

Rotary  
District 3141



# Mahim waves

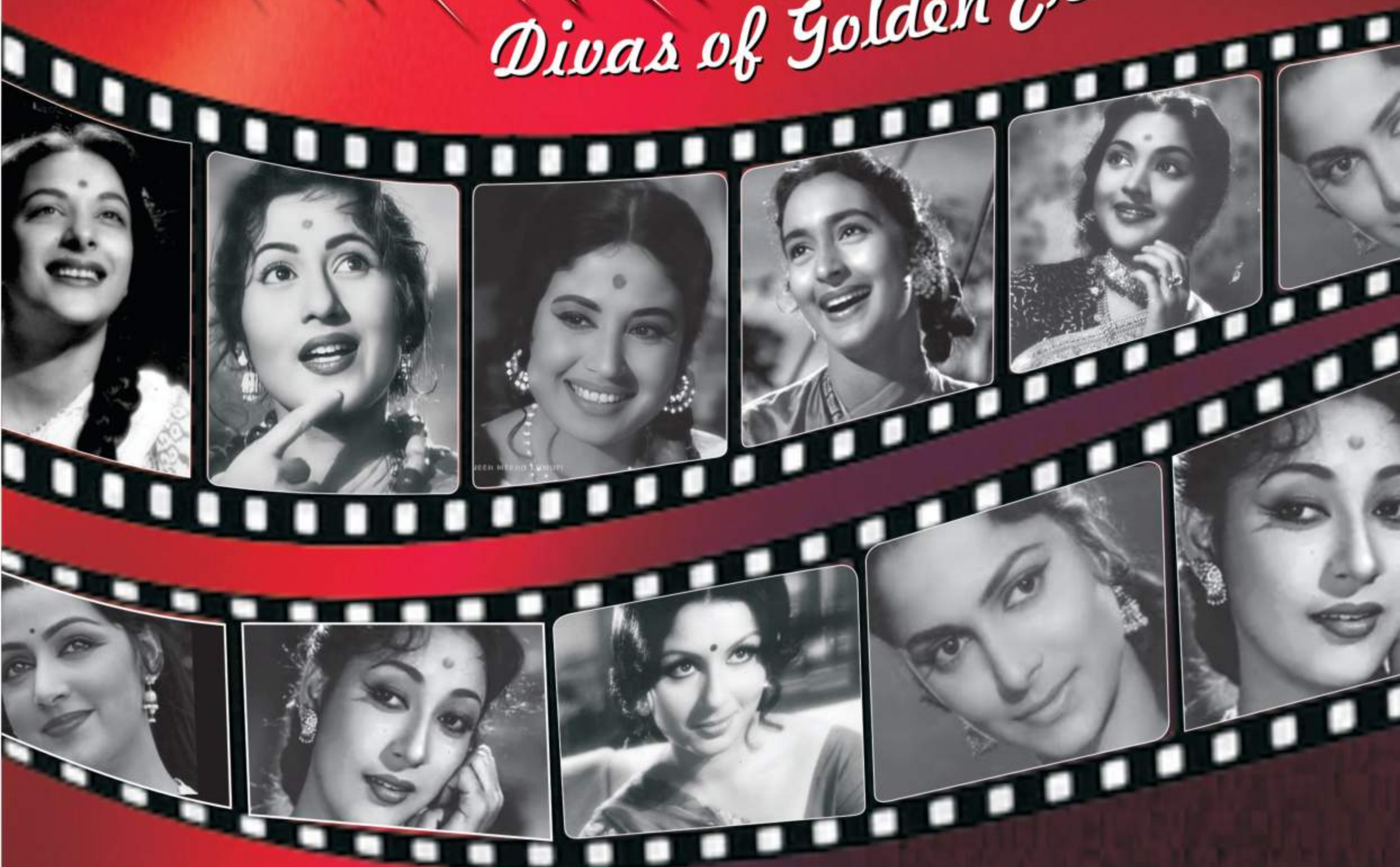


Special Issue

8th November 2025

Rotary Club of Mumbai Mahim Presents

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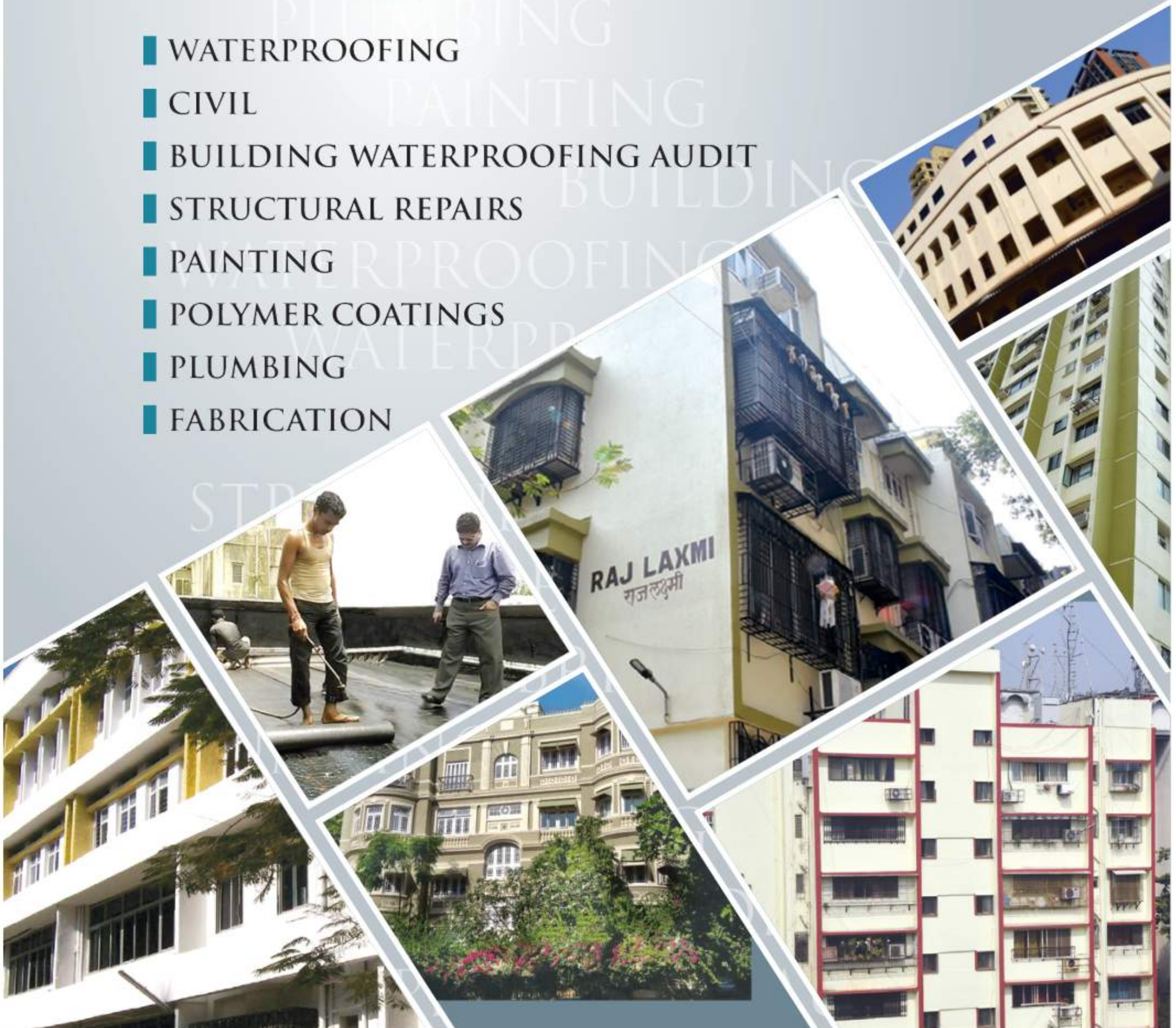
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# PRESIDENT, ROTARY INTERNATIONAL 2025-26

## Francesco Arezzo



*RI President Rtn. Francesco Arezzo, member of Rotary Club of Ragusa, Italy is an orthodontist in private practice. Rtn. Arezzo is a graduate of the University of Padua and a member of the Italian, European, and American orthodontics associations, as well as the Italian and European lingual orthodontics associations. He is a dentistry graduate of the University of Cagliari, where he also received a master's in lingual orthodontics.*

*He has served as Vice President of the National Association of Italian Dentists for the province of Ragusa and was the founder and head for seven years of the Ragusa delegation to the National Trust for Italy.*

*He is a Knight of Honour and Devotion within the Sovereign Order of Malta.*

*Rtn. Francesco Arezzo is the owner of an agricultural enterprise and producer of premium extra virgin olive oil in the scenic Monti Iblei region of Sicily. He also owns two boutique hotel properties in the area. A connoisseur of culture, he enjoys modern art and opera.*

*A Rotary member for 36 years, Rtn. Arezzo, has served as vice chair of the Joint Strategic Planning Committee and as RI director, Chair of the 2023 Melbourne Convention Committee, Learning Facilitator, and District Conference Presidential Representative, among other roles.*

*He is married to Anna Maria Arezzo-Criscione, an entrepreneur in the tourism field. They have two daughters and two grandchildren. His daughter Raffaella spent a year in Florida as part of a Rotary Youth Exchange.*

*Rtn. Francesco and Anna Maria are Benefactors and Major Donors to The Rotary Foundation.*

Dear Rotarians,

This year, our message is **Unite for Good**. “Unite” speaks to the strength we find in each other. When we unite our talents and resources — not only among our clubs but across partners, organizations, and communities — we expand our reach. And when we do so consistently over time, we create lasting change. Rotary service cannot be measured only in annual goals. Our work in education must extend beyond a single year. Literacy projects take time to take root, grow, and bear fruit.

**Education** is also peacebuilding. Every scholarship we provide, every early childhood program we support, every adult literacy class we fund is an act of peace. And Rotary has been building peace in this way for more than a century. Together, we can change lives, starting with the power of education. Together, we Unite for Good.

Where clubs are growing, **membership** is a priority and there is a willingness to try something new. Rotary is not limited to one structure or tradition. We are a global network of people of action, and that means there is room for many kinds of clubs, many ways to serve, and many paths into our organization.

This spirit of innovation is also guiding our efforts to reach new communities. In places where there has never been a Rotary club — or where a club once existed and faded — Rotarians are finding ways to grow Rotary. They identify areas of potential and building clubs that reflect the character and needs of their communities.

Every member plays a part in this journey. Whether you introduce a friend to your club, support a new meeting format, reconnect with program alumni, or simply share your Rotary story, you are helping our organization grow stronger and more vibrant. Together, through friendship, creativity, and shared purpose, we will grow Rotary and Unite for Good.

**Leadership** means empowering people to guide their own progress. That is precisely what Rotary’s economic development projects aim to achieve.

Leadership is not always about being visible. Sometimes it means listening, working collaboratively, and amplifying the voices of others. That approach lies at the heart of Rotary’s philosophy and our lasting impact on economic development.

Let us lead with good intention and provide support with heart. By nurturing local leadership, we can create opportunities that ripple through communities, empowering individuals, families and societies.

Let’s Unite for Good by committing to literacy that lasts. Let’s dream of a world where every child learns to read. And then, as people of action, let’s work together to make that dream a reality.

With Warm Rotary Regards,

**Rtn. Francesco Arezzo**  
President, Rotary International 2025-2026







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# DISTRICT GOVERNOR 2025-26



## Dr. Manish Motwani

Dear Inspired Rotarians of RC Mumbai Mahim,

It gives me immense joy to be part of this special edition of Mahim Waves, on the occasion of your musical fundraising event “**Tasveer Teri Dil me!**”. Music has the unique power to bring people together, and what better way to celebrate Rotary’s service than through harmony and togetherness.

Your Club has been truly embodying Service Above Self! You have touched lives through Disease Prevention and Treatment, Maternal and Child Health, Basic Education and Literacy, Project National Integration, Community Economic Development, Water, Sanitation and Hygiene, Environment, and Women Empowerment. These are not just areas of focus for Rotary – they are pathways to transforming communities. Your sustained commitment and the results you have achieved stand as testimony to what dedicated Rotarians can accomplish when they come together with passion and vision.

