



ROTRY 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

NOVEMBER 2025

WORLI WHISPERS

From the President's Desk

November – Gratitude in Service

Reflecting on Giving, Gratitude, and the Bonds That Make Us Stronger

November at *Rotary Club of Bombay Worli* has been a month overflowing with warmth, gratitude, and meaningful service. As we stepped into Rotary Service Week from 2nd-9th November, our members once again demonstrated what Service Above Self truly looks like. This month was not just about the projects we completed, but about the spirit with which each member contributed – with humility, compassion, and a heart full of gratitude.

Highlights of the Month -

2nd November - Walk with Doc - We began the month on a mindful note with an invigorating Walk with Doc at Mahalaxmi Racecourse. Our speaker, *Dr. Gayatri Harshe*, consultant radiologist, enlightened members on “Pain in Abdomen,- importance of imaging ” blending wellness with education in the early morning breeze.

3rd November -Rotary Service Week (RSW) - A highly informative Cyber Crime Awareness Session was conducted online at 8:30 PM for Interactors. 20+ attendees participated. My heartfelt gratitude to *Ann Mamtha Shetty* for skillfully conducting the session and to *Ann Meenakshi* for her flawless coordination. Their dedication ensured the success of this important initiative.

5th November- Blood Donation Drive was held at VT Railway Station at 10 AM, this drive highlighted our club's ongoing commitment to saving lives. Each donor added to the spirit of giving that defines November.

6th November - Signature Senior Citizens Project- As the Lead Club, RCBW undertook a truly heart-touching project across three old age homes:

1. JJ Dharamshala
2. Shepherd Widow Home
3. King George Memorial Old Age Home

We reached 103 senior citizens with care and compassion.

Items Distributed

Medicines, Food grains, Clothes, Diapers, Toiletries, Bed sheets donated by *Rtn Sunil & Saroj Siraslewala*, Grain Contribution of rice, dal, atta, sugar, salt, and oil were generously sponsored by *Rtn Amar & Bhakti Parekh*. Toiletries at JJ Dharamshala was sponsored by *Rtn Quresh & Tara Karachiwala*

Gratitude to Our Core Team:

- | | |
|---------------------------------|--|
| - <i>Rtn Pankaj Tanna</i> | - <i>Rtn Sunil & Saroj Siraslewala</i> |
| - <i>Rtn Quresh Karachiwala</i> | - <i>Rtn Amar Parekh</i> |
| - <i>Rtn Dipti Rajda</i> | - <i>Rtn Rakesh Jain</i> |
| - <i>Rtn Sachin Singhvi</i> | - <i>Meenakshi Singhvi</i> |

Our Cohosts were RC Harbour View: Rtn Chhavi & Rtn Benaifer, RC Harbour: President & Rtn Pachisia, RC SoBo: Rtn Rakesh Jhaveri , Members from RC Midtown
The day was filled with music, laughter, and emotional connections. Watching our senior citizens sing and engage with joy reminded us why service is the greatest gift.
Total Project Cost: ₹1,17,000 , RCBW contributed the balance after support from partner clubs.

6th November - Speaker Meeting

Members later gathered at Sunville Banquet, Worli for an inspirational session by Mrs. *Bijal Doshi*, founder of India's largest Breathwork community. Her session "*The Breath of Life: Healing & Longevity*" left everyone enriched and energized.

On **5th & 6th November** - Cadre *Dr Madhav Borate* had a meeting with the trust members for *Late FT Khorakiwala* project *Little Hands & Little feet*, pediatric orthopedic surgeries & visited SRCC hospital for the same .

8th November - Disability Project - As part of RSW, a significant Disability Camp was conducted by *Rtn Rajiv Mehta* in partnership with RC Palghar and Ratnanidhi Foundation. *55 prosthetics* were manufactured and provided to beneficiaries.

8th November - Computer Lab Inauguration- A moment of pride as *Rtn Yogesh* and *Sheetal Gupta* inaugurated a computer lab at Roha Pali School, following Yogesh's generous donation of *10 desktops* for students.

