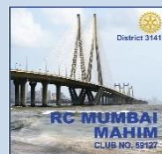


**LET'S
INSPIRE!**

ROTARY CLUB OF MUMBAI MAHIM

DISTRICT 3141, CLUB No. 59127



MAHIM WAVES

OCTOBER, 2025

UNITE
FOR
GOOD

Rotary



❖ R. I. President – Francesco Arezzo ❖ District Governor – Dr. Manish Motwani ❖

◆ President – Shaila Rege ◆ Secretary – Sunita Padwal ◆

❖ Bulletin Chairperson – Shobha Karnik ❖

FROM PRESIDENT'S DESK



The month of October was truly festive, filled with the spirit of Dussehra and Diwali that brought joy and togetherness. Amidst the celebrations, Rotary Club of Mumbai Mahim continued its commitment to meaningful service through impactful initiatives and collaborations.

RCMM co-hosted Artisan Sutra at NSCI Palace Halls, a vibrant platform that brought artisans together to showcase their crafts and promote traditional skills, supporting sustainable livelihoods. The club also co-hosted the Rotary India CSR Awards 2025 (Western Zone), which recognized outstanding corporate contributions across Rotary's focus areas and celebrated partnerships creating measurable community impact.

The Diwali season strengthened fellowship within the club and spread cheer beyond it. Members celebrated with warmth and camaraderie, while a special Diwali celebration was organized for children of sex workers supported by the Sai Charitable Trust — complete with festive treats and the donation of a desktop computer to enhance their learning.

In keeping with its focus on education and inclusion, RCMM also donated two desktop computers to the DEED Foundation, which empowers hearing- and speech-impaired youth through vocational training and life skills.

October thus embodied the Rotary spirit of celebration through service, fellowship, and compassion.

Enjoy Rotary and Enrich Life.



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International Service

**Invitees for
Borad Meetings**



Rtn. Vidya Kulkarni
Learning Facilitator



Rtn. Pradeep Dixit



Rtn. Prakash Samudra



Rtn. Anand Limaye
Club Advisors



Rtn. Sandhya Samudra



Rtn. Usha Sheshan

DR. SHUBHANGI PARKAR ON HEALING MINDS IN TIMES OF DISASTER

Coinciding with World Mental Health Week (4th–10th October 2025), the Rotary Club of Mumbai Mahim hosted an insightful session on “Healing Minds in Times of Disaster” by the renowned psychiatrist Dr. Shubhangi Parkar during its weekly meeting on 4th October 2025. Dr. Parkar, a distinguished DPM, MD, and PhD, has numerous awards, research papers, and published books to her credit. With her deep experience and compassionate perspective, she shed light on the often-overlooked psychological impact of disasters and shared valuable insights on emotional recovery and resilience.

She shared her notes of what she spoke about. Reproducing the same here, in her own words...

We all know disasters – whether floods, earthquakes, accidents, or even man-made tragedies – shake our homes and communities. But often we forget: along with buildings and roads, our minds also get shaken. Healing the mind is just as important as healing the body.

Natural Reactions (Normal, Not Weakness):

It is normal to feel afraid, panicky, or even numb during a disaster. Some people cry, feel very sad, or become irritable and angry. Others may blame themselves or feel guilty for surviving when others did not. These are all natural reactions to abnormal events.

Coping Tips – For Yourself:

Sharing your feelings with trusted people reduces inner stress. Keeping a routine for meals, sleep, and daily work brings back stability. Avoid watching too much disaster news, as it increases fear. Simple practices like deep breathing, prayer, yoga, or meditation can calm the mind. Helping others not only supports them but also gives you strength.

Healing Together as a Community:

Communities recover faster when people come together. Group sharing circles and cultural or religious gatherings restore hope and unity. Children need safe spaces to play and feel secure. Working together in tasks like cooking, cleaning, or rebuilding reduces loneliness and builds collective strength.



DR. SHUBHANGI PARKAR ON HEALING MINDS IN TIMES OF DISASTER

When to Seek Professional Help:

Most people recover naturally with time and support. But if sadness, fear, or nightmares last for weeks, or if someone withdraws from others, it is important to seek help. Increasing use of alcohol or drugs, or feelings of hopelessness and thoughts of ending life, are danger signals. Doctors and counsellors can provide real support—asking for help is courage, not weakness.

Key Message:

Disasters shake our homes and hearts, but healing is possible. With time, self-care, and community support, the mind can recover. Remember: “We cannot stop storms, but together we can heal our minds.”

