

From President Desk

Dear Fellow Rotarians,

February is designated by Rotary International as Peace building and Conflict Prevention Month—a reminder that peace is nurtured through service that protects dignity, strengthens communities and uplifts lives. At the Rotary Club of Mumbai South Cuffe Parade, we continue to translate this vision into meaningful and impactful action.

This month, our Banyan Tree initiative enabled the installation of a water cooler and a water purifier for nearly 450 students, ensuring access to clean and safe drinking water within their school environment.

In Satara, the provision of a 1,000-litre water tank at the Zilla Parishad school near Koyna Dam has supported over 100 children, especially during the demanding summer months—reaffirming our commitment to addressing essential community needs.

On 21st February, our Cataract Surgical Care Camp for police personnel successfully restored sight and confidence through the provision of 39 intra-ocular lenses, honouring those who tirelessly safeguard our society. In addition, the distribution of water wheelers has significantly eased the daily burden of water collection for rural families—particularly women—bringing comfort, improved health and dignity into their everyday lives.

Each of these initiatives, though different in nature and scale, contributes to the broader foundation of peacebuilding. When children are cared for, when health is restored, and when basic necessities are secured, stability and harmony naturally follow.

I extend my heartfelt gratitude to our generous sponsors, partners and dedicated Rotarians whose commitment, leadership and teamwork have made these achievements possible. Your devotion to Service Above Self continues to define the strength and character of our club.

Let us move forward with unity and purpose, confident that every act of service builds a more compassionate and peaceful society.

With sincere appreciation,

Errick Elavia

President Rotary Club of Mumbai South Cuffe Parade

HAPPY
Ram Navami!



THE 4 WAY TEST:

of the things we think, say
or do

- ☛ Is it the TRUTH?
- ☛ Is it FAIR to All Concerned?
- ☛ Will it Build GOODWILL & Better Friendships?
- ☛ Will it be BENEFICIAL to All Concerned?



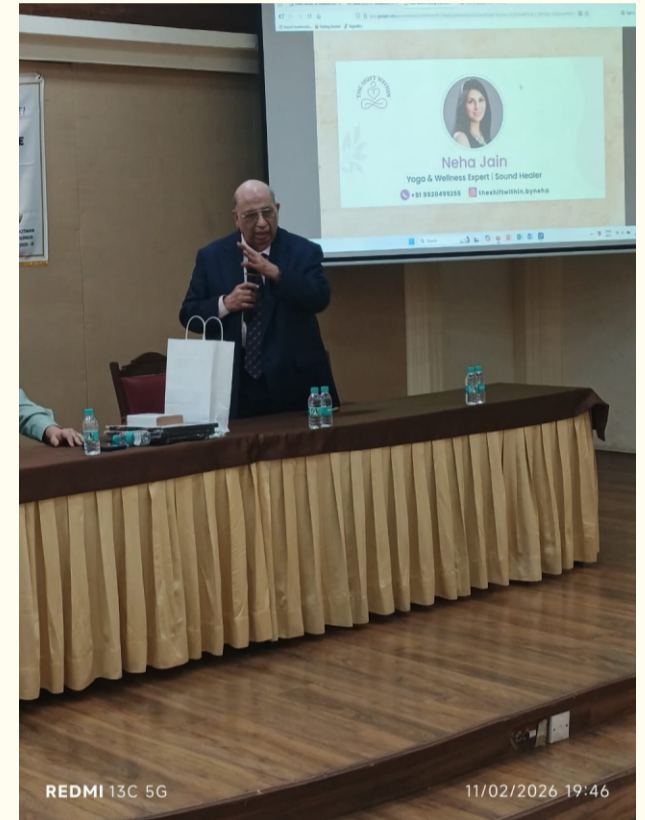
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Happening in February

Speaker Meeting

Sound Therapy

A Natural Way to Improve Health, Calm the Mind and Enhance Daily Living



The Rotary Club of Mumbai South Cuffe Parade recently hosted a very meaningful and informative session on Sound Therapy, conducted by Neha Jain. The session helped members understand how sound and vibration can be used as a gentle and natural method to support our physical, emotional and mental well-being, especially in today's fast and stressful lifestyle.

