

ROTARY CLUB OF MUMBAI MAHIM

DISTRICT 3141, CLUB No. 59127



MAHIM WAVES

May, 2025





- R. I. President Stephanie Urchick District Governor Chetan Desai
 - 🔷 President Vidula Kshirsagar 🔷 Secretary Shaila Rege 🔷
 - Shobha Karnik 💠





FROM PRESIDENT'S DESK



May brought with it the sweltering summer heat, but that did not deter our spirited members from stepping out and carrying out impactful service projects. Their enthusiasm and unwavering commitment continue to inspire.

Our dynamic duo, Rtn. Dr. Latika and Rtn. Asavari, successfully completed the ration distribution for TB patients for the month of May—a commendable effort indeed. Meanwhile, Rtn. Dhananjay and Rtn. Kishore went the extra mile, visiting a shoe manufacturing unit in Airoli to carefully select footwear to be donated to underprivileged children.

Shoes were then distributed to children in Bandra, Mankhurd, and at a local boxing club. It was heartwarming to witness their joy—many of them had never worn footwear before, and the smiles on their faces said it all. A truly noble gesture that brought comfort and dignity to their tiny feet.

Another meaningful initiative this month focused on women empowerment. This project was executed in the rural village of Warad in Konkan, Maharashtra, where 27 women farmers were provided with essential farming tools such as water pumps, hose pipes, and spray pumps. These tools will significantly reduce their manual labor, save time and energy, and ultimately enhance their productivity.

A special note of appreciation to Rtn. Varsha for securing CSR support from NRB Bearings, and to Rtn. Hemal for conceptualizing the project and managing its execution with such dedication. The villagers welcomed us warmly, and the distribution ceremony was filled with gratitude and high regard—a truly humbling experience.

This month's weekly meeting also received an excellent response, as we hosted an insightful lecture on "Spotting Early Signs of Dementia" and "Brain Aging, Cognitive Impairment, and the Caregiver Perspective.

All in all, May was a month of meaningful engagement and impactful service. Heartfelt thanks to all members for their continued dedication and spirit of service.

Enjoy Rotary and Enrich Life.





ROTARY CLUB OF MUMBAI



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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 Malvan, Katta from 23rd April to 1st May 2025, with valuable support from Rtn. Rashmi.

Despite the scorching heat, 40 students attended the Madhali Sutti programme regularly for all 10 days, many of them travelling from distant places. The dedication and enthusiasm they showed were truly commendable. We received overwhelmingly positive feedback — not only from the students but also from several parents, who expressed immense appreciation for Rtn. Dr. Ajay Darekar, praising his guidance and impact beyond words. The programme was a resounding success.





One of the students Krutika Devendra Lohar from Varadkar High School Katta, says......

"We sincerely thank Dr. Ajay Darekar and Vishal Dada for their inspiring guidance during the Madhali Sutti programme. Their insightful talks, positive approach, and honest advice helped us see ourselves in a new light. Their teachings will stay with us for life — not just for a day.





SUMMER CAMP - MADHALI SUTTI

This wasn't just a fun break; it was a refreshing, energizing, and deeply motivating experience. They didn't just guide us; they helped awaken our self-confidence, explained the importance of believing in ourselves, maintaining a positive outlook, and making consistent efforts.

We are grateful to them for understanding us, patiently answering our questions, and even tolerating our little mischiefs! Their warmth and attentiveness made a big impact. It's our fortune to have met such calm, understanding, and inspiring individuals.

On behalf of everyone, heartfelt thanks for coming all the way from Mumbai to spend your precious time with us in our small village of Katta."













Special thanks to Rtn. Dr. Darekar and Rtn. Rashmi Patil for successfully completing one of the students' most cherished programs 'The Madhali Sutti.' The remarkable transformation in the students under Rtn. Dr. Darekar's mentorship is truly admirable. Equally commendable is Rtn. Rashmi's unwavering dedication — from identifying the school to making multiple visits to personally oversee the children's progress.





