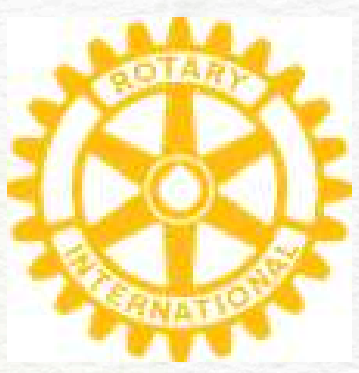




LET'S
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FOR
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**ROTARY CLUB OF BOMBAY WORLI,
DISTRICT 3141**

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

**WORLI WHISPER
APRIL 2026**



PRESIDENT SPEAKS

April has been a month of purpose, progress, and meaningful engagement – reflecting our shared commitment to community, knowledge, and service.

We began the month on a proactive note with the Walk with a Doc initiative on the 5th, led by Dr. Yash Sabarwal, Infectious Disease Specialist. Centered around adult vaccination, the session emphasized preventive healthcare and empowered participants with practical, evidence-based insights. It was heartening to see such enthusiastic community participation toward a healthier future.

On the 16th, we hosted a thought-provoking speaker meeting with Dr. Renu Shome on “Unlocking EU Markets.” The session opened new perspectives on global opportunities, offering valuable guidance for those looking to expand horizons beyond domestic boundaries. It reinforced the importance of knowledge exchange and staying globally relevant.

The spirit of fellowship was beautifully celebrated on the 24th at Dobara Banquet, Palladium. The evening brought together members in an atmosphere of warmth, camaraderie, and shared purpose – reminding us that strong relationships remain the backbone of any thriving organization.

We concluded the month with a meaningful act of giving on the 28th through our cancer donation initiative. This effort stands as a testament to our collective compassion and responsibility toward those in need, reinforcing that service lies at the heart of all we do.

As we move forward, let us continue to build on this momentum – fostering health, knowledge, fellowship, and service in everything we undertake.

Warm regards,
Rtn Dr Paula Goel
Rotary Club of Bombay Worli
(President)

EDITORIAL

Dear Fellow Rotarians and Friends,

As we step into April, we enter a season of vibrant renewal and reflection. In the Hindu calendar, this month marks Gudi Padwa and Ugadi—the traditional New Year. It is a beautiful reminder that no matter how much we have accomplished, there is always room for a fresh start, new goals, and a renewed commitment to our shared vision.

In the world of Rotary, April holds a special significance as Maternal and Child Health Month.

Strengthening the Foundation of Tomorrow

Every child deserves a healthy start, and every mother deserves safe, accessible healthcare. Unfortunately, for thousands of families just a few kilometers away from our meeting rooms, this is still a distant dream.

This month, our focus sharpens on transforming this reality.

The Worli Pediatric Health Initiative: We are expanding our local outreach to provide essential wellness check-ups, nutritional support, and vital immunizations to underprivileged children.

Adhar Tirth Project: By supporting the children of farmers of Maharashtra who committed suicide unfortunately.

Through these actions, we aren't just donating resources; we are building a foundation for a healthier, more resilient generation.

Reflecting on Our March Successes

Our collective energy last month was nothing short of inspiring. Thanks to your unwavering support, our recent Fund Raising Efforts successfully done by help of Deepak Patkar's musical evening.

"Service above self is not just a motto; it is the silent engine that drives our club forward every single day."

Looking Ahead: The Road to June

As we head into the final quarter of this Rotary year, it is time to channel our momentum into a strong finish. We have several key fellowship events and community projects lined up for the coming weeks. I urge each of you to step forward, participate actively, and invite prospective members to witness the magic of Rotary Club of Bombay Worli in action.

Let us embrace this month of renewal with open hearts and hands ready to serve.

Yours in Rotary Service,

Rtn. Yeshwant Datay
Worli Whispers (Editor)
Rotary Club of Bombay Worli

Serve the Planet:

Nurturing a Greener Tomorrow

In an era where environmental concerns are at the forefront, the call to “Serve the Planet” has never been more relevant. Across communities, individuals and organizations are stepping forward to protect, preserve, and restore our natural world through meaningful and sustainable initiatives.

Tree plantation drives remain one of the most impactful activities. By planting saplings and nurturing them into thriving trees, volunteers contribute to cleaner air, improved biodiversity, and a healthier ecosystem. Equally significant are clean-up drives, where dedicated teams come together to clear beaches, parks, and public spaces, fostering both environmental awareness and civic responsibility.

Celebrations of Earth Day further amplify this mission. Activities such as awareness campaigns, recycling initiatives, and eco-friendly workshops inspire communities to adopt sustainable lifestyles and reduce their environmental footprint. Organizations like Rotary International play a pivotal role in championing these efforts. Through projects focused on water conservation, waste management, and green energy, Rotary members are creating lasting change while engaging communities at the grassroots level.