I am equally delighted to see the innovative spirit with which your members approach fundraising. It is not easy to raise resources year after year, but your creativity and determination have ensured that noble projects never suffer for want of support. Tonight’s event is yet another shining example of your collective energy and commitment.

A special word of gratitude must go to the supporters and well wishers who have bought tickets, sponsored this event, or simply made contributions. Your trust in this Club and in Rotary enables us to serve more, reach further, and dream bigger. You are not just donors – you are partners in change. Each rupee, each gesture of support, helps bring hope and dignity to someone in need. I encourage you to continue this association, and if your heart so moves, to even consider joining Rotary and experiencing firsthand the joy of service.

On this memorable occasion, I congratulate the RCMM for outstanding service! Dr. Mahek and I wish you continued strength to reach greater heights in the years ahead.

With Warm Rotary Regards,

**Rtn. Dr. Manish Motwani**

*District Governor (Inspire 2025-26)*

*RI District 3141*







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# DISTRICT GOVERNOR ELECT 2026-27

## Rajan Dua



**DGE Rtn. Rajan Dua** brings over 25 years of dedicated Rotary service marked by leadership and vision. As President of RC Mumbai Island City (2005-06), he served with distinction and has since inducted 58 new members into Rotary. A real estate developer by profession, he passionately mentors youth, having organized the popular Goa RYLA for 10 years. Recognized as Assistant Governor (2015-16) for strengthening clubs, he has held key district roles including District Secretary (Events), Deputy Trainer, and Avenue Chair for TRF Events.

His landmark initiative, the Rotary Centennial Race, raised USD 210,000 for The Rotary Foundation in a single day and earned a Guinness World Record. He has received the RI Vocational Service Award and District TRF Exemplary Service Award. In 2023-24, as Lieutenant Governor and RI Rotaract District Chair, he led impactful initiatives like Project National Integration, fostering Rotary's bond with the Indian Army.

A Major Donor to TRF, he is supported by his wife Preeti, Principal of Euro Kids, Thane, and daughters Disha, pursuing her final year of Architecture at NYIT, New York, and Prericka studying in Grade XI at SIS International School.

It is a privilege to extend my warm greetings to the Rotary Club of Mumbai Mahim on the occasion of your special fundraising cultural evening and the release of the commemorative issue of *Mahim Waves*.

For over two decades, RCMM has exemplified the Rotary spirit through dedicated service in areas that matter the most — *Disease Prevention and Treatment, Maternal and Child Health, Basic Education and Literacy, National Integration, Women Empowerment, Water, Sanitation & Hygiene, Environment, and Community Development*. These are not just Rotary focus areas; they are the very foundations of a stronger and more compassionate society. The projects you have undertaken are a reflection of both foresight and empathy, and their impact has been widely felt and deeply appreciated.

Rotary's strength lies in its ability to combine **fellowship with service**. RCMM has always embodied this unique balance — fostering bonds of friendship while creating avenues to uplift those in need. This combination of camaraderie and commitment is what makes Rotary an enduring force for good.

As you host the musical event "*Tasveer Teri Dil Mein*" to bring together members, patrons, and well-wishers, you are not only raising resources but also strengthening the collective spirit of giving. Music, after all, has the power to unite hearts, just as Rotary unites people across diverse walks of life to serve a common purpose.

I urge every Rotarian to continue dreaming boldly and serving selflessly. Let your work be guided by compassion, your fellowship by warmth, and your actions by the principle of "*Service Above Self*." Remember, every project completed, every life touched, and every smile created takes Rotary one step closer to building a better tomorrow.

I convey my heartfelt appreciation to the President, office-bearers, and members of RCMM for their dedication. May this event and the special issue of *Mahim Waves* be a grand success, and may your club continue to shine as a beacon of service and inspiration in District 3141 and beyond.

With warm regards and Rotary greetings,

**Rtn. Rajan Dua**

*District Governor Elect (2026-27)*

*RI District 3141*





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# ASSISTANT GOVERNOR 2025-26

## Prakash Ruia



**AG Rtn. Prakash Ruia**, joined the Rotary Club of Mumbai Royales in January 2015 and served as President during the visionary year 2020–21 — the challenging Covid period. Undeterred by circumstances, he successfully executed impactful projects worth ₹4.5 crores.

In 2023–24, Rtn. Prakash served as Avenue Chair for Rotary Foundation Support and was honoured with the prestigious Citation for Meritorious Service by Rotary International Director (2022–24) Lena Merskuag. He also created a world record for the highest TRF contribution from District 3141 in RY 2023–24.

He is Chief Zonal Head ( West & North West Zone) In the Avenue Rotary Foundation RY 2025-2026. He is also Associate Dist EMGA in the Avenue Rotary Foundation RY 2025-2026.

He and his spouse, Rtn. Sangeeta Ruia, are deeply committed Rotarians, actively participating in initiatives at both club and district levels. Engaged in the export business, he exports soya to Japan, Korea, and other countries, with Rtn. Sangeeta efficiently assisting in its management. They are blessed with two children. Both are Major Donors – Level IV.

Dear Inspired Rotarians of RC of Mumbai Mahim,

It gives me immense pleasure to be part of this special edition of Mahim Waves on the occasion of your Musical Fundraising Event "Tasveer Teri Dil Mein" Your endeavour to organize musical program to garner funds for worthy cause is truly commendable.

Rotary works to create lasting changes in the World, on causes such as Supporting Education, Eradicating Polio, Water Sanitation and Hygiene, Fighting Disease, Promoting Peace and helping development of Communities and Women Empowerment.

Rotary's Motto is "Service above self".

Over the years Rotary Club of Mumbai Mahim have been fortunate to receive large donations from philanthropists, well-wishers, large hearted Donors, Corporates and esteem members and their families and friends to execute important Projects by buying tickets or sponsor the event.

The contribution will encourage and help bring about positive changes in the financially underprivileged and weaker sections of society.

On this beautiful occasion I congratulate all members of RCMM for their Dedication and Commitment to make this event a grand success and doing good for society.

Warm regards,

**Rtn. Prakash Ruia**

Assistant Governor (Inspire 2025-26)

RI District 3141





# CHAIRMAN FUND RAISING

## Prakash Samudra



*PP Rtn. Prakash Samudra, holds a degree in Chemical Engineering from IIT Bombay. His professional journey has been marked by notable achievements, including serving as the CEO and MD of ThyssenKrupp Industrial Solutions India Pvt Ltd. As an Engineering Consultant, his expertise has significantly contributed to the industry. He had been Independent Director for Deepak Nitrite Ltd and Deepak Chem Tech Ltd. Currently he is Executive Advisor of Deepak Nitrite Ltd.*

*He has been an esteemed member of the Rotary Club of Mumbai Mahim since the founding year 2002. His commitment and leadership have been instrumental in shaping the club's success and impact on the community. During the Rotary year 2009-10, Rtn. Prakash Samudra served as the President of RCMM. He held various positions in District 3141 - Co-Chair CSR, Chair CSR, Assistant Trainer, Director CSR, Assistant Governor. He is one of the first from RCMM to become a Major Donor Level 1.*

*His involvement in professional roles reflects his continued ongoing commitment to business excellence and corporate governance.*

*PP Rtn. Prakash Samudra's multifaceted contributions, spanning professional achievements, leadership in Rotary, and community service, exemplify the Rotary spirit.*

Dear All,

Rotary International, 120 years old organisation, having more than 1.4 million members with over 46,000 Rotary Clubs, active in more than 200 countries world over, has done tremendous work in the field of fighting diseases, providing clean water, supporting education, End Polio Mission, helping development of communities, promoting peace.

Rotary Club of Mumbai Mahim had started functioning with 16 like-minded professionals from different fields, in the year 2002! Since then, we have been growing steadily over 23 years and serving the needy from economically backward sections of the Society.

We have grown stronger year by year, having executed social projects mainly in Mumbai region, but also at other regions in Maharashtra, such as Palghar, Vasai, Ahmednagar, Kudal and other parts of Konkan region, Pune districts and many more. We have now grown stronger to a membership of over 60.

Rotary's motto is "Service Above Self." Many members of our club have been contributing/ arranging funds for such important projects themselves, as well as from family members, friends, well-wishers, and corporates, directly or for execution of their CSR projects.

This Fund-Raising programme is arranged to raise the additional funds to enable us to undertake more such projects. The Musical Program, as a part of our Fund-Raising Activities titled "Tasveer Teri Dil Mein," is being held on 8<sup>th</sup> November 2025, at Swatantrya Veer Savarkar Auditorium, Dadar.

Well-known singers like Gul Saxena, Dhanashri Deshpande, Anupama Roy, Shlok Choudhari, and others will present Golden Era songs, filmed on Bollywood Divas of yesteryears, with renowned musicians under the direction of Chetan Upadhyayji. Vinayak Shinde will comper the event.

I would like to thank all the members of Fund-Raising Committee for their dedicated efforts to make this event a grand success. We are humbled by the generous contributions of our members, well-wishers, corporates, and sponsors as well as the advertisers and the audience, who supported us in this endeavour. Their contributions will help us to continue to serve the weaker sections of society.

Thank you

**PP Rtn. Prakash Samudra**  
Chairman, Fundraising Event  
Rotary Club of Mumbai Mahim





# PRESIDENT, ROTARY CLUB OF MUMBAI MAHIM 2025-26

## Shaila Rege



**President Rtn. Shaila Rege** joined the Rotary Club of Mumbai Mahim in 2019 and has since been an active and dedicated member. She served as Club Treasurer for 2022–23 and 2023–24, Secretary for 2024–25, and is President for 2025–26.

A Commerce graduate from R. A. Podar College, she began her career with the Bombay Port Trust and Indian Overseas Bank before joining the Reserve Bank of India, where she served for 38 years in key departments such as Cash, Foreign Exchange, and Bank Supervision. She also contributed as a housing society committee member for five years.

Her husband, Rtn. Lalit Rege, retired as Chief Manager from Union Bank of India after 39 years of service. They have two daughters — Neha, an IT engineer and yoga trainer, and Aditi, a Chartered Accountant — both well-settled.

Committed, sincere, and compassionate, President Shaila embodies Rotary's motto of Service Above Self.

As President of Rotary Club of Mumbai Mahim, it fills my heart with immense joy and gratitude to walk in the footsteps of our dedicated Rotarians—taking forward impactful projects in Health, Water, Education, Environment, Livelihood, and Women Empowerment. These are not just projects... they are our collective steps towards building a better, brighter world.

For 23 glorious years, RCMM has remained steadfast in addressing vital social needs, creating change that is not only lasting, but also transformative—touching thousands of lives in both urban and rural communities, and uplifting entire families.

None of this would have been possible without the generosity of philanthropists, well-wishers, corporates through their CSR efforts, and above all, the commitment of our members, their families, and friends who continue to walk this path with us.

The success of our recent projects over the last few months has ignited within us a renewed sense of purpose—a desire to dream bigger, and to take on even more sustainable initiatives that will carry our impact far into the future.

Giving is both Goodness and Godliness. RCMM's efforts are specifically designed to amplify the impact of every donation. I extend my heartfelt invitation to each one of you: come, join hands with RCMM. Support us through your donations, your time, your skills, or even by sharing our story. Every contribution matters. Every voice adds strength.

Together, let us give, let us serve, and let us create ripples of change that will echo through time.

**Rtn. Shaila Rege**

*President (Inspire 2025-26)*

*Rotary Club of Mumbai Mahim*





# PREFACE



## Shobha Karnik & Jayanti Radhakrishnan

**Rtn. Shobha Karnik**, an accomplished electrical engineer who graduated from V.J.T.I., chose to align her professional expertise with her commitment to community service by becoming a member of the Rotary Club of Mumbai, Mahim in 2005. Since 2010, she has been serving as the editor of *Mahim Waves*, contributing her skills and dedication to the club's communication endeavours. Since 2022, she has been serving as the Executive Secretary of RCMM.

**Rtn. Jayanti Radhakrishnan**, a Commerce Graduate from R. A. Podar College, with a background in banking, brought her wealth of experience and financial acumen to the Rotary Club of Mumbai Mahim, when she joined in 2019. Her role involves supporting the publication of *Mahim Waves*, enriching the club's communication efforts with her insights.

