

**ROTARY CLUB OF
BOMBAY SEAFACE**

OCTOBER 2024 E-BULLETIN

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ROTARY CLUB OF BOMBAY SEAFACE

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PRESIDENT'S MESSAGE



President Speaks

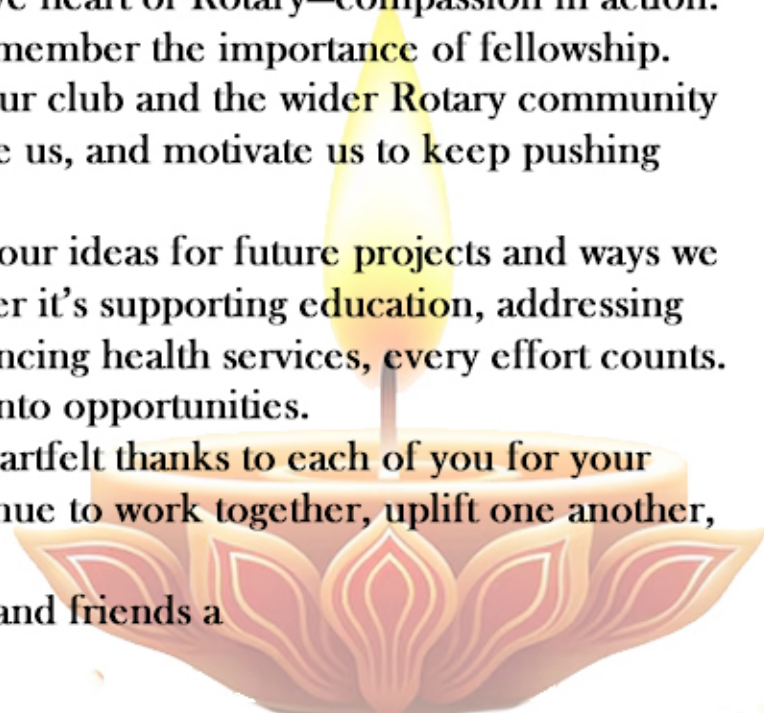
As we gather here in the vibrant city of Mumbai, a place where tradition meets innovation, I am filled with gratitude for the spirit of service that binds us together. October is a special month for many reasons—it marks the transition of seasons, a time of change and reflection. It's also the month when we celebrate World Polio Day, a reminder of our commitment to eradicating this disease and improving health globally. We celebrated Navratri and Dasera this month. Beyond its religious significance, Navratri is a time of cultural expression and celebration. Communities come alive with colorful decorations, music, and dance, showcasing rich traditions and customs. The festival culminates in the celebration of Vijayadashami, marking the triumph of Lord Rama over the demon king Ravana, symbolizing the ultimate victory of righteousness. Navratri not only reflects spiritual devotion but also promotes unity, joy, and cultural heritage among participants.

We would like to triumph over challenges faced in Community that uplift our local neighborhoods to initiatives that extend our reach internationally, our efforts are making a tangible difference. Each project represents not just our dedication but the collective heart of Rotary—compassion in action. As we move forward, let us also remember the importance of fellowship. The connections we build within our club and the wider Rotary community are vital. They inspire us, challenge us, and motivate us to keep pushing boundaries in our service.

I encourage each of you to share your ideas for future projects and ways we can strengthen our impact. Whether it's supporting education, addressing environmental challenges, or enhancing health services, every effort counts. Together, we can turn challenges into opportunities.

In closing, I want to express my heartfelt thanks to each of you for your commitment to Rotary. Let's continue to work together, uplift one another, and strive for a better tomorrow.

Wishing you and all your families and friends a Happy and a Safe Diwali !!!!



EDITORIAL'S MESSAGE



Dear Rotarians and Friends,
Welcome to the October issue

This is a time to continue our efforts in all the 4 Avenues of Service be it :

Club Service

Community Service

Vocational Service and

International Service.