Sound therapy uses special healing instruments such as singing bowls, gongs and tuning forks. When these instruments are played, they produce soft sound waves and gentle vibrations. These vibrations travel through the body and help the nervous system shift from a stressed and alert state to a relaxed and balanced state. As our body is largely made up of water, sound vibrations move easily through it. This is why sound therapy is able to create a deep sense of relaxation and inner calm within a short time.

During the session, Neha Jain clearly explained how we can improve our own physical, mental and emotional well-being through the regular practice of sound therapy in our daily lives. She also conducted a live practical sound therapy session, during which the members personally experienced: deep relaxation, mental calmness, emotional lightness, feeling of inner balance and clarity. The practical experience helped participants truly understand the power of sound healing beyond theory.

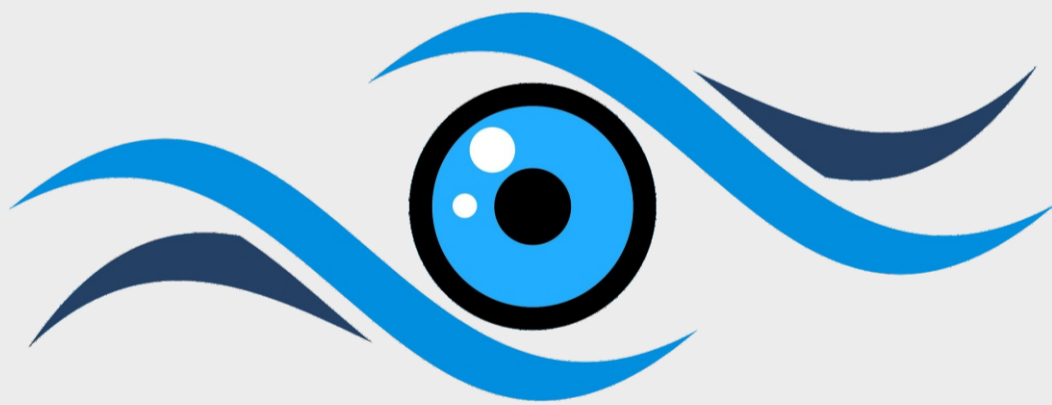
A Meaningful and Experiential Session The session was warmly organised by the Rotary Club of Mumbai South Cuffe Parade, making the learning both meaningful and experiential for all participants. It was an enriching and peaceful experience that beautifully highlighted how sound therapy can become a supportive and gentle tool for improving health, lifestyle and overall well-being.



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15th Annual Free Cataract Surgery Camp

Restores Vision for Mumbai Police Mumbai, 21st February 2026



The 15th Annual Free Cataract Surgery Camp was successfully conducted at Mehta International Eye Institute, Colaba. A total of 39 Mumbai Police personnel received free cataract surgeries, helping restore their vision and enabling them to continue their duties with renewed confidence and clarity.

This noble project was fully sponsored, organised and personally conducted by Keiki R. Mehta, along with Cyres K. Mehta. Each beneficiary received world-class surgical care, advanced foldable intra-ocular lenses and a complete one-month course of post-operative medicines — all provided completely free of cost.

The camp was organised in close collaboration with Nagpada Police Hospital, ensuring smooth coordination, screening and follow-up care for all police personnel. The programme was honoured by the presence of the Chief Guest, Deven Bharti, whose encouragement highlighted the importance of caring for the health and well-being of those who serve and protect our city every day.

More than twelve Rotarians from the Rotary Club of Mumbai South Cuffe Parade were present to support and assist during the camp, reflecting Rotary's strong commitment to community service under Rotary International District 3141.

This impactful project was carried out under the leadership of Club President Errick Elavia, whose guidance and support ensured the smooth execution of the programme. Over the past fifteen years, this cataract surgery initiative has continued to touch many lives and stands as a powerful example of compassionate partnership between the medical fraternity, the police department and Rotary.

