



TIDE WATCH BULLETIN 2025

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Club President

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Club Secretary

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Editor

First Lady Misba Shah



From The President Desk



Dear Fellow Rotarians, Friends, & Readers,

As we move through this Rotary year, I'm reminded that our greatest strength lies not in the projects we do, but in the spirit with which we do them. It is the empathy in our actions, the unity in our efforts, and the joy in our service that truly define who we are.

Rotary is more than an organization — it's a mindset, a commitment to lifting others while growing ourselves. This quarter, I've seen that spirit shine in every smile, handshake, and shared idea.

Let's continue to inspire change, not just through service, but through the way we lead, connect, and care. Together, we are shaping not just better communities, but better versions of ourselves.

Yours in Rotary,

Rtn. Nitin Shah

President

Rotary Club Of Bombay Seacoast (2024- 2025)

From The Desk of the First Lady



Dear Fellow Rotarians, Friends, & Readers,

This quarter has been both heartwarming and fulfilling. Celebrating Republic Day with the children of Swami Parijnanashram School and witnessing their joy was truly special.

Leading the POSH awareness session at Lotus College was a personal highlight — empowering students with knowledge that matters.

Our fellowship moments — whether at Karjat, Bhuj, or intimate Fireside gatherings — reminded me of the deep bonds we share. Thank you for making this journey meaningful and memorable.

Yours in Rotary,

Misba Shah

First Lady

Rotary Club Of Bombay Seacoast (2024- 2025)

Mental health Rotaract District Conference



Our club was proud to be the lead host for the Mental Health Conference organized by Rotaract District 3141. With over 350+ registrations, the event featured impactful discussions on coping with stress, healing from trauma, and transitioning from teenage to adulthood.



Heartbeats and Headspace Session at Hinduja college



Hosted in collaboration with Rotaract Club of Hinduja College and Lotus College of Optometry.

The event witnessed enthusiastic participation from around 75 students who took part in a CPR Training led by Ms. Riddhi Kulkarni and an interactive Mental Health Session Led by Rtn Nitin Shah



Celebration of Republic Day & Distribution of Teaching aids at Swami Prajnashram School



The day began with a flag hoisting ceremony, followed by a delightful cultural program by the children—full of energy, talent, and pure joy.

We donated teaching aids and physiotherapy equipment worth ₹25,000, including kinetic sand, fidget toys, LCD writing tablets, & more.



National Integration Project- Bus Donation (Kashmir)



We are proud to share that a brand-new school bus has been donated to Udaan School — a remarkable institution for children with different abilities, managed by our dedicated army personnel.

This initiative was made possible through the generous support and funding by Harishji, Kishoreji, Sudhir Agarwal, Munesh Sharma, Umar Farokkh, and our Rotary trust.



Samagrah - Empowering Budding Psychologists at Nanavati college



Completed the 3rd phase of the "Samagra: Empowering Future Psychologists" project at Maniben Nanavati Women's College, in collaboration with the Rotaract Club of Lotus College of Optometry and ICHARS Support Foundation.

We trained 62 psychology students with practical mental health tools through interactive sessions.

Mega Medical Camp at Karjat



Mega Medical Camp at Karjat



Organized a highly successful Mega Medical Camp at Posari, Karjat. With dedicated planning and wholehearted participation, the camp provided free healthcare services to 570+ beneficiaries.

