



MAHIM WAVES

JANUARY, 2024



- ❖ 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 Esteemed Members of the Rotary Club of Mumbai Mahim,

I hope this message finds you all well and in good spirits. I am filled with pride as I reflect on the successful visit of our District Governor Rtn Arun Bhargava on 6th January and the commendation our club received for its outstanding performance.

I am thrilled to share that our recent initiatives have garnered praise from our District Governor during his visit. His words of encouragement and praise are a testament to the hard work, dedication, and passion exhibited by each member of our club. It is through your unwavering commitment and tireless efforts that we have achieved such recognition, and I extend my heartfelt gratitude to each one of you. I would specially like to give credit to our Executive Secretary Rtn. Shobha Karnik for excellent presentation of our projects and meticulously making sure that all the documentations required for OCV are prepared and presented. And would also like to thank our secretary and treasurer for providing all details to her.

Our District Governor is so humble that he thanked us for proper presentation and doing the OCV as per schedule. He liked the work of Rtn. Shobha Karnik so much that he entrusted the work of gathering project information from all clubs for presenting in "DARPAN" District Conference this year. He went through all the accounts and project presentations done by us and admired few projects of ours. He also gave us few valuable suggestions about our constitution and bylaws which will help us to be in line with RI guidelines. Our District Secretary Rtn. Sandip Kedia and our Assistant Governor Rtn Rohan Dalmia also praised our club and members and gave few suggestions. Rtn Prakash Ruia advised us on how to improve our TRF contribution. Two new members were also inducted during OCV at the hands of DG Arun Bhargava.

This month Rtns. Vandana Rajhans, Swara and myself actively participated in District Quiz Contest. Though RC Bombay Central was the winner, it gave us good exposure and fellowship experience with other South Mumbai Clubs. We did medical camp for at Dadar Vidya Mandir. Renowned Doctors, Dr. Sheel Kerkar (retired HOD of KEM Hospital), Dr Runa, Dr. Poonam and Rtn. Dr. Supriya helped us in medical check-up of the students. Teachers and staff of the school made excellent arrangements and the camp was very successful.



FROM PRESIDENT'S DESK

Our members, Rtms. Pradip and Veena Watve distributed meals on 15th January to the relatives of patients of Parel Hospitals. Renowned Educationist Dr. Ajay Darekar took a session for 10th class students of Chatrapati Shivaji Vidyalaya at Dharavi and motivated them to think 'out of the box' and choose their careers. His address included lots of stories which children appreciated and understood very well. Children and teachers gave very good feedback about the program. We are planning 'summer vacation sessions' for them. We also distributed healthy snacks to Palliative Care patients of Tata Hospital and also to the students of Dadar Vidya Mandir.

Over the past few months, our club has been diligently involved in a myriad of activities, each aimed at upholding the values of Rotary and serving community with dedication and compassion. From impactful projects to meaningful collaborations, every effort has underscored our commitment to making a positive difference in the lives of those we touch. I am very happy to see that different projects are coming up, from the club members and active participation of new members in execution of projects is very encouraging.

As we celebrate this achievement, let us also reaffirm our commitment to continue striving for excellence in all our endeavours. Let us build upon this success as we chart the course for the future of our club, guided by the principles of Rotary and fuelled by our collective enthusiasm and determination.

At the end, I wish to express my deepest appreciation to each member of our club for their invaluable contributions and unwavering support. Together, let us continue to embody the spirit of service above self, making a meaningful impact in our community and beyond.

Enjoy Rotary and Enrich Life.



Rotary's Two Official Mottos
Service Above Self & One Profits Most Who Serves Best.



BOARD OF DIRECTORS



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Special Projects



Rtn. Chittaranjan
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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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OFFICIAL CLUB VISIT - OCV

The Official Club Visit (OCV) of District Governor (DG) is the most important meeting in the President's tenure, aimed at scrutiny of various projects/activities of the club and records as well as accounts maintained at the club by the District.

OCV was held on 6th January, 2024 at Citylight Hall, Mahim. Prior to OCV, Pre OCV was held on 12th December, 2023 which was attended by AG Rtn. Rohan Dalmia to assess the preparation of the club for OCV. He expressed great satisfaction on the working of the club and fulfillment of the requirements of OCV. Hard copy of OCV Report was provided only to DG and soft copy was sent to others prior to the meeting.

