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District 3141



incredible
2023-24

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Mahim waves

Special Issue

21st December 2023

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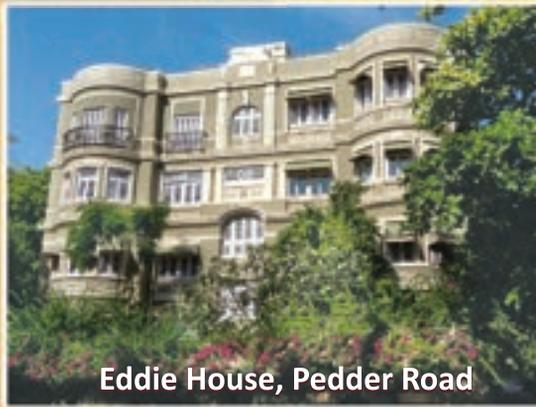
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PRESIDENT, ROTARY INTERNATIONAL 2023-24

R. Gordon R. McNally



RI President Rtn. R. Gordon R. McNally was educated at the Royal High School in Edinburgh and at the University of Dundee, where he earned his graduate degree in dental surgery. He operated his own dental practice in Edinburgh until 2016. McNally was chair of the East of Scotland branch of the British Paedodontic Society and has held various academic positions. He has also served as a presbytery elder, chair of the Queensferry parish congregational board, and commissioner to the general assembly of the Church of Scotland.

Gordon joined Rotary in 1984 at age 26. A member of the Rotary Club of South Queensferry, he has served as president and vice president of Rotary International in Great Britain and Ireland. He has also served RI as a director and on several committees, most recently as an adviser to the 2022 Houston Convention Committee and chair of the Operations Review Committee.

Gordon says he looks forward to working with members to build new Rotary clubs and groups. "My vision is that Rotary should exist everywhere in a style to suit everyone who has the desire to be part of us and to help us do good in the world," he says.

He is a patron of the UK-based nonprofit Hope and Homes for Children and led a partnership between that organization and RIBI to support children in Rwanda who had been orphaned in the genocide there. He is a patron of Trade-Aid, an initiative of the Rotary Club of Grantham Kesteven, England, that provides sustainable humanitarian aid to individuals, families, and businesses in the developing world. He is also an ambassador for Bipolar UK, a national mental health organization. In August 2022, he was made a laureate of the Sino Phil Asia International Peace Awards Foundation.

In his free time, Gordon enjoys rugby, good food and wine, and stick dressing, the traditional Scottish craft of making walking sticks.

Gordon describes The Rotary Foundation as "the engine that provides the energy to do Rotary service." He and his spouse, Heather, also a Rotarian, are Paul Harris Fellows, Major Donors, Benefactors of The Rotary Foundation, and members of the Bequest Society.

Gordon wishes to dedicate his presidency to making the world a better place for his granddaughters, Ivy and Florence, and all the children of the world, to live and thrive.

PR. Rtn. Pradnya Yogin Sabnis,
Rotary Club of Mumbai Mahim

I congratulate you on your installation to the office of Club President at the Rotary Club of Mumbai Mahim, Maharashtra, India.

You have been handed the reins of leadership at an historic moment. In the wake of the COVID-19 pandemic, more people than ever feel hopeless. Many have lost people close to them. Social networks have been uprooted and divisions have grown wider as opportunities for connection have been lost.

Rotary's ability to create lasting change begins with the bonds we form with each other. This year, I need your help to ensure the bonds between our fellow Rotary members are strong enough to bring hope to those who need it most.

Join me in making Rotary a source of strength for all of those, both within and beyond our membership, who feel they have lost hope. Let this be the year we Create Hope in the World, and let Rotary be known as an organization that takes care of its members as well as the people we serve.

It is within your power to help bring peace and soothe those afflicted by conflict, both in their communities and in themselves.

I look forward to working beside you as we come together to Create Hope in the World.

Warmest Regards,

A handwritten signature in black ink that reads "R. Gordon R. McNally". The signature is fluid and cursive.

Rtn. R. Gordon R. McNally
President, Rotary International 2023-24





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DISTRICT GOVERNOR 2023-24

Arun Bhargava



DG Rtn. Arun Bhargava from Pink City - Jaipur, has completed his Masters in Nuclear Physics from University of Rajasthan, Jaipur. Later he moved to Mumbai, and pioneered new mode of packaging in India, called Thermoforming in 1978. He was fortunate to work with stalwarts of Indian manufacturing industry in Food, Pharma, Medical, Electronic, Entertainment, FMCG, Cosmetics, and other industrial segments.

He enhanced his knowledge by attending various diploma courses like - Marketing management, export management and event management. He has two National Awards for excellence in Packaging Design - "India Star Awards", awarded by Ministry of Commerce, Government of India to his credit. He is visiting faculty at The Indian Institute of Packaging for last 32 years.

DG Rtn. Arun joined Rotary in 1996, and became President of the RC Mumbai Andheri in 2003- 04. After his president's tenure, he completed Tata Institute of Social Sciences one year programme to serve the needy people in better way. He continuously upgraded himself to better serve the society. He was associated with Drug and Alcohol treatment and deaddiction centre, called "Seva Dhan", at Andheri West for almost 6 years, helping thousands of patients.

He has been elected as District Governor to lead the District 3141 during 2023-24. He is an avid Photographer and Archaeologist, having spent number of days at archaeological excavation sights.

His wife, Seema, has a business of Marble artifacts, which she runs from home. His son Ankur is a Robotic Engineer and has his own on-line marketplace. His daughter, Saloni, an Odissi dancer, is a patisserie chef, and works in Sydney, Australia. His daughter-in-law, Pallavi is Neuro psychologist at Kokilaben Dhirubhai Hospital, Mumbai. They have a lovely granddaughter -Ayra.

My Dear Incredibles,

The purpose of Service is to reduce or abolish the problems of others. Problems that are sometimes solvable with ease offer us an opportunity to bring solace to the needy. The start of our Incredible year is so perfect and complete in all aspects – with voluminous projects and activities in all avenues – that it has indeed **Created hope for a better tomorrow** in true sense.

Our first 3 months have been full of service projects and fellowships. The way you all have responded to the needs of the community is truly adorable and I feel myself privileged to have such a dedicated and committed Incredible team. Seema and I are overwhelmed with the energy, enthusiasm and warmth we receive from our Incredible friends wherever we go and whenever we meet.

The idea of not having any District Thrust Areas and targets to achieve this year have really helped the Clubs in focussing and identifying the projects / programmes which needs to be done in the community where the Club is located. As I have stressed since beginning that the need and requirement of every community and locality is different and the best solutions can be devised considering the scale & magnitude of the problem, availability of resources and structured plan to root out the cause.

My hearty congratulations to all the members of Rotary Club Of Mumbai Mahim for another graceful and Incredible year when you all are doing various service projects for the benefits of the community. My best wishes for all success of your fund raiser "Dil Key Rishte" and for this special bulletin of your monthly magazine "Mahim Waves". The zeal and enthusiasm with which you serve the community is truly adorable. We also appreciate your support and involvement in District programs / events. We have our DISCON 2024 "**Darpan – The Reflections**" planned on 10th Feb 2024 at NESCO Bouquets, Mumbai. We have planned exciting programs, invited Incredible speakers and mesmerizing performances for you. Please join in large numbers and get benefitted.

Please continue with your efforts to help in growth & development of people in your respective communities and feel free ask for any assistance / support. Our district team will always be available to support you with all the knowhow and available resources. This will also give more visibility to the Club and will generate good PR for the Rotary.

INCREIBLE is not just a word or just a theme for our year anymore – it has become a way of life for all of us. Together, let's make the story of this INCREIBLE year a memorable and unforgettable one which we shall feel proud to share with our future generations.

Through our committed & coordinated community service initiatives let us spread the fragrance of love, happiness, peace, togetherness and help in fulfilling this year's Rotary International theme **Create Hope in the World. Together we can, Together we will, Together Again!**

Yours in Rotary,
Rtn Arun Bhargava
District Governor 2023-24
RI District 3141





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DISTRICT GOVERNOR ELECT 2023-24

Chetan Desai



DGE Rtn. Chetan Desai, a Mechanical Engineer turned IT Entrepreneur and Director of Vibrant Etechnologies, a prominent networking and software consultancy firm operating in India, USA and UK. He joined RC Borivali in 2003-04 and bagged the award of Best New Rotarian in his first year. As the President in 2008-09, he garnered an impressive array of accolades from Rotary International and the District. Notable awards include the Excellent President award, Best International Service Project, Most Unusual Project, and Best Cooperative Project of "KANHERI FESTIVAL". As District's Rotary youth Exchange Avenue Chair, he achieved 100% growth in Long Term Exchange Program, 100% Growth in STEP and NGEF Program, and made District 3140 the no.1 district in India in terms of sending maximum number of Long-Term Exchange students. DGE Rtn. Chetan's outstanding contributions to Rotary have been recognized through various prestigious awards, including Rotary International's "Club Builder" Award, "Avenues of Services" Award, and the District Service Award on three occasions. He has worked at different levels and variety of roles. His notable achievements include - Introducing the innovative RISE (Rotary Inducts for Service & Excellence), along with his team collected TRF contribution of 4 million USD, the highest ever for District 3141 and created a Guinness Book of World Record for Rotary Humsafar. He is a Major donor and PHS member, receiving a Gold Pin for Membership from RI for introducing more than 10 members to Rotary. He has donated 31 Lacs to the RC Borivali Charitable Trust. He is happily married to Jwala, who he considers his pillar of strength. Elder son Krish has completed B Tech in Computer Engineering and is pursuing a Masters in finance, while younger son Yash, completed his 10th grade, expresses a keen interest in participating in the Rotary Youth Exchange.

"Community Initiatives: Fostering Change and Empowerment"

The heartbeat of any thriving society resonates in its collective efforts towards betterment, driven by the spirit of unity and collaboration. It is within these threads of unity that the Rotary Club of Mumbai Mahim weaves its legacy of service, contributing to the vibrant tapestry of our community.

As we gear up for the upcoming fundraising program, slated for the evening of 21st December, at the illustrious Veer Savarkar Auditorium in Shivaji Park, Dadar, the ethos of this event echoes the very essence of collective responsibility. This event, beyond its financial objectives, symbolizes a convergence of hearts, minds, and aspirations for a brighter future.

The Rotary Club's unwavering commitment to uplift the community stands as a beacon of hope, embodying the power of mobilization and concerted action. From educational initiatives nurturing young minds to healthcare endeavours reaching the underserved, the Club's multifaceted approach addresses diverse needs with unwavering dedication.

Central to this essence is the collective endeavour of individuals, organizations, and communities coming together, transcending barriers and limitations. It is this spirit of togetherness that elevates endeavours beyond mere charity to sustainable transformation, fostering lasting impacts that resonate across generations.

At the heart of the Club's mission lies the belief in empowering every individual with opportunities to thrive. This resonates deeply with the very fabric of Mahim, where tradition and progress harmoniously coexist. The magazine Mahim Waves itself embodies this fusion, weaving stories of heritage and modernity, showcasing the resilience and dynamism of our community.

The forthcoming publication of Mahim Waves during the fundraising event represents an opportunity to amplify these stories, to celebrate the collective achievements and reinforce the commitment to a shared vision of progress.

Through these pages, we delve into narratives of change, resilience, and the triumph of the human spirit.

