



Rotary
CLUB OF BOMBAY SEACOAST
DISTRICT 3141



TIDE WATCH

BULLETIN

2024

R.I. President
Rtn. Stephanie A. Urchick

District Governor
Rtn. Chetan Desai

Club President
Rtn. Nitin Shah

Club Secretary
Rtn. Neena Thakker

Editor
First Lady Misba Shah



From The Desk of the First Lady



The Impact of Rotary Partners in Fellowship and Service

As the First Lady of the Rotary Club of Bombay Seacoast, I've seen the profound influence of Rotary partners in supporting our mission. Rotary's vision of "Service Above Self" extends beyond members to their families and partners, who bring unique strengths and dedication to every initiative.

Building Stronger Fellowship

Rotary is about both service and creating bonds of friendship. Partners play a key role in nurturing fellowship, organizing gatherings, and reaching out to new members' families. These connections foster a welcoming environment, enrich our club, and strengthen member retention, as families become part of the Rotary community.

Enhancing Service Projects

Rotary partners often actively participate in our projects—organizing events, volunteering on-site, and offering fresh perspectives. Their involvement amplifies our impact, adds a personal touch, and often brings in new resources and support.

Supporting Rotary Leaders

For partners of club leaders, support is crucial. By encouraging our leaders and participating in Rotary activities, we help create a strong foundation for effective leadership.

Looking Ahead

As we look to the future, the role of Rotary partners will continue to grow. I encourage every partner to stay engaged and bring their talents forward. Together, we are not only enhancing Rotary's work but building a legacy of compassion and community.

Yours in Rotary,

Misba Shah

First Lady

Rotary Club Of Bombay Seacoast (2024- 2025)

From The President Desk



Dear Fellow Rotarians, Friends, and Readers,

As we close our first quarter, I **feel both gratitude and pride** for the dedication our club has shown. I'd like to begin by expressing my sincere thanks to our Immediate Past President, Rtn Ankush Jain, whose leadership and vision have set us on a path of progress.

Alongside him, I extend my gratitude to all Past Presidents and the entire Seacoast family, whose **collective support** has been a guiding force, making each project and initiative possible.

This quarter, we've seen tremendous strides in our mission to serve, highlighted by impactful initiatives like the Aarohan Leadership Development Program for students at Lotus College of Optometry and the Prashikshan Workshop in counseling techniques.

Our collaborative health education initiatives with the Inner Wheel Club have empowered hundreds of students and staff with life-saving knowledge.

However, this period has **also brought profound loss**. We mourn the passing of IPP Rtn. Vipin Bhai Reshammiya and IPP Rtn. Ashok Malhotra—two stalwarts whose dedication to service has left an indelible mark on our hearts and our community.

Their legacy of compassion and leadership will forever inspire us.

As we look ahead, we do so with a commitment to honor their memory by carrying their spirit forward. Thank you to every Rotarian, Inner Wheel member, and Rotaractor for your unwavering support.

Together, we continue to demonstrate the true essence of Rotary.

Yours in Rotary,
Rtn. Nitin Shah
President
Rotary Club Of Bombay Seacoast (2024- 2025)

VIBRANT PRESIDENT RTN. NITIN SHAH and HIS TEAMS INSTALLATION



July, 2024



July, 2024

INSTALLATIONS ATTENDED



DG Chetan Desai for District 3141



Co-President Rtn. Subhashish Mazumdar, Rotary Club of Mumbai Juhu

Co-President Rtn. Prashant Surana, Rotary Club of Mumbai Royales



President Sheikha Khanna, IWC of Bombay Seacoast



President Rtr. Jaden Collaco, Rotaract Club of Lotus College of Optometry



Co-President Rtn. Dr. Mangla Joshi, Rotary Club of North West

June to August, 2024

TREE PLANTATION AT SWAMI PRAJNASHRAM EDUCATIONAL AND VOCATIONAL CENTRE



Our club, in collaboration with the IWC of Bombay Seacoast, planted 25 trees at Swami Prajnashram Educational and Vocational Centre for Specially abled Children in Virar. The beneficiaries included more than 50 specially abled children, contributing to a greener environment.



July, 2024

BLOOD DONATION DRIVE AT ANDHERI WEST RAILWAY STATION



Our club, in collaboration with Rotary District 3141, co-hosted the Vibrant Rotary Life Saving Express Blood Donation Drive at suburban railway stations across RID 3141.