The closed door meeting was held with 3 RCMM officials, DG Arun Bhargava and DS Sandip Kedia, AG Rohan Dalmia, TRF Head Prakash Ruia. DG Arun Bhargava perused the report on the funds budgeted and utilized on the projects. He expressed satisfaction over audited/unaudited accounts of the Club and all the documents submitted in the OCV book. The officials requested for certain information viz. CSR certificate, Copy of Trust Deed, List of FDRs and suggested for converting Club By Laws in a brief form as per the new MOP.

Once the meeting with RCMM team was over, 6 Rotaractors, 3 each from Ramnarain Ruia College and King Circle Matunga (RCKCM) joined the discussion. The principal of Chatrapati Shivaji High School, Dharavi attended the meeting on behalf of Interactors. DG appreciated efforts and encouraged the Rotaractors to undertake more projects.



Closed Door Meeting in Progress



OFFICIAL CLUB VISIT - OCV

Once the closed door meeting was over, PR Pradnya called the regular meeting to order. DG Arun Bhargava appreciated various projects undertaken by the club covering all the parameters and emphasized their value to lives of the beneficiaries. He also mentioned that ration to TB patients would be a very good project. DG also liked the innovative idea of making bird feeder from used plastic bottles by the Rotaractors of RCKCM. DG appreciated the neat and systematic presentation in OCV report prepared by Rtn. Shobha Karnik and also expressed satisfaction on working of entire team of RCMM. DS Sandip Kedia praised the enthusiasm shown by RCMM members in execution of the projects and further praised Rtn Seema Patole for having good bonding with Rotaractors/Interactors. AG Rohan Dalmia also praised bonding of RCMM members and skill to complete the projects proposed in the first half year. He expressed confidence and ability of RCMM members doing more projects in the rest of the year. TRF Head Rtn. Prakash Ruia explained about various Rotary International Funds and benefits thereof through Global Grants. Rtn. Dhananjay Patwardhan handed over a cheque of \$1000/- to him towards the Annual Fund.



Addressing the Rotarians – DG Arun Bhargava, DS Sandip Kedia, AG Rohan Dalmia



TRF Head Prakash Ruia

Rtn. Dhananjay handing over cheque of \$1000/- to Rtn. Ruia

Audience attentive to Speakers

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OFFICIAL CLUB VISIT - OCV

PR Pradnya elaborated important projects in brief and thanked DG and other dignitaries for their continued support and guidance. She also mentioned that Rtn. Prakash and Rtn. Sandhya Samudra together had been recognized as major donors of Rotary Foundation. Two new members viz. Dr Bipinkumar Khedkar and Swara Shettigar were installed in the hands of DG.



New members Dr. Bipinkumar and Swara installed in the hands of DG Arun Bhargava



RCMM Team with DG Arun Bhargava and first lady Seema

Rtn. Shaila Rege, Secretary thanked all District Dignitaries and all others for attending the meeting. PR Pradnya adjourned the meeting. The OCV was concluded with delicious dinner. Overall it was very good experience with participation of the members.



RATION DISTRIBUTION UNDER PRADHAN MANTRI TB MUKT BHARAT

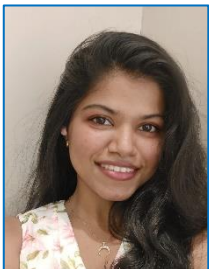
In continuation from last month, on 9th January, 2024 ration was distributed to 16 patients at BMC health Post near Shardashram school. We will be providing the ration during the period of their medication. Hope this helps the patients to regain their health and lead the normal life. Mr. Piyush Goel, the DTO informed that when minister from Central Government visited them, they informed him about the help extended by RCMM.



WARM WELCOME TO NEW MEMBERS



Dr. Bipinikumar Marutrao Khedkar is a Orthopaedic Surgeon and completed M.B.B.S, D. Ortho., F.C.P.S (Orthopaedics). He is a consultant orthopaedic and Knee Replacement Surgeon attached to Raheja Hospital Mahim and Dr. Paleps Nursing Home, Criticare Hospital



Swara Shettigar has completed M.A. Honours in English and is currently working as a Content Writer. She also has a Master Diploma in Bharatnatyam. She choreographs dance performances and teaches dance to our RCMM ladies group.



ANNADAN AT THE BOMBAY VIGILANCE ASSOCIATION BALIKASHRAM

On 13th January, 2024 PR Pradnya visited The Bombay Vigilance Association Balikashram at Dadar along with her son and daughter-in-law. They distributed fruits, cakes and grocery sponsored by Rohan Sabnis. Currently orphanage has 37 girls between age group of 6 to 12 years and they go to Shishu Vihar School.



