

WORLI WHISPERS

ROTARY CLUB OF BOMBAY WORLI, DISTRICT 3141

Rtn Francesco Arezzo	Rtn Dr Manish Motwani	Rtn Dr Paula Goel	Rtn Sanjay Dosi
RI PRESIDENT	DISTRICT GOVERNER	CLUB PRESIDENT	CLUB SECRETARY

JOYFUL JULY

PRESIDENT SPEAKS

Dear Rotarians,

What a powerful beginning to the Inspire Year 2025-26! July marked a dynamic and inspiring start to our Rotary year 2025-26 — a perfect blend of impactful & purposeful service, meaningful connections, enriching programs, collective energy and heartfelt fellowship. It has indeed been a true reflection of what we stand for.

We began strong on 1st July with a Blood Donation Drive at Dadar Railway Station, coupled with organ donation awareness, CPR demonstrations, and a vibrant flash mob. With 125 units collected, this initiative saw phenomenal energy from AG Rtn Kunjjan Popat and extraordinary leadership by Rtn Pankaj Tanna, whose passion made it a resounding success. The presence of DG Dr. Manish Motwani and Dr. Mahek Motwani elevated the event.

On 3rd July, we hosted our first speaker meeting of the year, curated by Rtn Rajul, featuring Dr. Lucky Kasat, who masterfully wove life lessons through the film Sholay. We also welcomed prospective members Manish and Richa Chaurasia, invited by Dr. Shirish Hastak. The room was alive with engagement and camaraderie.

4th July saw our first ladies' meeting, graciously hosted by Ann Kavita Dosi – a warm and enthusiastic beginning to more Ann-led initiatives.

6th July was the 1st walk with doc session of this season with Dr Rahul Gupta cardiologist from Gleneagles hospital with a very important and informative session on how to make yourself heart attack proof .

12th July, we held our second blood donation drive at Dadar, collecting another 144 units — showing our consistency in creating community impact.

13th July was a touching visit to an Old Age Home, with Sachin, Dipti, Amar, Saurabh, and myself. We distributed fruits and cash for medical needs. I'm especially proud that this initiative will now be taken forward by our Anns of RCBW.

The 17th July speaker meeting with Bhagyashree Chandak on cybercrime and cyber safety was timely, insightful, and extremely relevant in today's digital world.

Our Fireside Meeting on 28th July, hosted by AKS Rtn Sunil & Ann Saroj Siraslewala, brought together members and spouses for an evening of warm bonding and thoughtful discussions.

We closed the month with the grand inauguration of the “Young Healthy Brain” Pediatric Neurosurgery Project at SRCC Hospital on 30th July. Conceptualized by Rtn Sunil Siraslewala, and graced by DG Dr. Manish Motwani, this impactful project will support critical surgeries and investigations for children with neurological disorders.

July was a testament to what we can achieve when purpose meets action. Let's carry this momentum forward — with compassion, clarity, commitment and continue to Inspire, Impact, and Innovate throughout the year.

In Rotary Service,
Rtn Dr. Paula Goel
President 2025-26
Rotary Club of Bombay Worli

1st July 2025

A New Chapter Begins at RCBW

On the 1st of July, 2025, the esteemed Rtn. Dr. Paula Goel assumed the role of President, ushering in a fresh chapter for the Rotary Club of Bombay Worli. With great poise and enthusiasm, she took the reins for the Rotary Year 2025-26. Her inspiring theme for the year, 'LET'S INSPIRE', perfectly captures the spirit of the journey ahead. Dr. Paula has already embarked on a path filled with vision and purpose, aiming to ignite passion and focus across the club.

As your Editor for the 'Worli Whispers' bulletin, I am excited to continue this role and look forward to receiving contributions from our members. With our vibrant community of dedicated ladies and Anne's, I have no doubt we will produce a dynamic and innovative bulletin every month.

I would also like to take a moment to acknowledge the hard work and dedication of our Immediate Past President, Rtn. Akanksha Bector. Over the past year, she demonstrated exceptional leadership and resilience. Despite a packed schedule with travel, family commitments, her daughter's education, business development, and even her own PhD, she continued to make critical decisions and ensured the success of her year as President. I've personally enjoyed working with her, and her achievements are a testament to Add a her determination and unwavering commitment. She faced challenges head-on and navigated them with grace, maintaining her focus and delivering a year to be proud of.

