



FOR PRIVATE
CIRCULATION



Rotary Club of Bombay West

*In Service of Humanity.....
Since 1954*

THE FLYING CARPET Club Bulletin

RI President: **Francesco Arezzo** | Dist. Governor: **Dr. Manish Motwani** | President: **Jayant Sanghvi** | Secretary: **Dr. Kamal D'Mello** | Hon. Editor: **CA Siddhant Bhide**

Volume No. 72

Issue No. 6

Published on 24th September, 2025



From the President's Desk

Dear RCBW Members &
Fellow Rotarians,

September holds a special place in the Rotary calendar as we join hands with the United Nations to mark the International Day of Peace on 21st September 2025. This year, Rotary

International renews its commitment to peacebuilding – a commitment that goes beyond the absence of conflict to fostering environments where hope, equity, and opportunity can flourish.

As Rotarians, we create such environments through service projects, peace fellowships, and scholarships – tackling the root causes of conflict like poverty, inequality, and lack of education. Our work aligns with Rotary's Four Roles in Promoting Peace:

1. **Practitioners:** Building conditions for peaceful societies through healthcare, education, clean water, and economic growth.
2. **Educators:** Training over 1,800 Rotary Peace Fellows who lead change in governments, NGOs, and international organizations.
3. **Mediators:** Negotiating humanitarian ceasefires that save lives and create pathways for reconciliation.
4. **Advocates:** Championing inclusivity and resilience in communities across the world.

Further, on 10th September, we also had the privilege of hosting Rtn. Dr. Kalpana Sarangi, an eminent dermatologist and holistic health expert, who spoke on "Holistic Approach to Skin Care". A special word of appreciation to Rtn. Rajul Doshi, our Director – Programmes and Past President (2023–24), for organizing this insightful session. During her Presidential year, Rajul spearheaded several transformative projects with far-reaching impact on underprivileged communities. Her dedication and leadership continue to inspire our Club's efforts in service and fellowship.

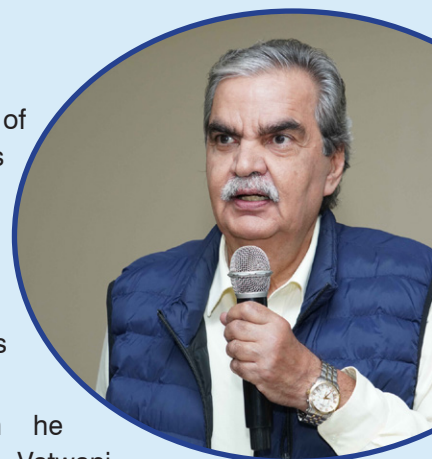
As we look ahead, let us recommit to Rotary's vision of peace – within us, around us, and across the world.

Yours in Rotary,
Rtn. Jayant Sanghvi

What Drives True Social Work? by Dr. Bharat Vatwani

17th September, 2025

Our speaker for the evening of 17th September 2025 was Dr. Bharat Vatwani, who is a renowned Indian Psychiatrist, known for his work in rehabilitating and reuniting the mentally ill, homeless people, with their families.



His journey started when he and his wife, Dr. Smitha Vatwani (also a psychiatrist), encountered with a mentally challenged homeless man, after a South Indian meal, who was happily drinking gutter water! This incident had a tremendous impact on him and he went on to start his Foundation – Shraddha Rehabilitation. His mentor, Shri Baba Amte was instrumental in helping him take the initiative to start his journey and he continues to remain grateful to him.

His movement was not a calculative one, but an emotional one. The 1st Center was started in 1997, in Dahisar. But there he had to face a huge legal battle, as the neighboring residents had filed a case against him for starting a Mental Care facility in their area. Fortunately, he got a clean chit from the courts and he could continue his work.

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**LET'S
INSPIRE !**

PROGRAMMES

**10th Oct. 2025 : DG Elect Rtn. Rajan Dua – Rotary Way Forward
2026-2027**

**UNITE
FOR
GOOD**

He subsequently went and got a 6-acre plot in Karjat, where he started his Shraddha Rehabilitation Foundation with help from various institutions like the Rotary Club of Queens Necklace and other corporates and NGOs.

He has, till date, reunited over 12,000 mentally ill homeless people with their families, along with help from the Social Workers and local police forces. He said that some of these mentally ill homeless people were Professors from prestigious colleges all over India, lawyers, doctors and other professionals. These people were suffering from various forms of mental issues and had left their homes in such conditions. They were from various states of India

like Bihar, Jharkhand, Kashmir and some had crossed the borders from Nepal and Bangladesh.