Both Rtn. Shobha Karnik and Rtn. Jayanti Radhakrishnan share a profound commitment to the principles of Rotary. They view Rotary as more than just an organization; it has provided them with a passionate and humane vision, particularly in advocating for the well-being of the less privileged members of our society. Their dedication exemplifies the transformative power of Rotary in shaping individuals who, in turn, contribute meaningfully to the betterment of their communities.

Acts of generosity enrich both giver and receiver, creating ripples of happiness and fulfilment. At RCMM, we have curated impactful projects that serve society and strengthen our community. Individuals and organizations can join us by sharing their time, talent, or treasure — weaving together compassion and connection.

Guided by the belief that “It is better to give than to receive,” Rotarians dedicate their time, energy, and skills, creating opportunities for others to contribute through fundraisers that empower giving. Our Annual Fundraiser celebrates service, community, and hope — and everyone is invited to be part of this journey.

This special edition of *Mahim Waves* showcases Rotary's enduring spirit of service through inspiring reflections and initiatives. Rtn. Dr. Sunil Deshpande highlights organ donation as a humanitarian act, while Rtn. Vipul Bondal emphasizes empathy and connection as Rotary's core. Rtn. Dr. Nilesh Satbhai explores hand transplants, inspiring awareness about organ donation. Rtn. Dr. Ajay Darekar underlines confidence and positivity, and Rtn. Dr. Hemangee Dhavale and Dr. Henal Shah focus on balancing academics with emotional well-being. Rtn. Dr. Sanhita Walawalkar promotes holistic health, and Dr. Shemal Patel reflects on AI's promise and perils.

Together, these voices affirm that Rotary is more than service—it's a movement of purpose, connection, and shared humanity. Join RCMM—become a member, support our initiatives, or contribute as a donor—and help us build a brighter, compassionate world.

**Rtn. Shobha Karnik & Rtn. Jayanti Radhakrishnan**  
Editors, *Mahim Waves*  
Rotary Club of Mumbai Mahim





## CREATING HOPE AND TRANSFORMING LIVES: RC MUMBAI MAHIM IN ACTION

### PP Rtn. K Suryakumar

*PP Rtn. K Suryakumar joined Rotary Club of Mumbai, Mahim in the year 2007 and was the president in the year 2011-12. He is also in the District 3141 Team. He is a committed Rotarian and utilizes his skills and talents of his vocation to further the cause of Rotary. He finds great personal satisfaction in being involved in the activities of Rotary to reach out to the community and society. Rotary is the main plank of his life now.*

*PP Rtn. K Suryakumar is a Masters in Chemical Engineering from the prestigious institute of Chemical Technology (formerly UDCT). He was in the Senior Management position in the Sales Department of Uhde India Private Limited, a reputed MNC involved in the design and implementation of Projects for the chemical and allied industries.*

**F**OREVER CREATING HOPE AND TRANSFORMING LIVES is the Mission and Saga of Rotary Club of Mumbai Mahim (RCMM). Our journey began in 2002 with a handful of dedicated members and has grown into a vibrant family of over 60 Rotarians, united by a shared passion to bring lasting, positive change to the communities around us. Guided by Rotary International's timeless motto — *"Service Above Self"* — we strive each day to make a meaningful difference.

Our like-minded members contribute their time, talent, and resources, blending commitment, innovation, and teamwork to serve with purpose and impact.

RCMM's presence and contribution shines across Rotary International's seven focus areas — fighting disease, providing clean water and sanitation, supporting education, growing local economies, saving mothers and children, and protecting the environment.

A glimpse of our journey and achievements in these focus areas is shared below:

#### **Touching Lives through Healthcare**

Impactful health programs save lives and, in many cases, improve the quality of life to transform community members from dependency to a contributory role.



## Touching Lives through Healthcare



**Paediatric Care Enhancement Project** at JJ hospital by supplying spirometer, pulse oximeter, pediatric AED machine to strengthen healthcare delivery to small children.



**AED machine** at Dadar Station is a lifesaving device in a medical emergency.



Our flagship **Pediatric Heart Surgery Project** which gave a new lease of life to 272+ children with congenital heart condition, all from the less privileged sections of the society who got advanced medical treatment at no cost. This was a partnership project with HDFC for their CSR program.



Restored sight to many people through our **Cataract Free Project** at Palghar.



Many regained mobility with the **Prosthetic Limb** distribution camp organized by us.



## Touching Lives through Healthcare



Specialised medical equipment like Retractable hospital beds, Digital Microscope, Spectrophotometer and many other equipment are provided to hospitals. All these initiatives aid in accurate diagnosis, leading to more effective treatment and improved patient care.

Health awareness too remains a continuing priority. RCMM has organized *Heart Care Walkathons*, *CPR Training Sessions*, *Drug Abuse Prevention Programs* for students, and *Organ Donation Awareness Drives* in residential societies — all reinforcing Rotary's commitment to prevention and public education.

## Empowering people through Education and Skill Development

Education is the cornerstone of transformation and lasting progress in the lives of people and the nation. We have provided digital classrooms, labs, musical instruments, restored bicycles, provided computers to bridge the digital divide, Ideal Study Apps, support sports by providing equal opportunities to less fortunate children in both urban and rural areas, giving wings to their aspirations.

The Summer Camps - Madhali Sutti at Dadar and Malvan schools encourages children to develop confidence and become good leaders and face life with self-confidence. Another skill development Program- the Cause to Connect Skill development Centre at Sindhudurg empowers rural youth with hands on training in carpentry, welding, fabrication, farming and packaging enabling them to earn livelihoods with dignity when they enter the mainstream of life.



Digital Board to Sau Hirabai Bhaskar Varaskar Vidya Mandir, Warad, Malvan



Cause to Connect Skills Development for rural area - Multipurpose Skills Course Center



## Empowering people through Education and Skill Development



Musical Instruments to Dnyaneshwar Vidyalaya



Bicycles for Tilher School



Computers to New English School, Pendur



Summer camp at Katta Schools



Carpentry Skill Support to Mumbai Public School



Kabaddi Mats for Aaryan Education Society High School



## Protecting the Planet, Promoting Sanitation, Provision of Drinking Water

Environmental stewardship and sanitation form another vital thread in RCMM's story.



The construction of toilet blocks in zilla parishad schools and classroom construction.



Installation of Incinerator and Sanitary Napkin Vending Machines at Khanivali School



Providing safe drinking water – Installation of Water filters at Schools, Police Stations



Provided Water Wheels - Lifting the weight off the heads of hundreds of women in the drought-prone regions of Maharashtra



Green Initiatives: Tree Plantation for a Sustainable Tomorrow



## Protecting the Planet, Promoting Sanitation, Provision of Drinking Water



Installed a plastic crushing machine at Khanivali Village, Palghar to address plastic waste and promote recycling.



Butterfly Garden at Shishu Vihar School, Dadar contributing to environmental conservation, education, and well-being of Community.



Solar light installation in rural areas providing basic lighting facilities for children to study at night, safety and convenience at homes and roads



## Enabling Economic Growth and Women Empowerment

Sustainable livelihoods are central to RCMM's community development goals. With CSR support from NRB Bearings, our club supported women farmers in Warad, Malvan who engage in traditional



Empowering Women Farmers



## Enabling Economic Growth and Women Empowerment



“Porasu farming”. With improved seeds, tools and materials they could enhance their productivity and earn better income and become self-reliant.

RCMM promotes women empowerment by providing sewing machines and training in sewing and stitching skills, enabling women to earn a sustainable livelihood. The club has also supported differently abled individuals by providing suitable laptops, atta chakkis, and sewing machines — helping them lead dignified, self-reliant lives.



The Pink Auto project provides women with pink-coloured auto rickshaws and training in driving, enabling them to earn a sustainable livelihood as drivers.





## Celebrating Togetherness and Creating Awareness

Beyond projects, RCMM continues to strengthen community bonds through meaningful participation and fellowship. Whether it is celebrating Diwali with music and laughter, joining Organ Donation Awareness Drive, Walk with Doc & Preventive Care, World Alzheimer's Day Walkathons to spread awareness, or encouraging young talent by judging school competitions — the club remains deeply rooted in service with joy. We are the District Leader in conducting ROTAL, a unique platform for showcasing the singing and dancing talents of our Rotary Family. Arranging guest speaker sessions of eminent personalities to enhance knowledge, motivate and guide people at large.

## Our Future Path

Soon RCMM will be celebrating 25<sup>th</sup> birthday and will embrace the future with enhanced zeal and

enthusiasm to create hope, build partnerships and impact on many lives positively, especially less fortunate brethren. As before we will forever strive to ensure that our efforts reach the people who need them most.

**Together, we serve. Together, we create change. Together, we build a better tomorrow.**

Special thanks to Rtn. Shobha Karnik for providing almost all the inputs for this article.



For more information visit our website at  
<https://rcmumbaimahim.rotaryindia.org>



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## LIVING THE FOUR-WAY TEST: THE POWER OF ORGAN DONATION

**Rtn. Sunil Deshpande**

**Rtn. Sunil Deshpande (75) Pune,** Distinguished social worker and organ donation advocate, has pioneered awareness and capacity-building initiatives in organ and body donation. He is Vice President, The Federation of Organ and Body Donation, Mumbai; Director, Mrutyunjay Organ Foundation, Nashik; Member, Divisional Authorisation Committee for Human Organ Transplantation, Govt. of Maharashtra; Director, Rotary Action Group for Blood and Organ Donation (RAG BOD) India; and Coordinator, Rotary International Zone 7. He has organized exclusive training programs to build knowledge and commitment in this field. An accomplished writer, he has authored three Marathi poetry books, Hindi poetry *Angadan ki Char Laina*, co-authored *Mahadaanachi Gatha* (Marathi), *Mahadaan Ki Daastan* (Hindi), and *Rotarian's Guide for Organ Donation*, edited *MAHADAN* (2023), and penned lyrics for *Angdaan ki Goonj*. He co-produced the Marathi folk stage show *Avayavdanache Lok-Ranga* for rural awareness. He also drafted the official organ donation oath approved by Govt. of Maharashtra. Three upcoming books are in progress.

Rotarian's Way of Thinking for Organ Donation.....

When someone asks "Why?", a Rotarian replies "Why not?"

When asked "Why do something for others?", a Rotarian says "Why not do something for others?"

When one asks "Will I benefit?", a Rotarian says "Will it benefit the needy?"

For others, help may expect thanks. For a Rotarian, help is gratitude itself—for being given the chance to serve. Others may feel tired after service; a Rotarian feels joy.

True Rotarians, guided by the Four-Way Test, think positively:

Why should I not donate organs? Why should I not spread awareness? Will my donation help the needy? Can my gift bring new life?

A Rotarian seeks knowledge, clears doubts, and acts—by pledging to donate organs.

If you are a Rotarian, learn from experts and donate.

If you are not, become one. If that's not possible, ask a Rotarian to arrange an organ donation awareness program—sooner the better.

Rotary means a gateway to good friendship and fellowship. Organ Donation is an important subject which can leave its effects in the fields of Humanity, PR, environment, literacy, peace. As true Rotarians it is our first duty to see that the act which we are going to do can satisfy the condition of the Four Way Test. Let us check it one by one.

### 1. Is it true?

Birth and death are the two absolute truths of our life. Whatever the truth we know lies between birth and death. Nobody knows



by someone's experience, what is before birth and after death. So let us speak about life which is the truth we definitely understand. What is there after death? No truth is known. But we can add some life, before death or after death, is true.

The TRUTH proved by modern medical science is known as .....

Organ Donation.

## **2. Is it fair to all concerned?**

Is it not fair to add life to someone before death? Yes, definitely! And even after our death, saving someone's life is a true humanitarian act. If we are true Rotarians, we must consider such acts—because humanitarian acts are fair.

Organ donors give new life to recipients who would otherwise die. In India alone, more than half a million people lose their lives each year for want of organs. By donating, can we not prevent some of these deaths? Will it not be fair to them, their families, and their friends who will forever bless the unknown donor? If all Rotarians pledge organs, will not society thank Rotary?

One donated body helps train ten better doctors, saves wood that would otherwise burn on the pyre or build a coffin, and spares land used for burial. Body donation also protects the environment.

Thus, Organ Donation is indeed an act FAIR to ALL CONCERNED.