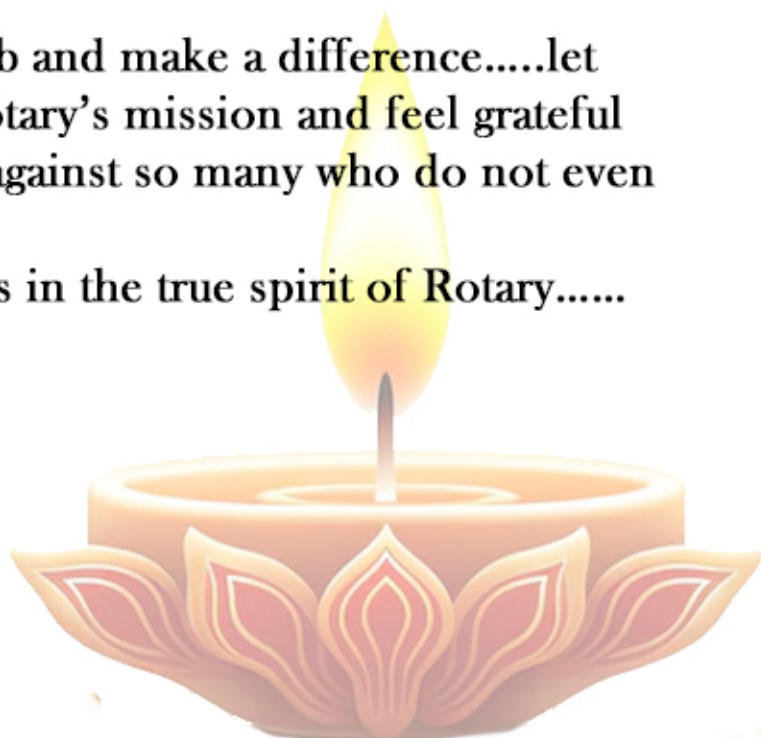
October is also a reminder of our commitment to service, especially as we observe World Polio Day on the 24th. Let's take this opportunity to highlight our efforts in the fight against polio and raise awareness about the importance of vaccination. As the leaves change and we prepare for the months ahead, let's also consider new ways to engage with our community, invite new members, and inspire others to join us in our mission.

Do come regularly to the Club and make a difference.....let your family be involved in Rotary's mission and feel grateful for what we have been given against so many who do not even have the basics.

Let's continue to be Rotarians in the true spirit of Rotary.....

Yours in Rotary,

Rtn PP Tejal Gandhi
Bulletin Editor



COMMUNITY SERVICE PROJECTS

- MID DAY MEAL
- BLOOD DONATION DRIVE

MID DAY MEALS PROJECT UPDATE



Annapurna - Midday Meal was sponsored on October 1st by IPP Uday Kulkarni at Chandaramji School.

Mid day Meals continue at KEM Hospital by Rtn Shrikunj Shah and R/Ann Dina Shah as seen in picture.



BLOOD DONATION DRIVE - MONTH AFTER MONTH WITH ROTARACT CLUB OF NSS COLLEGE.

The fourth Blood Donation Drive was conducted in the 1st week of October at Dadar Station. Blood collection drive closed with 58 units collected.

It is noteworthy that our Rotaractors of NSS College had participated in the drive as volunteers. We are grateful to our Partners in Service for their cooperation and help in all our initiatives. Way to go !



COMMUNITY SERVICE PROJECTS

- WATER DRUM DISTRIBUTION
- WATER COOLER PURIFIER
- GARAGE SALE

WATER DRUMS DELIVERY and DISTRIBUTION AT MANOR ADIVASI PADAS

Water drums delivery was received at Khutal Aashram School and distribution was done on 13th October 2024 to the 59 families in 3 Adivasi Padas in Manor. RCBSF is thankful to all the donors for their whole hearted support to the project !!!



WATER COOLER AND PURIFIER INSTALLATION AT GHATKOPAR SCHOOL

Water Cooler and Purifier was installed on 14th October 2024 at S.K. Somaiya Vidya Mandir Gujarati School, Ghatkopar (East) benefiting 325 students of the school. Donation is received from President Minal's friend Bhartiben B. Shah towards the cause.



GARAGE SALE AT YUSUF MEHERALLY SCHOOL - A GRAND SUCCESS



On the 18th October we had our Garage Sale at Yusuf Meherally School which was a resounding success. Thankyou to all participants !! Total collection raised was a remarkable Rs 32000.