13-18th November - Fellowship was celebrated on Andaman Islands . The 5 days visit was truly memorable with good bonding amongst members amidst the natural beauty of blue seas . What a memorable chapter in our Rotary family! *Saurab and I* deeply cherish the laughter, conversations, scenic views, shared meals, music, dance, and the special moments that brought us closer as a family. A heartfelt thank you to each member who joined the trip. Thank you to *Rtn Sunil Dhowan & Rtn Sandeep Agarwal* (Fellowship Directors), *Rtn Mehul Zatakia* for prompt coordination, *Rtn Jayant & Rtn Netra Nairi* for unwavering support. This journey will remain a treasured memory.

On **18th November** - RCBW along with RC Thane distributed utilities at BMC school Adarsh Nagar , Prabhadevi , which was attended by Municipal Commissioner Dr Ghagrani & Education department officials . It was also attended by Mr. Subroto Chatterjee, India Head - Goldman Sachs, with presence of Mike B and Ms. Archana. Special thanks to *Rtn Pankaj* for spearheading this project & *Rtn Ashwin* for arranging excellent refreshments, supported by *Jayesh, Yeshwant, Sachin & Dr. Ashish Goel*.

20th November - Speaker Meeting - At Sunville Banquet, members engaged with *Sanjay Mehta*, who delivered a thought-provoking talk: Demystifying Artificial intelligence By *Rtn Hareesh Tibrewala* . This speaker meeting turned out to be eventful as it focused AI and how AI can change our life.

24th November - Cancer Care Donation - A contribution was made to Tata Memorial Hospital, reaffirming our commitment to supporting cancer patients and ongoing medical care.

This month, more than any other, reminded me of the power of community, compassion, and collective goodwill.

To every member who participated, supported, coordinated, or simply cheered us on – thank you.

Gratitude is not just a feeling; it is an action.

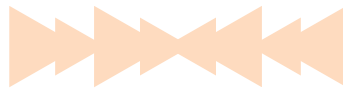
And in November, we lived it fully.

Yours in Rotary Service,

Rtn Dr. Paula Goel

President,

Rotary Club of Bombay Worli



EDITORIAL

Our holidays are coming to an end. We stayed in Brazil for almost 170 days, and now it's time to return to Amchi Mumbai. It was wonderful for both of us to spend such a long period with our son, and we truly had a fantastic family time together. Coming back to India felt thrilling and filled with a sense of newness. I reunited with my fellow Rotarians after a gap of six months, and it was lovely to see some new faces who have joined our club during this time.

My request to members for their contributions to the bulletin was promptly answered by *Rtn. Taizoon*. He kindly shared an engaging article about their holiday experience in Masai Mara and Serengeti, along with some beautiful photographs. I am delighted to present his contribution here.

Our very old friend and former Rotarian, *Shri Suhas Naik Satam*—who has supported us on many occasions during our meetings at Nehru Planetarium—has shared his fascinating experiences with the Planetarium right from its inception. His write-up is truly worth reading.

And now, as we turn the page to a new Rotary Year, it's time to welcome our incoming President.

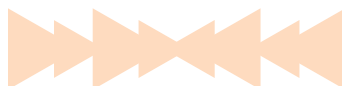
Enjoy the reading!

Warm Rotary regards,

Rtn Yeshwant Datay

Editor - Club Bulletin

Rotary Club of Bombay Worli



Celebrating Hearts that Give Gratitude in Service

In every thriving community, there are individuals whose quiet dedication becomes the heartbeat of meaningful change. This month, our magazine turns its focus to Gratitude in Service—a reflection on the spirit of giving, the strength of collective effort, and the profound impact of appreciation.

At the core of service lies gratitude: gratitude for the opportunity to give, for the trust of the communities we serve, and for the unwavering commitment of members who turn intentions into action. Volunteers, project leads, and long-time contributors were recognized not only for the hours they dedicated but for the compassion, creativity, and resilience they brought to every initiative. From organizing medical camps to supporting education programs, each member's efforts illuminated how service, at its heart, is an expression of love.

Service work highlighted stories of individuals who went beyond expectation—members who stepped up during crises, mentors who nurtured young leaders, and teams who worked tirelessly behind the scenes. Their journeys reminded everyone that gratitude is not just about receiving thanks, but about acknowledging the ripple effect one act of kindness can create.

