



# ROTARY CLUB OF BOMBAY SEAFACE CLUB BULLETIN



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## Mind Matters:

### Rotary's Commitment to Mental Health, Education and Service

In today's fast-paced, technology-driven world, mental health has emerged as one of the most critical issues of our time. From children grappling with screen addiction to adults struggling with stress and disconnection, the need to nurture emotional well-being has never been greater. Recognising this urgent reality, our District has placed mental health and education at the heart of its focus this year – and our Club is proud to contribute through meaningful initiatives that create awareness, build resilience, and celebrate those who serve society selflessly.

#### Digital De-Addiction Awareness Session

With digital dependency rising alarmingly among young people, the Club organised an insightful session on digital de-addiction at B.J.P.C. Institute, led by Dr. Krutika Mundra. She highlighted the deep psychological impact of excessive screen use and offered practical ways to cultivate healthier digital habits. The students engaged wholeheartedly, leaving with a renewed sense of responsibility towards their mental well-being and daily routines.

#### Mental Health Project: Sound Bath Meditation

The Club also hosted a rejuvenating Sound Bath Meditation session, offering members a rare space for inner reflection and spiritual balance. Thoughtfully organised by PP Rtn. Leena Shah with support from Rtn. Parul Mody, and guided by the Shrimad Rajchandra Mission, Dharampur, the serene Sunday morning experience blended mindfulness with fellowship and highlighted the importance of slowing down in an increasingly demanding world.

#### Celebrating Service Through Vocational Awards

Our commitment to education and mental well-being also extends to recognising those who dedicate their lives to these causes. This year, the Club proudly presented Vocational Excellence Awards to three remarkable women whose work is transforming lives at the grassroots level:

Smita Shah, Founder of SVRR, an organisation devoted to the care and development of mentally challenged children.

Nilam Jhaveri and Jayshri Shroff, Founders of Akshargyan, which empowers lower-middle-class students through quality education and opportunity.

Jaya Tawde of Yusuf Meherali School, where children from the streets are given the chance to learn, grow, and dream of a brighter future.

The selfless service of these changemakers is truly inspiring. As Rotarians, we are humbled and grateful to offer even a small samidha to their ongoing seva yagna – a sacred mission that uplifts lives and builds a more compassionate society.

Through awareness programs, wellness initiatives, and recognition of those serving on the frontlines, our Club continues to champion the cause of mental health and education – strengthening minds, transforming futures, and staying true to Rotary's spirit of "Service Above Self."

Rtn Sonal Doshi  
President



## PRESIDENT'S GLORY

A Moment of Grace and Pride was witnessed at St. Anthony's Home, Byculla, where a generous bequest by one of President Sonal Mehta-Doshi's clients turned into a moving act of service. Graced by the Archbishop during a special Mass, the gesture not only honored the donor's memory but also reflected Sonal's dedication and compassion, leaving all of us inspired by the enduring spirit of kindness and giving.

## MENTAL HEALTH PROJECT

The Club's Mental Health Project offered a serene Sunday morning of sound bath meditation, creating a space for inner reflection, harmony, and spiritual growth. Thoughtfully organized by PP Rtn. Leena Shah with support from Rtn. Parul Mody, and enriched by the guidance of Shrimad Rajchandra Mission, Dharampur, the session encouraged members to journey inward while also enjoying fellowship over snacks. With enthusiastic participation and collective energy, the event became a memorable and uplifting experience, underscoring the Club's commitment to well-being and holistic health.



## EDITORIAL - REFLECTIONS SEPTEMBER 2025

Greetings friends

My all time favorite weather is rain with the sun shining through it...and typically one sees this phenomenon in September as the monsoon retreats.

What a dilemma this is! The Sun God wants to come but the Rain God wants also to stay...that subjecting us earthlings to swing between the hot and the wet!!

But all is not lost, the silver lining being the joyous festivities September has brought in.

In a roar of drums and pipe music came everybody's darling Ganapati, adorning street mandaps and homes, and before one knew it, came time for an emotional adieu...Ganpati Bappa Morya, pudhlya varshee lavkar ya.

Id-e-Milad a precious festival for Muslims, who celebrate the birthday of Prophet Muhammad. It is also known as Muhammad's Birthday, Nabi Day or Mawlid, that fell on the 5th.

Happy eid Milad un nabi!

We're at the fag end of Navratri celebrations. The seeds of inner renewal are sown, sprouting, watched and worshiped by devotees during Navratri



## NATURE'S BOUNTY



Each month of the calendar is associated with a flower.

