



POWAI RUN

LAKERS LIGHTHOUSE

NOVEMBER 2025 EDITION

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From the President's Desk

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As we step into the vibrant month of November, I reflect on the incredible journey we've had together as a community, with each member contributing their unique talents and kindness to make a real difference. This month, we celebrate the spirit of giving, unity, and progress, as we come together for various events and initiatives that embody the core values of the Rotary Club of Mumbai Lakers.

In this issue, we highlight several key moments that have made this year extraordinary—from our Diwali celebration, which brought warmth and joy to many, to the community-focused programs like our Box Cricket Tournament and charitable donations. Together, we've proven that when we stand united, we can truly make a difference.

Thank you for your continuous support and dedication. Let's continue our mission to serve humanity with love, compassion, and enthusiasm. Here's to a brighter and more impactful future ahead!

**Warm Regards,
Eakta Menon**

President, Rotary Club of Mumbai Lakers

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Lakers Diwali Party – A Celebration of Lights and Unity



The festive season is upon us, and the Rotary Club of Mumbai Lakers marked the occasion with a grand Diwali party that brought members, families, and friends together to celebrate the festival of lights. With sparkling decorations, traditional music, and a wide array of festive treats, the party was an evening to remember.

Our Diwali celebration went beyond just enjoying the festivities—it was a moment to reflect on the progress we've made and the work we still have ahead. Thank you to all the volunteers who made this event a success, and to all the attendees who added to the warmth of the evening.

We wish everyone a prosperous and joyful Diwali filled with peace, happiness, and success!

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Box Cricket Tournament for Underprivileged Schools at Chandrabhan Sharma College



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12th October, the Rotary Club of Mumbai Lakers organized an exciting Box Cricket Tournament for underprivileged children at Chandrabhan Sharma College. With over 100 students from various schools participating, the event was not only a fun-filled competition but also a platform to engage the youth in physical activities and promote teamwork.

The tournament allowed students to experience the joy of sports while fostering the values of discipline and sportsmanship. A huge thank you to all the participants, coaches, sponsors, and volunteers who made the day a memorable one.

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Time-Out Laughter Challenge!



Let's see who's the funniest among us!
Ready to take on the challenge?

Here's a list of lighthearted and funny jokes and riddles that will get everyone laughing and thinking! Share this with your family, friends, or colleagues at the next event!

1. Joke It Out!



Why don't skeletons fight each other?



They don't have the guts!



What's orange and sounds like a parrot?



A carrot!



Why did the math book look sad?



Because it had too many problems!

2. Riddle Me This!



What has keys but can't open locks?



A piano!



The more you take, the more you leave behind. What am I?



Footsteps!

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Time-Out Laughter Challenge!



3. Quick Word Challenge!

Can you unscramble these Rotary-related words?

TAROYR

AORITRY

CYRROL

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | 3 | | | 7 | | | | |
| 6 | | | 1 | 9 | 5 | | | |
| | 9 | 8 | | | | | 6 | |
| 8 | | | | 6 | | | | 3 |
| 4 | | | 8 | | 3 | | | 1 |
| 7 | | | | 2 | | | | 6 |
| | 6 | | | | | 2 | 8 | |
| | | | 4 | 1 | 9 | | | 5 |
| | | | | 8 | | | 7 | 9 |

Laughter reduces stress, boosts mood, and strengthens the immune system! So, keep laughing and spread those positive vibes!

EFFECTIVE TIME MANAGEMENT: THE KEY TO SUCCESS – DR . KAMAL JADHAV

“Gosh I have no Time.....,” “Sorry, I’m running short on time.....” How often have we heard these lines, or used them ourselves, in breathless, helpless undertones? The strain and stress behind these innocuous words are manifold, and may finally lead to a breakdown in health, or a poor show in Classroom or Boardroom. However, these crises can easily be avoided, with a few simple practices, and some discipline.

Time is a precious resource – once gone, it can never be recovered. Each of us, rich, poor, old, or young, has the same 24 hours, but optimising that time, is the Key to Success!!

The 3 Ps, are important here: Planning and Prioritising, which together, can avoid Procrastinating, often called, “The Thief of Time!”