Perhaps the most touching part of the celebration came from community testimonials. Students shared how educational support programs transformed their confidence. Parents expressed relief and hope after accessing vital health services. Local residents spoke about how small gestures—books, meals, clean spaces—made them feel seen and valued. These voices of gratitude offered powerful proof that service makes a difference not only in circumstances, but in spirits.

As we reflect on the year's achievements, one message shines through clearly: service flourishes where gratitude lives. When we recognize each other's contributions and stay grounded in appreciation, we strengthen not just our projects, but our purpose. In gratitude, we find connection—and in service, we find our shared humanity.

Meenakshi Singhvi

Creative, Designing Support Team
(Worli Whispers)



Embracing the Wild Harmony with Nature

“In the heart of the Mara and Serengeti, we found both wildlife and wonder.
Our African Adventure

Our African journey took us from the Masai Mara to the Serengeti, and honestly, it felt like stepping straight into a nature documentary!

At Mara Toto Tree Camp, perched above the forest, we woke up to hippos grunting below and set off each morning with our wonderful guide, Sammy. We watched lions & their cubs lounging in the grass, a leopard on the prowl, a cheetah tenderly caring for her cub – and another chasing impalas while hyenas hovered nearby. Herds of zebras, gazelles, and impalas completed the classic Mara scene.

A definite highlight was our sunrise hot air balloon ride over the Mara – floating silently above the plains with animals spread out below us. Absolutely breathtaking! And the number of hippos we spotted... unforgettable!

Then came the Serengeti, where a quick charter flight took us to Asilia Camp with our amazing guides, Baraka and Tate. We were beyond lucky to witness not one but two wildebeest and zebra crossings – a jaw-dropping display of courage and instinct. But in the end, one or two get sacrificed and eaten by crocodiles!! Elephants, giraffes, and endless birds (don't ask us their names) added to the magic.

As Taizoon wisely said, “Nature teaches us about survival, feeding, mating, and co-existing – lessons we humans live by too.”

Before heading home to Mumbai, we spent a night in Nairobi. With half a day to spare, Adam suggested a quick trip to Nairobi National Park to try our luck with

rhinos – and what luck! We saw three rhinos, plus a family of jackals, ostriches, towering giraffes, and three lions lounging on a little hilltop.

Best of all, we shared this unforgettable adventure with all our children and my daughter-in-law's parents – making the experience even more special.



Courtesy by
Rtn. Taizoon Khorakiwala



NEHRU PLANETARIUM

Since ancient days, human has never ceased to wonder at the splendour of the starry sky. His/her curiosity and quest of knowledge of the stars gave birth to the imaginary forms of the various constellation. Viewed in this context, it is not at all surprising that Astronomy has been one of the most ancient of sciences. Till the beginning of the 19th century, teaching of Astronomy has been confined to the classroom and for practical purpose to the actual starry heavens. Nearly century have passed by after the first Planetarium had been built and served as a visual aid in learning Astronomy. The purpose of the creation of Nehru Centre is to:



Suhas B. Naik-Satam

To inculcate and promote rational outlook of life To promote the cause of education and to undertake scientific research in sciences and technology, for the advancement and emancipation of our people. The Nehru Planetarium part of Nehru Centre was inaugurated on 3rd March 1977 by the then late Prime Minister Smt. Indira Gandhi. Over the years, this has grown into a Centre for astronomy and space science outreach. Nehru Planetarium has so far created thirty-five astronomical presentations; twenty-eight of them by using Carl Zeiss Mark IV Universal Projector. Over 14 million people have viewed and enjoyed these shows. Creating a Planetarium programme is more of an art than science. It involves the interaction of scientists, artists, communicators, musicians, technicians like sound recordists, photographers and a host of others. First the theme is chosen, and then a team of researchers collect basic information.



It is checked and re-checked and a preliminary script is written. This is then tested in the planetarium dome for its feasibility and operational convenience. After several trials, a script is drafted and this is then sent to various scientists and communicators for their expert comments. The script is finalised after rounds of discussions over number of days and nights taking into consideration the comments received from a wide variety of people from different fields.

