



*President's Column:*

**Harish Chandarana**

President 2024-2025

### **Embracing a Vibrant Future**

Dear Rotarians,

#### **Reflections on a Fulfilling First Half of the Rotary Year**

As we close the first six months of this Rotary year, I look back with immense satisfaction and pride at the impactful work we have done together as a club. It has been a period filled with meaningful initiatives and a steadfast commitment to our mission of serving communities and making a difference.

In December, our club undertook several projects that touched lives and brought positive change. One of the most significant was the distribution of 'Study Buddy Pack Coupons' to multiple schools, helping students access necessary study materials and learning resources. This initiative is a step towards empowering young minds and providing them with the tools they need to excel.

Our efforts to fight against polio remained strong during the NID Polio Day, where we administered polio drops to children, reaffirming our dedication to keeping polio at bay and

ensuring a healthier future for children everywhere. This remains a priority for Rotary, and it is heartening to see our continued efforts in this global fight.

We also organized a picnic for specially abled children, which brought smiles and joy to many. These children deserve all the love and care we can provide, and it was a wonderful opportunity for our club to give back to this special community.

A major highlight of the month was the inauguration of the Digital Education Centre, an event graced by our District Governor, Chetan Desai. The centre promises to enhance the learning experience for countless children, equipping them with the skills they need for a brighter future in the digital age.

The Annapurna Project continues without a break every Saturday, providing much-needed meals to the underprivileged, and I am proud of the consistent impact it has been making.

As Sonal and me (Hrish) reflect on these achievements, we are grateful for the unwavering support of our club members. Thank you all for your hard work and dedication. Wishing you all a Happy and Eventful New Year. Let us continue our journey of service and make the next six months even more impactful.

Harish Chandarana  
President,  
Rotary Club of Borivli

**Harish Chandarana**  
President.



**Project of the Month**

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R | President : **Stephanie A. Urchick** | District Governor : **Chetan Desai**

President : **Harish Chandarana** | Secretary : **Chetan Joshi** | Bulletin Editor : **T.S. Bharadwaj**

## Vocational Service Month: Empowering Careers and Communities



### ***Vocational Service Month: Empowering Careers and Communities***

January is celebrated as Vocational Service Month in Rotary, a time to emphasize the value of using professional skills to benefit others. Vocational service is a core area of focus for Rotary, encouraging Rotarians to utilize their expertise to serve and uplift communities. This month is dedicated to promoting professional ethics, integrity, and the importance of career development through service to others.

In the past our club has conducted several skill-building initiatives. These include classes on cake making, mehndi (henna) application, singing, and beauty treatment courses. These programs were designed to equip participants with practical skills that could either enhance their current careers or help them pursue new vocational opportunities. By offering such diverse training sessions, our club has contributed to the empowerment of individuals, fostering a culture of lifelong learning and professional development.

Our Club will be embracing this opportunity by organizing a Job Fair in mid-January, where about 25 companies from various sectors will participate, offering positions across a wide range of fields. This event aims to provide job seekers with valuable opportunities, connecting them with potential employers and creating pathways to professional success. The job fair aligns perfectly with the values of vocational service, helping individuals develop their careers and build a brighter future.

Rotary clubs worldwide have seen significant success in celebrating Vocational Service Month. In various regions, clubs have organized vocational training programs to teach valuable skills to young people, helping them secure employment opportunities. Additionally, many clubs have launched mentorship initiatives, providing guidance to young professionals and students, assisting them in finding internships and advancing their careers.

As we move forward, our club can expand its efforts by collaborating with local vocational training centres, universities, and professional organizations to offer workshops, job-readiness programs, and mentorship. Engaging our members in one-on-one career guidance will also help young professionals navigate their career paths.

Vocational Service Month is an opportunity to create lasting change in our community. Through skill-building, career support, and mentorship, we can empower individuals and help them reach their full potential.