The September "flower of the month," or more accurately, birth month flowers, are the aster and the morning glory. These two flowers represent the transition from summer to fall, with the star-shaped aster symbolizing love, patience, and wisdom, and the morning glory symbolizing affection, the fleeting beauty of life, and morning radiance.

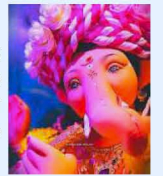
The meaning behind September's birth month flower:

Asters are wonderfully vibrant wildflowers, ranging from white and red to pink and yellow. They'll easily brighten up any bouquet, especially during the autumn months! These little, dainty blooms have a big, rich history behind them and a Greek legend telling the story of how they got their name. Asters were named after the Greek word for 'star'. Because, when the Greek god, Astraea, was upset by how few stars there were in the sky she started to cry. And where her tears hit the ground, they turned into asters.

## WHAT IS THE STORY BEHIND GANPATI BAPPA MORYA?

The phrase "Ganpati Bappa Morya" is a Marathi chant praising Lord Ganesha, with "Morya" referring to the 14th-century saint Morya Gosavi, who was an ardent devotee of Ganesha. The story goes that Ganesha granted Morya Gosavi a boon to have his name associated with the Lord's worship, making the chant a reminder of the saint's devotion and the inseparable bond between God and devotee. The chant also includes the wish for Ganesha to return the following year, as in "Ganapati Bappa Morya, Purdhlya Varshee Lavkar Ya".

PP Rtn. Ramola Mahajani



## FIRE SIDE MEETING AT DR. ANIL & PURNA'S RESIDENCE



The recent Fireside Meeting at the home of Dr. Anil and Purna Mehta was an evening to remember, filled with warmth, reflection, and the true spirit of Rotary. Stalwarts like Rtn. Arunbhai Shah, Rtn. Yogeshbhai Parikh, and Rtn. Rajan and Rupa Desai shared their wisdom, while newer members including Sonal and Vijay Mehta and Nikhil Wadikar brought fresh energy. Distinguished guests, among them President Sonal Doshi with Rtn. Nitin Doshi, Vijay Hemdev, Nisha Shah, Pinki Dalal, Charoo Mehta, Preeti Gada, Jagruti Thakkar, Sunil Raichur, and Dr. Kulin and Minaxi Kothari, added to the spirit of fellowship. Dr. Kulin's reflections on the three types of giving—Tamsik, Rajsik, and Satvik—reminded everyone that being Rotarians means giving back to society, a message echoed

by Yogeshbhai, Arunbhai, and Rajanbhai. Lively conversations, laughter, and a delicious dinner by Picante made the evening even more special, while the Mehtas' gracious hospitality ensured everyone felt cherished. It was a night where wisdom met warmth and Rotary's essence shone through.

## SCHOOL DEBATE AT VANITA VISHRAM

Our Interact Club of Vanita Vishram High School hosted an English, Hindi, and Marathi interschool Reading Competition yesterday.

We were delighted to have judges from Chandaramji School join us for this event.



## ANNAPURNA PROJECT AT CHANDARAMJI SCHOOL

On Thursday, 12th September, we successfully carried out this month's Annapurna Project at

Chanda Ramji School. A heartfelt thank you to Rtn Dr. Sarita, Rtn Abhay and family for their generous support in making this initiative possible.

Together, we continue spreading smiles, nourishment, and hope.

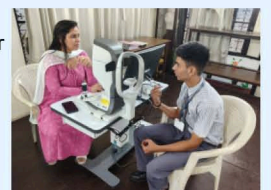
## EYE CHECKUP CAMP

The Interact Club, in collaboration with Reliance Foundation Hospital, organized a Myopia Eye Check-up Camp for students.

Over 600 Interactors benefitted from free check-ups, expert advice, and preventive care guidance.

The initiative highlighted the Club's commitment to student health and community service.

The enthusiastic response reinforced the importance of preventive healthcare among youth.



## HEALTH CHECKUP CAMP

RCSF Health check-up camp was organised today at Banganga Ganpati Pandal

PP Rtn Dr. Pankaj Parekh, PP Rtn Dr. Meena Kothari, IPP Rtn Minal Turakhia, and President Sonal Doshi were present to support the initiative.

Health check-ups of nearly 100 people were successfully conducted.



## VOCATIONAL EXCELLENCE AWARDS – UNSUNG HEROES

On 27th September 2025 at IMC.

