

KANHERI

Monthly Club Bulletin



“UNLOCK POTENTIAL, BUILD BRIGHTER TOMORROW !



Towards
BETTER FUTURE
Rotary Club of Borivli

Volume 3 | September 2025
Private Circulation only

R I President : **Francesco Arezzo** | District Governor : **Dr. Manish Motwani**

President : **Ketal Tapiawala** | Secretary : **Jaynisha Sampat** | Bulletin Editor : **K. V. Premraj**

From the President's Desk



“Lighting the Path with Literacy and Empowerment”

Dear Friends,

September is designated as one of Rotary's most impactful areas of focus for **Basic Education and Literacy**. Education is not merely learning to read and write—it is the gateway to empowerment, enabling individuals to build a better future for themselves, their families, and their communities. Literacy is the first step toward dignity, independence, and opportunity. Every child and adult deserves the chance to read, learn, and grow, and as Rotarians, we have the privilege and responsibility to make this possible through scholarships, books, libraries, and learning programs. Our club's initiatives supporting underprivileged students and enhancing educational resources may be small steps, but they create a lasting impact.

This month offers us an opportunity to recommit ourselves to this cause. Each Rotarian can ask: What can I do to change one's life through education? Whether sponsoring a child's school fees, mentoring a student, or contributing to a literacy project, every effort counts. I am proud to share that our club has already taken meaningful steps in this direction, providing resources and support to students and schools in need.

September brings two vibrant festivals—**Ganesh Chaturthi** and **Navratri**—celebrated with devotion and community spirit across India. Ganesh Chaturthi honours Lord Ganesha, the remover of obstacles, symbolizing wisdom, prosperity, and new beginnings. Navratri celebrates the divine feminine—**Shakti**, the cosmic energy that drives creation, protection, and transformation. Each form of Goddess Durga embodies courage, resilience, wisdom, and compassion, reminding us of the strength and potential within every woman.

As Rotarians, we can extend the spirit of these festivals beyond celebration. During Ganesh Chaturthi, we promote eco-friendly practices and will **distribute Sharbat** at the immersion pandal—a gesture of service for our community.

During Navratri, we honour **Nari Shakti** by supporting women empowerment initiatives and celebrating the inner Goddess in every woman. We also continue our tradition of celebrating with physically challenged children through **Ratri before Navratri**, ensuring they can partake in the festival, making the joy inclusive for all.

Let us continue to champion literacy, embrace the power of Shakti, and work together so that knowledge, empowerment, and compassion reach every corner of our community.

Yours in Rotary,

Rtn. Ketal Tapiawala
President, Rotary Club of Borivli



Membership Matters: Growing Stronger, Staying Longer



It is with pleasure we bring our third edition of our Club Bulletin, Kanheri for the Inspired Rotary year.

Every month of the year is dedicated to a theme. This September it dedicates its focus to one of the most fundamental building blocks of human progress—Basic Education and Literacy. This designation traces back to Rotary’s larger mission of empowering communities. Recognizing that over 770 million people worldwide still cannot read or write, Rotary made education a priority area of service. Without the ability to read, write, and comprehend, every other opportunity—economic, social, or cultural—remains incomplete.

Globally, Rotary clubs have championed literacy through varied means: establishing schools, training teachers, supplying learning materials, and even pioneering adult literacy programs. In countries across Africa and Asia, Rotarians have brought light to villages not just by installing lamps, but by illuminating young minds with knowledge.

India, with its scale and diversity, has seen some of Rotary’s most impactful educational initiatives. Projects like Teach India and Rotary India Literacy Mission (RILM) have reached millions of children, promoting “Total Literacy and Quality Education.” From digital classrooms in urban centres to remedial classes in rural corners, Rotary has worked tirelessly to bridge learning gaps.

Closer home, in the Rotary Club of Borivli, we take immense pride in our flagship project “Gyan Prakash.” This permanent initiative offers special tuitions to school students in the crucial final years of their schooling. Often, these students come from backgrounds where access to academic support is limited. Through Gyan Prakash, not only have their grades improved remarkably, but their confidence, aspirations, and belief in themselves have soared. Each success story is a reminder that when we light the lamp of education, it burns for generations.

As we mark this month, let us recommit to Rotary’s vision: a world where every child can read, learn, and dream. Because true service lies not just in giving, but in empowering.

K.V. Premraj
Managing Editor

Editor’s Note :

It is heartening to see our Club members contributing their views to the magazine. It enriches the offering. Looking forward to continued support from members

A Life Rooted in Service and Humanity : Dr. Dharmaji Shinde

Some people leave a mark through the positions they hold. Others, by the titles before their name. But a rare few — like Dr. Dharmaji Shinde — leave a mark by the life they live and the people they touch. Today, as Principal Aide to our President Ketan Tapiawala, he is the very embodiment of Service Above Self — a man whose journey blends resilience, humility, and an unwavering devotion to others.

