

A Healer's Mission of Hope



How I Raised ₹10.51 Lakhs for Children Battling Cancer
By Rtn. Meenakshi Aman

If you had asked me a few months ago whether I could raise ₹10.51 lakhs in four months, I would have smiled in disbelief.

As a healer, I've seen people rise from their darkest moments. But raising funds for food and essentials for 54 individuals—18 brave children battling cancer and their 36 parents living at Access Life Foundation—was unlike anything I've faced before.

This wasn't just a fundraising task; it became an emotional, spiritual, and deeply human journey.

I started in April 2025, with nothing more than a desire to help. I reached out to both Rotarians and non-Rotarians, sharing the impact Access Life was making. But the early days were rough. Messages were ignored, calls unanswered. I questioned myself many times, especially while juggling my healing practice and coping with the stress of repeated rejection.

But I couldn't stop. These families needed support, and giving up was not an option.

When I noticed people hesitating to contribute smaller amounts, I shifted my approach. I stopped quoting numbers. I spoke from the heart, and I let people feel the cause instead of measuring their role in it. That small change opened doors I never imagined.

Then came a turning point—I involved school-going children from my neighborhood to go door-to-door collecting donations. Their innocence and sincerity melted barriers. They became unexpected ambassadors of hope. What adults ignored, children touched.

Every rupee carried a story. Some came from savings, others from spontaneous acts of generosity. Most came from people who had never given to a Rotary cause before. Little by little, the total grew.

Through daily follow-ups, community conversations, and unwavering belief, I watched the impossible become reality.

On 27th July 2025, Rotary Club of SkyCity Borivali handed over ₹10,51,000/- to Access Life Foundation. It was one of the proudest moments of my life—not because of the number, but because of the love and effort that built it.

This experience has changed me. It's shown me that real impact doesn't come from grand plans, but from small, consistent actions taken with compassion. You don't need to wait

for the perfect moment or title. All you need is the willingness to start.

[To every Rotarian reading this: Don't underestimate the difference you can make. The scale may look intimidating, but the heart has no limits.

One meaningful step taken each day can move mountains—and heal lives. Let's serve with courage, lead with love, and prove that one person can indeed ignite change.]



A Word From President



Rtn. Jiten Mehta,
Charter President
RC SkyCity Borivali

Every Rotary Club has moments that define its spirit—and this is surely one of ours. What Rtn. Meenakshi Aman accomplished was not just a fundraising feat; it was a deeply human act of compassion, leadership, and quiet courage. In an age of quick gestures and surface-level involvement, she chose the harder path—one of consistent effort, meaningful connection, and personal sacrifice. **Her journey is a reminder that impactful service doesn't always begin with big resources—it begins with a big heart.**

As President, I take immense pride in having leaders like her among us. I hope her story encourages many others in our club to rise to the occasion, take ownership, and become torchbearers of change in their own unique way.

This is what Rotary is all about—not just projects, but purpose.

A Day of Dignity, Gratitude & Giving



Rotary Club of Skycity Borivali Extends Year-Long Support to Families of Cancer Warriors

Sunday, 27th July 2025 was a day of purpose and pride for the Rotary Club of Skycity Borivali, as members handed over ₹10.51 lakhs to Access Life Foundation, a trust supporting children undergoing cancer treatment and their families.

The funds will provide a full year's supply of food and rations for 18 young cancer warriors and their caregivers at Access Life's Home Away from Home facility in Borivali East.

Support was significantly amplified when Mr. Sameer Sagar of Manubhai Jewellers graciously pledged to match every rupee raised by Skycity Rotarians, doubling the impact.

The ceremony was attended by President Rtn. Jiten Mehta, President-Elect Rtn. Prof. Nayan Verma, District Secretary (North) Rtn. Girish Waingankar, Assistant Governor (North) Rtn. Lalchand Mewara, and Mentor Rtn. Sanjeev Mehta of Rotary Club of Queens Necklace.

Rtn. Sanjeev Mehta announced an additional ₹10 lakh donation from his club and pledged to match future contributions raised by Skycity.

Mr. Ankit Dave, Founder of Access Life, expressed heartfelt gratitude and shared the vision behind the initiative.

A commemorative plaque was unveiled, and as part of the District INSPIRE initiative, the Rotary Directory was launched and distributed to attending members.

The day concluded with a tour of the center and meaningful interactions with the families supported by this generous initiative.



THE SILENT SWITCH IS REAL – AND IT STARTS WITHIN YOU!



Rotary Skycity Hosts Wellness Talk on Reversing Insulin Resistance Naturally

On 8th July 2025, the Rotary Club of Skycity Borivali hosted a powerful wellness session titled

“The Silent Switch is Real... and It Starts Within You!” at the OSC Tower Mini Theatre, Borivali East.

The keynote speaker, Dr. Sabyasachi Sengupta—renowned retinal surgeon, wellness educator, and OSC resident—spoke about insulin resistance, a silent metabolic condition that often leads to fatigue, weight gain, diabetes, and chronic illness if left unchecked.