## **3. Will it build Goodwill and Better Friendship?**

In India we are 1,15,000 Rotarians—together with our families nearly 4,60,000 strong. If all

pledged to donate organs, eyes, skin or body, Rotarians alone could save countless lives. One donor can save eight lives—imagine the goodwill created if every Rotarian family decided firmly to act! This service can transform more than half a million lives and build immense goodwill across the nation and the world.

When we save one life, families and friends of the recipient often join the noble cause, and Rotary gains new members inspired by this act. Thus, organ donation not only saves lives but also builds fellowship, friendship, and strengthens Rotary's image worldwide.

## **4. Will it be beneficial to all concerned?**

Let us see one by one. Recipient of the organ – Certainly yes. The recipient gains precious years of life, and their family rejoices in togetherness.

The donor – Though donation happens after death, the donor receives blessings and goodwill for their eternal journey. The family feels solace knowing a part of their loved one lives on, saving up to 8 lives. If the body is donated to a medical college, it furthers education, research, and training, while eyes and skin donation can restore sight and heal burn patients.

The medical fraternity – Organ donation enhances skills, research, and training, producing more transplant experts, lowering surgery costs, and making medicines affordable. This directly benefits society and common patients.

Thus, organ donation clearly passes the Rotary Four-Way Test—it benefits all concerned.

Let us educate Rotarians, inspire them to pledge donations, and help meet global needs.

**“Leave behind a legacy of life by becoming an organ donor”.**





## ON REMAINING CONNECTED - THE ART OF CONNECTION

**Rtn. Vipul Bondal**  
*RC of Mumbai Mahim*

*Rtn. Vipul Bondal is a PR and communications professional with over three decades experience of building reputations with leading agencies and multinational firms. He also co-founded a start-up that is involved in developing products that help in the discovery of novel treatments for cancers and other such diseases. He is also a podcaster and active networker.*

*Vipul is a Rotarian since December 2020 and was part of another Rotary Club where he took on various roles including Club Secretary for two successive years (2021-22 and 2022-23) and Club President (2023-24). Vipul joined RCMM in August 2024.*

### Remaining Connected – The Art of Connection for Rotarians in Today’s Cluttered World of Communication

In an age where messages ping every second from every pocket, and digital channels flood our daily lives, true connection has become both, more possible and more difficult. As Rotarians, we pride ourselves on **“Service Above Self”** — **but in today’s cluttered communication landscape, how do we maintain meaningful relationships with one another and with the communities we serve?** That is the Rs 1 crore question as Big B asks in *Kaun Banega Crorepati*. Unfortunately, there is no simple answer and like in KBC there are no options on the screen to choose from. However, fortunately, it isn’t something we cannot learn and adapt, if we are willing.

### The Paradox of Connection

We live in the most connected era in human history. Email, messaging apps, social media, video conferencing—the tools are plenty. Yet, despite this abundance, many people report feeling increasingly isolated and overwhelmed. Why? Because **information does not equal connection**. Volume does not equal value. For Rotary, which is built on fellowship, service, and shared values, this presents both a challenge as well as an opportunity.

### From Communication to Connection

Rotary has always been about more than just meetings—it’s about relationships! In this digital age, Rotarians must become “intentional” about transforming **communication into connection**. Here are a few ways to do that:



### 1. Lead with Purpose, Not Just Information

Too often, our messages are transactional: a meeting reminder, an event update, or a request. While necessary, these don't always inspire. Instead, let's begin with purpose. Let's share **why** a service project matters. Remind our members how their time, money and efforts are changing lives. Purpose draws people in far more than logistics ever could. It isn't for nothing, therefore, that our District 3141 has chosen the theme "Let's Inspire" for this Rotary year.

### 2. Foster Personal Touchpoints

Rotary isn't just about projects—it's about people. Let's make space for personal stories in club meetings, and conversations. A simple phone call to check in on a fellow member, or a handwritten thank-you note, can cut through digital noise and strengthen bonds in powerful ways. Our newsletter, Mahim Waves has done a great job in making that happen through storytelling.

### 3. Create Spaces for Dialogue, Not Just Broadcast

Social media and email are great tools, but often they become one-way streets. Look for ways to build **dialogue**, not just announcements. Have an open ended-question at the end of a message. Encourage and be open to feedback, questions, and sharing of suggestions. Our club WhatsApp group is a great place to begin.

### 4. Be Consistent, Not Constant

In an age of overload, more communication isn't always better. **Clarity, consistency, and**

**empathy** go further than volume. A well-timed, thoughtfully crafted message is more impactful than a dozen scattered ones. Respect people's attention—and they'll pay attention. For me, Mahim Waves, is something I look forward to every month, for not just the depth and quality of content but for sheer timeliness and consistency.

### 5. Embrace Diverse Channels for a Diverse Membership

Every Rotary club is multigenerational, multicultural, even multi-talented. That means connection must be **flexible**. Some members prefer emails; others respond to texts or social media. Some need in-person fellowship, while others engage better online. The more inclusive our communication methods, the more connected our club becomes.

### Reaffirming Rotary's Human Connection

Technology will continue to evolve, and platforms will come and go. But **human connection**—empathy, service, shared purpose—will remain at the heart of Rotary. We don't just build projects; we build people. We don't just solve problems; we strengthen communities.

In today's world of cluttered communication, the art of connection is Rotary's quiet superpower. It's in the handshake, the shared smile on a Zoom call, our collective energy at a service event, the moment when someone feels seen and valued.

So, let us remain intentional. Let us listen more deeply. Let us connect more meaningfully.

Because in Rotary, connection isn't a side effect—it's the foundation.

**Good Communication is  
the bridge between confusion and clarity**





## A Second Chance at Touch: The Journey of Hand Transplant, “Hands of Hope: Transforming Lives Through Transplant”

**Rtn. Dr. Nilesh Satbhai**  
RC of Mumbai Mahim

*Dr. Nilesh G Satbhai is currently the Director - Plastic Surgery, Reconstructive Microsurgery & Hand Transplantation at Nanavati Max Super Speciality Hospital in Vile Parle, Mumbai, as well as the Honorary Consultant in Pediatric Plastic Surgery at BJ Wadia Hospital for Children in Mumbai.*

*In terms of notable achievements, Dr. Satbhai previously served as the Director of the Hand Transplant and Vascularized Composite Allotransplantation program at Gleneagles Hospitals, in Parel, Mumbai.*

*His team has completed 13 Hand and Upper Extremity transplants to date, achieving several significant milestones: Performing the first bilateral hand transplant in Mumbai, Maharashtra, and Western India; performing India's first successful bilateral hand transplant on a quadruple amputee patients; completing Asia's first partial hand transplant; performing Asia's first hand transplant for congenital hand absence (aplasia); achieving Asia's first successful bilateral total arm transplant at the shoulder level; conducting India's first unilateral hand transplant; and carrying out the world's first shoulder-level transplant on the youngest and first female recipient.*

*In addition, Dr. Satbhai is passionate about Reconstructive Microsurgery and has saved several limbs with complex microvascular reconstructions.*

### Hand Transplant – What is it?

Hand transplant is a treatment option for people who have lost one or both hands for any reason. This could be following road traffic accidents, industrial accidents, electric shocks, burns, infections, sepsis, etc. Hand transplant is the only option which offers real hope for upper limb amputees. Prosthesis (artificial hands) are not well accepted by these amputees, and they often find it to be useless.

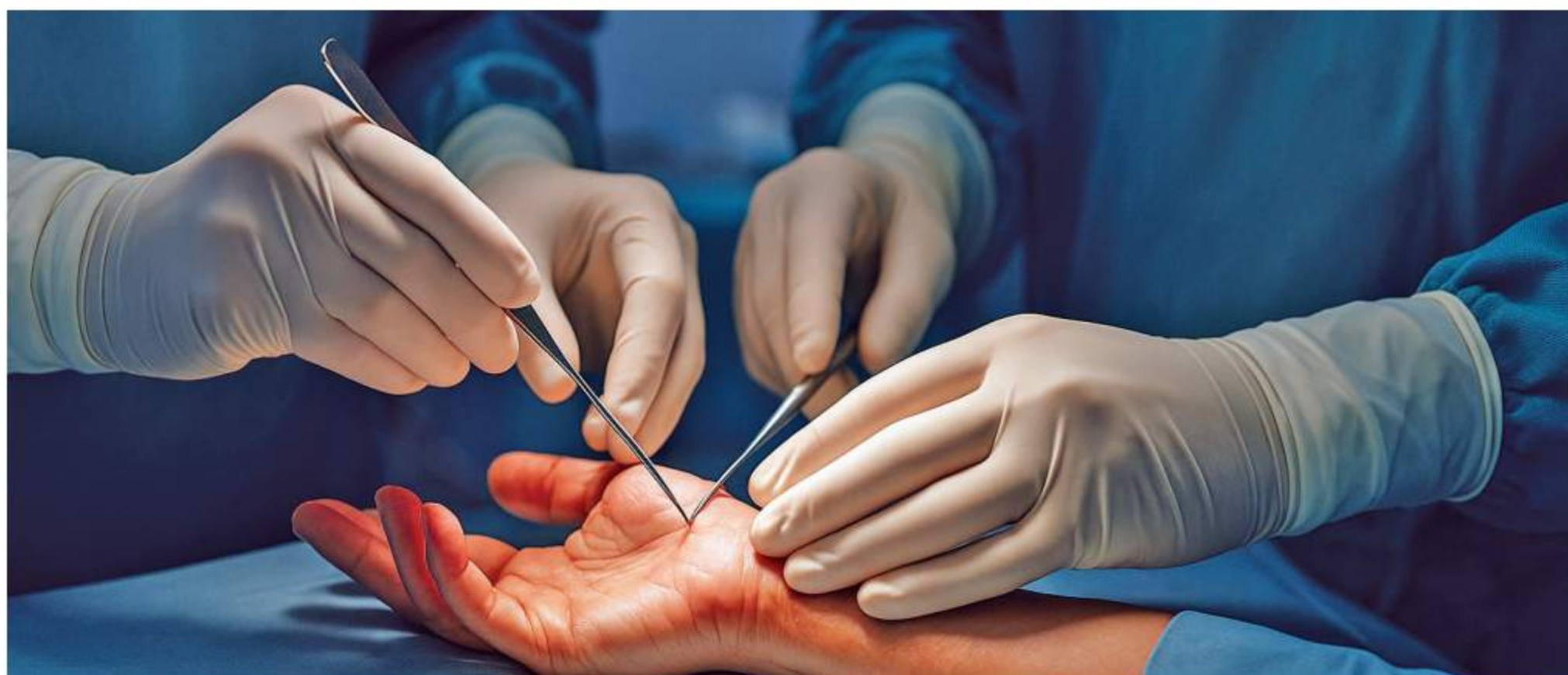
A brain-dead donor can donate his hands, which can be attached to a suitable recipient, after appropriate cross-matching. The hand transplant surgery is technically challenging and needs a large team skilled with microsurgical expertise. Hand transplant is the only viable option for these amputees, which can help them to regain useful hand function in order to live an independent life.

Hand transplants are not lifesaving, but they are life-enhancing. They can make a drastic improvement in the quality of life of the recipient. Hence, they are essential. However, all patients undergoing hand transplants have to be on lifelong immunosuppression. So, the decision depends on the suitability of the recipient has to be very cautious and careful.

The first ever hand transplant was done in 1964, in Ecuador. The surgery failed as the understanding of the immunosuppressive medications was very primitive at that time.

Following this hand transplants were performed at Lyon, France (1998) and Louisville, USA (1999). These surgeries were successful and they helped in development of hand transplant programs across the world. In India, the first successful hand transplant was performed in 2015. Following this, several centers in India have performed hand transplants successfully. Today, India has





collectively surpassed all other countries in the world by performing the maximum number of hand transplants.

Till date, more than 75 hands have been transplanted in India in various recipients within a short span of 10 years. In comparison, USA has performed close to 55 hand transplants in the last 27 years. Our team at Gleneagles Hospital and now at Nanavati Max Hospital has performed 24 hand transplants in 13 patients. This is the second largest series in the world with many unique achievements to its credit.

### **Registration: Who is a candidate? How to register? What is involved in the wait?**

Any unilateral or bilateral amputee could be a potential recipient for hand transplant. He/she must be physically fit, socially stable and mentally strong and committed to undergo lifelong treatment. He/she has to undergo long-term physiotherapy and rehabilitation to achieve good hand function.