He was born in a remote village so small it barely had a place on the map — no electricity, no piped water, no proper roads. A boat across the sea from Bhau cha Dhakka to Revas and hours of trekking over hills. His father began work at ten. His mother tilled the fields, growing rice. Life was simple but hard. Schooling ended at 4th Standard in the village.

Much of his character was shaped by his grandmother, a woman of quiet strength who had served in the freedom movement. She wore white khadi from the age of 18 and stopped wearing all ornaments. This spartan dress code lasted till her death at age 98. She ran a VIP kitchen during the Dandi March and kept Gandhiji's ideals alive in her home. Though she had no formal education, she could read and write in Gujarati, Hindi, and English. She also read Sanskrit fluently. Her home was filled with books, and evenings were spent in conversations on literature, philosophy, and service. From her, he learned that education was not merely for personal progress, but a responsibility to society.

Languages were Dharmaji's first love. He excelled in Gujarati, Hindi, and English, and even dreamed of becoming a professor of Gujarati literature. But friends persuaded him to choose science — a path that kept doors open to both learning and service. He was also a natural athlete, representing his school and medical college in athletics, badminton, volleyball, and kabaddi. He remains the only student in his school's 92-year history to win two district-level medals in the same year.

When asked at his dental school interview why he wanted to be a dentist, his answer was as simple as it was sincere: "To take care of the suffering of people." Graduating as the first dentist from his village, when he began practice in 1979, Borivli had just nine dentists. Today there are more than 300. He is fondly known as the "grand old man" of dentistry. His guiding belief has never changed: 'the day you stop learning is the day you stop living.' The ideal way to leave a legacy is to impart knowledge accumulated in 50 years to the new generation so that they are schooled in ethical behaviour and treatment.

Service was never an afterthought for him. His childhood home welcomed freedom fighters, social workers, and

thinkers. Long before he wore the Rotary pin, he was organising free dental camps for the poor. It was Past President Ajay Gandhi, school friend, who drew him into Rotary's orbit, inviting him to join dental camps. For three years he served alongside Rotarians before formally joining the Club in 2014, during its Silver Jubilee year. Within eight months, he was on the Board — a sign of the energy and commitment he brought to every project. Within three years, he served at the district level and has continued to do so every year. Over the years, he has led initiatives ranging from medical outreach to rural development, ensuring that even the most remote communities receive care, dignity, and hope.

Ask him what gives him joy, and he will tell you it is not titles or numbers, but the sight of a life transformed — a smile restored, a village empowered, a community standing on its own. In recent years, he has focused on marrying medical outreach with long-term capacity building in rural areas, creating change that lasts.

Late in life, he married Chetna, after an eight-year friendship that blossomed into deep companionship. He embraced her parents as his own; his mother-in-law was the only person apart from his grandmother in whose lap he could sleep peacefully — a bond that lasted until her passing away. For him, family extends beyond bloodlines, encompassing his Rotary family, patients, colleagues, and all whose paths have crossed his own.

Despite a lifetime of achievements, he remains grounded. A "roti man" at heart, happiest with simple food, though partial to a good salad, soup, or sweet. Sundays are for nature — a tradition from his grandmother, who believed one morning in the forest could give her enough oxygen for a week. He tends his plants as he does his patients: with patience, care, and faith in unseen growth.

From the unlit lanes of a distant village to the bright lights of Borivli's dental clinics, from Gandhiji's ideals to Rotary's service projects, Dr. Dharmaji Shinde's journey is proof of how far compassion can carry a life. As Principal Aide to our President, he is more than a guide — he is a living reminder that Service Above Self is not a motto to recite, but a way to live. His story urges us — especially the younger among us — to dream beyond our circumstances, to serve without counting the cost, and to never stop learning. The boy who once walked miles to reach his village now walks beside presidents, leaders, and changemakers — carrying with him the quiet power of a life lived for others.

By K V Premraj



Editor's Note : Dr Dharmaji Shinde is the Principal Aide to President Ketan Tapiawala



On 1st August 2025, Rotary Club of Borivli celebrated “**Praveshotsav**”, the induction ceremony for seven inspired new members, during the club meeting.

We were proud to welcome into our Rotary family:

1. Rtn. Ankit Shah
2. Rtn. Dr. Ashwini Naidu
3. Rtn. Dr. Monish Naidu
4. Rtn. Rakesh Shah
5. Rtn. Vishnukant Kabra
6. Rtn. Raj Jhaveri
7. Rtn. Chetan Kapoor (Ghar Vapsi – a returning member)

Each of them was warmly received with applause and heartfelt greetings by all members of the Rotary Club of Borivli.

A special thanks to Rtn. Chetan Joshi for sharing his insightful knowledge about Rotary—truly appreciated by all.

The evening was made more special as PP Rtn. Manish Gyani proudly recognized our TRF Donors, presenting them with official pins received from Rotary International—a moment of honour and gratitude.

