



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**

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From the President's Desk

Dear RCBW Members & Fellow Rotarians,
October has been a month that beautifully reflected Rotary's October theme – Community Economic Development – by celebrating leadership, empowerment, and fellowship within our own community.

Rotary's essence lies in enabling people to take charge of their growth, and this month's activities at RCBW echoed that spirit. Our Diwali Fellowship held on 15th October at the Rotary Service Centre brought members together in an atmosphere of warmth and celebration. Laughter filled Sheila Raheja Hall as stand-up comedian Bhavish Ailani entertained us with his sharp wit. My compliments to the Fellowship Committee – Rtn. Apurva Nanavati, Rtn. Darshan Shah, and Rtn. Prashant Patel – for organizing such a vibrant evening that truly embodied the Rotary value of friendship and joy in service.

On 29th October, we had the privilege of hosting Dr. Gaurav Shah, eminent ophthalmologist, who delivered an enlightening talk on "Latest Developments in Seven Common Eye Diseases". The session offered valuable insights into how technological innovation and preventive care are transforming eye health – a subject that resonated strongly with our ongoing initiatives in community health.

As we move forward, let us remember that Community Economic Development is not only about enterprise and livelihood – it is also about enabling individuals to see possibilities, to learn, and to lead. Whether through skill-building, education, or health-care projects, each of us can play a part in nurturing self-reliant communities. Leadership, as Rotary International President Francesco Arezzo reminds us, often means listening, mentoring, and amplifying the voices of others.

With the festive season continuing, may we carry the spirit of Diwali – light, renewal, and togetherness – into all that we do. Let's keep uniting for good, building a Rotary that remains visible, vibrant, and valued.

Yours in Rotary,
Rtn. Jayant Sanghvi

**LET'S
INSPIRE !**

**UNITE
FOR
GOOD**

Latest Developments in Common Seven Eye Diseases

29th October, 2025



RCBW hosted an enlightening talk on Latest Developments in Common Seven Eye Diseases on 29th October 2025. Dr. Gaurav Shah, a leading Ophthalmologist was the guest speaker who has specialized in Advanced Cataract Surgery and diseases of the Retina, Uveitis, and Glaucoma. Rtn. Advait Sambhare introduced Dr. Shah as a distinguished alumnus of Sankara Nethralaya, Chennai, and a Fellow of L V Prasad Eye Institute, Hyderabad and University of Florida, USA. Dr. Shah has served as a Visiting Assistant Professor in Florida for over a decade. He now heads Eye Life Hospital at Santacruz (W), along with his wife Dr. Sushmita Shah. Their hospital was ranked Mumbai's top single-specialty eye hospital in the Times Health Survey 2025.

Dr. Shah spoke on the latest developments in seven common eye conditions.

For dry eyes, he explained that blue and UV light from electronic devices strain the eyes and disturb sleep patterns by suppressing melatonin. Protective blue-light filters

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and UV-blocking lenses can help. The new Long Laser Wavelength Therapy (LLT) treats dryness by stimulating oil glands in the eyelids.

In refractive error correction, the evolution from LASIK to Femtolasik has now advanced to SMILE surgery, a minimally invasive technique with faster recovery.

Glaucoma, caused by increased eye pressure damaging the optic nerve, can now be managed more effectively with Selective Laser Trabeculoplasty (SLT).

For Diabetic Retinopathy, OCT Angiography enables dye-free early detection of retinal damage.

Age-Related Macular Degeneration (ARMD) now benefits from anti-VEGF drugs and newer refillable long-acting

implants.

Discussing Corneal Transplants, Dr. Shah explained techniques like DALK, DSAEK, and DMEK, and clarified that corneas from older donors remain vital for research.

Cataract surgery has progressed to EDOF lenses, offering clear vision at multiple distances with minimal halos.

Dr. Shah also touched on retinal detachment treatments and clarified misconceptions about corneal donations.

The session offered members deep insights into how modern ophthalmology is transforming vision care. The meeting concluded with a heartfelt vote of thanks to Dr. Shah by Rtn. Dr. Kamal D'Mello for his engaging and informative address.

– Rtn. Manish Mehta

Why Rotary Continues to Inspire Professionals Everywhere...

On 2nd November 2025, I had the privilege of addressing the newly formed Rotary Club of Rainbow Vistas, Hyderabad.