ROTARY CLUB OF MUMBAI MAHIM

RATION DISTRIBUTION UNDER PRADHAN MANTRI TB MUKT BHARAT ABHIYAN

In continuation from last month, on 6th May, 2025 ration was distributed to 16 patients at BMC dispensary, behind Goa Portuguesa restaurant, City light. Rtns. Asavari and Dr. Gurmit 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.





















EMPOWERING WOMEN FARMERS

The Rotary Club of Mumbai Mahim, in collaboration with NRB Bearings Limited, undertook a meaningful project to support and empower women farmers in the remote village of Warad Taluka Malvan, District Sindhudurg. Here, women traditionally engage in "Porasu" farming—cultivating small plots of land (2–4 gunthas) around their homes post-monsoon. These plots yield a mix of vegetables such as chilies, beans, corn, eggplants, and leafy greens, sustaining the families and generating modest income through local market sales.

Recognizing their efforts and the potential to enhance productivity, RCMM and NRB Bearings provided vital agricultural tools including electric pumps, petrol/diesel engines, spray pumps, and HDPE pipes on 6th May, 2025. A total of 27 women farmers received this support, enabling better irrigation and crop management.



माहीम रोटरी क्लबचा महिला शेतकऱ्यांना हातभारे

बराइ-मालवणमयील शेती करणाऱ्या पहिलांना रोटी कच्च माहीम व एनआसी बेजिया लिमिटेड यांच्या पहिलांना रोटी कच्च माहीम व एनआसी बेजिया लिमिटेड यांच्या प्रस्तुक माण्यामातून मदत करण्यात आली. या महिलांना ओर-गेंक इंतिस्ट्रक एप. प्रदेश इंजिन, प्रेरे पर, एन्झीपीई चारिक अंती सापने देण्यात आली. यावातील एकुण २२ लामार्थी शिक्तांना यांचा लाग देण्यात आले. यावातील एकुण २२ लामार्थी शतकारी महिलांना यांचा लाग देण्यात आले. योजना स्थापता अगार कंपना करणात त्यार करणा महलांचे आहे. योजनामां करणात त्यार करणा महलांचे आहे. योजनामां भी गीत केवी आते. ही शेती प्रमुख्याने महिला मोज्या प्रमाणात करताता त्या महिला कुटुवातील लोकांचा पुस्त जे उरेल ते गावातील बाजारात किट्ठन काठी पेती विवर्णवाता माण्या माण्या काठी परिवर्णवाता माण्या माण्या लागी स्थापता क्यारी माण्या लागी स्थापता क्यारी माण्या लागी स्थापता क्यारी माण्या लागी स्थापता क्यारी माण्या स्थापता स्थापता स्थापता क्यारी माण्या स्थापता स्यापता स्थापता स्यापता स्थापता स्थापता स्थापता स्थापता स्थापता स्थापता स्थापता स्य

मका झेंड मुळा लाल भाजी.



वराड : रोटरी क्लबकडून महिला शेतकऱ्यांना शेतीसाठी आ अवजारांचे विनामूल्य वाटप करण्यात आले.

मका भेडी, भोषव्या अशी निश्च पिकं परुक्वेकर, प्रवासित प्रेमी भागिता वा श्रीसाडी भोग्वासील भोग्वासील भोग्वासील भोग्वासील भोग्वासील भोग्वासील भोग्वासील भोग्वासील भोग्वासील भागिता प्राप्ति रोटरी करूब पाडीम मुक्के प्रपादक प्राप्ति भोग्वासील स्वासील भोग्वासील स्वासील भोग्वासील स्वासील भागित स्वासील भागित स्वासील स

मुंबई अध्यक्ष विदला क्षीरसागर, वर्षा





EMPOWERING WOMEN FARMERS









This initiative not only focused on boosting agricultural efficiency but also promoted food security and natural farming, emphasizing the health benefits of safe, homegrown produce nurtured with cow dung manure and mineral water.