दि बॉम्बे व्हिजिलन्स असोशिएशन
"बालिकाश्रम"

नविन आशा, पहिला माळा,
दादासाहेब फाळके रोड, दादर, मुंबई

विवेक

9) श्री. अमृतलाल मालवे २) श्री. उदय नाडकर्णी ३) श्री. अजित नारंग

व्यवस्थापन समिती

अध्यक्ष : श्री. दिग्वज जैन

चेअरमन : श्री. प्रशांत शंभारकर

सरचिटणीस : श्री. रमेश देसाई

संजिनदार : श्री. धनराज जैन

सभासद

9) श्री. जगदिश जानी २) श्री. धनंजय मेरता

३) श्रीमती लीना साजी ४) श्रीमती अशिता सारंग

4) श्री. दिपक जबकरी

आयुक्तारी वी. अप्प

अधिका



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ANNADAN AT TATA HOSPITAL

RCMM has been associated with NGO Arya since last 6-7 years. The NGO 'Aarya', is formed by Rtn. Shital 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 15th January, 2024 Makar Sankranti day, RCMM provided 300 meals, sponsored by Rtns. Veena and Pradeep Watve. Rtns. Veena and Pradeep personally distributed the meals and felt very satisfied.



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PRIZE DISTRIBUTION FUNCTION AT DADAR VIDYA MANDIR

RCMM has been associated with Dadar Vidya Mandir for last 4-5 years. We have conducted Medical Camps, provided Study Material, e-Learning kits, installed water filters. School Principal invited RCMM members for the annual prize distribution day to encourage the students,

Rtns. Archana, Lalit, Shaila and Sunita attended prize distribution function. Students were awarded prizes for their best performance in last academic year as well as for the various competitions held by the school. On behalf of RCMM, Rtn. Lalit congratulated the students. After the prize distribution students presented their dancing talent. One of student performed lavni so gracefully that Rtn. Sunita Padwal on the spot appreciated her by giving her cash prize. She further promised that RCMM will help her if she wants to participate in Dancing Competitions. To encourage the students. Rtn. Sunita further declared prize of Rs. 1000/- for 12th girl student scoring more than 75% marks and male student scoring 80% and above. Overall for Rotarians, it was time well spent with students.





MOTIVATIONAL AND CARRIER GUIDANCE SESSION AT CSV

RCMM organized a career talk on 23rd January, 2024 for the 10th standard students of CSV school. Rtn. Alka, mentor from the youth team for the CSV Interact club, invited Dr. Ajay Darekar.

Dr. Ajay Darekar is an entrepreneur and founder of Versatile educaare system. His purpose is to help Students and Youths, Self Discover themselves and identify their true potential by using their Creative Communication, Enthusiasm, Listening and Empathetic Skills.



He is a captivating storyteller who seamlessly weaves narratives around planning, goal-setting, and empowerment. Through the art of storytelling, he inspired students to identify their career paths by recognizing their unique skills and abilities while emphasizing the importance of personal development. His vision is to create future leaders through his various programs.

The students were engrossed in the lecture and participated with great enthusiasm. The teachers who attended also shared their feedback and also thanked the speaker with two Shayaris.

100 students attended the session from different mediums - 13 from Marathi medium, 33 from Hindi medium and 54 from Urdu medium.

President Pradnya shared her views and congratulated the students for being active listeners. She encouraged the students to share their views in front of the entire class so that the students overcome their fear of public speaking. She thanked Dr. Ajay Darekar for his valuable guidance.

Overall it was a very informative and satisfying session.

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MEDICAL CAMP AT DADAR VIDYA MANDIR

RCMM has been associated with Dadar Vidya Mandir over past 7-8 years. Every year we organize a health check-up camp to ensure the well-being of the students, providing them with comprehensive medical assessments and promoting a healthy lifestyle.

This year the Medical Camp, covering General Health Check-up, Dental and Eye Check up was organized on 24th January, 2024 in the school premises from 10 am to 12:30 pm. The camp started with PR Pradnya Sabnis and secretary of Dadar Vidya Mandir Mr. Chandrakant Deshmukh offering garland and flowers to Lord Dhanvantari and pray for good health of the children. Mr. Devdakar, the School Principal, extended his gratitude by felicitating the doctors, assistants, and Rotarians who were present.