After detailed assessment and counseling by the transplant team, the recipient can be registered with the respective state government body. Because this is a major surgery with lifelong treatment, a detailed assessment of all the organ systems in the body has to be performed. A multi-disciplinary team of doctors have to assess

the patient and judge his suitability to undergo this major surgery.

The waiting time for the transplant can be indefinite. It depends purely on the availability of a suitable donor. This in turn depends on the awareness of organ donation and the local situation in each state. There are certain special and unique challenges in hand donation. Patients and families are often more open and accepting to donate internal organs such as liver, kidneys, heart and lungs.

However, they are always hesitant to donate external organs such as hands, as this is causing a visible mutilation to the donor's body. To overcome this difficulty, after the hands are removed, the donor's body is fitted with an artificial prosthesis as a replacement. This significantly helps in restoring the body image and also alleviates the emotional concerns of the donor family.

### **The Transplant Surgery: What happens during transplant? What is the process?**

- When a suitable donor is identified and the consent for hand donation is received, the suitable listed recipients are informed and called at the earliest.
- A cross-match test is then performed to check the compatibility between the donor



and the recipient. This is the most crucial test before the surgery which determines the safety and long-term success of the transplant surgery.

- If there is a good match between the donor and the recipient, the recipient's body will accept the transplanted hand in a better way and the chances of rejection will be less. If the crossmatch is favorable, then the transplant is performed.
- One surgical team proceeds with the retrieval of the donor hands. Simultaneously the recipient is shifted to the operation theatre and the preparation of his/her amputation stumps is started simultaneously.
- The donor hands are dissected and prepared. All the structures are identified and labelled.
- Similar preparation is done on the recipient side. All the blood vessels, nerves, muscles, tendons are identified and labelled.
- All these structures are then sequentially repaired.
- The bones are fixed with plates and screws. The blood vessels are repaired to restore the blood flow to the transplanted hands. The muscles and tendons are repaired in optimum position and tension. The nerves are repaired in order to get good muscle function and sensations in the new limbs. The skin is then adjusted and closed to cover all the vital structures.
- This is a prolonged surgery which takes 12-16 hours, depending on the level of injury and the extent of damage to the amputated stump.

### **Post Surgery: Things You Need to Know, Do's and Don'ts, Rejections and Infections**

- Patients with successful hand transplant can expect to have good motor function and reasonable sensory recovery.

- However, the time taken for the recovery is variable and depends on the level at which transplant is done.
- The patient has to undergo rigorous and regular physiotherapy in the post-operative period in order to achieve good hand function.
- He/she has to take immunosuppressive medications on daily basis throughout his lifetime.
- He/she has to take precautions to avoid infections and other potential complications due to the immunosuppression.
- They must perform regular screening investigations from time to time to ensure that all other systems in the body are functioning well without any problems.
- All patients have to maintain a regular follow up with the transplant team for close monitoring.
- As with any transplant, there is a risk of rejection (acute or chronic), which may require adjustments in the medication doses.
- The rejection may present in the form of rash over the skin of the transplanted hands. The hands being visible externally, these rejections can be picked up early and treatment started immediately.
- Skin biopsies are performed at regular intervals to monitor any rejection process happening in the hands.

### **Hand Transplants are life changing.**

It provides hope for an amputee to be able to live an independent and productive life. It restores the self-respect of the individual and gives them a second chance in life. Hence, it is important to create awareness about hand donation. It is more important to create awareness about hand injuries. Proper primary treatment can help us to save hands and prevent amputations. In situations where the hand salvage is not possible or has failed, a hand transplant can be a real game changer.





## मानसिक कणखरता: नकारात्मकतेतून संधी शोधण्याचे विज्ञान

**Rtn. Dr. Ajay Darekar**  
RC of Mumbai Mahim

*Rtn. Dr. Ajay Darekar purpose is to help Students and Youth, Self-Discover themselves and identify their true potential by using his Creative Communication, Enthusiasm, Listening and Empathetic Skills.*

*Rtn. Dr. Ajay Darekar coming from a Mumbai slum background, had seen life struggle at a tender age. Being a School Topper yet failed to Select Right Career at Right Time due to lack of proper guidance made him realize the core problem of other Youth and hence just at the age of 18 (in 2004), he founded Verstaile Educaare System with only 2 students and with a game changing vision of Creating Leaders of Tomorrow.*

*He believes current education system is not enough to build tomorrow's Entrepreneurs. They need to develop several skills and habits to succeed in life.*

*Hence, over the years, he has trained more than 10,000 students to self-discover themselves and achieve their Goals.*

*Rtn. Dr. Ajay Darekar joined the Rotary Club of Mumbai Mahim in March 2024 and has been actively involved in organizing and conducting summer camps for students under the Rotary banner.*

जीवनात प्रत्येक व्यक्तीला यश हवे असते, पण यशाचा मार्ग हा प्रशस्त महामार्गासारखा नसून, खाचखळग्यांनी भरलेल्या पायवाटेसारखा असतो. या वाटेवर आपल्याला दिशा दाखवणारे दोन आधारस्तंभ म्हणजे आत्मविश्वास (Confidence) आणि सकारात्मक दृष्टिकोन (Positive Attitude). बरेच लोक यशाला नशिबाचा भाग मानतात, पण खरेतर यश हे या दोन मूलभूत मानसिक क्षमतांमध्ये दडलेले असते. आपण नेहमी 'यशाची गुरुकिल्ली' शोधत असतो, पण ती गुरुकिल्ली आपल्या बाहेर नसून, आपल्या अंतर्मनात आहे. या लेखात आपण याच आत्मविश्वास आणि सकारात्मकतेच्या पारंपरिक कल्पनांना छेद देऊन, त्यांच्या नव्या, वास्तववादी आणि कृतीशील स्वरूपाचा वेध घेणार आहोत.

### आत्मविश्वासाचा 'अहंकार' आणि 'गर्व' यांच्याशी संघर्ष

आत्मविश्वास आणि अहंकार (Ego) या दोन भावना वरवर सारख्या वाटत असल्या तरी, त्यांच्यात जमीन-अस्मानाचा फरक असतो. खरेतर, अहंकार हा आत्मविश्वासाचा विकृत अवतार आहे. यशाच्या मार्गावर चालताना आपल्याला या दोन भावनांमधील सूक्ष्म रेषा (Fine Line) ओळखता आली पाहिजे.

### आत्मविश्वास: अंतर्गत सामर्थ्याची जाणीव

खरा आत्मविश्वास हा स्वतःच्या क्षमतेवर आणि मूल्यांवर आधारित असतो. ही एक शांत, सखोल आणि स्थिर भावना आहे.

- 'मी हे करू शकतो' ही आत्मविश्वासाची पहिली पायरी आहे.
- आत्मविश्वासाची खरी व्याख्या 'मी हे करू शकतो' यापुढे जाते. ती अशी आहे की, मी हे करू शकतो आणि जर कुठे अडलो, तर मी मदत मागायला किंवा नवीन काही शिकायला घाबरणार नाही.
- आत्मविश्वासी व्यक्ती आपली क्षमता सिद्ध करण्यासाठी इतरांना खाली खेचत नाही. तो इतरांच्या यशाचे कौतुक करतो आणि त्यांच्याकडून शिकायला तयार असतो. त्याला अपयशाची भीती नसते, कारण तो जाणतो की अपयश म्हणजे



केवळ सुधारणेची संधी (Opportunity for Improvement) आहे.

### अहंकार: बाह्य मान्यतेची भूक

अहंकार हा इतरांच्या नजरेतून स्वतःला मोठे दाखवण्याची तीव्र गरज आहे. ही एक अस्थिर आणि क्षणभंगुर भावना आहे.

- ‘फक्त मीच हे करू शकतो’ किंवा ‘मीच सर्वोत्तम आहे’ ही अहंकाराची भाषा आहे.
- अहंकारी व्यक्तीला सतत बाह्य मान्यतेची (External Validation) गरज असते. त्याने केलेल्या कामाचे कौतुक झाले नाही, तर तो लगेच निराश किंवा क्रोधीत होतो.
- त्याला आपल्या चुका मान्य नसतात आणि तो मदत मागायला तयार नसतो, कारण त्याला वाटते की मदत मागितल्यास त्याची प्रतिमा (Image) खराब होईल. अहंकारामुळे तो ‘मी सर्वज्ञ आहे’ (I know everything) या भ्रमात राहतो आणि शिकणे थांबवतो.

### सूक्ष्म रेषा आणि यशाचा तोल

आत्मविश्वास आणि अहंकार यातील नेमका फरक खालीलप्रमाणे समजून घेता येईल:

पैलू (Aspect)	आत्मविश्वास (Confidence)	अहंकार (Ego)
मदत मागणे	नम्रपणे मदत मागतो. (हे सिद्ध करते की त्याचे ध्येय स्वतःपेक्षा मोठे आहे.)	मदत मागायला लाजतो. (त्याला वाटते की मदत मागितल्यास तो दुर्बल ठरेल.)
इतरांचे यश	कौतुक करतो आणि प्रेरणा घेतो. (त्याचा यशावर विश्वास असल्यामुळे इतरांचे यश त्याला धोक्याचे वाटत नाही.)	मत्सराने पाहतो व टीका करतो. (इतरांचे यश त्याला असुरक्षित (Insecure) बनवते.)
चुका/अपयश	स्वीकारतो आणि त्यातून शिकतो. (चुकांना प्रगतीची संधी मानतो.)	दुसऱ्यांवर दोष ढकलतो. (आपले अपयश झाकण्यासाठी धडपडतो.)
प्रेरणास्त्रोत	स्वतःच्या आंतरिक मूल्यांवर विश्वास. (Inner Belief)	इतरांना प्रभावित करण्याची इच्छा. (Need to Impress)

वास्तविक यश मिळवण्यासाठी आपल्याला ‘नम्र आत्मविश्वास’ (Humble Confidence) हवा असतो. याचा अर्थ असा की:

- आपण आपल्या कामात मजबूत असावे (आत्मविश्वास),
- परंतु आपल्या ज्ञानात आणि अनुभवात कमतरता असू शकतात हे मान्य करावे (नम्रता).

जो व्यक्ती आत्मविश्वासाने पुढे जातो, पण गरजेनुसार मागे वळून मदत मागतो, तोच खऱ्या अर्थाने यशस्वी होतो. कारण तो सतत शिकण्याच्या प्रक्रियेत असतो आणि हाच सकारात्मक दृष्टिकोन यशाची खरी गुरुकिल्ली आहे.

### सकारात्मक दृष्टिकोन म्हणजे ‘सत्य नाकारणे’ नव्हे

पारंपरिकपणे, सकारात्मक दृष्टिकोन म्हणजे केवळ ‘आशावादी राहणे’ आणि ‘सर्वकाही चांगलेच होईल’ असे मानणे, अशी समजूत आहे. मात्र, जीवनातील कटू सत्य, अपयश आणि संकटे पाहिल्यास हा दृष्टिकोन अनेकदा तकलादू आणि अवास्तव (Unrealistic) वाटू शकतो.

आजच्या जगात, सकारात्मक दृष्टिकोनाचा एक नवीन आणि अधिक जबाबदार अर्थ समजून घेणे आवश्यक आहे, कारण डोळे झाकून ‘सगळं ठीक आहे’ असे म्हणणे म्हणजे ‘विषाक्त सकारात्मकता’ (Toxic Positivity) होय.

### विषाक्त सकारात्मकता (Toxic Positivity) आणि वास्तववादी सकारात्मकता

विषाक्त सकारात्मकता आपल्याला वास्तव स्वीकारण्यापासून थांबवते. ती दुःखाला, भीतीला किंवा निराशेला ‘वाईट’ ठरवते आणि अशा भावना व्यक्त करण्यावर बंधन आणते.

- उदाहरणार्थ: एखादी मोठी आर्थिक हानी झाल्यावर ‘अरे, काही नाही, नेहमी हसत राहा!’ असा सल्ला देणे म्हणजे त्या व्यक्तीच्या वेदना नाकारणे.

याउलट, वास्तववादी सकारात्मक दृष्टिकोन (Realistic Positive Attitude) हा सत्य स्वीकारतो, भावनांना मोकळीक देतो आणि नंतर त्या परिस्थितीतून मार्ग काढण्यावर लक्ष केंद्रित करतो.