This month promises to be packed with exciting updates, as Dr. Paula and her team leave no stone unturned in their quest for excellence. You can expect lots of photos and stories from our recent projects, as well as fresh initiatives coming your way.

As always, your feedback is invaluable. Please share your thoughts and suggestions so we can continue improving this bulletin with every edition.

Happy reading!

Rtn. Yeshwant Datay

Editor

little bit of body text

ROTARY HISTORY

THE HISTORY OF THE ROTARY BELL

In 1922, U.S. Rotarians organized an attendance contest; the challenge was that the losing clubs would join in giving the winning club a prize. The Rotary Club of New York City was declared the winner and to them was awarded as a prize a bell from a popular patrol boat, which was placed on wood that came from HMS "Victory", Admiral Nelson's vessel at the battle of Trafalgar. Since then, the bell used in Rotary meetings started to represent, as on the ships, order, discipline and the time to guide us through the weekly hour and a half meetings. The bell informs us with its sound the beginning of the Rotary meeting, at which time people present should stand, same as at the end, in order to salute the national and Rotary flags. The gavel symbolizes the authority invested in the Rotarian elected to the highest position in Rotary, and through him/her reminds those present of his/her authority. When presidents transmit their positions to their successors at the end of their mandate, they give the bell their last hit turning the gavel over to their successor, symbolizing the transfer of authority.



Courtesy: Rtn Quresh Karachiwala

Unite for Good: A Call to Collective Kindness

In a world that often feels divided by borders, beliefs, and backgrounds, there is one powerful force that has the potential to bring us together: goodness. "Unite for Good" is more than just a slogan—it's a movement, a mindset, and a mission that reminds us of our shared humanity and the power of collective compassion.

Every day, countless acts of kindness go unseen—a neighbour helping another with groceries, a student tutoring a peer, a stranger offering a smile in passing. These gestures may seem small, but when multiplied by millions, they become a global wave of positive change. To unite for good means recognizing that we all have something to give—our time, our empathy, our voice.

Whether it's volunteering for a local cause, standing up for justice, protecting the environment, or simply choosing kindness over criticism, each action matters. It's about looking beyond our differences and focusing on what unites us: the desire to create a better world.

In times of crisis, we've seen how powerful unity can be — from communities rallying during natural disasters to people supporting healthcare workers during pandemics. Imagine what we could achieve if we brought that same spirit into everyday life.

"Unite for Good" is a reminder that change doesn't always come from the top down. It begins with us — ordinary people doing extraordinary things by working together. So let's break barriers, build bridges, and move forward with open hearts. Because when we unite for good, we all rise.

Meenakshi Singhvi

Creative, Designing Support Team (Worli Whispers)

ROTARY TRAVELS

Where Friendship Meets Purpose

Dr Paula Goel

When we, as Rotarians, travel — whether for a service project, a district event, an international convention, or simply exploring a new city — we do far more than change our surroundings. We step into a world of opportunities that connect hearts, strengthen our fellowship, and enrich our own lives.

On the road, bonds deepen in ways that can't happen in a meeting room. We laugh over missed trains, share steaming cups of chai at roadside stalls, watch sunsets together after a long day of service, and see each other's strengths shine in unexpected challenges. These shared moments weave stories and friendships that last a lifetime.

Travel transforms us into ambassadors of goodwill. Walking into a Rotary club halfway across the world feels like meeting old friends for the first time. The warmth in the welcome, the shared ideals, and that single handshake often open the door to partnerships, exchange programs, and projects that touch lives far beyond our own borders.

It's also a passport to new cultures — tasting foods we can't pronounce but instantly love, learning local customs that make us smile, and listening to stories that shift the way we see the world. We are reminded that service is a universal language, spoken with compassion everywhere.