In conclusion, let us come together on the evening of 21st December, not just as attendees of an event but as champions of a shared cause. Let us embrace the spirit of community, leveraging our collective strengths to catalyse transformation, and ensure that the threads of change continue to weave a brighter, more inclusive future for all.

Together, let us weave change. Together, let us weave hope.

Rtn. Chetan Desai
DGE, RI District 3141

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DISTRICT LEARNING FACILITATOR 2023-24

Dilip Mulay



DLF. Rtn. Dilip Mulay, fondly called as Dilip in Rotary circles, is a multifaceted, hugely talented, versatile and a gifted Rotarian. After his post-graduation in MSc Biochemistry from Grant Medical College, Mumbai, started his professional career as a Chemist for couple of years.

The entrepreneur in him pushed him to start his own enterprise of manufacturing pharmaceutical products with a sales force of 150+ employees. Dilip is a true entrepreneur and went on to start other factory in Roha, Dist. Raigad for manufacturing exclusive Poultry Feed Supplements. He further went on to start one more unit in Pune to manufacture Nutraceutical products. In 2005, he diversified into manufacturing specialized garments for sterile area in pharmaceutical & healthcare industry in association with a largest textile mill, Precision Fabrics Group, Greensboro, NC USA. Precision Fabric Group is a premier American Company manufacturing unique fabric INTEGRITY. The Companies are having offices in Mumbai & Chandigarh.

He has been associated with theatre and he had done few professional dramas on The Marathi stage & some programs on television. He has also worked as a news reader on "ALL INDIA RADIO". During his college days, he was widely known and popular in Bombay (Mumbai) University for his extracurricular activities, dramatics, debate competition & bagged many prizes. He was elected as Executive - Dramatics in Bombay University. Presently, he is one of the most sought after patron in several other social organization. He is life member of "MARATHI VIDNYAN PARISHAD".

He was invited to join Rotary in 1994 and within a short time was elected as the president of the club in 1997-98. His is widely known for leading many innovative projects.

Rtn. Dilip Mulay has served District RID 3140 then and now RID 3141, in various different capacities and across several diverse avenues.

He served Rotary in multiple roles such as Assistant Governor, Assistant Trainer, District Treasurer and District Secretary.

Further, he went on to serve the Rotary District 3141 as Chief Co-ordinator in 2018-19, Principal Aide 2020-21, Lieutenant Governor in 2021-22 & District Trainer 2023-24.

Dilip is supported by Ann Ruta & daughter Shamoni. Shamoni has done M.Sc in Biochemistry & MBA in Biotechnology. She is married to Shreerang Sunkersett, an IT professional & their daughter Thea is studying in school.

It seems like yesterday, but it's been over 29-30 years since I joined Rotary in 1994.

Why do things that happened ages ago only seems like yesterday? Specially the year 1997-98, my Presidential Year, the best period of my Rotary life! It's natural to feel that way because memories are often tied to strong emotions and experiences. The brain tends to hold onto these memories more tightly and they can feel more vivid and present in our minds. Thanks to Rotary for all these wonderful moments. Rotary helped me discover 'The Dilip in Me'.

Rotary is a great learning institute :

Every year 35,000 new Presidents assume the reigns of their respective club. Each one of them focuses on what they need to do and hope they do it to the best of their ability. It can be challenging and, at times, overwhelming. I understand & always knew that not everything would be accomplished, but I had a plan and prioritized it based on what resources we had. After my year was over, not everything got accomplished, but it gave me immense satisfaction, especially when I got a standing ovation from my members on 30th June. It's important to plan our priorities in our clubs, and that will be our road map. Prioritizing and Planning will be the foundation for our intentions.

Being a Rotarian is about helping others and living up to our motto of "Service above Self. "Our community is the lifeline that enables us as people of service to be the voice of the voiceless in our communities. I had no idea how I would engage with my communities. Rotary provided me that platform and the opportunity. And, I never looked back.

My teachers, elders and friends acknowledged me as multifaceted, hugely talented, versatile and gifted. The professional chemist that I was and the serial entrepreneur in me found a sounding board in the Rotary world. Rotary trained me to strive for transparency, unity, and teamwork. It provided me with life lessons to empower and appreciate them for their commitment to motivate them to make a difference and emerge as game-changers.

Nurturing team members and appreciating diversity is a trait and skill that every leader must possess. There is no bigger and better training school than Rotary in my view. Being a Rotarian gives us an opportunity to participate, contribute and to help humanity in areas that most would not consider.

Key learnings as a Rotarian that helped in my personal and professional growth:

- Members do more when they're inspired, not instructed.
- All the small things matter.
- Rotary catapults your professional journey, as you gain the skills required for networking with fellowship.
- Rotary helps you understand community challenges, act as catalysts for local change, and volunteer to support and grow.

Rtn. Dilip Mulay
District Learning Facilitator 2023-24
RI District 3141



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PRESIDENT, ROTARY CLUB OF MUMBAI MAHIM 2023-24

Pradnya Sabnis



President Rtn. Pradnya's journey is a testament to resilience, growth, and a commitment to both personal and professional development. Pradnya hails from a family where dedication to financial excellence runs deep, with her husband Mr. Yogin Sabnis serving as a financial advisor, and her son Rohan and daughter-in-law Henna both qualified Chartered Accountants.

A commerce graduate from R.A. Podar College of Commerce in Matunga, Pradnya's professional journey began in 1987 when she joined Indian Bank after working with various private financial institutions, LIC of India, and Bombay Port Trust. However, her true entrepreneurial spirit emerged as she delved into her husband's financial advisory business, later venturing into real estate consultancy in 2009. With 14 years of experience, she now leads her own team of seven individuals.

Pradnya's achievements extend beyond her business success. Recognized as a women entrepreneur, she served as a joint secretary of SMART, a South Mumbai association for realtors, and acted as a women ambassador for NAR India, engaging in national-level panel discussions on the role of women realtors in India.

Engaged in community service for over 15 years, Pradnya has been an active member of her housing society's managing committee and Utsav committee, showcasing her event management skills and commitment to social welfare.

After successfully running her real estate consultancy for over a decade, Pradnya realized it was time to give back to society and fulfil items on her bucket list. At the age of 56, she participated in the Mrs. Dadar competition, winning the crown and earning the affection of the Dadar residents.

Introduced to Rotary in 2015-16, Pradnya found a structured approach to social work and cherished the fellowship within the organization. She believes that Rotary and social activities have provided direction and purpose to her life.

In her capacity as the President of the Rotary Club of Mumbai Mahim, she exemplifies a steadfast commitment to upholding the rich legacy of Rotary. Demonstrating a profound dedication to Rotary's guiding principles, she actively engages in initiatives that aim to make a lasting impact on society.

Dear Esteemed Readers,

I trust this message finds you in good health and high spirits. As we reflect on the past six months of dedicated service and community impact, I am reaching out to you with a sense of pride and gratitude for the positive change we have collectively brought about through our Rotary Club.

Since the commencement of the year from July 1st, 2023, our club has undertaken several impactful projects that have made a tangible difference in the lives of those we serve. It is with great satisfaction that I share with you some highlights of the projects we have successfully executed.

We created a 'butterfly garden' in our vicinity, in Shishu Vihar school ground as a contribution from us to preserve the balance in nature. This is a small step towards attracting a lot of butterflies in the garden, otherwise they are almost getting vanished from Mumbai city. Such a garden will inculcate the habit among students to study seasonal diversity of local butterfly species in urban habitat. Another initiative 'Borrow Your Bags' initiated to reduce the plastic bags usage and educate people to use cotton bags. We have distributed cotton bags with 'Rotary logo' to different communities as well as to vegetable and grocery vendors. These bags are also helping in PR to reach more and more people. As charity begins from home, we stopped using plastic water bottles for our regular meetings. Our emphasis is also on education and women empowerment and we did number of projects in this area like providing teaching material, helping for better infrastructure, providing e-Learning kits, desktops. We provided women folk with 'atta chakki' and 'sewing machine' to make them independent.

To bring in awareness on heart care we conducted 'Walk with Doctors' session at Five Gardens and Doctor speaking about 'how to take care of the heart' and demonstrated CPR training for saving a person from Cardiac arrest. We did number of CPR Training sessions at different location to spread the awareness. The year commenced with Blood Donation Camp and subsequently conducted mental health check-up camp. We have lined up Eye, Dental Check-up Camps at schools. With help of our two Rotaract clubs RC Ramnarain Ruia College and RC Kings Circle Matunga, we are conducting lot of activities at our Interact Club at Matunga Premier School at Matunga and Chhatrapati Shivaji Vidyalaya at Dharavi. We are actively supporting project initiated at District 3141, 'Project National Integration' with an aim of having a lasting peace in Kashmir.

The success of these projects underscores the impact we can achieve when we come together with a shared vision and commitment to service. As we celebrate these achievements, I am reminded of the satisfaction



that comes from knowing that our efforts have made a real and positive difference in the lives of those we aim to serve.

As we look ahead to our upcoming fundraising program, let us carry this momentum forward. The funds raised will play a pivotal role in sustaining and expanding these impactful initiatives. Your continued support is crucial to ensuring that we can build upon the foundation we have laid in the past few years.

I wish to thank all the club members, donors and sponsors for their generous donations, advertisements and supporting through buying tickets for musical program. I sincerely urge the

members to continue their effort for collecting more funds to do impactful projects in the coming months and years to come.

In closing, I want to express my deep appreciation for your unwavering dedication to our club and the communities we serve. Together, let us continue to be the force for good that defines the spirit of Rotary.

Yours in Service,

Rtn. Pradnya Sabnis

President 2023-24

Rotary Club of Mumbai Mahim

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CHAIRMAN FUND RAISING

Anand Limaye



PP Rtn. Anand Limaye is a distinguished individual whose journey is marked by a remarkable blend of academic excellence, entrepreneurial spirit, and dedicated service to both the printing industry and the community. Joining the Rotary Club of Mumbai Mahim (RCMM) in its foundation year in 2002, Anand has been an integral part of this esteemed organization for over two decades. His commitment to Rotary values and community service has been unwavering since the early years of the club.

In 2008-09, Anand assumed the mantle of leadership as the President of RCMM, where he demonstrated exemplary leadership skills and a passion for service. His tenure at the helm was characterized by initiatives that left a lasting impact on the local community and beyond.

Anand's involvement in the printing industry extends beyond the confines of his business. Actively participating in printers' associations at the city, state, and national levels, he has been a driving force for positive change in the sector. His contributions have not gone unnoticed, as evidenced by his pivotal role in the success of the 91-year-old business house, India Printing Works. The establishment has been honoured twice with Presidential awards for excellence in printing, a testament to Anand's commitment to maintaining the highest standards in the industry.

Adding another feather to his cap, in April 2023, the premier association of printers, 'Mumbai Mudrak Sangh,' conferred upon him the prestigious 'Lifetime Achievement Award.' This accolade stands as a crowning achievement, recognizing Anand's exceptional contributions to the printing industry and his enduring commitment to innovation and excellence.

Beyond the realms of business and Rotary service, Anand is deeply committed to social causes, as reflected in his roles as a trustee of the 'Brahman Seva Mandal' and the trust at the community level, 'Limaye Kul Vishwast Nidhi.' His holistic approach to leadership, encompassing business acumen, community service, and industry advocacy, truly sets Anand Limaye apart as a multititled and dedicated individual. The quote "Knows the way, goes the way, and shows the way" aptly captures his leadership style and impact.

