



ROTARY CLUB OF BOMBAY SEAFACE CLUB BULLETIN



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SONAL DOSHI
PRESIDENT

Building Stronger Communities, One Mind and One Mission at a Time

Dear Fellow Rotarians,

Namste !!

As we step into a new Rotary month, it fills me with pride to share that our toilet block project is in full swing. With the generous support of our CSR partner, we are constructing hygienic and safe toilet facilities for schoolgirls in rural Wada. This initiative goes far beyond infrastructure, it is about dignity, education, and empowerment. When a girl has access to proper sanitation, she is more likely to continue her education, stay healthy, and grow into a confident, contributing member of society. If we educate and empower our girls today, they will emerge tomorrow as equal breadwinner strengthening both family and community. This, in essence, is the true meaning of economic and community development.

October, Rotary's Economic and Community Development Month, reminds us that our work is not limited to service projects, it's about creating opportunity and hope where it is most needed. True development is measured not in numbers but in lives transformed. Every skill we impart, every small enterprise we support, and every youth we mentor adds a brick to the foundation of a more equitable and self-reliant society.

Rotary's vision of Service Above Self finds its deepest expression in sustainable empowerment. Whether it is through vocational training, microcredit for women, or educational outreach, our projects must continue to focus on enabling people to stand on their own feet. Economic empowerment is not just an outcome, it's a journey of self-respect and growth for entire communities.

Alongside economic growth, we must also nurture emotional well-being. This month, our club took significant steps toward promoting mental health, an area that deserves far greater attention in our fast-paced, technology-driven lives. We had the privilege of hosting a Teachers' Training Seminar conducted by the renowned Dr. Swaroop Sampat Rawal, an expert in life skills and emotional intelligence. The event, ably coordinated by Rtn. Leena Shah, saw the participation of over 50 teachers who engaged wholeheartedly in learning how to build emotional strength and resilience among students. Teachers are the emotional anchors of classrooms, and this initiative has set in motion a positive chain of awareness and understanding.'



Continuing our focus on mental wellness, we also organized a Digital Detox Awareness Programme at Vanita Vishram. In an age dominated by screens and social media, this session brought valuable insights for both children and adults. The message was clear, technology should serve us, not control us. Taking a mindful break from the digital world restores attention, creativity, and human connection.

As we turn the calendar to November, Rotary's Month of The Rotary Foundation (TRF), it is time to remember the powerhouse that fuels all our service, the Foundation that

transforms compassion into concrete action. Every toilet block we build, every student we educate, every life skill we impart—each of these projects finds strength through TRF's global network of giving.

I urge each one of you to support The Rotary Foundation with both heart and conviction. Every contribution, big or small, creates ripples of change that reach far beyond our immediate sight. When we give to TRF, we invest in humanity's progress.

Let us continue this journey of empowerment—from building stronger communities to nurturing healthier minds, and from local service to global impact. Together, we stand as catalysts of change, committed to creating a world that is educated, empathetic, and enduringly strong.

PROJECT LEARN: STRONG MINDS, BRIGHT FUTURES

In line with this year's key focus area, Mental Health, Project LEARN (Life Skills Education for Adolescents through Rotary Network) is being held on 3rd & 4th October at Juhu Gymkhana.

The training sessions, conducted by the inspiring Dr. Swaroop Sampat Rawal, empower school teachers with tools to help students cope with anxiety and stress.

Conceived by PP Rtn Leena Shah, this impactful initiative aims to build emotionally resilient classrooms.

The project was inaugurated by DG Dr. Manish Motwani, whose motivating words, along with Dr. Swaroop's insights, set the tone for two days of learning and transformation.

RCBSF was honoured by the presence of PDG Rtn Dr. Bal Inamdar, PDG Rtn Shashikumar Sharma, Governor's Principal Aide Rtn Dr. Indumati Gopinathan, and AG Rtn Navnit Ajmera.

President Sonal Doshi and RC of Bombay Seaface is proud to lead this project with co-host clubs – RC of Bombay Metropolitan, RC of Mumbai Elegant, and RC of Mumbai Elegant Plus – whose Presidents were all present to support this noble cause.



TOGETHER, WE ARE SHAPING A FUTURE WHERE YOUNG MINDS GROW STRONGER, HEALTHIER, AND HAPPIER.

Digital De-Addiction Awareness for a Healthier Childhood

As part of our ongoing mission to support the mental well-being of young minds – a key focus area for our District this year, we organised a Digital De-addiction Awareness Session for the students of Vanita Vishram School on 30th September.

The session was conducted by Dr. Krutika Mundra, an expert psychiatrist, who kept the students engaged with an interactive and insightful discussion. It was wonderful to see how responsive and curious the children were throughout!

President Sonal Doshi, PP Rtn. Gool Ghadiali, PP Rtn. Deepak Khambhati, PP Rtn. Dr. Meena Kothari, and Rtn. Sonal Dhiren Shah attended this meaningful initiative. The session reminded us all how important it is to use screens responsibly, keep academics in balance, and nurture real-life connections essential steps towards a healthier, happier childhood.



THE RCSF SPARK: LIGHTING UP FRIENDSHIP THIS DIWALI!

