



MAHIM WAVES

OCTOBER, 2023



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

◆ President – Pradnya Sabnis ◆ Secretary – Vidula Kshirsagar ◆

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



FROM PRESIDENT'S DESK



In the Month of October we focused on one of our regular projects for years that is distribution of bicycles to girl students in remote areas of Konkan belt. Rtn. Rashmi Patil being her home town, helped us to shortlist the deserving students with the help of local NGO Barr. Nath Pai Sevangan. Bicycles were handed over to the students on 10th October, 2023 by organizing a programme at Barr. Nath Pai Sevangan Hall. To make the programme more interesting, girl students were given a task of narrating different characters from the book on Mahatma Gandhi written by Smt. Sanjeevan Kher. All of them spoke very confidently. On 12th October, we visited local school at Vadacha Pat where a printer, donated by RCMC was inaugurated. This school is very unique that along with curriculum they impart different skills to students which will help them for becoming entrepreneurs in future and will encourage them to settle in their own areas rather than migrating to cities. School children had arranged an exhibition exhibiting their skills. Total 10 Rotarians travelled all the way from Mumbai specially for these two projects. It was also a good fellowship as they could spent good quality time in Konkan visiting local beaches and temples. Rtn. Deepa Pednekar had arranged some nice local food and boat ride in back waters for RCMC members. It was a life time experience for all of us.

RCMC believes in helping students for education and donated two green boards to Shishu Vihar School. Scholarship Books were donated to Mangaon Ashramshala. Thanks to Rtns. Veena and Alka. Woman empowerment is one of our focus area and we donated an atta chakki to housewife Mrs. Sunita Thakur helping her to become independent. Special thanks to Rtns. Dr. Hemangi Dhavale and Dr Shobha Patkar for preparing Mental Health Myths and Facts pamphlets for awareness of general public on Mental Health.

We co-hosted the program 'Human Connections in Rotary' arranged by RC Chembur West. Myself and Dr Sneha attended the programme. Rtn. Manoj Gursahani spoke about how networking within the members of Rotary can benefit the members socially and also financially as business opportunities can be shared among Rotary members. DGND Dr. Manish Motwani also spoke about importance of networking amongst Rotary members.

Enjoy Rotary and Enrich Life.





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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.

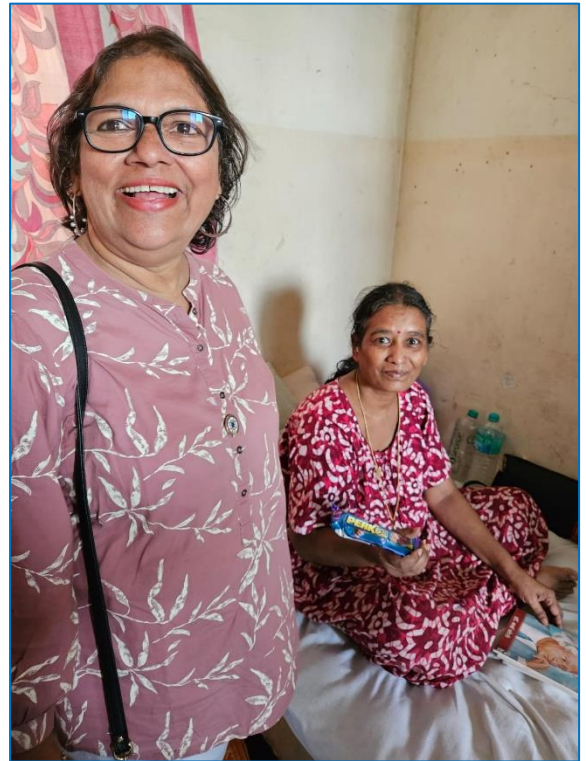
Year 2023-24

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DONATION OF MEDICAL ITEMS TO RESPITE HOME AT BANDRA

RCMM has been associated with Respite Home at Bandra through Rtn. Sunita. It is Palliative Care Centre for Cancer patients. We have been doing projects with them as and when request comes. This time it was distribution of Medical Items such as Saline Bottles, Pulse Oxymeter, Gloves, Masks, Clinical Thermometer, Nebulization Mask, Nasal Prongs, Rubber Sheets, Cotton Gowns and Short Pant, assorted items. On 6th October, 2023 Rtns. Sunita, Shaila, Vidula and Dr Shobha visited the respite home and handed over the items.