**K.V. Premraj**

Club Trainer





# MINDFULNESS----the way ahead

Mindfulness is the practice of being fully aware and present in the moment, without judgement . It involves paying attention to your thoughts ,feelings , sensations, and the surrounding environment with a sense of awareness & acceptance . Mindfulness can be cultivated through techniques such as meditation , breathing exercises or simply paying attention to daily activities with intention .

The key aspects of mindfulness include :

- 1) Awareness – Being aware of what is happening in the present moment, without distractions from the past or future .
- 2) Non-Judgement – Observing thoughts & feelings without labelling them as good or bad .
- 3) Acceptance – Accepting experiences as they are , without trying to change them .
- 4) Focus – Redirecting your attention to the present , often through breathing , body sensations or sounds .

Practicing mindfulness has been shown to have various benefits, including reducing stress, improving concentration, and promoting emotional wellbeing.

Ways to improve Mindfulness :

Developing mindfulness is a gradual process . Here are effective techniques to cultivate it .

## 1) Practice Meditation .

→ Mindfulness Meditation : Sit quietly & focus on your breath or sensations in your body. When your mind wanders , gently bring your attention back .

→ Body Scan Meditation : Gradually shift focus through your entire body , observing the various aches, pains , discomforts etc without judging your body & its limitations .

## 2) Engage in Breathing Exercises .

→ Deep , conscious breathing helps anchor attention to the present moment , e.g. – inhale for 4 equal counts , hold for 4 equal counts and exhale for 4 equal counts .

## 3) Use Mindful Movement.

→ Activities such as yoga, walking, meditation, combined with physical movement as well as awareness.

## 4) Observe Your Thoughts .

→ Notice your thoughts as they arise without attaching to them . Think of your mind as a sky where thoughts pass by like clouds .

## 5) Practice Gratitude .

→ Regularly reflect on what you are grateful for. This shift focusses to positive aspects of life .

## 6) Limit Multitasking .

→ Focus on one task at a time, whether its eating, working, or having a conversation.

## 7) Mindful Journaling .

→ Write about your day ,thoughts or feelings to better understand patterns & triggers .

Benefits of Mindfulness :

- 1) Reduced stress & anxiety .
- 2) Improved focus & productivity .

- 3) Better emotional regulation & resilience .
- 4) Enhanced relationships through active listening & empathy.
- 5) Greater overall happiness & contentment.

## Integrating PRANAYAMA & MINDFULNESS

Pranayama is a practice of controlled breathing that originates from ancient Indian yoga . The word “pranayama” comes from two Sanskrit words , “PRANA” meaning life force or energy (often associated with breath ) & “YAMA” meaning control or extension . Pranayama involves various breathing techniques that regulate the flow of breath , with the goal of calming the mind , improving physical health , and achieving spiritual awareness .

Here are ways to integrate pranayama & mindfulness in your daily practice .

## 1) Mindful breathing practice .

- Begin by sitting comfortably in a quiet, well-ventilated place .
- Practice deep, mindful breathing by focussing on the sensation of the air entering & leaving your body.
- With each inhale, notice how your body expands, and with each exhale, observe the release of tension or stress .
- This simple exercise can serve as both a pranayama practice (focused breathing) and a mindfulness exercise (awareness of the present moment )

## 2) Use Pranayama as a Mindfulness Anchor

- Throughout the day, when you notice your mind wandering or becoming distracted, take a moment to focus on your breath .
- Practice Nadi Shodhan or Ujjayi breath for a few minutes to bring your awareness back to the present moment.
- This can help you stay grounded & mindful during activities, reducing mental stress or distractions.

## 3) Mindfulness Meditation with Pranayama .

- Combine pranayama with a mindfulness meditation session . Start by practicing a few rounds of Anulom Vilom or Kapalabhati to calm your body and clear your mind .

- Once you feel centred, shift into mindfulness meditation. Focus on your breath, sensations, or thoughts, observing them without judgement .

- The pranayama will prepare your mind for meditation & deepen your mindfulness practice .