The session by Dr. Parkar was a gentle yet powerful reminder that mental health is the cornerstone of true recovery. Her words resonated deeply with all present, inspiring Rotarians to recognize the silent suffering that often follows visible destruction. The talk emphasized empathy, awareness, and community connection as vital tools for healing — reaffirming Rotary’s belief that service to humanity begins with compassion for the human mind.

The vote of thanks was graciously delivered by Rtn. Uma Sahasrabuddhe, and Rtn. Hemangee felicitated Dr. Parkar with a token of appreciation.



SUNDAY SURPRISE FOR LITTLE PRINCESS

Rtn. Sunita received a collection of dolls from her friends to be distributed among children. The first round of distribution took place at Seva Bharati for nursery kids, but a few adorable dolls still remained. So, Rtn. Sunita and Rtn. Dr. Supriya decided to take a stroll around Shivaji Park, sharing joy with little girls they met along the way. The children's eyes lit up with delight on receiving the beautiful dolls — one sweet girl even offered her biscuits in exchange! It was a heartwarming experience, filled with smiles, innocence, and pure joy as the two Rotarians met these little princesses.



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

Year 2025-26

For Private Circulation Only

RATION DISTRIBUTION UNDER PRADHAN MANTRI TB MUKT BHARAT ABHIYAN

Continuing the initiative from last month, on 14th October 2025, ration was distributed to 10 TB patients at the BMC Dispensary located behind Goa Portuguesa restaurant, Citylight. Rtns. Dr. Gurmit, Asavari personally handed over the ration. These patients will continue to receive ration support throughout the course of their treatment, with the hope that it aids their recovery and helps them return to a healthy, normal life.

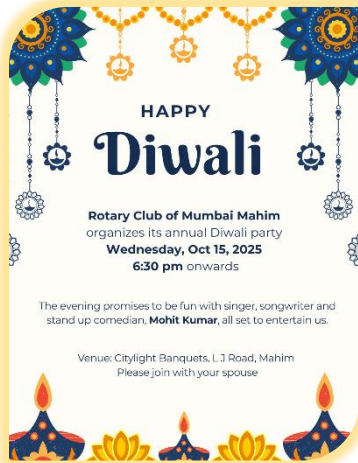


DIWALI FELLOWSHIP CELEBRATION – A NIGHT TO REMEMBER

Our much-anticipated Diwali fellowship celebration took place on the 15th October at 6:30 PM at City light Banquets, Mahim. The evening brought together Rotarians and their families for a night filled with joy, laughter, and festive spirit.

The celebration began with warm greetings and cheerful smiles, as attendees arrived dressed in vibrant, colourful attire that lit up the room. The atmosphere quickly filled with a sense of camaraderie and festive charm.

We were delighted to welcome our guest performer, Mr. Mohit Kumar—a talented singer and stand-up comedian—who kept everyone entertained with his lively act. Adding to the joy, a few of our own RCMM members took the stage to showcase their singing talents. The highlight for many was the graceful garba performance by the women of RCMM, bringing traditional beauty and rhythm to the evening.



DIWALI FELLOWSHIP CELEBRATION – A NIGHT TO REMEMBER

The venue was adorned with exquisite rangolis and glowing diyas, creating a warm and inviting ambiance. The celebration was further enriched by lively music and a delicious spread of food, featuring tempting starters and concluding with a delightful kulfi and mouth-watering moong dal halwa.

A truly special moment of the evening was the presence of our seniormost member, PP Anand Limaye, who not only graced the occasion but also rendered two soulful songs, leaving the audience touched and inspired.

As a parting gift, beautiful diyas were distributed to all present - symbols of light, hope, and togetherness. It was a heartwarming evening of fellowship, celebration, and cherished memories.



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DIWALI CELEBRATION WITH CHILDREN OF SAI NGO

RCMM has been associated with Social Activities Integration (SAI), a dedicated non-profit committed to HIV/AIDS prevention, support for AIDS and cancer patients, and care for marginalized communities. Since 1991, SAI has been delivering essential healthcare services to underserved populations, including impoverished individuals living with HIV, and providing educational support to the children of sex workers. Rtn. Pradnya has good connect with SAI, and RCMM has collaborated on impactful projects with them in the past.

On 17th October 2025, RCMM celebrated Diwali with SAI's children, who come from difficult backgrounds and are under the organization's care. To bring them joy, we distributed Diwali Faral. Building on our previous year's computer donation, we also provided another Desktop to enhance their digital learning opportunities. The generosity of our donors is creating a lasting, positive impact on these young lives.