Taking their inputs, changes are then incorporated. After which the script is discussed along with the music. The script is also translated in Hindi and Marathi. After the interaction with music directors, narrators and other artists, the commentary in three languages is recorded. Casting music for planetarium programmes is an pleasurable experience itself. For each programme the music is specially cast and blended with commentary and visuals to make the sky show more exciting. Since the shows are visited by children as well as others the programme is made as simple as possible, at the same time interesting for adult audience. So far, the Nehru Planetarium, Mumbai has produced thirty major planetarium programmes on various topics: 1) Tryst with Destiny 2) Galileo to Galileo 3) Cosmic Life 4) This Violent Universe 5) 4000 B.C. to 2000 A.D. - Evolution of Astronomy 6) Universe in Seven Steps 7) Comets to Stars 8) Secret Life Of Stars 9) Stars In the Lime Light 10) Hide and Seek in the Sky 11) Fireworks in Space and so on. In order to make the programme more admired, theatrical effects like Galileo watching the night sky in the year 1610 (in the programme 'Galileo to Galileo'), landing of extra-terrestrial beings on earth (in the programme 'Cosmic Life') are introduced. These live appearances have a thrilling impact on the audience and contribute immensely to success of the programme. In the meantime, the technology has marched ahead. To keep abreast with the new technology, Nehru Centre installed Digistar-3 Planetarium Projector in 2003. This new equipment is a bank of eight computers that have the latest data of the sky loaded onto them. All the advantages of digital imagery are thus brought to the fingertips of the operator. The computers send the information to six high-resolution video projectors that cover the entire dome.

MINI PROGRAMMES: In addition to the major programme, short or mini programmes were also produced. 'Man in Space', 'Man on Moon', 'Discovery of Planet Uranus', 'Total Solar Eclipse in India', 'Sun', 'Moon', 'Conjunction of Planets in the year 1982' are some of these. Planetarium out-reach activities Prof. M K Vainu Bappu Prof Penrose, Dr Jayant Narlikar, Prof Anthony Hewish, Prof. Srinivas Kulkarni. The Planetarium arranges popular lectures by well-known scientists from the country and abroad. Courses on astronomy are conducted for students and general public. The Planetarium also shows films on various scientific topics. To create interest in astronomy and general science the planetarium arranges various contests like quiz contest, essay contest, astro-painting and astro-poetry contest. It also arranges special exhibitions.

Mini Planetarium (Out-reach activities) Among the outreach activities of Nehru Planetarium is the dissemination of information in astronomy through the concept of the "Mini Planetarium". This planetarium on wheels consists of a projector capable of projecting 960 stars in a collapsible dome. Being portable and compact it can readily be set up in any classroom of area 150 square feet and

can accommodate a class of 30-40 students. The Mobile exhibitions on Astronomy together with a portable Mini-Planetarium are sent out to village and district towns to reach and serve a wider cross section of the people. Telescopes are kept outside the planetarium for sky watching of the night sky. These telescopes are also being taken to various places particularly to villages. Schools are encouraged to send their student groups and avail of concessional fee facility. The groups from Mumbai Municipal Corporation schools, children from economically weaker sections and physically challenged see our shows for free, of course with prior arrangement and merit. One can teach, apart from astronomy and other sciences, Geography, History and even Poetry. The planetarium had arranged poems under the sky in which some of the great poems of great poets were read out under the background of the starry sky. There were also programmes entitled 'Music under the Stars' in which well-known musicians performed under the artificial night sky. In fact, all museums should have planetaria as one of their major activities. The presence of Planetarium in any places will attract a large number of audiences. One can teach everything under the sky be it science or arts under this umbrella of Planetarium dome. In fact one can make planetarium programme to suit any subject which the museum is supposed to popularize. Whereas many of these activities are quantifiable by statistical figures, what is not quantifiable is the fact that a whole generation of students have grown up with the Planetarium and the impact the Planetarium has created on their thoughts and action. Over the past twenty eight years thousands of children have become regular visitors to the planetarium and many hundreds have been deeply involved in its activities. The knowledge that one gains in the virtual atmosphere of the planetarium show would attempt anyone to watch the real night sky for years to come! Indeed Planetarium compels the soul to look upwards and teaches the philosophy: "A man's reach should exceed his grasp, or what is heaven for?" In a very subtle manner, science and art do complement each other. And the planetarium does play a major role in emphasizing this relation.

