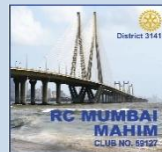


**LET'S
INSPIRE!**

ROTARY CLUB OF MUMBAI MAHIM

DISTRICT 3141, CLUB No. 59127



MAHIM WAVES

AUGUST, 2025

UNITE
FOR
GOOD

Rotary



❖ R. I. President – Francesco Arezzo ❖ District Governor – Dr. Manish Motwani ❖

◆ President – Shaila Rege ◆ Secretary – Sunita Padwal ◆

❖ Bulletin Chairperson – Shobha Karnik ❖

FROM PRESIDENT'S DESK

The month of August began with a strong focus on learning and inspiration. On 1st August, the District Learning Assembly for Interactors was held, where office bearers of our three Interact Clubs—Dadar Vidya Mandir, Chhatrapati Shivaji Vidyalaya, and Matunga Premier School—participated. Eminent district leaders, along with our District Governor, guided the students and highlighted the significance of being part of the Interact movement.



August was also marked by impactful service and vocational initiatives by RCMM:

- Donation of a **jigsaw machine** to Mumbai Public School, Ghatkopar, encouraging children to develop carpentry skills and become vocationally self-reliant.
- Donation of a **smart cane** to Sonu, a visually impaired student from Samvedana Foundation, enabling him to move independently and confidently.
- Provision of **nutritional kits to 10 TB patients**, food support to patient's families, from KEM and Tata Hospitals.
- Distribution of the **Ideal Study App** to Std. X students and teachers of Shishuvihar School, Dadar, and New English School, Khavati, Khed, to strengthen their academic preparation.

On 7th August, we hosted an engaging speaker meet where Rtn. Faisal Shaikh spoke on "*Kaizen – A Way of Life.*" He explained the five principles—Sort, Set, Shine, Standardize, and Sustain—emphasizing that true change requires respect for people, resources, and the environment. His interactive style made the session both thought-provoking and memorable.

On 12th August, the **Installation Ceremony of Rotaract Club of Ramnarain Ruia College** was held at their college auditorium, where President Kasturi Kuthale and her team for 2025–26 took charge.

Further, as part of the **District Project Annapurna – Food for All**, RCMM distributed **180 packets of Oreo Choco Cream biscuits** to students of Seva Bharati Balwadi (52 children), Prabodhankar Thackeray School, Sewri (86 children), and Mira Vidyalaya, King Circle (42 children). This initiative was in collaboration with the Indian Humanity Foundation, supporting children with adequate nutrition.

Enjoy Rotary and Enrich Life.



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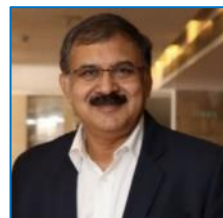
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Club Service



Rtn. Manoj Kshirsagar
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Year 2025-26

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CARPENTRY SKILL SUPPORT TO MUMBAI PUBLIC SCHOOL

On 6th August 2025, RCMM donated a Jigsaw Machine (Model No. J/819-24) to Mumbai Public School, Sainath Nagar, Ghatkopar, to enhance carpentry training for students. Notably, both boys and girls in the school are enthusiastic about learning the craft. During the event, the teacher demonstrated the machine's capabilities by skillfully creating a wooden cutout of Rtn. Dr. Darekar.

Mumbai Public School, Sainath Nagar is a BMC-run school with good infrastructure and dedicated teachers. Students are from the surrounding slum areas. The school offers vocational skills such as stitching, carpentry, and electrical work. Carpentry and electrical classes are conducted by Mr. Vilas Yewale, who has been training students for many years. He shared that with modern tools, these students could turn their skills into a livelihood, and requested for a Jigsaw Machine to enhance their learning.

Providing such vocational training to underprivileged students not only builds their confidence but also equips them with skills that can help them earn a living and tackle unemployment in the community.



SAARTHI SMART CANE TO SONU BEBANSHI

Samvedana Foundation recommended supporting 22-year-old visually impaired student, Sonu Bebanshi. While AI glasses were considered, they require a smartphone. Instead, a Saarthi Smart Cane was chosen, as it would enable him to navigate safely and travel with confidence by detecting obstacles in his path. Saarthi is a smart mobility aid designed to detect obstacles in real-time, providing users with instant feedback through tactile vibrations.