Once overweight and sedentary himself, Dr. Sengupta shared his personal transformation into a marathon runner through disciplined lifestyle changes. His message was clear and actionable:

“Insulin resistance doesn’t start with a diagnosis—it starts silently with everyday choices. You don’t need medication. You need movement, mindful eating, and proper sleep.”

He outlined the four pillars of metabolic reversal:

- Nutrition: Eliminate sugar and refined carbs; avoid snacking and late-night meals
- Movement: Walk after meals; aim for 8,000–10,000 steps daily
- Sleep: Prioritize 7–8 hours of consistent, restful sleep
- Stress Management: Use mindfulness, journaling, and limit screen time

The session saw strong engagement from over 50 attendees and ended with an interactive Q&A.

The event was led by President Rtn. Jiten Mehta, Secretary Rtn. Sameer Chaudhary, and Club Admin Rtn. Deval Dawda, with special thanks to Rtn. Rakesh Bhutoria for inviting Dr. Sengupta.

A Rotary Wellness Challenge is now being planned as the next step toward healthier living.



STRONGER TOGETHER: SKYCITY CROSSES 70 MEMBERS IN RECORD TIME!



July 2025 marked a proud milestone for the Rotary Club of Skycity Borivali, as it crossed 70 members within just six months of formation—setting a record for the district.

The achievement was led by a dynamic membership drive spearheaded by Rtn. Dr. Mauli Potdar, Rtn. Bhaavin Doshi, and Mentor Rtn. Praful Jobanputra. Their combined efforts brought in a wave of enthusiastic new Rotarians committed to the Rotary motto of Service Above Self.

New members were officially welcomed with Rotary pins and introductions during a special segment following Dr. Sabyasachi Sengupta’s wellness talk on 8th July.

The club’s rapid growth reflects strong leadership, an inclusive culture, and a clear sense of purpose. Each new member brings unique energy and commitment—further strengthening Rotary Club of Skycity Borivali’s ability to make meaningful impact in the community.



Glimpses of July Events



Rotary Women's Meet-up hosted by Nidhi Bhaavin Doshi



New Rotary Member Pin handover ceremony



Fellowship before Dr Sabyasachi Talk



Glimpses of July Events

Rotarians
in full
strength
for
Accesslife
Donation
Ceremony



Rtn. Renu Garg Birthday Celebration at Accesslife



Dr Sabyasachi
Wellness Talk at
Oberoi Mini Theatre



Calendar of Events

Rotary Club Of SkyCity Borivali
R I District 3141

KAUN BANEGA CROREPATI

OPEN ONLY FOR ROTARY MEMBER
& THEIR FAMILY MEMBERS CURRENTLY
AGE LIMIT 18 TO 60 ONLY.

22 AUGUST 2.00 PM

KAUN BANEGA CROREPATI

Rtn. Jiten Mehta President
Rtn. Deval Dawda Club Admin
Rtn. Sameer Chaudhary Secretary

Rotary District 3141

Rotary Club Of SkyCity Borivali
R I District 3141

Cordially invites you to

**THE GRAND INSTALLATION
&
INDUCTION CEREMONY**

Chief Guest :
DG Manish Motwani

AUGUST
19 6.00 PM ONWARDS
2025

TUESDAY

Venue:
Garden Grove
Bhattad Road, Near Kora Kendra, Borivali West, Mumbai

Dress Code: Formal

RSVP: Rtn. Sameer K Chaudhary

Managing Editor's Desk



July was truly inspiring for Rotary SkyCity. From the impactful wellness talk by Dr. Sabyasachi Sengupta to the warm welcome of

new members, the energy was vibrant. The Women's Meet-up fostered fellowship, and the ₹10.51 lakh donation to Access Life Foundation was a shining example of service in action.

As we move into August, exciting events await—and we're especially looking forward to Rotary SERVICE Week in November.

Pulse is your platform. I encourage all members to share stories, reflections, or ideas for upcoming issues. Let's continue celebrating the spirit of Rotary through every word and action.

Ashish Potdar
Managing Editor.

CALENDAR OF EVENTS

- 19th August Donation of Medical Equipment (Dialysis Machines) to Suvarna Hospital in presence of Rtn DG Manish Motwani
- 19th August Installation and Induction Ceremony for New Members
- 21st August Feminine Hygiene Initiative (Distribution of Sanitary Napkins) for SGNP Adivasi Padas
- 22nd August Chance for selected Rotarian Families to be part of Kaun Banega Karodpati episode live shoot

ROTARY SERVICE WEEK

Rotary District 3141 largest and important initiative, Rotary Service Week is planned from 2nd to 9th November. Everyday there will be initiatives based on themes across all Rotary Clubs. This initiative is being lead by Rtn Rajesh Sahu

LEAD CLUB

Rotary Club of SkyCity Borivali will be the lead club to organize the following

1. Blood Donation Camps
2. Eye Checkup Camps
3. Breast Cancer Screening Camps
4. Senior Citizens Appreciation Events

We invite you to spread the word and volunteer for all events to make the Rotary Service Week a grand success