A Special mention of Rtn PP Leena Shah for donating fresh clothes from her store for this great cause. Generosity continues by Rtn Leena

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CLUB SERVICE SPEAKERS MEETING



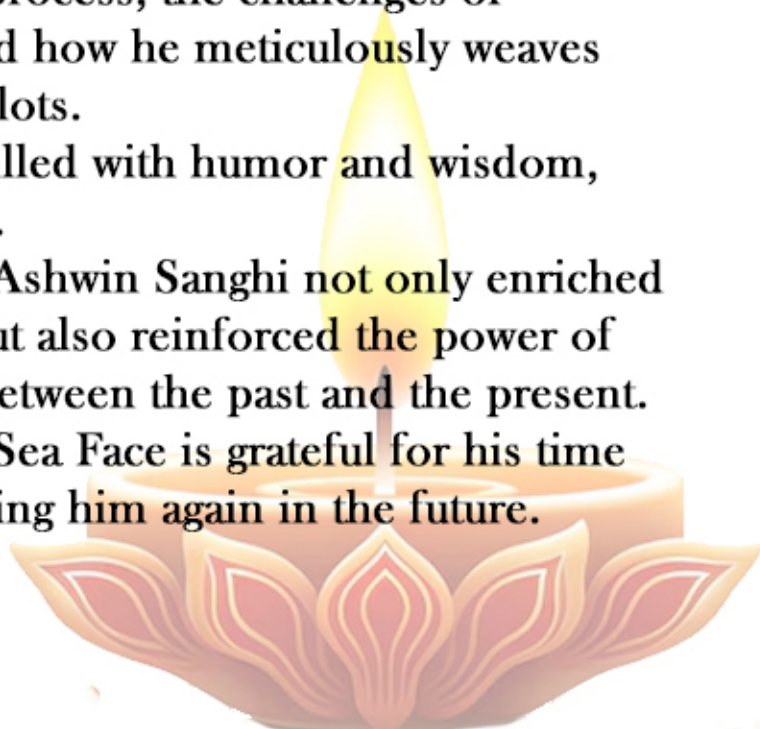
NOTED BESTSELLER WRITER – ASHWIN SANGHI AT HIS BEST FOR SEAFACERS

The Rotary Club of Bombay Sea Face had the distinct honor of hosting renowned author Ashwin Sanghi as the guest speaker during a recent club meeting. Sanghi, celebrated for his gripping historical thrillers, insightful perspectives, and detailed research, captivated the audience with his talk. Known for bestselling novels such as *The Rozabal Line*, *Chanakya's Chant*, and *The Krishna Key*, Ashwin Sanghi shared his journey as a writer, shedding light on his inspiration for blending mythology, history, and contemporary issues in his works. His storytelling style resonated deeply with our members, offering a fresh lens on India's rich heritage and how it can shape modern narratives.

Sanghi discussed his writing process, the challenges of balancing fact with fiction, and how he meticulously weaves real events with imaginative plots.

His responses were candid, filled with humor and wisdom, leaving the audience inspired.

This special interaction with Ashwin Sanghi not only enriched the club's literary exposure but also reinforced the power of storytelling in bridging gaps between the past and the present. The Rotary Club of Bombay Sea Face is grateful for his time and looks forward to welcoming him again in the future.



CLUB SERVICE SPEAKERS MEETING



FROM FAUJI TO A CORPORATE HERO – Retd. Lt.Col. Mayur Ambastha

The Rotary Club of Bombay Sea Face (RCBSF) recently hosted a captivating speaker meeting at IMC on October 19th, featuring Retd. Lt. Col. Mayur Ambastha. His inspiring talk, "From Fauji to a Corporate Hero," shared his remarkable journey from serving in the Indian Military to transitioning into the corporate world.

As an accomplished military leader, Lt. Col. Ambastha has an impressive background. He's an alumnus of the prestigious National Defence Academy and Indian Military Academy. His notable military career includes participating in OPERATION PARAKRAM in the western sector's deserts and leading counter-insurgency operations in various districts, including Pulwama, Baramula, Anantnag, and Budgam. He also played a crucial role in counter-infiltration tasks along the Line of Control in the Kupwara Sector.

The RCBSF members were thoroughly inspired by his talk. Jai Hind !!!