“Serve the Planet” is not just a theme—it is a shared responsibility. Every small action, from planting a tree to reducing plastic use, contributes to a larger movement toward a sustainable and thriving future for generations to come.

Meenakshi Singhvi
Creative, Designing Support Team
(Worli Whispers)

ROTARY TRAVEL

Whispers of Green: Discovering Ziro Valley



Ziro Valley: Where Nature Meets Culture

Nestled in the tranquil hills of Ziro Valley at an altitude of 1,500–2,400 meters, this picturesque destination is a perfect blend of natural beauty and cultural richness. Surrounded by pine forests and lush paddy fields, Ziro offers a refreshing escape with pleasant weather throughout the year, making it ideal for travelers seeking peace and authenticity.

The valley is home to the indigenous Apatani tribe, known for their sustainable lifestyle and unique traditions. Their bamboo houses, vibrant customs, and distinctive practices—such as facial tattoos and nose plugs among older women—reflect a deep-rooted cultural identity. A highlight of their lifestyle is the innovative paddy-cum-pisciculture system, where rice and fish are cultivated together, showcasing an eco-friendly approach passed down through generations.

Nature lovers can explore the scenic beauty of Talley Valley Wildlife Sanctuary, home to rare wildlife, or unwind at the serene Siikhe Lake. Other notable attractions include the Tarin Fish Farm, a high-altitude fish farming centre, the ancient Meghna Cave Temple offering panoramic views, and Hong Village, one of the largest and oldest traditional Apatani settlements. The pine groves and trekking trails further enhance the valley's charm.

Ziro's cultural vibrancy shines during festivals like the Myoko Festival and the popular Ziro Music Festival, which blend tradition with contemporary energy.

A proposed UNESCO World Heritage Site, Ziro Valley is more than a destination—it is an experience of harmony between nature, culture, and sustainable living.

Inauguration of Panel TV at NMT School

The inauguration of a panel TV at NMT School was held on 1st April, marking a step towards enhancing digital learning for students. The event was attended by Rtn. Nimesh, Rtn. Paula, Rtn. Sanjay, and Kavita. School trustee Harish Mulchandani, coordinator Priya, and the school counselor were also present. The panel TV will support interactive and visual teaching methods, enriching the learning experience. The school expressed gratitude to everyone involved in making this initiative successful.



A Ward of Hope and Healing

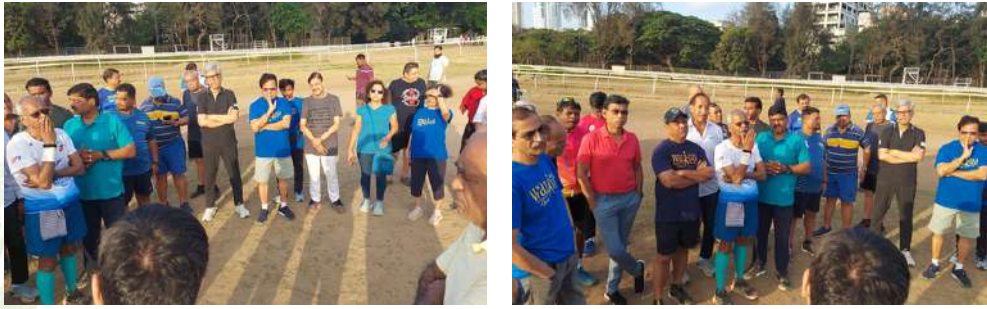
The general ward at Tata Memorial Hospital was inaugurated on 2nd April, marking a major milestone in strengthening cancer care facilities. The ceremony was graced by Chief Guest Dr Manish Motwani, whose presence added significance to the occasion. This noble initiative was a joint project led by Rotary SOBO, reflecting Rotary's continued commitment to service above self.



Special appreciation goes to Sunil Siraslewala and Saroj Siraslewala for their immense generosity and contribution towards this project. Cancer being a dreaded disease, the addition of this 80-bed general ward will provide much-needed support and care to numerous patients and their families. This facility will truly be a lifesaver for many. Kudos to the Siraslewala family for their compassion and commitment to making a meaningful difference in society.



WALK WITH DOC



“Walk with the Doc,” led by Yash Sabbarwal, combined fitness with valuable health education. The session focused on spreading awareness about infectious diseases, their transmission, and prevention. Participants learned the importance of hygiene, vaccination, and healthy habits in daily life. The interactive walk encouraged questions and easy understanding of medical concepts. This initiative highlighted that staying active while being informed is key to building a healthier, safer, and more aware community.