On 6th August, 2025 PR Shaila along with Rtns. Lalit and Uma visited Samvedana Foundation at Kannamwar Nagar, Vikhroli, and donated the Saarthi Smart Cane to Sonu. His joy and gratitude were evident as he received it. A heartfelt thanks to Rtn. Uma Sahasrabudhe for generously funding this project.



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Year 2025-26

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SUPPORT TO STUDENT FOR NURSING AND MIDWIFERY COURSE



RCMM members strongly believe in supporting deserving students in shaping their careers. We recently received a request from **Jay Vithal Dahifede** for assistance with the fees of the General Nursing and Midwifery Course at Guru Nanak Hospital and Research Centre, Bandra. Coming from a humble background, with his father working as a driver, Jay needed financial support to pursue his dream. Thanks to the generosity of **Rtn. Pradeep Dixit**, who contributed through his company Urja Technique, Jay's education is now secured.

We are confident that he will excel in his chosen field and support his family with pride. RCMM wishes him the very best in his journey ahead.

AWARDS & RECOGNITIONS



RCMM has been honoured with the prestigious Club Excellence Award for the year 2024-25 by Rotary International, recognizing its efforts in fostering a positive member experience and upholding the true values of Rotary under the dynamic leadership of PP Vidula Kshirsagar.

Heartiest congratulations to PP Vidula and all RCMM members on this proud achievement.

Keep up the great work!

RTN. FAISAL SHAIKH ON KAIZEN - A WAY OF LIFE

At our 7th August, 2025 RCMM meeting, we were treated to an engaging and thought-provoking session by **Rtn. Faisal Shaikh** on the Japanese philosophy of *Kaizen* – the art of continual improvement.

He opened with two striking images: one of a water gutter in Japan, clean enough for fish to swim in, and another of schoolchildren in uniform, picking up trash from the roadside on their way home. These, he explained, were not random snapshots, but reflections of Japan's culture – where cleanliness, discipline, and civic sense are ingrained from childhood. The habit of doing small good deeds daily has contributed greatly to Japan's progress, even after the devastation of the Hiroshima bombing. Instead of retaliation, Japan chose to compete with the world through excellence, becoming a leader in fields like automobile manufacturing and exporting some of the best cars to countries like the USA.

Rtn. Faisal introduced the **5S** principle from Japan: **Sort, Set, Shine, Standardize, and Sustain**. By following these steps consistently, one can improve life in small, steady increments – the essence of Kaizen. "Kai" means change, and "Zen" means good – together, they mean *change for the better*.



RTN. FAISAL SHAIKH ON KAIZEN - A WAY OF LIFE

With relatable examples, he explained how meticulous habits bring lasting results. For instance, we often prefer buying second-hand cars from Parsis because they are well-maintained, regularly cleaned, and checked – unlike many of us who clean our homes only for Diwali, hoping Goddess Lakshmi will visit. Instead, he suggested, cleanliness and upkeep should be a daily practice, not a seasonal one.

The session was highly interactive. At one point, Rtn. Faisal made members play a fun game to test how well we knew each other, keeping everyone engaged and entertained. He also touched on Japanese manners, where bowing is a gesture of respect. In a light moment, our President bowed before felicitating him with a gift, and Usha, also bowed too while delivering the vote of thanks.

Overall, it was an inspiring and lively session – a reminder that meaningful change starts with small, consistent steps, and that Kaizen is not just a management tool, but truly a way of life.



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 7-8 years. Founded by 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 9th August, 2025 RCMM sponsored dinner for 170 people. Special thanks to Sarita Mehta from Canada, Rtn. Seema Patole's sister who donated to celebrate her husband Sanjiv Mehta's birthday. Rtns. Jayanti and Seema were present throughout the service.



RATION DISTRIBUTION UNDER PRADHAN MANTRI TB MUKT BHARAT ABHIYAN

Continuing the initiative from last month, on 12th August 2025, ration was distributed to 10 TB patients at the BMC Dispensary located behind Goa Portuguesa restaurant, Citylight. PR Shaila along with Rtns. Dr. Gurmit and Asavari personally handed over the ration. These patients will continue to receive ration support throughout the course of their treatment, with the hope that it aids their recovery and helps them return to a healthy, normal life.



INSTALLATION OF ROTARACT CLUB OF RAMNARAIN RUIA COLLEGE

A candle flickered, a chapter turned, and a new reign began as the Rotaract Club of Ramnarain Ruia College hosted its 14th Installation Ceremony, *Renascentia*, on 12th August at the college auditorium. The event beautifully blended tradition, celebration, and inspiration, honouring the legacy of the past while embracing the promise of a new chapter.

