

ROTARY CLUB OF MUMBAI MAHIM

DISTRICT 3141, CLUB No. 59127



MAHIM WAVES

APRIL, 2025





- R. I. President Stephanie Urchick District Governor Chetan Desai
 - 🔷 President Vidula Kshirsagar 🔷 Secretary Shaila Rege 🔷
 - ♦ Bulletin Chairperson Shobha Karnik ♦





FROM PRESIDENT'S DESK



The month of April has been a vibrant and action-packed one for RCMM, filled with diverse and meaningful activities.

We marked several firsts this month — a significant milestone for our club. RCMM successfully conducted its first-ever breast screening camps for cancer detection at two locations, underscoring our commitment to women's health. We proudly inaugurated a Legacy Project by donating four fully motorized beds to Dhanwantari Hospital, setting a precedent for impactful, sustainable contributions.

Another exciting first was our international trip to Baku, offering members a refreshing break and unforgettable fellowship.

A firefighters' drill was organized for the students of CSV School, offering a hands-on and essential safety learning experience.

On the medical front, two health camps were held. One at the Fire Brigade Station, covering a wide range of checkups — eye tests, ECG, blood sugar, hypertension, cancer screening for women, consultations with a nutritionist, and even Ayurvedic medicine. The second was conducted for the Sion Police Station personnel and their families, focusing on breast screening and a special session on women's health.

Our energetic Rotaractors from Ruia College led two impactful sessions — one on DigiGrow, enhancing members' tech skills, and another on LGBTQIA+ awareness, fostering inclusivity and understanding.

The Baku trip was more than just sightseeing — it was a celebration of fellowship, with bus tours filled with antakshari, singing, laughter, and bonding.

A heartfelt thank you to all our members for your enthusiastic participation and unwavering support in every initiative. Your involvement continues to make RCMM a force of positive change.

Enjoy Rotary and Enrich Life.





ROTARY CLUB OF MUMBAI MAHIM



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Rtn. Vidula Kshirsagar Rtn. Dhananjay Patwardhan Rtn. Shaila Rege President & Public Image





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Invitees for Borad Meetings



Membership



Rtn. Chittaranjan Datar Rtn. Pradeep Watve Rtn. Uma Sahasrabudhe Rtn. Archana Khale International Service



Club Service



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Rtn. Shital Bhatkar Community Service - Non Medical Vocational Service





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Rtn. Prakash Samudra



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Rtn. K Suryakumar Club Advisors



Rtn. Usha Sheshan Rtn. Vandana Rajhansa





ROTARY CLUB OF MUMBAI MAHIM

HEARING SCREENING CAMP AT J. B. VACHCHA SCHOOL

Early identification of hearing issues is crucial, as undetected hearing loss can hinder a child's communication skills, academic progress, and overall development. Recognizing this need, Rtn. Dr. Gurmit, who is deeply passionate about children's health, took the initiative to organize a hearing screening camp. She personally conducts audiometry tests and believes in timely intervention to support students' well-being. Under her leadership, the Rotary Club of Mumbai Mahim, in collaboration with Maitreyi Mahila Mandal Trust, Mumbai, conducted a Hearing Screening Camp for Students of J. B. Vachha School for Parsi Girls, Dadar on 4th April, 2025. The camp was supported by Dr. Shehnaz Shaikh, Audiologist from Jaslok Hospital, along with six audiologists from the Outreach Department of AYJNIHH, Bandra. A total of 239 students from 6th to 8th standard were screened. Students identified with hearing concerns were given appropriate counseling and advised further steps, ensuring that no child is left unheard.













"Hearing is the gateway to learning and connection. Early detection ensures every child has the chance to thrive."





DONATION OF COMPUTER TO THE CYBER CRIME CELL

In an age where cybercrime is on the rise and digital threats loom large, equipping our law enforcement with the right tools is crucial. The Rotary Club of Mumbai Mahim took a meaningful step in this direction by donating a high-end computer system with a 27" screen to the Cyber Crime Cell of Sion Police Station.

RCMM members visited the police station on 5th April, 2025 to officially hand over the equipment. The Cyber Security Officer expressed sincere gratitude for the support and took the opportunity to share valuable insights on cyber safety. She highlighted the importance of being cautious with suspicious messages, emails, and online links, and stressed that awareness is the first line of defense against digital fraud.