The joy on the children's faces was heartwarming and made the day truly special for all Rotarians.



LET'S
INSPIRE!

MAHIM WAVES

ROTARY CLUB OF MUMBAI MAHIM



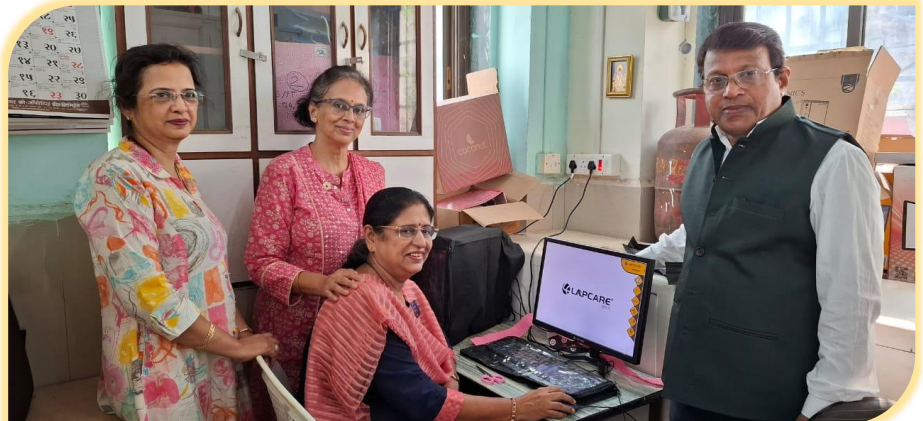
DIWALI CELEBRATION WITH CHILDREN OF SAI NGO



Celebration with Diwali Faral



**Desktop to enhance the
digital learning opportunities**



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

Year 2025-26

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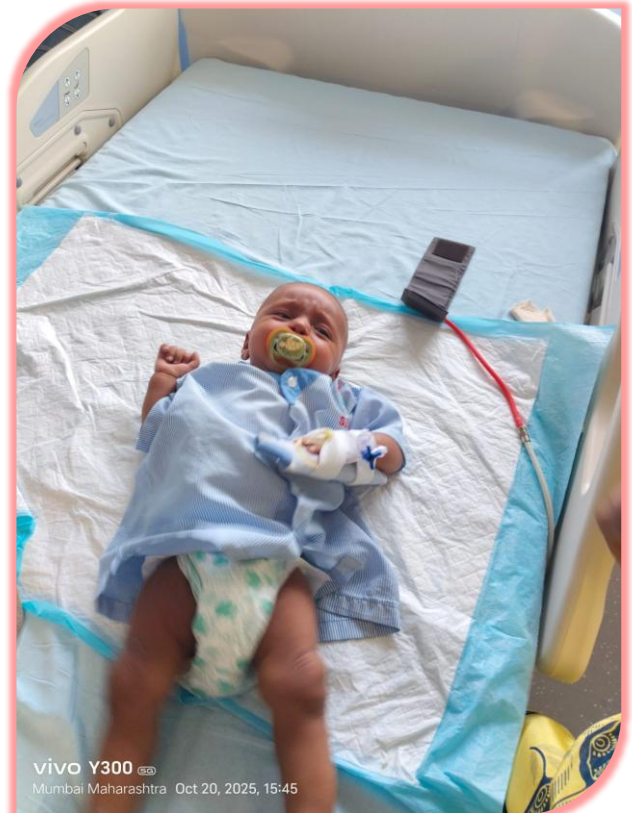
PEDIATRIC HEART SURGERY

In India, thousands of children from underprivileged families suffer from congenital heart diseases that require urgent surgery. For many, financial constraints make such treatment beyond reach — and timely medical support can mean the difference between life and death.

RCMM supports pediatric heart surgeries through Government Scheme. During last years Fund Raise programme we received donation for three surgeries from Jasmin Kikani, friend of Rtn. Shobha.

The first surgery took place on 15th October, 2025 of Advik Govind, 7 months old child. He was operated for ICR - Intracardiac Repair with TAP (Trans Annular Patch) with LPA (Left Pulmonary Artery) Plasty performed. His father isa farmer. Surgery has gone well and child has been discharged.

This successful surgery marks a new beginning for little Advik and his family, symbolizing the hope Rotary brings to those in need. RCMM remains committed to supporting such life-transforming initiatives that give children a chance to grow, thrive, and live healthy lives.



DIGITAL SUPPORT FOR SION POLICE STATION

Rotary Club of Mumbai Mahim donated a laptop and printer to Sion Police Station to enhance their efficiency in administrative and community-related work.

