

## ROTARY CLUB OF MUMBAI MAHIM

**DISTRICT 3141, CLUB No. 59127** 



## MAHIM WAVES

DECEMBER, 2024







🔷 President – Vidula Kshirsagar 🔷 Secretary – Shaila Rege 🔷

Sulletin Chairperson – Shobha Karnik





### FROM PRESIDENT'S DESK

The month of December marked a remarkable journey of service, compassion, and community building for RCMM. It began with the inauguration of one of the most vibrant and significant projects in Sindhudurg district, Konkan. The "Cause to Connect" skill development project, a collaboration between RCMM and Ugam Foundation, was launched at Chouke High School.



The inauguration was heartwarming, with students lining up in neat rows, clapping enthusiastically as we entered the school premises. The school management's meticulous arrangements made every guest feel welcomed. This initiative aims to empower students by equipping them with diverse skills such as cooking, gardening, carpentry, plumbing, electrical work, farming, and fisheries over a two-year period.

The students showcased their learning through various demonstrations and proudly displayed their workbooks. It was a moment of immense pride for the visiting members to see the club's contributions being utilized effectively. Additionally, computers were donated to two neighbouring schools, further supporting education and skill development. This project also fostered camaraderie among 15 club members, who enjoyed a three-day mini tour at the picturesque Aqualina resort near Devbagh beach.

In mid-December, RCMM executed another impactful project, donating essential medical equipment to the paediatric department of JJ Hospital, aiming to provide enhanced care and hope to countless newborns. The event was graced by District Governor (DG) Chetan Desai and JJ Hospital Dean, Rtn. Dr. Pallavi Saple, along with the hospital's dedicated medical staff and Rotarians. DG Desai toured the paediatric ward to assess additional areas where future medical support could make a meaningful difference.

Christmas celebrations at Seva Bharati School were filled with joy and warmth. The tiny tots received sparkling blankets and enjoyed a sponsored meal, spreading smiles and holiday cheer. Another commendable act of kindness was the urgent collection of donations for 1,300 blankets to protect poverty-stricken Adivasi tribal children from the harsh winter, accomplished within just two days.

December has been a fulfilling month, marked by meaningful contributions to the community—from high school students to newborns and tribal children. A heartfelt salute to all RCMM members for their unwavering compassion and dedication to service. May the blessings shower upon us as we continue to create such wonderful opportunities to serve and uplift the community.

**Enjoy Rotary and Enrich Life.** 





#### ROTARY CLUB OF MUMBAI MAHIM



## **BOARD OF DIRECTORS**



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## FOLLOW-UP VISIT TO THE MULTIPURPOSE SKILLS DEVELOPMENT **CENTER AT CHOUKE SCHOOL, MALVAN**

Recognizing the growing need for practical skills alongside academic education, the Rotary Club of Mumbai Mahim (RCMM) collaborated with Cause to Connect to establish a Multipurpose Skills Development Centre at Chouke School. The center was inaugurated in July 2024, with the initiative spearheaded by Mr. Anirudha Bansod of Cause to Connect and facilitated by Rtn. Rashmi Patil.

On 3<sup>rd</sup> December, 2024, RCMM members visited Chouke School to assess the progress and utilization of the skills center. The members were given a warm welcome by the students and school authorities, and each member was felicitated for their contributions. Club President Vidula Kshirsagar and Rtn. Dr. Nilesh addressed the students, inspiring them with words of encouragement and motivation.

















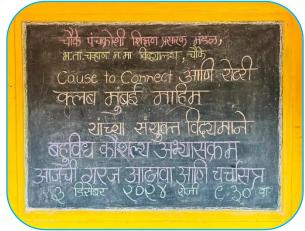
**Felicitations and Addressing the Students** 





## FOLLOW-UP VISIT TO THE MULTIPURPOSE SKILLS DEVELOPMENT CENTER AT CHOUKE SCHOOL, MALVAN

A review-cum-discussion session titled "The Need for Skill-Based Education" was organized as part of the visit. The event was graced by Dr. Prasad Deodhar, President of Bhagirath Gramvikas Pratishthan, and Mr. Anirudha Bansod, Founder of Cause to Connect. During the session, PR Vidula Kshirsagar expressed her satisfaction with the effective use of the financial support provided, emphasizing that "Art teaches people how to live, and hence, every person must possess at least one skill." Mr. Anirudha Bansod elaborated on the vision behind the initiative, highlighting the belief that students in rural areas should receive both theoretical knowledge and practical experience. He stressed that equipping students with skills would empower them to establish businesses within their own villages, reducing the need to migrate to urban centers like Mumbai or Pune. He also assured continued support from his organization for this cause.