The afternoon began with a warm welcome to dignitaries, Rotarians, Rotaractors, and guests. Outgoing President Rtr. Bhoomi Gawad and her council were lauded for their exceptional year of service, completing an impressive 89 projects. Their dedication, teamwork, and creativity set a high benchmark for the club. With the ceremonial passing of the torch, Incoming President Rtr. Kasturi Khutale and her team, including Secretary Rtr. Suyash Arabatti, took over leadership under the inspiring theme “Power with Purpose”. Kasturi shared her vision for the year ahead, focusing on meaningful projects, strong community engagement, and innovative initiatives.

The event was graced by Rtn. Pankaj Phatarphod, District Rotaract Committee Chair, the DRR, DRR Elect, and RCMM President Rtn. Shaila Rege, whose speeches inspired the audience. The club also warmly acknowledged the presence of RCMM members Rtn. Lalit Rege, Rtn. Sunita Padwal, Rtn. Nita Upadhyay, and Rtn. Jayanti Radhakrishnan.



We meet alternate Saturday at 9.00 a.m. at AOTS Hall else on Zoom Conference.

Year 2025-26

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INSTALLATION OF ROTARACT CLUB OF RAMNARAIN RUIA COLLEGE

In her heartfelt note of gratitude, President Kasturi thanked the Rotary family for their constant encouragement, the guests for their motivating words, and the members for their commitment to service. She expressed her excitement to lead the club in 2025-26, confident that together, they would make a meaningful impact.

With Renascentia symbolizing rebirth and renewal, the ceremony truly marked the start of a promising new journey for the Rotaract Club of Ramnarain Ruia College.



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Year 2025-26

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LET'S
INSPIRE!

MAHIM WAVES

ROTARY CLUB OF MUMBAI MAHIM

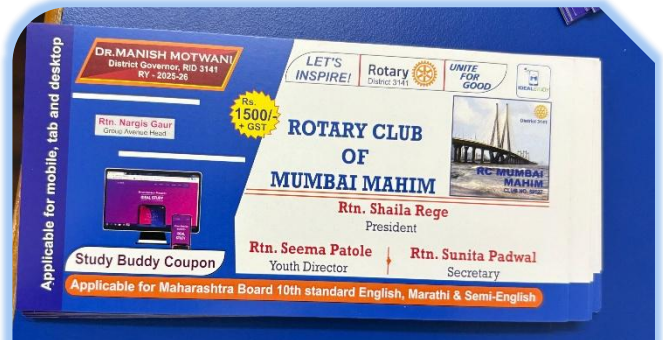
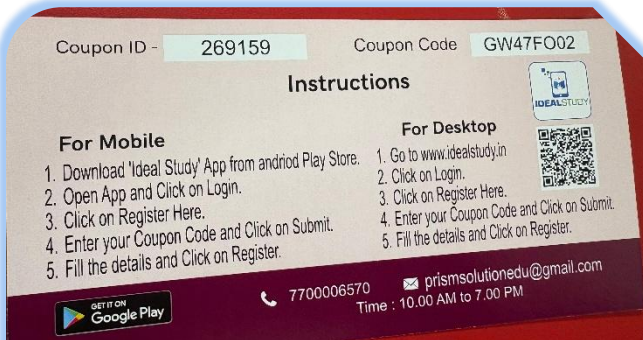


IDEAL STUDY APP DISTRIBUTION AT SHISHUVIHAR MADHYAMIK VIDYALAYA

RCMM distributed Ideal Study App coupons to 69 students of 10th standard of Shishuvihar Madhyamik Vidyalaya on 13th August, 2025. The Ideal Study App is specifically designed for 10th standard students of the SSC Board of Maharashtra and offers comprehensive educational resources in Marathi, English, and Semi-English mediums.

This initiative underscores the impact of smart solutions in education, showcasing the importance of digital tools in paving the way for a brighter future for these motivated students. The project serves as a testament to RCMM's commitment to leveraging technology to empower the next generation.

PR Shaila, Rtns. Lalit, Pratibha, Uma and Usha were present and happy to distribute the Ideal Study App coupons.



"When technology meets curiosity, learning becomes limitless. Tools like the Ideal Study App empower students to learn smarter, understand deeper, and dream bigger."