BLOOD DONATION AND HEALTH CHECKUP AT ROTARACT CLUB OF LCOO



Our club, in collaboration with Rotaract Club of Lotus College of Optometry, successfully organized a blood donation and health checkup camp at Lotus Optometry College. The event saw 4 Rotarians in attendance, with 37 registrations and 18 blood donors. This was Rotract District 3141 project.

July, 2024



UMBRELLA DONATION AT SANTACRUZ POST OFFICE



In collaboration with IWC Bombay Seacoast, our club distributed 35 umbrellas, generously donated by Rtn. Mahendra Wadhwani and Rotary Partner Pinky Wadhwani, to the dedicated postmen at Santa Cruz Post Office. The event, attended by 10+ Rotary members and partners, was a gesture of appreciation for their hard work.



DENTAL CAMP AT RAMAKRISHNA MISSION HOSPITAL



Our club, in collaboration with IWC Bombay Seacoast, inaugurated a dental camp at Ramakrishna Mission Hospital, led by PDC Dr. Jyoti Soneji. The camp offered free dental check-ups for 30+ children from Angel Express and was attended by 5 Rotarians and Rotary Partners..

CPR TRAINING AND AED DONATION AT SIDDHIVINAYAK TEMPLE



Our club successfully conducted a CPR training session and donated an AED machine at Siddhivinayak Temple, led by Rtn. Dr. Surendra Soneji. Over 150 participants received hands-on training, supported by 12+ Rotarians and Rotary partners. With over 20,000 daily visitors, this initiative enhances the temple community's ability to respond to emergencies. District Avenue Chair Krishna Kumar and District Governor Chetan Desai honored the event with their presence



July, 2024

FIRST SPEAKER MEETING



We hosted Sister Krina from Brahma Kumaris, who shared valuable insights on the role of spirituality in daily life. Her inspiring message emphasized the importance of integrating spiritual practices for balance. The session also included a review of last month's successful projects, making it an uplifting and motivating gathering.



July, 2024

BEAT THE CLOCK - HOW TO OVERCOME PROCRASTINATION



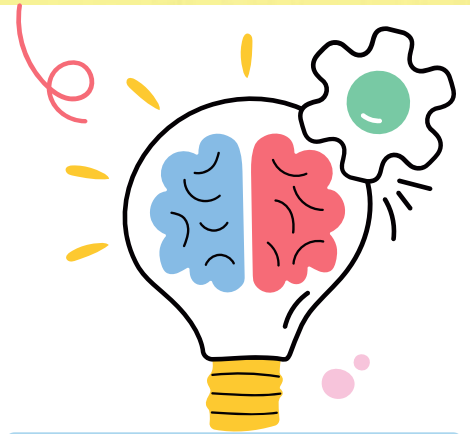
Our Club in association with the Rotaract Club of Lotus College of Optometry hosted "Beat the Clock," a workshop on overcoming procrastination. The 90-minute session introduced five actionable steps using psychology techniques and real-life examples, with interactive activities that motivated participants to apply the strategies.

AAVAZ: Celebrating International Youth Day



Our club and the Rotaract Club of Lotus College celebrated International Youth Day with AAVAZ, featuring talks on confidence and visibility by Rtn. Sampath Iyengar and Rtn. Nitin Shah. The event ended with a debate, judged by Rtn. Bindiya Chopra and Rtn. Suman Malhotra, won by ML Dahanukar College.

LIFE SKILLS EDUCATION WORKSHOP



We co-sponsored a "Life Skills Education Workshop" at Juhu Vile Parle Gymkhana, led by renowned educationist Dr. Swaroop Sampat Rawal. About 50 teachers from various city schools participated, learning the importance of life skills education through interactive activities and dramatization. These teachers are now passing on their knowledge, training over 100 fellow educators and reaching more than 500 students across their schools.



LIFESKILL BOOK DISTRIBUTION



Distributed 300 Life Skills books, authored by Dr. Swaroop Sampat Rawal, to volunteers of the Surakshit Bachpan to Surakshit Jeevan program. This initiative aims to promote mental health awareness among children in Mumbai schools. The books will serve as a vital resource for volunteers working to empower and support students through education.

FELLOWSHIP "KUCH BHI HO SAKTA HAI" - ANUPAM KHER SHOW



Evening filled with
humor, inspiration,
and unforgettable
storytelling.