It was a truly enriching visit—one that not only contributed to a cause but also educated us on how to stay vigilant in an increasingly digital world.











DIGIGROW BY RC RAMNARAIN RUIA COLLEGE ROTARACTORS

In today's fast-paced digital world, staying updated with creative tools and social media trends is essential—even for seasoned professionals and clubs like ours! Recognizing this need, the enthusiastic Rotaractors of Ram Narain Ruia College organized a highly engaging session titled 'DigiGrow' on 5th April, 2025 for RCMM members.

The interactive session focused on enhancing our digital skills, especially in using user-friendly applications like Canva and InShot to create impactful content for social media platforms. The Rotaractors patiently guided members step-by-step—right from navigating the apps to understanding design principles and video editing basics. It was a fun, hands-on experience where learning happened through doing, with everyone encouraged to try out features in real time.

As we stepped into this creative zone guided by the young, we realized that in today's world, one can't afford to be left behind by ignoring digital trends.



:"Digital tools don't just amplify your voice—they help you shape it with creativity and purpose."





PEDALING TOWARDS PROGRESS - BICYCLES FOR KOKRI AGAR STUDENTS

The Rotary Club of Mumbai Mahim has been consistently supporting the students of Kokri Agar over the past 2–3 years through various initiatives aimed at improving their learning environment. From building a community hall equipped with water filters to organizing educational sessions, RCMM has remained committed to empowering these young learners.

Understanding the daily challenges students face—especially the long commute to school—RCMM identified the need for reliable transportation. As a practical solution, the club decided to provide refurbished bicycles to the students and observe the impact. To begin with, six students were selected to receive bicycles.

On 6th April 2025, President Vidula and Rtn. Usha personally handed over the bicycles in a simple yet heartfelt ceremony. It is our hope that this small gesture will significantly reduce the students' travel time and allow them to focus more on their studies—because every extra minute matters in the journey of education.







RATION DISTRIBUTION UNDER PRADHAN MANTRI TB MUKT BHARAT ABHIYAN

In continuation from last month, on 9th April, 2025 ration was distributed to 16 patients at BMC dispensary, behind Goa Portuguesa restaurant, City light. Rtns. Arati and Shaila distributed the ration personally. We will be providing the ration during the period of their medication. Hope this helps the patients to regain their health and lead the normal life.



















FREE MEDICAL CAMP AT FIRE BRIGADE STATION DADAR EAST

Rotary Club of Mumbai Mahim has always placed a strong emphasis on promoting better health in the community by conducting medical camps across various schools and neighborhoods. This time, Rtn. Sunita Padwal came up with a thoughtful and impactful idea—to organize a free medical camp not just for the general public, but also for the dedicated staff of the Dadar Fire Brigade Station.

The camp, held at the Fire Brigade Station Dadar East premises, was a resounding success, offering a wide range of health services to over 100 beneficiaries, including fire personnel and local residents. Services included:

- Eye and Retina check-up
- ➤ Dental check-up
- Blood pressure and ECG
- > Random blood sugar,
- > Ayurvedic consultation with free medicines
- > General diet and nutrition guidance
- Mammography screening, coordinated by Dr. Supriya Saple in collaboration with Nana Palkar Smruti Samitiln

In addition to medical services, a special Organ Donation Awareness Desk was set up to encourage the noble cause of saving lives through organ donation.

RCMM members played an active role throughout the camp—volunteering, guiding beneficiaries, and ensuring smooth coordination. It was a fulfilling day of compassionate service, health awareness, and heartfelt community engagement—a true reflection of Rotary's spirit.







ROTARY CLUB OF MUMBAI MAHIM



FREE MEDICAL CAMP AT FIRE BRIGADE STATION DADAR EAST























PATIENT'S MOTORIZED BED DONATION - A ROTARY LEGACY PROJECT

Dhanvantari Hospital and Research Centre, located in Dadar West, is a 53-bedded multi-specialty hospital known for providing excellent medical care at affordable rates. With state-of-the-art technologies and a wide range of departments including cardiology, neurology, orthopaedics, paediatrics, gynaecology, and general medicine, the hospital caters primarily to middle and lower-middle-income families.

