

ROTARY CLUB OF BOMBAY SEAFACE



JULY 2024-2025 E-BULLETIN

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2024 - 2025 JULY E - BULLETIN



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PRESIDENT'S MESSAGE



My dear Rotary Seaface Family,
As I progress from the Incredible Year 2023/24 to the Vibrant year 2024/25 as a President of the Rotary Club, I am awed by the remarkable achievements and the many incredible projects, but it motivates me to do even better with possible projects which are innovative and help to serve our Community with always keeping in mind Rotary's motto : **SERVICE ABOVE SELF**.

This can be achieved with the dedication and tireless efforts of each one of you. The Leadership of the Board Members and the commitment alongwith willingness of each one to give your dedicated time and talents inspires me and together we will achieve what we have set out to do.

I look forward to the commitment and contribution from all of you in whatever way you can.

Our Fellowship activities have been excellent and shows sheer harmony within the Club. We plan to make them outstanding and memorable with camaraderie that defines our Club.

Let us all strive to make this **VIBRANT** year an epitome of commitment, dedication and creativity. Let each moment be an unforgettable which can add value to our lives and as **ROTARIANS**.

Do reach out to me and let us **TOGETHER** make a **DIFFERENCE.....**

Yours in Rotary,
Minal J Turakhia

EDITORIAL MESSAGE



Dear Rotarians,

It's a new Rotary Year and I am delighted to takeover as the Bulletin Editor for the VIBRANT Year 2024-25.

As we unveil the latest edition of our publication, we are reminded of the incredible power of community and the difference that collective action can make.

This issue is only a testament to the commitment and passion the members have displayed and will continue to touch Community through various projects and services we execute. Within these pages, we will strive to share the glimpses of the events and projects we have worked and enjoyed together. Each article reflects the efforts and shared vision that we would want to achieve.

The BULLETIN is a powerful source of communication and connects all members at the Club level and also at the District Level with various Club and Community updates.

If you would like to contribute in any form, either by writing a poetry, an article or a drawing, please get in touch with me on Whatsapp : 9821152591 or thru email : tejalgandhi01@yahoo.com

Alternatively you can get in touch with Rotary Ann Grace Cabral - Whatsapp : 9821884241 or thru email : gracecabral@gmail.com

Look forward to your active participation from Rotarians and Rotary Anns.

Thanking you.

Yours in Rotary,

Rtn PP Tejal Gandhi

Bulletin Editor

INSTALLATION CEREMONY OF RTN MINAL TURAKHIA AND BOARD OF DIRECTORS OF ROTARY CLUB OF BOMBAY SEAFACE (RCBS)



The Installation Ceremony of Rtn Minal J Turakhia was held at Hotel President Cuffe Parade on July 18th 2024.

The VIBRANT President Rtn Minal of RCBS took over from Incredible President Rtn Uday Kulkarni.

The Dynamic District Governor of Rotary 3141 Rtn Chetan Desai alongwith First Lady Jwala Desai and other distinguished District Dignitaries graced the occasion with their presence.

More than 125 members and the spouses from the Club were present alongwith Minal's entire family including her ever supportive husband Mr Janak Turakhia. Her son-in-law Nishit delivered a heartfelt and cheerful introduction of President Minal. During the ceremony President Minal provided a brief overview of her projects for the year highlighting her Vision and Plans for the Club's future. The Board of Directors were then introduced in colourful Sashes committing to uphold the spirit and mission of the Club for the current Rotary year. District Governor Chetan Desai was introduced and spoke eloquently giving his Plans and Vision for the year 2024-25. He was direct and truly motivated the members present to raise the bar of District 3141 through the Community Programs it has undertaken to deliver.

DG Chetan has unique plans to make District 3141 a truly committed District in all avenues of Service. The meeting ended with a Vote of Thanks from President Elect and Director Membership – Rtn Nisha Shah.

Dinner and Cocktails added to the flavour of the fellowship to make it a memorable event.

We wish ALL THE BEST to President Minal and her Team for the Rotary Year 2024-25 !!!



New Members adding to the strength of Rotary Club of Bombay Seaface - Inducted by DG Chetan. Dr Hetal Nilesh Shah, Manisha Ketan Gandhi and Sonal Dhiren Shah

Welcome aboard and look forward to having you with us. Women in Rotary number increases.....



DG Chetan, President Minal alongwith District Dignitaries and Co-Presidents for the Rotary Year 2024-25.

The Installation ceremony in progress and the audience engrossed in the proceedings.