### समस्यांना ‘धड्यांमध्ये’ (Lessons) रूपांतर करण्याची मानसिक प्रक्रिया

सकारात्मक दृष्टिकोन म्हणजे समस्यांना नाकारणे नव्हे, तर त्या समस्यांना ‘धड्यांमध्ये’ (Lessons) रूपांतरित करण्याची एक मानसिक प्रक्रिया आहे. ही प्रक्रिया व्यक्तीला निष्क्रिय आशावादातून बाहेर काढून कृतीशीलतेकडे (Action) घेऊन जाते.



### १. 'हे का झाले?' ऐवजी 'यातून काय शिकायचे?'

संकट आल्यावर माणूस सहसा भूतकाळात अडकून 'हे माझ्यासोबतच का झाले?' किंवा 'कुणाची चूक आहे?' या प्रश्नांमध्ये वेळ घालवतो. हा नकारात्मकतेचा चक्रव्यूह आहे.

- सकारात्मक दृष्टीकोनाची कृती: याऐवजी विचारणा बदला. 'घडलेली गोष्ट बदलता येणार नाही, पण आता या परिस्थितीतून मी काय शिकू शकतो?' किंवा 'पुढच्या वेळी मी हे अधिक चांगल्या प्रकारे कसे करू शकेन?' असा प्रश्न स्वतःला विचारणे, ही सकारात्मक मानसिकतेची सुरुवात आहे.

### २. नुकसानीचे 'गुंतवणुकीत' (Investment) रूपांतर

जेव्हा एखाद्या कामात अपयश येते किंवा नुकसान होते, तेव्हा सकारात्मक दृष्टिकोन त्या नुकसानीकडे 'खर्च' (Expense) म्हणून न पाहता 'गुंतवणूक' (Investment) म्हणून पाहतो.

- 'गुंतवणूक कशाची?' तर अनुभवाची, वेळेची आणि ज्ञानाची! कारण या धड्यातून तुम्ही जे काही शिकलात, ते भविष्यात मोठे यश मिळवण्यासाठी उपयुक्त ठरणार आहे.

### ३. 'नियंत्रण' कशावर आहे हे ओळखणे

सकारात्मक व्यक्ती नेहमी अशा गोष्टींवर लक्ष केंद्रित करते, ज्यावर तिचे नियंत्रण (Control) आहे.

- उदा. बाहेर पाऊस पडत असेल तर: पाऊस थांबवण्यावर आपले नियंत्रण नाही (नकारात्मक विचार). पण, पाऊस पडत असतानाही घरात बसून आपले अभ्यासाचे नियोजन पूर्ण करण्यावर किंवा नवीन कौशल्य शिकण्यावर आपले नियंत्रण आहे (सकारात्मक कृती).

### आत्मविश्वास आणि सकारात्मकतेची सांगड

वास्तववादी सकारात्मक दृष्टिकोन तुमच्या आत्मविश्वासाला बळ देतो. कारण तुम्ही जाणता की, भविष्यात कितीही मोठे संकट आले तरी, तुम्ही डगमगणार नाही, उलट त्या संकटाचे रूपांतर नवीन संधी आणि नवीन धड्यात कराल. हीच मानसिक तयारी आणि क्षमता यशाची खरी गुरुकिल्ली आहे.

### 'छोटे यश' - आत्मविश्वासाची रोजची गुंतवणूक

मोठे यश म्हणजे अनेक छोट्या-छोट्या यशांची साखळी आहे. अनेकदा आपण फक्त 'पर्वतशिखराकडे' (Big Goal) पाहतो आणि ते गाठणे अशक्य वाटते, ज्यामुळे आपला आत्मविश्वास डगमगतो. मात्र, यशाचा खरा पाया 'रोजच्या कृती' आणि 'छोटे

विजय' (Small Wins) यावर आधारित असतो. हा दृष्टिकोन आत्मविश्वासाला एका रात्रीत मिळणारी 'देणगी' न मानता, ती एक 'रोजची गुंतवणूक' (Daily Investment) आहे, असे स्पष्ट करतो.

### दैनंदिन कृतीतून 'स्वतःवरील विश्वास' निर्माण करणे

तुमचा आत्मविश्वास तुमच्या भव्य स्वप्नांवर नव्हे, तर तुमच्या दैनंदिन कृतींवर अधिक अवलंबून असतो.

- उदाहरणार्थ: तुम्ही मोठे लक्ष्य ठेवले की, 'मी एक वर्षात एक पुस्तक लिहीन.' हे लक्ष्य खूप मोठे आहे आणि ते तुमच्या आत्मविश्वासाला कमी करू शकते.
- याऐवजी, तुम्ही छोटे लक्ष्य ठेवले: 'मी आज एक तास शांतपणे वाचून पाच महत्वाचे मुद्दे लिहून काढीन.' जेव्हा तुम्ही हे छोटे काम पूर्ण करता, तेव्हा तुमच्या मेंदूत 'डोपामिन' (Dopamine) नावाचे रसायन स्रवते, जे तुम्हाला समाधान आणि यशाची छोटी अनुभूती देते.
- हे छोटे यश तुम्हाला पुढील कृतीसाठी मानसिक बळ (Mental Strength) देते. हे रोज घडले तर, तुमचा आत्मविश्वास हळूहळू पण निश्चितपणे वाढतो.

### 'मी माझ्यावर अवलंबून राहू शकतो' (Reliability on Self) ही भावना

आत्मविश्वासाचा गाभा म्हणजे ही भावना की, 'जेव्हा गरज असेल, तेव्हा मी स्वतःला मदत करू शकेन.' ही स्वतःवरची अवलंबित्व आणि विश्वासाहता (Reliability) छोट्या-छोट्या कृतीतून निर्माण होते.

छोटा विजय (Small Win)	निर्माण होणारी भावना	आत्मविश्वासावर परिणाम
सकाळी ५ मिनिटे लवकर उठणे	मी स्वतःला दिलेला शब्द पाळला.'	शिस्त (Discipline) आणि वचनबद्धता (Commitment) वाढते.
ई-मेल बॉक्स त्वरित साफ करणे	मी काम वेळेत पूर्ण केले.'	टार्गेट्स पूर्ण करण्याची क्षमता वाढते.
कामाच्या ठिकाणी 'नाही' म्हणणे	मी माझ्या वेळेचा आदर करतो.'	सीमा निश्चित करण्याची (Boundary Setting) क्षमता वाढते.



जेव्हा तुम्ही ठरवता की 'आज मी हे करणार' आणि तुम्ही ते निश्चितपणे करता, तेव्हा तुमचा मेंदू हा संदेश स्वीकारतो की 'मी जे ठरवतो, ते पूर्ण करतो'. हा संदेश आत्मविश्वासाचा आधारस्तंभ बनतो. याउलट, मोठे लक्ष्य ठेवणे आणि ते सतत अपूर्ण राहणे, आत्मविश्वासाचे 'अवमूल्यन' (Devaluation) करते.

### यशाच्या 'गुंतवणुकीचे' चक्र

मोठे यश हे एक फळ आहे, पण छोटे विजय हे बीज आहेत. जेव्हा तुम्ही रोज छोटी, सकारात्मक बीजं पेरता (छोटी कामे पूर्ण करता), तेव्हा तुम्ही तुमच्या आत्मविश्वासाच्या 'खात्यात' (Account) रोज गुंतवणूक करता.

हा सकारात्मक दृष्टिकोन आपल्याला शिकवतो की, आपण परिपूर्ण असण्याची गरज नाही, तर सातत्याने प्रगती करत राहणे महत्वाचे आहे. सातत्यपूर्ण 'छोटे यश' हेच आत्मविश्वासाचे इंधन बनते आणि तुम्हाला मोठे यश गाठण्यासाठी मानसिकरित्या तयार करते.

### अपयश: सकारात्मक दृष्टिकोनाची 'प्रयोगशाळा'

आयुष्यात 'अपयश' हा शब्द ऐकताच अनेकजण निराश होतात. पारंपारिक विचारधारेनुसार, अपयश म्हणजे तुमच्या क्षमतेचा 'अंतिम निकाल' (Final Verdict) किंवा 'खेळ संपला' (Game Over) असा अर्थ लावला जातो. पण सकारात्मक आणि वैज्ञानिक दृष्टिकोन या संकल्पनेला पूर्णपणे बदलतो.

आपल्या लेखात, 'अपयश स्वीकारा' या निष्क्रिय सल्ल्याऐवजी, आपण 'अपयशाचा उपयोग करा' (Utilise Failure) या अधिक कृतीशील (Action-Oriented) आणि शक्तिशाली दृष्टिकोनावर भर देऊया.

### अपयशाचे रूपांतर 'डेटा पॉइंट' मध्ये (Failure as a Data Point)

प्रत्येक यशस्वी वैज्ञानिक किंवा उद्योजकाला माहीत असते की, अपयश हा प्रगतीचा एक अपरिहार्य भाग आहे.

- वैज्ञानिक दृष्टिकोन: प्रयोगशाळेत एखादा प्रयोग अयशस्वी झाल्यास, वैज्ञानिक निराश होत नाही. तो लगेच विचार करतो, माझा उद्देश (Hypothesis) चुकीचा नव्हता, पण मी वापरलेले 'तंत्र' (Technique) चुकीचे होते. तो अयशस्वी प्रयोगातून मिळालेल्या माहितीला 'डेटा पॉइंट' मानतो. हा डेटा पॉइंट त्याला सांगतो की, 'या मार्गाने यश मिळणार नाही, आता दुसरा मार्ग शोधा.'
- आपल्या जीवनात: जेव्हा तुम्ही एखाद्या कामात अपयशी ठरता, तेव्हा स्वतःला दोष न देता, त्या परिस्थितीकडे

'प्रयोगशाळेचा निकाल' म्हणून पाहा. हा निकाल स्पष्टपणे सांगतो, तू अमुक-तमुक पद्धतीने काम केलेस आणि ती पद्धत (Strategy) यशस्वी ठरली नाही.

हा दृष्टिकोन आपल्याला स्वतःला (Self) अपयशापासून वेगळे काढण्यास मदत करतो. अपयश कामाचे असते, तुमचे नसते.

### अपयशाचे विश्लेषण (Analysis) आणि 'पुढील कृती' (Next Action)

सकारात्मक दृष्टिकोन आपल्याला अपयशाच्या दरीत रडण्याऐवजी, तेथून लगेच पुढील कृती (Next Action) करण्यासाठी प्रेरित करतो. 'अपयशाचा उपयोग करा' या संकल्पनेत खालील तीन पायऱ्या येतात:

#### १. कारणमीमांसा (Root Cause Analysis):

- प्रश्न: अपयश कशामुळे आले? (उदा. वेळेच्या नियोजनाचा अभाव, अपुरे संशोधन, अति आत्मविश्वास, चुकीचे मार्गदर्शन.)
- उपयोग: अपयशाच्या खऱ्या मुळापर्यंत पोहोचल्यास, तीच चूक पुन्हा करण्याची शक्यता कमी होते.

#### २. तंत्रात सुधारणा (Technical Upgrade):

- प्रश्न: आता मी कोणती नवीन पद्धत (New Method) वापरू शकतो? (उदा. जर एक पुस्तक वाचून अभ्यास झाला नसेल, तर आता गट-चर्चा (Group Study) किंवा ऑनलाइन कोर्स करून पाहू.)
- उपयोग: अपयशाच्या धड्याचा उपयोग करून नवीन आणि अधिक प्रभावी रणनीती (Strategy) तयार करणे.

#### ३. भावनेचे नियोजन (Emotional Inventory):

- प्रश्न: या अपयशामुळे मला कोणती अस्वस्थता (Discomfort) जाणवत आहे? मी या भावनेतून बाहेर कसे पडणार?
- उपयोग: या प्रक्रियेमुळे मानसिक बळ वाढते. अपयशानंतर निराश न होता, त्वरित काम सुरू करण्याची सवय लागते. हाच 'मानसिक कणखरपणा' (Resilience) आत्मविश्वासाला बळ देतो.
- यशाचा आणि आत्मविश्वासाचा वाढीव वेग
- जो व्यक्ती अपयशाला 'थांबा' न मानता 'वळण' (Turn) मानतो, तो यशाच्या मार्गावर कोलमडत नाही, तर प्रत्येक अपयशातून अधिक वेगवान होतो. अपयशाचा उपयोग केल्याने तुमचा आत्मविश्वास वाढतो, कारण तुम्हाला खात्री



असते की, तुम्ही कोणतीही चूक केली तरी, ती दुरुस्त करण्याची क्षमता तुमच्यात आहे. हाच आत्मविश्वास आणि सकारात्मक दृष्टिकोन, एकत्रितपणे, यशाची सर्वात मोठी गुरुकिल्ली ठरतो.