In its ongoing journey to modernize and enhance patient care, the hospital has initiated an upgrade of its existing 48 manual beds to modern motorized beds—ensuring equal comfort and ease for patients, whether in general wards or private rooms.

Recognizing the value of this mission, the Rotary Club of Mumbai Mahim stepped forward with a generous donation of four motorized beds as the inaugural step of its Legacy Project. This donation marks not only the beginning of a long-term commitment to healthcare improvement but also RCMM's dedication to creating a lasting impact in the community.

On 12th April 2025, RCMM members visited Dhanvantari Hospital to officially inaugurate the new beds. A Rotary Legacy Board has been installed at the hospital's entrance, giving the initiative prominent visibility and recognition. The doctors and hospital staff expressed heartfelt gratitude, welcoming the initiative and expressing hope for continued support from RCMM as they move forward with further infrastructure upgrades.



CLUB OF MUMBAI MAHIM

You're Invited!

Join us for the Launch of Phase 1 of our

Legacy Project

We're proud to begin this impactful journey by donating 4 fully automated hospital beds to

Dhanwantari Hospital, Dadar West

Date: Saturday, 12th April 2025 Time: 11:00 AM Venue: Dhanwantari Hospital, Dadar (W)

Together, let's take a step toward enhancing healthcare for all.

#LegacyProject #HealthcareSupport #CommunityService #RotaryInAction







PATIENT'S MOTORIZED BED DONATION - A ROTARY LEGACY PROJECT









A special note of appreciation goes to Rtn. Dhananjay and Rtn. Suryakumar, whose leadership and coordination ensured the smooth execution of this meaningful project.

RCMM members unanimously felt this was a cause worth supporting—uplifting patient experience and strengthening community healthcare. The project has truly lived up to the spirit of service, and the club looks forward to building a long-standing partnership with Dhanvantari Hospital.





NEW ADDITION TO RCMM FAMILY

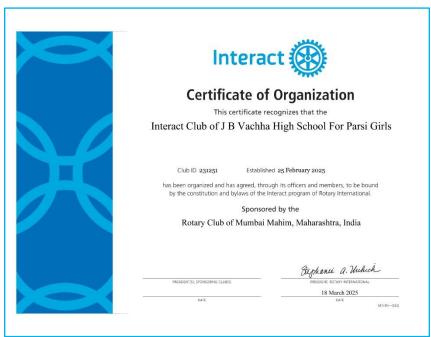
The Rotary Club of Mumbai Mahim (RCMM) has always placed special emphasis on youth development, believing in nurturing young minds to become responsible citizens and valuable contributors to society. Through various youth programs and clubs, RCMM continues to provide platforms for leadership, service, and personal growth.

Over the years, RCMM has proudly established several Rotaract and Interact Clubs:

- Rotaract Club at Ramnarain Ruia College (2012)
- Community-based Rotaract Club of King's Circle Matunga (2015)
- ➤ Interact Club at Matunga Premier School (2017)
- Interact Club at Chhatrapati Shivaji Vidyalaya (2022)
- Interact Club at Dadar Vidya Mandir (April 2024)

Adding to this growing list, RCMM officially established the Interact Club at J. B. Vachha High School for Parsi Girls on 25th February 2025. This milestone was the result of sustained efforts by Rtn. Gurmit, who initiated the collaboration during her presidential year, along with Rtn. Suryakumar and Rtn. Jehangir. Their consistent engagement and dedication have finally borne fruit, with RCMM receiving the official charter certificate from Rotary International.

With a strong and enthusiastic Youth Services team led by Rtn. Seema Patole, RCMM is confident that this newly formed Interact Club will thrive and achieve great success. The club looks forward to mentoring the students and guiding them on their journey of community service and leadership.







Annadan Through Don Ghas

Annadan through Don Ghas has become a signature monthly project for RCMM, with Rtn. Revati managing it seamlessly. She ensures its smooth execution by being personally present at every service. RCMM has been associated with NGO Aarya for the past 6-7 years. Founded by Rtn. Sheetal Bhatkar in memory of her son, Aarya's mission is to ease the burden on families of patients undergoing prolonged treatments at hospitals in Parel, such as Wadia, Tata, and KEM. The initiative, aptly named Don Ghas (which translates to a square meal in Marathi), follows a well-structured yet simple process to provide nutritious meals to those in need.