Dear Esteemed Readers,

It is both a privilege and an honour to express my thoughts in this address for the special issue of Mahim Waves. As a Chairman of the Fund-Raising Committee for the Rotary Club of Mumbai, Mahim part of Rotary International, I am filled with pride, as I always have, to be a part of this legendary Rotary organization that has stood the test of time for over a century.

Rotary International is a global service organization dedicated to bringing together business and professional leaders who are committed to providing humanitarian services, promoting high ethical standards, and fostering goodwill and peace worldwide. Founded in 1905 in Chicago by Paul Harris, Rotary has since grown into a network of over 35,000 clubs across more than 200 countries. Rotary engages in a wide range of community service projects, addressing issues such as education, clean water, health, and economic development apart from End Polio mission, making a lasting impact on communities around the globe.

Today's Music Programme, themed 'Dil Ke Rishte,' showcases timeless melodies by legendary singers Lata Mangeshkar, Asha Bhosle, Mohammed Rafi, and Kishore Kumar. Renowned vocalists Alok Katdare, Sarvesh Mishra, Soumya Varma, and Mona Kamat will bring these songs to life. Enjoy the heartfelt music orchestrated by Sanjay Marathe, with flawless sound management by Nitin Phanse at the Savarkar Smarak Auditorium. Vinayak Shinde will guide you through the musical journey as the emcee. As the Chairman of this Fundraising Event, I am truly humbled by the generosity displayed by each donor, sponsor, and attendee. The funds gathered this evening will act as a powerful catalyst for community service, enabling us to instigate positive change. Rest assured, your generous contributions will be dedicated to uplifting the underprivileged members of our society, making a meaningful impact on their lives.

I extend a warm thank you to our Chief Guest, Rtn Arun Bhargava, the District Governor of Rotary, and the esteemed dignitaries of Rotary District 3141. Your continuous support and appreciation have been a source of inspiration, driving us to exceed our goals and serve our community with unwavering dedication.

Today's event is a testament to the unwavering dedication of our team. I extend my heartfelt gratitude to each and every member for their invaluable contributions that made this event possible.

I encourage you to enjoy the enchanting performances lined up for tonight, knowing that your presence and support make a meaningful difference. Thank you for being an integral part of this journey.

Here's to a night of beautiful music and shared purpose!

Warm regards,

PP Rtn. Anand Limaye
Chairman, Fundraising Event
RC Mumbai Mahim





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Shobha Karnik & Jayanti Radhakrishnan



Rtn. Shobha Karnik, an accomplished electrical engineer who graduated from V.J.T.I., chose to align her professional expertise with her commitment to community service by becoming a member of the Rotary Club of Mumbai, Mahim in 2005. Since 2010, she has been serving as the editor of Mahim Waves, contributing her skills and dedication to the club's communication endeavors.

Rtn. Jayanti Radhakrishnan, a Commerce Graduate from R. A. Podar College, with a background in banking, brought her wealth of experience and financial acumen to the Rotary Club of Mumbai, Mahim, when she joined in 2019. Her role involves supporting the publication of Mahim Waves, enriching the club's communication efforts with her insights.

Both Rtn. Shobha Karnik and Rtn. Jayanti Radhakrishnan share a profound commitment to the principles of Rotary. They view Rotary as more than just an organization; it has provided them with a passionate and humane vision, particularly in advocating for the well-being of the less privileged members of our society. Their dedication exemplifies the transformative power of Rotary in shaping individuals who, in turn, contribute meaningfully to the betterment of their communities.

Dear Friends and Rotarians,

Inherent within our essence is a profound calling to serve humanity. As Rotarians, we have consciously embraced this calling, dedicating our time, expertise, unwavering commitment, and, where possible, financial contributions. Yet, we acknowledge that there are numerous others, both individuals and institutions, who share this innate desire to serve. What they require is a conduit through which they can actualize their noble intentions, primarily in the form of financial contributions. Herein RCMM can play the pivotal role as the intermediary.

Ladies and gentlemen, the time has arrived for our annual Fundraising event. This occasion serves as a unique opportunity for us to act as matchmakers, forging connections between generous donors and the impactful programs that RCMM is eager to finance and execute. Our call to every Rotarian is not a plea for favours; rather, it is an invitation to participate actively in facilitating an organized process through which individuals and institutions can channel their natural inclination to serve. Fundraising endeavors, as we well know, not only bind communities together but also instill a sense of ownership, paving the way for tangible social and economic transformations.

In this special edition of Mahim Waves, we proudly showcase a tapestry of our club's diverse and expansive activities. The canvas we present is vast, revealing the breadth of our initiatives. Highlights include our District 3141's ambitious 'Project National Integration,' aimed at fostering lasting peace in Kashmir. Rtn. Prakash Samudra's article sheds light on 'The Rotary Foundation (TRF),' providing insight into its profound impact. Rtn. Chittaranjan explaining the relation and functioning between District and Club. This year, with a focus on Mental Health, we delve into articles written by Rtn. Dr. Shobha addressing the paramount importance of a sound mind for overall well-being. Retirement challenges by Rtn. Dr. Hemangee and the transformative power of music by Rtn. S Venkateswaran are explored, alongside practical tips on dealing with Diabetes in Rtn. Dr. Sanhita's contribution. Rtn. Uma eloquently discusses the importance of tree planting as a means to conserve and protect nature. Rtn. Dr. Sneha's article emphasises the importance of social media in the field of medicine as in the coming years teleconsultations will be on the rise. Dr. Navoleena explains the importance of Hobbies for senior citizens to remain mentally healthy. It is our sincere hope that these articles resonate with you, sparking inspiration to serve – whether by joining the RCMM team, facilitating fundraising efforts, or becoming a donor yourself. As we navigate this collective journey, let us be catalysts for positive change, realizing the force of nature that propels us to serve our fellow human beings.

Rtn. Shobha Karnik & Rtn. Jayanti Radhakrishnan
Editors, Mahim Waves

ALL ABOUT ROTARY CLUB OF MUMBAI MAHIM

Rotary International based in USA and founded more than 100 years ago is one of the top most charity organization spread over internationally with about 1.2 million Rotarians serving humanity. Our Club falls under Rotary District 3141 which covers Mumbai Region and has about 100 clubs throughout the Mumbai City up to Dahanu and Palghar.

Rotary is dedicated to six areas of focus to build international relationships, improve lives, and create a better world – Promote Peace, Fight Disease, Provide clean water, Sanitation and Hygiene, Save Mothers and Children, Support Education, Grow Local Economies and Protect the Environment.

Established on the 26th June, 2002, the Rotary Club of Mumbai Mahim embodies a collective commitment to service and compassion. Comprising 62 members, each a dedicated professional, our club operates with a shared purpose – to serve and uplift the less fortunate in our society.

Driven by our motto, each member has devoted their time, expertise, and resources to make meaningful contributions to our community. In our pursuit of creating a positive impact, the Rotary Club of Mumbai Mahim has undertaken various projects aimed at making a tangible difference in the lives of the underprivileged.

We believe in 'The 4-Way Test' of Rotary and ensure that whatever we do is fair, in the interests of all and generates goodwill and friendship.

Individual donors, Corporates (through CSR), District funds, Rotary International Grants and others have generously supported us to gather the necessary financial resources to turn our intended projects into reality. .

We are sure you will be inspired by the spirit of Rotary to make your contribution to your less privileged fellow brethren.

Offering a glimpse into our projects to provide you with an understanding of our initiatives and impact.

GLIMPSES OF OUR PROJECTS:

1. Pediatric Heart Surgeries



So far successfully conducted 272 operations

- Wockhardt Hospital at Bombay Central - 9x
- SRCC Hospital at Worli - 144x
- Fortis Hospital at Mulund - 110x
- S L Raheja Hospital at Mahim - 9x
- Aim is to Reach out to grass-root levels to help underprivileged children requiring immediate surgical intervention like heart surgeries.
- Will be carried out at renowned private hospitals with best care.
- Eligibility checks and verifications will be done.



For more information visit our website at <https://rcmumbaimahim.rotaryindia.org>

ALL ABOUT ROTARY CLUB OF MUMBAI MAHIM

2. Giving Wings to their desires— Bicycle for Girl Students

Cycling to success — A road to empowerment for rural girls

The outcomes have been highly promising, with a noticeable reduction in the dropout rate among girl students.

These students are achieving commendable academic scores and expressing aspirations for higher education beyond the school level.

Bicycles have proven to be catalysts for positive change, evidence strongly indicates their effectiveness in increasing enrolment of rural girls in schools.



ALL ABOUT ROTARY CLUB OF MUMBAI MAHIM

3. Education and Vocational training

We work with close association with schools and colleges and take up projects like—Providing Infrastructure Facilities , Setting up Computer Rooms, Setting up Libraries, Laboratories, Providing e-Learning Kits, Women Empowerment through Skills Training, Supporting for fees, School material, Providing Study Materials , Uniforms, School Bags, Encouraging Sports Activities.



Uniform Distribution at Jagruti Vidya Mandir, Govandi and Manav Shelter Home Panvel



Textbooks Distribution at Dadar Vidya Mandir Night School & Printer to Shri Devi Shantadurga High school at Vadacha



Green Boards to Shishu Vihar School & Desktop to SAI NGO

ALL ABOUT ROTARY CLUB OF MUMBAI MAHIM



*Computer Lab with 70 computers at Canossa School
Empowering the girl students*



*Computer Set up at Nutan Bal Shikshan Sangh,
Kosbad*



Computer Set up at Snehyoti Residential School at Gharadi



Modernized Library at Dnyaneshwar Vidyalay



Science Laboratory at Matunga Premier School

ALL ABOUT ROTARY CLUB OF MUMBAI MAHIM



Digital Classroom at Shishu Vihar School, Dadar



Digital Classroom at Matunga Premier School



Training on Sewing & Stitching Skills Provided 11 Sewing Machines, Helping to learn and earn



Skills of stitching imparted to Adivasi women with help of NRB CSR funding and local NGO The Aastha Foundation. To start with 4 sewing machines were set up, where around 30-40 women trained. Each woman is able to stitch 75 bags within 8 to 10 hours.

RCMM has procured 7 more machines to train more women.

Each woman makes 75 bags per day, giving her an income of Rs.300 per day.

ALL ABOUT ROTARY CLUB OF MUMBAI MAHIM

4. Water, Sanitation & Hygiene



Providing Safe Water to Drink - Water Filter Installation at Schools and Police Stations



Distribution of Waterwheels - lifting the weight off the heads of hundreds of women in the drought-prone regions of Maharashtra. Waterwheels — an ingenious solution to the burden of rural women carrying water over long distances.



Installing Incinerators and Sanitary Napkin Vending machines at Hospitals, Schools and Colleges



Provided toilet block at Zilla Parishad School at Kotbi, Bujadpada, Dahanu. The facility consists of 12 toilets (5 for boys and 7 for girls), with proper wash basins at two levels to cater to students from various ages.

ALL ABOUT ROTARY CLUB OF MUMBAI MAHIM

5. Medical Camps & Medical Help

Projects undertaken are Providing Medical Items, Equipment, Health Check-up Camps, Memory and Depression Testing, Awareness camp for heart care and CPR training, Mental Health Awareness, Medical Camps for Cancer Detection, Diabetes, Hearing Evaluation Camps, Providing Hearing Aids.



ALL ABOUT ROTARY CLUB OF MUMBAI MAHIM

6. Extend Nutrition Support



Ration Distribution Under Pradhan Mantri TB Mukd Bharat Abhiyan



Providing Lunch around Tata and KEM Hospital

7. Environment & Renewable Energy



Butterfly Garden at Shishu Vihar School, Dadar

Butterfly Gardens contribute to environmental conservation, education, and community well-being, making them valuable additions.

