



## MAHIM WAVES

DECEMBER, 2023



❖ R. I. President – Gordon McNally ❖ District Governor – Arun Bhargava ❖

◆ President – Pradnya Sabnis ◆ Secretary – Vidula Kshirsagar ◆

❖ Bulletin Chairperson – Shobha Karnik ❖ Co Editor - Asavari Chandodkar ❖



### FROM PRESIDENT'S DESK



Dear members,

I hope this message finds you all well. It is my pleasure to address you and provide an update on the various projects we have undertaken and the success of our recent grand fundraising program.

We did some good community projects this month. We distributed sports uniforms to Manav Shelter Homes at Panvel. This will help them to increase the interest in sports activities and, in turn, support their overall development. We also donated an atta chakki to Gitanjali Pandhare who lost her husband due to a rare disease. The income from atta chakki will surely help her for taking care of her 3 children and day-to-day expenses.

We celebrated 'Dial a Santa' project with differently abled children of Sulbha School at Chembur. Like every year, the program was sponsored by our own member Rtn. Uma Saharsrabudhe in memory of her late husband Rtn. Vinayak Saharsrabudhe. We spent some quality time with children and they were very happy to receive the gifts from Santa Clause.

We donated e-Learning Kit to Dadar Vidya Mandir. This will give an advantage to students as a visual learning helps students in better understanding, retention and also aids the teachers in explaining the concepts properly using pictures.

RCMM organized an Eye Check-up Camp for coolies and boot polishers at Dadar Station with help of WithArya NGO and Eye and Mental Check-up Camp at Dashmesh Gurudwara at Sion Koliwada with the help of Gurudwara committee and Bachooali Hospital. We also did ration distribution under Pradhan Mantri TB Mukta Bharat Abhiyan and Annadan to Tilher school teachers as monthly ongoing projects.

I am thrilled to announce the success of our grand fundraising program "Dil Ke Rishte" organized on 21<sup>st</sup> December evening. The program was well received by the audience and they were very happy with the song-selections. Credit goes to our members, who are expert in the field. Thanks to the collective efforts of dedicated members, we were able to raise substantial funds for our future projects. This is a remarkable achievement and a testament to the generosity and commitment of our community.



### FROM PRESIDENT'S DESK

In conclusion, let's celebrate the successes we have achieved together and use this momentum to drive our future endeavours. Our Rotary club is a force for positive change, and I am confident that, with your dedication, we will continue to make a significant difference in the lives of those we serve.

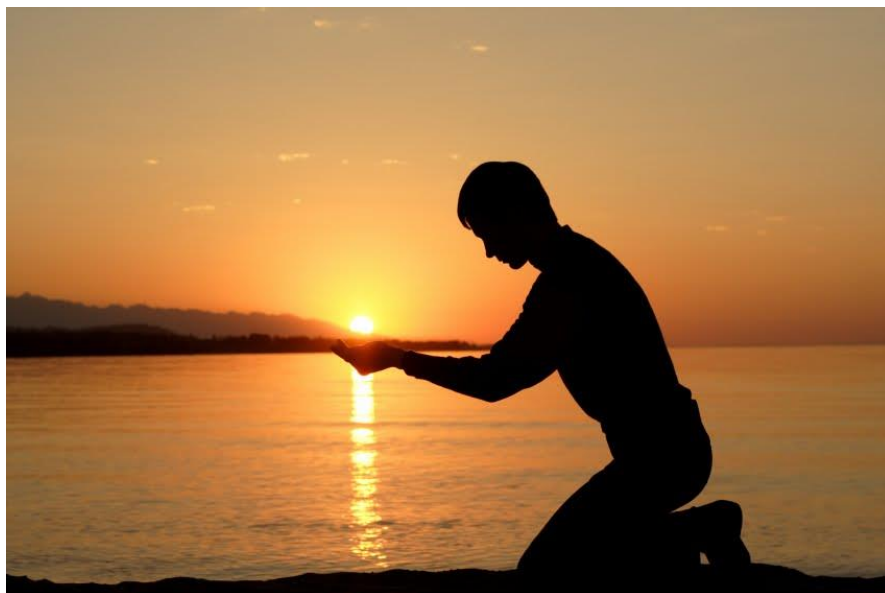
Wishing you all a very happy and prosperous new year.

**Enjoy Rotary and Enrich Life.**



*May the dawning of this New Year, fill your heart with new hopes, open up new horizons and bring for you promises of brighter tomorrows.*

*Wishing you and your family  
a very Happy, Prosperous and Healthy New Year*





### BOARD OF DIRECTORS



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Rtn. Veena Watve  
Community Service – Non Medical



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Rtn. Chittaranjan  
Datar  
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Rtn. Abhishek Shah  
CSR



Rtn. Vidya Kulkarni  
Club Trainer



Rtn. Seema Patole &  
Youth Service



Rtn. Revati Kanvinde  
Youth Service



Rtn. Lalit Anand Rege  
Sergeant At Arms



Rtn. Prakash Samudra  
Senior Club Advisor



Rtn. Pradeep Dixit  
Senior Club Advisor

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

Year 2023-24

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### SUMEET PATIL ON ACCESSIBILITY

RCMM had invited a very unique Guest Speaker Dr. Sumeet Patil on 2<sup>nd</sup> December, 2023 to speak on the topic of 'Accessibility'. The purpose of accessibility is to remove the barriers and provide equal opportunities for everyone, regardless of their disabilities.