Rtn. Sunita Padwal,
The Rotary Club Mumbai,
Mahim.

Dear Madam,

Please accept our sincere gratitude for your support and donation of items for our cancer patients at Respite Palliative Care Unit & Training Centre service under Department of Palliative Medicine.

Donation Items are as follows:

Sr. no	Donation Items	Qty
1.	IV Normal Saline 500 ml	25
2.	IV DNS 500 ml	25
3.	Examination Gloves	100
4.	Pulse Oxymeter	2
5.	3 ply Mask	100
6.	Clinical Thermometer	10
7.	Measuring point	5
8.	Nebulisation Mask	10
9.	Nasal Prongs	10
10.	Mackintosh Rubber sheet	3
11.	Gauze Piece	5
12.	Gamjee Roll	3
13.	Cotton Gown (patient)	12
14.	Cotton Short Pant (Patient)	12

Thanking you for your support & donation.

Yours sincerely,

Shinde
Dr. Tanvi Shinde,
Medical Officer,
Respite Palliative Care

Respite Palliative Care Project
Dr. Ernest Borges Memorial Home
Madhusudan Kalelkar Marg, Kalanagar,
Bandra East





ANNADAN - RATION DISTRIBUTION AT TILHER SCHOOL



In continuation of Annadan Project on 6th October, 2023 RCMM distributed the monthly ration to the teachers of Tilher School at Vasai. Rtn. Kishore visited the school and distributed the ration.

RATION DISTRIBUTION UNDER PRADHAN MANTRI TB MUKT BHARAT ABHIYAN

In continuation from last year, on 12th October, 2023 ration was distributed to 16 patients at BMC health Post near Shardashram school. We will be providing the ration during the period of their medication. Hope this helps the patients to regain their health and lead the normal life.





CYCLING TO SUCCESS - DISTRIBUTION OF BICYCLES AT KATTA

RCMM has been distributing bicycles every year to girl students from rural areas. There has been very encouraging results – drop outs of girl students reduced, they are scoring well and aspiring for studies beyond the school. Bicycles have proven to be wheels of change and evidence suggests they can successfully boost rural girls’ enrollment in the school.

RCMM has been associated with Barrister Nath Pai Sewangan at Katta, an organization working for upliftment of school children in rural areas for last five years, donating them books, sewing machines and bicycles for needy girl students. We have donated 41 bicycles so far. We also keep a track of academic progress of these girls.

On 9th October, 2023 RCMM distributed 7 bicycles to deserving students. Sevangan had organized a program and the bicycles were handed over to the girl students along with machine oil and air pumps to maintain the bicycles. Ten RCMM members travelled to Katta and witnessed the distribution.





CYCLING TO SUCCESS - DISTRIBUTION OF BICYCLES AT KATTA

The Sevangan had organized a program to welcome RCMM members. The program was really well organized, compact and crisp. Thanks to Sevangan management, specially Mr. Deepak Bhogate. The girls in nearby schools were given a book to read and out of them the best three girls presented their understanding – summary of the book. All the three girl students spoke with confidence and ease, which was no less than any city students. They have now 12000 books in their library, out of which few are donated by RCMM. PR Pradnya appreciated their efforts and good work with a promise to continue the help. Treasurer Shaila spoke about Barrister Nath Pai, being her uncle and reiterated to keep on helping the school. Rtn. Uma, in her own style kept the students engaged by telling good moral stories. It was a very satisfying experience for all the RCMM members and felt worth visiting the place which is at a distance of approximately 500 kilometers.



रोटरी क्लब मुंबई-माहिम
नाथ पै सेवांगण कट्टा

लेखक विमोक्षण

श्री शांतादुर्गा हायस्कूल, बडाचा पाट
या शाळेस कॅनन प्रिंटर व
होतकरू विद्याथ्यांला सायकल वितरण

श्रीमती प्रज्ञा सबनीस
अध्यक्ष-रोटरी क्लब मुंबई माहिम
यांचे हस्ते

श्रीमती शैला रेगे
स्वनिर्दार-रोटरी क्लब मुंबई माहिम
यांच्या प्रमुख उपस्थितीत

बुधवार दि. ११ ऑक्टोबर २०२३ रोजी
सकाळी १०.०० वा.