On 14th and 15th April, RCMM sponsored lunch for 150 people. Special thanks to Rtn. Revati's friend, Shailesh Sukthankar and to Rtn. Julina, who contributed in memory of her husband Dr. Ulhas Karkhanis. On 14th April special dish 'Amras' and on 15th April 'Goda Shira' was served. Both days saw Rtn. Revati actively participating in the service along with Rtn. Julina.

RCMM remains committed to this heartfelt initiative, bringing comfort and nourishment to those in need, one meal at a time.





















SECOND MAMMOGRAPHY SCREENING CAMP BY RCMM

Mammography is a specialized medical imaging technique used to detect early signs of breast cancer, often before symptoms appear. Early detection through regular screening can significantly improve treatment outcomes and save lives.

Rotary Club of Mumbai Mahim, in association with Nana Palkar Smruti Samiti, successfully conducted its second Breast Cancer Screening Camp on 15th April 2025 at the Fire Brigade Station, Sion. A total of 31 women were screened, including some of our own RCMM lady members. The camp was organized in response to repeated requests from the community, reaffirming our commitment to women's health and early detection.







FIRE DRILL AT CHHATRAPATI SHIVAJI VIDYALAYA

As part of the National Fire Safety Week observed from 14th to 20th April 2025, the Rotary Club of Mumbai Mahim (RCMM) organized a Fire Safety Demonstration on 17th April at our Interact School – Chhatrapati Shivaji Vidyalaya, Dharavi.

The session was conducted by Mr. Manoj Ernade and his dedicated team from the Dadar Fire Brigade Station. The demonstration was both educational and engaging, offering valuable insights into fire prevention, emergency response, and the correct use of fire safety equipment. Students and teachers alike participated enthusiastically and gained practical knowledge about handling fire-related emergencies.

This impactful initiative by RCMM helped reinforce the importance of safety preparedness among young minds, leaving a lasting impression on all attendees..











DONATION OF TV TO NERAL DADAR VIDYAMANDIR

During our Madhali Sutti workshop at Neral Vidya Mandir, the school had expressed a need for two televisions to enhance their teaching methods through audio-visual learning. Acting on this request, Rtn. Dr. Gurmit learned that the Rotary Club of Bombay had procured TVs and was looking for schools in need. She promptly connected Neral Vidya Mandir with the RC Bombay contact and facilitated the donation.

On 17th April, Rtn. Dr. Gurmit and Rtn. Archana personally visited the school to inaugurate the televisions. The school authorities were deeply appreciative of RCMM's timely support and initiative.

These TVs will now be used to support digital learning, play educational videos, and make classroom sessions more interactive and engaging for students.













SESSION ON LGBTQIAAP BY RCRRC ROTARACTORS

During RCMM's weekly meeting on 19th April, Rotaractors from RCRRC conducted an enlightening session on LGBTQIAAP awareness. The session aimed to promote understanding and inclusivity by explaining various terminologies in simple, relatable language.

The presenters highlighted the challenges many LGBTQIAAP individuals face, especially due to societal and parental mindsets that often lack acceptance. Emphasis was placed on the importance of emotional support from families and institutions, and how colleges can serve as safe spaces where students feel free to express their identities without guilt or fear—for example, saying "I am gay" or "I am lesbian" without stigma.

RCMM members found the session highly informative and expressed that individuals from the LGBTQIAAP community should be accepted, respected, and treated like anyone else, with dignity and compassion.













MEDICAL CAMP AT SION POLICE STATION

In a meaningful initiative towards community health, the Rotary Club of Mumbai Mahim organized a comprehensive medical camp at Sion Police Station in collaboration with Nana Palkar Smruti Samiti and NJ Insurance Brokers, in association with Zen Hospital, Chembur. The camp focused on breast cancer screening for women and general health check-ups for both male and female staff.

A total of 31 women underwent breast cancer screening. While no negative reports were found, it was evident that the anticipation of the test created considerable anxiety. Many participants voiced that they would feel more comfortable getting such screenings in familiar, community-based settings and alongside friends, rather than in hospital environments.