Dr. Sumeet Patil, Ph.D. (Applied Arts), is a multifaceted personality (Art Director, Production Designer, Teacher and Social Worker), very distinguished person in his field of applied arts. He has many awards to his credits (646) including National and International awards. His vision is 'To use his talent for making art more accessible and inclusive in order to transform the impaired to empowered'.

He spoke about various projects taken up by him to work towards his vision. One distinctive project is 'Ranggandha'. It aims to create colours for the visually impaired using fragrances such as rose perfume for red, champa flower perfume for yellow, etc. This introduced colours to visually impaired. The project is successfully running for last 15-16 years in Maharashtra and other states too. He has been also working on creating awareness on accessibility in work places, public places.

The session underscored the challenges faced by individuals with disabilities in tasks that we often take for granted. Rtn. Chittaranjan offered the vote of thanks.



Dr. Sumeet Patil on Accessibility



Dr. Patil's work getting publicise through newspapers

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### RATION DISTRIBUTION UNDER PRADHAN MANTRI TB MUKT BHARAT

In continuation from last month, on 5<sup>th</sup> December, 2023 ration was distributed to 16 patients at BMC health Post near Shardashram school. 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.



### ANNADAN - RATION DISTRIBUTION AT TILHER SCHOOL

In continuation of Annadan Project on 27<sup>th</sup> December, 2023 RCMM distributed the ration for the month of November and December to the teachers of Tilher School at Vasai. Rtns. Kishore, Manoj, Varsha and Vidula visited the school and distributed the ration.



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### EMPOWERING DREAMS: PROVIDING SPORTS UNIFORMS AND SHOES

Manav Shelter Home in New Panvel provides shelter for needy children from nearby slums, including orphans and those with single parents. Currently shelter cares for 28 children, out of which 23 children go to nearby schools, while 5 children under 5 years old are yet to start the school.

Rtns. Archana, Lalit, Shaila and Usha visited Manav Shelter Home on 9<sup>th</sup> December, 2023. They distributed Sports uniforms and sports shoes to 9 children and only sports shoes to 14 children. The children were very happy to get a new set of sports uniforms and shoes.

At shelter home the children are kept engaged by teaching them games such as chess and carrom. The children are also taught good manners. The children had prepared lovely cards for thanking Rotarians. It was very satisfying day for all the four Rotarians.



Lovely Cards prepared by the Children



### RTN. VISHHAL SAXXENAA ON LEGAL LITERACY

Rotary Club of Mumbai Mahim had organized a session on 'Legal Literacy' on 11<sup>th</sup> December, 2023 at Matunga Premier School, by Rtn. Advocate Vishhal Saxxena, lawyer Supreme Court of India. He specializes in Criminal Law and is on the panel of Maharashtra Police Training Academy at Khandala and Pune. He imparts training on how to deal with sexual abuse and other kinds of harassment. He is the sought-after speaker on legal remedies for crime against women and children. Rtn. Vishhal Saxxena has served as Club President of Rotary Club of Mumbai Mulund South, Dream Year, 2021-2022, District 3141 and he was conferred upon the outstanding President award for various awareness programs on girls / women empowerment with over 4500 beneficiaries.

Session commenced with the School Headmistress Rosy Madam welcoming Rtn. Advocate Saxxena and Rtn. Seema introducing the speaker. Rtn. Adv. Saxxena covered topics like domestic violence and inappropriate touch. He interspersed his lecture with slides and examples from famous Bollywood movies which the children could relate to. He created awareness about delicate and important topics like PDA and sexual harassment. He encouraged the students and gave them the confidence to narrate incidents from their lives and advised how best to deal with such situations.

The vote of thanks was given by Itr. PR Anjali Singh. This session has definitely empowered the students to voice their concerns and has given them the courage and strength needed to help others to voice their concerns too. Total of 77 students, 1 Rotaractor, 7 Rotarians and 3 School Representatives attended the session.







# EYE CHECK-UP CAMP FOR COOLIES AND BOOT POLISHERS

Shining a light of hope! ☀️ Rotary club of Mumbai Mahim and WithAarya along with the support of Shanmukhananda Charitable Trust, organized a free Eye Check-up Camp on 13<sup>th</sup> December, 2023 for the boot polishers and coolies at the Dadar station. Our outreach touched the lives of 109 individuals, and among them, 5 have been identified for complimentary cataract surgery, while 34 others have been called for detailed retina check-up. Rtn. Dr. Suprya carried out general health check-up.

Our mission is to help them see the world in a better light, quite literally! Here's to brighter days and clearer visions 🌈 ❤️ .