संपन्न होणार आंहे, तरी या कार्यक्रमास आपण
अस्वय उपस्थित राहावे, ही विनंती.

*** आपले स्नेहोक्ति ***
रोटरी क्लब मुंबई माहिम नाथ पै सेवांगण कट्टा

*** स्थळ ***
श्री शांतादुर्गा हायस्कूल, बडाचा पाट
ता. मालवण, जि. सिधुदुर्ग.

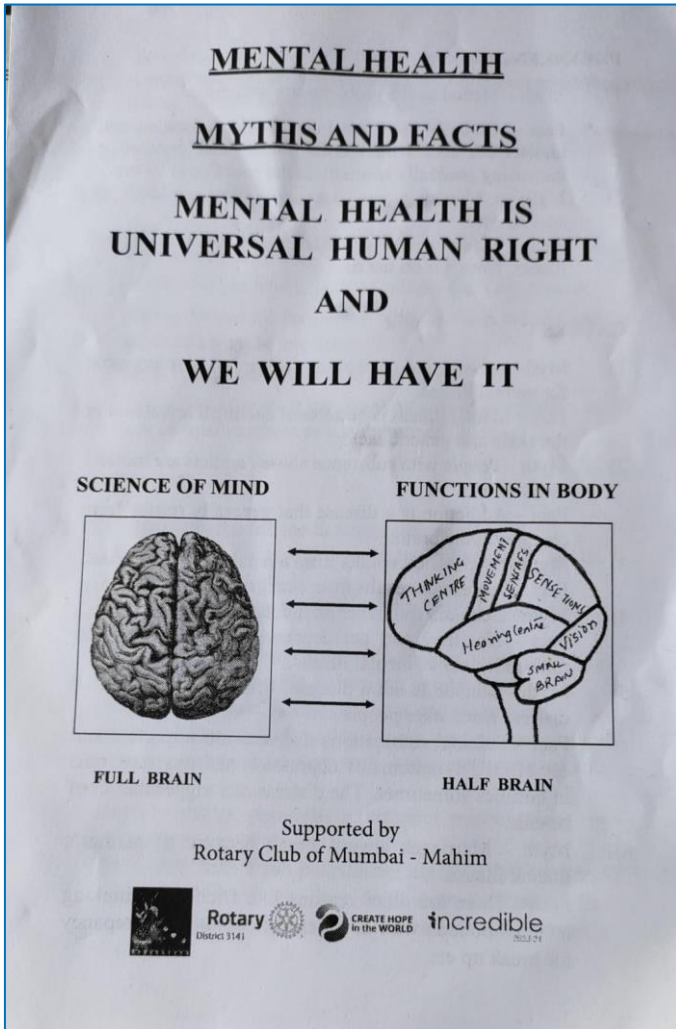




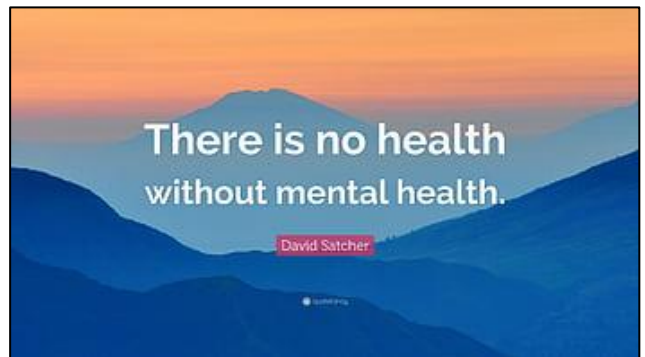
MENTAL HEALTH AWARENESS THROUGH PAMPHLETS

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Mental and physical health are equally important components of overall health. For example, depression increases the risk for many types of physical health problems, particularly long-lasting conditions like diabetes, heart disease, and stroke. Similarly, the presence of chronic conditions can increase the risk for mental illness.