## FOLLOW-UP VISIT TO THE MULTIPURPOSE SKILLS DEVELOPMENT CENTER AT CHOUKE SCHOOL, MALVAN

RCMM members witnessed the diverse range of skills being imparted at the center, which included farming, construction, welding, carpentry, cooking, and packaging, among others. They were also briefed about skill-based activities under the 'Skill on Wheels' initiative, which aims to extend skill development to a wider community.

Special thanks to Rtn. Rashmi Patil for her meticulous coordination and planning for the RCMM members' visit to Malvan. The visit provided an insightful and heartening experience for all attendees, reinforcing the importance of skill-based education in shaping a self-reliant future for rural students.











#### ROTARY CLUB OF MUMBAI MAHIM



## FOLLOW-UP VISIT TO THE MULTIPURPOSE SKILLS DEVELOPMENT CENTER AT CHOUKE SCHOOL, MALVAN







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'Skill on Wheels' initiative





### ROTARY CLUB OF MUMBAI MAHIM

## EMPOWER EDUCATION – PROVISION OF COMPUTERS SHREE SHANTADURGA HIGH SCHOOL AT VADACHA PAT

Shri Devi Shantadurga High School Vadachapat, established in 1981, is a co-educational institution located in Malvan, Sindhudurg district, Maharashtra. It caters to students from grades 8 to 10 and follows the Maharashtra State Board of Secondary and Higher Secondary Education (MSBSHSE) curriculum. The school emphasizes holistic development by integrating academics, extracurricular activities, and sports. It features modern infrastructure, including playgrounds for cricket, basketball, volleyball, and other sports.

RCMM, in its ongoing support for education, donated three desktops to the school during a visit on 3<sup>rd</sup> December, 2024, to promote computer literacy among students. Heartfelt gratitude to Rtn. Sandhya Samudra for sponsoring the project in loving memory of her father's centenary birthday.











### ROTARY CLUB OF MUMBAI MAHIM

## **EMPOWER EDUCATION – PROVISION OF COMPUTERS NEW ENGLISH SCHOOL, PENDUR**

New English School Pendur, established in 1969, is a co-educational institution located in Malvan, Sindhudurg district, Maharashtra. It serves students from grades 5 to 10, with Marathi as the medium of instruction. The school is known for its holistic approach to education, balancing academics with extracurricular activities and sports. It features a library with over 2,800 books, functional computer facilities, and a well-maintained playground. RCMM's connection with this school is facilitated by Rtn. Rashmi Patil, who serves as the coordinator for project initiatives at the school.

During our visit to New English School Pendur, Malvan, on 3rd December, 2024, RCMM donated two desktops to the school. This initiative aims to strengthen the school's capacity for digital education, ensuring students gain essential computer literacy skills needed in today's technology-driven world.







6th Issue







Felicitation of RCMM Members by School Authority



## ROTARY CLUB OF MUMBAI MAHIM



### **Annadan Through Don Ghas**

RCMM has been associated with NGO Aarya since last 6-7 years. The NGO 'Aarya', is formed by Rtn. Sheetal Bhatkar, in memory of her son. The vision of the NGO is to alleviate some of the worries of family members of patients, undergoing long treatment in hospitals around Parel like Wadia, Tata Hospital and KEM Hospital. The initiative is called as 'Don Ghas' in Marathi means a 'square meal'. It is very well thought out with a very simple process, and smooth execution.

On 8<sup>th</sup> December, 2024, RCMM sponsored a heartfelt lunch for 150 people. This generous gesture was made possible by Aarti Mhatre, who sponsored the meals in memory of her husband, Vikas Mhatre, and Rtn. Revati, who added sweetness to the occasion by sponsoring the dessert – Shira – in celebration of her wedding anniversary.



















#### RATION DISTRIBUTION UNDER PRADHAN MANTRI TB MUKT BHARAT ABHIYAN

In continuation from last month, on 10<sup>th</sup> December, 2024 ration was distributed to 16 patients at BMC dispensary, behind Goa Portuguesa restaurant, City light. Rtn. Dr. Gurmit along with Rtns. Asavari, Kishore, Dr. Nisha 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.





















### PAEDIATRIC CARE ENHANCEMENT: PROVIDING MEDICAL EQUIPMENT

The 'Paediatric Care Enhancement: Providing Medical Equipment to J. J. Hospital' project stands as a testament to how compassion and collaboration can create a lasting positive impact on society. This thoughtful initiative is a shining example of the Rotary Club of Mumbai Mahim's (RCMM) commitment to enhancing healthcare services for children, inspiring others to join hands in humanitarian causes.

