

Rotary
District 3141



LAKERS LIGHTHOUSE

OCTOBER 2025 EDITION



Monthly Bulletin
October Edition

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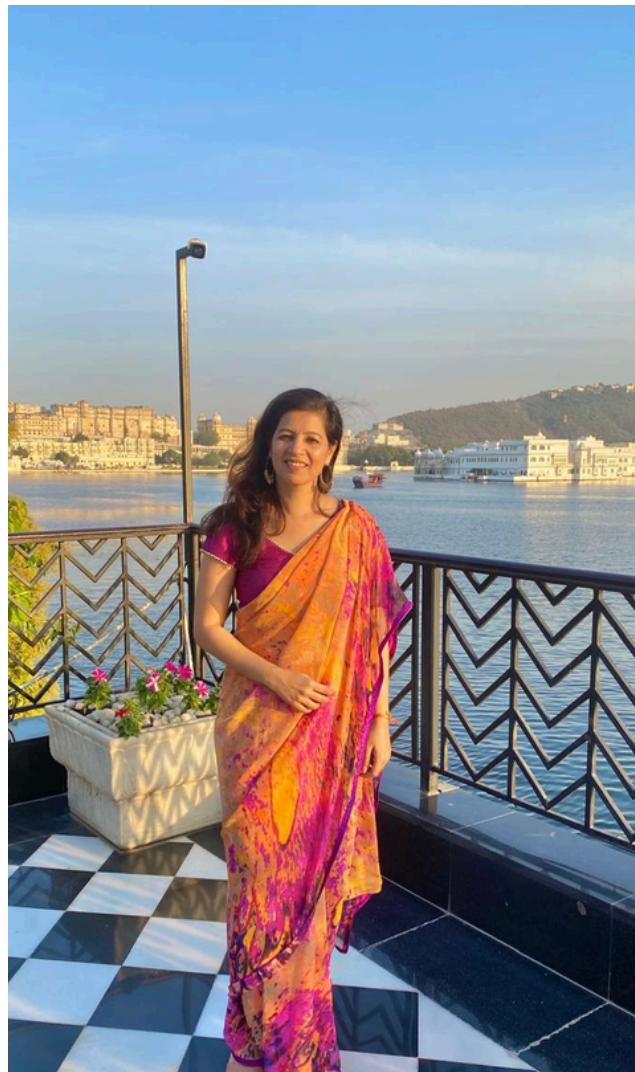
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From the President's Desk



Dear Lakers,

It's heartwarming to see our Rotary Medical Centre and Vocational Centre buzzing with activity - from doctors examining the underprivileged, to youth attending computer and English-speaking classes.

This is exactly where the energy and funds raised through initiatives like the Powai Run are making a real difference -touching lives, creating opportunities, and building a healthier, stronger community.

Each project, each initiative, and each volunteer hour is a step towards creating the inclusive, compassionate, and empowered Powai we all dream of.

Let's keep the momentum going - because when Lakers serve, the community shines brighter.

- Eakta Menon

President, Rotary Club of Mumbai Lakers

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HEALTH CHECKUPS AT GANPATI PANDALS & DURGA POOJA



Extending healthcare beyond our center, Rotary Lakers organized on-site health checkups at multiple Ganpati pandals across Powai. This initiative truly embodied the Rotary spirit of Service Above Self.

These camps helped hundreds of devotees and volunteers access free medical support during the festive season – blending devotion with compassion and care.



This initiative truly embodied the Rotary spirit of Service Above Self.

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A FESTIVAL OF CARE

The Rotary Club of Mumbai Lakers organized a Free Medical Camp offering vital health services to hundreds of individuals from nearby communities.

Services included:



Health check-ups & doctor consultations



Eye & dental screenings



Blood pressure & sugar testing



Personalized medical advice

The camp served as a beacon of care during the festive season reaffirming that good health is the foundation of a happy community.

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VOCATIONAL CENTER EMPOWERING FUTURES

Our Rotary Lakers Vocational Centre, in collaboration with the Udaan Foundation, continues to empower young minds through digital literacy and skill-based learning.

Highlights

251 children trained in basic computer skills



English-speaking and tailoring classes in progress

Donation of sewing machines enabling women to earn livelihood



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PINK AUTO INITIATIVE

WOMEN IN MOTION



This initiative is a step towards

Women's financial
independence

Safer community
mobility

Equality and
empowerment on
the streets of
Mumbai



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KNOW YOUR LAKER

Academics and Media, have been an integral part of my life, and in the last decade, a passion for Fitness!

In Jai Hind College, where I was Head, Dept of English, I also headed the Literary & Debating Society and encouraged drama among my Literature students. My good friend, the late Alyque Padamsee, came every year, to conduct workshops for my students.

For our Debates, I always invited our celebrity alumni like Aishwarya Rai, John Abraham, Malaika Arora and Delnaz Irani, apart from others like Pooja Bedi, Boman Irani, Shobha De and Konkona Sen, just to spice up interest in students, who initially came for the glamour, but stayed on for the content - a marketing trick that worked well!