ALL ABOUT ROTARY CLUB OF MUMBAI MAHIM



Borrow Your Cotton Bags

In spite of Government declaring ban on usage of thin plastic bags, people still use them mainly at vegetable, fruit vendors, grocery stores. RCMM decided to distribute cotton bags to vegetable and fruit vendors and grocery shops. Any customer who does not have a carry bag can use these cotton bags and return after the usage. This will educate customers to use cotton bags and usage of plastic bags eventually will be phased out. RCMM purchased these bags from Sulabha School which caters to mentally retarded children. The bags are stitched by the students of the school. Thus, we are helping the school as well as trying to educate people on usage of cotton bags and working towards better environment. So far RCMM has distributed 550 plus cotton bags.

Use of Solar Energy



At Shisne, Dahanu Provided: 1. Solar Lanterns for Every House; 2. Solar Street Lights; 3. Vocational Training in Warli Painting and Sewing Skills.



THE ROTARY FOUNDATION (TRF)

PP Rtn. Prakash Samudra RC Of Mumbai Mahim

PP Rtn. Prakash Samudra, holds a degree in Chemical Engineering from IIT Bombay. His professional journey has been marked by notable achievements, including serving as the CEO and MD of ThyssenKrupp Industrial Solutions India Pvt Ltd. As an Engineering Consultant, his expertise has significantly contributed to the industry.

He has been an esteemed member of the Rotary Club of Mumbai Mahim since 2002. His commitment and leadership have been instrumental in shaping the club's success and impact on the community. During the Rotary year 2009-10, Rtn. Prakash Samudra served as the President of RCMM. He held various positions in District 3241 - Co-Chair CSR, Chair CSR, Assistant Trainer, Director CSR, Assistant Governor. He is one of the first from RCMM to become a Major Donor Level 1.

Currently he is an Independent Director for Deepak Nitrite Ltd and Deepak Chem Tech Ltd. His involvement in these roles reflects his ongoing commitment to business excellence and corporate governance. PP Rtn. Prakash Samudra's multifaceted contributions, spanning professional achievements, leadership in Rotary, and community service, exemplify the Rotary spirit.

Introduction

The mission of the Rotary Foundation is to enable Rotary Members to advance world understanding, goodwill, and peace through the improvement of health, the support of education, and the alleviation of poverty.

In 1930, Rotary celebrated its silver jubilee at Chicago Convention! After incorporating "TRF" as Not for Profit Corporation in USA, first Grant of USD 500 was given as suggested by Paul Harris. The grant was given to the International Society of Crippled Children.

When Paul Harris died in 1947, it was suggested that all Rotarians contribute USD 10 towards TRF in his honour.

This collection became a large amount considering the number of Rotarians from all over the world.

Over the decades, the contributions of the Rotarians and Philanthropists, from all over world have been steadily increasing.

Rotary International utilises the funds to support the humanitarian projects all over the world, through its Clubs.

Following are the key operating aspects of The Rotary Foundation

- A) GRANTS
- B) FOUNDATION FUNDING
- C) FOUNDATION RECOGNITIONS
- A) GRANTS**

Let us dwell upon the Types of Grants by The Rotary Foundation. Various Grants approved by the trustees as follows:

1. Rotary Foundation- District Grants
2. Rotary Foundation- Global Grants

3. Rotary Centres for International Studies in peace and conflict resolution.

Areas of Focus for the Grants

Following are the areas of focus for the Grants

- To support various communities-based projects that work towards alleviating human misery and improve quality of life.
- Promote International peace building and Conflict resolution. Develop skills of population through VTT, for self-sustenance
- Disease Prevention
- Water and Sanitation
- Maternal and Child health improvement
- Basic Education and literacy
- Economic and Community development like microfinance.

Objectives for the Grants

All Forms of the Grants must be-

- Sustainable
- Measurable
- Community Driven
- Aligned with Rotary Objectives

Brief on the Grants

District Grants

District grants are block grants that enable clubs and districts to address needs in their communities and abroad. Generally, these are not huge funds but cover the following purposes, as examples –

- Humanitarian projects including disaster recovery efforts
- Youth Programs including RYE, RYLA, Rotaract, and Interact
- VTTs
- For immediate needs of the Community
- District specific activities like solar energy for villages, water harvesting, Toilet Building, e-learning etc

Global Grants

Global Grants portfolio has grown by leaps and bounds thanks to generous contributions from Rotarians and philanthropists. Each year USD 70 million is disbursed towards grants supporting approximately 1100 projects all over the world.

Last year USD 20 million was granted to water and sanitation projects and USD 11.2 million were given for sustaining local economies.

Global Grants are funded for larger projects that have a greater impact on community. Global grants offer clubs and districts opportunities to participate in strategically focused, high-impact activities. The Projects must have long term SUSTAINABLE Impact and should include activities that fit into Rotary’s area of Focus; and involves participation of beneficiaries. These are funded by The Rotary Foundation from the World Fund and are in a range of \$ 15,000 up to \$400,000. Global grants have a minimum budget of \$30,000.

All global grants must be sponsored by two clubs or districts: a host sponsor in the country where the activity takes place and an international sponsor outside that country. TRF contributes matching amounts added by both the districts. And additionally, TRF can contribute up to 50 pc of the amounts from Participating Clubs depending upon the impact of the Project.

(Additionally, TRF gives Grants like Polio Plus Grants, Polio Plus Partners Grant, Rotary Peace Fellowships, Disaster response Grants etc)

B) FOUNDATION FUNDING

Naturally, to change the lives both close to home and around the world by executing various projects for humanity, there is a continuous need of contributions, donations, expertise as well as personal time from 1.4 million (14 lakhs) Rotarians of 200 countries belonging to some 37,000 Rotary Clubs, divided among 540 districts across the Globe; as also from the like-minded people, philanthropists, and partners.

Following are main sources for funds provided by the Rotarians, their Clubs and Districts, as well as Rotary Partners.

- Annual Fund
- Endowment Fund
- Polio Plus Fund
- Global Grant Contributions
- CSR India Grant (Specifically started for India, last year)

The ANNUAL FUND is the Primary source of funding for the broad range of local and international Rotary Foundation activities. Various contribution from Individual Members and Clubs cover, Every Rotarian Every Year (EREY), Rotary Foundation sustaining Member, Paul Harris Fellow, Paul Harris Society Member, Major Donor, Arch Klumph Society Member, etc

ENDOWMENT FUND ensures that future Rotarians have the resources they need to design and implement sustainable projects year after year. In this case, the principal amount of the Gifts is never spent on the projects, but the earnings generated from the principal amount are directed annually to the Foundation Grants and programs to improve the lives in communities worldwide.

Examples of contributions for Endowment Funds can be outright gifts of cash, investments or other properties, life income gifts such as charitable remainder trusts, charitable gift annuities, pooled income funds etc, or through Wills, or estate plans, Life Insurances, Retirement plans etc

POLIO PLUS FUND

Rotary has done a great service to the mankind through these funds to support eradication of Polio in most countries, excepting only a very few cases in Pakistan and Afghanistan exist. (For example, Mrs Rajashree Birla of Aditya Birla Group gave over the years very large donations to the Polio Plus Fund , which was matched by Bill and Melinda Gates Foundation.) Rotary continues to support this cause to ensure full polio eradication.

GLOBAL GRANT CONTRIBUTIONS

The contribution from the Rotarians, their Clubs and the Districts for specific humanitarian projects seeking additional Grant from Foundation is another important source for funds, which together help to serve the humanity on, sustainable basis.

CSR INDIA GRANT

This is new initiative which the Rotary Clubs in India are associated with! This involves implementation of humanitarian projects for the Indian Corporates, under mandatory scheme of the Govt of India, necessitating spending of 2 pc of profit for social projects (Corporate Social Responsibility). However, this grant does not involve any additional contribution from the Foundation

FOUNDATION RECOGNISATION

Individual Level Recognition

- Rotary Foundation Sustaining Member (Certificate)

Member who contributes 100 USD or more each Rotary Year to the Annual Fund (these contributions count towards Paul Harris Fellow, including multiple PHF, Paul Harris Society, Major Donor, Club Recognition Banners etc)

- Paul Harris Fellow

Member who contributes a gift of USD 1000 or more cumulatively, to the Annual Fund or the Polio Plus Fund or an approved Global Grant. Recognition consists of Certificate and a special Pin

- Multiple Paul Harris Fellow

Multiple Paul Harris Fellow recognition is given at subsequent adding at each level of USD 1000 levels, consisting of special pin set with additional stones corresponding to the recipient’s recognition amount.

| Level | Range | Pin (with additional stone) |
|-------|---------------|-----------------------------|
| +1 | USD 2000-2999 | one sapphire |
| +2 | USD 3000-3999 | two sapphires |

- +3 USD 4000-4999 three sapphires
- +4 USD 5000-5999 four sapphires
- +5 USD 6000-6999 five sapphires
- +6 USD 7000-7999 one ruby
- +7 USD 8000-8999 two rubies
- +8 USD 9000-9999 three rubies
- There are further individual Recognitions such as Major Donor (different levels at USD 10,000, 25,000, 50,000, 100,000 plus); Arch Klumph Society (USD 250,000 or more).
Further, Trustees Circle, Chair's Circle, Foundation Circle, Platinum Trustees/Chair circles, Platinum Foundation Circles etc going up to donations of USD 10 million plus.

Club Level Recognition

- *100% Every Rotarian, Every Year Club (EREY)* Contribution of USD 100 per member per Rotary Year and 25 USD per member contribution to Annual Fund during the year

- *100% Paul Harris Fellow Club*
Gift of USD 1000 per member to the Annual Fund or Polio Plus Fund, by all the Members of the Club
- There are further Club Recognitions, such as 100% Rotary Promise Club, Top three Per Capita in Annual Fund Giving, 100 pc Paul Harris Society Club, and various other types of Certificates
Our District 3141 has been reckoned as one of the best performing District by TRF.

The Total Giving (Annual Funds, Polio Plus Funds, Endowment Funds, Other Funds i.e. Global Grants, CSR India Grant etc), during past 5 years have been in the Range of 3.5 Million US Dollars (INR 29 crores) per year , to the last year's amount of 6.5 Million US Dollars (INR 54 crores), plus.

ENJOY ROTARY AND SERVE THE HUMANITY

"The best way to find yourself is to lose yourself in the service of others."

- Mahatma Gandhi



"No one has ever become poor by giving."

- Anne Frank

"The smallest act of kindness is worth more than the grandest intention."

- Oscar Wilde

"We make a living by what we get, but we make a life by what we give."

- Winston Churchill

"To ease another's heartache is to forget one's own."

- Abraham Lincoln

"The meaning of life is to find your gift. The purpose of life is to give it away."

- Pablo Picasso



District 3141 Initiatives – National Integration Project

Rtn. Rajan Dua Lieutenant Governor

Lt. Governor Rtn. Rajan Dua is engaged in the field of residential development in Maharashtra and Goa. He joined Rotary in the year 1999 and since then he has achieved 100% attendance. His illustrious Rotary journey has been marked by numerous accomplishments. Serving as President during the 2005-06 term, he introduced an impressive 58 members to Rotary, contributing significantly to the growth and vitality of the organization.