Unlocking EU Markets: How Indian Businesses Can Scale, Compete and Thrive Globally



The European Union offers immense opportunities for Indian businesses aiming to expand globally. Dr. Renu Shome emphasizes that success lies in understanding strict EU regulations, quality standards, and sustainability requirements. Indian companies must invest in innovation, certifications, and strong branding to gain consumer trust. Adapting to local preferences and leveraging digital tools can enhance competitiveness. Building strategic partnerships and conducting thorough market research are equally crucial. By aligning with the EU’s green and ethical practices, Indian businesses can not only enter but also scale, compete effectively, and thrive in the dynamic global marketplace.

A VISIT FILLED WITH COMPASSION AND HOPE

On 12th April 2026, President Rtn Dr. Paula Goel and Saurabh Goel visited Adhar Tirth Ashram at Trimbakeshwar—a place that reflects both deep loss and inspiring hope. The visit, though simple, became a deeply moving experience for all present.



Fruits were distributed to 172 children, symbolizing care and nourishment. In return, the children presented a heartfelt performance that touched every heart, showcasing their resilience, innocence, and strength despite difficult circumstances. Their smiles were a powerful reminder of courage and positivity.

These children, orphaned by farmer suicides, are nurtured at the ashram with shelter, education, and strong values. The visit highlighted the importance of empathy, community support, and collective responsibility, showing how small gestures can bring hope, healing, and a brighter future.

AMBULANCE HANDOVER CEREMONY



On 23rd April 2026 at 3:30 pm, the Rotary Club of Bombay Worli successfully conducted the handover and inauguration of an ambulance as part of its CSR initiative. The event took place at Gol Garden, outside the Dean's Office, Main Building of Sir J.J. Hospital. The ceremony was graced by Chief Guest Dr. Ajay Bhadarwar, Dean of Sir J.J. Hospital, whose presence added great significance. This initiative aims to strengthen emergency medical services and support patient care. It reflects Rotary's continued commitment to community welfare and healthcare, truly embodying the spirit of "Service Above Self."

A Gesture of Hope



A cheque donation to cancer patients at Tata Memorial Hospital is a meaningful act of compassion. It supports treatment costs, medicines, and essential care. Such generosity brings hope to patients, eases their financial burden, and reflects a deep commitment to humanity and social responsibility.

An Evening of Togetherness and Cheer



On 29th April, our fellowship gathered for a delightful evening at Dobaraa, enjoying a perfect blend of food, music, and dance. The lively ambience set the tone for a warm and engaging get-together, where members bonded beyond formal meetings. A wide variety of delicious dishes delighted every palate, while upbeat music created a vibrant atmosphere. Soon, the rhythm brought everyone to the dance floor, filling the evening with laughter and joy. The gathering truly reflected the spirit of fellowship—strengthening friendships, sharing happiness, and

creating lasting memories. It was an evening full of energy, connection, and celebration that everyone will fondly remember.

Healing with Humanity: A Rotarian's Mission

My name is Dr. Milind Mohan Navalakhe. I am an ENT surgeon, academician, teacher, and clinician, and my journey in the field of medicine has been shaped by dedication, discipline, and a deep commitment to patient care.

I completed my MBBS from BYL Nair Hospital, Mumbai Central, and my MS in ENT from Seth GS Medical College and KEM Hospital,

Mumbai. I moved to Mumbai in 1986, and over the past four decades, this city has given me the opportunity to grow, serve, learn, and establish myself in the field of Otolaryngology.

Today, I serve as Professor and Head of the Department of ENT at Lokmanya Tilak Municipal General Hospital and LTM Medical College, Mumbai. I am also associated as a Senior ENT Consultant at Gleneagles Hospital and Wockhardt Hospital, Mumbai.

Throughout my professional life, I have always believed in precision, sincerity, and excellence in clinical practice. Cochlear implant surgery has been one of the most meaningful areas of my work. Restoring hearing to children and adults, and seeing the transformation it brings to their lives and families, has been deeply fulfilling. As part of my social responsibility, I have performed nearly 700 cochlear implant surgeries for poor and underprivileged patients in municipal hospitals, with support from charitable funds and philanthropic contributions.

Apart from cochlear implants, I have remained actively involved in introducing and promoting advanced ENT surgical techniques, including sialendoscopy and other evolving procedures. Teaching has always been close to my heart. As a professor and mentor, I consider it my responsibility to guide young doctors, postgraduate students, and upcoming ENT surgeons, not only in surgical skills but also in ethics, discipline, compassion, and commitment to society.

My wife, Dr. Rajshri Navalakhe, has been my strongest support and an accomplished professional in her own right. She holds a PhD in Applied Biology from the Department of Pharmacology at Seth GS Medical College and KEM Hospital. She served as a Woman Scientist at the National Institute for Research in Reproductive Health, an institute under the Indian Council of Medical Research, until 2012. She is



presently the Director of Shades Center of Excellence, an advanced audiology centre, and is also actively involved in managing a pharmacy and ENT clinic.