# MAHIM WAVES

## ROTARY CLUB OF MUMBAI MAHIM



### EYE CHECK-UP CAMP FOR COOLIES AND BOOT POLISHERS



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### WAY TO INDEPENDENCE - DONATION OF ATTA CHAKKI

Gitanjali Sidhanath Pandhare lost her husband and she had to find out a way for earning. She has two daughters and a son to take care. She approached Rtn. Shital and requested if she can get an Atta Chakki so she can earn some money. She stays at Ozevadi, in Pandhapur Talika District Solapur. Rtn. Shital took a lead and organized for an Atta Chakki.



The beauty of the woman is not her external appearance but in her independent spirit and the way she carries herself.



### MAKING LEARNING MORE EFFECTIVE – E-LEARNING KIT & DESKTOP

RCMM members always believed in supporting children’s education for their better future. When request received from Dadar Viya Mandir for e-Learning Kit and a desktop for administrative work, it was agreed to proceed with the request. Advantage of installing e-learning kits in school classrooms can enhance student learning by providing access to a diverse range of digital educational resources, interactive tools, and multimedia content. It helps students learn in interactive ways, making classes more interesting.

On 20<sup>th</sup> December, 2023 the e-Learning Kit was officially inaugurated in presence of PR Pradnya, Rtns. Archana, Pradeep Watve, Lalit, Shaila, Vidula, School Staff and students. One of the teacher gave a demonstration using the projector by connecting to her personal YouTube channel of demo lessons which she had created during COVID times. She mentioned that a visual learning helps students in better understanding, retention and also aids the teachers in explaining the concepts properly using pictures. Another teacher used the ready lecture in Marathi on different states of matter and was thankful as she not only could explain but also show the lecture in a pictorial form, pause the lesson, rerun the lesson, ask questions to the students which also helps in improving the attention span and retention among the students.



**e-Learning Kit ready for inauguration in presence of RCMM Members, School Staff and students**

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### MAKING LEARNING MORE EFFECTIVE – E-LEARNING KIT & DESKTOP

PR Pradnya motivated the students saying we can only donate but the students should make good use of it by getting better scores and mentioned that they are living in better times where these facilities are available. Rtn. Lalit Rege congratulated the teachers who presented a demo lecture and said the students are fortunate to have such passionate teachers. Rtn. Archana addressed the students by saying there are good and bad effects of digitization and a vast information is available which could be put to good use to help them in their growth or it could be misused. The students should use their discretion and take this opportunity to learn and grow for their future careers.

Special thanks to Rtn. Archana, who lead the project and pursued till it was successfully completed. It is a very rewarding project in the education domain and gives immense satisfaction to RCM members.



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### FUND RAISING EVENT – DIL KE RISHTE

It is believed that ‘Fundraising is the gentle art of teaching the joy of giving’. A fundraising event is an event with primary purpose is to raise money for a cause, charity or non-profit organization. RCMM organizes every year such events to raise the money in order to execute larger projects touching larger section of society. This year an exclusive musical concert: ‘Dil Ke Rishte’ was organized on 21<sup>st</sup> December, 2023 at Veer Savarkar Hall, Dadar. The music was organized by Sanjay Marathe and the event compered by Sanjay Shinde. The four virtuosos of the musical world; Alok Katdare, Soumya Varma, Mona Kamat and Sarvesh Mishra engaged the audience throughout the programme.

Core Team and all the members put in lot of effort for preparation and the outcome was a very successful, grand show, good fund collection and every one thoroughly enjoyed and appreciated. Songs selection was good and Rtn. Pradeep Patole’s singing was just fabulous.



Registration and Organ Donation Information Counters



### FUND RAISING EVENT – DIL KE RISHTE

Before the interval the AV was played showcasing the community service projects executed by RCMM, which was well received by the audience. Rtn. Revati's voice over in the AV left an impression on the audience, touching their hearts. Souvenir was released to mark the event in the hands of DG Arun Bhargava. The event was a grand success and once again it proves 'Team Work makes the Dream Work'.



Programme commenced



with National Anthem



Rtn. Revati welcoming the Audience



Lamp Lighting by District Dignitaries



PR Pradnya addressing the gathering



Comparer Sanjay Shinde managed the event



### FUND RAISING EVENT – DIL KE RISHTE



Singers Soumya Varma, Ashok Katdare, Mona Kamat, Sarvesh Mishra, Rtn. Pradeep and Story Teller Mehak Mirza Prabhu



Felicitation of Dignitaries DG Arun Bhargava, DGE Chetan Desai, Learning Facilitator Dilip Muley



AV showcasing RCMM Projects

Release of Special Mahim Waves

Felicitation of Platinum Donor Rtn. Rakshita



DG Arun Bhargava addressing the audience

Audience enjoying the Musical Programme

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### FUND RAISING EVENT – DIL KE RISHTE

The musical programme was attended by many District Dignitaries and they were very much appreciative the way programme was conducted and provided their feedback.....