Praying to Lord Dhanvantari and Felicitations

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MEDICAL CAMP AT DADAR VIDYA MANDIR

Three different areas were organized to take care of General Health Check-up by Rtn. Dr. Supriya Saple and Dr. Poonam Jaiswal from J.J Hospital, Dental Check-up by Dr. Runa and her assistants and Eye Check-up by Dr. Sheela Kerkar with her 2 assistants. Basic information regarding students were filled up by teachers and the students were systematically guided to respective doctors. Rtn. Dr. Supriya mainly examined boys and Dr. Poonam examined girls. The students discussed their problems very freely and received the required advice and guidance.



General Health Check-up in Progress by Rtn. Dr. Supriya Saple and Dr. Poonam Jaiswal



MEDICAL CAMP AT DADAR VIDYA MANDIR



Dental Check-up by Dr. Runa



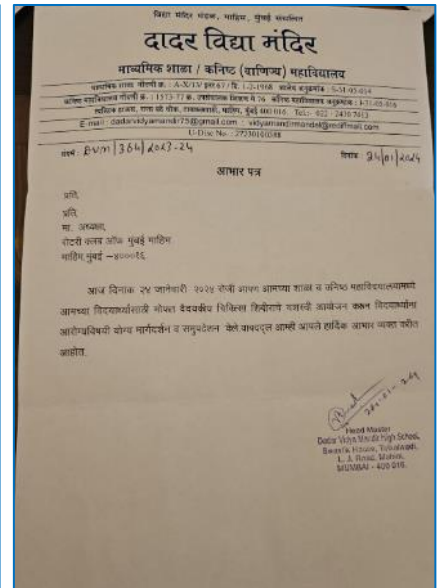
Eye Check-up by Dr. Dr. Sheela Kerkar

At the end, RCMC distributed healthy food – a packet of chana, peanuts, chikki and a banana to all the students. Dr. Runa distributed medicated gum paste to all. Total of 110 students under went the health check-up. Dr. Poonam and Dr Runa presented the report to school teachers regarding the health and dental issues and further suggested counselling is necessary for the students.

"Wellness is the key to unlocking your academic potential. Take care of your health, and watch your educational journey flourish."



MEDICAL CAMP AT DADAR VIDYA MANDIR



Healthy Snacks distribution to the Students and Letter of Appreciation from School

The Medical Camp was well-attended by RCMM members. PR Pradnya and Rtns. Arati, Archana, Asavari, Nita, Sunita, and Vrushali actively participated in the camp. Special thanks go to Rtn. Archana for shouldering the responsibility of the camp, and to Rtn. Dr. Supriya Sable for tirelessly conducting the general health check-up of the students.

Overall, the medical camp was efficiently organized and well-attended, proving highly beneficial for the students.



VISIT TO PALLIATIVE CENTER

Rtn. Sunita is very closely associated with Tata Hospital and it's hospice centers. She visits Palliative Care units regularly and provides counselling sessions to the patients and care givers. She visited the center on 25th January, 2024 and distributed a packet of Chane-Shengadane, Chikki and a Banana to the patients. The idea of distribution of healthy snacks to patients at palliative care struck her when she realized there were good amount of snacks left from the medical camp conducted at Dadar Vidya Mandir, just the previous day – that is 24th January. RCMM appreciates her resourcefulness and empathy towards the patients.





PROUD MOMENTS

Every year District announces the awardees for the various Trophies based on the club's performance. RCMM had applied for the Alpha year for the following:

- B2A - PDG Madhukar Deodhar Trophy for the Best Bulletin by a Club up to 75 members instituted in memory of his late son Sunil Deodhar
- B4B - Mumbai Midwest Trophy for maximum Women members in a club- in memory of S. V. Lathia
- B10A - Andheri East Trophy for Unusual Rotary Activity by a Club up to 75 members
- C6A - Dr. Surendra Kapoor Trophy for Best Project in Water Management (for clubs above 50 members)
- C10 - PDG Dr. Shantilal Mehta Trophy for Outstanding Medical Project Program

The results are declared and we have won the trophies as follows:

- ✓ 1st Runner up for B2A - PDG Madhukar Deodhar Trophy for the Best Bulletin by a Club up to 75 members instituted in memory of his late son Sunil Deodhar
- ✓ 3rd Runner up for B4B - Mumbai Midwest Trophy for maximum Women members in a club- in memory of S. V. Lathia
- ✓ Rtn. Dr. Gurmit Bachher received Excellence Award for fulsome support and most valuable contribution towards Alpha District Shukriya

Heartiest Congratulations to IPP Dr. Gurmit and all the RCMM members.





REPUBLIC DAY CELEBRATION

This year India celebrated its 75th Republic Day i.e. on 26th January, 2024. At J J Hospital under the leadership of Rtn. Dr. Pallavi Saple it was celebrated with a grand function.