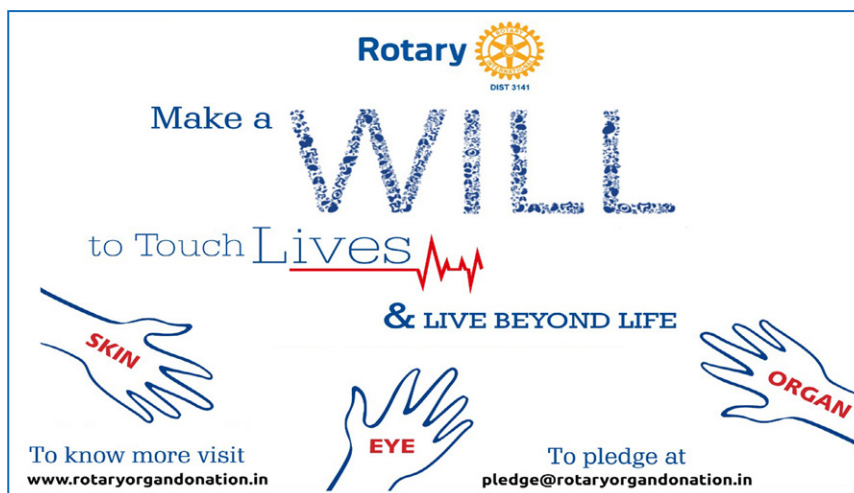
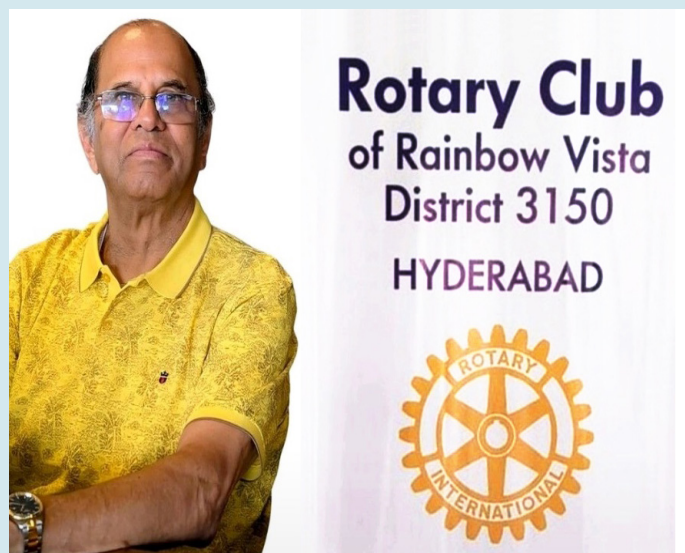
Rotary is unlike any other organization, in most professional organizations, you meet people from the same field, same profession. In Rotary, you meet professionals from every field. That diversity of experience, thought and purpose is Rotary's greatest strength.

Rotary is not a sprint. Don't expect impact in one or two years. It is a marathon - where learning, friendships, and service deepen over time.

Stay the course, and you will discover that if you are a Rotarian for five years...

you're a Rotarian for life.

– Contributed by PP Rtn. Mohan Joshi



Rotary Foundation Month: November Celebrating Impact and Inspiring Action

November is Rotary Foundation Month, an annual opportunity for Rotarians and communities worldwide to celebrate the profound impact of the Rotary Foundation. For over a century, the Foundation has empowered individuals to address humanity's most pressing challenges through projects that foster peace, improve health, and advance education. Its work reflects Rotary International's vision of a world where people unite to create lasting change.

The Rotary Foundation operates on the guiding principle expressed in its motto: "Doing Good in the World."

These simple yet profound words capture the essence of its mission. Contributions to the Foundation are transformed into grants that fund projects addressing critical global issues, including disease prevention, water sanitation, maternal and child health, economic development, and environmental sustainability. The Foundation ensures every dollar has a measurable, transformative impact.

A cornerstone of the Rotary Foundation's success is its leadership in eradicating polio. Since launching the Polio Plus initiative in 1985, Rotary and its global partners, including the World Health Organization and UNICEF, have reduced polio cases by 99.9%. This monumental campaign has immunized over 2.5 billion children, saving millions of lives and strengthening healthcare infrastructure in vulnerable regions. Today, the world stands closer than ever to eradicating the disease entirely.

Beyond polio, the Foundation supports a wide range of initiatives. Its Global Grants program enables Rotarians to design and implement large-scale, sustainable projects tailored to local needs. These projects include building schools, improving access to clean water,

History of The Rotary Foundation

The Rotary Foundation

Doing Good In The World

At the 1917 convention, outgoing RI President Arch C. Klumph proposed to set up an endowment "for the purpose of doing good in the world." In 1928, it was renamed The Rotary Foundation, and it became a distinct entity within Rotary International.

Growth of the Foundation

In 1929, the Foundation made its first gift of \$500 to the International Society for Crippled Children. The organization, created by Rotarian Edgar F. "Daddy" Allen, later grew into Easter Seals.

When Rotary founder Paul Harris died in 1947, contributions began pouring in to Rotary International, and the Paul Harris Memorial Fund was created to build the Foundation.

Evolution of Foundation programs

1947: The Foundation established its first program, Fellowships for Advance Study, later known as Ambassadorial Scholarships.

1965-66: Three programs were launched: Group Study Exchange, Awards for Technical Training, and Grants for Activities in Keeping with the Objective of The Rotary Foundation, which was later called Matching Grants.

1978: Rotary introduced the Health, Hunger and Humanity (3-H) Grants. The first 3-H Grant funded a project to immunize 6 million Philippine children against polio.

1985: The [PolioPlus program](#) was launched to eradicate polio worldwide.

1987-88: The first peace forums were held, leading to [Rotary Peace Fellowships](#).