**Message from DG Arun Bhargava:**

Thank you for sharing the pictures. This was just a superb successful and entertaining program. Thank you for your invitation to me and Seema. We very much appreciate it.

**Message from District Learning Facilitator Dilip Muley:**

Thanks for inviting us. You had organized for a noble cause and right from theme everything was meaningful. We enjoyed every moment of the programme and hospitality of you all.

**Message from AT Harsha Ghadiali:**

Dear President Pradnya, Congratulations for the Super success of the Fund raising Musical night. The Event was par excellent, lively singers and warm hospitality of You and Club members. I enjoyed the Evening 🌸 Good wishes for all future endeavors.

**Message from District TRF Head Rtn. Prakash Ruia:**

It was my honour and pleasure to be with you all .

DG Arunji , Seemaji and I were together to attend Bombay Queen City OCV and while returning DG informed me that we will be attending musical evening program of your club so we all came together and enjoyed the beautiful evening great show and great noble work for collecting funds god bless you all for such wonderful work 🙏



Rotary Club of Mumbai Mahim Team Year 2023-24

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### DIAL A SANTA AT SULABHA SCHOOL FOR SPECIAL CHILDREN

Dial-A-Santa is a community based project of Rotary. It was first started in Western Australia. Late Rtn Vinayak happened to read about it some 13-14 years back and had started this program in our club. It has a special place in the hearts of RCMC members as it is organized in memory of Late Rtn Vinayak by Rtn Uma Sahasrabudhe every year.

This year we celebrated 'Dial A Santa' at Sulabha school for special children at Tilak Nagar, Chembur on 22<sup>nd</sup> December, 2023. Rtn. Uma along with her daughter and grandson from USA and RCMC members visited the school. Everyone wore a Santa Red Cap but Rtn. Sunita was the main Santa. Children were happy to receive the Rotarians and Santa who distributed them colourful pillows with Christmas pictures, healthy snacks, bananas and lovely gifts. It was a great joy to see the children's faces lit up with the gifts. Rtn. Uma as usual entertained the children with stories and made them laugh. Overall it was a very satisfying experience for all the Rotarians.





### EYE AND MENTAL HEALTH CHECK-UP AT GTB NAGAR, GURUDWARA

Eye Check-up and Mental Health check-up for Anxiety and Depression Camp was organized by RCMM on 24<sup>th</sup> December, 2023 at Dashmesh Darbar Gurudwara at GTB Nagar. Very good arrangements were made by the Gurudwara by providing proper place with tables, chairs and volunteers to help with smooth execution. The people at Gurudwara were very courteous and helpful.

Eye Check-up was organized with the help of Bachooali Eye hospital. Senior Ophthalmologist from Bachooali conducted the eye testing and eye examination. The patients were further directed and advised for further treatment, if required cataract surgeries, which would be done free of cost. Spectacles were given at 50 % discount and RCMM further contributed by giving additional Rs. 50/- benefit to the patients. Total beneficiaries were 150 who undertook the check-up.

Mental Health Check-up was carried out by Rtn. Dr. Hemange Dhavale and Rtn. Dr. Shobha Patkar. Together they examined 25 patients out of which 5 patients need further investigations. They are advised to visit Somaiya or Sion hospital.

Overall It was a productive Sunday morning for Rotarians.