One of the highlights of his Rotary service includes the organization of RYLA Goa, India's largest Inter-District and International RYLA for an impressive ten years. His impactful contributions extend beyond local initiatives, as seen during his tenure as Avenue Chair for Youth 1 (Rotaract, Interact, Earlyact, and BhavishyaYaan) during 2014-15. Additionally, Rtn. Rajan Dua served as Assistant Governor in the Rotary Year 2015-16, and earned the prestigious RI Club Builder Award. In the Rotary Year, 2016-17, he assumed various roles - District Secretary - Events, Avenue Co-Chair for TRF, Deputy Trainer, and a member of the District Finance Committee. He was Sargent-At-Arms at the distinguished Rotary Institute in Dubai.

He is the recipient of the RI Vocational Service Award in the Rotary year 2016-17.

He organised the hugely successful Rotary Centennial Race at the Mahalaxmi Racecourse wherein US\$210,000 was raised for TRF, the highest single day fund raising endeavor.

In the Year 2021-22, Rtn. Rajan Dua was Chief Coordinator and served as Avenue Chair for Medical.

In the year 2023-24, he is Lieutenant Governor, RI Rotaract District Chair, RI District Community Chair, and Avenue Chair for Project National Integration. He is a recipient of District TRF Exemplary Service Award.

Rtn. Rajan Dua finds solace in his hobbies as an avid golfer, a passionate traveller and scuba diver. His wife Preeti Dua is the Principal of Eurokids preschools in Thane, and his daughters Disha studying Architecture at NYIT, New York and Prericka studying in Grade X at Next Big Picture School.

District 3141 has initiated Project National Integration with a aim of bringing a lasting peace in Kashmir, so it is imperative that we Rotarians instill a sense of belonging in the local population and thus motivate them to support the country and the Indian Army. This can be achieved by providing educational and medical support, creating job opportunities for the locals, creating a sports infrastructure for young adults, taking national integration initiatives etc. Our Indian Army has initiated many such projects in the frontline border villages.

We are honoured that the Indian Army invited Rotary to join them in this noble endeavour. We conducted a need assessment tour of the villages close to Line of Control in tandem with Army last year and have decided to wholeheartedly participate in this immensely necessary project.

Dist. 3141 has already :

1. Donated 2 school buses worth Rs 26.5 lacs each and 1 Bolero school jeep worth Rs 15 Lacs
2. Donated two motorcycle ambulances worth Rs 3.5 lacs each.
3. Donated medicines worth Rs 24 lacs to MCH centres
4. Completed the treatment (transplant of both kidneys) of Ms Khalida at the cost of Rs 20 lacs.
5. Completed the training of 21 girls for the nursing and midwifery program.

District 3141 has readily committed to do the following projects in Machhal:

1. Reconstruction of existing school grade Nursery - 8 , at the cost of Rs 86 lacs.

2. Construction of a new school for grade 9-12, at a cost of Rs 40- 50 lacs.
3. Construction of a vocational training centre at a cost of Rs 36 lacs
4. Construction of a war widows' hostel at a cost of Rs 4 Crores

1. Academic Outreach Program:

The Indian Army has constructed a series of state-of-the-art Army Goodwill Schools in the Kashmir region. While Army bears the entire cost of managing these schools, parents are expected to contribute a highly subsidized tuition fees of only Rs.500/- per month. It is unfortunate that a lot of students in the region cannot afford the same.

There are a total of 27 Army Goodwill Schools and 6 Government schools in the areas bordering the LOC and they have an average spare capacity of 150 students each.

Dist. 3141 have decided to sponsor and support at least 5000 students by providing and assuring them of a minimum of 3 years of school fees at the cost of Rs.18,000/- per student for 3 years.

2. Training for Maternity Support:

For lack of trained nurses, during pregnancies, women have to be airlifted to Srinagar and other regional hospitals as other modes of travel are closed for 7-8 months in the Kashmir region. Thus, the army is constrained by the people they can help, and the region sees about 100-150 pregnancy related deaths annually.

Our District has taken an initiative to train about 150 local ladies for maternity support by training them for nursing and midwifery courses. The army has assured that the nurses once trained will be spread throughout the Kashmir region and ensure that the facility is available locally to women during their pregnancy.

Dist.3141 has tied up with Sai Dhanwantari Nursing Institute Manor, Astha Hospital, Manor, affiliated with Maharashtra Self Employment training board which will undertake a 3-month course on Obstetric and Social health Nursing and General Anatomy. It is a full-time residential course for 6 days a week and will include theory and practical training. They have undertaken to provide each student with training with a minimum of 25 live deliveries.

The cost for each student is estimated to be around Rs. 1,00,000/- each and includes the course fee, their travel to and from Kashmir, their lodging, boarding for 3 months and other expenses for tools and equipment.

3. School buses

The Army has requested 5 buses, for the Army Goodwill School and the Government school to ferry students from remote and inaccessible areas. The maintenance, upkeep and running of the buses will be the Army's responsibility. The cost of the same is Rs. 22 - 26 Lac per bus.

4. Construction of Multipurpose Hall/Indoor Badminton Court & All girls Gym.

The Army is proposing a multipurpose hall/ Indoor Court and an all Girls Gym for keeping the locals gainfully engaged and improve the health and fitness. The estimated cost for the same is approximately Rs. 25 lacs each.

Rotary Club of Mumbai Mahim has pledged to support this noble initiative and already donated Rs.90,000 for the education of 5 children for 3 years and Rs.100,000 to support the midwifery course for 1 lady.

We appeal to the readers to support implementing Project National Integration in the Kashmir Valley.

Spearheading the Project is Lt. Governor. Rajan Dua from our District 3141.



Synergizing Service: The Power of Joint Ventures in Rotary

Rtn. Sandip Kedia Chief Co-ordinator- Events

Chief Co-ord. Rtn. Sandip Kedia joined Rotary in the year 2009 and he is a proud member of Rotary Club of Mumbai North End. He has held various posts in the club as well as in the Rotary District since last 14 years. During his presidentship he achieved several heights like the highest membership growth with all 100 percent PHF members, highest TRF collection and a global grant for pediatric Heart surgery etc., at the club level.

Rtn. Sandip Kedia has won several awards in the club level including the highest award of Best Rotarian. Even in district level he has won several awards and citations including the Best Rotarian of district award. He has won very Prestigious Avenues of Services award form Rotary International for his outstanding efforts in each of the Avenues of Service. As District Secretary (Events) in Incredible Rotary year 2023-24 he has organized all the district Rotary events very successfully. He is also the Convener of Incredible Discon 24.

He has completed his graduation from the prestigious St. Xavier's College Kolkata and he completed his LLB from Jitendra Chauhan college of Law, Mumbai. He is into the business of Manufacturing of paper and paper packaging products and printing and his factories are situated in Indore, Raipur, Silvassa, Jalgaon and Goa. Beside this he is also involved in other investment business.

Rtn. Sandip Kedia, who is very passionate for Rotary, is single and he likes to travel and explore. He loves to meet and interact with people and friends.

Rotary International is the largest NGO in the world having around 1.4 million members, more than 36000 clubs and spreading over 200 countries in the world. If fellowship is the heart of Rotary then service is the soul of Rotary.

Joint ventures among Rotary Clubs within the same district and beyond yield a multitude of benefits, serving as powerful catalysts for impactful community service. Within the district, collaboration enhances the local Rotary network's capabilities by pooling resources, knowledge, and expertise. This synergy not only amplifies the impact of individual clubs but also allows for more substantial and sustainable projects. It creates a platform for sharing best practices, enabling each club to learn from the successes and challenges of others, thus fostering a culture of continuous improvement.

Expanding beyond district boundaries further magnifies the positive outcomes. Joint ventures outside the district provide an opportunity for Rotary Clubs to extend their reach and address issues on a larger scale. This broader geographical scope allows for a more comprehensive understanding of diverse community needs and the development of strategies that transcend local boundaries. It encourages a global perspective, reinforcing Rotary International's commitment to service on an international scale.

Collaboration across districts fosters a sense of unity within the global Rotary community. It facilitates the exchange of ideas, experiences, and resources, strengthening the collective impact of Rotary Clubs worldwide. Through joint ventures, Rotary Clubs can leverage each other's strengths to tackle complex challenges such as poverty, healthcare, and education more effectively. This global network also enhances Rotary's ability to respond swiftly and efficiently to emergencies and crises, showcasing the organization's adaptability and resilience.

In summary, joint ventures among Rotary Clubs, whether within the same district or beyond, create a powerful synergy that transcends local boundaries. They promote collaboration, knowledge sharing, and a global perspective, ultimately maximizing the positive impact of Rotary's service projects on both a local and international scale.



बैंक ऑफ महाराष्ट्र
Bank of Maharashtra

भारत सरकार का उद्यम

एक परिवार एक बैंक

75
आज़ादी का
अमृत महोत्सव

एक परिवार बैंक

भारतातील सर्वात वेगाने वाढणारी
पीएसयु बैंक



विचारा
BoMy
तुमचा आभासी सहव्ययक



डिजिटल
बैंकिंग

एम.एस.एम.ई
कर्ज

अधिक माहितीसाठी
क्यु आर कोड स्कॅन करा



गोल्ड
कर्ज @

8.20%

(शेतीकरीता)

गृह
कर्ज @

8.50%

कार
कर्ज @

8.70%

शैक्षणिक कर्ज
@

(देश, विदेशातील
प्रीमियर
संस्थेसाठी)
9.30%



व्हाट्सअॅप
बैंकिंग

'Hi' पाठवा

+91 70660 36640

फॉलो करा



mahabank



RELATION AND FUNCTIONING BETWEEN DISTRICT AND CLUB

PP Rtn. Chittaranjan Datar RC of Mumbai Mahim

PP Rtn. Chittaranjan Datar is not just a Law Graduate and holder of a Diploma in Management and Corporate Laws; he is a seasoned professional with a 28-year career in Housing Finance Companies. His journey into Rotary has been both extensive and impactful.

A former Rotaractor, PP Rtn. Chittaranjan transitioned into the realm of Rotary 18 years ago, leaving an indelible mark across three Rotary Districts. His commitment to service is evident in his active roles in various club and district functions. Notably, he assumed the mantle of Past President of RC Mumbai Shivaji Park in the Rotary year 2019-20, showcasing his leadership and dedication to the Rotary ideals. In July 2020, he continued his Rotary journey by joining RC Mumbai Mahim.

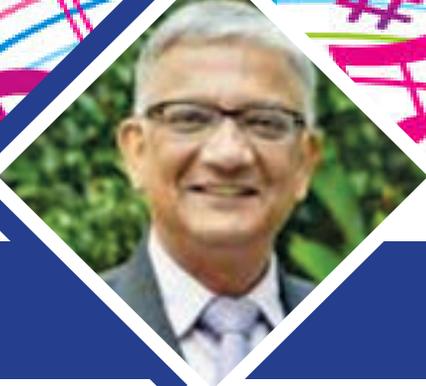
He is more than just a professional and Rotarian; he possesses remarkable oratory and networking skills, attributes that undoubtedly contribute to his effectiveness in community service. With a genuine commitment to serving the community in any capacity, he stands as a valuable asset in the Rotary network, embodying the spirit of Rotarian-ship.

Rotary is a voluntary organisation and although its membership is by invitation, Rotary is very much voluntary in its working. Rotary is structured into three different levels: club, district, and international. Each club is chartered by Rotary International ('RI'), headquartered in Evanston, Illinois. The 35,000 different clubs across the world are grouped into 529 districts which are themselves divided into 34 zones. And although it is 'structured' for efficient functioning, hierarchy is not rigid and Rotary leaders are at best 'First among equals'. Leadership roles are for short durations of a year or two at most and leadership is by rotation as well.