The inauguration was attended by Rtns. Suryakumar, Dhananjay, Kishore, Jayanti, Nita, and PR Shaila, representing RCMM.

Senior Police Inspector Mr. Salunkhe interacted warmly with the team and appreciated Rotary's continuous efforts toward community service, safety, and public awareness.

This initiative reflects RCMM's commitment to strengthening local institutions that work tirelessly for the welfare and security of citizens.



SUPPORTING DEEDS FOUNDATION IN EMPOWERING THE DEAF COMMUNITY

Deeds Foundation, a 25-year-old NGO, has been dedicated to empowering the deaf community through education, vocational training, and job placements. The institution imparts education in English using the Indian Sign Language (ISL) as the medium of instruction. Over the years, Deeds has successfully enabled more than 2,150 deaf individuals to lead independent lives with meaningful employment.

The Foundation's mission is to make the deaf financially self-reliant, equipping them with the education and skill sets necessary to secure jobs in allied industries and become active contributors to society.

On 29th October 2025, the Rotary Club of Mumbai Mahim (RCMM) donated two desktop computers to Deeds Foundation to support their ongoing mission. Special appreciation to Rtn. Uma Sahasrabuddhe for her contribution to this project. PR Shaila, along with Rtns. Lalit and Uma, represented RCMM during the handover ceremony.



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Year 2025-26

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DISTRICT INITIATIVE & CO-HOST

1. Artisan Sutra 2025

A district-led one-day event, Artisan Sutra, was held on 6th October 2025 at NSCI Palace Halls from 10:00 a.m. to 8:00 p.m. The event aimed to support artisans by bringing them together on a common platform to showcase their craftsmanship and promote their creations.

With over 100 stalls featuring Diwali décor, jewellery, clothing, bags, purses, food items, and more, the exhibition was a vibrant display of talent and creativity.

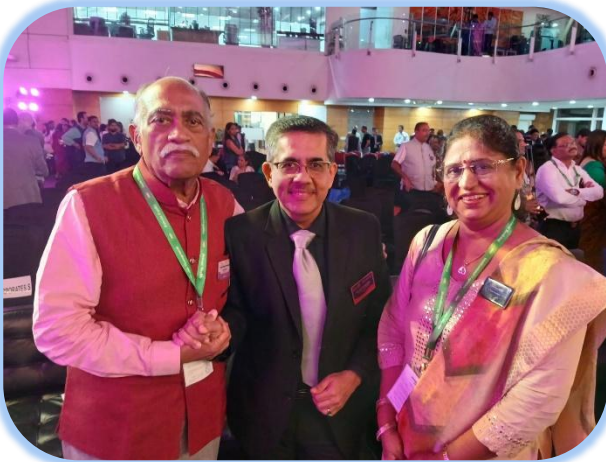
Rotary Club of Mumbai Mahim proudly co-hosted this initiative, contributing to the promotion of local art and self-reliance among artisans.



DISTRICT INITIATIVE & CO-HOST

2. CSR Award Function

On 8th October, 2025 CSR District Awards function was organized at Motilal Oswal Towers. PR Shaila along with Rtn. Suryakumar attended the event.



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 | 50,000 | Fund Raise | |
| Rtn. Shobha Karnik | 25,000 | Fund Raise | |
| Aparna Bhole | 5,000 | Fund Raise | Shobha Karnik |
| Rtn. Vidya Kulkarni | 25,000 | Fund Raise | |
| Rtn. Sameer Tamhane | 25,000 | Fund Raise | |
| Rtn. Uma Sahasrabuddhe | 20,000 | Advertisement | |
| Rtn. Uma Sahasrabuddhe | 1,00,000 | Education - computers | |
| Rtn. Uma Sahasrabuddhe | 4,000 | T B Patient | |
| Poornima Rajhansa | 5,000 | Fund Raise | |
| Rtn. Arati Dhavale | 4,000 | T B Patient | |
| Kapil Suneja | 1,000 | T B Patient | Usha Ygneseshan |
| Kapil Suneja | 50,000 | Fund Raise | Usha Ygneseshan |
| Rtn. Nita Upadhyay | 10,000 | Fund Raise | |
| Indu Madhavan | 5,000 | Fund Raise | Shobha Karnik |
| Parulekar Shiping | 1,00,000 | FR - Sponsor | Kishore Parulekar |
| Rtn. Deeplaxmi Pednekar | 25,000 | Fund Raise | |
| Dnyanada Wagh | 10,000 | Fund Raise | Shobha Karnik |
| Rtn Jayanti Radhakrishnan | 25,000 | Fund Raise | |