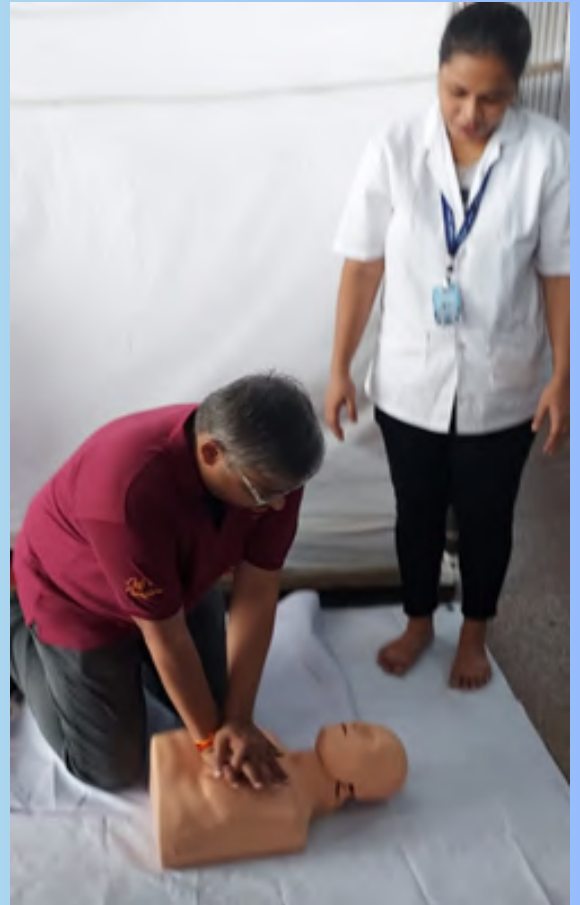
The benefits go far beyond fellowship. Travel sparks the release of endorphins — our “happy hormones” — which lift mood, reduce anxiety, lower stress, and ease symptoms of depression. It can lower blood pressure, improve diabetes control, support healthy weight, and nurture overall wellness. Exploring unfamiliar places, learning new skills, and engaging in different activities challenge the brain, helping reduce the risk of dementia. This immersion also fosters positive psychology — boosting gratitude, resilience, creativity, and joy.

Perhaps the most powerful gift is the quiet magic of giving far from home — the sparkle in a child’s eyes when receiving books, the gratitude in a farmer’s handshake, or a heartfelt “thank you” in a language we don’t speak, yet understand perfectly.

In Rotary, every journey is more than just miles traveled. It’s an adventure that blends friendship, health, learning, culture, and service — leaving us richer in spirit long after we’ve unpacked our bags.



01 July 2025



Venue: Dadar Railway Station

Blood Donation, CPR & Organ Donation Drive

Rotary Club of Bombay Worli held an impactful Blood Donation and Organ Donation Awareness Drive, coupled with CPR training at Dadar Station.

125 units of blood collected.

03 July 2025

UNITE FOR GOOD Rotary District 3141 **LET'S INSPIRE!**

Rotary Club of Bombay Worli

1st Speaker Meeting for 2025-26


Life Lessons & Business Lessons from....

SHOLAY

Thursday, 03 July 2025
07:00 PM

6.30-7 PM - Fellowship
Venue- Sunville Banquet Hall, Worli

Speaker : Dr. Lucky Kasat
Consultant Pediatric Surgeon | TEDx
Speaker | Bestselling Author



Venue: Sunville Banquet Hall

Speaker Meeting: Life & Business Lessons from SHOLAY

06 July 2025

Walk with a Doc

Topic : How to make yourself heart attack proof!



Dr Rahul R Gupta

Director - Cardiology,
Gleneagles Hospital, Parel, Mumbai.



Dr Shirish M. Hastak

Regional Director - Neurology,
Stroke & Neurocritical Care
Gleneagles Hospital, Parel, Mumbai.



📅 Sunday | 06 July, 2025

🕒 7 a.m. onwards

📍 Mahalaxmi Race Course (Next to Polo Gate)