At the heart of this endeavour was the donation of essential medical equipment to bolster paediatric care. The contributions included a spirometer, two advanced pulse oximeters, a paediatric AED machine, and a television for the paediatric ward. Each of these items plays a critical role in improving medical outcomes and the overall experience for young patients.

- ➤ Spirometer: This device measures lung function and is essential for diagnosing and managing respiratory conditions such as asthma, bronchitis, and other pulmonary diseases. By providing accurate lung capacity readings, it enables timely intervention and treatment for children with breathing difficulties.
- ➤ Pulse Oximeters: These sophisticated devices monitor oxygen saturation levels in the blood. They are crucial for detecting hypoxemia (low oxygen levels) and ensuring that children receive timely oxygen therapy or other necessary medical attention, particularly in cases of respiratory distress or sleep-related breathing disorders.
- ➤ Paediatric AED (Automated External Defibrillator) Machine: Specifically designed for children, this life-saving device can detect and treat sudden cardiac arrest by delivering a controlled electric shock to restore a normal heart rhythm. Having a paediatric AED on hand significantly improves survival rates during critical emergencies.
- ➤ Television for the Paediatric Ward: Beyond medical care, the well-being of young patients is a vital aspect of recovery. The television serves as a source of comfort and distraction, helping to alleviate the anxiety and stress that children often experience in hospital settings.









### PAEDIATRIC CARE ENHANCEMENT: PROVIDING MEDICAL EQUIPMENT











The event was made even more special by the presence of DG Chetan Desai and Dr. Pallavi Saple, the highly respected Dean of JJ Hospital, along with members of the medical fraternity. Adding a heartfelt dimension to the occasion, Dr. Nisha Thakker and her family, the project's generous donor, dedicated this meaningful contribution in memory of her late father. The event was graced by the dedicated presence of several Rotarians from RCMM, whose collective efforts turned this vision into reality.

This initiative exemplifies RCMM's enduring commitment to healthcare, education, and community welfare. Kudos to everyone involved for making this impactful project a resounding success.





## **DIAL A SANTA**



Dial-A-Santa is a heartwarming community-based initiative by Rotary, first introduced in Western Australia. About 13–14 years ago, Late Rtn. Vinayak came across this concept and brought it to life at RCMM, making it a cherished tradition within the club.

This project holds a special place in the hearts of RCMM members as it is lovingly organized every year in memory of Late Rtn. Vinayak by Rtn. Uma Sahasrabudhe. The program has become a beautiful way to celebrate his legacy while spreading festive cheer in the community.

This year, the beloved 'Dial-A-Santa' celebration took place at Seva Bharati, a daycare center dedicated to supporting children from economically weaker sections of society. These children, whose parents work as housemaids, security guards, and in similar roles, are nurtured here with lessons in reading, writing, and cultivating good habits.

The festive spirit was alive as everyone donned Santa-red caps, with Rtn. Nita taking on the role of the main Santa. Adding to the cheer, one of the children was also dressed as Santa, delighting everyone with their enthusiasm. The Rotarians and Santa distributed blankets and snacks, bringing radiant smiles to the children's faces.

Rtn. Uma, as always, captivated the young audience with her engaging stories, filling the room with laughter and joy. The genuine happiness and excitement of the children made this event a truly heartwarming and fulfilling experience for all Rotarians involved.















## DIAL A SANTA





















## DADAR VIDYA MANDIR - PRIZE DISTRIBUTION DAY

RCMM has been proudly associated with Dadar Vidya Mandir for the past 4-5 years, supporting the school through various initiatives such as conducting medical camps, providing desktops and study materials, donation of e-learning kits, and installing water filters.

This year, the school's Principal extended a warm invitation to RCMM members to participate in the Annual Prize Distribution Day to encourage and celebrate the students' achievements. President Vidula, accompanied by Rtns. Archana, Julina, and Sunita, attended the event, which also included a vibrant cultural program.

Students were recognized for their outstanding performance in academics and various competitions conducted by the school. Rtn. Sunita, true to her promise from the previous year, presented special prizes worth ₹3,000 to four students who achieved remarkable results in their academic year.

The event was a testament to the strong relationship between RCMM and Dadar Vidya Mandir, and for the Rotarians, it was a day well spent, sharing in the students' joy and accomplishments.