RCMM donated following items:

- ➤ 6 Kirloskar 1HP Openwell Pumps
- > 4 Vijay Villars 2HP Engine Pumps
- 5 Battery Spray Pumps
- > 100m HDPE Pipe (2")
- > 100m HDFC Pipe (1")

Special thanks to Rtn. Rashmi Patil for identifying this impactful project and carefully selecting the beneficiaries. Heartfelt gratitude to NRB Bearings Ltd. for their generous CSR funding, and to Rtn. Varsha for her dedicated efforts in securing and pursuing the CSR partnership.

This thoughtful intervention is yet another example of RCMM's continued commitment to sustainable development, women empowerment, and rural upliftment.





HAPPY FEET - SHOE DISTRIBUTION DRIVE

The Rotary Club of Mumbai Mahim (RCMM), in collaboration with Yuva Foundation, proudly carried out the Happy Feet – Shoe Distribution Drive under the Bare Feet Project to bring comfort, dignity, and smiles to underprivileged children.

On 9th May, 2025, Yuva Foundation volunteers reached out to children living in the slum areas of Bandra and Mankhurd, distributing sports shoes to those identified by the Yuva Foundation. For many of these children, it was the first pair of proper shoes they had ever owned — a small gesture that made a world of difference. The drive also extended support to children undergoing boxing training, who often have to manage without basic sports gear. Their coach, Mr. Rajan Jothady, expressed heartfelt gratitude, highlighting how essential proper footwear is for both performance and safety in the sport.

The effort continued on 12th May, 2025 at Savarkar Smarak, Shivaji Park, where RCMM distributed sports shoes to another group of underprivileged young boxers. Their dedicated coach, who trains them free of cost, shared that many of these aspiring athletes come from extremely modest backgrounds and are unable to afford even basic training essentials. As boxing requires compulsory footwear, this thoughtful donation is sure to enhance their training experience and morale.

This project was a perfect blend of compassion and impact — promoting health, sports, and self-esteem, one step at a time. A total of 118 children benefited from this thoughtful initiative.

At Bandra:









HAPPY FEET – SHOE DISTRIBUTION DRIVE

At Mankhurd







At Savarkar Smarak, Shivaji Park











PARTICIPATION IN DISTRICT PROJECT INITIATIVES

1. Vibrant Anaganwadi

Rotary District 3141 has launched an impactful initiative titled "Vibrant Anganwadi," focused on enhancing early childhood education in Anganwadi centers, especially in the underserved regions of Jawhar and Mokhada. The project involves the refurbishment of these centers and includes comprehensive training programs for Anganwadi workers and supervisors, equipping them to become effective trainers themselves. This approach ensures a sustainable improvement in the quality of education provided to young children.

Rotary Club of Mumbai Mahim is proud to sponsor two Anganwadis under this initiative, with generous contributions from Rtn. Dhananjay Patwardhan and Rtn. Chittaranjan Datar. This support will make a meaningful and lasting impact on the lives of children in these communities, offering them a stronger foundation for their future.







Sponsored by Rtn. Patwardhan

Details:

Anganwadi Worker Name- Shakuntala Ambu

Borse

Helper – 1

Children: Boys – 14 Girls – 41 Total – 55

Details:

Anganwadi Worker Name- Suchita Hemant

Bhoye

Helper – 1

Children: Boys – 16 Girls – 16 Total – 32





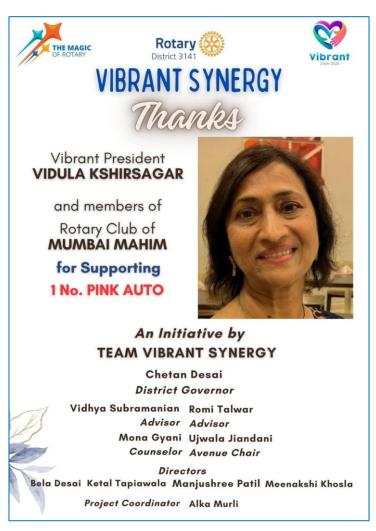
PARTICIPATION IN DISTRICT PROJECT INITIATIVES

2. Project Pink Auto

Project Pink Auto is a transformative women empowerment initiative by Rotary District 3141, aimed at fostering economic independence and safety for women in Maharashtra.