## 4) Mindful Movement with Pranayama

- Practice yoga with mindful breathing. As you move through poses or sequences, pair each movement with an intentional breath .

- For example , in yoga , inhale as you extend & exhale as you fold. This union of breath & movement creates mindfulness in action.

- By practicing Pranayama & Mindfulness together , you create a powerful toolkit for managing stress, cultivating presence, and improving mental & emotional health .



*Contributed by*  
**Rtn. Meghna Majithia**

## A Journey through History: Heritage Walk at Khotachiwadi

On the morning of 8th December, 38 Rotarians from District 3141, embarked on a two-hour heritage walk that meandered through one of Mumbai's most enchanting yet forgotten corners — Khotachiwadi. Tucked away in Girgaon, this picturesque neighbourhood stands as a silent witness to the city's evolving narrative, a place where history lingers in the air, despite the relentless march of modernity.

Khotachiwadi, a quaint village founded in the late 18th century by a Pathare Prabhu named Khot, was originally home to a close-knit community of East Indian families. Its colonial-era cottages, with their iconic wooden frames, large verandas, and external staircases, have borne witness to centuries of Mumbai's transformation. Today, only 28 of the original 65 houses remain, as the encroaching skyline of skyscrapers threatens to swallow up this slice of history. Each house, with its distinct charm, tells a story of a time when life was simpler, and the streets echoed with the sounds of a bygone era.

The 'East Indian' community, a distinctive group within Mumbai's Christian population, traces its roots back to the Indigenous people who were converted to Christianity by Portuguese missionaries during the 16th and 17th centuries. Over time, they developed a unique identity, blending their Indigenous customs with Christian traditions. The term 'East Indian' came into use to differentiate them from other Christian groups, marking their distinct cultural and religious heritage.



As the Rotarians wandered through this living museum, they were transported to an era where cultural traditions and a slower pace of life reigned. The walk unveiled the hidden tales of Khotachiwadi's residents, whose lives were entwined with the rhythm of the place — from the quaint architectural marvels to the close ties between neighbours. They revelled in the quiet stories of community, of festivals celebrated with fervour, and of traditions passed down through generations.

Sadly, as the clamour of construction drowns out the whispers of history, one cannot help but feel a pang of

melancholy. The once-unique identity of Khotachiwadi, with its vibrant blend of Portuguese architecture and East Indian Christian culture, is on the verge of disappearing. The old is gradually giving way to the new, and with it, the heritage of this beloved enclave risks becoming just a memory.

Of the 38 participants, 11 were from Borivili. Those from our Club were K.V. Premraj, Renjini Premraj, Dr Dharmaji Shinde, Chetna Shinde, Jenisha Sampat, Sakshi Sampat, Ashwin Gala, Dr Dhaval Pandya, Mehul Parekh, Jigna Mistry, and Deepali Wagle

The heritage walk concluded with a delightful local breakfast, a final taste of a vanishing past, as the shadows of modernity looms larger, threatening to erase this historical gem from the tapestry of our life.

**K V Premraj**





## December 2024 Projects' Glimpses

**2nd December:** 9th Regular Meeting

No. of Attendees – 82

Cost – 50,900

Director - Rtn. Rakesh Sheth



**3rd December:** Study Buddy Pack Coupon Distribution  
at Mangubhai Dattani & Charkop Gaon BMC School

Beneficiary - 200

No. of Attendees – 5

Cost – 13,000

Director - Rtn. Aarti Parekh Collaboration with  
- Ideal Study



**3rd December:** Felicitation Program for Student of Interact School

Beneficiary - 386

No. of Attendees – 2

Cost – 2500

Director - Rtn. Aarti Parekh





## December 2024 Projects' Glimpses

5th December:

**Study Buddy Pack Coupon Distribution at Kurar Gaon, BMC School**

Beneficiary - 83

No. of Attendees – 1

Director - Rtn. Aarti Parekh

Collaboration with - Ideal Study



7th / 14th / 21st & 28th December:

