



Vibrant  
2024-2025

Visionary - Inclusive - Bold - Resilient  
Accountable - Nimble - Trustworthy

# ROTARY CLUB OF MUMBAI MAHIM

DISTRICT 3141, CLUB No. 59127



## MAHIM WAVES

MARCH, 2025



Rotary



❖ R. I. President – Stephanie Urchick ❖ District Governor – Chetan Desai ❖

◆ President – Vidula Kshirsagar ◆ Secretary – Shaila Rege ◆

❖ Bulletin Chairperson – Shobha Karnik ❖



### FROM PRESIDENT'S DESK



March began on a high note with 21 club members participating in DISCON. This year's DISCON was a two-day mega event organized at the Dhirubhai Ambani Convention Centre, fostering strong district fellowship. As always, RCMM demonstrated remarkable participation, continuing its tradition of active involvement year after year.

On March 8<sup>th</sup>, in celebration of Women's Day, a lecture on face reading was conducted by Mr. Naresh Kokkal, a graphologist and face reader. Members thoroughly enjoyed the session and were fascinated by the session and were fascinated by the science behind face reading. Mr. Naresh illustrated his points with examples of well-known personalities, making the session highly engaging and relatable.

The Club's Official Visit (OCV) by District Governor (DG) Chetan Desai took place on March 15<sup>th</sup>, with strong participation from club members. During the closed-door meeting, DG Desai provided valuable guidance on the allocation of Club Chairs and Directors as documented in the OCV book. He shared insightful strategies for membership growth, emphasizing the role of fundraising events and the power of social media in promoting RCMM's commendable work. He was pleased to learn that the club has an active website and strong social media presence. The DG also praised the OCV report for its comprehensiveness and commended Executive Secretary Shobha Karnik for her diligent efforts.

DG Desai emphasized the importance of strategic planning, likening it to a business approach. He recommended setting long-term goals—three years for strategic objectives and five to ten years for action plans. To achieve this, he suggested conducting a membership survey comprising 45 questions to assess the club's current standing. Based on the survey results, senior members should convene to develop a strategic roadmap addressing key areas such as membership growth and sustainability.

During the Club Assembly, after the club presentation, DG Desai acknowledged and appreciated RCMM's impactful initiatives across all focus areas, particularly its alignment with district priorities.

Several projects are currently in the delivery phase and are scheduled for execution next month. In the realm of community service, notable contributions were made by Rotarian Revati, who spearheaded multiple projects in collaboration with the NGO Donghaas. Her dedicated efforts in securing donations and executing these initiatives with diligence were highly commendable.

**Enjoy Rotary and Enrich Life.**





### BOARD OF DIRECTORS



Rtn. Vidula Kshirsagar  
President & Public Image

Rtn. Dhananjay Patwardhan  
Vice President

Rtn. Shaila Rege  
Secretary & President Elect

Rtn. Sunita Padwal  
Joint Secretary

Rtn. Shobha Karnik  
Executive Secretary &  
e-Bulletin Editor

Rtn. Kishore Parulekar  
Treasurer



Rtn. Pradnya Sabnis  
Immediate Past President

Rtn. Chittaranjan Datar  
The Rotary Foundation

Rtn. Pradeep Watve  
Membership

Rtn. Uma Sahasrabudhe  
International Service

Rtn. Archana Khale  
Club Service

Rtn. Varsha Parulekar  
Joint Club Service



Rtn. Dr. Sneha Venkateswaran &  
Rtn. Dr. Hemangee Dhavale  
Community Service – Medical

Rtn. Shital Bhatkar  
Community Service – Non Medical

Rtn. Veena Watve  
Vocational Service

Rtn. Seema Patole & Rtn. Revati Karvinde  
Youth Service

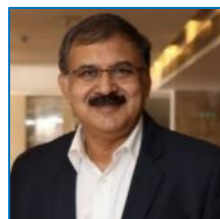


Rtn. Vrushali Kolhatkar  
Sergeant At Arms

**Invitees for Borad Meetings**



Rtn. Vidya Kulkarni  
Learning Facilitator



Rtn. Manoj Kshirsagar  
CSR



Rtn. Sandhya Samudra  
Project National Integration



Rtn. Pradeep Dixit



Rtn. Prakash Samudra



Rtn. Anand Limaye



Rtn. K Suryakumar  
Club Advisors



Rtn. Usha Sheshan



Rtn. Vandana Rajhansa

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

**Year 2024-25**

For Private Circulation Only





### SUMMER CAMP – MADHALI SUTTI

Since last year, RCMM has been organizing ‘Madhali Sutti’—a 10-day transformative Summer Camp for students aged 12 to 18, under the guidance of Rtn. Dr. Ajay Darekar. Designed to channel youthful energy into self-development and essential life skills, the camp features interactive and practical sessions that empower students with confidence and real-world knowledge.