CLUB SERVICE

MEMBER'S CORNER



R/Ann Pragati Jain

Have u seen the Rotarian spirit
It's everywhere

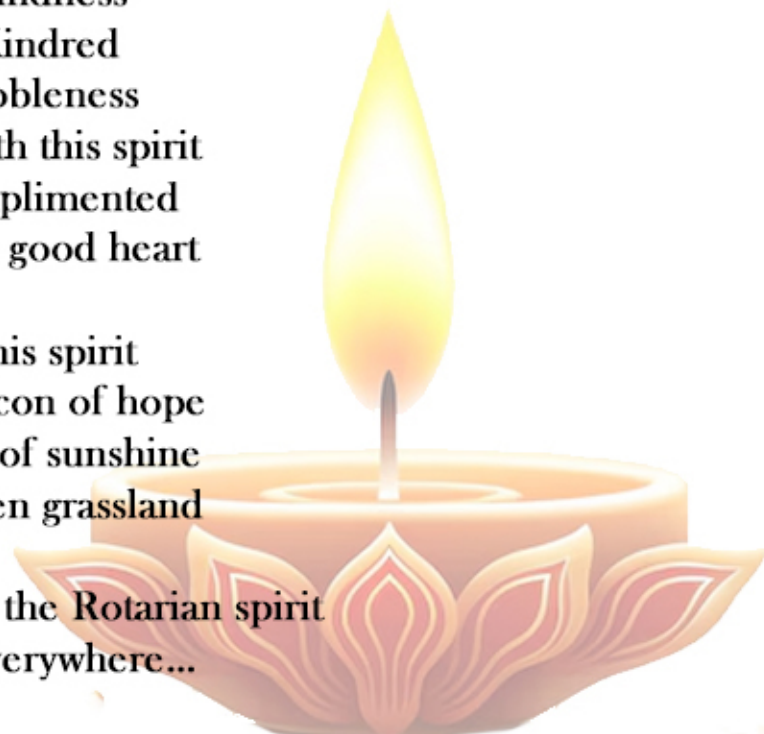
The spirit of kindness
The spirit of hope
The spirit of compassion

It's in the eyes
When serving,
It's in the hands
When nurturing ,
It's in the heart
When giving!

Kindness
Kindred
Nobleness
Maketh this spirit
Complimented
with a good heart

This spirit
A beacon of hope
A ray of sunshine
A green grassland

Have u seen the Rotarian spirit
It's everywhere...



CLUB SERVICE MEMBERS CONTRIBUTION

RTN DR MILAN BALA RENOWNED PSYCHIATRIST SAYS

Make your brain more powerful!

As a psychiatrist, I often encounter patients who are concerned about their brain health as they age. While aging is inevitable, taking care of your brain can help prevent or delay conditions like dementia, and keep your mind sharp. Here are some tips to maintain your cognitive health as you grow older:



1. **Stay Mentally Active:** Your brain thrives on being challenged. Engage in activities that make you think, such as reading, solving puzzles, learning a new language, or even picking up a musical instrument. Research shows that cognitive stimulation can help form new neural connections and preserve brain function over time.

2. **Socialize Regularly:** (we already do at rotary) Maintaining strong social ties has been linked to lower rates of cognitive decline. Engaging in conversations, joining social groups, or spending time with friends and family can stimulate your brain, reducing the risk of dementia. Loneliness, on the other hand, can increase the risk of mental health issues and cognitive impairment.

3. **Exercise:** Physical activity has a profound effect on the brain. Aerobic exercises, like walking or swimming, improve blood flow to the brain and can help prevent conditions like stroke that are linked to dementia. Exercise also reduces stress and improves mood, which supports cognitive well-being.

4. **Eat a Brain-Healthy Diet:** The brain benefits from certain nutrients. A diet rich in vegetables, fruits, whole grains, lean proteins, and healthy fats (such as those found in flax seeds and nuts) for non vegetarians fish rich in omega 3 fatty acids can protect against cognitive decline.

5. **Get Enough Sleep:**

Quality sleep is crucial for memory consolidation and overall brain function. Chronic sleep deprivation can accelerate cognitive decline, so aim for 7-9 hours of restful sleep each night.