Courtesy by
Suhas B.Naik-Satam



A Fellowship to Remember: RCBW in the Andaman Islands (13–18 November)



The Rotary Club of Bombay Worli recently created one of its most cherished chapters of fellowship during a spectacular 5-day trip to the Andaman Islands from 13th to 18th November. With 25 enthusiastic members coming together against the backdrop of turquoise waters, golden beaches, and pristine natural beauty, the journey became a perfect blend of camaraderie, joy, and unforgettable experiences.

What made the fellowship truly special was not just the breathtaking destination, but the warmth and bonding shared among our members. From long conversations overlooking the sea to spontaneous laughter during meals, from music-filled evenings to impromptu dance sessions, each moment strengthened the ties that make RCBW not just a club—but a family. The memories we created together as a group together are treasured in our hearts and minds with the scenic boat rides and sunrise greetings, the excitement of exploring new places, the shared meals that carried stories and smiles, the music, the dance, the togetherness, and above all, the sense of belonging that only Rotary fellowship can bring.

This memorable trip was made possible by the dedication and seamless efforts of our Fellowship team.





A heartfelt thank you to:

- Rtn. Sunil Dhowan & Rtn. Sandeep Agarwal, Fellowship Directors, for planning such a perfectly curated experience
- Rtn. Mehul Zatakia, for his prompt coordination at every step
- Rtn. Jayant and Rtn. Netra Nairi, for their unwavering support and helping ensure every member enjoyed a smooth and joyful journey

Each of you played a pivotal role in turning these five days into a lifelong memory.

As we look back on the shimmering blue seas and the warmth of shared moments, we are reminded of the true power of fellowship—to connect, to uplift, and to celebrate life together. This Andaman chapter will remain etched in our hearts as one of the most treasured experiences of our Rotary journey.

Here's to many more travels, togetherness, and unforgettable Rotary moments!



ROTARY SERVICE WEEK

CYBERCRIME AWARENESS - 3 NOVEMBER 25 ONLINE SESSION



As part of Rotary Service Week, a Cybercrime Awareness online session was conducted by Ms. Mamta Shetty, with 20 participants in attendance. The session focused on essential aspects of cyber safety, common online

threats, and preventive measures. Participants received valuable guidance on maintaining secure and responsible digital practices.

BLOOD DONATION DRIVE --5th NOVEMBER

A Blood Donation Camp was organized under the auspices of the Club as part of Rotary Service Week. In collaboration with other Rotary Clubs the initiative aimed to support local blood banks and promote voluntary blood donation within the community. Club members participated responsibly, contributing to a meaningful cause that reinforces Rotary's commitment to public health and humanitarian service.



6TH NOVEMBER -- HEARTS UNITED FOR SENIOR WELFARE



As part of Rotary Service Week, a series of charitable contributions were carried out on 6th November 2025 at JJ Dharamshala, Shepherds Home, and King George Old Age Home. In addition to the efforts of our Club, other Rotary Clubs also participated, collectively strengthening the impact of this service initiative.

Rtn. Amar and Bhakti Parakh generously sponsored groceries, while Rtn. Sunil and Saroj Sireslawala provided bedsheets, toileteries were sponsored by Rtn. Quresh and Tara Karachiwala. Additional essential items, including medicines, diapers, and clothing, were distributed to further support the residents of these institutions.

This collaborative effort reflects Rotary's steadfast commitment to service, compassion, and the well-being of the community, demonstrating the collective strength of Rotary Clubs working together for humanitarian good.

ROTARY SERVICE WEEK

8th NOVEMBER – DISABILITY CAMP

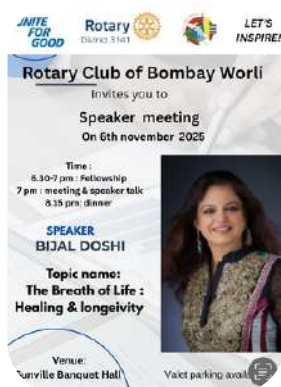
A Disability Camp was conducted by *Rtn. Rajiv Mehta* in association with Rotary Club of Bombay Worli and Rotary Club Palghar on 8th November 2025, as part of Rotary Service Week. The camp was organized under the Disability Day Project, with the objective of providing support and resources to differently-abled individuals.