Gleneagles Hospital
PAREL, MUMBAI



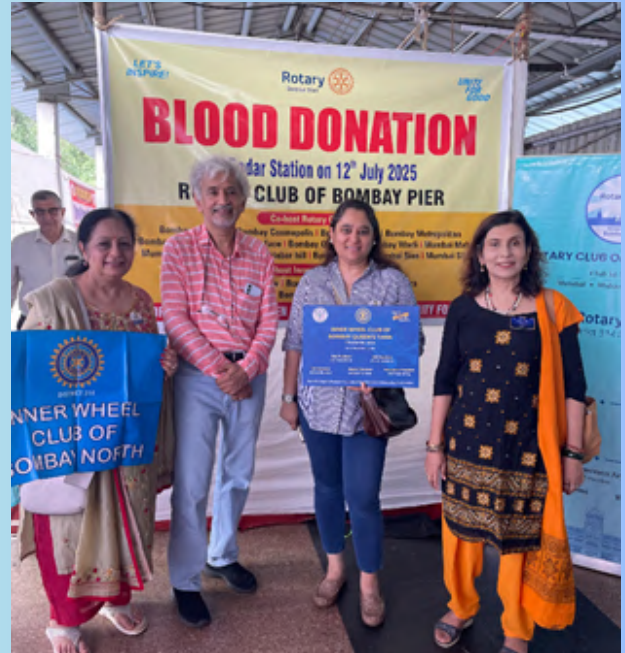
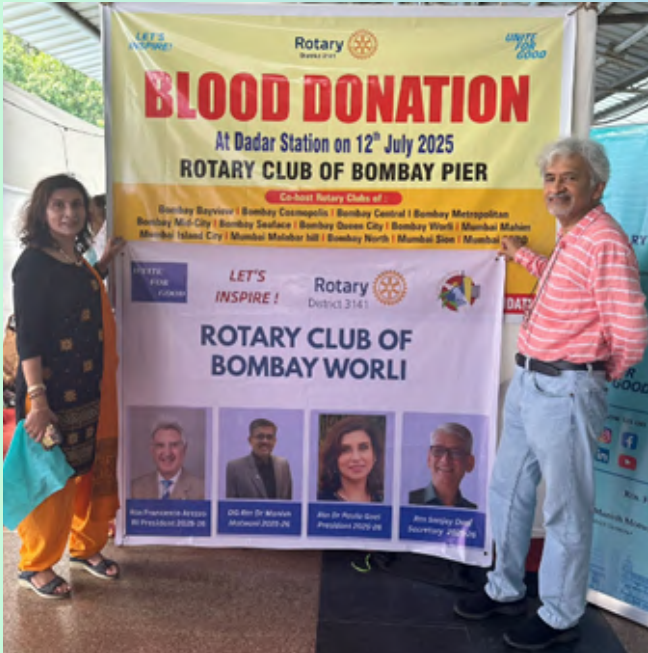
Rotary 
Rotary Club of Bombay West
District 3141

Venue: Mahalaxmi Racecourse

Walk with a Doc

A morning of health, awareness, and community bonding.

12 July 2025



Venue: Dadar Railway Station

A major joint drive with Rotary Club of Bombay Pier (lead) and
Rotary Club of Bombay Worli (co-host).

144 blood units collected

13 July 2025



Venue: Matoshree Old Age Home, Gorai, Borivali

Visit to Old Age Home

A heartfelt visit to Matoshree Old Age Home housing 20 senior citizens

14 July 2025



Venue: Zugarewadi & Gurunanak Schools

Transformational Education Support

A glimpse into the journey of students at Zugarewadi School and Gurunanak School. Children have shown remarkable growth, confidence, and self-belief through Apni Shala's program, supported by RCBW. The initiative is building hope — one child, one family, one community at a time.

17 July 2025

UNITE
FOR
GOOD

Rotary
District 3141

LET'S
INSPIRE!

ROTARY CLUB OF BOMBAY WORLI

LAKSHMAN REKHA

A Crucial Conversation on Cyber
Crimes & Cyber Security

Speaker
Bhagyashree Chandak

Date : 17th July, 2025
6.30 to 7 P.M. Fellowship
Time : 7 P.M. Onwards
Venue : Sunville Banquets, Worli



Venue: Sunville Banquets

CONVERSATION ON
CYBER CRIMES & CYBER SECURITY

18 July 2025



Venue: Thane
Blood Donation Drive
A co-hosted blood donation drive by RCBW
57 units collected

28 July 2025



Venue: Lodha park

Fireside meeting hosted by Rtn Sunil and Partner Saroj
Sireslewala

30 July 2025



Venue:
SRCC Hospital, Mumbai

Inauguration:
**Young Healthy Brain
Project**

Rotary Club of Bombay
Worli inaugurated the
Young Healthy Brain
Pediatric Neurosurgery
Project, initiated by AKS
Rtn. Sunil Siraslewala.

Little Hands & Little Feet – Pediatric Orthopedic Surgery Project

ROTARY PUZZLE

ACROSS:

- 1) Rotary International is based in this country
- 2) Annual Rotary international conference
- 3) Founding city of Rotary
- 4) Rotractors are _____ leaders

DOWN:

- 5) Service _____ Self
- 6) Rotary founder
- 7) Meeting day for our club
- 8) First of the Four-Way Test
- 9) Rotary's global eradication campaign:
“End _____ Now”