Planned well in advance, our enthusiastic members were ready to make the night sparkle – and they did! The celebration featured over eight delightful performances, each bringing warmth and joy to the gathering. The evening began with a soulful Devi Stuti – “Aigiri Nandini” by Pandit Harsh, with Rtn. Vimal Shah beautifully explaining its meaning and essence. Then came IPP Minal and her group “Dhin-Chak”, who opened the evening with a graceful Diwali Deep Dance, spreading the light of festivity. Artist Pandit Harsh returned with a powerful Dance of Shiva, capturing the rhythm of creation and destruction through divine movement. A heartfelt solo performance by Rtn. Charoo Mehta followed, earning rounds of applause. Next came Rtn. Kalpna Khira and her team, elegantly dressed in black, presenting an energetic medley that lifted everyone’s spirits. The ever-young Doctor Squad, all above 70, amazed the audience with their zest and rhythm – proving that age truly is just a number! When the President and her team took the stage, the atmosphere turned electric. Their joyful thumkas had everyone joining in the dance. It was a night of high spirits – without fireworks, yet glowing with laughter, music, and friendship. More than 85 members and guests joined the celebration, including stalwarts Rtn. Yogesh Parikh, Rtn. Arun Shah, Rtn. Nitin Mangaldas, and Rtn. Tanveer Hawa, along with new members Rtn. Wadikar and Rtn. Sonal Mehta. The presence of Upcoming President Rtn. Bhuvan Ajmera and First Lady-in-making Gopi added a special charm to the evening, as they joined in the camaraderie and joy. The music was lively, the food delicious, and the fellowship unforgettable – truly a Diwali evening where hearts danced, smiles glowed, and bonds of friendship shone brighter than ever.



SPREADING FESTIVE JOY WITH A PURPOSE!

As part of our Diwali initiative, Rotary Club of Bombay Seaface distributed sweets to parents of underprivileged students in Ghatkopar. After covering three schools earlier, today we reached out to the parents of Chanda Ramji School. President Rtn. Sonal Doshi and Director – Non-Medical Projects Rtn. Preeti Joshi led the activity along with Akshargnan founders Neelamben Jhaveri and Jaishreeben Sanghavi and their dedicated team of teachers. Parents were sensitized about the importance of education and discipline, making it not just a sweet distribution but a meaningful engagement. The atmosphere was truly festive and filled with joy! A heartfelt thanks to our donor members for their generosity – this project, valued at ₹ 1,40,000. Akshargnan extended warm thanks to each one of us for making this Diwali brighter for many families.



EMOTIONAL INTELLIGENCE : THE HEART OF MANAGING PEOPLE

On 4th October at IMC, we had the privilege of hearing a captivating session by renowned motivational speaker and trainer, Mr. Jayprakash Kabra, on the topic "Emotional Intelligence and Its Connect in Managing People." With his trademark humour and relatable real-life stories, Mr. Kabra beautifully explained how empathy and gratitude form the foundation of meaningful relationships – be it in business, Rotary, or life itself. The session was insightful, engaging, and thoroughly enjoyed by everyone present.



PROJECT ANNAPURNA



Spreading smiles through service! The Annapurna Project reached Chanda Ramji School yesterday, thanks to the kind support of Rtn. Nilesh Suchak.

Date	Day	Daily Projects of the Rotary Service Week	Time	Venue
2-Nov	Sunday	EYE CARE	9.30 am to 12.30 pm	M.N. Roy Human Development Campus, Plot No. 6, F Block, Next to Bandra Colony Metro Station, Exit A-2, Opposite Government Colony, Bandra (East), Mumbai-400061
3-Nov	Monday	CYBER AWARENESS CRIME	10.00am	S.S. Sahney High School, 587-A, 124 Road, Khar (West), Mumbai-400052 (We may add Modern School, Sikka Nagar)
4-Nov	Tuesday	BLOOD DONATION	9.00 am to 5.00pm	Bandra (East) Station
5-Nov	Wednesday	BREAST & CERVIX SCREENING (RCBSF is a lead club)	9.00 am to 12.30 pm	i. Indu Clinic Royal Terrace, 58 Nathalal Parekh Marg, Colaba, Mumbai-400005 (MCGM Corporator Mrs. Harshita Narvekar will inaugurate the event at 9.00 am) ii. Sri Mangaldas Banganga Physiotherapy Center, 9, Banganga Cross Lane, Near Rajbhavan Road, Walkeshwar, Mumbai-400006 (Local Leader Mrs. Krupa Shah will inaugurate the event at 10.30 am)
				iii. People's Mobile Hospital (Ruparel Medical Centre), Opposite Glaxo, Dr. Annie Besant Road, Worli, Mumbai-400018
6-NOV	Thursday	SENIOR CITIZENS (YOUNG AT HEART) (Old Age Home) (RCBSF is a lead club)	10.00 am to 12.00 noon (We will provide Lunch and entertainment programme)	Maru Ghar Hariom Niwas, 27/28, Dr. Babasaheb Ambedkar Road, Near Union Bank, Vastranika Society, Banbhav Society, Gornal 1, Borivali (West), Mumbai-400091
7-Nov	Friday	VOCATIONAL AWARDS- UNUSUNG HEROES (RCBSF is a silver co-host club)	5.00 pm To 7.00 pm	Y. B. Chavan Auditorium, Near Mantrelaya, Mumbai-400021
8-Nov	Saturday	SPECIALLY ABLED (RCBSF is a lead club)	3.00 pm to 5.00pm	Nehru Science Centre, Worli
9-Nov	Sunday	HAPPY STREET (RCBSF is a lead club)	6.30 am to 9.30 am	To be announced

Birthday

DATE

NAME

01st	Ragini Barfiwala
02nd	Vipul Shah
08th	Bharat Merchant
08th	Kiran Doshi
12th	Nimesh Sayani
13th	Deepak Khambati
18th	Janak Turakhia
21st	Suresh Kothari
29th	Arun Shah
29th	Dhiren Shah
30th	Samir Parikh
31st	Bipin Jhaveri