He is the recipient of the very prestigious award, "RAMON MAGSAYSAY AWARD" in the year 2018 and gets emotional every time his patients are reunited with their families. His facilities have a 95% success rate for reuniting the patients with their families!

What an inspiring and compassionate journey Dr. Bharat Vatwani is on. May he continue to shine and help the mentally-ill homeless in finding their way back.

– Rtn. Neevia Z. Bhatena

Holistic Skin Care Insights by Rtn. Dr. Kalpana Sarangi

10th September, 2025

The Rotary Club of Bombay West held a special meeting on 10th September 2025, marked by the presence of one of its distinguished members, Rtn. Dr. Kalpana Sarangi, who delivered a keynote on "Holistic Approach to Skin Care."

The meeting commenced with the customary pleasantries by President Rtn. Jayant Sanghvi, followed by a significant moment – the induction of two new members, Mr. Prem Ram Mulchandani and Ms. Isha Nisar, who were warmly welcomed into the Rotary family.

The highlight of the evening was Dr. Sarangi's engaging and interactive session, which included a short quiz to encourage participation. Her talk emphasized that skin health is not just about appearance but closely linked to confidence and overall well-being.

She elaborated on common skin issues such as acne, pigmentation, scars, and ageing, explaining their root causes and emotional impact. She highlighted how hormonal changes, stress, diet, sleep, and lifestyle significantly influence skin health. Dr. Sarangi stressed the importance of a personalized approach to skin care, considering factors like skin type, age, and lifestyle.

Key takeaways included practical do's and don'ts for skin treatments and the three-step principle of protect, repair, and rejuvenate for maintaining healthy skin. She also discussed advanced options like rejuvenating treatments, topical medications, nutraceuticals, skin boosters,

laser therapies, skin tightening, hair regrowth, and hair removal procedures.

Particular emphasis was placed on the role of Vitamin C, sunscreens, diet, and quality sleep in slowing ageing and maintaining youthful skin.

The session culminated in an enthusiastic Q&A interaction, where members sought clarity on diverse topics ranging from the effects of weight training on skin, the connection between laughter and glowing skin, remedies for under-eye circles, and the role of hydration and rest in maintaining skin vitality.

The meeting concluded with R/Ann Dr. Aditi Divatia delivering a heartfelt vote of thanks, acknowledging Dr. Sarangi's valuable insights and applauding the active participation of members.

Overall, the meeting was both educative and engaging, blending scientific knowledge with practical lifestyle advice, and left members with a deeper understanding of holistic skin care.

– Rtn. Rushabh Shah



Introducing Our Newly Inducted Members

Prem Ram Mulchandani

Prem is a resident of Bandra and he is engaged in the business of selling children's books, mostly online as well as physical distribution.

Prem's better half, Bhavika is a homemaker and a follower of Radha Swami Beas. She is also a Sevadhaar and is part of the seva group. Prem and Bhavika are proud parents of Neharika, who is 16 years old and currently studying in Class 12 at Bombay Scottish School.

Outside of work, Prem enjoys an active lifestyle including playing cricket & travelling.



Isha Nisar

Isha Nisar is a graduate in BMS Finance from Narsee Monjee College of Commerce & Economics, where she was deeply involved in the Rotary movement for over five years, serving in leadership roles such as Secretary and Vice President at the Rotaract Club of NM College, and later as District Joint Secretary for Rotaract District 3141.

Balancing academics with extra-curricular pursuits, she went on to represent Narsee Monjee College as Miss Mumbai University and was honored with the All-Rounder Award for her outstanding achievements.

She pursued her MBA at the prestigious IIM Ahmedabad, where she interned with Hindustan Unilever on its flagship brand, Surf Excel. Post-MBA, she began her career at ITC Limited, working as a Management Trainee and later as Brand Manager in the Foods Division. She has now taken on a new role as Assistant Vice President in Equity Markets at InCred Capital.

Beyond her professional journey, Isha is deeply passionate about mentorship, guiding over 500 students every year in their pursuit of admission to top B-Schools. She is equally committed to the causes of education and women empowerment, and aspires to remain actively engaged in these spaces.

Welcome
Prem & Isha
to the
RCBW Family!

September : Basic Education & Literacy Month

Basic Education and Literacy is one of Rotary's Seven Areas of Focus, dedicated to ensuring that every individual has access to quality education. Through this initiative, Rotarians work to fight illiteracy, enhance teaching methods, provide learning resources, bridge gender disparities, and foster community and economic growth.

Rotary International has designated September as Basic Education and Literacy Month, recognizing that education is the foundation for reducing poverty, improving health, and promoting peace. Strong literacy skills not only enhance employability and professional success but also improve maternal health, childhood survival, and overall quality of life.