CLUB SERVICE

1st Club meeting on a HIGH - Malkhumb

On 13th July, we had a very unique meeting. Shri. Uday Deshpande (Padmashree) demonstrated and spoke on Malkhamb. Here is what Malkhamb means:

A mallakhamb is an old martial arts that was used to teach ancient warriors and wrestlers. Literally, "khamb" means pole, and "malla" implies wrestling. The three types of Mallkhamb are

- Fixed pole Mallkhamb
- Hanging Pole Mallkhamb
- Rope Mallkhamb.

All three types entail tremendous muscle strength, concentration, and flexibility.

Besides the talk, Mr. Deshpande's team demonstrated the skillful exercises. It was a memorable meeting !!!



CLUB SERVICE

New Members Corner



Dr Kunjal Bathija is a gynecologist at Bombay Hospital. Her hobbies are Sports, Swimming, Cycling, Traveling and Cooking. Joined Rotary 4 months back. Would be interested to do Medical Camps, Cancer Detection Camps, Teenage Care and PCOD awareness.



By Pragati Jain

Pragati Jain is a housewife, painter and poet .

She along with her husband joined rotary in January 2024.

They are a small family of 3 and half . As Pragati says “My husband Vaibhav (director at KMD REINSURANCE) daughter Saumyaa - (a brand and communication designer) and the half being our puppy Zoey.”

She loves to learn new things, loves teaching , reading,writing poetry (in Hindi and English)and sketching....oh and learning about new tech is her passion!

They have joined the rotary to socialize and appreciate its philanthropic work .They look forward to get involved in Rotary activities. She has shared her Sketch with us over here.

COMMUNITY SERVICE



Blood Donation Drive

There were multiple blood donation drives conducted Churchgate and Dadar stations in the month of July which got a tremendous response.

We were Co-hosts with other clubs.

Annapurna Project

Annapurna project in execution at KEM Hospital.

The sponsors for Annapurna projects for July were Rtn PP Rajen Desai, President Minal, Rtn PP Pinki Dalal and Rtn Dr Sarita Bhalerao.



COMMUNITY SERVICE



On the 2nd of July we inaugurated a Remedial and Wellness center at Vanita Vishram School for the benefit of the needy.



On 1st July a medical camp was held at the Bangaga Centre.



On Tuesday July 30, 2024 , 4 computers were donated to SVRR School received from Donors arranged by Rtn Parul Mody. Cheers Parul



Rtn Dr Hetal Shah, our new member, conducted a heart surgery at KEM Hospital. This operation was done on a 17 year old patient. Kudos to Rtn Dr Hetal.

COMMUNITY SERVICE

Basic Education Project

In the Basic Education Program we organised an English book reading competition where about 475 students and the best were Awarded certificates. It was a very successful program and well appreciated and enjoyed by all students. This project was held at the Vanita Vishram school.



Contributed by Rtn PP Gool Ghadiali



L.E.A.R.N project is a District initiative !!! It is an ongoing project led by our own Rtn PP Leena Shah.

PARTNERS IN SERVICE

BJPC Investiture and Beach Clean Project

DID YOU KNOW WHO ARE PARTNERS IN SERVICE :

Rotaract is an international organization of service clubs for men and women aged 18-30 that fosters leadership and responsible citizenship, encourages high ethical standards in business and promotes international understanding and peace. Rotaract is a program of Rotary International. Interact stands for International Action. It is a kind of junior Rotary Club for young people between the ages of 14 and 18. All Interact Clubs are part of the Rotary International organization and every club must be sponsored by a Rotary Club.

We have 3 Interact Clubs and 1 Rotaract Club viz.,

Interact Club of BJPC – Charni Road

Interact Club of Vanita Vishram – Prathana Samaj

Interact Club of Modern School – V P Road

Rotaract Club of NSS College – Tardeo

We support all these Clubs in many ways for increasing Leadership and Community Projects. We invite all Rotarians to come and be present at their different events to motivate the youth of today.

President and Board Members of the Interact Club of BJPC Institution affiliated to Rotary Club of Bombay Seaface. The function was attended by Club President Minal Turkhia and other Club Members.



PARTNERS IN SERVICE

**BJPC Investiture
and Beach Clean Project**

The President and Board Members of the Interact Club of the BJPC Institution.
Beach clean up Project on 21st July at Chowpati by the Rotaract Club of NSS College.



Contributed by Rtn Tejashwini Modak

ROTARY INTERNATIONAL RI PRESIDENT 2024 - 2025



Come JULY, and the new ROTARY year dawns with hopes and enthusiasm for all ROTARIANS. The new President and the Board is ready with the blue print of a new VIBRANT year 2024-25.