PP Rtn. Ashish Tapiawala briefed the members about the upcoming RYLA (Rotary Youth Leadership Awards) project, highlighting:

- A successful 32-participant registration, a record milestone.
- This being the first time RYLA is happening in Maharashtra, making it a moment of pride.
- The participation of 5 students who are children of our own club Rotarians.
- A significant number of girls enrolled, reflecting an encouraging shift.



New Member Induction Ceremony



He appealed to members to volunteer for the event, as support will be needed across all three days.

A hearty Bon Voyage to SJP Rtn. Mayank Desai and Rtn. Bela Desai as they embark on their journey to Canada for the FEP program! Wishing you both a memorable and enriching experience.

PEN Rtn. Hetal Pathak had the honour of introducing our esteemed Chief Guest, Rtn. Deepak Jiandani, the incoming District Governor for 2027–28.

In his address, Rtn. Deepak Jiandani shared inspiring thoughts, warmly welcoming the new members to what he proudly called “one of the top five clubs of Mumbai.” His words truly resonated with the spirit of Rotary and reinforced our club’s commitment to excellence and fellowship.

Kudos to Membership Director Rtn. Bela Desai for her outstanding efforts in inducting 7 new members into our Rotary family—what a remarkable start to the year!

Gratitude to MOC Bela & Rizwana for conducting the induction ceremony so smoothly and gracefully.

The meeting concluded on a high note with camaraderie, inspiration, and renewed enthusiasm, as the Rotary Club of Borivli continues to grow in strength and spirit.

Regards,

Jaynisha Sampat

Inspire Secretary 2025-26



A Fun-Filled Picnic at Deep Nature Resort, Karjat

Our overnight picnic at Deep Nature Resort, Karjat was nothing short of a vibrant celebration of colour, camaraderie and connection!

Day 1 began with a hearty breakfast at the resort, followed by room allotments and an adventurous round of thrilling activities like rope bridge crossing, rope net challenges, and river-side exploration. Many members took a refreshing dip in the pool, enjoying music, dance, and light refreshments—both soft and spirited!

A delicious lunch was served, after which members enjoyed a short break to recharge. The late afternoon came alive with *garma garam kanda bhajiyas*, bread-butter, tea, and coffee. The evening kicked off with full energy as everyone participated in a variety of fun-filled games. Members were divided into teams and competed in a friendly yet fierce manner. The laughter and excitement captured in photos truly spoke louder than words!

Surrounded by lush greenery and far from the city's concrete jungle, the serene atmosphere was the perfect setting for joyful bonding.

The night was one to remember:

Shero-shayari by PP Rashmikant Sanghavi

A beautiful Gujarati *vyakhyan* on Gandhi Babu by Mrs. Mansi Joshi (DIL of Rtn. Chetan Joshi), who impressed all with her command over the Gujarati language and literature.

Reflections on the club's journey by PP Hemant Mehta.

A powerful portrayal of Operation Sindoor by PP Lalit Jadav, who was dressed as a retired Colonel.

Patriotic one-liner songs shared by PP Mudrakhbhai Lalaji.

Then came the high-energy DJ night, dance, *masti* and even a round of Garba! The party didn't stop there—members gathered





for a lively session of playing cards, with the fun continuing till 4:00 AM!

Day 2 began with a peaceful nature trail and river crossing. After breakfast, the club celebrated Friendship Day with music, group photos, card games, housie, and singing. Some adventurous souls also enjoyed rappelling and rock climbing. Several new members shared heartfelt reflections on their Rotary journey and IPDGN Rtn. Chetan Desai praised Pres. Ketan Tapiawala and her team, along with PP Ashish Tapiawala, for organising such a successful outing.

The resort was also graced by stunning hand-painted artworks created by the talented young son of the resort owner—adding an artistic flair to the experience.

Lunch was a feast of delicious food varieties. As we headed home, we relished *garma garam vada pav* and sandwiches—ending the trip on a perfect note.

Special attention was given to our senior members, reflecting the cherished family values of Rotary. New Rotarians blended seamlessly into the fun, making it a great introduction to Rotary's warmth and fellowship.

The return bus ride was just as lively, filled with fun and meaningful games that had everyone laughing and bonding even more.

Special thanks to:

Club Admin Rtn. Jigna Mistry for her meticulous planning and coordination

PP Rtn. Ashish Tapiawala for his invaluable support

Aayushi and Rtn. Monalli for their efforts in organizing engaging games

A truly memorable start to the Rotary year—overflowing with joy, bonding, and the essence of Rotary spirit.

Warm regards,

Jaynisha Sampat

Inspire Secretary 2025–26

Friendship Day Celebrated with a Cause



The Rotary Club of Borivli celebrated Friendship Day in a truly meaningful way—by bringing joy and comfort to cancer-affected children at Access Life Foundation.

We extend our heartfelt thanks to all our partners who generously provided nutritious food for the children.

Special thanks to Rizwana and Monalli for organizing engaging games for both the children and their parents. The smiles on their faces truly made our day!

It was a heart-touching project, spending time with 18 brave children, ranging in age from 1 month to 18 years, all courageously battling cancer.