**Annapurna**

Beneficiary - 550

No. of Attendees – 3

Cost - 6000

Director - Rtn. Harish Davda

NGO – Ram Roti Foundation



7th December:

**District Unique RYPEN Udaan**

No. of Attendees – 1

Cost – 10,000

Director - Rtn. Pratik Shah





## December 2024 Projects' Glimpses

8th December: **NID Polio Day**

Beneficiary - 30

No. of Attendees – 16

Cost – 3,000

Director - Rtn. Ajit Vasani



8th December: **Brahman's Premier League**

Beneficiary - 96

No. of Attendees – 5

Cost – 25,000

Director - Rtn. Mayur Joshi



8th December: **Positive Health**

Beneficiary - 96

No. of Attendees – 5

Director - Rtn. Dr. Dharmaji Shinde





## December 2024 Projects' Glimpses

14th December: **English Speaking & Personality**

Beneficiary - 86

No. of Attendees – 4

Development Course

Director - Rtn. Nisha Chandarana



18th December: **BOD Meeting**

No. of Attendees – 16



20th December: **Joynic**

Beneficiary -46

No. of Attendees – 3

Cost – 28,000

Director – Rtn. Dinesh Rege





## December 2024 Projects' Glimpses

22nd December: **Inauguration of digital center for visual students**

Beneficiary - Mass

No. of Attendees – 22

Cost – 1,26,000

visual students

Director - Rtn. Aarti Parekh



A. " Please note that the costs of the respective Projects are in INR".

B. " Please read " Beneficiary" as " Beneficiaries" in the respective Project columns".



Happy to share



**Harish Chandarana**

has been  
appointed as

**Treasurer at**

**Steel Manufacturers Association  
of Maharashtra**



## December '24 Projects Glimpses

Sr.	Date	Name of the Event / Project	Beneficiary	Member Attended	Cost Rs.
1	02-12-2024	9th Regular Meeting at Old Kitchen Heritage - Preparation for Upcoming District Conference Jio Center 1st & 2nd March 2024	-	82	50900
2	03-12-2024	Study Buddy Pack Coupon Distribution at Mangubhai Dattani, Borivali East & Charkop Gaon BMC School. Collaboration with Ideal Study. Thanks too Director Rtn. Arti Parekh.	200	5	13000
3	03-12-2024	Felicitation program for students of Interact school at Abhinav Vidhya Mandir For Their Annual Sports Event. Thanks to Rtn. Arti Parekh.	386	2	2500
4	05-12-2024	Study Buddy Pack Coupon Distribution at Kurar Gaon, BMC School, Malad East. Collaboration with Ideal Study. Thanks to Director Rtn. Arti Parekh.	83	1	-
5	07-12-2024	Annapurna Food distribution at Shatabdi Hospital for patient & patients relatives with Ram Roti Foundation. Thanks to Director Harish Davda. Thanks to Donors.	550	3	6000
6	07-12-2024	Co-host Dist. Unique Rypen Udan at Wada	-	1	10000
7	08-12-2024	NID Polio Day. Rotary will be administering the Polio Vaccination to children under the age of 5 at our regular venue, Anand Optics, Borivali West. Thanks to Polio Chairman Rtn. Ajit Vasani.	30	16	3000
8	08-12-2024	Brahman's Premier League. RCB Supported Premier League Tennis Cricket Tournament Event Organized by Dharti Joshi & Supporters at Poisar Gymkhana, Kandivali West. Thanks to Project Chairman Mayur Joshi for his leadership and efforts in organizing the event. Thanks to Donor Rtn. Mona Manish Gyani	96	5	25000
9	08-12-2024	Project Positive Health - The event featured health check-ups, informative sessions on fitness and mental well-being, and interactive activities for all age groups. A special thanks to Dr. Satish Shetty from Tunga Hospital for his expert contributions and support at Poisar Gymkhana, Kandivali West.	96	5	-
10	14-12-2024	Project English Speaking & Personality Development Course at Mumbai Public School (BMC), Kandivali East. Thanks Director Rtn. Nisha Chandarana. The course was led by Rtn. Aparajita Deshpande	86	4	-
11	14-12-2024	Annapurna Food distribution at Shatabdi Hospital for patient & patients relatives with Ram Roti Foundation. Thanks to Director Harish Davda. Vibrant President Rtn. Harish Chandarana explained Beti 'Bachao Beti, Beti Padhao' Scheme.	550	3	6000
12	20-12-2024	Joynic Picnic for Special Children organized by Rotary Club Of Borivli and the POSAT Foundation at Mandavi Resort. Thanks to Diirector Rtn Dinesh Rege for providing Red cap to all Children.	46	3	28000
13	21-12-2024	Annapurna Food distribution at Shatabdi Hospital for patient & patients relatives with Ram Roti Foundation. Thanks to Director Harish Davda.	550	1	6000
14	22-12-2024	Inauguration of Digital Education Center for Visually Impaired and Underprivileged Children with Being Sevak Charitable Trust at Borivali West. Thanks to Director Rtn. Aarti Parekh. Thanks to District Governor Chetan Desai & Thanks to Guest of Honor. Thanks to Rtn. PP Manish Gyani who praised the project and offered sponsorship for the First 11 Students enrolling.	Mass	22	126000
15	28-12-2024	Annapurna Food distribution at Shatabdi Hospital for patient & patients relatives with Ram Roti Foundation. Thanks to Director Harish Davda. Vibrant President Rtn. Harish Chandarana explained Beti 'Bachao Beti, Beti Padhao' Scheme.	550	5	6000