6th Issue













## **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
Amita K Mandrekar	20,000	FR Nov 2024	Kishore Parulekar
Jasmin Kikani	25,000	FR Nov 2024 – Pediatric Heart Surgeries	Shobha Karnik
Rtn. Aarti Dhavale	2,000	Ration for TB Patients	
Aarti Vikas Mhatre	7,500	Don Ghas	Revati Kanvinde
Ravindra Kanvinde	2,500	Don Ghas	Revati Kanvinde
Sidharth C Shah	10,000	Donation	
Rtn. Vidula Kshirsagar	1,500	Blankets	
Rtn. Sanhita Walwalkar	4,000	Blankets	
Rtn. Revati Kanvinde	2,000	Blankets	
Rtn. Pratibha Malvi	8,000	Blankets	
Rtn. Seema Patole	4,000	Blankets	
Yogesh B Gogwekar	5,000	Donation	
Ajit Shirsat	7,000	Donation	
Rtn. Archana Khale	4,000	Blankets	
Rtn. Uma Shah	2,000	Blankets	
Rtn. Vaishali Abhyankar	2,000	Blankets	
Rtn. Sunit Padwal	4,000	Blankets	
Deepali R	12,500	Blankets	
Rtn. Uday Damle	10,,000	Blankets	
Rtn. Alka Khedekar	2000	Blankets	
Rtn. Vandana Rajhansa	4,000	Blankets	
Rtn. Nita Upadhyay	2,000	Blankets	
Rtn. Uma Sashtrabudhe	20,000	Dial a Santa	
Paruklekars Shipping Pvt Ltd	10,000	Blankets	Kishore Parulekar





### **FAMILY CORNER**



Heartiest congratulations to Rucha, daughter of Rtn. Dr. Sanhita Walawalkar for being invited to speak on about her journey from oil rigs to her start up on mental health issue namely Procrastination by 'The Pineapple Podcast' You Tube Channel.

Rucha Walawalkar is an entrepreneur who has worked in the rugged world of oil rigs in Schlumberger and manufacturing plant in P&G, was a founding member at CashFlo, a fintech start-up, worked in the cutting-edge realm of blockchain startups at Polygon Labs. Now, she's on a mission to revolutionise psychology, brain and neuroscience with her latest venture, Appa. A buddy to help people overcome procrastination.

In the Pineapple podcast, Rucha shares: Her Transition Stories: Learn how she navigated the shift from engineering on oil rigs to innovating in the blockchain space, and what led her to focus on psychology.

Entrepreneurial Insights: Gain valuable tips on entrepreneurship, resilience, and innovation, tailored especially for those looking to pivot their career paths or start their own ventures.

Psychology and Productivity: Discover strategies to overcome procrastination, enhance your mind, and foster mental well-being through Rucha's personal experiences and expert advice.





#### ROTARY CLUB OF MUMBAI MAHIM



## FAMILY CORNER



Rtn. Dr. Pallavi Saple is renowned for her progressive leadership and commitment to fulfilling her promises.

This time, To celebrate 180 years of teaching and healing, Sir JJ Hospital has opened a museum to showcase its rich medical heritage.

Rtn. Dr. Pallavi Saple says, "the museum will introduce the visitors to the illustrious history about the hospital as well as the founding members, whose contribution made the establishment a reality. The museum also depicts the renowned alumni of the hospital, who are known for their huge contribution in the medical field."

Heartiest congratulations to Rtn. Dr. Pallavi Saple for her exemplary leadership in guiding the medical team to successfully operate on a 16-yearold girl from a village in Baramati. The complex procedure to correct an Inlet Ventricular Septal Defect was carried out using a minimally invasive approach, with only a 5 cm incision on the chest. This advanced technique ensured reduced post-operative pain and a less noticeable significantly enhancing the patient's recovery and overall well-being.

#### 180 years of healing history at JJ Hospital

To celebrate 180 years of To celebrate 180 years of teaching and healing, Sir JJ Hospital has opened a museum to showcase its rich medical heritage. The medical college and hospital was started with a generous donation of Rsi lakh. While the administration has started the museum in the hospital's Rows Common hospital's Boys Common Room, it will be later shifted Room, it will be later shifted to the original medical col-lege building, which is ground plus two structure and also houses the JJ Marg police station.The Boys' Common Room —also a heri-tage structure inside the hos-pital premises—is said to be a 159-year-old building that once housed the hospital's once housed the hospital's infectious diseases ward. In the 1960s, it served as the site of its bacteriology depart-

HISTORIC DATES 1945 Transition 1883 Nod to women loss to 300-bed

May 15, 1845
Hospital opens

May 28, 1845
First patient admitted

Nov 1, 1845 Maiden batch of students

admitted to Grant Medical College

Henry Carter, illustrator of Gray's Anatomy, served as dean from 1886 to 1888

■ Dr Annie Walke, the first woman to graduate from the GMC

Waldemar Haffkine, a Russian-Jewish epidemiologist, develops anti-plague vaccine in 1893; helps fight the bubonic plague that hit Bombay at the end of 19th century