Take pride that we live in a country that is so diverse and has such a rich heritage. Happy Republic Day!



DISTRICT INITIATIVE & CO-HOST

1. Diabetes, Glacoma and Blood Pressure Screening Camp (Lead Club - RC Mumbai South)

RCMM co-hosted Diabetes, Glacoma and Blood Pressure Screening Camp held on 20th January, 2024 at the Mehta International Eye Institute. For the first time in District 3141, Computer based Optical Coherence Tomography was used to evaluate the central macular area of the retina, which is affected in diabetic and in blood pressure patients leading to fall in vision. With help of a new proprietary AI software, patients were able to get a time scan as to future problems with their eyes.

From RCMM PR Pradnya , Rtns. Bhushan and Dr. Supriya attended the camp. PR Pradnya was able to speak to media and talked about helping the community.



PR Pradnya talking to Media

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DISTRICT INITIATIVE & CO-HOST

2. Rotary Quiz Contest - QUIZ TIME

Rotary Quiz Contest was organized on 24th January, 2024 for South Zone clubs of Avenue Community Service. PR Pradnya along with Rtns. Swara and Vandana participated in the contest and Rtn. Jayanti accompanied the team. Our participation was energetic and enthusiastic. The winner from South zone was RC Bombay Central. Though we did not win, we keenly contested and it was a fun event with networking and fellowship with South Bombay clubs.

The venue was Cricket Club of India, Churchgate; great ambience and a lovely dinner spread. Our team soaked themselves in this hall of fame of India's cricketing legends.



3. ROTAL 2024

ROTAL is a competition of singing and dancing!! Rotary members, Inner Wheel Members, Rotaractors, Interactos and close relatives of Rotarians participate in this competition to showcase their talent and it's a great opportunity for fellowship. This year Rotal was held at Veer Savarkar Auditorium on three consecutive Saturdays starting from 13th January, 2024.

RCMM members actively participated in singing – Solo, Duet in Hindi and Marathi. Our lady members participated in Group Dancing. RCMM bagged total of 9 trophies.

Heartiest congratulations to all the winners. Our winners are as in the next page.....



DISTRICT INITIATIVE & CO-HOST

DANCING 🕺

1. Rtr Snigdha & Rtr Avni Pair dancing 1st Prize
2. Ladies group dance 2nd Prize

SINGING

1. Tanay Damle 1st Prize Marathi solo
2. Tanay Damle 1st Prize Hindi solo
3. Pradeep Watve 3rd prize Marathi solo
4. Kishore Parulekar 1st prize Marathi solo
5. Kishore Parulekar 2nd Prize Hindi solo

DUET SINGING

1. Kishore & Varsha 1st Prize Hindi duet
2. Usha & Nirmal Phophalia (RC Uptown) 2nd prize Hindi duet



MAHIM WAVES

ROTARY CLUB OF MUMBAI MAHIM



DISTRICT INITIATIVE & CO-HOST



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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
Rohan Sabnis	10,000	Donation- Orphanage	Pradnya Sabnis
Rtn. Seema Patole	11,000	Donation - Cupboard to Shantadurga School	

“A life not lived for others is not a life.”
 "Give your hands to serve and your hearts to love."
 “Helping hands are better than praying lips”
 “We do not need guns and bombs to bring peace, we need love and compassion”.



FAMILY CORNER



Heartiest congratulations to **Rtn Dr. Sanhita Walawalkar**, for getting invited as a speaker at the 23rd International Symposium on Diabetes at Grand Hyatt, Mumbai. She Delivered a talk on 'Aging gracefully in Diabetes'. She has been also invited to 3rd DCC Latur (Diabetes Controversies to Consensus) on 13th, 14th January, 2024 to speak on the topic of 'Elixir for Graceful Aging'. She also delivered a lecture on Early Insulinisation at Diabetes India conference at Bhubaneswar.

DCC Latur
Theme: Addressing current trends in Diabetes
12th - 14th Jan, 2024 - Venue: Hotel Central Resort, Latur

Saturday, 13th Jan.