During the camp, it was planned that 55 prosthetics would be manufactured and distributed to beneficiaries, reflecting Rotary's commitment to enhancing mobility, independence, and quality of life for those in need.



Breath of Life – Healing or Longevity?

Speaker session by Bijal Joshi



At a recent wellness session, Bijal Joshi captivated the audience with her talk, “Breath of Life - Healing or Longevity?” She highlighted how the simplest act we perform—breathing—holds immense power to transform our physical and emotional well-being.

Bijal explained that while breathing happens automatically, conscious breathwork can shift the body from stress to calm in moments. She demonstrated easy techniques like diaphragmatic and rhythmic breathing, helping participants experience immediate relaxation and clarity. Even brief practice, she noted, can reduce anxiety, support emotional balance, and restore inner stability.

She also explored the connection between breath and longevity, emphasizing that slower, mindful breathing supports healthier stress responses and long-term vitality. Cultures known for longevity often incorporate such practices into daily routines.

Bijal concluded with a gentle reminder: healing and longevity begin with awareness. Every mindful breath is a step toward a healthier, more vibrant life.

RCBW – Joint Project with RC Thane Green City at Adarsh Nagar BMC School, Worli

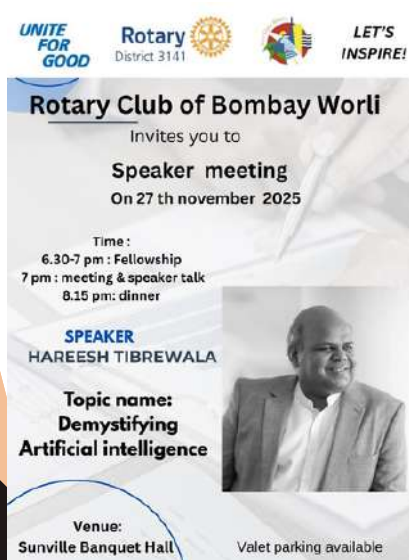
On 18th November 2025 at 10:30 a.m., the Rotary Club of Bombay Worli (RCBW), in collaboration with the Rotary Club of Thane Green City, successfully conducted a joint community project at Adarsh Nagar BMC School, Worli. The initiative focused on supporting educational development and strengthening community engagement within the municipal school system.

A significant highlight of the event was the presence of the BMC Commissioner, accompanied by senior officials from the Education Department of the Brihanmumbai Municipal Corporation (BMC). Their participation underscored the importance of public-private collaboration in enhancing learning environments for students.

The project not only reinforced Rotary's commitment to service but also fostered stronger ties between civic authorities and community-driven organizations working toward educational upliftment.

Demystifying Artificial Intelligence

session by Hareesh Tibrewala



At the Rotary Club of Bombay Worli's meeting on 27 November 2025, members were treated to an engaging session by speaker Hareesh Tibrewala on the theme Demystifying Artificial Intelligence. He broke down complex AI concepts into simple, relatable ideas, helping members understand how AI influences everyday life and business decisions. Through practical examples, he highlighted both the opportunities and responsibilities that come with adopting AI. The session sparked lively discussions, leaving attendees better informed and more confident about navigating the fast-evolving digital landscape. The evening concluded with an interactive Q&A and fellowship over dinner.

**UNITE
FOR
GOOD**

Rotary
District 3141



**LET'S
INSPIRE!**

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 DECEMBER 2025

7th December 2025	Walk with Doc Speaker: Psychologist Siddika Panjwani. Topic : How a psychologist can help you?	Venue at 7:00 AM at Mahalaxmi Racecourse
8th December 2025	Cancer Donation	Venue at Tata Memorial Hospital
18th December 2025	Pre OCV & AGM	Venue at Sunville Banquet Worli.
21st December 2025	Christmas Party	Venue at Details shall be shared in due course

PROJECTS FOR THE MONTH OF DECEMBER 2025

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

President. Rtn. Dr. Paula Goel

Club Secretary: Rtn. Sanjay Dosi