They had asked for 23 items, and we were happy to go beyond and provide them with 27 items—a small gesture filled with love and care.

Thanks to all the R/Anns. The whole project was sponsored by them.

Sponsoring Members Name:

- 1) Jaynisha- Chana
- 2) Ruma Kinariwala - Yellow Elaichi banana
- 3) Manish Joshi - Sweet lime
- 4) Arti Parekh- Roasted unsalted peanuts
- 5) Bela Desai- Makhana packets
- 6) Pragna Mehta Paper boat chikki
- 7) Harsha Desai - Almonds
- 8) Monalli Vorra - Haldiram Snacks packets
- 9) Nisha Chandarana - Amul Butter milk & Lassi
- 10) Sonal Chandarana - Kiwi
- 11) Sonal Davda - Cheese cubes
- 12) Vanita Lalaji- Pumpkin seeds
- 13) Trupti Sampat - Pomegranate
- 14) Jayshree Majithia- Roasted Sunflower Seeds
- 15) New member Hema -Dragon fruit.
- 16) Bhairavi Desai- Musk Melon
- 17) Purnima Thakkar – Green Pista
- 18) Bela Chetan Joshi-Akhrot, Kaju and Threptin.



BORIVLI'S RYLA TURNING IDEAS INTO VENTURES



Rotary Club of Borivli conducted their signature project for the year — Start-Up Sutra 1.0: RYLA – Be an entrepreneur — as a three-day residential workshop from 15th to 17th August 2025. This pioneering initiative was not merely an event but the beginning of a movement to ignite entrepreneurial thinking among the youth and to equip them with the confidence, skills and resilience required to dream big and build their own ventures.

The inspiration for this remarkable project came from Past President Ashish Tapiawala. Earlier this year, Ashish attended a RYLA in Madurai, Tamil Nadu — a powerful three-day programme that left an impression on him. Deeply moved, he returned with the dream of bringing a similar transformative experience to Borivli. With determination he not only championed the idea but also worked tirelessly to bring the same team of trainers from Tamil Nadu to Mumbai. Along with President Ketel, he launched Start-Up Sutra 1.0 in association with Rotary Club of Virudhunagar and Punch Gurukulam. His vision and commitment ensured that Borivli hosted a RYLA with a difference

The workshop began with an inspiring inaugural address by Rtn. Dr. Arun Sawant, setting the perfect tone for what lay ahead. Thirty-three enthusiastic participants — fifteen girls and eighteen boys — were then taken under the wings of the expert trainer, Mr. Jayaraman Umashankar, and his team. What followed was a blend of rigorous and fun-filled sessions covering the full spectrum of entrepreneurial life, from ideation to teamwork, from resilience to business pitching. For three days and nights with little sleep, they participated whole heartedly. The atmosphere was vibrant and charged. By the time the finale arrived, the energy in the room was electrifying. The participants not only received medals, certificates and prizes but also carried home a renewed sense of confidence and motivation to pursue their own start-up journeys.

Each day of the workshop added its own special flavour. Meditation and aerobics instilled discipline and focus, while powerful talks by distinguished Rotarians such as District Governor Rtn. Dr. Manish Motwani encouraged the students to dream big and stay committed to their entrepreneurial journeys. The grand finale featured inspiring sessions by Rtn. AKS Nikunj Jhaveri, who shared his incredible “rags to riches” journey of building a thousand-crore conglomerate, and Rtn. AKS PDG V.R. Muthu, Chairperson of IDHAYAM, who spoke on the power of quality and excellence with examples that left the participants



Borivli's RYLA: Turning Ideas into Ventures

spellbound. An engaging chat by IPDG Chetan Desai with Rtn. Nikunj Jhaveri was another highlight. Power Speaker Uday Karelia's story of starting from nothing to building a highly profitable company drove home the message that perseverance and vision can transform lives.

The valediction ceremony brought the curtain down on this exhilarating journey with awards, recognition, and moments of joy. In a thrilling announcement, it was declared that the top ten students would advance to the Race to Singapore, and finally the top two would travel to Singapore for advanced entrepreneurial training. This promise of continuity ensured that the spark lit at Start-Up Sutra would burn brightly into the future.

The impact of this RYLA goes far beyond three days of training. It has sown the seeds of possibility in the minds of young participants and shown them that entrepreneurship is not just a dream but an achievable reality. The workshop has set the stage for a future where more young people will dare to start up, and more ventures will be born out of courage, creativity, and commitment.

Such a project could not have succeeded without the support of our sponsors. Heartfelt gratitude goes out to Dr. Umesh Khanna, the Mumbai Kidney Foundation, Mr. Dilip and Mr. Abhishek Choudhary, and AKS Muthu of IDHAYAM for their generous contributions. Thanks is also due to the resolute training team, sponsors, guest speakers, honoured guests, and the Rotarians of Borivli who stood by this initiative and contributed wholeheartedly to its success.