The health check-up camp included tests for HGT, BP, BMI, and ECG, followed by physician consultations. Of the 58 individuals examined, 25 were advised ECGs based on preliminary readings, and subsequently recommended 2D Echo tests as a preventive measure.

An insightful and interactive talk by Rtn. Dr. Sneha was especially well received by the women present, adding a vital educational aspect to the initiative.

The entire event was smoothly facilitated under the supportive leadership of Senior Police Inspector Manisha Shirke, who ensured a secure and welcoming atmosphere. Her commitment to community welfare, beyond her policing duties, was truly commendable.

RCMM members in attendance included Dr. Supriya Saple, who played a key role in arranging the breast cancer screening, along with Aarati, Dr. Gurmit, Nita, Vidula, Dhananjay, and Sunita. The overall experience of the medical camp was deeply fulfilling and strengthened RCMM's resolve to continue championing health-focused community service.









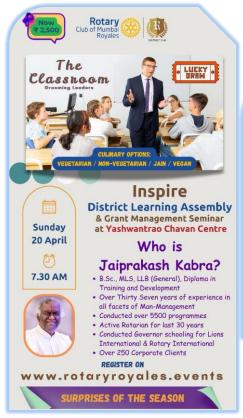




DISTRICT INITIATIVE & CO-HOST

1. District Learning Assembly

Every year District 3141 organizes Learning Assembly to groom up the next years team. This year it was organized on 20th April at Yashwantrao Chavan Centre. From RCMM Rtns. Lalit, Shaila and Sunita attended the assembly.











PATRONS & DONORS





RC Mumbai Mahim is very grateful to all the donors without whom it is not possible to continue supporting larger section of less privileged community. We look forward for your continued support.

Name	Amount	Cause	Through Rotarian
Ruchi Virmani	2,000	Ration for TB Patients	
Rtn. Aarti Dhavale	4,000	Ration for TB Patients	
Rtn. Revati Kanvinde	2,000	Ration for TB Patients	
Rtn. Seema Patole	2,000	Madhali Sutti	
Rtn. Pradnya Sabnis	3,000	Madhali Sutti	
Rtn. Usha Yegnaseshan	3,000		
Jyantilal Manilal Pate	10,000		
Rtn. Julina Karkhanis	1,00,000	Spectrometer for KEM Hospital	
Shubhada S Kulkarni	1,00,000	Spectrometer for KEM Hospital	Julina Karkhanis
Prakash Sales Corporation	15,000	Fund Raise 2025-26	Anand Limaye
Rtn. Julina Karkhanis	10,000	Don GHas	



ROTARY CLUB OF MUMBAI MAHIM



FAMILY CORNER



Heartiest Congratulations to Rtn. Dr. Pallavi Saple! We are proud to share that Rtn. Dr. Pallavi Saple was recently interviewed by Ms. Neha Khare of Asmita TV Channel on the occasion of World Health Day. The insightful interview, centered on the theme of "Awareness on Health," was aired on 7th April 2025.

Additionally, through Navbharat Times, Dr. Saple shared a powerful message: "To change the mindset of the community, we must begin by changing our own." Her thoughts continue to inspire and reflect her deep commitment to community well-being and progressive healthcare.



नवरात्रि विशेष 📗 मेडिकल एजुकेशन रिसर्च महाराष्ट्र की जॉइंट डायरेक्टर हैं डॉ. पल्लवी सापले

समाज की मानस्किता बदलने खुद को भी बदलना होगा

भारत की स्वतंत्रत के बाद से जो जो अस्पताल की सबसे युवा डीन बनने का गौरव प्रान करने वाली डॉक्टर पल्लवी सापले ने अपने करियर की चुनौतियों और उपलिब्धों को साझा किया. हाल ही में उन्होंने अस्पताल सुखा पर राष्ट्रीय टास्क भोर्स में सक्त्यूप भृमिका निष्क और महायू मुखा पर राष्ट्रीय टास्क भोर्स में सक्त्यूप भृमिका निष्क और महायूष्ट्र मेंडिकल् कार्डीस्ल के प्रशासनिक पद को भी सुभाला. जे.जे. अस्पताल की 18-करों को असी के प्रशासिक पर भी भी सीमार्थ, अ.ज. अस्पासी सबसे युवा डोन बनने से लेकर वर्तमान में मेडिकल एजुकेशन रिसर्च महाराष्ट्र के जॉईट डायरेक्टर तक के सफर तक के बारे में 'नवभारत' ने विशेष बातचीत की है. पेश हैं प्रमुख अंश-