Encouraged by the overwhelmingly positive feedback from past editions, RCMM successfully conducted the latest Summer Camp at Neral Vidya Mandir from 22<sup>nd</sup> March to 3<sup>rd</sup> April 2025, with valuable support from Rtn. Archana.

The camp covered the topics like:

- 1. Go-Getter Attitude:**  
To develop a proactive mindset, take initiative, and confidently overcome obstacles.
- 2. Goal Setting:**  
Guide students on setting SMART goals and creating actionable plans to achieve them.
- 3. Relationship Building:**  
A deep dive into the importance of healthy relationships, communication skills, and emotional intelligence.
- 4. Health and Wellness:**  
Interactive discussions on maintaining physical and mental health through balanced nutrition, exercise, and mindfulness.
- 5. Team Building:**  
Activities designed to enhance teamwork, collaboration, and leadership skills.
- 6. Memory Techniques:**  
Proven strategies to improve memory, focus, and study habits for better academic performance.
- 7. Public Speaking:**  
Practical exercises to boost confidence, refine speaking skills, and overcome stage fear.
- 8. Goal Book Creation:**  
A hands-on session where students create personalized “Goal Books” to visualize and track their aspirations.

The Camp was kicked off on 22<sup>nd</sup> March, 2025. RCMM members Rtms. Alka, Archana, Nita, Pradnya and Seema attended the inaugural function along with Trustee Mr. Poddar, Principal and all teachers of the school.



### SUMMER CAMP – MADHALI SUTTI



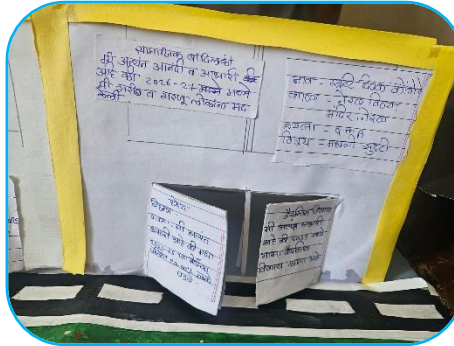
Throughout the camp, students actively participated in sessions focused on various topics such as goal setting, financial management, societal interactions, and relationships, facilitated by Dr. Darekar. They also had opportunities for practical application, including presentations, group discussions. The camp was concluded with students presenting their experiences and goals in beautifully decorated goal books, followed by certificate distribution by esteemed dignitaries, including members of the Vidya Mandir Mandal and Rotary Club of Mumbai Mahim. The program received praise and appreciation from attendees, highlighting the positive impact of such initiatives on students' personal and academic growth.



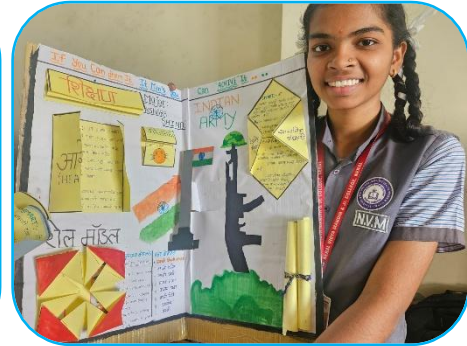




### SUMMER CAMP – MADHALI SUTTI



Goal Books prepared by the students



Each student awarded with Certificate



Very encouraging feedback

The camp was deemed highly successful, with RCMM members expressing great satisfaction witnessing the transformation in the students. Over the course of the camp, students exhibited increased confidence and the ability to express themselves freely. A total of 50 students participated in the camp and derived significant benefits.

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

In continuation from last month, on 6<sup>th</sup> March, 2025 ration was distributed to 16 patients at BMC dispensary, behind Goa Portuguesa restaurant, City light. Rtn. Dr. Gurmit along with Rtns. Asavari, Dr. Nisha and PR Vidula 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.