**स्वतःशी संवाद (Self-Talk) : आत्मविश्वासाचा 'अदृश्य स्रोत'**  
तुम्ही आयुष्यात कसे वागता, काय निर्णय घेता आणि तुमचे यश किती मोठे आहे, हे सर्व तुम्ही जगातल्या लोकांशी बोलण्यावर नाही, तर तुम्ही स्वतःशी काय बोलता यावर अवलंबून असते. हा 'अंतर्गत आवाज' (Inner Voice) हाच तुमच्या आत्मविश्वासाचा अदृश्य स्रोत आहे.

काहीवेळा, मनात चाललेला हा संवाद जगातील कोणत्याही टीकाकारापेक्षा (Critic) अधिक कठोर आणि नकारात्मक असतो.

**अंतर्गत आवाज: टीकाकार की समर्थक?**

आपल्या मनात सतत दोन आवाज चालू असतात:

१. **टीकाकाराचा आवाज (The Critic):** हा आवाज तुमच्या चुकांवर बोट ठेवतो. तो म्हणतो, तू हे करू शकणार नाहीस, तुझ्याकडे पुरेसे कौशल्य नाही, किंवा प्रत्येक वेळी तू गोंधळ घालतोस.

२. **समर्थकाचा आवाज (The Supporter):** हा आवाज तुम्हाला प्रोत्साहन देतो. तो म्हणतो, तू प्रयत्न केलास, हे महत्वाचे आहे, पुढच्या वेळी तू अधिक चांगला करू शकतोस, किंवा एक चूक झाली म्हणून तू अपयशी नाहीस.

नाविन्यपूर्ण दृष्टीकोन: आत्मविश्वासाचा प्रवास म्हणजे टीकाकाराच्या हातून माईक काढून, तो समर्थकाला देणे आहे. जोपर्यंत तुम्ही स्वतःच्या मनातील टीकाकाराला शांत करत नाही, तोपर्यंत तुमचा आत्मविश्वास वाढू शकत नाही.

**नकारात्मक संवादाचे वास्तववादी सकारात्मकतेत रूपांतर**  
स्वतःशी होणारा नकारात्मक संवाद ओळखणे आणि त्याला जाणीवपूर्वक (Consciously) वास्तववादी सकारात्मक संवादात (Realistic Positive Talk) बदलणे, ही यशाची सर्वात मोठी मानसिक कला आहे

नकारात्मक अंतर्गत संवाद (टीकाकार)	वास्तववादी सकारात्मक प्रतिसाद (समर्थक)
मी मूर्ख आहे. माझ्याकडून नेहमी चुका होतात.	माझ्याकडून चूक झाली, पण याचा अर्थ मी मूर्ख नाही. मी त्यातून शिकत आहे.

मी हे काम कधीच पूर्ण करू शकणार नाही.	हे काम मोठे आहे, पण मी त्याची छोटी-छोटी विभागणी करू शकतो आणि प्रत्येक टप्पा पूर्ण करू शकतो.
दुसऱ्याने माझ्याबद्दल असे का म्हटले?	मी इतरांच्या मतांवर नियंत्रण ठेवू शकत नाही. पण मी माझ्या कामावर आणि कृतीवर नियंत्रण ठेवू शकेन.

हा बदल 'सगळं ठीक आहे' या अंधळ्या आशावादावर आधारित नाही, तर 'सत्य स्वीकारून, सुधारणेच्या संधीवर' लक्ष केंद्रित करतो.

**आंतरिक सामर्थ्याची निर्मिती**

जेव्हा तुम्ही तुमच्या टीकाकाराला समर्थकात बदलता, तेव्हा तुम्ही बाह्य टीकेमुळे डगमगत नाही. कारण, तुमचा अंतर्गत आधार मजबूत असतो.

- हा सकारात्मक स्वतःशी होणारा संवाद तुम्हाला मानसिकदृष्ट्या कणखर बनवतो.
- तो तुम्हाला कामात अपयश आले तरी, स्वतःवरचा विश्वास कायम ठेवण्यास मदत करतो.

आपला 'अंतर्गत आवाज' हा तुमच्या आत्मविश्वासाचा सर्वात महत्वाचा आणि **नूतनीकरणीय (Renewable)** स्रोत आहे. त्याला योग्य दिशा देणे, हीच यशाची अत्यंत शांत आणि प्रभावी गुरुकिल्ली आहे.

**समारोप (Conclusion)**

आत्मविश्वास आणि सकारात्मक दृष्टिकोन हे केवळ 'चांगले विचार' नाहीत, तर ती एक **कृतीशील जीवनशैली** आहे. यशाची गुरुकिल्ली तुमच्या हातात आहे; ती म्हणजे, 'नम्र आत्मविश्वास' जो तुम्हाला मदत मागायला शिकवतो, 'वास्तववादी सकारात्मकता' जी तुम्हाला संकटातून धडे काढायला शिकवते, आणि 'छोटे विजय' जे तुमच्या 'स्वतःवरील विश्वासाहतेची' रोज गुंतवणूक करतात.

या प्रवासात, तुम्ही स्वतःचे सर्वात मोठे टीकाकार न बनता, **सर्वात मोठे समर्थक बना**. लक्षात ठेवा, जो व्यक्ती अपयशाला 'थांबा' न मानता 'वळण' (Turn) मानतो आणि आपल्या अंतर्गत आवाजाला प्रोत्साहन देतो, तोच खऱ्या अर्थाने यशाच्या शिखरावर पोहोचतो. **स्वप्नांच्या पूर्ततेसाठी, आजच आपल्या विचारांना नवी दिशा द्या.**





$$E=mc^2$$



## BALANCING BOOKS AND EMOTIONS: STUDENT PSYCHOLOGY TODAY

**Rtn. Dr. Hemangee Dhavale**  
RC of Mumbai Mahim  
**Dr. Henal R. Shah**

**Rtn. Dr. Hemangee Dhavale**, Consultant Psychiatrist at Somaiya, Dhanwantari and Fortis Hospitals, holds MD, DPM with training in Hospital Management and REBT. A Fellow of IPS and IMA member, she earlier served as Professor & Head of Psychiatry at Nair (1991–2005) and Somaiya (2005–2014). She has been President of IPS (WZ) and BPS, Secretary in professional bodies, and chaired 30+ academic committees. A founder member of a Mumbai mental health group, she has guided students across disciplines, authored publications, won Best Paper awards, and delivered noted orations.

**Dr. Henal R. Shah**, MBBS, DPM, MD, MSc (Health Professions Education, Maastricht), is Additional Professor at Nair Hospital, Mumbai. She has significantly contributed to the growth of Child and Adolescent Psychiatry, strengthening clinical services, education, and research in the field. Dr. Shah has published extensively, actively engaged with professional organizations, and continues to play a key role in advancing awareness and capacity building for child and adolescent mental health.

### Balancing Academics and Emotions in Today's Students

In today's hectic life, students are juggling academics, peer relations, family interactions and hobbies. Besides the tremendous academic expectations, they carry the weight of peer pressure, digital distractions, and uncertainties about the future. Education remains important, but emotional well-being is equally important.

### Why Emotions Matter?

Examinations, competition, and constant comparisons can impact mental health. Many children fear disappointing parents or teachers. Excessive pressure can lead to burnout, anxiety, and loss of interest in learning. A child who feels anxious, sad, or lonely is poorly motivated and finds it difficult to concentrate, engage in critical thinking or enjoy learning. Emotional stress may manifest as headaches, irritability, lack of sleep, or even falling grades. It may also lead to addictions, increased use of digital screens. Students who are happy, supported, and emotionally balanced perform better in school and later in life.

### Special Challenges: Children with Disabilities and Chronic Illness

For many children, the struggle goes beyond academics and routine pressures.

- **Neurodevelopmental Disabilities (e.g., ADHD, Autism, Learning Disabilities):** These children may face difficulties in attention, communication, or social skills. They are often mislabelled as "lazy" or "slow." Comparison and poor grades can lower self-esteem and increase frustration. Early identification, supportive teaching methods, patience, and acceptance are helpful measures to build their self-esteem.



- **Chronic Illness (e.g., asthma, epilepsy, diabetes, cancer):** Frequent hospital visits, missed classes and fatigue can hamper schooling. Children may feel “left out” or different from their classmates. Along with medical care, they need emotional reassurance, flexible academic expectations, and encouragement to pursue their strengths.

For these children, balancing academics and emotions is not just about reducing stress but about creating equal opportunities and a compassionate inclusive environment.

### Striking the Right Balance

- **Safe spaces to have open conversations:** Encourage children to share their feelings. Listening without judgment. This helps to build trust.
- **Healthy Routines:** Adequate sleep, balanced meals, and physical activity are as important.
- **Breaks and Hobbies:** Music, art and games can refresh the mind, reduce stress and learn teamwork.
- **Realistic Goals:** Celebrating effort is more important than celebrating results. Every small achievement matters.
- **Building Resilience:** Encouraging problem-solving, coping, support and mindfulness helps in being resilient.
- **Role of Schools & Families:** Teachers and parents working together can create an environment where learning is joyful, and be the effective models for children.

### Our Hospital's Services for Children and Families

At **TNMC & BYL Nair Hospital, Department of Psychiatry**, we are committed to supporting children's mental health and academic journey through a wide range of services:

1. **Daily Outpatient Services** – accessible to all children and families seeking psychiatric or psychological help.

2. **Certification of Disabilities** – for children requiring official recognition for educational support and government benefits.
3. **Autism Dynamic Intervention Program** – structured multidisciplinary teams ensuring therapies for improving communication, social, and learning skills.
4. **Vivekananda Remedial Centre for Specific Learning Disorders (SLD)** – specialized help for learning disorders
5. **Community Outreach Programs** – bringing awareness, screening, and support to schools and neighbourhoods.
6. **Psychological Therapies** – including counselling, play therapy, behaviour therapy, and parent guidance. These are individual and also group work.
7. **Early Intervention and rehabilitation centres for children** - Working with children with all types of disabilities
8. **Advocacy and Awareness** – working with schools, parents, and policy-makers to create inclusive opportunities for every child.

### A Collective Responsibility

Balancing academics and emotions is the responsibility of parents, teachers, health professionals, and society. With the right guidance and timely support, every child, including those with special needs, can grow into a confident, capable, and resilient adult.





### CENTRE FOR LEARNING DISABILITY



### School for children with Autism



### Vivekanand Remedial Centre (VRC)



### EIRCC (2024)



### Some of the inspiring quotations -

We live for ourselves only when we live for others. What truly matter most is the lives we have touched and the legacy what we have left.

The saddest part of life lies not in act of dying but in failing to truly live while we are alive.

Lives of great men all remind us we can make our lives sublime, and departing, leave behind us footprints on the sands of time.

Stop living your life by default and start living your life by designing.

At the end of your life you will find that the things you thought were the big things were actually the little things and that all those things you thought were the little, unimportant were actually big important ones.

Happiness does not arrive when you achieve certain things. It comes when you think certain thoughts. Happiness is nothing more than a state

of mind that you create by the way that you process and interpret the events of your life.

The more you give to others, the more you will ultimately receive yourself.

We need to define our priorities, the values, endeavors and dreams that can guide us and then build our worlds around those things. It is not enough just to get through the day. We need to make everyday a platform for accomplishing what we want out of life. We must take responsibility for ourselves and the world we live in so that we can live with ourselves and the world around us.

Your children are the greatest blessings of your life and they will only be young once. Put them first and your life will rise high.

Leadership in life begins with leadership in your home.

Enduring, long-lasting meaning in life will be found in shaping children's values and not in professional success.