Among Rotary's four Avenues of Service, Vocational Service stands closest to its heart – the embodiment of Rotary's motto, Service Above Self. On 27th September 2025, the Rotary Club of Bombay Seaface (RCBS) celebrated this spirit through its annual Vocational Excellence Awards – Unsung Heroes, honouring individuals and institutions whose tireless efforts have transformed lives quietly and profoundly.



This year's honours were bestowed upon:

Mrs. Smita Shah, President – SVRR (Society for the Vocational Rehabilitation of the Divyang)

Mrs. Nilamben Zaveri and Mrs. Jayashree Sanghavi, Founders – Akshar Gyan

Mrs. Jaya Tawde, Trustee and Eminent Social Worker – Yusuf Meherally Vidyalaya

Each of these changemakers shared deeply moving reflections on their journeys. At 88, Mrs. Smita Shah continues her remarkable mission to empower the differently abled, dedicating her award to SVRR's founders. Mrs. Nilamben Zaveri and Mrs. Jayashree Sanghavi recounted their 38-year journey with Akshar Gyan, shaping futures for thousands of underprivileged children. Mrs. Jaya Tawde, the steadfast force behind Yusuf Meherally Vidyalaya, accepted the honour with gratitude, acknowledging the club's continued support.

The atmosphere was charged with warmth and admiration as members rose in a standing ovation for these true heroes of service.

The event also became a celebration of generosity, as members came forward with overwhelming support for the causes championed by these organisations. A collective pledge of ₹2,10,000 was announced by members PP Rtn. Yogesh Parikh, PP Rtn. Dr. Pankaj Parekh, Rtn. Dr. Mahesh Kapadia, Rtn. Arun Shah, Rtn. Bharat Merchant, Rtn. Ajit Thakkar, Rtn. Tejal Gandhi, Rtn. Dhiren Shah, and Rtn. Nitin Doshi. Channelled through the Club Trust, these funds will bolster future projects with SVRR, Akshar Gyan, and Yusuf Meherally Vidyalaya.

Support poured in for Akshar Gyan's heartfelt Diwali initiative to distribute 300 boxes of kaju-katri to parents of underprivileged students. Rtn. Nilesh Suchak pledged 25 boxes, anonymous donors together contributed 75 boxes, and Rtn. Jitendra Mehta and family committed 125 boxes. With additional contributions from members, the club successfully achieved the full target of 300 boxes, ensuring a memorable Diwali for many families.

Adding to this spirit of giving, Rtn. Jitendra Mehta extended an extraordinary commitment of ₹1,20,000 per year for five years – a total of ₹6,00,000 – to support the education and welfare of 12 underprivileged children, creating lasting impact beyond the evening's celebrations.

## EVENTS AT YUSUF MEHERALLY SCHOOL

Rtn. Bharat Merchant

Come SEPTEMBER, and ROTARY throughout the globe celebrates basic education and literacy month. Youth is the foundation of a strong nation and every club strives to play its part.

RCBSF, year after year, cares and helps children in different schools for the under privileged. This year, under the able leadership of Pres. Sonal Doshi, club members did wonderful and useful projects in the YUSUF MEHERALLY VIDYALAY at Tardeo.

The club developed a computer lab from the donation of our PP Rtn. Yogesh Parikh and ably looked after by our member, Rtn. Parul Mody. Since the last three years, Parul is heading the computer lab with passion and dedication and under her guidance students are trained in MS office, Google Workspace, Canava, Internet research and communication skills. After mastering basic computer skills, selected students are sponsored by our own Rotarians for advanced computer studies with fees of Rs. 13,000 each, enabling them to achieve the MS-CIT certificate from the Govt. of Maharashtra. This certification helps the students to secure part time jobs while pursuing college education.



On 13th September, a wonderful programme was organised at the YMV to support these children by donating Rs. 1,50,000 to cover the expenses of 75 students, generously contributed by the following Rotarians.

Rtn. PP. Yogesh Parikh, Rtn. PP Nirmal Doshi, Rtn. Bharat Merchant, Rtn. Parul Mody, Rtn. Paresh Tejura, Rtn. Tejaswani Modak, Rtn. Sonal D. Shah, Rtn. Preeti Gada, Rtn. Dina Shah, R/Anne Saloni Parikh

Further, cheque of Rs. 65,000 for advance computer course was paid alongwith Rs. 50,000 cheque for the school fees of the under privileged children. Rtn. Yogesh Parikh handed over a cheque for Rs. 1.00 lac for the maintenance and running of the computer lab.