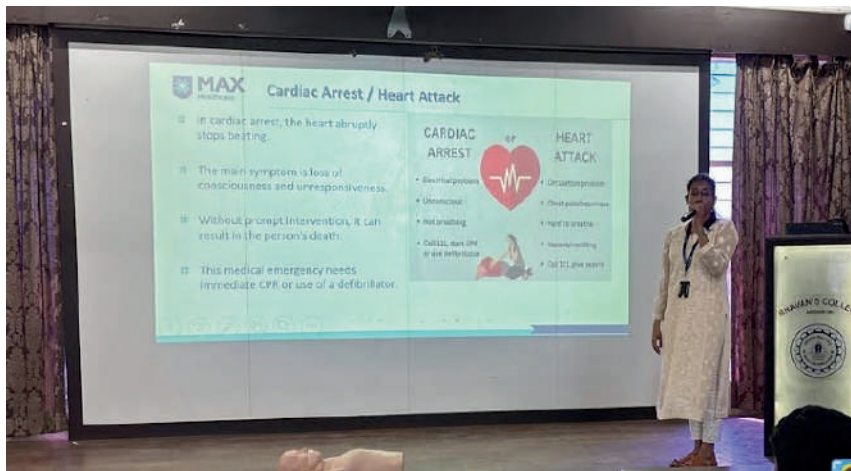
From eye checkups and GP consultations to dental care and cancer screenings, the impact was wide-reaching and deeply meaningful. The success of this initiative was made possible by the incredible support of our donors, sponsors, volunteers, and the entire Seacoast, Inner Wheel and Rotaract family.



Donated Sewing Machines, Wheel Chairs, Walking Sticks and more at Karjat

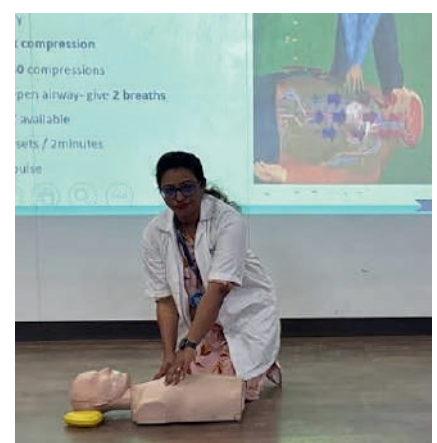
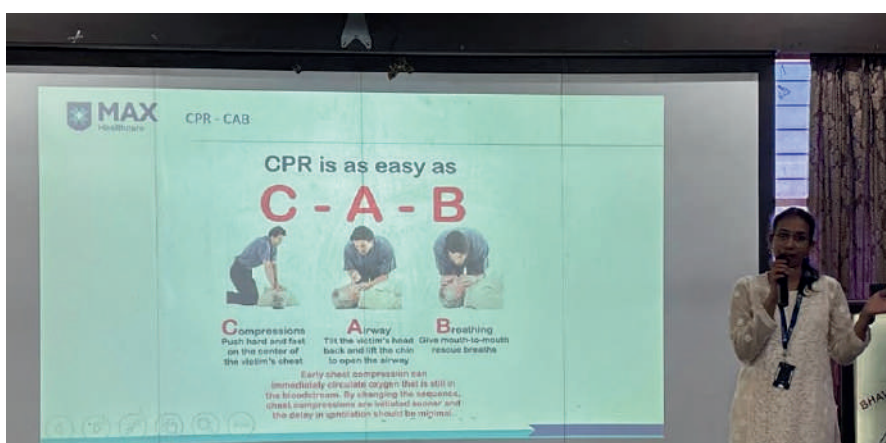


CPR Training - Bhavans College



In collaboration with the Rotaract Club of Lotus College of Optometry, Bhavan's College (Autonomous), and Nanavati Max Super Speciality Hospital, we conducted a CPR training session for the students of Bhavan's College.

The session focused on equipping students with vital, lifesaving skills to handle medical emergencies confidently.