We meet alternate Saturday at 9.00 a.m. at AOTS Hall else on Zoom Conference.

Year 2025-26

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IDEAL STUDY APP DISTRIBUTION AT NEW ENGLISH SCHOOL, KHED

On 25th August, 2025 RCMM distributed Ideal Study App coupons to 36 students of 10th standard of New English School at Khed. Rtn. Dr. Darekar and Manoj were happy to distribute the Ideal Study App coupons. They explained the students how to use the app and how it will be helpful in their studies. Manoj explained the technical installation of app to the students.



DISTRIBUTION OF BISCUITS AT SCHOOLS

Project Annapurna – Food for All is an initiative by Rotary District 3141 to provide nutritious meals to the homeless and underserved communities in Mumbai. As a part of this project, Rotary Club of Mumbai Mahim distributed 180 packets of Oreo Choco Cream biscuits to students of Seva Bharati Balwadi (52 children), Prabodhankar Thackeray School, Sewri (86 children), and Mira Vidyalaya, King Circle (42 children). This initiative was in collaboration with the Indian Humanity Foundation, supporting children with adequate nutrition.

Seva Bharati Balwadi



Prabodhankar Thackeray School, Sewri



DISTRIBUTION OF BISCUITS AT SCHOOLS

Mira Vidyalaya, King Circle



Meera Vidyalaya at King Circle has set aside a section of the school for differently abled children. The teachers, with their dedication and initiative, work tirelessly to groom and nurture these students. When RCM members visited, the children welcomed them with flowers and a handmade greeting card prepared by themselves—a truly heart-touching gesture. They also showcased their dance skills, leaving everyone deeply moved and inspired.



DISTRICT INITIATIVE & CO-HOST

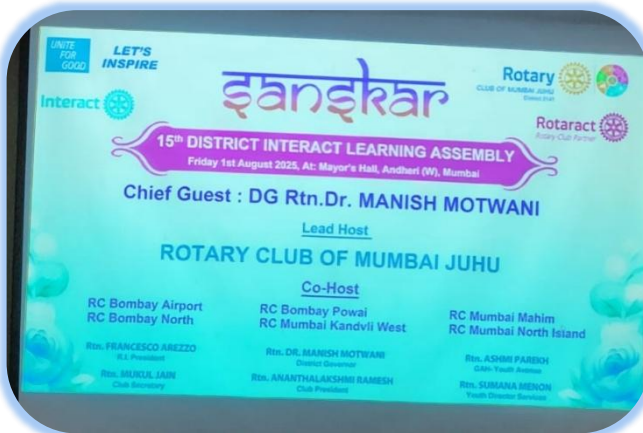
1. District Interact Learning Assembly - Sanskar

On 1st August 2025, the 15th District Interact Learning Assembly "Sanskar" was held at Mayor's Hall, Andheri West, from 9 am to 12 noon. The event was organized by the Rotary Club of Mumbai Juhu.

Three of our Interact Clubs—Matunga Premier School, Dadar Vidya Mandir, and Chhatrapati Shivaji Vidyalaya—actively participated. Each club was represented by three Interactors, typically the President, Secretary, Treasurer, or other core team members, accompanied by their respective teacher/moderator.

The assembly began with an inspiring address by our DG, Dr. Rtn. Manish Motwani, followed by insightful sessions from district dignitaries on overcoming fears, tackling challenges, time management, and youth exchange programs. The agenda also included interactive and fun-filled activities, as well as a dedicated session for moderators.

It proved to be a valuable learning experience for our young Interactors. PR. Shaila Rege and Rtn. Jayanti were also present to support and encourage the participants.



We meet alternate Saturday at 9.00 a.m. at AOTS Hall else on Zoom Conference.

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.

| Donor's Name | Amount | Cause | Through Rotarian |
|---------------------|--------|----------------------------|-------------------|
| Rtn. Aarati Dhavale | 1,000 | Ration for TB Patients | |
| Rtn. Pradeep Patole | 5,000 | Annadan – through Don Ghas | |
| Rtn. Seema Patole | 5,000 | Annadan – through Don Ghas | |
| Vidya Pai | 11,000 | For Sewing Machine | Shaila Rege |
| Sadika Pavaskar | 1,000 | Ration for TB Patients | Uma Sahastrabudhe |
| Gaurang Kanvinde | 10,000 | Annadan – through Don Ghas | Revati Kanvinde |