Each of RI's 529 Districts is headed by a 'District Governor' who is a Rotarian elected by the Clubs in that district and under his leadership the District renders assistance and guidance to the Clubs in their working.

Thus the individual Rotarian and the Club are at the heart of the organisation and the most important features and club office-bearers are actually 'support' for the effective working of the Club, which is driven entirely by voluntary consensus among member Rotarians. The 'District' is manned by seniors such as Past Presidents and other senior Rotarians from the clubs within that particular district itself, who volunteer their time, knowledge and effort, choosing 'Avenues' to work under with the Clubs and Rotarians to ensure effective delivery of service to the Community each club works with. In other words once a Rotarian has worked at the Club level, his/her skills are called upon at a higher level i.e. the 'District'. As such, the district is a guide, mentor, facilitator and organizer for Rotary Clubs and has an 'elevated level' of functioning, higher than the Club.

(Contd. Page No. 40...



LIFE IN YOUR MUSIC v/s MUSIC IN YOUR LIFE

PP Rtn. Subramanian Venkateswaran
RC of Mumbai Mahim

PP Rtn. Subramanian Venkateswaran (fondly called 'SV') is a Chartered Accountant, Cost Accountant and Company Secretary with 31 years of post qualification experience in 5 different organizations in India and abroad. He has successfully carried out many workshops during his professional career like Vision and Values; Risk Management; Stress Management; Conflict Management; Effective Executive & Leadership. SV is also creator of "Magic of Mind Power" – a counseling and mentoring program primarily aimed at Corporate Executives. www.magicofmindpower.com. SV is currently Managing Partner – Group in Stalwart World, who are India's First & Only of Its kind FMCG Plug-n-Play Sales Implementation and Route to Market Company. www.stalwartplugnplay.com SV is Past President of Rotary Club of Mumbai Mahim – RID 3141 SV can be contacted at sv@stalwartmanagement.com

LIFE IN YOUR MUSIC

It is often said that MUSIC is the best mode of communication since it has no language; yet has the power to create great fellowship and everlasting friendship.

For the majority of us singers (myself included), we struggle with bringing emotion into our songs. We strive to sing with passion and presence, but somehow it comes out dull and lifeless. Like so many other facets with singing, this can be incredibly frustrating and devastating

The best solution is to follow the below mentioned seven steps.

1. Connect yourselves with the song.
2. Take time to record yourself.
3. Listen for emotion in your singing.
4. Pick up on the areas where your emotion shines and strengthen them.
5. Pick up on the areas where you struggle to sing with emotion and practice!
6. Believe in yourself.
7. Before you know it, you'll be singing with emotion and passion in no time and bring LIFE IN YOUR MUSIC.

MUSIC IN YOUR LIFE

It is equally important for all of us to recognise the music in our life. Let me explain this through a well-known story in Hindu Mythology. Lord Krishna is also referred to as 'MURALIDHARA' meaning a person who plays the FLUTE. There is a reason why LORD KRISHNA is called by that name.

In a typical bamboo flute there are nine holes - seven on the body and one each at the top and bottom.(see picture). We

all know that if a flute is kept on a table, no music emanates; it will - only if someone picks up the flute and starts playing the same.

In the same way, our body has nine holes - (two each for nose, ears and eyes and one each for mouth, urethra and anus) similar to a bamboo flute. It has LIFE in it only because GOD is showering his GRACE all the time like playing the flute. If the GRACE stops, we are a dead body similar to the flute placed on a table.

GOD'S GRACE is thus constantly present in us forming MUSIC IN OUR LIFE. It is this deep understanding with faith that will take us through the path of a self-realised person. It also encourages us to care more for our Society and ROTARY provides a great opportunity to provide that SERVICE above SELF.

That said, it would be great help to keep in mind the following seven principles (like the 'sapta swaras') to enjoy our life as a TRUE ROTARIAN

1. Stay committed
2. Encourage one and all
3. Respect new ideas
4. Vanquish negativity
5. Imbibe great values
6. Consider pros and cons
7. Enjoy the work

ENJOY ROTARY; ENRICH LIVES



"Music is the soundtrack of your life."

- **Dick Clark**

"Music washes away from the soul the dust of everyday life."

- **Berthold Auerbach**

"Music can change the world because it can change people."

- **Bono**

"Music is the great uniter. An incredible force. Something that people who differ on everything and anything else can have in common."

- **Sarah Dessen**

"Music is a moral law. It gives soul to the universe, wings to the mind, flight to the imagination, and charm and gaiety to life and to everything."

- **Plato**

"Music is the divine way to tell beautiful, poetic things to the heart."

- **Pablo Casals**

"Music expresses that which cannot be said and on which it is impossible to be silent."

- **Victor Hugo**

"Music brings people together, and I feel like that has a profound effect on our spirit."

- **John Legend**

"Music is the strongest form of magic."

- **Marilyn Manson**

"Music is the universal language that transcends boundaries, speaks to the soul, and orchestrates emotions that words alone cannot capture."

- **Unknown**



गेली ५० वर्षे तमाम खवय्यांशी
गोड नाते जपणारे लाडके ठिकाण

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FROM THE HOUSE OF LADU SAMRAT

सुप्र **अन्नमय**
91361 52226 74004 54513



ROTAL - A RHYTHM - THE SCIENCE

Rtn. Dr. Shobha Patkar
RC of MUMBAI MAHIM

Rtn. Dr. Shobha Patkar, M.D., D.P.M. (Psychiatry), served as the Head of Department of Psychiatry and Psychosocial Services at Bhabha Atomic Research Centre, Mumbai, from August 1975 to March 2008. Additionally, she held the role of Counselor at TIFR.

Her notable achievements include authoring the book 'मना मना दार उघड,' for which she was honoured with the 'Late Yashwantrao Chavan Rajya Wangmay Puraskar' in 2020.

Rotal is known to be a wonderful display of talent for singing and dancing by Rotarians gathered from different clubs.

It is much more than merely a platform for entertainment and joy. It is a way of honouring Rotarians who deserve fun at times, for soothing self since they are engaged in selfless service projects otherwise.

You will be surprised to know the actual scientific base behind these rhythmic performing arts which are much needed in human life.

We all are parts of the great universe. Rhythms of the natural world are built in our biological system even before we are born.

In the womb (Uterus) a developing embryo known as foetus, floating in amniotic fluid, is constantly sensing the sound, pressure and vibrations arising out of mother's heartbeat (around 60 to 80 beats/per minute). These experiences create association and memories to connect this rhythm for regulation. These rhythmic sensations are soothing to the foetus who feels warm as well as comfort then. These sensations thus are associated with the feeling of being emotionally regulated and physically in harmony.

Precisely for this reason even after birth, the rhythmic activity keeps the baby biologically regulated and peaceful through rocking movements of the cradle, cradlesong / lullaby.

No wonder, we as adults also relax when we indulge in the rhythm of walking, singing and dancing.

So welcome to tradition of Rotal and great joy.

Keep it up !!

Initiative of
Rotary Club of Mumbai Mahim



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POST RETIREMENT LIFE

Rtn. Dr. Hemangee Dhavale RC of Mumbai Mahim

Rtn. Dr. Hemangee Dhavale

With a current designation as a Consultant at Somaiya, Dhanwantari, and Fortis Hospitals, as well as engaging in private practice, Rtn. Dr. Hemangee Dhavale has built a distinguished career marked by a wealth of experience and significant contributions in the field of psychiatry. She holds impressive academic qualifications, including MD, DPM, and additional expertise in Hospital Management and REBT Training. She is a Fellow of IPS and a member of IMA. Over the years, she has held key positions, notably serving as the Professor and Head of the Department of Psychiatry at BYL Nair Hospital from 1991 to 2005 and subsequently at Somaiya Hospital from 2005 to 2014. Beyond academic roles, she has actively participated in various leadership positions, including being the President of multiple associations such as IPS (WZ), BPS, and others. Additionally, she has served as the Secretary of Staff Society, Research Society, and held committee memberships and chairperson roles in more than 30 committees across institutions like Mumbai University, MUHS, Ethics committees, Platinum Jubilee, IACAM, Student Welfare, Education Committee (IPS), Mahila Aghadi, among others. She is a Founder Member and Convenor of Group Concerned with Mental health in Mumbai. She was teaching medical students (MBBS) from 1975 to 2014 and guiding postgraduate students (MD, DPM, DNB) from 1976 to 2014. She has also imparted knowledge to students of occupational therapy, physiotherapy, nursing, and speech therapy from BMC, SNTD, and private hospitals for an impressive three decades, collaborating with various universities like CPS, BHMS, and others. She has several Best Papers to her credit and received awards in BPS, IPS, and IPS (WZ). She has also authored numerous publications in national and international journals on child psychiatry. She has delivered orations, including the prestigious Dr. S. M. Lulla oration.

Longevity is increasing all over the world. The percentage of the population over 80 years of age is increasing. It is no longer a surprise to meet a centenarian. But the retirement age has remained unchanged at around 60 years of age. Therefore, society is now faced with an increasing number of people that have leisure – the challenge is how to spend this period in happiness.

Like most things in life, one has to plan early to ensure a good future. Planning for a healthy and fulfilling post-retirement life is no different. One has to start from the time one is middle aged. The earlier the planning starts the better. Three things are important:

1. Financial Security
2. Physical Health
3. Mental Health

Financial Security:

How can we do that? As we live longer, we have to stretch the retirement savings to last longer. Those who get a lifetime of pension may be better off than others; but even they have to contend with the increasing cost of living and healthcare. Starting to save for retirement at a young age is certainly necessary. However, along with that, making wise investment decisions is also important. Blindly following age-old practices of bank fixed deposits alone may not be the best option. In a growing and dynamic economy there are many opportunities to make investments grow faster than a FD at a bank. Clearly that involves risk. If one starts early one can balance the investments to more risky ones at a young age to less risky ones as one approaches retirement age. A good financial advisor may be able to help.

Physical Health:

We all know the hackneyed expression “health is wealth”. What is also important to realise is that one can buy healthcare, but cannot buy good health. So, we have to guard our health throughout our lives. As we age, there is wear and tear – that is part of living and not very much in our control. Also, environmental factors like pollution take a toll on our well being. But we can control the advent of diseases like heart disease, diabetes, arthritis and the like – by adopting a healthy lifestyle – healthy eating and exercise. Changes in lifestyle are part of reality - people do want to enjoy junk food like pizza, burgers and the like - instead of home cooked food. People also have stressful careers – because they want to achieve more.

What we can do is to stay informed – and make wise choices - we can moderate and counter the activities that harm our health with actions that build up our health. For instance, adopting an active lifestyle. To reduce stress to work and home – engage in stress reduction with regular yoga, meditation, and the like.

We can also avoid overindulgence in risky habits like alcohol, tobacco and drugs. Medical technology and medicines are also coming to our rescue. Regular check-ups can find problems

earlier allowing for corrective action and lack of collateral damage.

Mental Health:

Mental Health – is an equally important aspect. Simple guidelines can make a huge positive impact. Sleep is one area that gets neglected. Maintaining 6-7 hours of sleep is essential; throwing in an afternoon nap will also help. Avoiding stress is always a hard one. One trick to managing this is to not dwell in the past nor worry about the future. Enjoy the present. For those that are religiously inclined, prayer can also help. We discussed exercise in the last segment. That has a huge positive effect on mental alertness and health. As one ages, one should guard against isolation and depression. Being communicative is the key. Family, friends, social clubs, neighborhood groups – leverage all of these. Social media can also be a huge advantage to connect with school and college buddies – relive the good life. Improving self worth is a very important aspect of mental health as well. A retired person has phenomenal experience to share. Be part of NGO activities – Rotary clubs are a great vehicle – give back to society. Share the benefits of your experience.