## Heritage Walk Through Ranwar Village, Bandra: A Journey Through Time

On 29th December 2024, the District team of Sankriti had organised a heritage walk through Ranwar village in Bandra.

Nestled in the heart of bustling Bandra, Ranwar village is a testament to Mumbai's hidden history, a small oasis in the midst of the city's rapid modernization. For over a thousand years, this village has stood at the crossroads of time, bearing witness to Bandra's transformation from a sleepy fishing hamlet to a thriving urban hub. The village, believed to have been established as early as the 12th century, was originally home to Koli fisherfolks. But it was the arrival of the Portuguese in the 16th century that truly began to shape its character. Their influence left behind Catholic churches, winding lanes, and the unique architecture that still defines the village.

The true magic of Ranwar, however, lies in its nostalgia – a sense of being caught between two worlds. As the 20th century dawned, the area, which had been agrarian and residential, witnessed the first signs of urban encroachment. However, the tight-knit community of the past, with its narrow lanes and vibrant homes, remained steadfast, a quiet defiance against the ever-growing city.

In the last 50 years, the village's transformation has been stark. The once peaceful, serene neighbourhood has witnessed the arrival of glitzy real estate projects, luxury boutiques, and coffee shops. The art-deco and Portuguese-style houses, with their intricate arches and wooden balconies, are slowly being replaced by glass-and-concrete structures. The vintage charm of Ranwar is being overshadowed by modernity, making it an increasingly rare gem.



*Ranwar Village*



*Bandra*



As the walk was between Christmas and New Year, Ranwar village exuded a festive charm. The narrow lanes were draped in colourful buntings and twinkling festoons, their vibrant hues contrasting beautifully with the quaint, old-world architecture. Every corner seemed alive with joy, as if the village itself were caught in a moment of celebration. We could only imagine, in the evenings, the air would be buzzing with the sound of church bells, laughter, and the occasional song drifting from nearby homes. It was a magical sight – a perfect blend of history and festivity – where the past met the present in a dazzling display of community spirit and cheer.

Of the 30+ participants, 8 were associated with RC Borivli including DG Chetan Desai and District First Lady Jwala. The others from our Club were First Lady Sonal Chandarana, Mona Gyani, Premraj, Renjini Premraj, Trupti Sampat and our French youth exchange student.

