

# Southern Cuffelinks

Rotary Club Of Mumbai South Cuffe Parade

Distric 3141Club No 15500



Rotary Year:2025-26 Issue 9: March 2026 Total Page -11

For Private Circulation Only



From President Desk

Dear Fellow Rotarians

,March, designated by Rotary International as Water, Sanitation and Hygiene Month, calls upon us to reflect on one of the most basic yet transformative gifts we can offer—clean water and dignity in living. It is a reminder that when we serve in this space, we are not just providing infrastructure, but safeguarding health, nurturing futures, and restoring hope.

In this spirit, I am filled with gratitude as we share the impact of our recent initiatives. Through the generous support of the Parsi Khambatta Trust, a water purifier and cooler have been installed at Banyan Tree School, benefitting 450 children. For these young minds, access to clean drinking water is not just a necessity—it is a foundation for healthier, brighter days.

My heartfelt thanks also to Rtn Virendra Sanghavi for his thoughtful contribution of an overhead tank and water purifier for the tiny tots at Eklavya School. To care for children at such an early stage of life is to invest in the very future of our society.

Our commitment extends beyond immediate needs into building pathways for self-reliance. Through our ancillary projects, we are creating awareness and opportunities in vocational services such as nursing and jewellery-making. It is heartening to see Rotary District 3141 take meaningful strides in this direction, with MOUs signed with Confederation of Indian Industry and Mahindra Finance—a testament to the power of partnerships in transforming lives.

On a personal note, I chose to celebrate my birthday at the Panjrapole Gaushala, feeding pregnant cows. It was a moment of quiet reflection and deep gratitude—reminding me that service, in any form, enriches the soul.

Each of these efforts, big or small, reflects the essence of Rotary—compassion in action, generosity in spirit, and a shared commitment to making a difference. Let us continue to inspire ourselves to serve with purpose and lead with heart.

.Warm regards,

President Errick Elavia

Rotary Club of Mumbai South Cuffe Parade.

Good Friday:

Friday, April 3



Dr. B.R. Ambedkar Jayanti / Baisakhi  
Thursday April 14



## 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?

UNITE  
FOR  
GOOD

Rotary



DIST 3141

LET'S  
INSPIRE!  
2025-26

# Southern Cuffelinks

## Happening in February Woman's Day - Holi Celebration



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.



# Southern Cuffelinks

**Happy Woman's Day  
&  
Happy Holi**

*"Glimpses  
of  
Our  
Memorable Moments"*



# Southern Cuffelinks

*Empowering Woman*

*The Key to Social Responsibility*



## Inspiring Young Minds at Baba Ambedkar School

**Empowering Young Girls Through Career Awareness** A meaningful and inspiring joint project was recently conducted at Baba Ambedkar School by the Rotary Club of Mumbai South Cuffe Parade in collaboration with Mumbai Kalakar and Bombay Metropolitan.

The objective of the session was to guide young students and introduce them to practical career opportunities that could help them build a secure and independent future. Around 25 young girls attended the interactive session.

The students listened with great interest as speakers explained different career options in Nursing and Artificial Intelligence (AI) development. Many of the girls showed genuine curiosity and enthusiasm about pursuing these fields, asking questions and actively participating in the discussion.

Representatives from the Confederation of Indian Industry (CII) and Tech Mahindra were present and provided detailed information about skill development and vocational training programmes available for students after their schooling. They explained how these training programmes are designed to equip students with practical skills that can lead to employment opportunities in hospitals, healthcare services, and technology sectors.

The representatives also shared information about the training centres located in Malad, where students can enrol in these programmes. After successfully completing the training, students can receive job placements with an initial salary ranging from 15,000 to 20,000 per month, giving them an opportunity to become financially independent at an early stage of their careers.