Mental health awareness is the ongoing effort to reduce the stigma around mental illness and mental health conditions by sharing our personal experiences. Often, because of misconceptions about mental health and mental fitness, people often suffer in silence and their conditions go untreated.



World Mental Health Day on 10th October every year, is an international day for global mental health education, awareness and advocacy against social stigma. To bring in the awareness on mental health RCMM distributed 2000 pamphlets on 'Myths and Facts about Mental Health' in Wadala, Five Gardens and Hindu Colony areas. We took help of News Paper distributor to distribute the pamphlets bundle with the newspaper. Pamphlets were also distributed to various Psychologists and Counselors to distribute amongst their patients.

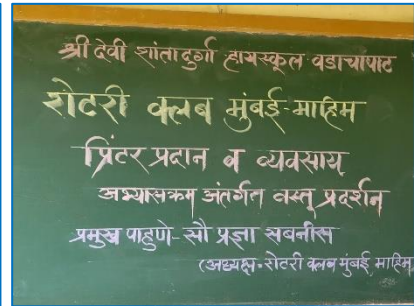




DONATION OF PRINTER TO HIGH SCHOOL AT VADACHA

On 11th October, 2023 RCMM members visited a school, located in a remote village called Vadacha in district Sindhudurga. The school is Shri Devi Shantadurga High school and is a very unique school, which focuses on professional skills development along with the curriculum studies. The students welcomed RCMM members with a nice exhibition of their skills in different departments of vocations like cooking, science experiments, engineering experiments, electrical and agricultural instruments, making fertilizers. It was such an overwhelming experience for all the Rotarians. The schools located in such a remote area with not much facilities, no amenities, no great Laboratories but still students and their devoted teachers have done wonders. Their eagerness to show their skills and get our appreciation was a unique experience for all the Rotarians who were completely knocked down with the students enthusiasm.

PR Pradnya inaugurated the printer donated by RCMM, by cutting the ribbon and printing a letter. This was followed by students welcoming all the Rotarians by singing a devotional and welcome songs. The students themselves played musical instruments to support the songs. Principal Kubal sir narrated all the ongoing projects and experiments in various vocational training. PR Pradnya appreciated the good work with a promise to support the school on behalf of RCMM. Rtn. Uma engaged the students with her moral stories. The function ended with a vote of thanks by the teacher. In all, it was a overwhelming experience for all the Rotarians.



Exhibits by Students

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

Year 2023-24

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SESSION AT CSV - COMMUNICATION SKILLS ENGLISH

Having established Interact club at Chatrapati Shivaji Vidyalaya, RCMC is conducting various sessions which will help the students in longer run. The school being a vernacular medium school, the students do have difficulties while communicating in English. A session was conducted for Interactors on Saturday 14th October, 2023 and topic was - Communication Skills – English.

Story reading was the first step taken up to develop the students' different skills. It was an interactive session. Students' participation was remarkable in story reading activity. Some tasks were assigned to them to exhibit their creativity and different skills. The session ended with best wishes for their first Semester Examination.

Total 31 Interactors attended the session. Rtns. Alka, Usha and Vrushali attended and conducted the session.



Rtns. Vrushali, Alka and Usha in discussions with Principal of CSV for further Plans.

**Communication is your
ticket to success, if you
pay attention and learn
to do it effectively.**



DONATION OF GREEN BOARDS TO SHISHU VIHAR SCHOOL

RCMM has been associated with Shishu Vihar School over last ten years. They requested RCMM to provide two Green Boards. On 16th October, 2023 PR Pradnya along with Rtns Veena and Pratibha handed over two new greenboards with dustless chalks and dusters at Secondary section of Shishu Vihar School, Dadar East. Principal Madam and Sir expressed their gratitude for this timely need as the examinations will commence soon.



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SANDALS DISTRIBUTION TO CHILD PATIENTS AT KEM HOSPITAL

On the occasion of Navratri, RCMM partnered with RCMM member Rtn. Shital Bhatkar's NGO WITHARYA and distributed 41 brand new sandals to the children from five wards of KEM Hospital. Their smiles and happiness have warmed our hearts.