The new RI President, Ms STEPHANIE URCHICK, hails from the RC of McMurray, Pennsylvania, USA , joined Rotary in 1991, a few years after RI allowed women in ROTARY. She is only the 2nd woman RI President in the 120 years of ROTARY history. She has given an excellent theme of her presidential year as " THE MAGIC OF ROTARY " .

She leads the 1.2 million strong ROTARIANS from 200 countries round the globe and started her ROTARY career with an aim to meet new people and immediately got into service activities.

This was followed by doing the club newsletter, and later to Rotary Youth Exchange and Foundation grants.

These involvements in different fields of services got her the taste of real ROTARY world.

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Her experience of getting on stage and inspiring people to participate helped in developing set of skills. Her 2nd experience in helping students find careers and jobs too made her extra talented and last but not the least her 3rd career as a self employed consultant in her consulting and development firm did a bit of training and a lot of business development. Her aim is to make ROTARY " simply Irresistible " to community members who have a heart for service and fellowship.

President Stephaine theme is simply THE MAGIC OF ROTARY to which she adds that people can put any verb they want in front of it.

Believe in the magic of ROTARY, spread the magic of ROTARY. There are all kinds of words that we can use.

So lets enjoy the new ROTARY year 2024-25..



Rtn Bharat Merchant

MEMBER'S CORNER

Dr. Milan Balkrishna



FIND TIME FOR YOURSELF

In today's fast-paced world, finding time for self-care can be challenging, especially when juggling work, family, and other responsibilities. However, prioritizing self-care is essential for maintaining physical, emotional, and mental well-being. Here are some practical tips to incorporate self-care into a busy schedule.

1. Start Your Day with a Routine:

Begin your day with a calming and positive routine. This could be as simple as stretching, meditating, or enjoying a quiet cup of coffee. Taking a few moments to center yourself can set a positive tone for the rest of the day.

2. Schedule Self-Care:

Just as you would schedule meetings and appointments, block out time for self-care in your calendar. This could be a 15-minute walk during lunch, a short meditation session, or a quick workout. Treat these appointments with the same importance as work commitments.

3. Practice Mindfulness:

Incorporate mindfulness into your daily activities. Whether you are eating, working, or commuting, try to be fully present in the moment. Mindfulness can reduce stress and increase your overall sense of well-being.

4. Take Breaks:

Allow yourself to take short breaks throughout the day. Step away from your desk, stretch, or take a few deep breaths. Regular breaks can boost productivity and prevent burnout.

5. Set Boundaries: Learn to say NO to extra tasks that can overwhelm your schedule. Prioritize your well-being by setting boundaries and ensuring you have time for yourself.

6. Stay Active: Physical activity is a crucial aspect of self-care. Even if you have a busy schedule, find ways to stay active. Take the stairs instead of the elevator, walk or bike to work if possible, or do a quick workout at home.

7. Nourish Your Body: Eating nutritious meals and staying hydrated are essential for maintaining energy levels. Prepare healthy snacks and meals in advance to avoid reaching for unhealthy options when you're busy.

8. Get Enough Sleep: Prioritize sleep by establishing a regular sleep schedule. Create a relaxing bedtime routine and make your sleep environment comfortable. Quality sleep is vital for overall health and well-being.

9. Practice Gratitude: Take a few moments each day to reflect on things you are grateful for. Keeping a gratitude journal can help shift your focus from stress to positivity, improving your mental outlook.

10. Connect with Others: Social connections are important for emotional health. Make time to connect with friends and family, even if it's just a quick phone call or text. Sharing your thoughts and feelings can provide emotional support and reduce stress. Jai Rotary!

Incorporating these self-care tips into your busy schedule can help you maintain a healthy balance between your responsibilities and your well-being. Remember, self-care is not a luxury but a necessity for a fulfilling and balanced life. By making small, intentional changes, you can nurture yourself and enhance your overall quality of life.

BIRTHDAYS AND ANNIVERSARIES

BIRTHDAY

03RD TEJAL GANDHI

03RD SUNEEL MARDIA

09TH PINKI DALAL

06TH RAJENDRA KORADIA

14TH ARTI SHAH

16TH RAJEN DESAI

19TH AJIT THAKKER

22ND SUNITA JHAVERI

23RD DARRYL CABRAL

23RD ANIL KHIRA

24TH GEETA KORADIA

29TH PARESH MAJUMDAR

ANNIVERSARY

03RD RAJEN & RUPA

03RD SAMEER & RENU