Since its inception, Rotary Club of Bombay West (RCBW) has been deeply committed to literacy and education projects. Our

flagship initiative, the Rotary KDN Shruti School, provides quality education for hearing-impaired children, enabling them to thrive in society. The Bhavishya Yaan Program equips underprivileged BMC school students with vital skills for a brighter future. To support academic excellence, RCBW distributes Navneet guide books and question sets to Class 10 students, preparing them for board examinations. We have also provided E-learning kits to BMC and rural schools in Palghar, and installation of Smart Board Interactive Panel at Saravali ZP School, Halimpada, Dahanu bridging the digital divide and making modern technology accessible to students and teachers alike.

As Malala Yousafzai profoundly reminds us: "One book, one pen, one child, and one teacher can change the world."

– Rtn. Mahesh Kokate and Rtn. Siddhant Bhide

SUNSHINE
CORNER

“A nation will be empowered only when its women population gets empowered.”

– Dr. A. P. J. Abdul Kalam

From the Editor's Desk

Celebrating Shakti Through Service

Navratri is a festival that goes beyond devotion and celebration – it is a tribute to the strength, resilience, and divinity of women. The festival symbolises the feminine energy and inspires us to recognize that the true progress of society depends on the dignity and upliftment of women.

While women today are making significant strides in education, professions, and leadership, many still face barriers of inequality, lack of opportunity, and safety concerns. Navratri reminds us that reverence for the feminine should translate into real empowerment in everyday life. Respecting women must go hand in hand with ensuring they have equal rights, resources, and opportunities.

Rotary has been a strong force in advancing this cause. Through initiatives in education, healthcare, skill development, and entrepreneurship, Rotary has created pathways for women to lead independent and impactful lives. Rotary celebrates maternal and child health month, thereby giving focus on women's health.

Projects like save the girl child, promoting girls' education, providing vocational training, and supporting maternal health not only empower women but also strengthen entire families and communities.

For Rotarians, celebrating Navratri should inspire action. Empowering women is not only about fairness – it is about building a stronger, more inclusive future.

Empowered women are not only changemakers – they are the foundation of a progressive society.

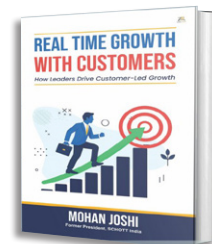
Wishing everyone a very Happy Navratri and Vijayadashami!

In Rotary Service,
Rtn. CA Siddhant Bhide

RCBW NEWS ROOM

PP Rtn. Mohan Joshi has launched a new book – Real Time Growth with Customers, which focuses on how to master the dual mandate of results and culture for professionals with customer interface. This book is available on Amazon, <https://amzn.in/d/3onRIT8>

Congratulations to PP Rtn. Mohan Joshi!



Birthdays & Anniversaries

Rotarian Birthdays	
03-Oct.	Rtn. Nandivardhan Jain

R/Ann Birthdays	
04-Oct.	R/Ann Dr. Nirupa Sushilkumar Rungta
05-Oct.	R/Ann Chand Krishna Kejriwal

Anniversaries	
01-Oct.	Rtn. Dr. Paresb Dodhiwala & Swati
04-Oct.	Rtn. Dr. Sushilkumar Rungta & Dr. Nirupa

Rotary
District 3141

Rotary
Club of Bombay West

LET'S
INSPIRE!

&

DG Dr. Manish Motwani & The Inner Core Team
Invite You To The

MEMBERSHIP & PUBLIC IMAGE SEMINAR

BUILDING A STRONG ROTARY 3141

Rtn. Saurabh Sonawala
Group Avenue Head Membership

Rtn. Ravi Jaswani
Group Avenue Head Public Image

12th October, 2025,
Sunday

Rotary Service Centre,
Juhu

09:00AM - 01:00PM
Followed by Lunch

REGISTER NOW
₹800



President
Rtn. Jayant Sanghvi

Secretary
Rtn. Dr. Kamal D'mello

Convener
Rtn. Tejas Sura

Co-convener
Rtn. Dr. Usha Jayachandran

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UPCOMING EVENTS

**27th Sept. 2025 : Cervical Cancer Vaccination Camp,
Sane Guruji Municipal School**



Rotary PEOPLE OF ACTION

September is
**BASIC EDUCATION
& LITERACY MONTH**
SPECIAL FOCUS: PEACE THROUGH EDUCATION

Literacy is the
Language of
Peace.



PEACE
WITHIN



PEACE
IN FAMILIES



PEACE
IN COMMUNITIES



PEACE
ACROSS
NATIONS



RAGFP