Age is nothing but a state of mind. Bring the best in you and not the stress in you.

drdhavale28384@gmail.com

Contd. From Page No. 33...)

RELATION AND FUNCTIONING BETWEEN DISTRICT AND CLUB

It is pertinent to note that Rotarians who volunteer for District roles still continue to render service as Rotarians merely lending their administrative experience and knowledge to the District beyond their own club and at a larger level, while retaining their core membership and classification as Rotarians.

Relation between a Club and the District are of Mentor and Mentee, Guide and Guided, friend and sounding-board, NEVER of or as a junior and senior or inferior and superior body. Clubs

stand to benefit immensely from the knowledge and experience of senior Rotarians manning the district and the district benefits from the efforts, energy and enthusiasm of the Clubs. The relation is a two-way symbiotic relation for the benefit of the Club and individual Rotarian and it is for both Club and District to invest in it and to strengthen it to mutual advantage, as both need to lean on each other to optimise their efficacy in extending ‘Service’ to the Communities they work with.



The Therapeutic Power of Hobbies for Senior Citizens' Mental Health

Dr. Navoleena Bardhan

Dr. Navoneela Bardhan

Qualification - MBBS, MD
(PSYCHIATRY)

Affiliation - K J Somaiya Medical
College

Current designation - Assistant
Professor

Total teaching experience - 8+ years

Areas of interest - Geriatric psychiatry,
Anxiety and Stress related disorders.

Written book chapter in "Textbook of
Undergraduate Psychiatry".

Engaging in hobbies is not just a pastime; for senior citizens, it can be a powerful tool for maintaining and improving mental health. As individuals age, they may face various challenges like social isolation, cognitive decline, and physical limitations. However, cultivating hobbies can contribute significantly to their overall well-being.

Social Connection:

Hobbies provide an excellent avenue for seniors to connect with others who share similar interests. Whether it's joining a knitting club, a book group, or participating in a gardening class, these activities foster social interaction, reducing feelings of loneliness and isolation. Social connections are vital for mental health, promoting a sense of belonging and emotional support.

Cognitive Stimulation:

Many hobbies require mental engagement, stimulating cognitive functions and keeping the brain active. Activities like puzzles, chess, painting, or learning a new instrument can enhance memory, problem-solving skills, and overall cognitive function. This mental stimulation may help in delaying the onset of cognitive decline and conditions like dementia.

Stress Reduction:

Engaging in enjoyable hobbies provides a constructive outlet for stress relief. Whether it's spending time in a garden, pursuing a craft, or simply reading a book, these activities can serve as a means of relaxation. The focus required during hobby-related tasks helps redirect thoughts away from stressors, promoting a calmer mental state.

Sense of Purpose:

Having a hobby instills a sense of purpose and fulfillment in seniors. It gives them something to look forward to, a reason to get out of bed each day. This sense of purpose is crucial for mental

(Contd. Page No. 43...



LIVING A PRODUCTIVE LIFE WITH DIABETES

Rtn. Dr. Sanhita Walawalkar
RC of Mumbai Mahim

Rtn. Dr. Sanhita Walawalkar, MBBS, MD (Mumbai); Consultant – Diabetes and Metabolic Disorders

AT

1. Dr. Panikar's Diabetes and Thyroid Care Center, Bandra and Dadar

2. Kasturmahal Polyclinic, Sion, Mumbai

Publications

14 Original Research Papers in Peer Reviewed journals

Chapter in RSSDI Update 2018 titled

“Triple or Quadruple Combination

Therapy – How Rational?” – Co author

Chapter titled “Role of Pioglitazone in Indian type 2 diabetics”

Special Interest

Role of Insulin Sensitizers, especially,

Pioglitazone and Saroglitazar in the

Management of type 2 Diabetes Mellitus and MASLD in Indians

Effective use of Combination Therapy in the Management of type 2 Diabetes Mellitus in Indians

Member of

1. Co opted member of RSSDI

Maharashtra Chapter

2. Rotary Club Mahim Mumbai

3. Indian Medical Association – Mumbai West

4. The organizing committee as the In

charge of the Secretariat of RSSDI 2023

5. Association of Physiologists &

Pharmacologists of India

Extracurricular interests

Author of TWO books in Marathi titled

“सहितेची संहिता” – published in April 2018

“अं त र... गुंज” – published in October 2023

“I accept that I’ve diabetes and I’m not going to let it run my entire life”, says Bret Michaels, a famous American singer and musician whose most popular song “Every rose has its thorn” sums up our life so beautifully.

Diabetes is a very powerful disease because it is capable of causing destruction of each and every organ and system of our body, right from top to toe, if it’s not kept under control. A person who gets detected with Diabetes tends to lose approximately 14.5 years of his/her life as compared to those who do not have diabetes. Uncontrolled Diabetes becomes DIEBETES!! The function of each and every organ and system in our body, like heart, kidney, brain, eyes, liver, nerves, blood vessels, in fact, all of them, can get adversely affected due to high blood sugar levels.

It’s like a sweet pill that leaves bitter aftertaste in mouth.

Everyone must be aware of this reality however there’s nothing to worry about. If one respects the disease, one can live happily ever after.

There are five mantras that should be recited by people with Diabetes to enjoy their lives to the fullest.

Eating everything in moderation and on time

Taking medicines on time

Getting blood tests done on time

Controlling one’s weight

Maintaining fitness with walking or swimming or whichever exercise one fancies

Some push-ups or weight training adds to the overall fitness wonderfully.

There are myths abound regarding diet in diabetes. The word Diet I believe has a negative connotation as it implies that the one who has diabetes is different from others and he/she has to sacrifice pleasures in order to lead a normal life. I think, irrespective of whether one has diabetes or not, one should always have nutritionally balanced, that’s, high protein, moderate

carbohydrates and fats containing diet which should have lots of fibre and micro nutrients. Occasional indulgence, say, while attending a family function or a birthday party, celebrating a festival, is fine as we want to live life to the fullest and not just survive. However, one should refrain from celebrating every day as a birthday!!

Physical exercise for at least 40 minutes daily gives our body a solid foundation. We can enjoy a brisk walk or a swim, a jog or a run, depending upon our choice. Regularly participating in Outdoor games, dancing, adventure sports etc can add that fun element to the monotony of our daily routine. People with diabetes get additional benefits from working out because that makes insulin act better and more efficiently.

Taking medicines on time and getting blood sugar testing done regularly is very pertinent as diabetes is a progressive disease, hence one should track the variations/ fluctuations in blood parameters. If the reports are within normal limits, one can sing and dance and make merry. However, if the reports aren't up to the mark, consulting the doctor and getting the blood parameters back on track will definitely help avoid complications arising out of uncontrolled diabetes.

The first symptom or a sign of any complication shouldn't be ignored because a nick



in time saves nine! Whether it's a small wound on a toe or pain in the chest, " Don't Rest till you get the Best (treatment) !! Please remember

We can buy medicines but not HEALTH.

I think the most important thing the person with diabetes should always do is ACCEPT and say

"I'm living with Diabetes" and never utter the words "I'm suffering from Diabetes"

If he/she follows these simple practical tips, life will be a great journey.

Bon voyage dear friends!!

Contd. From Page No. 41...)

The Therapeutic Power of Hobbies for Senior Citizens' Mental Health

health, as it contributes to a positive outlook on life and a feeling of continued relevance.

Physical Benefits:

Many hobbies involve physical activity, which is essential for maintaining overall health, especially as one ages. Whether it's walking, dancing, or engaging in gentle exercises, physical activity releases endorphins, the body's natural mood lifters, promoting a more positive mental state.

Time Management:

Retirement often brings an abundance of free time, which, if not managed well, can lead to

boredom and a sense of unproductivity. Hobbies provide structure to one's day, helping seniors manage their time effectively and avoid feelings of emptiness or restlessness.

Therefore, incorporating hobbies into the lives of senior citizens is a holistic approach to promoting mental health. These activities not only offer enjoyment and fulfillment but also contribute to social connection, cognitive stimulation, stress reduction, and a sense of purpose. As a society, recognizing and encouraging seniors to pursue their hobbies can significantly enhance their overall well-being and quality of life.



एक तरी झाड लावू या रे

PP Rtn. Uma Vinayak Sahasrabudhe
RC of MUMBAI MAHIM

PP Rtn. Uma Sahasrabudhe's unwavering commitment to Rotary began in 2005, marking a profound shift from her 28-year tenure at the esteemed Reserve Bank of India. Opting for voluntary retirement, she redirected her focus entirely towards social work, becoming a stalwart advocate for the visually impaired students at Ramnarain Ruia College. In her dedicated service, Uma went above and beyond, not only writing exam papers but also reading study books and recording audio cassettes to facilitate an inclusive learning environment.

Through RCMM, she orchestrated arrangements for the students' lunches for many years. Beyond her involvement at the college, Uma played a pivotal role in projects benefiting Bal Asha (an orphanage), Pragati Kendra (a school for mentally challenged children), and Shishuvihar School in Dadar. Her selfless spirit was further evident during her presidency at RC Mumbai Mahim in 2012-13.

Before joining Rotary, she served as Secretary at Dadar Bhagini Samaj for a four-year tenure. Her efforts mainly focused on improvise it's working. Internationally recognized for her outstanding social contributions through Rotary. Uma's accolades include being felicitated at 'Umang,' an organization for senior citizens. Her achievements were further acknowledged with the prestigious 'Sakhi Gaurav Award' from the Marathi newspaper 'Lokmat.'

PP Rtn. Uma is really good at writing and entertaining people. She won a contest by writing an essay about how to spend time after retiring, beating 54 other entries. She has also judged competitions during social events.

Both her daughters are highly educated and well-settled in USA.

५ जून हा जागतिक पर्यावरण दिन. दरवर्षी सगळ्या जगभर तो उत्साहाने साजरा होतो. “पर्यावरणाचा तोल ढळतो आहे, ग्लोबल वॉर्मिंग होत आहे त्यामुळे नैसर्गिक आपत्ती वाढत आहेत, सजीव सृष्टीला धोका निर्माण झाला आहे, समुद्राची पातळी वाढत आहे”, अशा अनेक मन अस्वस्थ करणाऱ्या बातम्या आपण ऐकत असतो, वाचत असतो. असं काही होऊ नये म्हणून जगात सर्वच स्तरांवर, वेगवेगळ्या पातळ्यांवर वेगवेगळे उपाय शास्त्रज्ञ, तंत्रज्ञ, विचारवंत सुचवित असतात, ते अंमलात आणत असतात. आपला निसर्ग आपण जपला पाहिजे, वाचवला पाहिजे त्यासाठी सगळ्यात प्रथम जंगलतोड थांबवली पाहिजे. नवीन झाडे लावली पाहिजेत. समाजात जागृती निर्माण केली पाहिजे. वेगवेगळे लोक वेगवेगळ्या प्रकारे हे जनजागृतीचे काम करत असतात. आज आपणही सामान्य माणूस या पर्यावरण संवर्धनाच्या सत्कार्याला कसा हातभार लावू शकतो हे बघू या.

