorable Rotary year, one of unity and vitality, camaraderie and productivity.

PP Rtn. Ramola Mahajani



GURU PURNIMA

On July 10, Guru Purnima was celebrated, a day dedicated to gurus and mentors. This day honours two profound milestones, the first, sermon of Lord Buddha at Sarnath that began the spread of Dharma, and secondly the birth anniversary of Sage Veda Vyasa, the legendary sage credited with compiling the Mahabharata. This day is rooted in tradition, honouring the guiding light of teachers and mentors in our lives.

As we pay obeisance to our mentors with folded hands, a thought comes to the mind: why folded hands and closed eyes? It is a well-known fact that Hindus close their eyes and fold their hands when they pray. They do this for a specific reason. According to Hindu mythology, these gestures were taught to the legendary sage Bharata who is considered to be the master of dance by none other than Lord Shiva.

When you close your eyes during prayers, you isolate yourself from any form of distraction in the surroundings, especially in crowded places such as temples. This will, in turn, help you concentrate and focus more on your prayers. In fact, this is why people opt to keep their eyes closed even when they meditate or perform certain yoga poses.

It is very important to keep your hands only at chest level. You should make sure that you hold them higher in front of the neck or lower before the stomach. While some people raise them above their heads, there are also those who feel it is wrong to do so and associate this action as something that can only be done by priests in a temple. When you fold your hands, it highlights your gratitude and faith towards God. It is also considered to be an act of surrender to the supreme power.

PP Rtn. Ramola Mahajani

THE FOUR-WAY TEST of the things we think, say or do

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?

AN INSPIRING BEGINNING : OPERATION SINDOOR



We had our first meeting of the Inspire Year on Saturday, 12th July when ex Naval Commander Saurav Purkayastha was in chat mode communication with our Past President Uday Kulkarni. The focus was



on the most successful military response ever - "OPERATION SINDOOR". Commander Saurav spoke about his personal experiences and his manner of communication kept the packed audience spellbound for nearly an hour. The Commander touched on a bit of history of warfare and emphasized the shift with increasing reliance on advanced technology - both hardware and software, in military operations. His personal account of his on site involvement at the Taj Mahal Hotel post the 26/11 terror attack left the audience in awe. He stated that although there is no world war but the world is definitely at war. Surely an inspiring first meeting!

ON DOCTORS' DAY....



The first day of the Inspire Year on 1st July was a very satisfying day. The joint project of blood donation drives at various railway stations in Mumbai was successful with 854 units of blood collected in a single day. We were a co host club at Dadar station where 80 bottles of blood were collected. The people stopped by to observe and learn CPR technic that was demonstrated as a life saver.

Day 1 ended with a musical programme with Senior Citizens and medical Doctors, celebrating Doctors' Day with melodious songs sung by talented Doctors.

Blood Donation drives will be repeated and held every month.

ON CHARTERED ACCOUNTANTS' DAY....

July 1 was also celebrated as Chartered Accountants' Day. We wished all our CA friends in Rotary & outside and vowed to pay all our taxes in time!

**LET'S
INSPIRE !**

**LET'S
INSPIRE !**

FOR GOOD HEALTH & HEART....



A healthy body is a prerequisite to a healthy mind. In our efforts to provide healthy meals to school children, we have continued our project of Annapurna at Chanda Ramji High School at C.P. Tank every Thursday. President Rtn Sonal Doshi and Director Projects (non medical) Rtn Preeti Joshi inaugurated the Annapurna project for this year on 3rd July, 2025. We are grateful to Rtn Dr. Sarita Bhalerao for sponsoring the meals for the month of July, 2025.



Today, heart ailments and complications are very common. It is always better to take preventive measures before it is too late. We had organised a check up camp in association with Wockhardt Hospital on 15th July at our Sir Mangaldas Medical Centre at Banganga, Walkeshwar. ECG was conducted for 38 underprivileged people from the neighbourhood. IPP Rtn Minal Turakhia, President Rtn Sonal Doshi and Rtn Nitin Doshi attended this camp. The team of doctors and technicians were present for assisting and guiding the beneficiaries.

COCHLEAR IMPLANT SURGERY...



With the efforts of PP Rtn Nirmal Doshi and a generous donation received from Rtn Nilesh Suchak, we could make a big difference in the life of one child Ashwa Dathe with cochlear implant surgery. He is only 2 years old and was hearing impaired since birth. Surgery has been successful and the Child is recovering well.

Surely an INSPIRING PROJECT!

OUR YOUNG PARTNERS IN SERVICE...



We had the installation ceremony of the Interact Club of Vanita Vishram High School on 22nd July, 2025. President, Rtn Sonal Doshi, Club Secretary, Rtn Dr. Meena Kothari, Director of the School PP Rtn Dr. Gool Ghadiali, President of the School, PP Rtn Deepak Khambhati, PP Rtn Arun Shah, Rtn. Rtn Bharat Merchant, IPP Rtn Minal Turakhia, Rtn Tejal Gandhi, Rtn Sonal D. Shah, Rtn Preeti Joshi and Rtn Nilesh Suchak were present. All the 12 Rotarians were present to inspire the young students / Interactors. Avenue Head of the District Team for Partners in Service, PP Rtn. Ashmi Parekh was the Chief Guest and President Rtn Sonal Doshi was the Guest of Honour. PP Dr. Gool Ghadiali warmly welcomed the guests. It was a very well organised event. The outgoing Interact President gave a detailed report of the year 2024-25. The Incoming President informed about the plans of the Interact Club for the year 2025-26. Rtn Ashmi Parekh gave an inspiring message with blessings to the students.

who laughs last...