**"ACT AS IF WHAT YOU
DO MAKES A
DIFFERENCE. IT DOES."**

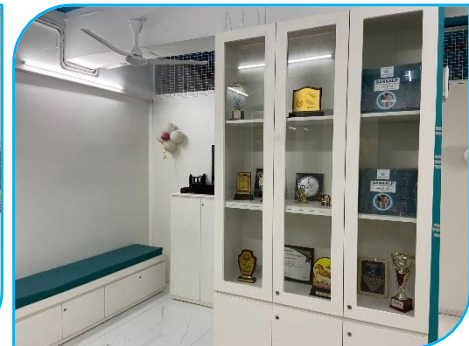
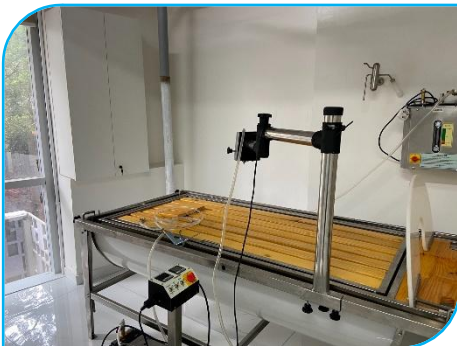
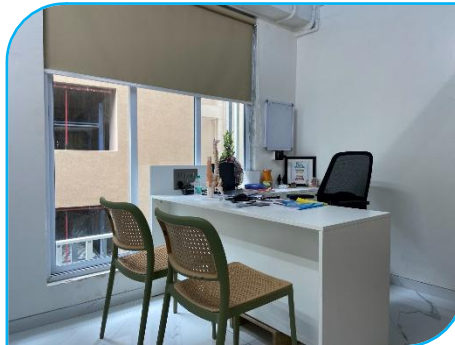
– WILLIAM JAMES

FAMILY CORNER



Heartiest congratulations to **Rtn. Rashmi Patil** on the inauguration of her new **Parasnath Specialty Clinic** in **Mulund East**. The clinic offers expert care for conditions such as knee pain, spinal disorders, arthritis, frozen shoulder, joint pain, gout, AVN, and more.

RCMM extends its best wishes to her for great success in this new endeavour.



FAMILY CORNER



Heartiest congratulations to **Rtn. Dr. Sanhita Walavalkar** for getting invited to speak on "Diabetes In The Elderly" at CID Conference at JW Marriott Sahar, Mumbai.

She also got an opportunity to speak on " Behavioural Phenotypes - Personalizing Lifestyle Intervention on Obesity Care " at JW Marriott at CID 2.0 Conference.



FAMILY CORNER



Heartiest congratulations to **Rtn. Dr. Sanhita Walavalkar** for getting invited to speak at **DRS CONFERENCE** at Jio World Convention Centre on "Is HbA1C of 7% good enough for most with Type II Diabetes"

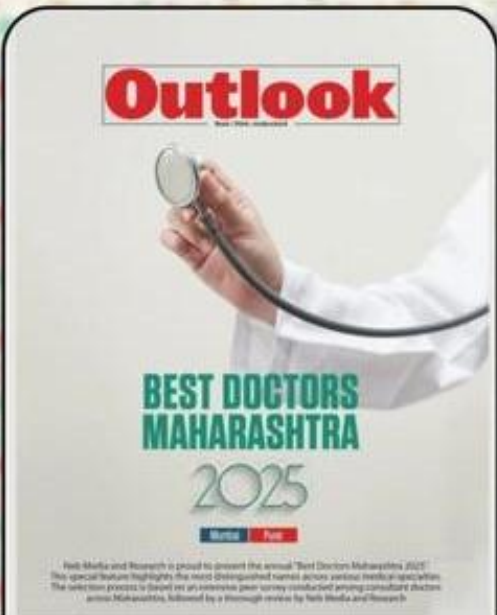


FAMILY CORNER



Heartiest congratulations to **Rtn. Dr. Nilesh Satbhai**, for getting his name added in the prestigious lists of the State and City Best Doctors. The list was prepared on the basis of independent survey conducted by Outlook and India Today.



RCMM members are proud to have you as a member of the club.




Outlook
BEST DOCTORS
MAHARASHTRA
2025

Health & Research is proud to present the annual "Best Doctors Maharashtra 2025". This special feature highlights the most distinguished names across various medical specialties. The selection process is based on an extensive peer-review conducted among consultant doctors across Maharashtra, followed by a thorough review by Health & Research.