आपला निसर्ग, पर्यावरण जपायला हव पण आपला विकासही व्हायला हवा, विकासासाठी नवीन नवीन प्रकल्प येतात, सुधारणा येतात. या विकासासाठी पर्यावरणाचा न्हास होत आहे. विकासासाठी, वाढत्या रहदारीसाठी मोठे रस्ते हवेत. महामार्ग हवेत तेसुद्धा चार पदरी, सहा पदरी मग त्यासाठी होते हजारो झाडांची कत्तल, डोंगराचे सपाटीकरण. काही निसर्गप्रेमी ह्या गोष्टींना विरोध करतात, मग वाद होतात, चर्चा होते, मोर्चे निघतात पण निष्पन्न काहीच होत नाही. विकासासाठी रस्ते हवेत पण आरोग्यासाठी झाडे ही हवीतच.

पूर्वीच्या काळी बघा, रस्त्याच्या दोन्ही बाजूला झाडे लावली जायची कारण तेव्हा पायी किंवा हत्ती, घोड्यांवरून प्रवास व्हायचा, बैलगाडीतून प्रवास व्हायचा त्यामुळे रस्त्याच्या कडेला असलेली झाडे सावली व निवाऱ्यासाठी उपयोगी पडायची. पण आज आधुनिक वहाने व मॉडर्न रस्त्यांच्या दुतर्फा असणारी ही झाडे अडचणीची झाली आहेत. गतिमान वहानांमुळे प्रवासाचा पॅटर्न बदलला आहे. पांथस्थाप्रमाणे ठराविक अंतरावर थांबून झाडाखाली विश्रांती घ्यायची गरजच उरलेली नाही, उलट रस्त्याला लागून झाडे असली तर प्रवासादरम्यान अडथळेच येतात. रात्रीच्या वेळी झाडांवर वहाने आदळून अपघात होतात, वादळात झाडांच्या फांद्या रस्त्यावर पडून वाहतूक ठप्प होते. त्यामुळे झाडे हवीत, नवीन झाडेही लावावीत पण ती रस्त्यापासून



काही अंतर राखून. हे आणि असच काम करणाऱ्या अनेक संस्था आहेत. त्यातली एक आहे “हरियाली” येत्या पावसाळ्यात तब्बल एक कोटी बिया रुजविण्याचे अभियान त्यांनी हातात घेतले आहे. पण नुसते बिजारोपण करून चालणार नाही तर सुरुवातीला या झाडांची काळजीही घ्यावी लागेल. डॉंगरमाथ्यावर, माळरानांवर, पंढरीच्या वारीच्या मार्गावर केलेल वृक्षारोपण आणि पर्यावरण संवर्धनाचा दीर्घ अनुभव ‘हरियाली’ या संस्थेच्या पाठी आहे. मुंबई-आग्रा महामार्गावरील ठाणे ते धुळे या पट्ट्यात जेवढी वृक्षतोड झाली आहे त्याच्या कित्येक पटीने वृक्षलागवड करून मृतप्राय निसर्ग पुन्हा एकदा सचेतन करण्याचा त्यांचा संकल्प आहे. सरकारी धोरणांवर टीका-टिप्पणी करत बसण्यापेक्षा लोकांच्या सहभागाने. कोणता चमत्कार घडू शकतो हे सिद्ध करण्याचा प्रयत्न म्हणून अशा उपक्रमांकडे सकारात्मकतेने पाहायला हवे तरच हरीतक्रांती होईल.

आपण मुंबईसारख्या महानगरात रहातो. इथे कुठला निसर्ग, हिरवीगार झाडं, नद्या, डॉंगर? हे सगळ बघायच तर मुंबईच्या बाहेर जायला हव. पण आपली ही मुंबई एकेकाळी वृक्षप्रेमी होती हं! बघा ना, इथे ताडदेव आहे, चिंच पोकळी आहे, उंबरवाडी आहे, फणसवाडी, केळेवाडी आहे, भेंडीबाजार आहे, बोर भाट आहे. त्या त्या परिसराला तिथल्या झाडांची नावे परंपरेने दिली गेली होती. ही वृक्षवल्ली हळूहळू नष्ट होत गेली. इथे नवीन नवीन संकुले होत आहेत. मॉल्स होत आहेत. मध्यमवर्गीय वृक्षप्रेमी वर्गाला जसे बिल्डरकडून भरडले, चिरडले जात आहे तसच वृक्षांनादेखील तुडवले जात आहे. जमीनदोस्त केले जात आहे. हे थांबायला पाहिजे तरच मुंबईच सौंदर्य टिकून राहील. शांताराम गवाणकर यांनी मुलांसाठी लिहिलेली कविता मोठ्यांनीही वाचावी, अशीच आहे.

एक तरी झाडे लावू या रे एकतरी झाडे लावू या
रंगीत रंगीत फळा फुलांनी परिसर आपला सजवू या।
खेळून खेळून दमतो आपण, उन्हात येतो घाम
झाडाखाली उभे राहता किती मिळे आराम
थंड सावली राखू या रे थंड सावली राखू या।
डोंगरमाथ्यावरती नसता हिरवी झाडे दाट
पाण्यावाचून रिते राहतील इथे नद्यांचे घाट
ढग मोलाचे वळवू या रे, ढग मोलाचे वळवू या।
झाडे देती शुद्ध मोकळ्या वायुचे वरदान
झाडे तोडता तुटेल जीवन, होइल जग सुनसान
बीज बीज सांभाळू या रे, बीज बीज सांभाळू या।
एक तरी झाडे लावू या रे, एक तरी झाडे लावू या

आपल्या परंपरेने निसर्गाशी जपलेले हे नाते आता कुठे तरी हरवले आहे. स्वार्थ आणि व्यवहार या दोन्ही संवेदनांनी बोथट झालेल्या ज्ञानेंद्रियांना निसर्गाचे हाल किंवा आक्रोश ऐकू येणार का? आपल्याला वाटते आपण सामान्य माणूस पर्यावरण संवर्धनाला कसा काय हातभार लावू शकणार? पण आपण खालील खबरदारी घेऊ शकतो.

१. प्लास्टिकचा कमीत कमी वापर
२. पुष्पगुच्छ- किंमती पुष्पगुच्छ देऊनच आपल्या भावना जिव्हाळा प्रेम व्यक्त होते असे नाही. एक फूल किंवा साधा नमस्कारही पुरतो.
३. कागदही जपून वापरायला हवा कारण वृक्षतोड, जंगलतोड होऊनच कागद बनतो.
४. अग्निदहनासाठी कित्येक खंडी लाकूड लागते म्हणून प्रत्येकाने विद्युत दाहिनीत अंत्यसंस्कार व्हावेत असे लिहून ठेवावे किंवा देहदान करावे.
५. पाणी जपून वापरावे कारण माणसाने आपल्या बुद्धीच्या जोरावर अनेक वस्तू उत्पादन केल्या पण पाण्याचे उत्पादन तो करू शकलेला नाही.
६. श्रीमंती व चंगळवाद दाखवायला अधिक वहाने वापरली जातात. त्यामुळे वाहतुकीची कोंडी तर होतेच पण इंधन म्हणून पेट्रोलही जास्त जळते.

एवढा तरी संकल्प आपण करू शकतो ना?



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THE “SOCIAL” DOCTOR

Rtn. Dr. Sneha Venkateswaran
RC of Mumbai Mahim

Rtn. Dr. Sneha Venkateswaran (MBBS, MS, DNB, FMAS) is a practicing Obstetrician and Gynaecologist with 5 years experience in public and private sector hospitals in Mumbai. She has special interest in minimal access surgery and antenatal care. She has several scientific publications in national and international medical journals. She has also been part of various health education and health check-up camps for women through Rotary and other organisations. She is a member of Rotary Club of Mumbai Mahim – RID 3141. Dr Sneha can be contacted at sneha.v2511@gmail.com

Social media (n.): forms of electronic communication (as websites for social networking and microblogging) through which users create online communities to share information, ideas, personal messages, and other content (as videos) – Merriam-Webster Dictionary

Social media started off at the turn of this millennium as a method of interacting with our friends and loved ones. Little did we know then the impact it would have on our lives. We are now using various platforms and networks to create and be part of communities, to get international news in real time and to express our personal views and thoughts. It is now something that you can love or hate, but certainly cannot ignore.

We are hounded with so much information on all these platforms. But how much is too much? For instance, there are thousands of doctors of various fields with millions of followers. Some questions that genuinely come to mind regarding the sharing of medical advice on social media - Is this regulated? Is there a governing body deciding what a medical professional can and cannot post about? The answer is yes.

The basic principle of modern medicine is “primum non nocere” which in Latin means “first do no harm.” The fundamental duty of every medical professional is to act in the best interest of the patient. Another way to state this is – given an existing problem, it may be better not to do something, or even to do nothing, than to risk causing more harm than good. The pandemic led to a major boost in the trend of teleconsultations and medical content creation. Though social media has the widest outreach and can be used to benefit millions of people around the world, some views put out may even cause some harm, albeit unintentionally. In view of the excessive use of social media for propagation of health related information,

the National Medical Commission (NMC) Ethics and Medical Registration Board in 2022 released its guidelines on professional conduct which included social media ethics to be followed by every Registered Medical Practitioner (RMP). Here are some excerpts from these guidelines:

- Formal announcement regarding temporary absence from duty, resumption of duty, change of address, change in type of practice and declaration of professional fees is allowed.
- Use of a patient’s clinical details for case discussions or academic teaching is allowed with prior consent of the patient, but under no circumstances shall the identity of the patient be disclosed.
- The RMPs are allowed to share educative material for the information of the public. However, all information shared should be limited to their expertise.
- The RMPs cannot claim to be “specialist” in a particular topic unless they have an NMC recognised degree in the same.
- These degrees must be explicitly mentioned on their social media profiles, if such profiles are being used for disseminating medical information or advice. The information that

the RMPs provide should be factual and verified.

- They should avoid discussing the treatment of patients on public social media or prescribing medicine to patients on the public social media platform. If a patient approaches doctors through public social media, the doctor should guide the patient toward a telemedicine consultation or in-person consultation as the situation warrants.
- They should not directly or indirectly indulge in the practice of purchasing “likes,” “followers,” or paying money so that search algorithms lead to their name being listed at the top.
- They should not request or share patients’ testimonials or recommendations or endorsements or reviews in social media.
- Soliciting of patients directly or indirectly through social media is unethical.

So from now on, when you see a social media post containing medical advice, you can do your “due diligence” and decide if it is worth following, believing or forwarding. Always consult a trusted medical professional for your specific concern before following fads!

15 Facts about the Human Body

1. Your mouth produces about one litre of saliva each day!
2. Your brain is sometimes more active when you’re asleep than when you’re awake.
3. Laid end to end, an adult’s blood vessels could circle Earth’s equator four times!
4. The word “muscle” comes from Latin term meaning “little mouse”, which is what Ancient Romans thought flexed bicep muscles resembled.
5. Bodies give off a tiny amount of light that’s too weak for the eye to see.
6. The average person has 67 different species of bacteria in their belly button.
7. You lose about 4kg of skin cells every year!
8. Babies don’t shed tears until they’re at least one month old.
9. Information zooms along nerves at about 400kmph!
10. The human heart beats more than three billion times in an average lifespan.
11. Your left lung is about 10 percent smaller than your right one.
12. Human teeth are just as strong as shark teeth.
13. Scientists estimate that the nose can recognise a trillion different scents!
14. Humans are the only species known to blush.
15. Your blood makes up about eight percent of your body weight.

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