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DISTRIBUTION OF SCHOLARSHIP BOOKS AT MANGOAN SCHOOL

Vanvasi Kalyan Ashram is a NGO working for the holistic development of tribal. Since the formation in 1952 they have supported the tribal in India through projects like education, health, livelihood, sports, women empowerment and social upliftments. Kalyan Ashram runs 240 hostels, 270 schools benefitting 8828 students.

They started a school with 10 janjati students at a hutment of two rooms at Mangaon. With the increased number of students the school shifted to a new building at Utekhoi Mangaon. Now almost 450 students from Katkari and Thakur janjati are studying in 1st to 10th standard. Started from hutment of two rooms the school premises are now spread over two acres. Being residential school students from 1st to 10th standard stay at school premises. Hence they have two hostels for girls and boys to stay over. Sprawling kitchen is built to feed these students. The school is equipped with science lab, computer lab and skill based training centre. Each classroom is equipped with a projector ready to implement e- learning. The skill based education is approved by SSC board.

From 8th standard all the students get free training in skill based education program as per their liking. Almost 18 courses are covered in this program in 4 different areas of farming, home science, technical and electrical field. The students get actual working experience in these courses.

RCMM received a request for providing scholarship books (guides) for 5th and 8th standard students. Twenty three sets of books were procured from Navyug Distributors and handed over to Ashram on 30th October, 2023. Special thanks to Navyug as they offered 30% discount. This donation will definitely help Ashram to create a learning environment where their students can thrive and reach their full potential.





WAY TO INDEPENDENCE – DONATION OF ATTA CHAKKI

RCMM donated an atta chakki to Sunita Thakur on 7th October, 2023. She has one child and she had to leave her job to take care of a child as there was no support. Now the child has grown up and she wants to create a source of income through atta chakki so that she can support her husband for taking care of family's financial needs and ensure good education for the child leading to better life. RCMM wishes her all the best and hope to fulfil her dreams through an atta chakki.





RTN. MANISH GYANI ON ROTARY COMMUNITY CORPS

On 7th October, 2023 RCMM had a guest speaker Rtn. Manish Gyani to tell us all about Community Corps - A Rotary Seva-Setu with Community. He is a veteran in Rotary who led Rotary District 3141 to the highest TRF collection of 3.5 million. He was avenue director for RCC and has chartered 106 RCC in the Alpha year.

He gave a presentation on forming an RCC and why it is important for the club to associate with an RCC Rotary community Corp of their own. In his own words.....

“A Rotary Community Corps (RCC) is a group of non-Rotarians who share Rotary’s commitment to changing the world through service projects. RCC members plan and carry out projects in their communities in collaboration with local Rotary clubs. Sponsored by a Rotary club, an RCC leverages Rotary’s network, brand, and mentorship by partnering with clubs to plan and implement service projects. RCCs increase Rotary’s impact and expand its reach by bringing the knowledge and talents of local people to strengthen their community through sustainable projects.

Any person above 18 years can become a member of RCC and they have to follow ‘Rotary’s commitment to service’. A Rotarian cannot be a member of RCC. Urban RCC’s or Rural RCC ‘s can be formed. One can associate with either short term or long term projects, or based on need of the community. It could also be an ongoing RCC. So RCC has a lot of flexibility.

There are almost 6000 RCC in India, out of which 225 are in Mumbai itself. RCC helps in having long term and sustainable projects. RCC enhances understanding of the local community, additional opportunities to involve members and retain members. RCC club also receives its charter, and they meet once in a month.”

It was very enlightening session on RCC. RCMM may evaluate forming a RCC under it’s wings. At the end Rtn. Kishore presented token of appreciation to Rtn. Manish Gyani. Rtn. Chittaranjan gave Vote of Thanks. He mentioned to have RCC in BEST Wadala, no need of going in Rural Area. Wadala Industrial estate is another area which RCMM could consider for RCC.



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RTN. URMILA PRABHU ON 'YOU ARE YOUR OWN STORY'

On 21st October, 2023 RCMC had a guest speaker Rtn. Urmila Prabhu to talk on 'You are your own story'. Urmila is a committed Rotarian and a story teller as a profession. Has received many awards and has travelled abroad to train and get trained. She is also an author of several books.