The camp once again delivered the priceless gift of sight — bringing hope, dignity and better quality of life to the brave men and women of the Mumbai Police who safeguard our city every day



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Rotary Club of Mumbai South Cuffe Parade
2026 – Monthly Calendar - March



3 March

11 March

District Holi 2026
TIKKA GULAL KA, PHOOLON KI HOLI –
SABKE CHEHRON PAR KHUSHI KI RANGOLI.
TUESDAY, 3RD MARCH '26
11AM - 3 PM
Lead Host
RC Bombay Juhu Beach RC Bombay Mulund Valley
Rtn Bhavana Pandya Rtn Sanjay Patel
Club President Club President
VENUE:
TAJ GINGER
NEAR DOMESTIC AIRPORT, MUMBAI
Milke Rang Jamaie - Co-hosting Accomplishes
Individual Passes 1400/- without alcohol !!
Enjoy sumptuous spread of food till late lunch
BANK DETAILS
Convenor
Prakash Patel Chetan Kotak
9897181832 9833000027
Group Avenue Head (Events)
Meenakshi Khosla
7666155288

District Holi
At
Taj Ginger Andheri

Woman's day
celebration
at Bahai Center
6.30 pm

COMING
SOON
STAY TUNED!

"Empowered to Inspire, Committed to Serve"
Rotary Club Of Mumbai South Cuffe Parade



Incision is made
in breastbone
for open-heart
surgery

Pediatric Heart Surgery



Free Medical Camp



मध्याह्न भोजन योजना
Mid Day Meal Scheme

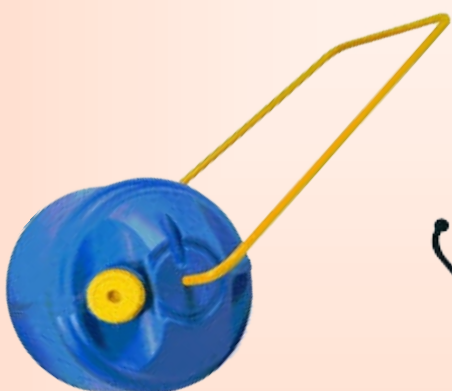
Midday Meal Project



Cyclethon for Diabetes



Nation Builder



Water Wheel



Cataract Surgery



Organ Donation



VOCATIONAL
SERVICE



Youth+Month+Activity

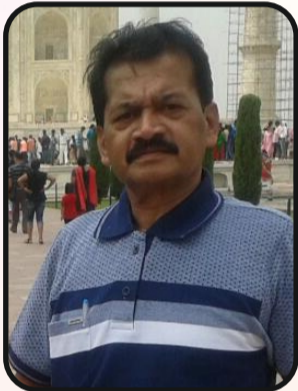
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Happy Birthdays

Rtn. Zenobia
5th March



Rtn. Navnath Panaskar
7th March



Rtn. Errick Elavia
8th March



Rtn. Dr. Sujata Dalvi
14th March



Rtn. Saroj Maheswari
15th March



Rtn. Arun & Sheetal Agarwal
8th March



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Congratulations



A Proud Moment for the Rotary Family!

Heartiest congratulations to Keiki R. Mehta (Rtn. Padmashree Dr. Keiki Mehta) on being honoured with the prestigious Pallikaris Award – presented by the inventor of LASIK himself, Ioannis Pallikaris, at Asian Eye Institute, Pune.

This is a truly proud moment for the Rotary Club of Mumbai South Cuffe Parade. Your remarkable contribution to eye care and your lifelong dedication to restoring vision continue to inspire us all. Wishing you many more such global honours and milestones ahead.

Heartiest congratulations to Rajesh Dubey,
member of Rotary Club of Mumbai South Cuffe Parade!

Proud moment as his company
Shubham Tours & Travels is now officially
recognised as a Rotary Verified Business –
a well-deserved achievement
and a true reflection of trust, quality and professional excellence.



Heartiest congratulations to Rtn. Tehemton on being invited as the Chief Guest at the University Grounds for All Bombay Scouts and Guides.

On behalf of the Rotary Club of Mumbai South Cuffe Parade, we are truly proud of this honour and wish you continued success in inspiring young minds and serving the community with dedication and leadership.



Heartiest congratulations to Ashok Bhansali on being felicitated for his outstanding generosity and service to society.

On behalf of the Rotary Club of Mumbai South Cuffe Parade, we proudly acknowledge your remarkable contribution in sponsoring more than 1,000 Little Heart operations at SRCC Children's Hospital, giving thousands of children a new lease on life.

We also sincerely appreciate your support in sponsoring an internal cricket match between the doctors and staff of SRCC Hospital, promoting unity, wellness and team spirit. Your compassion and commitment truly reflect the spirit of Service Above Self.



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