### DECODING FACES: THE ART & SCIENCE OF FACE READING

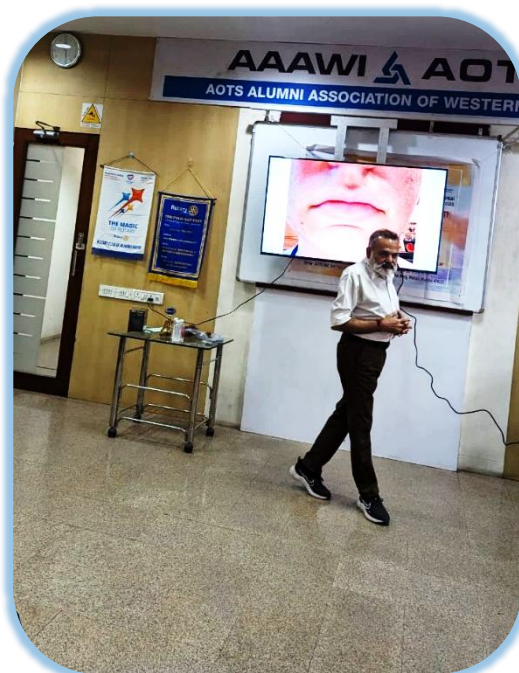
On 8th March, 2025 RCMM hosted an engaging session with guest speaker Naresh Kokal, who shared fascinating insights on Face Reading – the art and science of decoding personalities through facial features.

Naresh Kokal captivated the audience by explaining how different facial traits reflect a person's nature, decision-making style, and life experiences. He illustrated his points with examples of well-known personalities like Akshay Kumar, Sridevi, and Kajol making the session relatable and intriguing. He spoke about horizontal lines between the eyebrows as seen in case of Akshay Kumar, indicates overworked person. He highlighted that joined eyebrows, like those of actress Kajol, indicate person not able to control the anger. Based on the shape of nostrils, he explained, who could have a generous spending habit, who could have a more cautious approach to finances.

Forehead structure, eye shape, lip curves, and jawline were also discussed in relation to personality traits. He shared how a wide forehead signifies intelligence and planning ability, while a strong jawline indicates determination and leadership qualities.

Members found the session highly engaging. The interactive discussion sparked curiosity, leading to interesting conversations even after the talk ended.

Rtn. Prakash thanked Mr. Kokal for his intriguing presentation, leaving everyone with a fresh perspective on how much our faces reveal about us!



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### OCV – OFFICIAL CLUB VISIT

The Official Club Visit (OCV) by the District Governor (DG) is a pivotal event in the President's tenure, serving as an in-depth review of the club's projects, activities, records, and financial accounts as per district guidelines.

RCMM's OCV took place on 15th March, 2025 at AOTS, India Printing House, following the Pre-OCV on 15th February, 2025, which was attended by Assistant Governor AG Rtn. Padma Kapoor. She assessed the club's preparedness and expressed her satisfaction with its operations and compliance with OCV requirements. A hard copy of the OCV Report was exclusively provided to the DG, while a soft copy was shared with others before the meeting.

The closed-door session saw the participation of RCMM officials, DG Rtn. Chetan Desai, DS Rtn. Nirupama Khandke, AG Rtn. Padma Kapoor, and CC Rtn. Radhika Mehta. DG Chetan Desai reviewed the club's audited and unaudited accounts and commended the systematic documentation in the OCV book. He emphasized the importance of Membership Growth and contributions to The Rotary Foundation (TRF)—the two key pillars of Rotary. Encouraging members to actively contribute towards TRF, he reinforced its role in sustaining impactful service projects.

Following the discussions with RCMM team, Rotaractors from Ramnarain Ruia College and King Circle Matunga (RCKCM) joined the session. DG Desai was highly impressed with their enthusiasm and initiatives, lauding the RCMM Youth Team for its exceptional mentorship and guidance.





### OCV – OFFICIAL CLUB VISIT

The regular club meeting was then called to order by PR Rtn. Vidula, where DG Desai praised the diverse range of RCMM's projects, covering all Rotary focus areas. He specifically acknowledged the meticulous presentation of the OCV report prepared by Rtn. Shobha Karnik and expressed satisfaction with the club's overall performance. However, DG reiterated the need to enhance TRF contributions and drive membership growth to strengthen the club's impact.