Even today, these students connect with me on Teacher's Day, to thank me for giving them a soft launch into the world of Public Speaking, so important in today's Corporate World.

In College I organised National and International Seminars, and one I remember well, was on the Partition of India, especially significant, as JHC is a Sindhi College, founded by displaced migrants from Sind. Most of the speakers were those who had personally suffered the Partition!

For most of you, Doordarshan is an alien entity, in today's world of Cable TV, Digital Media and OTT platforms.

I used to read the Morning News on DD for a short time, and then for 6 years, anchored a program called Business Plus on DD Metro, Monday to Friday. On Bombay DD, I anchored a program, among many others, called Young Achievers, where I interviewed Niranjan Hiranandani, Shahab Durazi the fashion designer and AD Singh who had just started the Olive Restaurant- they were young, and bursting with dreams for the future!



DR. KAMAL JADHAV

I must share with you, that in those days with no Cable TV, all attention was on DD, so if I walked into a bank and spoke to the Cashier, people would turn and say, "I recognised your voice, you were on TV this morning!"

This led to a parallel career in Voice Overs and Commentaries for film documentaries. I did voice overs for TV ads selling perfumes, hair oil, "snuggy" diapers, premium furniture and a host of products. VO artistes were paid very well, (by the second!) and today, the same job is done at half the price, by Call Centre employees with fake accents!

Companies like Blue Dart, Bank of America, and cellular companies whose names have changed today, had my voice on their voice mails. I used to get a kick out of calling Blue Dart for a delayed parcel, and hearing my own voice telling me what numbers to press, to access relevant info!

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Parallel to this I was compering Live programs for Corporate companies (like Bombay Chamber of Commerce, Employer's Federation of India, Indo-American Society, OPPI), mostly at the Taj, Crystal Room or the Trident. I also compered the Sesquicentennial Celebrations of Mumbai University, and gave a live commentary for the Fleet Review, by the Indian Navy, that happened on Marine Drive some years ago, and the Beating Retreat ceremony at the Gateway of India.

I've done a radio play for BBC, and the voice over for different characters in the **Meena** series, created by the renowned animator Mr Ramanathan. It was about empowering the girl child.

For the past several years, I've been an Examiner for IELTS, testing candidates wanting to go abroad, (either for study, projects or migration), for proficiency in English. These include doctors, nurses, students, government officers, bankers and techies - its interesting, interacting with people from different walks of life.

The latest chapter in the kaleidoscope of my life, is joining this amazing family, called **Rotary Club of Mumbai Lakers** - I can honestly say, I've never met a more friendly, helpful, affectionate and warm group of people - I feel truly Blessed and Privileged! Thank You Eakta and Ravi for welcoming me with so much warmth and affection.

RCML introduced me to a whole new world - of Service before Self - Meals on Wheels, Medical Camps, Vocational training centres, all this belonged to an alternate world I was never familiar with. Now I experience what its like, to feed the hungry, to give medical aid to the sick and suffering, to empower the marginalised, and its truly humbling.

The one thing that has enabled me to live a multifaceted life, is my 'addiction' to Fitness. I truly believe, that taking some time out of your daily routine, to focus on health and fitness, is a long term investment. It gives you an extended working life by raising your immunity levels, making you self sufficient, and not dependent on anyone to look after you. I spent the entire Covid period ALONE - my husband was with the children in NY, and I was here, surrounded by grim and scary stories - but I knew, my long term investment in health and fitness would see me through, and during Lockdown, I continued my daily walks at 6.00 am, on that steep road opposite Supreme Business Park, because gyms were closed. (When I got caught by cops who told me "Madam Section 144 laga hai, apne Society mein walk karo" I changed my timing to 5 am to escape the patrol - crazy but true) You have one Life - Live it to the Fullest!!

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TREE PLANTATION DRIVE AT MADH ISLAND

Over 600 saplings were planted at the **Madh Island Air Force Station**, with the active participation of the fisher community children and Air Force families.



PLASTIC SMART POWAI & E-WASTE MANAGEMENT DRIVE

In a proactive step towards sustainability, Rotary Lakers met with 50 housing societies of Powai to discuss responsible plastic and e-waste management. The session emphasized waste segregation, recycling, and eco-conscious living reaffirming Powai's place as one of Mumbai's leading Plastic Smart zones.



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Navratri brought with it vibrant energy & togetherness!
Rotarians & their families came together for a night
filled with ***music, rhythm, and community spirit.***



The Dandiya Celebration was more than a dance - it was a reminder that service and joy go hand-in-hand, and that the Lakers family truly knows how to celebrate togetherness with purpose.

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VEGANISM – A WAY OF LIFE SAPNA KELE

"The greatness of a nation can be judged by the way its animals are treated."

– Mahatma Gandhi

In this month's special feature, Lakers explored the philosophy of Veganism – not just as a dietary choice, but as a way of compassionate living.



We are blessed that as humans, we don't have to stop a beating heart to enjoy a meal.