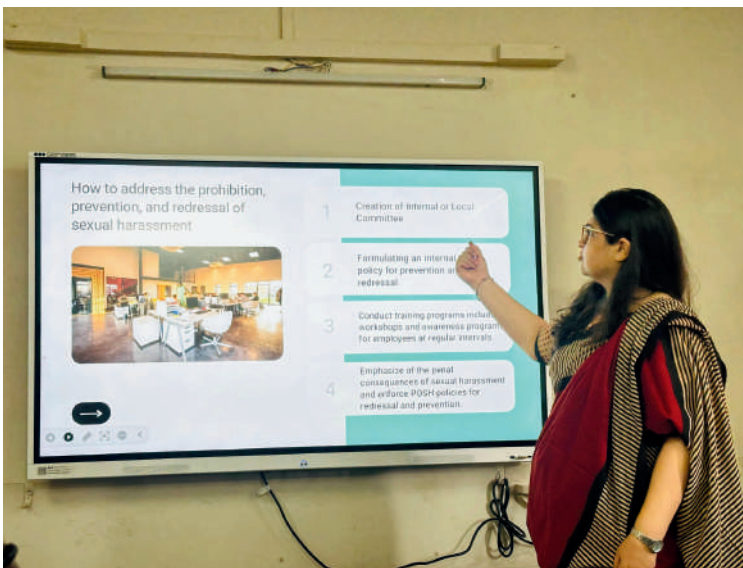


PNI- Eye equipment Donation at Army Hospital, Kupwara

Our club proudly supported advanced eye care for the underprivileged at the Army Hospital in Kupwara, J&K by facilitating the donation of a Non-Contact Tonometer and a 3-Step Slit Lamp. Now in use, these machines are enhancing early glaucoma detection and improving access to quality eye care.



POSH Session at Lotus college of Optometry



Conducted an insightful seminar on the POSH Policy (Prevention of Sexual Harassment at the Workplace) at the Lotus College of Optometry.

Led by POSH Practitioner Ms. Misba Shah, the session focused on building awareness and empowering participants with the knowledge needed to create safe and respectful work environments.



MSCIT - SHED - Women Empowerment Project



Led by our Club Secretary Neena Thakker, our club partnered with SHED to sponsor the MSCIT course for 25 children — including 15 girls and 10 boys — empowering them with essential computer skills for a brighter future.



Pediatric heart surgeries at Kokilaben Hospital



12 children with critical heart conditions received life-saving surgeries through a Rotary Global Grant. Stronger heartbeats and brighter futures — thanks to the power of collective compassion.

Cochlear Implant Surgeries



With CSR support, five children with profound hearing loss received life-changing cochlear implants. Rotary Club of Bombay Seacoast is proud to help bring the gift of sound and new beginnings.



January 2025

Fireside at Arunji's Residence



RCB Seacoast Charter Night

Issue 18





Rann of Kutch and Bhuj Trip



Fellowship at Medical Camp (Karjat)



Speaker meeting - Ms. Karishma Sakhrani



Ms. Karishma Sakhrani, a renowned nutritionist shared their insights on entrepreneurship, health-focused nutrition and mindful eating, helping individuals make sustainable wellness choices.



Speaker Meeting - Ms. Jaya Mandhian



Jaya Mandhian, a renowned expert in Naturopathy, Wellness, and Energy Healing, took us through the powerful world of Tai Chi — a practice known to enhance longevity, reduce stress, improve balance, and boost overall well-being.



Heartfelt Strokes and Words of Impact



**Pichwai Painting by
Rtn. Neena Thakker**



**Poem by
Nilima ji Parmar**

ज़िंदगी एक सवाल है, जवाब कोई नहीं,
हर शख्स मुसाफ़िर है, ठिकाना कोई नहीं।
रास्ते हैं धुंधले, मंज़िलें अनजान,
हर मोड़ पे मिलती हैं नई परेशानियाँ।

खुशी का लम्हा भी धोखा सा लगता है,
ग़म की रातों में सवेरा नहीं दिखता है।
कभी हंसकर दर्द को छुपाना पड़ता है,
तो कभी खुद से भी नज़रें चुराना पड़ता है।

हर रिश्ता यहाँ बस पलभर का मेला है,
कोई साथ आया था, कोई अकेला है।
दुनिया की इस भीड़ में खो जाते हैं लोग,
कुछ हकीकत समझते हैं, कुछ सो जाते हैं लोग।

फिर भी ये साँसें सबक सिखाती हैं,
गिरकर उठो, यही राह दिखाती हैं।
हर अंधेरे के आगे उजाला मिलेगा,
जो सब्र करेगा, वही संभलेगा।
नीलीमा परमार