August, 2024

BOOK DISTRIBUTION AT L.P. JAGDALE GURUJI VIDYALAYA



In association with IWC Bombay Seacoast and guided by Past President Rtn. Ashok Chandavarkar, our club successfully completed a book distribution project at L.P. Jagdale Guruji Vidyalay, Malad East. Thanks to our members' generous support, we provided essential textbooks and logbooks to 120 students, aiding their academic journey.

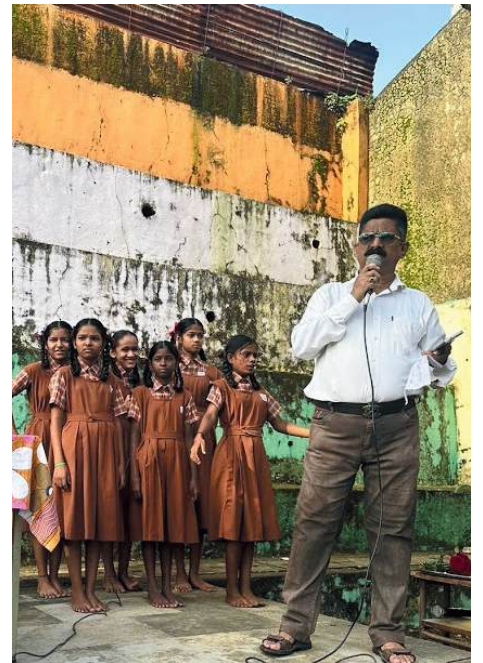


August, 2024

INDEPENDENCE DAY & RAKSHABANDHAN CELEBRATION AT L.P JAGDALE GURUJI VIDYALAYA



The Independence Day and Rakshabandhan event at L. P. Jagdale Guruji Vidyalaya, organized with the IWC of Bombay Seacoast, was a success. Attended by Rtn. Nitin Shah, Misba Shah, and Ranjana Patel, the event included special rakhis for teachers and snacks for over 90 participants, making it memorable.



RAKSHABANDHAN AND INDEPENDENCE DAY CELEBRATION AT V.M.A HIGH SCHOOL & JR COLLEGE



Our club, in collaboration with dedicated members, successfully spread joy this Independence Day and Raksha Bandhan at V.W.A High School & Jr College by distributing 200 rakhis—170 to the dedicated teachers and staff, and 30 to the brave police officers, handed over to the N.C.C teacher. The initiative was led by Rtn. Anil Patel and attended by 10 Rotary members and partners.

August, 2024

SPEAKER MEETING WITH MS. MAMTA THORAT



Our club facilitated a speaker meeting featuring Ms. Mamta Thorat, a dedicated educator and botany expert, on Teachers' Day. Seacoasters gained valuable insights and inspiration from Ms. Mamta's journey in education and botany.

August, 2024

AED MACHINE DONATION AND CPR TRAINING AT BYCULLA ZOO



Our club, in collaboration with the IWC of Bombay Seacoast, provided hands-on CPR training to over 80 participants. The initiative was attended by District Governor Chetan Desai, District Lifestyle Diseases Avenue Head Dr. Krishna Kumar, and 12+ Rotarians and Rotary Partners, benefiting the community's health and safety of about 25000+ visitors daily on peak days. The AED Machine was sponsored by Rotary Partner Nilima Parmar.



August, 2024

DONATION OF BOARD GAMES AND ENGLISH LEARNING BOOKS AT MACCHAL, KASHMIR



Past President Rtn. Ankush Jain led a project donating 100 board games and 50 Rapidex English learning books to children at Army Goodwill School, Macchal. Supported by Director of National Integration Rtn. Harish Shani, the games were provided by Gaurav Jain of Ajanta Games, and the books generously donated by Umar Farrokk.

Cochlear Implant Project: Transforming Lives Through Sound by Dr. Samir Bhargava



In the first quarter, we successfully conducted cochlear implant surgeries for three children, giving them the priceless gift of hearing. This life-changing initiative opens doors to language, education, and social connection for these young lives, which were previously beyond reach for their families. Each implant reflects our commitment to Service Above Self, made possible by the collective support of our dedicated members. Together, we're helping children experience the world in a new way, paving the way for a brighter and more inclusive future.

AAROHAN - LEADERSHIP DEVELOPMENT INITIATIVE



In collaboration with the Rotaract Club of Lotus College of Optometry, our club conducted the Aarohan Leadership Development Initiative for over 40 third-year students and interns. This program aimed to enhance their leadership, teamwork, problem-solving, and networking skills.