<p>11:45 AM-12:00 PM</p> <p>Dr. Pranjali Shah Topic - Gut Microbiome and Diabetes CHAIRPERSON - Dr. Anil Mendir Dr. Digvijay Shinde</p>	<p>12:00 PM-12:15 PM</p> <p>Dr. Amit Rajput Topic - Bridging the Gap-Diabetes Associated Hearing Loss CHAIRPERSON - Dr. Deepak Mishra Dr. Amar Limbapure</p>	<p>12:15 PM-12:30 PM</p> <p>Dr. Lokika Parohit Topic - Utilisation of CGM/AGP in Suburban Population CHAIRPERSON - Dr. Gaurav Kumbhakar Dr. Girish Patil</p>
<p>12:30 PM-12:45 PM</p> <p>Dr. Sanhita Walawalkar Topic - Elixir for Graceful Aging CHAIRPERSON - Dr. Meeta Buraade Dr. Vasanti Chauhan</p>	<p>12:45 PM-1:00 PM</p> <p>Dr. Ramesh Bharate Topic - Tag of War between Lung and Diabetes mellitus CHAIRPERSON - Dr. Panchajanya Sasmal Dr. Tanaji Chaudhary</p>	<p>2:00 PM-2:15 PM</p> <p>Dr. Sachin Mulya Topic - Challenges in Management of Elderly Patients with Diabetes CHAIRPERSON - Dr. Nilesh Gade Dr. Chandrasekhar Borge</p>
<p>Dr. Chetan Sarda AIM Research Dr. Sudhanshu Kambire AIM Research</p>	<p>Dr. Chandrasekhar Ahtekar Deputy President, ICD Dr. Chand Patel Secretary, ICD Dr. Jagdeep Inwale President, ICD MUMBAI CHAPTER, DCC</p>	<p>Dr. Anil Rathi AIM Research Dr. Ashish Chopure AIM Research</p>



Rtn. Dr. Sanhita delivering a talk at the 23rd International Symposium on Diabetes at Grand Hyatt, Mumbai



Rtn. Dr. Sanhita at Diabetes India conference at Bhubaneswar

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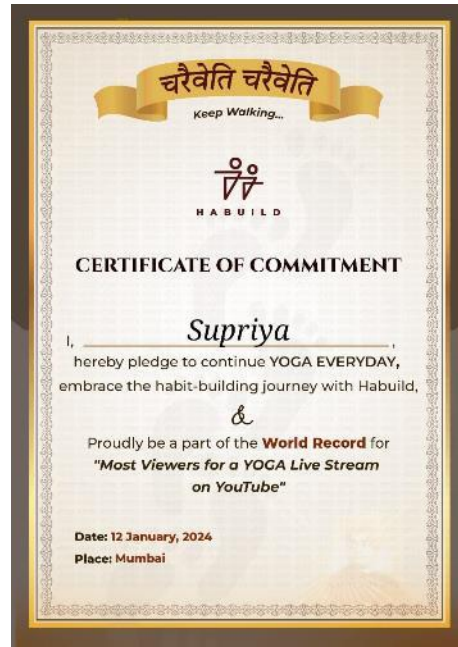
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FAMILY CORNER



Heartiest congratulations to Rtn Dr. Gurmit Bachher, Rtn. Dr. Supriya Saple and Rtn. Pradeep Watve for pledging to continue Yoga Everyday and be a part of the world record for 'Most Viewers for a Yoga Live Stream on YouTube.'





FAMILY CORNER



Heartiest congratulations to **Rtn Dr. Nisha Thakker** for getting invited as 'प्रमुख पाहुणे' for the '१०८ सूर्यनमस्कार शिबीर' organized by Maharashtra Yogshikshak Sangh Mumbai and Venus Culture Association.

(रजि. नं. एफ - 21439)

योगा फाऊंडेशन, महाराष्ट्र संचालित

महाराष्ट्र योगशिक्षक संघ - मुंबई जिल्हा

आणि

व्हीनस कल्चर असोसिएशन

यांच्या संयुक्त विद्यमाने सामूहिक १०८ सूर्यनमस्कार शिबिर आयोजन २०२४

कार्यक्रम पत्रिका

- सकाळी ७ वाजता प्रमुख पाहुण्यांचे आगमन
- सकाळी ७:०५ वाजता पाहुण्यांचे सत्कार
- सकाळी ७:१५ वाजता दीपप्रज्वलन
- सकाळी ७:२० वाजता सूर्यनमस्कार

प्रमुख पाहुणे
श्रीमती. विद्या ठाकूर
आमदार - BJP

प्रमुख पाहुणे
श्री. पंकज रमेश येवले
संरक्षण शास्त्र शिक्षक

स्वागतोत्सुक :
मुंबई जिल्हा टीम, महाराष्ट्र योगशिक्षक संघ

प्रमुख पाहुणे
श्रीमती. डॉ. निशा ठक्कर
योगशिक्षिका, काऊन्सलर, नॅचरोपॅथीस्ट

प्रमुख पाहुणे
श्री. अमृतलाल नगडा जी
ज्येष्ठ नागरीक, थोर समाजसेवक

स्थळ:
व्हीनस कल्चर असोसिएशन, महेश नगर, RTO पोलीस चौकी, गोरेगाव पश्चिम, मुंबई ४००१०४



FAMILY CORNER



Heartiest congratulations to **Rtn Dr. Veena Watve** for being a part of IWC Borivali, District 314 as a Past President. This year Inner Wheel completes 100 years of existence.