Together, we run SHADE Trust – Speech, Hearing and Deaf Education – in Jalgaon district, Maharashtra. Through this trust, we aim to contribute towards hearing healthcare, deaf education, rehabilitation, and support for those who need it most.

Rajshri has beautifully balanced her professional responsibilities, family life, and personal wellness. She is deeply committed to health and fitness and regularly practises yoga, functional fitness, swimming, lawn tennis, and marathon running. Her discipline, positivity, and strength have always inspired our family.

We are blessed with two sons.

Our elder son, Abhirva, has completed his Master's degree in Aerospace Engineering from Cranfield University, London. He is adventurous, curious, and intellectually driven. He is also a licensed skydiver, having completed more than 100 jumps across Spain and the United Kingdom. He has a strong interest in learning and keeps expanding his knowledge through a wide range of informative content. Our younger son, Kushal, is currently pursuing his final year of MBBS at Seth GS Medical College and KEM Hospital, Mumbai. He is thoughtful, observant, and sincere. He has a keen interest in photography and sports and is actively involved in organising college festivals. Like his elder brother, he also enjoys learning and continuously strives to broaden his understanding of the world.

When I look back at my journey, I feel grateful. Grateful for my education, my teachers, my patients, my colleagues, my students, and above all, my family. My life has been a journey of service, learning, responsibility, and growth. I remain committed to continuing my work with the same sincerity, compassion, and dedication that have guided me throughout my career.



A STORY OF RESILIENCE, BELIEF, AND QUIET DETERMINATION.

Paashin, who was often labeled a “slow learner.” Many people focused on what he couldn’t do, but very few took the time to understand what he could do.

His journey changed when he secured admission at the Tata Institute of Social Sciences—an institution that looks beyond marks and focuses on a child’s true interests and strengths. During their assessment, they discovered his deep interest in automobiles. That one insight shaped his path, and he was enrolled in a four-year Automotive Service degree.



Through my daughter’s friend, his mother reached out to me. There was hope in her voice, but also concern. She simply wanted her son to learn, grow, and become independent. We welcomed him into Misa Garage, where he started coming after college hours.

Over the next four years, he showed up every single day—quiet, sincere, and willing to learn. The journey wasn’t easy. Progress was slow, mistakes were repeated, and patience was tested. But step by step, with consistent effort and support from my team, he kept moving forward.

And then came the moment that made it all worthwhile—he successfully completed his course and received his Automotive Service Degree. For many, it may just be a certificate. But for him and his mother, it was proof of courage, perseverance, and possibility.

With renewed hope, his mother applied for a position for him at a Mercedes service centre. Unfortunately, he was rejected because he was still seen as a “slow learner.” It was a deeply painful moment. She even wrote a strong letter to Mercedes-Benz in Germany, but there was no response. But life had other plans.



With faith, persistence, and the blessings of the Almighty, he secured a position at a Tata Service Centre. That opportunity meant everything—it gave him dignity, confidence, and a place where his effort was valued.

Sometime later, a reply finally came from Mercedes-Benz.

She flatly refused the offer, by then, it no longer mattered.

He had already proven—to himself and to the world—that he was capable.

By: Rtn. Quresh Karachiwala

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District 3141



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ROTARY CLUB OF BOMBAY WORLI

**Fayth Clinic - SHIV SHAKTI CHS. A WING, 1ST FLOOR, AGAR BAZAR, PRABHADEVI,
MUMBAI 400025**

CLUB CALENDAR FOR THE MONTH OF MAY 2026

Date / Day	Programme	Venue / Time
3rd May, 2026 Sunday	Walk with Doc - Speaker Dr Girish Bhalerao, Topic - Robotics In Joint Replacement.	Time : 7:00 am Venue : Mahalaxmi Racecourse.
7th May, 2026 Thursday	Speaker Meeting Speaker : Dr Paula goel Topic - Effective Grand Parenting For Different Ages	Time : 6:30 pm Venue : Sunville Banquet Hall, Worli
16th May, 2026 Saturday	Fellowship	Venue : Coxybox Lower Parel Dinner at 7.30 pm
26th May, 2026 Tuesday	Cancer Donation	Venue : Tata Memorial Hospital
28th May, 2026 Thursday	Club Assembly	Time : 6:30 pm Venue : Sunville Banquet Hall, Worli

PROJECTS FOR THE MONTH OF MAY 2026

1. Cancer patients Donation Rs.2,00,000/-.
2. Monthly distribution of eggs and bananas to Fural ZP school Zugarewadi
3. Ongoing distribution of Grains to children of Adhar Tirth Ashram.
4. Roha milk and Kellogg distribution.
5. Ongoing malnutrition project at Adhar Tirth Ashram.
6. Taloja project nourishment provided by Decimal Foundation.

President. Rtn. Dr. Paula Goel

Club Secretary: Rtn. Sanjay Dosi