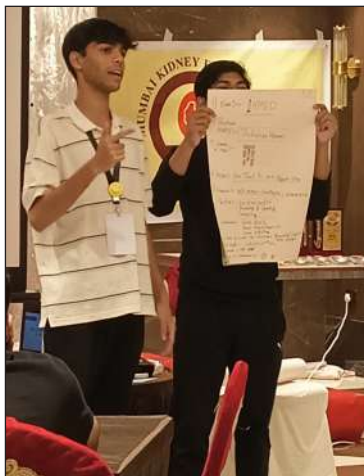
AKS Muthu of IDHAYAM has been the brain behind this idea. He has now sponsored 49 such RYLA meets. Till now it was in Tamil Nadu. For the first time they have ventured outside their home state.

Above all, special recognition must go to PP Ashish Tapiawala, whose vision and untiring efforts made Start-Up Sutra 1.0 a reality.

Within 8 days of the conclusion of the meet, two participants collaborated to launch their new brand. The two participants met for the first time at the workshop and have collaborated to launch a start-up. Heart-warming.

What began as a spark in Madurai has now become a blazing torch in Borivli. Start-Up Sutra is well on its way to becoming a brand, with Version 2.0 already eagerly awaited. For every parent and Rotarian who wishes to see their children dream, create, and achieve, this is the platform to watch out for. The future belongs to those who dare to start up, and Rotary Club of Borivli is proud to be their launchpad.

KVPremraj



First Club Assembly

Congratulations, President Rtn Ketan Tapiawala and your BOD, for organizing the 1st Club Assembly so meticulously.

The presentation done by Directors Rtn. Pratik Shah, Chetana Shinde mam, Mayur Joshi, Rizwana ji, Ketan Shah, Chetan Joshi, Premraj, Jignaji and Jitendra in their respective avenues was really commendable. I appreciate their efforts and their enthusiasm in conducting and planning so many projects. My apologies if i have missed anyone.

The appreciation words said by PDG Prafull Sharmaji in itself is a feather in your cap. Above all, Ashish bhai's experience and support is a big pillar for you and the club.

It was wonderful experience to meet you all, remembering old times. I thank you and RC Borivli for the wonderful hospitality and bonhomie.

Thanks to Dharmaji Sir for the 'Dil Se' introduction.

Once again Congratulations and Best Wishes to you and team RC Borivli, you all rocked well yesterday and I am confident that you all will really achieve great heights in Inspire year.

Thank you,

Rtn. Dr. Durgesh Aroor
AG 2025-26
Rotary Club of Mira Road



Dental Camp at MGM Dental College

Rotary Club of Borivali & MGM Dental College Organize Successful Dental Camp

Rotary Club of Borivali, in collaboration with MGM Dental College, successfully organized a Dental Health Camp at Magubai Dattani Vidyalaya and Yojana Junior College.

The camp was led by Dr. Dharmaji Shinde and his dedicated team from MGM Dental College, with additional support from Dr. Mausami. Adding a special touch, Dr. Dimple Solanki and Rtn. Kamlesh Paipaliya's daughter Dr. Dhara Virvadia also joined in attending to the students.

This initiative benefitted over 900 students, from Pre-Primary to Degree College, by providing valuable dental check-ups and creating awareness about oral health.

Dr. Kanak Ganguly checked students along with MGM team.

Dr. Dhaval Pandya went into classes for an in depth session on how to take care of teeth in very lucid way, which was well

appreciated by students.

A heartfelt thanks to Ajitbhai Vasani for arranging a delicious lunch for the participants and to Principal Sunita Madam for her excellent arrangements along with a wholesome breakfast, tea, and coffee for the team. We deeply appreciate the wholehearted support and cooperation of the school principal, teachers, and students in making this camp a grand success.

We look forward to more such fruitful collaborations in the future.

Members of Rotary Club of Borivali who attended the camp:

Pres. Ketan Tapiawala, Sec. Jaynisha Sampat, Dr. Dharmaji Shinde, PP Rashmikant Sanghavi, Medical Director Chetna Shinde, Ajitbhai Vasani, Dr. Dhaval Pandya, Dr. Kanak Ganguly
MGM Dental College Team led by Dr. Mausami.

Regards,

Jaynisha Sampat

Inspire Secretary 2025-26



Annapurna at Shatabdi Hospital



On 30-08-2025, the Rotary Club of Borivli, in association with Ram Roti Foundation, proudly served free lunch to the needy at Shatabdi Hospital. This initiative benefits over 500 patients and their relatives weekly, bringing comfort and nourishment to those in need.

Going forward, our club will be participating in this noble cause every Saturday.

Lunch was sponsored by our own RTN. Kamlesh Pipaliya.

Menu Served: Puri, Sabzi, Masala Khichdi, Samosa & Banana.

Members who attended the project:

Chairman Rtn Harish Davda, Rtn Kamlesh Pipaliya, PP Rashmikant Sanghvi, Rtn Nikhil Bhatt, Rtn Rakesh Shah
We remain committed to Service Above Self.