Registration Counters





### EYE AND MENTAL HEALTH CHECK-UP AT GTB NAGAR, GURUDWARA

incredible Rotary

**Rotary Club of Mumbai Mahim & Bachooali Eye Hospital**

**FREE**

- EYE CHECK-UP CAMP
- MENTAL HEALTH TESTING FOR ANXIETY & DEPRESSION

DATE - 24 DECEMBER 2023  
VENUE - GURUDWARA DASHMESH DARBAR  
TIME - 10 AM TO 1:00 PM

incredible Rotary

**Rotary Club of Mumbai Mahim & Bachooali Eye Hospital**

**FREE**

- EYE CHECK-UP CAMP
- MENTAL HEALTH TESTING FOR ANXIETY & DEPRESSION

DATE - 24 DECEMBER 2023  
VENUE - GURUDWARA DASHMESH DARBAR  
TIME - 10 AM TO 1:00 PM



Mental Health Check-up by Rtns. Dr. Hemangee & Dr. Shobha

Discussion on the Outcome of Check-up



Eye Check-up in full swing

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

Year 2023-24

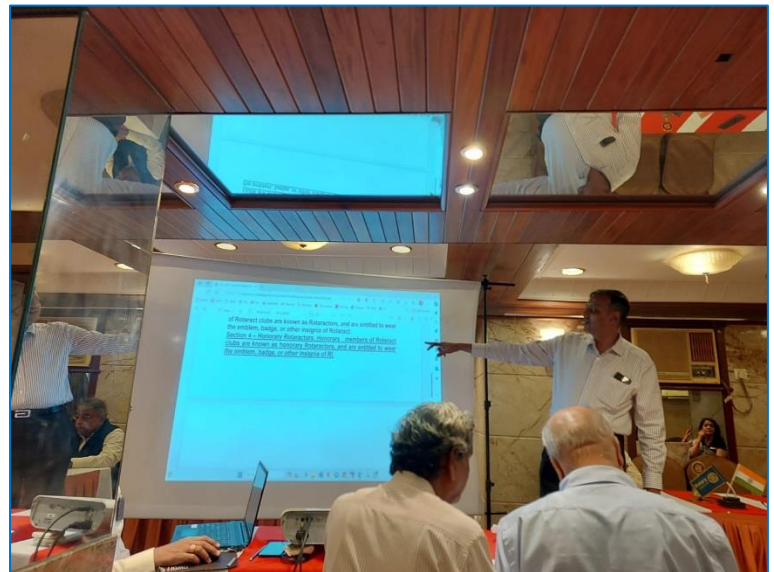
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### DISTRICT INITIATIVE & CO-HOST

#### 1. District Legislation Meeting

District Legislation Meeting was held on 12<sup>th</sup> December, 2023 to endorse the 4 Enactment Proposals received from the 4 clubs at Regency Restaurant, Andheri. PR Pradnya along with Rtn. Shaila attended the meeting.





### 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
Gitanjali Patel	2000	Donation FR 23-24	Sunita Padwal
Rtn. K Suryakumar	25000	Donation FR 23-24	
Credence Solutions	5400	Donation Ration to TB patients	Gurmit Bachher
Rtn. Jayanti Radhakrishnan	14000	Donation- FR 23-24 Cycles to 2 girl child	
Anita Mehta	2500	Donation E kit Vanvasi Kalyan Ashram	Seema Patole
Yogesh Gogwekar	5000	Donation - FR 23-24	Asavari Chandorkar
Rtn. Abhishek Shah	20000	Donation - FR 23-24	
Rukmini R Kanvinde	30000	Donation - FR 23-24	Revati Kanvinde
Rtn. Kishore Parulekar	20000	Donation e-Kit DVM and Vanvasi Kalyan Ashram	
Rtn. Manoj Kshirsagar	5000	Donation e-kit Vanvasi Kalyan Ashram	
Jayalakshmi Nair	2001	Donation E kit Vanvasi Kalyan Ashram	Seema Patole
Dr. Heramb Dhayagude	15000	Donation- FR 23-24	Vidya Kulkarni
Dipti Pourana	51000	Donation - FR23-24	Sunita Padwal
Rtn. Pradeep Watve	5000	Donation – e-kit to Dadar Vidya Mandir	
Rtn. Veena Watve	5000	Donation - e-kit to Dadar Vidya Mandir	
Aditi Patil	30000	Donation - FR 23-24	Shaila Rege
Devina Dhavale Shah	500	Donation - FR 23-24	Arati Dhavale
Jagannath Mhatre	11000	Donation - FR 23-24	Arati Dhavale



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Devina Dhavale Shah	4500	Donation FR 23-24	Arati Dhavale
Rtn. Alka Khedkar	5000	Donation e-Kit Vanvasi Kalyan Ashram	
Rtn. Sunita Padwal	5000	Donation- e-kit Vanvasi kalyan Ashram	
Yogesh Udhoji	3000	Donation FR 23-24	
Rtn. Dr. Shobha Patkar	21000	Donation FR 23-24	
Rtn. Sulabha Rane	5000	Donation- e-kit Vanvasi kalyan Ashram	
Rachana Ghole	5000	Donation- e-kit Vanvasi kalyan Ashram	Pradnya Sabnis
Samrat Milk Products Pvt Ltd	25000	Donation – e-Kit Dadar Vidya Mandir	Archana Khale
Ravindra D Bhat HUF	21000	Donation FR 23-24	Anand Limaye
Rtn. Manoj Kshirsagar	100000	Donation FR 23-24	
Jyoti Ranade	5000	Donation E kit Vanvasi Kalyan Ashram	Pradnya Sabnis
Madhav Potnis	25000	Donation FR 23-24	Shobha Karnik
Ganga Charitable Trust	20000	Donation FR 23-24	Varsha Parulekar
Ajit Shirsat	10000	Donation FR 23-24	Asavari Chandorkar
Rtn. Vrushali Kolhatkar	23000	Donation FR 23-24	
Rashmi Narkar	11000	Donation FR 23-24	Asavari Chandorkar
Arati Mhatre	12700	Donation- Wheelchairs	Revati Kanvinde
Rtn. Chitaranjan Datar	51000	Donation FR 23-24	



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Rtn. Dhananjay Patwardhan	50000	Donation FR 23-24	
Namrata Subodh Patkar	1500	Donation FR 23-24	Jayanti Radhakrishnan
Rtn. Chandrashekhar Apte	100000	Donation FR 23-24	
Rtn. Sunita Padwal	11000	Donation FR 23-24 Medical Projects	
Radha Patil	11000	Donation Sewing Machine for Katta	Rashmi Patil
Rtn. Pradeep Watve	50000	Donation- FR 23-24 Orphan/Old Age Homes	
Poornima Rajhans	3000	Donation FR 23-24	Vandana Rajhansa
Rtn. Sandhya Samudra	100000	Donation FR 23-24	



Access to education empowers individuals to break the cycle of poverty, leading to better health outcomes, higher earning potential, and increased social mobility. **Supporting education** also has a ripple effect on communities and economies, as educated individuals are better equipped to contribute positively to society.