PR Rtn. Vidula presented the club's achievements and expressed gratitude to DG Desai and all dignitaries for their support and guidance. Rtn. Sunita presented a cheque of Rs. 10 lakhs to PR Rtn. Vidula, donated by her friend in memory of his teacher. Sec. Rtn. Shaila Rege extended a formal vote of thanks, acknowledging the participation of district leaders and members.

With PR Rtn. Vidula adjourning the meeting, the OCV concluded on a delightful note with a sumptuous lunch, fostering fellowship and camaraderie. Overall, it was a highly productive and engaging experience for all attendees.



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### OCV – OFFICIAL CLUB VISIT



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### PROVIDING SAFE DRINKING WATER AT J.J. HOSPITAL

Water is an essential part of our daily lives, yet the tap water we receive is often not safe for drinking. Filtration plays a crucial role in purifying water by removing impurities and making it safe for consumption.

RCMM is committed to providing clean and safe drinking water in schools and police stations. Recently, we received a request from Rtn. Dr. Pallavi Saple to install water filters at J. J. Hospital's Nivasi Hostel. Responding to this need, we successfully installed three water filters on the 4th, 6th, and 7th floors, ensuring access to clean water for approximately 300 residents.

This initiative reflects our ongoing efforts to promote health and well-being through sustainable water solutions.



*"Thousands have lived without love, not one without water."*

*W. H. Auden*

*"Pure water is the world's first and foremost medicine."*

*Slovak Proverb*





### DONATION OF PROJECTOR TO DIGNITY DEMENTIA CENTRE AT MAHIM

Dignity Foundation operates specialized Dementia Care Centres for senior citizens across five cities—Mumbai, Pune, Chennai, New Delhi, and Kolkata. These centres provide a safe and stimulating environment where individuals with dementia receive compassionate care from trained caregivers and benefit from therapies designed to slow cognitive decline. Additionally, the centres offer much-needed respite for caregivers, helping ease their physical and emotional burden.

RCMM has previously supported Dignity Foundation by donating water filters to ensure access to clean drinking water. This time, the foundation requested a projector to help engage patients, as managing them without visual stimulation can be challenging.

On 19th March, RCMM fulfilled this request by donating a projector in the presence of PR Vidula and Rtns. Asavari, Revati, and Shaila. The impact was immediate and heartwarming—patients showed keen interest in watching the visuals on screen.

RCMM members take pride in contributing to this initiative, knowing that their support helps create moments of engagement, comfort, and joy for individuals living with dementia.





### ANNADAN THROUGH DON GHAS

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

On 11th March and 30th March (Gudi Padwa), RCMM sponsored lunch for 150 people. Special thanks to Rtn. Revati's friend, Arati Mhatre, who donated in memory of her husband Vikas Mhatre, and to Gaurang Kanvinde, who contributed in memory of his father Rajendra Kanvinde.

Both days saw Rtn. Revati actively participating in the service. Reflecting on the Gudi Padwa celebration at Don Ghas, outside KEM Hospital, she shared:

*"A truly fulfilling Gudi Padwa celebration! Today's special meal included aamras—the season's first mango—served alongside our regular lunch packets, making the occasion even more memorable."*

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



*"Annadan is Maha dan - Feeding the hungry is the greatest act of kindness, for food sustains life itself."*





### DISTRICT INITIATIVE & CO-HOST

#### 1. District Conference - SAMANVAY

The much-anticipated District Conference Samanway 2025 was held at the prestigious Jio World Convention Centre, BKC, Mumbai, on the 1st and 2nd of March 2025. This grand event brought together Rotarians from Districts 3141 and 3142, fostering collaboration, learning, and camaraderie.

A remarkable 21 Rotarians from our club actively participated in the conference, immersing themselves in two days of insightful discussions and thought-provoking sessions.

The event commenced on a high note with the Magical March of all Presidents, setting a vibrant and inspiring tone. This was followed by the welcome address of RIPR Sangkoo Yun and an engaging Q&A session with PRIP K. Ravindran.

The conference featured an impressive lineup of distinguished speakers, each an expert in their respective domains. Their powerful narratives and thought-provoking insights left an indelible mark on every attendee. The highlight of the event was the felicitation of three extraordinary individuals whose contributions to social upliftment have been truly transformative:

- Shri Chaitram Pawar – Championing rural development
- Ms. Atul Sharma – Advocating for marginalized communities
- Dr. Sanvi Jethwani – A trailblazing trans activist

The conference was not just an event; it was an experience that rekindled the spirit of Rotary. The engaging sessions enriched our perspectives, ignited new ideas, and reaffirmed our commitment to service. The conference truly reinforced the essence of Service Above Self and the boundless potential of Rotary in shaping a better world.