Warm regards,

Rtn. Jaynisha Sampat

Inspire Secretary 2025-26

Aastha ka Parv – MAHAKUMBH

“Aastha ka Parv – MAHAKUMBH: What a deep and insightful knowledge session by Rtn. Dr. Lucky Kasat. With his detailed study and remarkable presentation, he beautifully summarised the essence of Mahakumbh in just one hour, making us understand even the microbiology behind it with great clarity. Congratulations to President Ketel Tapiawala & Team for inviting such a knowledgeable speaker to our club meeting. We truly missed the members who could not attend.”



Service to the Community

On 6th August 2025, Rotary Club of Borivli in collaboration with Pruthvi Impact Foundation conducted, a heartwarming initiative where love was truly served on a plate.

The community came together to share a simple yet soulful meal of *Upma* and spreading joy through the nourishing power of food.



Today's meal was sponsored by Chetna Shinde in memory of her Bhabhi Neema Narendra Savla.

We were honored by the presence of Pres. Ketel Tapiawala, Dr. Dharmaji Shinde, Chetna Shinde & Falguni Mody whose support added great value to the event.

Together, we continue to make a difference—one meal at a time.

On 9 August 2025, the Rotary Club of Borivli, in association with Ram Roti Foundation, proudly served free lunch to the needy at Shatabdi Hospital. This initiative benefits over 500 patients and their relatives, bringing comfort and nourishment to those in need.

Going forward, our club will be participating in this noble cause every Saturday. Lunch was sponsored by Rtn. Kalpesh Mehta.

Menu Served : Puri, Chowli Sabji, Masala Khichdi, Samosa, Banana Fruit

Members who attended the project:

Pres. Ketel Tapiawala, Asha Sanghavi & Trupti Sampat.



Ganapati idol making workshop

On 10th August, 2025 Rotary Club of Borivli and Inner Wheel Club of Borivli jointly organised a Ganesh Idol Making Workshop.

As we entered the hall, the atmosphere was filled with excitement — more than 50 children had gathered, eager to participate. The enthusiasm was truly heart-warming. A volunteer from Pidilite Company guided the children in the



process of making the idols, and all the children crafted their respective idol beautifully. The attached pictures capture the wonderful results.

A special thanks to Chetna Shinde for arranging all the materials and coordinating with Pidilite Company.

Members Present at the Project:

- 1) Pres. Ketel Tapiawala
- 2) Sec. Jaynisha Sampat
- 3) PP Ruma Desai
- 4) Project Chairman Renjini Premraj
- 5) Dr. Dharmaji Shinde
- 6) Chetna Shinde
- 7) IWCB Pres. Sarita Gujarathi
- 8) IWC Member Deepali Wagle
- 9) Amit Gaikwad from RCC Devlapada.
- 10) Pallavi Gaikwad Chair Person for RCC Devlapada



ISOLATION



In today's world, many people assert their own personality, and strive to live a full life solely as an individual. However, instead of leading a full life or realising their personality, they are sliding into isolation and depression.

For, in our age, mankind has been broken up into self contained individuals, trying to hide themselves and their belongings from others, and isolating themselves from people. And, while they accumulate material wealth in their isolation, they think with satisfaction how secure they have become. Sadly, such persons are not realizing that the security of the individual cannot be achieved by their isolated efforts alone, but only by mankind as a whole.

"Isolation and burn out" has been declared as an occupational phenomenon (disease) by WHO in the year 2019. In fact, there is a lot of awareness of this problem in Western countries, leading to timely medical help like counselling and medication etc. However, this aspect has not yet got the fullest attention here. Isolation has led to depression, leading to extreme behaviours, and, in some cases, suicides. This has to change as soon as possible to save us from the ill effects of isolation.

That said, optimism burns bright in all of us. As they say, hope springs eternal in the human breast. One is sure that in future, the fighting spirit in all of us will come to the fore. Realization will set in that a society prospers only when the endeavours are undertaken jointly in a spirit of mutual trust, co-habitation, collaboration, and co-operation. In fact, Rotary is all about collaboration, thereby setting us, Rotarians, a stellar example. It is now incumbent on us to spread this concept far and wide.

Indeed, not for nothing have the scriptures declared "Vasudhaiva Kutumbakam" – the world is one family.

~ Rtn. Ketan Shah

YOU ARE WHAT YOU DON'T EAT

The Hidden Power of Nutritional Deficiency



We often hear the phrase "You are what you eat," but have you ever considered that you might actually be a reflection of what you're not eating? The consequences of nutritional neglect don't always appear overnight—but over time, they manifest clearly in the way you look, feel, and function.

Let's break it down in simple terms:

1. Low Muscle Mass? Check Your Protein Intake.

If you struggle with maintaining or building muscle, your diet may be missing both adequate quantity and quality of protein. It's not just about eating protein-rich foods—it's about consuming complete proteins with the full spectrum of essential amino acids that your body can't produce on its own. Without them, muscle repair and growth become compromised.