She started with a small game of word association for example, when she said Rotary what came to people's mind. With the word October what comes to your mind. When you tell a story what comes to your mind.

Rtn. Urmila Prabhu narrated one of her life stories of a Britisher who had visited them. She narrated one anecdote of the British lady. It was very entertaining but at the end of it, it was a story about 'beauty is in the eyes of the Beholder'. Next she narrated another story of the snake in a woman's stomach. This was also very entertaining and again had a great moral .

Storytelling is the act of telling a story using words or actions. It is a form of communication that involves a storyteller and a listener. Because both a storyteller and a listener are necessary elements in the storytelling definition, telling stories can also be considered an interactive art form.

Members enjoyed the session as it was very entertaining.





DISTRICT INITIATIVE & CO-HOST

1. Human Connections in Rotary

Rotary Club of Bombay Chembur West had organized a session 'Human Connections in Rotary' on 28th October, 2023 at Fine Arts Society, Chembure. RCMM cohosted the event and PR Pradnya along with Rtn. Dr Sneha actively participated in the event. Rtn. Manoj Gursahani of RC Queen's Neckless and DGND Dr Manish Motwani spoke about how important is networking in Rotary. A general health check up for participants was also organized.

ROTARY CLUB OF BOMBAY CHEMBUR WEST
Presents
HUMAN CONNECTIONS IN ROTARY
[Networking in Rotary, Healthcare and Public Image]
REGISTRATION FREE BUT MANDATORY
Date: 28th October 2023
Time: 2.00pm to 5.00pm
Venue: 5th Floor Auditorium, Fine Arts Society, Chembur

Chief Guest: DGND Dr. Manish Motwani
Guest Speaker: President Manoj Gursahani

President: Dr. Ajay Sati
Secretary: Ramesh Swami
Public Relation: Dr. Anil Bradoo

For Registration: +91 9930926276



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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
Rtn. Shaila Rege	5,000	Tata Respite Home	
Rtn. Rashmi Patil	5,000	Tata Respite Home	
Suruchi Gaitonde	10,000	FR 2023-24-Education	Shobha Karnik
Rtn. Manoj Kshirsagar	12,200	Ration to Tilher School Teachers & TB patients	
Rtn. Varsha Parulekar	6,800	Ration to Tilher School Teachers	
Rtn. Prakash Samudra	6,800	Ration to Tilher School Teachers	
Rtn. Dhananjay Patwardhan	6,800	Ration to Tilher School Teachers	
Rtn. Dr Shobha Patkar	12,200	Ration to Tilher School Teachers & TB patients	
Rtn. Sunita Padwal	5,400	Ration for TB Patients	
Rtn.Kamalakar Rakshe	5,400	Ration for TB Patients	
Rtn. Asavari Chandorkar	5,400	Ration for TB Patients	
Rtn. Shobha Karnik	5,400	Ration for TB Patients	
Rtn. Uma Shah	5,400	Ration for TB Patients	
RC Bombay Uptown	3000	Co-hosting for Walk with Doc	
Vrushali Kolhatkar	27,000	Ration for TB Patients	



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Donor's Name	Amount	Cause	Through Rotarian
Rtn. Pratibha Malvi	5,400	Ration for TB Patients	
Arti Mhatre	14,000	FR 2023-24	Revati Kanvinde
Rtn. Pradnya Sabnis	6,560	Cycles for KEM Child Patients	
Ravindra Kanvinde	25,000	FR 2023-24	Revati Kanvinde
Rtn. Arati Dhavale	10,000	FR 2023-24	
Royal Petroleum	15,000	FR - Advertisement	Anand Limaye





FAMILY CORNER



Heartiest congratulations to **Rtn Dr Sanhita Walawalkar** for authoring and releasing the book 'Antarguj' at MIG Club, Bandra on 1st October, 2023 through the publishers Inking Innovations.



Heartiest congratulations to **Rtn Arundhati Hoskeri** for receiving 'Outstanding Educational Leadership Award'.



FAMILY CORNER



Heartiest congratulations to Rtn. Dr Pallavi Saple for getting her journey of becoming Dean of J. J. Hospital and her work published in Navarashtra e-Paper on 15th October, 2023.

