



TIDE WATCH BULLETIN

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From The President Desk



Dear Fellow Rotarians, Friends, and Readers,

As we sail through the second quarter of this Rotary year, I am filled with immense pride and gratitude for the collective efforts and unwavering dedication of our members. Together, we have turned aspirations into impactful projects, serving communities and nurturing connections that embody the true spirit of Rotary.

In this edition of Tide Watch, we reflect on the highlights of October to December—a period brimming with festivals, fellowship, and service. Our initiatives this quarter have been both diverse and meaningful, ranging from supporting special children with digital learning tools and uniforms to celebrating the joy of Diwali with our Rotary family. Each project reaffirms our commitment to "Service Above Self."

The inaugural musical Diwali fellowship was a heartfelt occasion, allowing us to honor the memories of our stalwart members, Mr. Vipin Reshammiya and Mr. Ashok Malhotra. Their contributions will forever inspire us to serve with the same passion and integrity.

This quarter also witnessed the successful formation of a new Rotaract Club at Bhavan's College, opening avenues for youth leadership and collaboration. It is heartening to see young minds eager to contribute to society and embrace Rotary values.

As we look ahead, the New Year promises more opportunities to create a lasting impact, from our exciting Rann Utsav fellowship trip to ongoing community initiatives. Let us continue to lead with compassion and vision, strengthening the bonds within our club and with the communities we serve.

Thank you for your support and commitment, which make everything we do possible. Wishing you and your families a joyful festive season and a new year filled with peace, prosperity, and purpose.

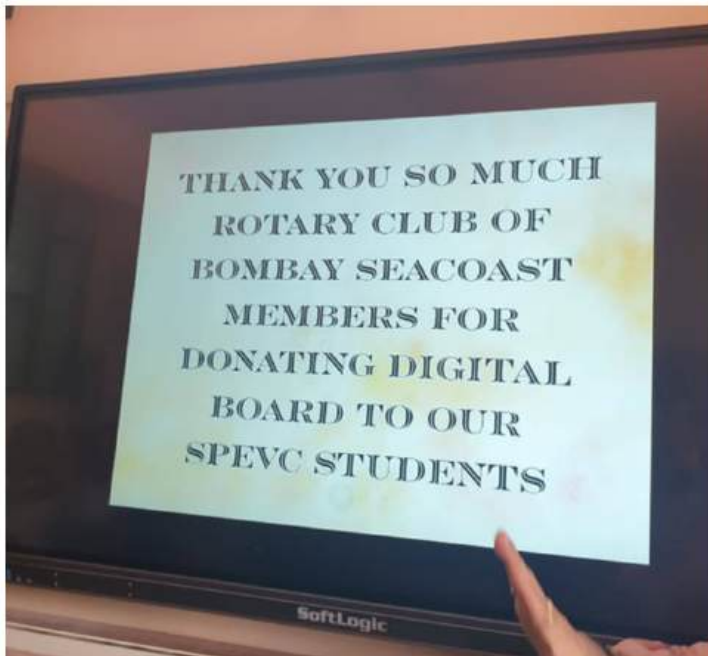
Yours in Rotary,

Rtn. Nitin Shah

President

Rotary Club Of Bombay Seacoast (2024- 2025)

Digital TV Screen installation at Shree Trust's Swami Parijnanashram Educational and Vocational Center



Our club successfully carried out a heartwarming project at Shree Trust's Swami Parijnanashram Educational and Vocational Center for the Handicapped in Virar. We installed a Digital TV Screen, distributed uniforms, and provided sports equipment to support special children in our community. Thank you for your support in making this initiative a success! Together, we are creating brighter futures.



Digital TV Screen installation at Anuyog Vidhyalaya



Our club successfully donated a Giant Interactive Digital TV at The Anuyog Vidhyalaya, bringing technology closer to education! Thank you to everyone who made this project a reality. Together, we are shaping brighter futures for young minds.



Empowering Budding Psychologists under Samagra Initiative at Nagindas Khandwala College



Our club, in collaboration with the Rotaract Club of Lotus College and ICHARS Support Foundation, launched Samagra to train 17 Psychology Masters students. With 16 hours of training completed and a 120-hour internship underway, the program focuses on practical skills for real-world impact.



Empowering Budding Psychologists under Samagra Initiative at Bhavan's College



Our club is excited to announce the Project Samagra Training Session at Bhavan's College, in collaboration with Rotaract Clubs and ICHARS Support Foundation. The session empowers 25 students with essential skills for their internships, creating future opportunities for meaningful impact.



Project Unnati



Our club takes immense pride in supporting Project Unnati, an initiative dedicated to empowering transgender individuals by training them to become certified life coaches.