September, 2024



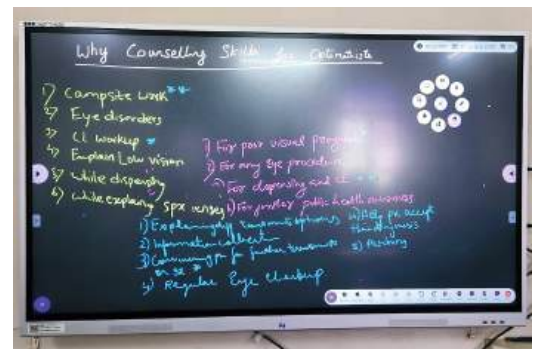
MONKEYPOX AWARENESS WORKSHOP



Our club, in collaboration with the Rotaract Club of Lotus College of Optometry, hosted an insightful workshop on Monkeypox led by Past President Rtn. Dr. Aban Movdawalla. The session, attended by 15 students, empowered future professionals with essential knowledge for healthcare workers, fostering a safer, more informed community.



PARIKSHAN - DEVELOPING COUNSELLING SKILLS



Our club, in collaboration with Lotus College of Optometry, successfully completed Prashikshan, a two-day Counseling Techniques Workshop for 30 interns. This initiative provided valuable skills to the participants, equipping them with practical techniques for their future careers in optometry.

CPR TRAINING AT VALIA SCHOOL AND COLLEGE



Our club, in collaboration with IWC of Bombay Seacoast, hosted a workshop on Acute Myocardial Infarction and hands-on CPR training for over 350 participants. It was attended by 17 Rotarian and Rotary Partners. This initiative, guided by Past President Dr. Surendra Soneji, equipped students and teachers with essential life-saving skills.



September, 2024

KARVI FESTIVAL



Our club had a memorable experience at the Karvi Festival, celebrating the rare blooming of Karvi flowers after 8 years! Over 35 Rotarians, Rotary Partners, and Rotaractors attended, appreciating the beauty of nature. Special thanks to Dr. Ashok Kothari for organizing and DG Chetan Desai for joining us!