‘Planning’ involves creating a to-do list, a personalised schedule, which ensures you won’t forget anything, setting up a calendar, reminders etc. This is preferably done the night before, so when you wake up, you know exactly what’s to be done, no time wasted.

‘Prioritising’ would mean, deciding the order of importance, of the activities for the day, getting important jobs done early, when mind and body are fresh, leaving easier, smaller jobs, for later. It increases effectiveness, efficiency and productivity.

At all costs, avoid ‘Procrastination’ – a classic example is when students, or young professionals are given a Project; there’s always a deadline of generally 2-3 weeks. In my experience as a College Professor, most students start working on it the day before, burning the midnight oil, staying up all night, putting immense and unnecessary pressure on themselves. Needless to say, the stress shows in the shoddy work submitted, which could have been so much better, had work been paced out, in the 15-21 days allocated – Isn’t this a disservice to yourself and your capabilities?

“Take Time by the Forelock” is an oft quoted phrase. It means, seize the opportunity before it slips away. The phrase originated from the Greek personification of ‘Tempus’ the God of Opportunity, a winged figure, with a prominent forelock, symbolising the need to grab opportunities as they present themselves.

For students and young professionals, burdened with academics, extra-curricular activities and personal responsibilities, Time Management can be an effective tool, in getting work done effectively, in the given time.

Why is it important? Because it Increases Productivity, Enhances Focus, Reduces Stress, and Improves Quality of Work.

Today when I go to Testing Centres to interview candidates, who are going abroad for studies or work, many come huffing and puffing, apologising for being late – “sorry Ma’am, I got held up in traffic” they say. They don’t realise, they have already put themselves at a disadvantage, by turning up late for an important interview.

In a city like Mumbai, or any Metro city, we are all aware of the hazards of traffic congestion – always give yourself a buffer time of 30 minutes for important engagements like exams, interviews, meetings, doctor’s appointments – Its infinitely better to be 30 minutes early, than 5 minutes late – Latecomers create a bad impression, and half the battle is lost, even before the job has begun! In fact the great Shakespeare said, centuries ago, “Better three hours too soon, than a minute too late” in The Merry Wives of Windsor!

Bryant McGill, current best-selling author says, “The key to effective time-management, is to see the value of every moment.”

There’s an interesting 7,8,9 Rule of Time Management, which incorporates the 24 hour cycle. It envisages 7 hours for work/study, 8 hours for sleep, and 9 hours for personal time, to achieve a healthy Work/Life balance – for Mumbaikars, this is laughable and impossible to achieve – agreed – Can we atleast strive for 10/7/7, if not a more ideal 8/8/8? But certainly, the 12/6/6 model most of us currently follow, is a sure-fire red flag, which would sooner or later, result in a complete health breakdown, if we don’t take immediate and urgent steps to improve our lifestyle.

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E-Scooter Donation to Specially Abled Lady.

In another heartwarming gesture of kindness, the Rotary Club of Mumbai Lakers donated an e-scooter to a handicapped lady, enabling her to gain greater mobility and independence. This donation has transformed her daily life, allowing her to go places she never thought possible before.

The smile on her face as she received the scooter was priceless, reminding us all of the importance of making a tangible difference in the lives of those in need.



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Wheelchair Donation to Those in Need

As part of our ongoing commitment to support the differently-abled, we donated a wheelchair to a deserving individual this month. This small act has made a world of difference, allowing someone to regain their independence and move with dignity.

This is just one of the many ways the Rotary Club of Mumbai Lakers is committed to supporting the disabled community and ensuring that no one is left behind.



Meals to Wheels – Spreading Smiles Every Day

In a continuous effort to support those in need, the Meals to Wheels initiative has been providing daily meals to individuals who are less fortunate. Each meal is a step towards ensuring no one goes to bed hungry, and with the help of our volunteers, we've been able to deliver hundreds of meals daily.

Our heartfelt thanks to everyone who has contributed to this initiative—whether through food donations or by volunteering their time to deliver meals. Let's continue to spread kindness, one meal at a time.



FROM THE FOUNDER'S DESK – NEHA GUPTA – IFBEC



When I started IFBEC — the International Fashion Business Exchange Council — it was built on one strong belief: that fashion can be a powerful force for good. For me, fashion has always been more than clothes and trends; it's about people, livelihoods, culture, and creativity coming together to build a better future.