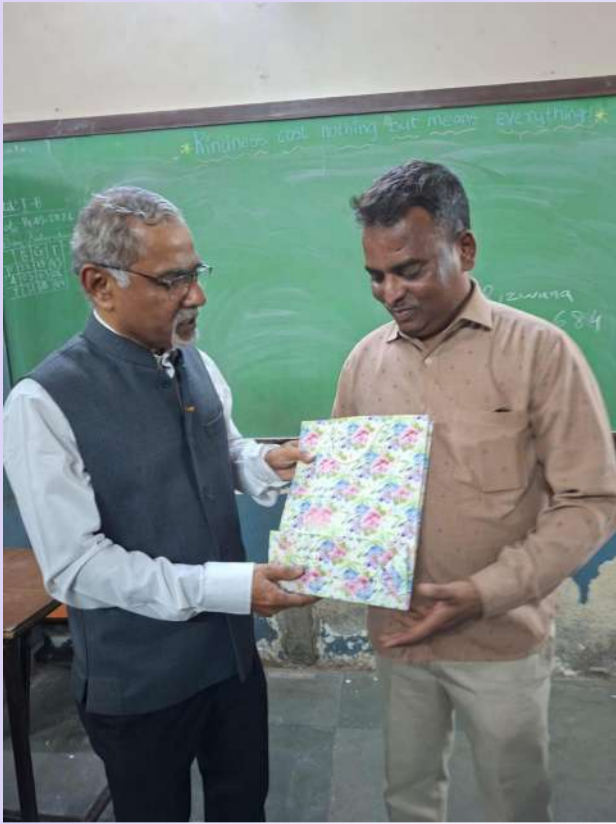
The session created a very positive and encouraging environment. It was heartening to see the excitement and hope among the students as they learned about these possibilities.

Many of them expressed interest in joining such programmes and building a brighter future for themselves and their families.

Projects like these reflect the commitment of the Rotary International and the Rotary Club of Mumbai South Cuffe Parade towards empowering young girls through education, career guidance, and skill development, helping them move confidently towards a better tomorrow.



**Women Empowerment**



# Southern Cuffelinks

## “A Noble Act of Kindness – Cow Feeding Project”



On 8th March, the Rotary Club of Mumbai South Cuffe Parade carried out a meaningful Cow Feeding Project at Panjrapol under the dynamic leadership of President Rtn. Errick Elavia.

The project was organized with a deep sense of compassion and responsibility towards animal welfare, reflecting Rotary’s core value of service above self. Members came together to contribute to this noble cause, spreading kindness and care for voiceless beings.

Rtn. Nargis and Rtn. Rajesh Dubey were present on the occasion and extended their wholehearted support, making the initiative even more impactful.

Such thoughtful activities not only strengthen our bond with nature but also inspire us to continue serving society in every possible way.

It was truly a fulfilling and heartwarming experience for all involved. ✨



## “Eid Celebrations – Spreading Joy and Togetherness”

**Eid Mubarak – Celebrating Togetherness and Joy**  
The Rotary Club of Mumbai South Cuffe Parade proudly co-hosted this District Event celebrating Eid, embracing the spirit of unity, harmony, and festive joy.

The celebration reflected the true essence of Eid—spreading happiness, gratitude, and togetherness among all. It was a wonderful occasion that brought members closer and strengthened bonds of fellowship within the Rotary family.

Rtn. Sonal Somaiya, President Rtn. Errick Elavia, along with Duriya and Moiz Pardiwala, attended the event and added warmth and enthusiasm to the celebration. The event beautifully showcased Rotary’s commitment to inclusiveness and cultural harmony, making it a memorable and joyful gathering for all.



# SouthernCuffelinks

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



3 April

17 April

19 April

**MEETING ALERT**

**Pre OCV & Club Assembly - 4**

At  
IMC , 2nd Floor  
Churchgate  
Time: 6.30 pm

**OCV (OFFICIAL CLUB VISIT)**

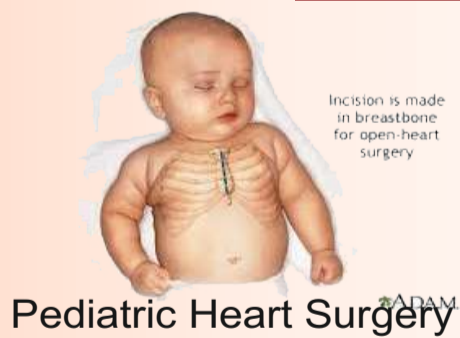
more Details  
Announced soon

**CYCLE 4 DIABETES**

Cyclethon for Diabetes

Colaba  
Time 7.00

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



Incision is made in breastbone for open-heart surgery



Free Medical Camp



मध्याह्न भोजन योजना  
Mid Day Meal Scheme

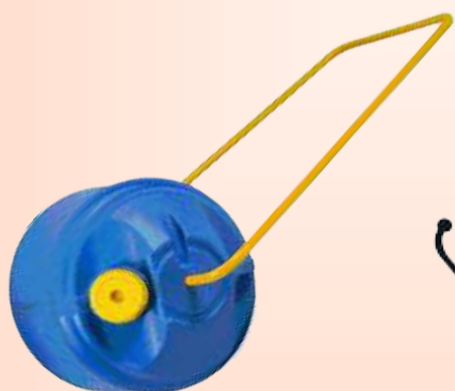
Midday Meal Project



Cyclethon for Diabetes



Nation Builder



Water Wheel



Cataract Surgery



Organ Donation



Youth+Month+Activity

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## *"Celebrating Our Wonderful Members"*