Plastic & Reconstructive –Surgery
Dr. Nilesh Satbhai
Dr. Siddharth Prakash
Dr. Rajan N. Garach
Dr. Mukund Thatte
Dr. Samir Kumta
Dr. Akshay Deshpande
Dr. Amita Hiremath



Plastic & Reconstructive –Surgery
Dr. Nilesh Satbhai
Dr. Mukund Thatte
Dr. Samir Kumta
Dr. Siddharth Prakash



FAMILY CORNER



Heartiest congratulations to **Rtn. Dr. Nisha Thakkar**, for getting invited by RC Bombay East for a talk on 'Practicing Yoga' on 23rd August, 2025.

RCMM members are proud of you.

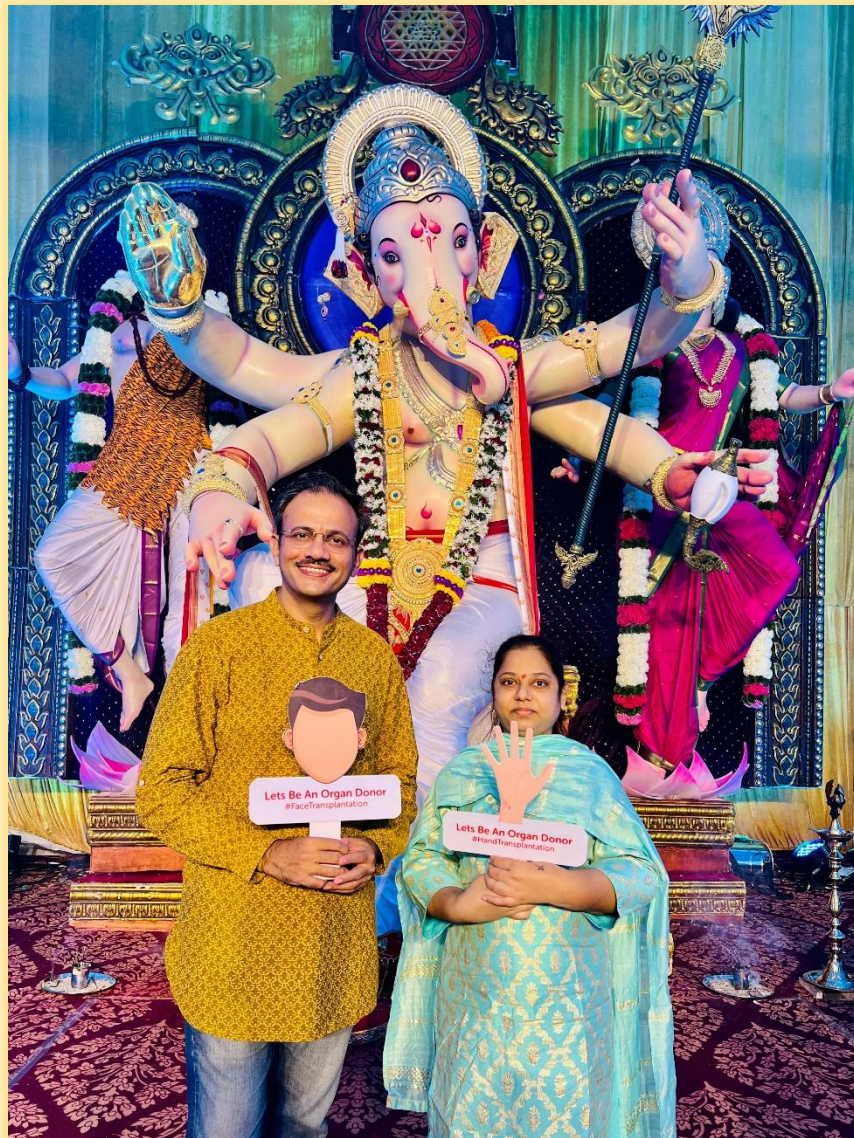


FAMILY CORNER



Heartiest congratulations to **Rtn. Dr. Nilesh Satbhai**, on being honoured with the opportunity to lead the Organ Donation Rally at Tardeo Cha Raja.