**UNITE
FOR
GOOD**

Rotary

....ROTARY INTERNATIONAL
PRESIDENT'S CALL



"STRAIGHT DRIVE" FROM THE PRESIDENT

I had the occasion of an upfront and personal conversation with President Rtn. Sonal Doshi, one that reflected her views and challenges as Club President.

And I asked her...having been a Past President well ensconced in the Rotary Club of Mumbai South,

what was it about RCBSF that attracted her to come on board. Most importantly, she found warm and welcoming members, active Directors with their teams and notably, inclusion, she replied.

Taking it forward, she would like to involve more people in impact filled projects that would be sustainable and long term. Aside of ongoing projects, her focus will be on women, children, and the environment. A unique initiative is mentoring, particularly in digital de-addiction of children.

In any organisation, where people abound, like minded individuals form clusters, Sonal will employ a positive and balanced approach, keeping in mind the Club's interest and stem whatever vitiates a cordial atmosphere. She is a plain speaking person who believes that people should avert gossip and shallowness, minding their own business. Equally, Sonal is open to constructive feedback and will set things right where required.

Sonal is a cool one, with a sound and mature head on her shoulders, inspired to lead Seaface to a new level. Let's all lend strength to her elbow.

[NB: In cricket, a straight drive is a shot where the batsman hits the ball back towards the bowler along the line of the pitch. It is considered one of the most elegant and classic shots, requiring precise timing and placement rather than sheer power]

PP Rtn. Ramola Mahajani

OUR BOARD OF DIRECTORS FOR THE INSPIRE YEAR			
SR.NO	NAME	DESIGNATION	CELL NO
1.	Rtn. SONAL DOSHI	President	9821044324
2.	IPP Rtn. MINAL TURAKHIA	IPP	9821005525
3.	Rtn. TEJASWINI MODAK	Vice president	9821717742
4.	PP Rtn. Dr. MEENA KOTHARI	Club Secretary	9820036341
5.	Rtn. DHIREN SHAH	Club Treasurer	9821077836
6.	Rtn. PINKI DALAL	Club Service-I-Fellowship	9167019000
7.	PP Rtn. PURNA MEHTA	Club Service-II-Membership	9820437892
8.	Rtn. PARUL MODY	Club Service-III-Meetings	9821044763
9.	PP Rtn. Dr. PANKAJ PAREKH	Community Service-I-Medical	9820036143
10.	Rtn. PREETI V JOSHI	Community Service-Non Medical	9819345568
11.	PP Rtn. GOOL GHADIALI	Community Service-IV-Partners in Service	9821863204
12.	Rtn. TEJAL GANDHI	Vocational Services	9821152591
13.	PP Rtn. ARUN SHAH	International	9820038014
14.	Rtn. BHUVAN AJMERA	Special Projects	9892583835
15.	Rtn. NISHA SHAH	Sergeant at Arms	9820087888

CELEBRATIONS IN JULY BIRTHDAYS...

- 03rd - Tejal Gandhi
- 03rd - Suneel Mardia
- 09th - Pinki Dalal
- 10th - Dr. Sarita Bhalerao
- 14th - Arti Shah
- 14th - Vaibhav Jain
- 16th - Varsha Khambhati
- 16th - Rajen Desai
- 22nd - Sunita Jhaveri
- 23rd - Darryl Cabral
- 23rd - Anil Khira
- 24th - Geeta Koradia
- 29th - Paresh Majumdar



WEDDING ANNIVERSARIES...

- 03rd - Rajen & Rupa Desai
- 03rd - Sameer & Renuka Parekh



From where I live, I can see a myriad hues of green, a carpet like visual, with dots of orange Gulmohar and yellow Cassia flowers still adorning the tree tops. Green came to the mind because the entire landscape is looking so gorgeous and fresh.

Why is green so soothing?

The color green generally symbolizes positive albeit also negative connotations. Positive Associations:

- Nature and Growth: Green is most commonly linked to the natural world, representing vegetation, trees, and the environment.
 - New Beginnings: As a symbol of renewal and growth, green signifies new starts and fresh perspectives.
 - Health and Vitality: Often associated with well-being, green can evoke feelings of health, vitality, and energy.
 - Balance and Harmony: Green is considered a calming and stabilizing color, promoting equilibrium and peace.
 - Prosperity and Wealth: In some contexts, especially in Feng Shui, green is linked to abundance, financial success, and prosperity.
- Negative Associations:
- Envy: Green can symbolize envy or jealousy, often referred to as "green with envy".
 - Inexperience: In some cases, "green" can refer to someone being inexperienced or naive.
 - Materialism: Green can also be associated with materialism or possessiveness.

PP Rtn. Ramola Mahajani