### DISTRICT INITIATIVE & CO-HOST

#### 2. Learning Seminar

District had organizing Learning Seminar to groom up the leaders of Rotary Year 2025-26. From RCMM President Elect Shaila, Secretary Elect Sunita and Treasurer Elect Vandana attended the seminar. It was quite informative and inspiring.



*"Rotary is a journey of service, and learning is its compass. A Rotary Learning Seminar is not just about gaining knowledge—it's about transforming insights into action, leadership into impact, and vision into service for a better world."*





### 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
Arati Vikas Mhatre	7,500	Annadan through Don Ghas	Revati Kanvinde
Suruchi Gaitonde	10,000	Education	Shobha Karnik
Gita Kanvinde	10,000	Annadan through Don Ghas	Revati Kanvinde
Lalit Mhatre	1,000,000	Medical	Sunita Padwal
NRB Bearings Ltd	150,000		Varsha Parulekar

If you need to raise funds from donors, you need to study them, respect them, and build everything you do around them.



### FAMILY CORNER



Heartiest Congratulations to **Rtn. Dr. Pallavi Saple** for being a Chief Guest at MOGS event and getting felicitated by Dr Suvarna Khadilkar, President MOGS. MOGS is Mumbai Obstetric & Gynecological Society. It is a professional organization dedicated to the advancement of obstetrics and gynecology, providing education, training, and networking opportunities for medical professionals in Mumbai.







### FAMILY CORNER



Heartiest Congratulations to **Rtn. Dr. Sanhita Walawalkar**, for getting invited to deliver a talk on "Approach to the management of Pre Diabetes" at Westin, Powai.





### FAMILY CORNER



Heartiest Congratulations to **Sanjeev**, husband of **Rtn. Asavari Chandorkar**, on the release of his two books on Micro Finance, published by Lok Wangmay Home. Adding to this achievement, a podcast featuring an insightful interview with him, conducted by Vinayak Pachalag, has also been released. You can access the podcast at [https://www.youtube.com/watch?v=govUP\\_eXzhI](https://www.youtube.com/watch?v=govUP_eXzhI)