Heartiest congratulations to **Tanvi**, daughter-in-law of **Rtns. Vidula & Manoj Kshirsagar** for getting invited as speaker on the topic of 'How Women Leaders are Unlocking Potentials and Resources' at the World Economic Forum, Female Quotient Equality Lounge, Davos, Switzerland. RCMM wishes her all the best in her future endeavours.

**How Women Leaders are
Unlocking Potential and Resources**

Alison Moore, CEO, Comic Relief US, *Moderator*

FEATURING PANELISTS:

Megan Cunningham - CEO & Founder, Magnet Media

Tanvi Girotra - Founder, Becoming I Foundation

Katarina Wangler Björk - Chief Climate Officer, Doconomy

Megan Holston-Alexander - Partner, Cultural Leadership Fund, Andreesen Horowitz

Female Quotient Equality Lounge®, Davos, Switzerland | January 16 at 10AM CET

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

Year 2023-24

For Private Circulation Only



FAMILY CORNER



Tata Mumbai Marathon is organized every year and it is a great platform for spreading social messages. It's the pride of Mumbai. It's a collective conscience. It's the place one should come to experience what this city is all about. 42 kms of gruellingly exhilarating distance running, an indescribable movement. A moment in time, which will change one's life as much as it has changed the life of a city and a nation.

Heartiest congratulations to Rtn. Dr. Nilesh Satbhai, Ms. Anuradha Dhavale, daughter-in-law of Rtn. Dr. Hemangee and Nitesh Wadekar, son-in-law of Rtn. Dr. Supriya for participating in Tata Mumbai Marathon.

Ms. Anuradha, crossed the Finish at 08:51, Course time: 03:31:35, Pace: 10:02 min/km. Nitesh Wadekar crossed the Finish at 08:05, Course time: 02:53:11, Pace: 08:13 min/km.



Ms. Anuradha Dhavale



Rtn. Dr. Nilesh Satbhai



Nitesh Wadekar



FAMILY CORNER



Heartiest congratulations to **Ira** grand daughter of **Rtn. Dr. Supriya Saple** for winning Gold in 100m Relay, Silver in 200m Run & Silver in Long Jump at Bombay Scottish School, Mahim Annual Athletic Meet 2023-24.



Heartiest congratulations to **Rtn. Dr. Gurmit Bachher** for getting invited to deliver virtual talk for Indus Hospital & Health Care Network's (Karachi, Pakistan) 7th Biennial ICON 2024 conference with the theme 'Game Changing Solutions in Healthcare '. She connected via zoom and delivered a talk on 'Swallowing Disorders and Types' on 23rd January, 2024.



FAMILY CORNER

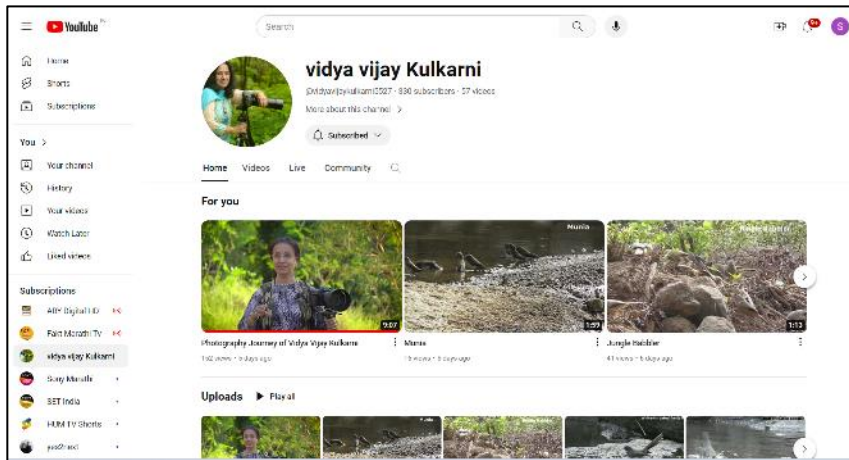


Heartiest congratulations to **Rtn. Vidya Kulkarni** for getting 87K views for one of her Videos of Alexandrine Parakeet. You may click on the link

<https://www.youtube.com/watch?v=KB6AgMlpZZ4> and enjoy the video.