2013: New [district, global, and packaged grants](#) enable Rotarians around the world to respond to the world's greatest needs.

2021: a competitive, annual grant of \$2 million awarded to support a single, sustainable project that is ready to expand its impact in a large geographic area

Since the first donation of \$26.50 in 1917, the Foundation has received contributions totaling more than \$4 billion.

Seven Areas of Focus

- Basic Education & Literacy
- Maternal & Child Health
- Peace & Conflict Prevention/Resolution
- Disease Prevention & Treatment
- Water, Sanitation & Hygiene
- Community & Economic Development
- Support the Environment

NOVEMBER



"The human contribution is the essential ingredient. It is only in the giving of oneself to others that we truly live."
Ethyl Percy Andrus

ROTARY FOUNDATION MONTH

Rotary 

TAKE ACTION: Get Involved, Give

and providing vocational training for underserved communities. The Foundation also funds scholarships for peace building professionals and provides disaster relief in times of crisis.

Rotary Foundation Month serves as a time for reflection, celebration, and renewed commitment. It's an opportunity for Rotarians to highlight the Foundation's achievements, inspire new contributions, and expand awareness of its work. Through individual donations and community fundraisers, members strengthen the Foundation's capacity to drive change. Every contribution, no matter the size, fuels projects that save lives, create opportunities, and build a brighter future.

As we celebrate Rotary Foundation Month, let us reflect on the incredible power of collective action. The Rotary Foundation demonstrates that when individuals unite with compassion, determination, and purpose, they can transform lives and communities around the globe.

– Contributed by PP Rtn. Rajendra Ruia

**SUNSHINE
CORNER**

“The power to question is the basis of all human progress.”
– Indira Gandhi

The Art of Self-Care

In a world that constantly demands our attention, energy, and time, self-care often feels like a luxury — something we'll get to "someday." Yet, true self-care is not indulgence; it is responsibility. It is the conscious act of nurturing our physical, emotional, and mental well-being so that we can continue to show up — for our families, our communities, and ourselves — with strength and sincerity.

Self-care becomes even more vital in today's times. You cannot pour from an empty cup. When we take time to recharge, we restore the compassion and creativity needed to serve others meaningfully.

12 Self Care Reminders:

1. If it feels wrong, don't do it
2. People will treat you as you treat yourself
3. Remember to breathe, it will ground you
4. Make decisions from a place of love and not fear
5. Consistency is more important than perfection
6. Action is the antidote for indecision
7. The life lessons always live in action.
8. Overthinking cannot be solved by more thinking
9. Your words are powerful, use them wisely
10. Ask yourself before you ask the world around you
11. Resist the temptation to make assumptions
12. Always clarify with communication

Let this be a gentle reminder: taking care of yourself is not selfish, it's essential. So, pause. Breathe. Reconnect with what brings you peace and purpose. The world needs your best self – and that begins with caring for you. Self-care has many different forms, take what you need today!!

In Rotary Service,
Rtn. CA Siddhant Bhide

RCBW NEWS ROOM

- President Rtn. Jayant Sanghvi, Rtn. Manish Mehta and Rtn. Kishen Agrawal represented the Rotary Club of Bombay West in "Run For Nation - National Unity Day" organised by Santacruz Police station on 31st October 2025 at Juhu beach.



- RCBW was conferred with PDG Badar Maskati Trophy for "Care For The Eyes" project and PDG Shantilal Mehta Trophy for Outstanding Medical Project from Rotary District 3141. Congratulations to PP Rtn. Rajul Doshi and Incredible team!



SHRADDHANJALI

A Gentleman, soft spoken and committed Rotarian, PP Shubhashis Bhattacharya passed away on 17th October 2025 leaving an indelible mark on all in RCBW who had the privilege of knowing him. His gentle strength, dignified presence, and commitment to Rotary, especially his instituting the Vocational Loans Scholarship, will always be remembered in the annals of Bombay West. We pray for his noble soul to rest in eternal peace in the abode of the Almighty.



Mrs. Shirin Karachiwala, spouse of PP Firdosh Karachiwala passed away on 22nd October 2025 after brief illness. Condolences to PP Firdosh and the entire family.

Birthdays & Anniversaries

Rotarian Birthdays	
09-Nov.	Rtn. Pankaj Sheth
09-Nov.	Rtn. Tejas Sura
09-Nov.	Rtn. Manish Mehta
11-Nov.	Rtn. Rahul Goenka
13-Nov.	Rtn. Dr. Sunil Shahane

R/Ann Birthdays	
07-Nov.	R/Ann Rita Mohan Parwani
08-Nov.	R/Ann Swati Paresh Dodhiwala
09-Nov.	R/Ann Usha Adesh Gupta
11-Nov.	R/Ann Neesha Nilesh Samant
17-Nov.	R/Ann Annie Minoo Lalwani

Anniversaries	
08-Nov.	Rtn. Adesh Gupta & Usha
18-Nov.	Rtn. Vipul Doshi & Dr. Rupa
18-Nov.	Rtn. Sandeep Welling & Ameeta