### FAMILY CORNER

Heartiest congratulations to **Rtn Vidya Kulkarni**, for getting selected her profile as a 'Profile of the Month' in 'Sanrakshan November, 2023' issue of an e-Publication. It is a monthly Online Magazine: 'Sanrakshan' with theme 'Natural Biodiversity'. It features photographs and relevant articles. Sanrakshan aims at research, conservation and propagation of anything affirmative for environment, biodiversity and society at large.



<p>Profile of The Month</p> <p>Exploring Boundless Beauty with Vidya Kulkarni</p> <p>October 2023</p> <p>Based out of Mumbai, <b>Ms Vidya Kulkarni</b> is a career oriented with immense passion for photography and is the main dominated with the photography. She is an Electrical Engineer by profession and pursued her career with Tata Power Company for 20 years. One day she decided to take early retirement and devoted her entire time to what she loves the most, clicking photographs and writing articles and books, she started friends on her Facebook platform for a great pleasure of looking at her best images which helped her in engaging her vast circle.</p>	<p>Profile of The Month</p> <p>Exploring Boundless Beauty with Vidya Kulkarni</p> <p>October 2023</p> <p>Her journey into photography began in the year 2013. In the beginning, she had a very basic camera gear and shared photography pursuits which used to frequent a time gap as her focus, then there is gradual step going to her looking for new and photographing the same birds at a new level. What started as a simple hobby developed into a life style!</p> <p>This simple love affair promoted her into different genres of photography like sports, events, art life and architecture. She visited various locations in and around Mumbai that offered some great opportunities and challenges. Slowly she developed a keen interest in nature photography and started visiting many wildlife sanctuaries. She clicked numerous mammals, birds, but finally bird photography is where she found her passion. Exploring bird images from a moving boat offered immense challenges, but</p>	<p>Profile of The Month</p> <p>Exploring Boundless Beauty with Vidya Kulkarni</p> <p>October 2023</p>
<p>Profile of The Month</p> <p>Exploring Boundless Beauty with Vidya Kulkarni</p> <p>October 2023</p> <p>The results were astonishing. This message led to explore birding of sites and forests. She visited locations like Bhigwan &amp; Tadoba (Maharashtra), Goa, Neil Island, Little Goa of South &amp; North Goa (Goa), Coromandel (Karnataka), Neel (Kerala), Huk, Chikla, Sattar &amp; An (Kerala), Chikmagalur, Shivamoggi &amp; Northfins (Karnataka) also some birding places in and around Mumbai as well.</p> <p>She started friends on her Facebook platform from great pleasure of looking at her best images which helped her in increasing her vast circle. She started publishing her images on FB pages of various birding sites such as Wild Bird World of National Geographic, ornithological photographs club Mumbai and Mumbai bird. To her surprise she got some encouraging response from various corners and started administratively. She</p>	<p><b>SANRAKSHAN</b> e-Publication Profile of the month <b>Vidya Kulkarni</b></p>	<p>Profile of The Month</p> <p>Exploring Boundless Beauty with Vidya Kulkarni</p> <p>October 2023</p> <p>Photographer of the Day, 'Photographer of the Year' and also 'Photographer of the Year'. Around the same time, she started 'Sanrakshan', a quarterly magazine dedicated to write best articles in the world. Future customers for a year and she took it up as a challenge with the help of her college friend Shobha Agarkar, and started detailed study of birds for writing the articles. The study helped them to understand the exceptional qualities of birds such as knowing the weather changes and adapting accordingly, caring for the young ones and community nesting birds, with their own parents but only enhance the world, but through her needs enhance the atmosphere, and in the preservation of planet life by protecting nature in pollution and avoid the soil with their drugging.</p>
<p>Profile of The Month</p> <p>Exploring Boundless Beauty with Vidya Kulkarni</p> <p>October 2023</p> <p>She started compiling images for the articles and to her surprise, found that she has almost 200-300 species of birds in her collection over the years. Soon writing about the birds, gave a boost to her birding passion which finally culminated into writing coffee table books covering birds from Western Ghats, Rajasthan, Gujarat and Maharashtra, Rajasthan and Madhya Pradesh.</p> <p>She along with her co-authors has published Coffee Table Book of 127 of December at the border of India, West and North East India, Maharashtra and Madhya Pradesh (photographers).</p> <p>A Treasure Book of Boundless Beauty Part I, II, III &amp; Westward Whig 1, 2, 3 and Madhya - Bird Forest</p>	<p>Exploring Boundless Beauty with Vidya Kulkarni</p>	<p>Profile of The Month</p> <p>Exploring Boundless Beauty with Vidya Kulkarni</p> <p>October 2023</p> <p>A Treasure Book of BOUNDLESS BEAUTY, Part I - Birds of Western Ghats, Gujarat, Rajasthan</p> <p>A Treasure Book of BOUNDLESS BEAUTY, Part II - Birds of Maharashtra</p> <p>A Treasure Book of BOUNDLESS BEAUTY, Part III - Raptors and Water Birds</p> <p>Boundless Beauty covers multiple wide images of the Northern Indian, captured through the author's participation, in different surroundings across the country.</p> <p>The treasure book unfolds their journey in the form of interesting stories about the birds, along with their special behavior, relationship, habits and ecological contribution.</p> <p>Through my books and articles, I am bringing to people the original message and beauty of nature. I firmly believe that only through this I can stop people from degrading nature.</p>