At IFBEC, we are a purpose-driven, not-for-profit organisation working to make India the Fashion Business Capital of the World — where sustainability, innovation, and tradition go hand in hand.

My Journey and Why IFBEC Exists

My journey began in the world of design and business. I worked with export houses, interacted with hundreds of designers, and ran a multi-designer store supporting over 250 creative entrepreneurs. Through those years, I saw how talented people struggled — not because of lack of creativity, but because of lack of connections, visibility, and sustainable business practices.

That's when the idea of IFBEC was born — a platform that connects people, creates opportunities, and builds systems that make fashion more responsible and rewarding for everyone.

Why Circularity and Sustainability Matter

The fashion industry is changing. The old “use and throw” way of working doesn't fit anymore. Waste, pollution, and resource depletion are now everyone's concern. But I believe challenges bring new opportunities — and that's where circularity comes in.

Circular fashion means thinking about what happens before and after a garment is made — how it's designed, used, and reused. It's about giving value back to what already exists. It's also about respecting the people and the planet behind every thread.

At IFBEC, we want to help brands, artisans, and manufacturers make this shift — by bringing together ideas, resources, and partnerships.

The Road Ahead

Our vision is clear — to create an ecosystem where business growth and environmental care go together. Through IFBEC, we are:

- Building circular and sustainable value chains that connect brands, manufacturers, and recyclers.
- Promoting heritage and handloom clusters so that India's rich craft legacy gets global recognition.
- Supporting green innovation and policy frameworks that make sustainability a mainstream part of business.
- Creating educational and networking platforms for designers, MSMEs, and entrepreneurs to grow with purpose.

The fashion world is full of possibilities — new materials, circular business models, digital transparency, and social inclusion. The future belongs to those who build responsibly.

A Message from My Heart

To everyone who's part of this journey — thank you for believing in the vision of IFBEC. Whether you are a designer, artisan, student, policymaker, or sustainability advocate — you are shaping the story of a better fashion future.

Together, let's make India not just a production hub, but a global leader in sustainable and circular fashion.

Let's make fashion meaningful, mindful, and magical again.

**With gratitude and purpose,
Neha Gupta – Founder, IFBEC**

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Eye Camp and Medical Camp at Pawar School , Supporting 300 Children from Udaan and 150 from Vikhroli Guru Nanak School

In a bid to improve healthcare access, we organized an eye camp and medical camp at Pawar School for the underprivileged, providing free eye check-ups and health screenings to over 200 students. With the support of our medical volunteers, several children were diagnosed with visual impairments and received the necessary treatment.

As part of our outreach initiatives, we provided eye and medical check up to 300 children from Udaan and 150 children from Vikhroli Guru Nanak School.

These camps not only provided health services to children who would otherwise have limited access but also raised awareness about the importance of preventive healthcare. We look forward to organizing more such camps in the future to help those in need.



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Sewing Machine Donation

In another initiative to empower women, the Rotary Club of Mumbai Lakers donated 2 sewing machines to women in need, helping them set up small businesses and become financially independent. This contribution goes beyond just providing a tool—it provides a future full of opportunities.

Thank you to all those who have helped in making this possible. It's a small gesture that will go a long way in transforming lives.



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ANNOUNCING POWAI RUN 14TH EDITION – REGISTER NOW!

We are excited to announce the 14th edition of the Powai Run! This annual event brings the community together for a day of fitness, fun, and giving back. With categories for all ages and fitness levels, it's a perfect opportunity to challenge yourself while supporting a great cause.

We encourage all members to participate and bring their friends and families along. Mark your calendars and join us for an unforgettable experience!

www.powairun.com



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SPONSOR AND REGISTRATION APPEAL FOR POWAI RUN

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The Powai Run wouldn't be possible without the support of our generous sponsors. We invite businesses, organizations, and individuals to join us as sponsors for this prestigious event. Your support will not only ensure the success of the run but also contribute to the welfare of the community.

Register today and be part of a cause that changes lives. Together, we can make the Powai Run 14th Edition the best one yet!





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