The project provides women with pink-coloured auto rickshaws and training in driving, enabling them to earn a sustainable livelihood as drivers. This initiative not only offers financial autonomy but also enhances safe transportation options for women commuters.

RC Mumbai Mahim is proudly sponsoring for one Pink Auto. By equipping women with the necessary skills and resources, Project Pink Auto is driving meaningful change in community development and gender equality.







BAKU DIARIES: AN UNFORGETTABLE INTERNATIONAL FELLOWSHIP

In a milestone moment for the Rotary Club of Mumbai Mahim, members and friends embarked on a weeklong international trip to Baku, Azerbaijan, from 23rd April to 1st May 2025. It was our first-ever long-distance Rotary tour, and it turned out to be one of the most exhilarating and memorable experiences for everyone involved.

From the moment we set out, the excitement and spirit of togetherness were palpable. Whether it was sharing food during long bus rides, playing antakshari, cracking jokes, or simply enjoying each other's company — every day was filled with laughter, bonding, and camaraderie.

Example 2 Special Celebrations on the Road

Two wonderful milestones added a touch of magic to the journey:

- A joyous birthday celebration for Rtn. Kiran, and
- ❖ A delightful matrimony announcement by Ninad, much to everyone's surprise and cheer.

To mark the occasion, Rtn. Sunita graciously sponsored drinks during a lively Mexican dinner night, complete with entertainment from the restaurant owner. Members joined in with singing, dancing, and pure Rotary-style merriment.





ROTARY CLUB OF MUMBAI



MALLIA

BAKU DIARIES: AN UNFORGETTABLE INTERNATIONAL FELLOWSHIP

Exploring the Heart of Azerbaijan

The itinerary was full of exciting adventures:

- > Feeding adorable alpacas
- > Taking a cable car ride in Qabala
- Visiting the majestic Shahdag mountain
- Riding the thrilling Tora Tora to the mud volcanoes
- Wandering through the charming Old City of Baku

Members also indulged in delicious local cuisine, shopped for authentic baklava and chocolates, and embraced the local culture with open hearts.

















BAKU DIARIES: AN UNFORGETTABLE INTERNATIONAL FELLOWSHIP





ROTARY CLUB OF MUMBAI



MALUM

BAKU DIARIES: AN UNFORGETTABLE INTERNATIONAL FELLOWSHIP

















Breakfasts, Reels & Rotary Spirit

Our stay at the Marriott Hotel became a hub of morning bonding over lavish breakfasts, impromptu reel-making, and endless photo sessions. It was not just about sightseeing — it was about deepening connections, caring for one another, and living the Rotary value of "Service Above Self" through genuine fellowship.

A Journey to Remember

This trip reminded us all that the more we travel together, the better we understand and connect with one another. Every member played a role in making it special — by showing care, enthusiasm, and an unbreakable spirit of unity.

We returned not just with souvenirs and photos, but with unforgettable memories, stronger bonds, and a renewed sense of Rotary fellowship.



ROTARY CLUB OF MUMBAI



MALUM

RECOGNIZING AND MANAGING DEMENTIA

Dementia is more than just memory loss—it affects a person's thinking, behavior, and ability to perform everyday activities. To spread awareness and encourage early intervention, Rotary Club of Mumbai Mahim organized an insightful session by Dr. Aditya Gudhate, a neurologist at KEM Hospital on Recognizing Dementia, helping participants understand the early warning signs and the importance of timely medical attention.

Dr. Aditya Gudhate says......

Dementia often begins subtly. Some common early signs include forgetfulness, especially about recent events, difficulty finding words, misplacing objects, and struggling with familiar tasks like cooking or handling finances. People may also become confused about time or place, or show mood and personality changes, such as withdrawal, irritability, or apathy.

Recognizing these signs early is crucial. While not all memory issues indicate dementia, consistent patterns of cognitive decline should not be ignored. A timely diagnosis can help manage symptoms better, plan care, and support both patients and caregivers. The session also emphasized that dementia is not a normal part of aging and encouraged attendees to seek medical advice if they notice warning signs in loved ones.