2. Always Tired or Low on Energy? Reconsider Your Carbs and Vitamins.

Feeling lethargic or mentally drained after meals could be linked to a lack of carbohydrates, which provide energy when consumed. Combine that with deficiencies in key vitamin involved in energy metabolism—and you're left feeling more sluggish than energized.

3. Dull Skin and Lifeless Hair? Fats and Fat-Soluble Vitamins Are Essential.

Have you noticed your skin losing its glow or your hair becoming brittle and dry? These are not just cosmetic concerns—they're signs. A low-fat diet, while trendy for some, often lacks fat-soluble vitamins crucial for skin health, hair strength, and overall cellular regeneration.

4. Mental Fog and Forgetfulness? Your Brain Needs Nourishment.

Cognitive function relies heavily on proper nutrition. If you're experiencing mental fog, poor focus, or forgetfulness, it's time to explore the root cause, which may vary from other neurological nutrients. These symptoms are not just signs of aging—they are alarms sounding from within.

5. Your Skin: A Mirror to Your Internal Health.

The skin is the largest organ of your body, and it's constantly communicating with you. Inflammation, acne, dryness, or eczema aren't just external conditions—they're internal imbalances expressing themselves externally. And no, topical treatments alone won't fix the root problem.

Stop Treating Yourself Like a Case Study

Unsolicited advice, fad diets, or trying whatever worked for someone else might offer short-term results—or worse, backfire completely. Your body is unique. It deserves a personalized, informed approach, not a trial-and-error method from unqualified sources.

It's Either Now or Never

Before the warning signs grow into chronic conditions, listen to your body. Nutritional deficiencies are reversible—but only if addressed in time. Start by asking the right question:

What am I missing?

Sometimes, the key to good health isn't just adding more—it's identifying what's lacking.

"Since man derives all the nutrients he needs through the diet he eats, his diet must be well balanced to provide all the nutrients in proper proportions"

Reference: Nutritive Value Of Indian Foods by

C.Gopalan, B.V.Rama Sastri & S.C Balasubramaniam

~ **By Nainali Gore**

SUSTAINABLE HOMES

Pune Couple Builds Dream Home Away From the City, Saving 90% on Power & Growing Their Own Food



Anant Farms: Tradition Meets Sustainability

IT professionals Anirudha and Sucheta Ambekar traded Bengaluru's tech hub for a quieter, more meaningful life near Pune. Their dream home, Anant Farms, is not just a farmhouse but a lifestyle rooted in heritage and sustainability.

Inspired by Anirudha's childhood in Gangakhed, where stone houses, wooden doors, and farming defined daily life, the couple recreated that rustic charm in Bramhanghar, 47 km from Pune. The 3,000 sq ft house, designed around a traditional central courtyard, uses local red stone and Jaisalmer tiles for natural cooling. Antique teakwood doors and family furniture from the 1950s — lovingly restored — bring history alive within the home.

Beyond design, the Ambekars placed sustainability at the core of their vision. Rainwater harvesting fills a pond with nearly eight lakh litres, meeting 90% of their annual water needs. Solar panels cut their power bills to just ₹600 a month. Their farm-to-table lifestyle thrives with organic fruits, vegetables, and spices grown on their land. A cow provides manure for compost, completing the natural cycle.

Sucheta, new to farming, learned organic and zero-budget techniques through workshops. "Every decision was guided by our dream to live mindfully and give back to nature," she shares. Their children too embrace this lifestyle, proudly eating the vegetables they help grow.

Family bonds are central to Anant Farms. Anirudha's mother, Usha, treasures the home as a tribute to her late husband, symbolized by an Ananta tree planted in his memory. "This place feels like a part of him," she says.

Today, Anant Farms is more than a home — it's an invitation to rethink modern living. By blending tradition, sustainability, and love, the Ambekars have created a sanctuary that inspires all who visit.

Submitted by Ashish Tapiawala





'Stars of Borivali'



K V Premraj



K V Premraj was invited as a guest lecturer by Aditya School of Business Management to speak to around 100 post graduate students.



Dr. Dhaval Pandya



Dr. Dhaval Pandya had the honour and privilege of being invited by the stellar scientific committee and stalwarts of implant dentistry profession across the country to give a main podium presentation of his last 20 years years of documented , published and cutting

edge work in the field of implant dentistry at the prestigious "Global Implant dentistry scientific symposium " held at Chennai , on 2nd and 3 rd August 2025 .

Dr. Dhaval also presented an E -scientific poster of some of his work in past 20 years encompassing some of the

rarest oral pathologies associated with implant dentistry patients and their outcomes with long term follow ups.





GIRISH BADRAGOND

Girish Badragond, a well-known rural innovator in Bijapur, Karnataka has launched a first-of-its-kind machine called 'Blind Farming



Technology.' In 2018, he came across two visually-impaired farmers in Vijayapura, Karnataka, who had to lease their lands because they couldn't farm it themselves.

To make their lives better, Girish created a machine called 'Blind Farming Technology'. The machine includes a digital stick equipped with a sensor that detects the moisture content, nutrition level, and temperature of the soil. The information is announced on an audio system.