### FAMILY CORNER



Heartiest congratulations to **Rtn. Shital Bhatkar** for getting her work recognized and published in the Marathi newspaper 'Lokmat' on 12<sup>th</sup> December, 2023. Rtn. Shital and her husband Vikrant founded 'WithAarya' NGO in 2016 after the sad demise of their child and started an initiative 'Don Ghaas', literally means 'Two Morsels' with the aim of providing meals to patients and caregivers from Tata and KEM hospitals. They have also started distribution at Ratnagiri Civil Hospital in the year 2020, Kalwa Chhatrapati Shivaji Maharaj Hospital, Kalwa and Chhatrapati Pramila Raje Hospital, Kolhapur in the year 2022. The meal comprises roti, sabzi, dal khichdi and a banana.

### लोकमत

## रुग्णांच्या नातेवाइकांना मिळतात 'दोन घास'

'केईएम' रुग्णालयाबाहेर दररोज होते ३०० जणांना अन्नदान, दाम्पत्याचा अनोखा उपक्रम

#### संतोष आंधळे

लोकमत न्यूज नेटवर्क  
मुंबई : घरातलं कोणी हॉस्पिटलला अॅडमिट असलं की, घराचं सगळं वेळापत्रक बिघडतं. सगळं घर रुग्ण आणि हॉस्पिटलभोवती फिरत राहतं. त्यामुळे कोणाला जेवणाची भ्रांत राहात नाही. नातेवाइकांना तर नाहीच. हीच अडचण ओळखून सुरू करण्यात आलेला अन्नदानाचा उपक्रम आता मोठा झाला आहे. 'दोन घास विध आर्य' हा तो उपक्रम. या माध्यमातून केईएम रुग्णालयाबाहेर सकाळ-सायंकाळ दररोज ३०० जणांना अन्नदान केले जाते.  
विक्रांत आणि शीतल भाटकर या दाम्पत्याचा आर्य नावाचा मुलगा आठ वर्षापूर्वी गंभीर आजारामुळे जग सोडून गेला. त्याच्या स्मरणार्थ भाटकर दाम्पत्याने सात वर्षापूर्वी 'दोन घास विध आर्य' ही संस्था सुरू केली. सुरुवातीला ५० रुग्णांसाठी दररोज अन्न शिजवले जायचे व ते केईएम रुग्णालयात वितरित

केले जायचे. विशेष म्हणजे या अन्नदानाच्या कामासाठी अनेक खासगी आणि सरकारी सेवेतील निवृत्त व्यक्ती येथे स्वयंसेवक म्हणून काम करण्यासाठी येत असतात. केईएम रुग्णालयाबाहेर रोज सकाळी साडेअकरा वाजता आणि सायंकाळी साडेसहा वाजता अन्न घेण्यासाठी रुग्णांच्या रांगा लागत असतात. मुंबईबाहेरून येणाऱ्या रुग्णांच्या नातेवाइकांसाठी प्राधान्याने हा उपक्रम सुरू करण्यात आला. मात्र, काहीजण मुंबईतीलही असतात. रुग्णालयात दाखल केल्यानंतर रुग्णांच्या नातेवाइकांना गेट पास दिला जातो. त्यावरून नातेवाइक कुठल्या भागातील आहेत, याची ओळख स्वयंसेवकांना होत असते. या उपक्रमाची दखल घेत अनेक दानशूर व्यक्ती पुढे येत असून मुलाचे वाढदिवस, लग्नाचा वाढदिवस या ठिकाणी काही वेगळे पदार्थ, फळे नातेवाइकांना स्वतः वाटप करत असतात.



#### राज्यात अन्य ठिकाणीही...

मुंबईव्यतिरिक्त अमरावती, रत्नागिरी, कळवा, कोल्हापूर येथील सिव्हिल हॉस्पिटलमध्येही रुग्णांच्या नातेवाइकांना एक वेळचे अन्न देण्याची सोय दोन घास विध आर्य संस्थेतर्फे करण्यात आली आहे. टाटा रुग्णालयाच्या नातेवाइकांसाठी वडाळ्यात नाश्ट्याची सोय करण्यात येते. शिवडी टीबी रुग्णालयातही या अशाच प्रकारची एक वेळेची सेवा देण्यात येते.