September, 2024

FIRST ROTARY FIRESIDE



खूबसूरत थी शाम
खूबसूरत थे मेजबान

कुछ भी नहीं था आम

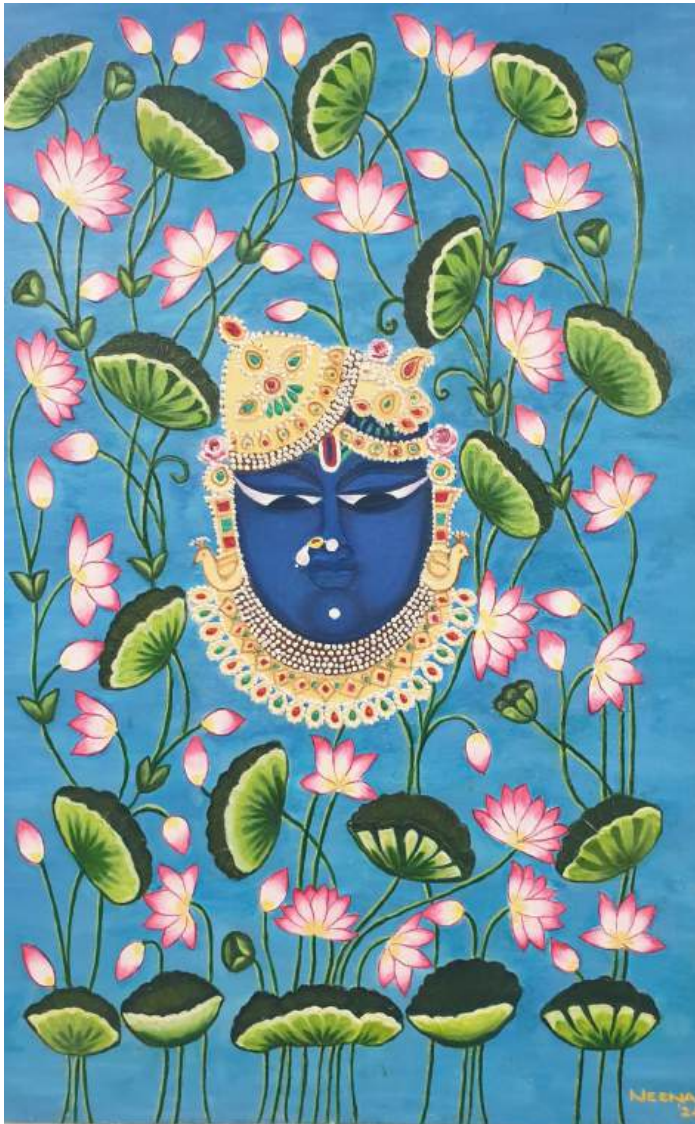
खान पान साथ बातें थी खास

खूबसूरत शाम
खूबसूरत थे मेजबान... 🌹 🌹 🌹

BY Rtn. Neena Thakker

September, 2024

Heartfelt Strokes and Words of Impact



**Oil Panting by
Rtn. Neena Thakker**



**Poem by
Nilima ji Parmar**

अपने आप से प्रेम करो, यही है सबसे बड़ा
उपहार,
मन के बाग में खिलाओ, खुशियों का गुलाब हर
बार।

तन-मन का ध्यान रखो, खुद को ना कभी भूलो,
स्वास्थ्य का खजाना, अपने हाथों में ही खोलो।

हर सुबह की किरण में, आशा की खोज करो,
समय निकालकर खुद के लिए, थोड़ा सुकून संजो।

सपनों को संजोकर, हर दिन नया रंग भरो,
मुस्कान की चमक से, जीवन को रोशन करो।

स्व-देखभाल की राह पर, खुद को हमेशा पाओ,
प्रेम से भरकर जीवन, खुशियों के गीत गाओ।

समर्पित मेरे सारे रोटरी दोस्तों को 🌹 . नीलीमा
परमार .

Elevating Corporate Wellness for Lasting Success

Founded by President Nitin Shah and First Lady Misba Shah, MeetGoals Wellbeing enhances corporate wellness by empowering employees to unlock their potential through innovative tools and programs. Our approach uniquely integrates subconscious mind training, which helps individuals overcome mental blocks, achieve goals, and take consistent action. Key features of our program include:

- **Mobile App:** More than a habit tracker, the app engages the subconscious mind, providing employees with targeted meditations, goal-setting tools, and thought-restructuring exercises. This powerful platform drives meaningful actions that improve focus and productivity, positively impacting organizational performance.
- **Corporate Training Programs:** Our training focuses on fostering emotional resilience and clarity, equipping employees with skills to manage stress, collaborate effectively, and contribute creatively to their teams. These sessions promote a healthier workplace culture, benefiting overall morale and engagement.
- **One-to-One Coaching:** Personalized coaching sessions offer tailored support, helping employees address specific challenges in a private setting, which strengthens motivation and personal growth.

Why Corporates Benefit from MeetGoals

Through MeetGoals, organizations experience enhanced employee performance, improved emotional resilience, and higher job satisfaction. Our programs align employees' personal growth with organizational objectives, creating a committed, productive workforce.

MeetGoals Wellbeing is pleased to sponsor this edition of the Tidewatch. In partnership with Rotary, we aim to expand our mission of fostering purpose-driven communities and building resilient workplaces that thrive.

Websites: <https://meetgoals.app> | <https://NitinShah.info> | <https://ConsultMisba.com>

IN LOVING MEMORY



Past President Rtn. Vipinbhai Reshammiya

(Departed on September 18, 2024)

Vipinbhai was more than just a leader; he was a beacon of kindness, integrity, and unwavering dedication. With a heart devoted to service, he spent decades uplifting those around him, leaving a lasting legacy that inspires us all.

His vision and commitment to Rotary's principles brought about meaningful projects and cultivated a spirit of unity within our Seacoast family. We will remember Vipinbhai not only for his accomplishments but for the warmth he shared with every person he met.

His kindness, compassion, and dedication will forever live on in the hearts of those he touched.

Past President Rtn. Ashok Malhotra

(Departed on October 14, 2024)

Ashok Malhotra was a man of principles and a true champion of Rotary's values. His years of service and commitment to our community created waves of change that continue to benefit countless lives.



Known for his humility and dedication, Ashok Ji always went above and beyond, ensuring that every initiative he undertook was impactful and sustainable. He was a mentor, a friend, and a true Rotarian at heart.

Ashok Ji's legacy will serve as a guidepost for us, reminding us of the power of compassion and the importance of service above self.