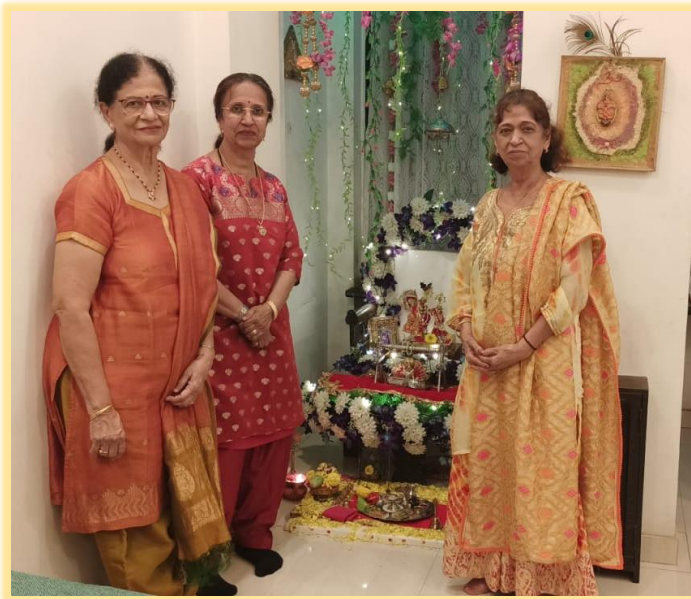
RCMM members are proud of you.



FAMILY CORNER

Janmashtami is celebrated by Hindu devotees to mark the birth anniversary of Lord Krishna who is believed to be the eighth avatar or incarnation of Lord Vishnu. Lord Krishna was born in an era of turmoil, and chaos, when evil was reigning everywhere. Krishna is described in Hindu epics as the God of love, tenderness, and compassion. He is also known for playing mischievous pranks and performing miracles with his supreme powers.

Rtn. Nita celebrates Janmashtami every year and members visit her place and enjoy the lovely decoration done by her. This year it was on Saturday, 16th August, 2025.



FAMILY CORNER

Ganesh Festival is one of the most celebrated festival of Maharashtra. It brings in lot of enthusiasm and happiness across all the sections of society. Ganesha, the elephant-headed son of Shiva and Parvati, is the supreme God of knowledge, wisdom, prosperity and good fortune. He is the Lord who is first worshipped before any holy occasion or puja. Many of the RCMM members bring Ganesh Idol and perform puja. We visited them and enjoyed praying to Lord Ganesha!!



Rtn. Archana's House: A beautifully adorned Ganesh with vibrant and festive décor.



Rtn. Vidya's House: A simple yet elegant Ganesh with graceful décor.

FAMILY CORNER



Rtn. Dr. Nilesh House:
Simple yet elegantly decorated Ganesha



Rtns. Veena & Pradeep Watve House:
Ganesha with beautiful floral decoration



Rtn. Dr. Sanhita
House:
Auspicious Ganesha

FAMILY CORNER



Rtn. Revati and Rtn. Shaila's House:
Serene Ganeshas

FAMILY CORNER



Rtn. Vipul House: Ganesha with Ma Gauri



Rtns. Varsha & Kishore Parulekar:
Ganesha with exquisite flower decoration



FAMILY CORNER



Rtn. Julina's House at Boston: Bappa 's train ride through space

FAMILY CORNER

Gauri is an avatar of Ma Parvati, mother of Lord Ganesha. However, in Maharashtra, it is believed that Gauri is Ganesha's sister who comes to visit him. Like her brother, the arrival of Ma Gauri in one's home represents health, wealth, happiness & prosperity. In fact, Gauri sthapana is done with two idols of Ma Gauri.



Auspicious Gauri Pujan at
Rtn. Sandhya and Rtn. Vidya's house.

Gauri Pujan often express wishes for prosperity, happiness, and well-being, celebrating Goddess Gauri as a divine mother who brings joy and abundance to families. Key themes include her connection to Ganesh, symbolizing fertility, strength, and harmony, and her role as a revered, motherly form of divine energy.



FAMILY CORNER

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



Aditi, daughter of Rtn. Pratibha Malvi
Gurpreet, son of Rtn. Dr Gurmit Bachher
Sumeet, son of Rtn. Dr Gurmit Bachher
Arya, daughter of Rtn. Deeplaxmi Pednekar
Archana, daughter of Rtn. Uma Sahasrabudhe
Rtn. Dr. Pallavi Saple
Rtn. Dr. Sanhita Walawalkar
Rtn. Dhananjay Patwardhan
Rtn. Pradeep Dixit
Amruta, daughter of Rtn. Asmita Alate
Amit, son of Rtn. Shobha Karnik

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