**लोकवाङ्मय गृह आयोजित**  
**प्रकाशन समारंभ**

मायक्रो फायनान्स :  
गरिबांसाठी 'चारक' का 'चारक'  
पुस्तक क्रमांक - 1

**आणि**

मायक्रो फायनान्स :  
राजकीय अर्थव्यवस्था  
पुस्तक क्रमांक - 2

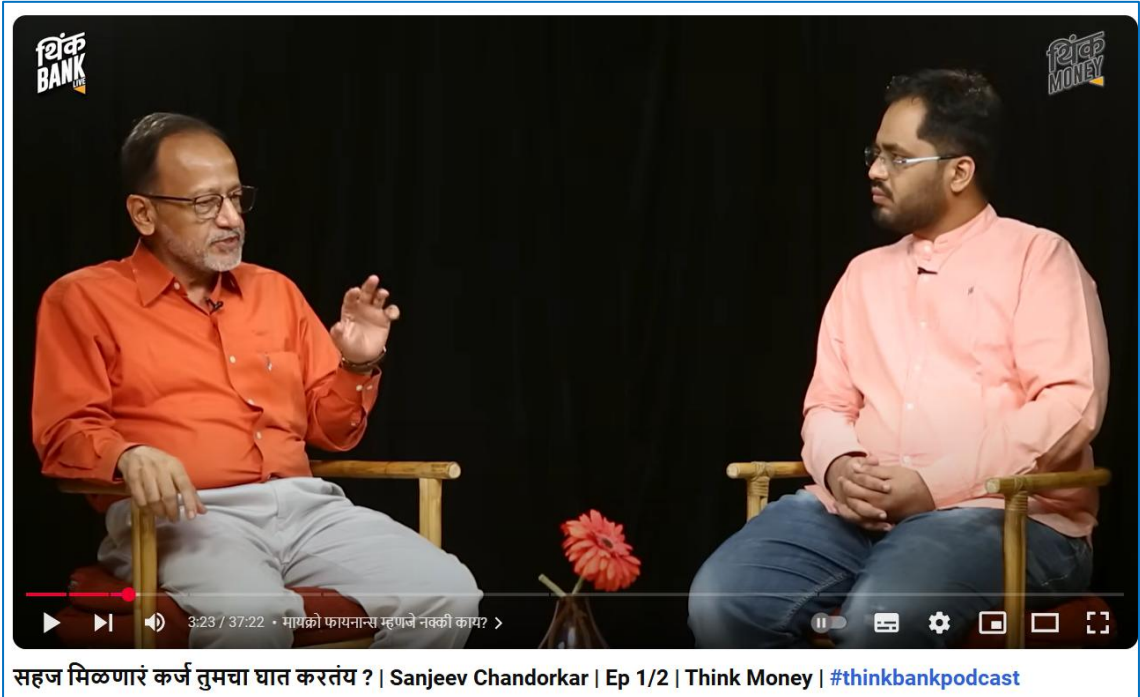
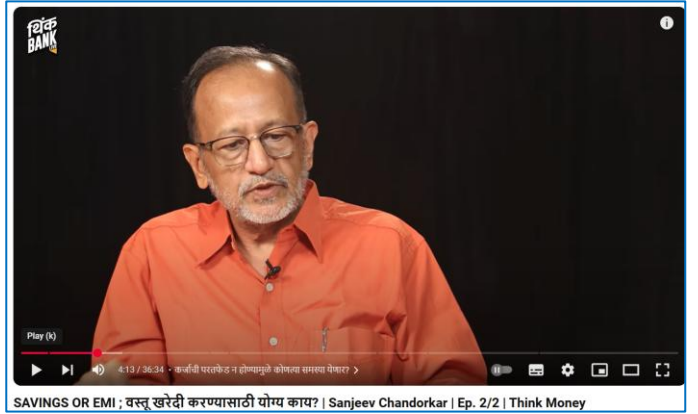
लेखक : संजीव चांदोरकर

अव्यस  
को. डॉ. भालचंद्र खानगो,  
संवालय, लोकवाङ्मय गृह

वक्ते  
प्रा. शमा दलवाई,  
को. संविदास तुळजापूरकर

शनिवार 8 मार्च 2025, संध्याकाळी 5.30 वा.  
स्थळ : भूपेश गुप्ता भवन, तिसरा मजला, 85, सयानी रोड, प्रभादेवी, मुंबई - 25

आपली उपस्थिती प्रार्थनीय आहे.  
निमंत्रक - राजन बावडेकर







### FAMILY CORNER



Heartiest Congratulations to **Aditi**, daughter of **Rtns. Prakash and Sandhya Samudra**, for getting an opportunity to present her innovation 'Save Screening Assisted Virtually and Early using POCT Integrated approach for Tuberculosis TB & Post TB CRD' at India Innovation Summit, held at New Delhi.





### FAMILY CORNER

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



Kiran, wife of Rtn. Dr. Prasad Modak  
 Neha, daughter of Rtns. Shaila & Lalit Rege  
 Omkar, son of Rtn. Vasant Pathak  
 Tripooraj, son of Rtn. Dr. Hemangee Dhavale  
 Jayant, husband of Rtn. Shobha Karnik  
 Rtn. Dr. Hemangee Dhavale  
 Rucha, daughter of Rtn. Archana Khale  
 Sayali, daughter of Rtn. Uday Damale  
 Suhas, husband of Rtn. Sunita Padwal  
 Rtn. Surashri Gokhale  
 Himani, wife of Rtn. Cittaranjan Datar  
 Rtn. Uday Damale  
 Rtn. Veena Watve  
 Rtn. Chittaranjan Datar  
 Amruta, daughter of Rtn. Pradeep Dixit  
 Sushila, wife of Rtn. S Venkateswaran  
 Rtn. Uma Sahasrabudhe  
 Dr. Madhura, wife of Rtn. Dr. Nilesh Satbhai  
 Varun, son of Rtn. Dr. Nilesh Satbhai  
 Abhimanyu, son of Rtn. Alka Khedakar





### FAMILY CORNER

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



**Rtns. Varsha & Kishore Parulekar**

**“Fellowship isn’t just  
what we do for each  
other. Fellowship is  
what we do together  
for the world.”**

—  
**Eric Bryant**



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**Instagram at**

**<https://www.instagram.com/rotarymumbaimahim?igsh=YzljYTk1ODg3Zg==>**