Rtn. Dr Pallavi is very progressive in her thinking and she has come up with many ideas and implemented the same to improve the services offered by J. J. Hospital.

नवराष्ट्र

कामा, सेंट जॉर्ज, जीटी, जे.जे. रुग्णालयाच्या अंतर्गत वर्षाकाठी १० ते १५ लाख रुग्ण दाखल

'मी सर जे.जे. रुग्णालयामध्ये घडले'

आ रोग्य सुविधा देशभर सुधारल्या जातात, असे म्हटले जाते पण आजही मुंबईसह राज्यभरातून मोठ्याप्रमाणात रुग्ण जे.जे. रुग्णालयात उपचारासाठी दाखल होत असतात. अशा अनेक रुग्णांच्या आशिर्वादाने १७ वर्षांपासून हे महाविद्यालय व रुग्णालय सुरू आहे. अशा संस्थेत मी अधिष्ठाता म्हणून काम करत आहे, हे माझ भाग्य आहे. या संस्थेत मी शिक्षण घेतले आहे. कामा आणि जीटी सेंट जॉर्जमध्ये मी विविध पदांवर काम केले आहे. या संस्थेत अधिष्ठाता म्हणून काम करत असताना या संस्थेसाठी माझी खूप स्वप्न आहेत. या संस्थेचे नाव वृध्दीगंत करत या संस्थेचे नाव लौकीक करायचे आहे, असे अभिमानाने जे.जे. वैद्यकीय महाविद्यालय व रुग्णालयाच्या अधिष्ठाता डॉ. पल्लवी सापळे यांनी सांगितले. जे.जे. रुग्णालयातील कार्डिओलॉजी विभाग जेथे आम्ही दरवर्षी अंदाजे वेगवेगळ्या ५ हजारपेक्षा जास्त शस्त्रक्रिया करतो असे पहिले सरकारी रुग्णालय आहे. ज्यात मोठ्या प्रमाणावर शस्त्रक्रिया केल्या जातात. याशिवाय आमचा प्लस्टिक सर्जरी विभागात देखील आजघडीला विविध सर्जरी केल्या आहेत. हा विभाग देखील उत्तमोत्तम विभाग आहे.



अवयवदान अधिकाधिक प्रमाणात राबविण्याचा मानस

- अवयवदान ही प्रक्रिया येथे अधिकाधिक प्रमाणात राबविण्याबाबत मानस आहे. मला वारंवार फोन येतात की, खासगी रुग्णालयात अवयव प्रत्यारोपण खूप खर्चिक आहे.
- त्यामुळे येथे सर्व साधने उपलब्ध करून मी येथे प्रत्यारोपण सुविधा देऊ शकेन याकडे माझा अधिकाधिक कल आहे. अलीकडेच रुग्णालयात लहान आतड्याचे प्रत्यारोपण झाले.
- याशिवाय रुग्णालयातील विविध विभागांमध्ये अत्याधुनिक यंत्रणा उपलब्ध करण्याबाबत शासनाकडे पत्रव्यवहार सुरू आहे.

सर जे.जे. संस्थेकरीता मानाचा तुरा

दुसरीकडे, ज्येष्ठ नागरिकांसाठी एक अत्याधुनिक विभाग रुग्णालयात सुरू करण्यात आला आहे. याचबरोबर पीजी कोर्स सुरू झाला असून विद्यार्थ्यांचा चांगलाच प्रतिसाद मिळत आहे. ब्लड बँक अद्ययावत करण्यात आली असून, सेंट जॉर्ज रुग्णालयात पहिला लिडर प्रत्यारोपण विभाग नुकताच सुरू झाला आहे. तर गोकुळदास तेजपाल रुग्णालयात काही महिन्यांपूर्वी राज्यातील पहिला तृतीयपंथीसाठी विशेष विभाग सुरू करण्यात आला आहे. या अत्याधुनिक विभागांमुळे सर जे.जे. संस्थेत मानाचा तुरा रोवला आहे.