महाराष्ट्र के जाइट डायरकर के रू में नई जिममेदारी संभाल ली है. बतौर प्रोफेसर तक तो किसी तरह की दिक्कत नहीं आई, लेकिन जैसे ही मैंने प्रशासनिक भृमिका निभानी शुरू की, कुछ

हों ने बनन के बाद आपन कन चुनीतायों आहे. वह लोग की माहिता चुनीतियों का सामान किया? अंत्रे अस्मताल का इतिहास 180 वर्षों से ऑक्ट पुरान है के पित उनकी पत्नी छोता हूं जो डोन करी, हालाँह, अब मेरी में मेंडिकल पहुलेका तिसर्च महाराष्ट्र के बाईट प्रायंक्रा के क्षा

राज्य सरकार के मेडिकल कॉलेज से हैं. हालांकि, दुनिया के हर ऐशे में कुछ खुरें प्रतिनिधित्व करने का सम्मान मिला. हमने उदाहरण मिलते हैं. इसलिए, अगर कोई प्राताचांच्यत करने का समाना मानता, होना उदाहरणा मानता है, हसाशरण, अगर काई अपसालां में सूझा मानती के रोक्त कर के डिक्टर पाता करता है, तो करें इती स्वस्त सुक्राव दिए, हर अस्पवाल में कोड वायलेट स्त्रा मिरानी चाहिए कि दूसरों के लिए यह (कोड के) ट्रेनिंग किनी चाहिए, ताकि स्वक्ष बन जाए। इसके साथ ही, डीक्टरों अक्षामान रिलेटवरी, में निया जा सके अक्षामान रिलेटवरी, में निया जा सके डिक्टरों को भी संवेद-रशील प्रशिक्षण दिंग मिरानी चाहिए, ताकि वे

^{सुरक्षित} नारी शक्ति

है. संघर्ष को बाधा की तरह न देखकर. इसे यात्रा का हिस्सा मानें. मेरी सोच हमेऽ

Mumbai plus Edition Apr 06, 2025 Page No. 4 Powered by: navbharatlive.com





FAMILY CORNER



Heartiest Congratulations to Rtn. Dr. Gurmit Bachher on her selection as ZCC (West) - Rotary Leadership Institute! We are immensely proud of Rtn. Dr. Gurmit Bachher on being selected as the Zone Coordinating Committee Member (West) for the Rotary Leadership Institute. This prestigious role reflects her dedication, leadership, and deep understanding of Rotary values.





ROTARY CLUB OF MUMBAI MAHIM



FAMILY CORNER



Heartiest Congratulations to Rtn. Anand Limaye! We are delighted to congratulate him on the successful publication of the book "अतुलनीय - भारताच्या माहिती तंत्रज्ञान क्रांतीची कहाणी", authored by Harish Mehta - Founder of Onward Technologies, Co-founder and the first elected Chairman of NASSCOM.

The book was published through Inking Innovations and released on 16th April 2025 at the Welingkar Institute of Management Development and Research

Kudos to Rtn. Limaye for his unwavering dedication and perseverance. Despite facing health challenges, he remained committed and ensured the timely release of this inspiring publication.

This is yet another shining example of his passion for publishing and contribution to thought leadership.









FAMILY CORNER

Wishing you a day filled with Happiness and a year filled with Joy. Happy Birthday



Rtn. Vaishali Abhyankar
Swapneel, son of Rtns. Veena & Pradeep Watve
Pradeep, husband of Rtn. Alka Khedkar
Ashok, husband of Rtn. Asmita Alate
Prachi, daughter of Rtn. Shital Bhatkar
Anuja, daughter of Rtn. Pratibha Malavi
Rohan, son of Rtn. Pradnya Sabnis

Wishing you a very happy wedding anniversary and many more wonderful years together

Madhur, son of Rtn. Sunita Padwal



Rtn. Girish & Vaijayanti Jawle

Rtn. Chittaranjan and Himani Datar

Rtns. Shaila & Lalit Rege

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