To enjoy more Bird Videos, visit her YouTube channel by clicking on <https://www.youtube.com/channel/UC3k1k8fbrrd-iz5Sbapin1> Do not forget to 'Subscribe' it. She has even uploaded Documentary, unfolding her Photography Journey.

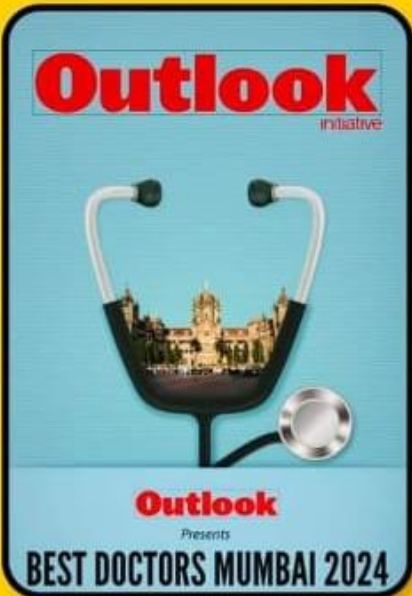




FAMILY CORNER



Heartiest congratulations to **Rtn. Dr. Nilesh Satbhai** for getting listed in the list of Best Doctors Mumbai 2024 - Plastic & Reconstructive Surgery. He has been consistently appearing in the list of good doctors for the past 4-5 years. RCMM wishes him all the best in his future endeavours.



Dr. Nilesh G Satbhai
Senior Consultant & Head of Department -
Plastic Surgery, Hand & Reconstructive Surgery
Global Hospital, Parel, Mumbai

Dr. Satbhai specializes in Hand Surgery, Brachial Plexus, Nerve Surgery & Reconstructive Microsurgery. He has been a pioneer in Hand Transplantation in Western India.

His team has successfully performed 8 bilateral hand transplants and 1 unilateral hand transplant. These hand transplants have been path breaking milestones for our country, including Asia's first bilateral total arm transplant, Asia's first hand transplant for congenital absence of hand. Dr. Satbhai is very well known for his innovative surgical techniques for limb salvage and restoration of life.

Plastic & Reconstructive -Surgery

Dr. Nilesh Satbhai	Dr. Akshay Deshpande
Dr. Sandip Jain	Dr. Amita Hiremath
Dr. Mukund Thatte	Dr. Azmat Doctor
Dr. Mahinoor Desai	Dr. Pratap Nadar
Dr. Samir Kumta	Dr. Arvind Vartak



FAMILY CORNER

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

Rtn. Dr Nisha Thakkar

Rtn. Dr Prasad Modak

Rtn. Alka Khedkar

Atul, husband of Rtn. Vaishali Abhyankar

Rtn. Julina Karkhanis

Rtn. Dr. Nilesh Gangadhar Satbhai

Radhika, wife of Rtn. Anand Limaye

Rtn. Pradnya Sabnis

Devina, daughter of Rtn. Arati Dhavale

Rtn. Uma Shah

**Aditi, daughter of Rtns. Sandhya & Prakash
Samudra**

Rtn. Vidula Kshirsager

Dr Subhash, husband of Rtn. Hemangee Dhavale

Rtn. Sunita Padwal

Rtn. Shaila Rege

Purva, daughter of Rtn. Vrushali Kolhatkar

Radha, daughter of Rtn. Rashmi Patil





FAMILY CORNER

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



Rtn. Dr Sneha & Dr. Abhishek

Rtn. Deepalaxmi and Ashish Pednekar

Rtn. Dr Suresh and Swati Ankalikar

Rtn. Abhishek & Kinjal Shah

THE 4-WAY TEST

The Four Way Test is an overview of what all religions preach. When practiced in day to day life, one will undoubtedly achieve a sense of satisfaction to life as a whole. It has been practiced in the past and we can do so also now. As Rotarians it is our guiding principle and our Ethical Obligation towards Humanity.

For Rotary, The Four-Way Test is the cornerstone of all action. It has been there for years, and it will be there in the future. Of all the things we think, say or do, it asks the following four questions:

IS IT THE TRUTH?

IS IT FAIR TO ALL CONCERNED?

WILL IT BUILD GOODWILL AND BETTER FRIENDSHIPS?

WILL IT BE BENEFICIAL TO ALL CONCERNED?

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