अत्याधुनिक विभाग उभारण्याकडे कल

- रुग्णालयातील इमर्जन्सी विभाग हा अत्यंत अद्यावत करायचा मानस आहे. येथे रुग्ण दाखल होताच त्याला सर्व सुविधा मिळतीत, तसेच एकाच छताखाली सर्व उपचार होतील, याशिवाय सुपर स्पेशालिटी हॉस्पिटल २०२४ मध्ये रुग्णसेवेत दाखल होईल.
- तसेच रुग्णालयाच्या आजूबाजूला अथवा रुग्णालय परिसरात मोकळी जागा मिळाल्यास व्यवसनमुक्ती केंद्र, डॉमा सेंटर आणि सेंटर ऑफ एक्सलन्स सुरू करण्याचा प्रस्ताव विचाराधीन आहे. जे.जे. रुग्णालय तसेच वैद्यकीय महाविद्यालय आहे, येथे प्रशिक्षण देणे हा महत्त्वाचा भाग गाभा असल्याचे डॉ. पल्लवी सापळे यांनी सांगितले. याशिवाय कामा रुग्णालयात महिलांच्या अलीकडेच, कॅन्सर ओपीडी सुरू करण्यात आली आहे. सध्या युरोगायनेक आणि आयडिएफ केंद्राचे काम युद्धपातळीवर सुरू आहे. त्याचप्रमाणे हिंसाचार पीडीत महिलांसाठी वन स्टॉप सेंटरचे काम सुरू आहे.

शब्दांकन : नीता परब



FAMILY CORNER



Heartiest congratulations to **Rtn Dr. Sneha** for winning an award for Best Paper Presentation at the National Conference of Gynecologic Oncology organized by Thane Obstetrics and Gynecological Society on 28th October, 2023.

RCMM wishes her all the best in her future endeavours.



Heartiest congratulations to **Rtn. Dr. Nsha Thakkar** for getting felicitated at Lilavati Hospital on the occasion of the Silver Anniversary of Yoga Centre. She was the 1st yoga teacher when the Yoga Centre started 25 years back.





FAMILY CORNER



RCMM appreciates Rtn. Pradeep Dixit and his wife Priya for their act of donating reusable clothes to the working force 100+ male, female at his facility.



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

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FAMILY CORNER



Heartiest congratulations to all the RCMM singers **Rtns. Kishore, Manoj, Varsha, Nita, Uday** who rendered the beautiful numbers at 'Dil Chata Hai 3' musical programme at Mysore Association Hall on 30th October, 2023. They all are part of Humming Birds Group.



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Humming Birds
Presents
Dil Chata Hai 3
A Hindi Musical Nostalgia

Chetan Realtor

Friday, 13th October 2023 at 6.00 pm
Mysore Association Hall,
Bhau Daji Road,
Kings Circle, Matunga

Music Arranger :
Chirag Panchal

With best compliments from
Janvika Khichadia • Shubhrata Shankar
Rajesh Rane

Free Seating



FAMILY CORNER

Navaratri is an annual Hindu festival observed in honour of the Goddess Durga, an aspect of Adi Parashakti, the supreme Goddess. It spans over nine nights (and ten days). It is observed for different reasons and celebrated differently in various parts of the Hindu Indian cultural sphere. Theoretically, there are four seasonal Navaratri. However, in practice, it is the post-monsoon autumn festival called Sharada Navaratri. This year it was from 15th October to 23rd October.

Rtn. Vidya performed the puja and arati for Goddess Durga.





FAMILY CORNER

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



Rtn. Kamalakar Rakshe

Rtn. Dr Arundhati Govind Hoskeri

Rtn. Pradeep Patole

Dr. Vanashree, daughter of Rtn. Dr. Supriya

Vaishnavi, daughter of Rtn. Vaishali

Yogin, husband of Rtn. Pradnya Sabnis

Varsha, wife of Rtn. Uday Damale

Namita, daughter of Rtn. Anand Limaye

Shreeya, daughter of Rtn. Deeplaxmi Pednekar

Asha, wife of Rtn. Kamalakar Rakshe

Tapan, son of Rtn. Arundhati Hoskeri

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



Rtn. Asmita & Ashok Alate

Rtn. Arati & Vijay Dhavale

Visit our Website at <https://rcmumbaimahim.rotaryindia.org>

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

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