आठ वर्षापूर्वी आम्हाला आर्य गंभीर आजाराने सोडून गेला. त्याच्या स्मरणार्थ ही संस्था चालू करून दोन घास नावाचा ५० रुग्णांसाठी हा उपक्रम सुरू केला. त्यानंतर त्याची माहिती अनेक ठिकाणी पोहचली. रुग्णांच्या



नातेवाइकांची संख्या वाढू लागली. आता केईएम रुग्णालयातच दोन वेळेचे ३०० डबे होतात. तसेच इतर केंद्रांवरील असे एकूण दररोज १२०० डबे झाले आहेत. दानशूर व्यक्ती पुढे येतात संस्थेला मदत करतात. त्यातून हा उपक्रम सध्या सुरू आहे. एकूण ६० स्वयंसेवक या कामासाठी मदत करतात.

- शीतल भाटकर, संस्थापिका, विध आर्य

#### स्वयंसेवक काय करतात?

७१ वर्षीय चंपक पांचाळ रोज या ठिकाणी जेवण वाटण्यासाठी स्वयंसेवकाच्या भूमिकेत असतात, तर राष्ट्रीयीकृत बँकेतून निवृत्त झालेल्या महिला अधिकारी गीता अय्यर मालाडहून दर सोमवारी या ठिकाणी स्वयंसेविकेचे काम करण्यासाठी येत आहेत.

#### डब्यात काय?

सर्वसाधारणपणे एका वेळेच्या डब्यात तीन पोळ्या, भाजी, वरण, भात, केळे तर सायंकाळी पुलाव, दालखिचडी असते. सकाळच्या नाश्ट्यातला नियमित पदार्थासोबत चहा दिला जातो.





### FAMILY CORNER




Heartiest congratulations to **Rtn Dr. Nisha Thakker** for getting featured her profile in publication of Indian Yoga Association November, 2023 issue. IYA is a maiden attempt to unite all yoga paramparas in a common cause. It is committed to promotion and advancement of Yoga and its applications around the world and industry-cum-self-regulatory body to facilitate activities of member institutions

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www.yogaiya.in




**Shri Nimish Dayalu**

Shri Nimish Dayalu is the founder and CEO of Asanly, a wellness app company that aims to make yoga and meditation accessible and affordable for everyone. As a certified yoga and meditation coach, he has over 20 years of experience in practicing these ancient Indian practices.




**Dr B Rajalakshmi**

Dr B Rajalakshmi is the Medical Officer (Siddha), AYUSH, Department of Indian System of Medicine & Homoeopathy, Govt of Puducherry. She is also the Co-Ordinator for Puducherry Medicinal Plants Board. She is also pursuing PhD in Yoga Therapy from Sri Balaji Vidyapeeth University, Pondicherry.



**Dr Nisha Thakker**

Dr Nisha Thakker is a Yoga Therapist. She is currently associated with Yoga Vidya Niketan. She is also teaching at the Dip. in Yogic Therapy, Naturopathy and Natural Living. She was recently was felicitated with "Punyashlok Ahalyadevi Holkar Puraskar" by the Govt. of Maharashtra and Dr. Babasaheb Ambedkar Nobel Puraskar" by International Human Rights Council.



**Smt Nirmala Devi**

Yogachariya Jnandev Giri is the FoundSmt Nirmala Devi is associated with Krishnamacharya Yoga Mandiram for more than fifteen years and is an expert in Yogasana Classical Techniques. An expert teacher, she has been part of all teacher trainings at KYM and trained many budding teachers in all subjects. She is also very strong in Classical Vinyasa.



## FAMILY CORNER

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

Rtn. Shobha Karnik

Rtn. Sandhya Samudra

Sharanya, daughter of Rtn. S Venkateswaran

Priya, wife of Rtn. Dr Pradeep Dixit

Devika, daughter of Rtn. Dr Prasad Modak

Rtn. Pradeep Watve

Apurva, son of Rtns. Sandhya & Prakash Samudra

Rtn. Seema Patole

Ashish, husband of Rtn. Deepalaxmi Pednekar

Rtn. Girish Jawle

Rtn. Dr Supriya Saple

Rtn. Lalit Rege

Madhumita, daughter of Rtn. Surashri Gokhale

Rtn. Nita Upadhyay

Mansi, daughter of Rtns. Veena & Pradeep Watve

Rtn. Asavari Chandorkar



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Facebook at <https://www.facebook.com/rotarymahim/>



## FAMILY CORNER

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



**Rtn. Shital and Vikrant Bhatkar**

**Rtn. Revati & Ravindra Kanvinde**

**Rtn. Pradeep & Priya Dixit**

**Rtn. Prasad & Kiran Modak**

**Rtn. Sunita & Suhas Padwal**

**Rtn. Alka & Pradeep Khedkar**

**Rtn. Dhananjay & Vrunda Patwardhan**

**Rtns. Sandhya & Prakash Samudra**

**Rtns. Veena & Pradeep Watve**

**Rtn. Vaishali & Atul Abhyankar**

**Rtn. Anand & Radhika Limaye**

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