## SWEETNESS IN BALANCE

**Rtn. Dr. Sanhita Walawalkar**  
*RC of Mumbai Mahim*

Rtn. Dr. Sanhita Walawalkar, MBBS, MD (Mumbai), is a Consultant in Diabetes and Metabolic Disorders, practicing at Dr. Panikar's Diabetes and Thyroid Care Center, Bandra and Dadar, and at Kasturmahal Polyclinic, Sion, Mumbai. She is a member of the Executive Committee of RSSDI (Maharashtra Chapter), the Rotary Club of Mumbai Mahim, the Indian Medical Association – Mumbai West, and the Association of Physiologists & Pharmacologists of India. She also served on the Organizing Committee of RSSDI 2023 as In-charge of the Secretariat. Beyond medicine, she is an accomplished author of two Marathi books – संहितेची संहिता (2018) and अंतर...गुज (2023). She has written extensively on health, fitness, and lifestyle disorders in Marathi and English, contributing articles, delivering lectures, and conducting awareness sessions to promote healthy living and prevention of non-communicable diseases.

### Sweetness in Balance

The Sweetness of Life is to be experienced in all its forms and flavours. That gives us the opportunity to make it worth living.

Whenever we indulge in excesses, be it food or drink, sleep or slack, we become vulnerable to a plethora of lifestyle disorders. The current health scenario in the world in general and our country in particular, is precarious and scary. We're the diabetes capital of the world, a thorny crown that must be relinquished forthwith. Epidemics of a number of non communicable diseases such as obesity, high blood pressure, high cholesterol levels, fatty liver, various cancers and innumerable others are spreading at an alarming pace all across our country.

All these diseases are linked to the factors that are preventable to a great extent. Eating whatever, whenever and wherever is the biggest culprit. Jumbo Vada Pavs, Burger Kings and Queens are leading us to the path of pot bellies and their not so desirable allies. The world of couch potatoes and slouch computer wizards has to change its ways, habits and postures.

As is aptly said, "The Change is the only constant thing in this world!" Let's change our minds and mindset. What we eat is what we are. At the dining table, let's begin by chanting the श्लोक

“वदनी कवळ घेता, नाम घ्या श्री हरीचे  
सहज हवन होते, नाम घेता फुकाचे  
जीवन करी जीवित्वा, अन्न हे पूर्णब्रह्म  
उदर भरण नोहे, जाणिजे यज्ञकर्म”

The essence of this shlok is to know that eating is not only a physical activity but a spiritual process that nourishes our body and purifies our soul too. Let's eat healthily and wisely.



Guys and gals, let's exercise our muscles. Dancing, jogging, walking, swimming, running and playing sports are a few wonderful activities to make us fit and healthy. Let's remember this quote always "Obesity (Diabetes/high blood pressure/high cholesterol/fatty liver) runs in my family because No one runs in my family!"

It's equally important to indulge in and nurture hobbies like reading, writing, meditating, singing (place, voice, language, सुर ताल लय... do not matter), playing musical instruments, drawing, painting, sculpting...just do it, for the sheer pleasure of it. Exploring the world, being creative, learning new things, conquering our fears and being with our loved ones (friends or families or pets...) are the best ways to live life King and Queen Size! These relaxation techniques are sure shot ways of happiness. A happy and fit mind in a healthy body is the elixir of life.

If we wish to be away from those dreadful diseases such as diabetes and heart problems, obesity and cancers, let's go back to our roots.

Our very own Bhagwad Geeta has shown us the way with such simple and beautiful quote. The sixth Adhyay says and I quote

“युक्ताहारविहारस्य युक्तचेष्टस्य कर्मसु।  
युक्तस्वप्नावबोधस्य योगो भवति दुःखहा”  
(श्रीमद्भगवद्गीता ६.१७)

Meaning, the one who eats moderately, exercises regularly, and works and sleeps well, will be away from illness and misery.

Sweetness should be on tongue and not in blood goes the adage. A balanced approach to eating, exercising and mindfulness will tilt the balance of health towards a wonderful long and fulfilling life.

I can't resist mentioning these beautiful lines from a poem that have touched my heartstrings...

The sweetness of love, a fragrance in the air,  
Like a red rose blooming, a joy beyond compare.  
It's the warmth of a spring that brings the world to light

A oneness felt within, making everything bright.



## FOUR-WAY TEST

The Four-Way Test embodies universal values that promote honesty, fairness, and goodwill. When practised in our day-to-day lives, it undoubtedly leads to a deep sense of fulfilment and purpose. For Rotarians, it is our guiding principle and an ethical obligation towards humanity.

For Rotary, the Four-Way Test is the cornerstone of all actions. It has stood the test of time and will continue to guide us into the future. Of all the things we think, say, or do, it asks the following four questions:

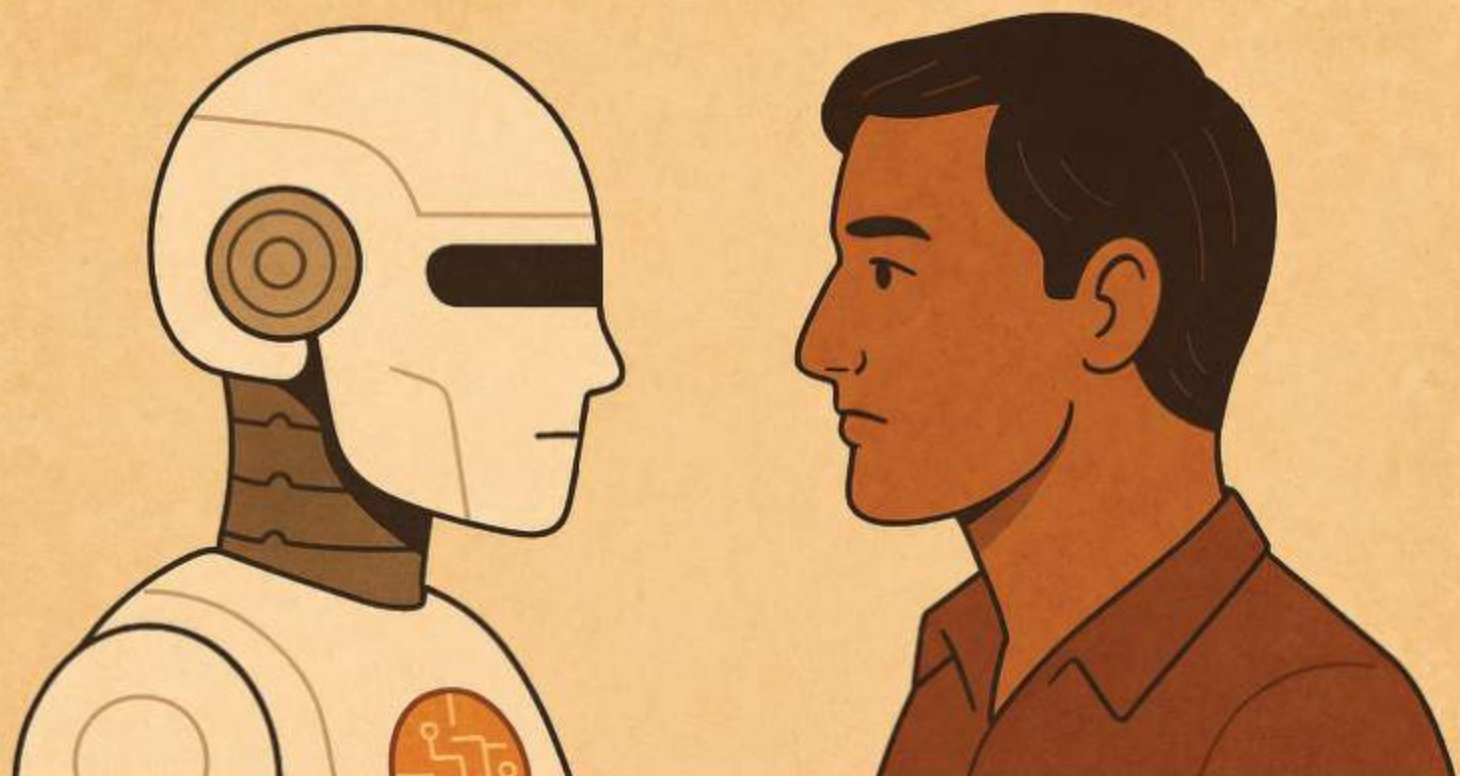
**IS IT THE TRUTH?**

**IS IT FAIR TO ALL CONCERNED?**

**WILL IT BUILD GOODWILL AND BETTER FRIENDSHIPS?**

**WILL IT BE BENEFICIAL TO ALL CONCERNED?**





## LIMITATIONS OF ARTIFICIAL INTELLIGENCE

### Dr. Shemal Patel

*Dr. Shemal Patel completed his DPM in 2019 and DNB in 2022. Under the District Mental Health Programme (2019–20), he was actively involved in training medical and paramedical staff at CHC and PHC levels to identify severe mental illness. Since 2024, he has been working as a Consultant Psychiatrist with GIPS and also leads the TMS Department at Healthy Mind Hospital. His special interests include neuromodulation, brain stimulation, and exploring the application of artificial intelligence in psychiatric practice.*

### Limitations of Artificial Intelligence: Promise, Challenges, and a Cautious Path Forward

Artificial Intelligence (AI) is often described as the defining technology of the 21st century. In just over a decade, it has moved rapidly from research labs into everyday life—powering predictive text on our phones, voice assistants like Alexa and Siri, online shopping recommendations, medical diagnostic tools, and more. Its ability to analyze massive amounts of data, learn from patterns, and deliver results in seconds makes it one of the most powerful innovations of our time.

The advantages are visible everywhere. In healthcare, AI can detect early signs of cancer with remarkable accuracy. In education, adaptive platforms tailor lessons to each student's pace. Farmers use AI to predict crop yields and diseases, while banks rely on it to detect fraud. These examples show how AI improves efficiency, reduces errors, and even saves lives. Yet alongside this promise come challenges that cannot be ignored.

A major limitation is AI's dependence on data. It performs brilliantly when trained on large, reliable datasets but fails if the data is incomplete or biased. Recruitment systems can inherit prejudice from past hiring patterns, while health tools trained mostly on Western data may misdiagnose patients from other regions. Humans can reason and improvise when information is missing, but AI struggles in unfamiliar conditions. This makes it highly capable in narrow fields but unreliable in broader, real-world contexts.

AI also lacks “common sense” and cultural understanding. A navigation app may suggest a flooded or unsafe road, something a human would immediately avoid. Chatbots or writing tools may generate fluent sentences, yet without empathy, depth, or moral



awareness. This absence of human judgment limits AI in sensitive roles such as counselling, teaching values, or resolving conflicts.

Another concern is employment. Machines already perform routine tasks in retail, customer service, and factories more quickly and cheaply than humans. Self-checkout counters, chatbots, and assembly-line robots are just a few examples. While AI may also create new roles—AI trainers, data ethicists, algorithm auditors—the transition is uneven. Those without access to digital skills risk being left behind, widening inequality.

Privacy and security are equally pressing issues. Facial recognition allows governments and companies to track people almost everywhere, often without consent. While useful for law enforcement, it can also enable mass surveillance. Deepfake videos and AI-generated voices create fake but convincing content, capable of misleading the public or damaging reputations. Even our personal data—search history, purchases, health records—is often used to train AI models, sometimes without our knowledge, raising serious concerns over control of private information.

Ethical responsibility adds another layer of complexity. Who is to blame if a self-driving car causes an accident—the owner, the programmer, or the company that built the AI? The absence

of clear laws makes accountability difficult. At the same time, AI can be weaponized, from autonomous drones to misinformation campaigns. Such risks are global, yet regulations are still fragmented and slow to catch up.

Perhaps the most subtle danger lies in overreliance. As AI tools become more convenient, people may stop questioning their results. From financial advice to medical suggestions, blindly trusting algorithms can erode human agency and critical thinking. If unchecked, errors can spread widely and impact thousands at once.

AI holds enormous promise but must be approached with caution. Its dependence on data, lack of human judgment, risk of job displacement, privacy concerns, ethical dilemmas, and the danger of overdependence all highlight its limitations. Machines are powerful partners, but they should never be treated as replacements for human wisdom.

The future of AI will be shaped by how responsibly humanity chooses to use it. With strong ethical guidelines, continuous oversight, and policies that protect workers and citizens, AI can serve as a tool for progress rather than a threat. Cautious optimism is key: by recognizing both its strengths and shortcomings, we can ensure that AI enriches human life without diminishing human responsibility.





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