■ Dr Rustam Cooper, in whose name BMC opened Dr RN Cooper hospital, was an ex-alumnus of the institute

■ Dr Acacio Veigas, the Goan doctor to ring alarm bell about pandemic, was also a GMC graduate

facts, busts and pictures that are more than 150-100 years old. "This institution is the only example of a single per-son donating an entire hospi-tal for a medical college. The Grant Medical College (GMC)

and patients on 15 May, 1845, making it a historic day. This remarkable history is reflected in the museum," said Dr Pallavi Saple, Sir JJ Group of Hospitals dean She added that the museum will introduce the visitors to the hent. and Sir Jamsetjee Jejeebhoy introduce the visitors to the Hospital opened to students illustrious history about the

hospital as well as the founding members, whose con-tribution made the establishment a reality. "The museum also depicts the renowned alumni of the hospital, who are known for their huge contribution in the medical field," said Dr Saple.





#### ROTARY CLUB OF MUMBAI MAHIM



### **FAMILY CORNER**



RCMM appreciates and congratulates Rtn. Veena Watve for the honour of representing as President of IWC Bombay Shivaji Park at a prestigious felicitation ceremony held at Raj Bhavan. The event celebrated Kargil hero and Param Vir Chakra awardee Shri Yogendra Singh Yadav and his wife Smt. Reena Yadav, in the esteemed presence of the Hon'ble Governor of Maharashtra, Shri Radhakrishnan.







#### ROTARY CLUB OF MUMBAI MAHIM



## **FAMILY CORNER**



Heartiest congratulations to Rtn. Sunita Padwal and Rtn. Dr. Nilesh Satbhai for successfully conducting an engaging Organ Donation Awareness session for the Dosti Senior Citizen Group. The session was attended by over 40 members who listened with great interest, actively participating in a lively Q&A segment. Both Rtn. Sunita and Rtn. Dr. Nilesh are deeply passionate advocates for organ donation and seize every opportunity to inspire and motivate others to support this noble cause.











#### ROTARY CLUB OF MUMBAI MAHIM



### **FAMILY CORNER**

Heartiest congratulations to Rtn. Sunita Padwal for successfully conducting an engaging Organ Donation Awareness session at Wilson College arranged by Rotaractors on 18<sup>th</sup> December, 2024.

Rtn. Sunita Padwal delivered a lecture as part of a training program on "Basics in Psychosocial Palliative Care" at Tata Memorial Hospital. The session, attended by doctors, social workers, psychologists, counselors, patient navigators, and volunteers, focused on common communication issues, including decision-making and managing uncertainty. The lecture emphasized effective communication strategies in palliative care settings, providing valuable insights to the participants.







Rtn. Sunita on Common Communication Issues: Decision Making and uncertainty at Tata Hospital



## Mahim Waves

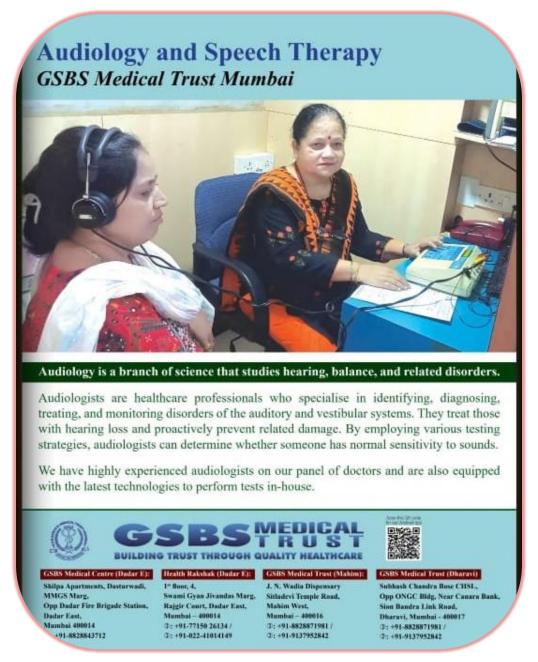
#### ROTARY CLUB OF MUMBAI MAHIM



### **FAMILY CORNER**



Heartiest congratulations to Rtn. Dr. Gurmit Bachher for being on the panel of Audio and Speech Therapy GSBS Medical Trust, Mumbai.







### **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

Professor Aniruddha Bhalchandra Pandit

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







### **FAMILY CORNER**

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



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

Rtn. Vipul & Anuya Bondal



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## **FAMILY CORNER**

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



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