The farmer can walk around his field holding the digital stick to get updates. Apart from that, the machine includes sensors which are installed under the soil to collect various crop-related information. The audio system is installed on different parts of the farm depending on the size, and it works on solar power. There is also an irrigation system which will automatically water the crops when there is a drop in the soil moisture level. Even in the absence of the farmer, the work continues. This technology will also help the farmer save water.

Apart from that he also hopes to start a 'precision farming' training centre for the visually-impaired. Here, farmers would be given hands-on training to use the machinery which would prepare them for a career in the agricultural sector.

He is also working on developing a bed where the sheets are automatically sterilized. Since hospitals are places of high risk for contracting coronavirus, it is important to maintain hygiene in the premises. On the common places where contact is the most are patient beds. Manually changing the sheets puts the cleaner at risk. Hence these beds will be fitted with a UV sterilization box at the bottom, and the bedsheet will automatically move in and out of that box. Each bedsheet will take 4 minutes to get properly sterilized,"

~ Ashish Tapiawala



Roshni Perween



Roshni Perween, a 24-year-old from Bihar, was married at 14 to a man three times her age. She endured abuse, rejection, and became

a mother at 15. Refusing to let her circumstances define her, Roshni left the abusive marriage and returned to her parents' home. She began working at a showroom to support herself and her son, determined to create a better future.

Today, Roshni is a passionate advocate against child marriage. Over the last two years, she has prevented more than 60 child marriages through her work with Childline India Foundation, Save The Children, and UNICEF, transforming the futures of countless young girls. She has also formed 15 adolescent girls' groups in rural Bihar, helping young girls gain education and skills for a brighter future.

Roshni works closely with local authorities, counselling families and involving law enforcement when necessary to stop child marriages. In 2022, her impactful work earned her a prestigious award from the United Nations.

Now 24, Roshni has become a beacon of hope for rural girls in Bihar. Driven by her harrowing challenges and personal struggles, she has dedicated herself to rescuing girls from the clutches of trafficking and preventing child marriages in her community.

Her dream is to see a child marriage-free India, and she remains committed to making this vision a reality every day.

~ Ashish Tapiawala



UPCOMING EVENTS

SR.	DATE	PROJECT
1	6th September	Sarbat distribution during Ganpati Visarjan.
2	13-14th September	Sports carnival
3	20th September	Ratri before Navratri with special Children.



Hon. Secretary

It gives me immense pleasure to serve as the Secretary of our club, especially with the guidance of many PDGs and senior past presidents who continue to be our mentors.

The month of August 2025 was truly a roller-coaster ride—balancing home, office, and club responsibilities, while planning and executing projects. Yet, the results made it a deeply satisfying month.

We began with a bang—inducting 10 new members and enjoying a one-night, two-day club picnic at Deep Nature Resort. The fellowship and bonding from this event will surely inspire our team to serve the community with even greater enthusiasm.

This month also witnessed our club's flagship project—Startup Sutra: Be an Entrepreneur (RYLA)—a dream project of our President Rtn. Ketan Tapiawala and Chairman PP Ashish Tapiawala. A year ago, PP Ashish travelled Madurai to understand the details of project, and his dream came true when our club united to bring it to life in Mumbai. The wholehearted support from members—Rtn. Sec. Jaynisha Sampat, Rtn. Dr. Dharmaji Shinde, Rtn. Chetna Shinde, PP Ruma Desai, PP Rtn. Premraj, AG and PP Rtn. Narendra Shah, Rtn. Nikhil Desai, Rtn. Jigna Mistry, Rtn. Ketan Shah, Rtn. Rizwana Kapoor, Rtn. Bhairavi Desai, Rtn. Hetal Desai, Rtn. Ashwin Gala, Rtn. Mehul Parekh, and Rtn. Kkunal Vorra—was truly commendable. As rightly said, "There is immense power when a group of people with similar interests come together to work toward the same goals."

Several other impactful projects were also carried out this month:

- Annapurna Project – giving us deep satisfaction by serving the community at large.
- Ganesh Idol-Making Workshop – organized for school children, which received an overwhelming response and was even published in three newspapers, bringing our club excellent PR.
- Club Assembly – graced by AG Dr. Durgesh Aroor, who appreciated the thoughtful planning and presentations by all Directors.
- Club Meeting – where our own Rtn. Dr. Lucky Kasat delivered an insightful talk on Aastha ka Parv – Mahakumbh, beautifully summarizing its essence in just an hour.
- Mega Dental Check-up Camp – at Mangubai Dattani Vidyalaya, where over 900 students were examined by MGM Dental College under the leadership of Rtn. Dr. Dharmaji Shinde and Medical Director Rtn. Chetna Shinde.

With so many fellowship events and service projects, I truly feel content at the end of the day. Most importantly, I deeply appreciate how our President assigns responsibilities wisely and ensures smooth execution of every initiative.

I have found that, among its many blessings, giving liberates the soul of the giver.

Rtn. Jaynisha Sampat
Honorary Secretary