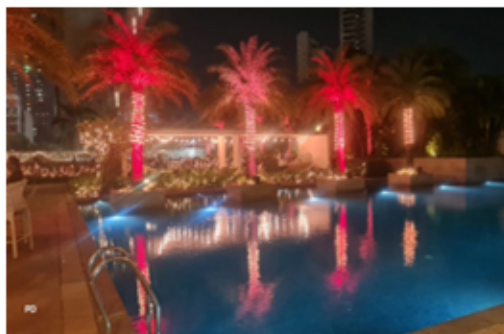
By incorporating these strategies, you can protect your brain health and maintain cognitive function as you age. Regular check-ins with healthcare professionals can also help catch any early signs of dementia or other cognitive issues.

VIBRANT FELLOWSHIP – DIWALI PARTY CELEBRATIONS



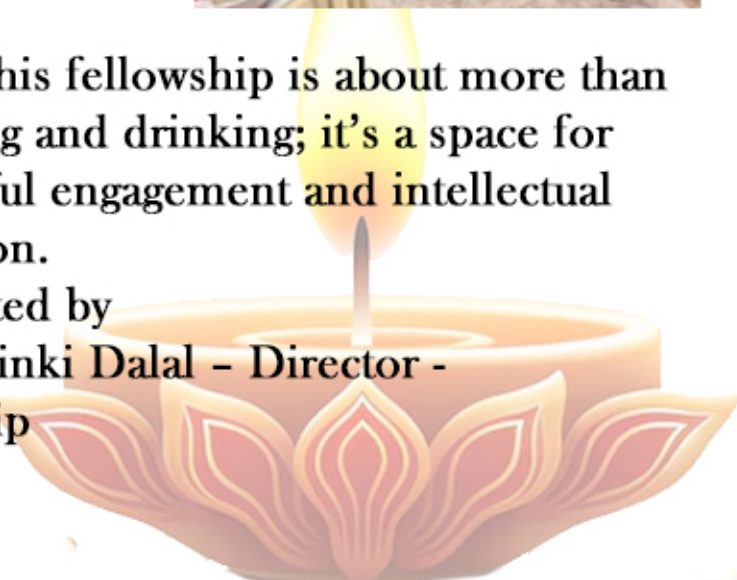
RCBSF's, Diwali Fellowship Party took place at The Reserve by Runwal in Worli. Members arrived dressed in their finest ensembles, embodying the spirit of the festive season.

We enjoyed the performance of a talented young singer 'Kashish' Shreyas Patkar, who, with his guitar, brought the magic of legendary voices from Rafi to Kishore to Arijit. Another highlight was a Diwali-themed quiz designed for our knowledgeable members. The questions, carefully selected from various Hindu texts, were met with an enthusiastic response. Five participants emerged as winners, and, interestingly, one was non-Hindu - a testament to our members' eagerness for a challenging, brain-teasing activity.



Clearly, this fellowship is about more than just dining and drinking; it's a space for meaningful engagement and intellectual stimulation.

As reported by
Rtn PP Pinki Dalal - Director -
Fellowship



PARTNERS IN SERVICE IN ACTION

RCBSF Co-Host the MUN for Rotaractors of District 3141



On 20th October, RCBSF co-hosted the MUN for Rotaractors of District 3141 held at Amulakh Amichand School in Matunga. It was a highly energetic and spirited discussion as youngsters matched wit for wit over the issue of Israel Palestine confrontation.

BIG NEWS TO BE PROUD OF - OUR INTERACT PARTNER SCHOOL - BJPC SCHOOL GETS ACCOLADES



BJPC School bags various key Awards and recognition at various levels...we are indeed proud to have them as our Interact Partner from so many years !!!!

BIRTHDAY'S IN OCTOBER

01TH - RAGINI BERFIWALA

02ND - VIPUL SHAH

08TH - BHARAT MERCHANT

08TH - KIRAN DOSHI

12TH - NIMESH SAYANI

13TH - DEEPAK KHAMBHATI

18TH - JANAK TURAKHIA

21ST - SURESH KOTHARI

29TH - ARUN SHAH

29TH - DHIREN SHAH

30TH - SAMIR PARIKH

31ST - BIPIN JHAVERI

DID YOU KNOW ?

1st man on moon , NEIL ARMSTRONG , was a member of ROTARY CLUB OF WAPAKONETA, USA, RI Dist . 6600.

Contributed by Rtn Bharat Merchant