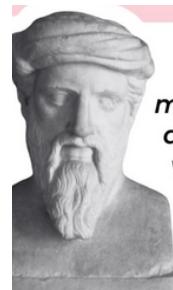


it's so simple:
let them live.



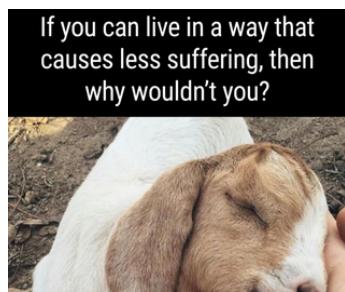
"Plant-based eating is the future. This is not a trend. This is not going away. We have to change the way we eat."

– Daniel Humm

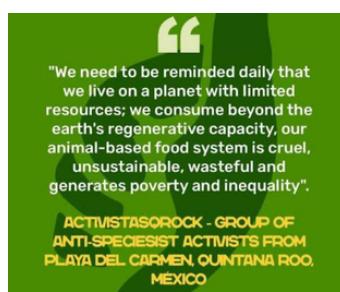


"As long as men massacre animals, they will kill each other."

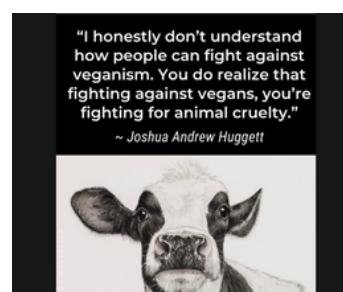
- Pythagoras



If you can live in a way that causes less suffering, then why wouldn't you?



"We need to be reminded daily that we live on a planet with limited resources; we consume beyond the earth's regenerative capacity, our animal-based food system is cruel, unsustainable, wasteful and generates poverty and inequality".



"I honestly don't understand how people can fight against veganism. You do realize that fighting against vegans, you're fighting for animal cruelty."

~ Joshua Andrew Huggett



Cow's Milk 🐄之心
Force impregnate, steal calf, steal breastmilk, send cow to slaughterhouse.

Oat Milk 🌾之心
Oats + water + blend

Each mindful choice is a step towards harmony with nature - a principle that resonates deeply with Rotary's values of peace and compassion

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BREAK TIME (Because service is serious business... but laughter and learning make it brighter!)



LAKER LAUGHS



Why did the doctor join Rotary?



To give the community a regular check-up!



What did the tailor say after joining the Vocational Centre?



“Sew glad to be part of this!”



Why did the Pink Auto trainee refuse to race?



Because she preferred to drive change!

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MINI CROSSWORD “THE LAKER GRID”

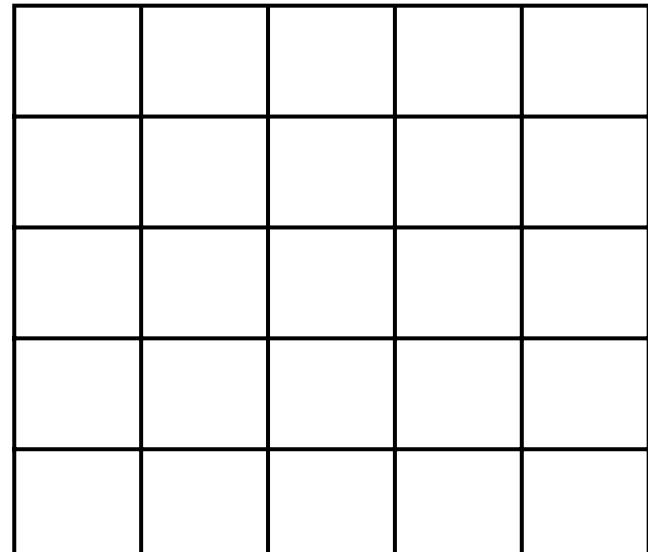
Clues:

- Across
- Rotary's motto (3)
- Festival with Garba (8)
- A tree-planting act (11)

Down

- 2. The emotion that drives
- Rotary (4)
- 4. A skill taught at the
- Vocational Centre (9)

 Hint: All answers are inspired by this issue!



FUN FACT

Did you know? Rotary's first service project was installing public toilets in Chicago in 1907 — proving that every big change begins with a simple act of service! 

QUOTE OF THE MONTH

“Kindness is the light that dissolves all walls between souls, families, and nations.”

— Paramahansa Yogananda

QUICK CHALLENGE

Rearrange the letters in “REAL ARK STORY” to find what binds us all together.
(Hint: It's who we are!) 😊

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UPCOMING

DIWALI FESTIVAL OF LIGHTS



Get ready to celebrate Diwali – the Festival of Lights and Service!

Join us for a special Diwali celebration that will bring together joy, music, and gratitude as we honor all Rotarians and volunteers who continue to light up lives throughout the year.

**Stay tuned for event details in your inbox
and let's make this Diwali a truly Luminous Lakers Festival!**

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CLOSING NOTE

"When Lakers come together, compassion turns into action."



From health to hope, service to celebration, this October has reflected the very soul of Rotary.
Let's continue to serve, support, and shine. 🌟