In the face of this change, the quirks of Ranwar still remain. Its labyrinthine alleys, cobbled streets, and small, family-run shops serve as reminders of a simpler time. On the heritage walk, the narrow roads, old houses, crosses, chapels, church bells, transports visitors to a different era. But for how much longer? As Bandra's gentrification marches on, one wonders if the rich cultural tapestry of Ranwar will endure or become yet another casualty in the face of relentless development.

**KV Premraj**



## Club Activities



January 2025

Date	Event	Location
3rd	Regular Meeting	
4th	Annapurna	Shatabdi Hospital
4th	Felicitation Of DGND Rtn. Deepak Jiandani	
10th	Rotary Job Fair	
11th	Rotary Job Fair	
11th	Annapurna	Shatabdi Hospital
12th	Vibrant TRF Event (lead Host RCB)	
14th	Makar Shankranti Celebration	
18th	Annapurna	Shatabdi Hospital
21st	Para Sports -2	
25th	Annapurna	Shatabdi Hospital
26th	Medical Camp With Skycity	
26th	Medical Camp	Govardhan Society
26th	Celebration 76th Republic Day - Bharat Ke Veer	

## Birthday & Anniversaries

### Happy Birthday

1	01-Jan	Roshan Thakur
2	03-Jan	Sanjay Vora
3	03-Jan	Shakti Thakkar
4	04-Jan	Chetan Desai
5	05-Jan	Bhavesb Majithia
6	11-Jan	Mahesh Mistri
7	13-Jan	Rakesh Shah
8	14-Jan	Mona Gyani
9	17-Jan	Nikhil Bhatt
10	27-Jan	Sunil Punamiya

### Wedding

1	02-Jan	Jigna Mistry
2	02-Jan	Sanjay Mistry
3	05-Jan	Kirit Mehta
4	05-Jan	Vinod Vasa
5	17-Jan	Viresh I Vora
6	20-Jan	Ashish Tapiawala
7	20-Jan	Ketal Tapiawala
8	21-Jan	Vinay Vyas
9	21-Jan	Aparajita Deshpande
10	22-Jan	Hemant Asher
11	24-Jan	Lalit Jadav
12	25-Jan	Priyanka Sheth
13	26-Jan	Sanjay Vora
14	28-Jan	Kamlesh Pipaliya
15	30-Jan	Narendra J Shah

The Editor's Desk

Dear Friends,

Wishing You and Your Families A Very Healthy, Happy and Prosperous 2025, filled with Contentment.

We hope you enjoy reading this Edition of Kanheri.

The sixth month tenure of Rtn. Harish Chandarana's stewardship was remarkable; marked by a slew of Projects executed, and in works. An old adage has it, that feeding the hungry is itself an acknowledgment of Divinity. The Annapoorna Project of RCB is a monumental testimony to that. The quantum of good karma reaped by hosting the never ending Annapoorna events would, i am confident, stand RCB in good stead. Posterity would forever remember this noble gesture. Kudos to RCB for this well thought out and meticulously planned scheme.

As mentioned earlier, it's a harsh Winter here, in the North. Am yearning to return to the more hospitable climes of Mumbai. The six month sojourn here has

taught me quite a few lessons about life in general, and gratitude in particular. It is very easy to be critical of the dug up roads, traffic, pollution -et al - in the city of one's long time residence. However, when one steps out, the reality elsewhere is rarely idyllic. That said, the resilience displayed by the locals in the face of Nature's challenges ( akin to that of the Mumbaikars during monsoon ) is humbling. The day to day challenges of living in such climes, makes one realize that the grass is rarely green across the table. And, in my view, gratitude for what one has enjoyed all these years past ( and what one took for granted), is, but a must. Au Revoir.

Best Regards,

**Rtn. T.S. Bharadwaj**

Camp : New Delhi – NCR.