Participants were equipped with structured techniques for conducting impactful coaching sessions, enabling them to help clients identify and transform negative thoughts.

Through a powerful multiplier model, each certified coach will mentor ten individuals, fostering a ripple effect of empowerment and inclusivity within the community.



Heartbeats and Headspace Session at SIES college - Sion (E)



The Heartbeats and Headspace Workshop, in collaboration with the Rotaract Club of SIES Sion East, engaged 80 participants in meaningful mental health discussions. Graced by Rtn. Sankara Ramnath and Mrs. Misba Shah, the event was an inspiring start to prioritizing mental health.



Awareness Rallies in Association with Rotaract Clubs



Eyesight Awareness Rally
organised by the Rotaract
Club of Lotus College of
Optometry in association with
our club



Human Rights Rally organised by the Rotaract Club of Bhavan's College



Membership Drive Rotaract Club of Bhavans College

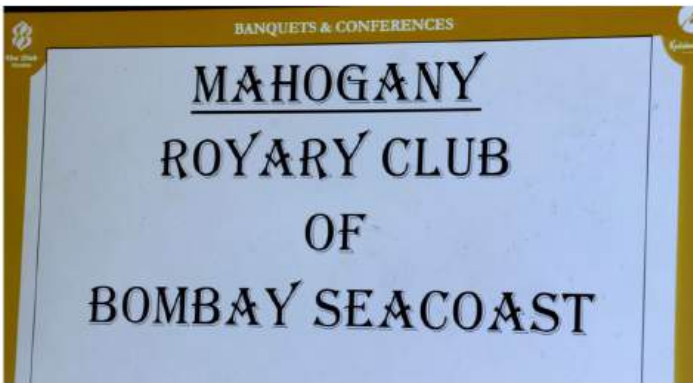


The Rotaract Club of Bhavans College in association with our club launched its Membership Development Programme on 14th November 2024, achieving more than 250 new registrations. The event featured key speakers and inspiring sessions on leadership and service, earning widespread praise.



Diwali Night Celebrations





Speaker Meeting- Dr Rahul Dutta



Our club recently hosted an enlightening evening with Dr. Dutta, a medical practitioner turned alternative therapist, who shared his inspiring journey into hypnotherapy and the mind-body connection. His singing added a unique and memorable touch to the event. Thank you to everyone who joined us and made this session a success!



Speaker meeting - Sheetal Vohra Gulati



Our club recently hosted an insightful speaker meeting with Sheetal Vohra-Gulati, a dedicated Adoption Counsellor and Advocate for Families in Adoption. She shared her inspiring journey, valuable insights on the CARA adoption process, emotional readiness, and the importance of positive adoption language. The session left a lasting impact, enriching our understanding of the adoption journey. Thank you to everyone who joined us for this memorable evening!



Speaker Meeting - Ms. Neha Sahaya



Our club recently had the privilege of hosting renowned Celebrity Nutritionist Ms. Neha Sahaya. Specializing in gut health and sustainable lifestyle changes, she shared her expertise on health management and body transformation. Her insights, drawn from her work with Miss Universe India and Bollywood celebrities, left everyone inspired to make healthier choices. Thank you to all who joined!



Speaker Meeting - Mr. Sachin & Supriya Pilgaonkar



Our club recently had the privilege of hosting the celebrated duo, Mr. Sachin Pilgaonkar and Mrs. Supriya Pilgaonkar. Mr. Pilgaonkar, a legendary figure in Indian entertainment, shared his insights from his illustrious career in films, television, and stage. Mrs. Supriya Pilgaonkar, renowned for her versatility and charm, joined him to discuss their inspiring journeys. The session was filled with personal anecdotes and perspectives on the evolving entertainment industry, leaving everyone truly inspired.



Fireside at Rtn. Ashok Nair's Residence



Board Meeting at Deepak Kilawala's Farmhouse



Paintings and Poem by Ms. Neena Thakker



क्यों कहते है अब वो बात नहीं रही...

दिवाली आज की हो या कल की
होती हमेशा खास है

बात हो झिलमिलाते दियो की या शोर मचाने वाले पटाखों की

दिवाली होती हमेशा खास है

बात हो उन सफाई यों से जिसका मानो अंत ही नहीं होता

पर दिवाली होती हमेशा खास है

बात हो दिवाली के फ़रसान की या फिर उन मिठाईयों की

होती हमेशा खास है

सफाई ... सजावट ... रंगोली दिये.. पटाखे ..लिफाफे... मिलना मिलाना

दिवाली होती हमेशा खास है ..