PATRONS & DONORS



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| Donor's Name | Amount | Cause | Through Rotarian |
|-----------------------|----------|--------------------|--------------------|
| Rtn. Vandana Rajhansa | 25,000 | Fund Raise | |
| Rtn. K Suryakumar | 25,000 | Fund Raise | |
| T. S. Bhardwaj | 5,000 | Fund Raise | K Suryakumar |
| Rtn. Sunita Padwal | 10,000 | Fund Raise | |
| Rtn. Sunita Padwal | 15,000 | FR - Advertisement | |
| HNR Tech | 5,000 | Fund Raise | Abhishek Shah |
| Ajit Mohan Shirsat | 5,001 | Fund Raise | Asavari Chandodkar |
| Balkrishna Mandrekar | 1,25,000 | Fund Raise | Varsha Parulekar |



FAMILY CORNER



Heartiest congratulations to **Rtn. Dr. Nisha Thakkar** for getting awarded by Aayush International Medical Association and AGM with Aaush Mahasanman Purskar 2025 in Yoga & Naturopathy.



"Yoga is the journey of the self, through the self, to the self."

"Inhale the future, exhale the past — that's the essence of yoga."

FAMILY CORNER



Heartiest congratulations to **Rtn. Pradeep Dixit**, for getting an opportunity to meet high-level dignitaries **Dy C M Eknath Shinde** And **Rajya Sabha MP Milind Deora**. He took the opportunity to bring forth ground-level realities and critical issues that require attention and corrective action. His aim was to facilitate informed decision-making, without taking a political stance or promoting any particular agenda.

He also met **Shaina Nana Chudasama**, also known as **Shaina NC**, who regularly organizes yoga events at Marine Drive in Mumbai, a long-running initiative through her NGO 'I Love Mumbai'. He is the trustee of 'The Human Yoga Foundation'.



FAMILY CORNER



Heartiest congratulations to Rtn. Dr. Pallavi Saple for being invited on Zee Business Channel to share her expert opinion on the recent tragic deaths of children linked to cough syrup.

#AapkiKhabarAapkaFayda

**कातिल कफ
सिरप का सच!**

**आज शाम
05:56 PM**

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#AapkiKhabarAapkaFayda पर भेजें राय/सवाल

Z BUSINESS

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कफ सिरप क्यों बना जहर?
DEG की मात्रा 0.1% से ज्यादा नहीं होनी चाहिए

Follow Us On
   
 06/10/2025

चेतावनी: अगर आप बिना इजाजत ज़ी बिज़नेस के किसी भी वीडियो का इस्तेमाल करते हैं तो आपको कॉपीराइट स्ट्राइक के साथ कानूनी कार्रवाई का सामना करना पड़ेगा।

FAMILY CORNER



Heartiest congratulations to **Ira Wadekar**, Rtn. Dr. Supriya's geand-daughter, for securing 4th position as a part of the basketball team.



FAMILY CORNER



Heartiest congratulations to **Rtn. Dr. Gurmit Bachher** for getting invited as a Facilitator in RLI Solapur (RD 3132) on 12th October, 2025. where she conducted insightful sessions on Engaging Members and Creating Service Projects.



The Rotary Leadership Institute (RLI) is a training program designed to strengthen Rotary clubs by developing the leadership skills and Rotary knowledge of their members. It empowers Rotarians to become more effective leaders and actively contribute to meaningful service projects.

FAMILY CORNER



Heartiest congratulations to **Aditi**, daughter of **Rtns. Sandhya and Prakash Samudra**, for receiving an award from **Shri Kiren Rijiju**, Hon'ble Cabinet Minister for Parliamentary Affairs, at the **HEALTHX ELEVATE CONCLAVE** held at Hotel Taj, New Delhi. The prestigious event was telecast live on **CNBC TV18**.



FAMILY CORNER

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



Ayushmaan, son of Rtn. Vipul Bondal

Rtn. Pradeep Patole

Dr. Vanashree, daughter of Rtn. Dr. Supriya

Vaishnavi, daughter of Rtn. Vaishali

Rtn. Dr. Ajay Khotu Darekar

Yogin, husband of Rtn. Pradnya Sabnis

Varsha, wife of Rtn. Uday Damale

Namita, daughter of Rtn. Anand Limaye

Rtn. Devang Badiani

Shreeya, daughter of Rtn. Deeplaxmi Pednekar

Rajul, daughter of Rtn. Sameer Tamhane

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



Rtn. Asmita & Ashok Alate

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

Instagram at

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