VP Rtn. Tejaswani Modak conducted a career guidance and counselling session for the 9th and 10th grade students of the school. The children were made aware of the road map to take after high school, criteria to choose different courses, and the qualities and values that they should develop.

Our Hon. member, Rtn. KULIN KOTHARI, through his foundation, donated interactive boards and latest laptops to the school. A new Gymnasium and two classrooms were also renovated in the school.

Rtn. Parul Mody's untiring efforts have borne fruits for the betterment of the students and the society at large.

All in all, a great month for the basic education and literacy month for the school and RCBSF.



## SPREADING AWARENESS, SPREADING CARE!

RCSF organized an interactive session on Masik Chakra (menstrual period) for girl students (age 10–14) at Rashtriya Shala, Ghatkopar. Zonal Chair Rtn. Shruti Dharamshi led the engaging animation and talk, making it memorable for the girls. President Sonal Doshi and IPP Minal Turakhia distributed 100 pairs of socks and 100 sanitary pad packs. Special thanks to Rtn. Anil Popat for arranging pads at short notice. Grateful to our kind-hearted Rotarians for making such meaningful projects possible! Including the meaning will increase clarity and openness about the important topic being addressed.

## NAVRATRI CELEBRATION WITH SVRR

On 26th September, RCBSF celebrated the spirit of Navratri and Garba with the wonderful team at SVRR. Founder Smitaben, dedicated volunteers, fellow Rotarians, and the real stars – the beneficiaries of SVRR – all came together for a heartfelt Aarti followed by energetic Garba. The joy and happiness on everyone's faces made the evening truly special, filling the atmosphere with festive spirit and togetherness.

Rotarians PP Rtn Yogeshbhai Parikh, PP Rtn Rajenbhai Desai and Rupa Desai, IPP Rtn Minal Turakhia, Rtn Dr. Meena Kothari, Rtn Nitin Doshi, Rtn Preeti Joshi and Rtn Charu Mehta were present along with me to share in the celebration.

As part of our service initiative, we also distributed food packets and skybags to the beneficiaries. A big thank you to Rajenbhai and Rupaben Desai for their generous support towards this project.



## MULTI SPECIALITY MEDICAL CAMP

The Rotary Club of Bombay Seaface successfully organized a multi-speciality health check-up camp at Teen Batti, Walkeshwar, providing free screenings for dental, eye, blood sugar, and bone health to over 100 beneficiaries. Supported by Dr. Disha of Sir Mangaldas Banganga Medical Centre, doctors from the Vision Foundation led by Dr. Kulin Kothari, and other medical experts, the camp reflected both professional dedication and Rotary's spirit of service.



## A DIGITAL DE-ADDICTION AWARENESS SESSION

A Digital De-addiction Awareness Session was held yesterday at B.J.P.C. Institute, an event organized as part of the District's focus on mental health and addressing the growing concern of digital addiction, especially among children. Expert Dr. Krutika Mundra led the informative program, detailing the risks associated with excessive screen time and providing students with practical methods to overcome addiction. The session was reportedly well-received by the attending students and was graced by the presence of PP Rtn. Gool Ghadiali, Rtn. Bharat Merchant, and Rtn. Tejaswini Modak.

## AUGUST BIRTHDAY

DATE	NAME
04TH AUGUST	HETAL SHAH
06TH AUGUST	MUKESH SHAH
10TH AUGUST	DAKSHA SHAH
12TH AUGUST	MINAL TURAKHIA
12TH AUGUST	ARUNA KUMTA
13TH AUGUST	SONAL DOSHI
14TH AUGUST	GOPI AJMERA
14TH AUGUST	KAMLESH SHAH
16TH AUGUST	GAUTAM MEHTA
18TH AUGUST	SONAL SHAH
20TH AUGUST	VIPUL MODI
31ST AUGUST	RENUKA PAREKH



## SEPTEMBER BIRTHDAY

DATE	NAME
04TH SEPTEMBER	SEEMA KULKARNI
06TH SEPTEMBER	MINAXI KOTHARI
8TH SEPTEMBER	YOGESH PAREKH
10TH SEPTEMBER	NITIN DOSHI
12TH SEPTEMBER	PRAGATI JAIN
14TH SEPTEMBER	HEERU TEJWANI
17TH SEPTEMBER	ANIL POPAT
21ST SEPTEMBER	MEENA KOTHARI
25TH SEPTEMBER	NEELAM MEHTA