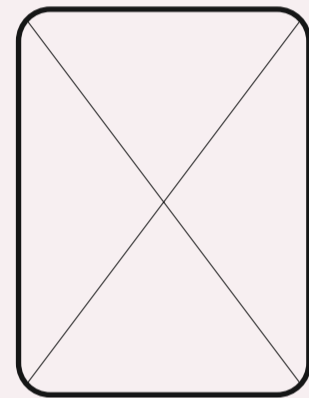
**Rtn. Arun Aggarwal**  
4<sup>th</sup> April



**Rtn. Tehemton Dalal**  
9<sup>th</sup> April



**Rtn. Baldev Ibnani**  
10<sup>th</sup> April



**Rtn. Nargis Gaur**  
10<sup>th</sup> April



**Rtn. Ramesh Israni**  
21<sup>st</sup> April



**Dr. Abhay Dalvi**  
14<sup>th</sup> April



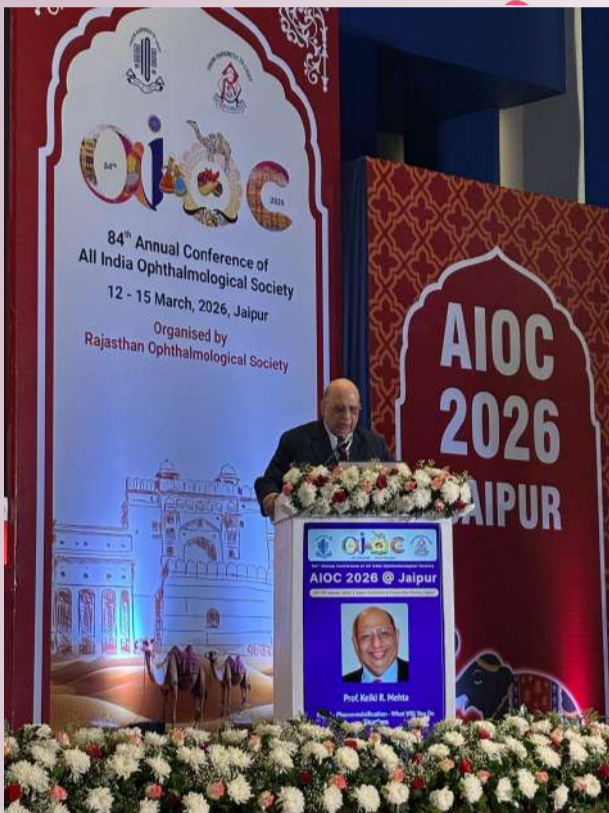
*"May your special day be filled  
with  
happiness, laughter and beautiful moments.  
Wishing you a year full of success, good health and joy!"*



# Southern Cuffelinks

*"Honouring the Success Stories of Our Members and Their Loved Ones."*

**Congratulations**



Our esteemed member Padmashree Dr. Keiki Mehta attended the All India Conference in Jaipur, where he delivered two course lectures and was also honoured with an award for his outstanding contribution and excellence in his field. We extend our heartfelt congratulations to him on this remarkable achievement. His dedication, knowledge, and continued contribution make us truly proud to have such an inspiring personality in our Rotary family. We wish him many more such honours in the future.

### Proud Moment

We are delighted to share that Mona, daughter of Rtn. Nargis, has been invited by the Inter Religious Solidarity Council to speak at ISKCON on 28th on the thought-provoking topic "Trials of Faith and Shared Ethical Values Across Traditions." This invitation reflects her knowledge, insight, and commitment to promoting understanding and harmony among different faiths. We congratulate her on this wonderful opportunity and wish her great success for the talk.



Heartiest congratulations to Rtn. Tehemton Dalal on the wonderful recognition and inspiring leadership highlighted in the press coverage of the Lions Club Byculla event at PVM Gymkhana, Mumbai. Under his dynamic leadership as President, the evening reflected the true spirit of fellowship, service, and community inspiration. His dedication to social causes and commitment to encouraging leadership and public service is truly commendable. We are proud to celebrate this achievement and wish him continued success in all his endeavours.



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