RECOGNIZING AND MANAGING DEMENTIA

In a deeply empathetic and enlightening session, Rtn. Dr. Prem Narsimhan, an experienced geriatrician, shared insights on "Dementia from a Caregiver's Lens." He highlighted the emotional, physical, and psychological challenges faced by caregivers who support loved ones living with dementia. Often, the burden is silent, with caregivers navigating feelings of frustration, helplessness, and grief while trying to maintain patience and compassion.

Dr. Narsimhan emphasized the need for building awareness, patience, and support systems—both medical and emotional—for caregivers. He offered practical tips such as creating structured routines, using visual aids, ensuring safety at home, and most importantly, taking care of one's own mental health. The session served as a reminder that caring for the caregiver is just as important as caring for the patient, and reinforced the message that no one should walk the dementia journey alone.

It was a joint meeting with Rotary Club of BKC. Both sessions were highly informative, thoughtfully presented, and very well received by the audience.









DISTRICT INITIATIVE & CO-HOST

1. Directors Orientation Programme (DOP)

Directors Orientation Programme was held by two clubs, Rotary Club of Mumbai Khar and Rotary Club of Mumbai Mahim at Otters Club, Bandra on 14th May, 2025. The sessions were very inspiring. From RCMM Rtns. Lalit, Dr Nilesh Satbhai, Pradnya, Seema, Shaila, Vandana, Vipul and Usha attended





2. Inspired District Membership Seminar

On 18th May, 2025 District had organized Membership Seminar on Zoom. From RCMM Rtns. Sunita and Pradnya attended the same. Lot of tips were share on how to retain existing members and attract new members.

"Investing in Anganwadis is investing in India's future — one child, one smile, one opportunity at a time."

"Empowering an Anganwadi empowers an entire community."





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
Rtn. Arati Dhavale	2,000	Ration for TB Patients	
Rtn. Usha Yegnaseshan	1,000		







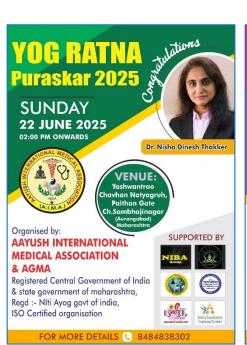
FAMILY CORNER



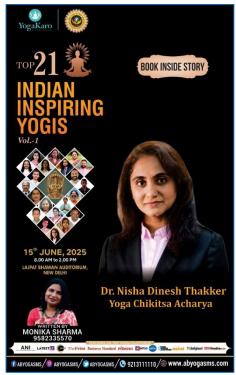
Heartiest Congratulations to Rtn. Dr. Nisha Thakkar for getting awarded as Yoga Ratna Award and Aayush Mahasanman Purskar 2025 organized by Aayush International Medical Association & AGMA.

Additionally, She is also getting featured in 'Top 21 Indian Inspiring Yogis Vol. 1' book as **Yog Chikitsa Acharya**.

RCMM wishes all the best to Dr. Nisha in her future endeavours.











FAMILY CORNER



Heartiest Congratulations to Rtn. Dr. Gurmit Bachher for successfully completing Rotary Leadership Part III course held at Goa.





ROTARY CLUB OF MUMBAI MAHIM



FAMILY CORNER

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

Arya, daughter of Rtn. Shital Bhatkar

Anuradha, daughter of Rtn. Uma Sahasrabudhe

Rtn. Vipul Bondal

Arnav, son of Rtn. Dhananjay Patwardhan

Saniya, daughter of Rtn. Arati Dhavale

Rtn. Archana Khale

Rtn. Rashmi Patil

Ashwini, wife of Rtn. Dr. Ajay Darekar

Vrinda, wife of Rtn. Dhananjay Patwardhan

Amruta, daughter of Rtn. Anand Limaye

Dr. Lukena, daughter of Rtn. Julina Karkhanis

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



Rtn. Asavari & Sanjeev Chandorkar

Rtn. Shobha & Jayant Karnik

Rtn. Rashmi & Dr. Anand Patil

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