



LIONS CLUB OF MUMBAI BANDRA KHAR

नारी शक्ति



ANNUAL EDITION

|| Ganesha Symbolism ||



Big Head - Think Big

Axe - To cut off all bonds attachment

One Tusk - Retain good throw away bad

Blessing - Blesses & protects on spiritual path to supreme

Small mouth - Talk less

Large Stomach - Peacefully digest all good and bad in life

Prasada - The hole world is at your feet & for your asking

Large Ears - Listen More

Rope - To pull you nearer to the highest goal

Small Eyes - Concentrate

Trunk - High Efficiency & Adaptability

Madaka - Reward of Sadhana

Mouse - Desire, Unless under control can cause havoc, you ride the desire & keep it under control & don't allow it to take you for a ride.

SERVICE TO HUMANITY IS SERVICE TO GOD

Club History

NAME OF THE CLUB

LIONS CLUB OF MUMBAI BANDRA KHAR

CLUB IDENTIFICATION NUMBER

891411

DATE OF INAUGURATION

13TH AUGUST 2005

DATE OF CHARTER

16TH AUGUST 2005

SPONSORING CLUB

LIONS CLUB OF CARTER ROAD

EXTENSION CHAIRMAN

LION JAYSINH BABLA MJF

CHARTER PRESIDENT

LION DALJEET KAUR SURI MJF

MEMBER AT THE TIME OF CHARTERED

44

MEMBERSHIP STRENGTH AS ON 31-05-2025

43

MELVIN JONES FELLOW IN CLUB

LION DALJEET KAUR SURI

LION JOGINDER KAUR DIWAN

LION RUPA KAUR SURI

LION PREMLATA SINGH

LION NIRMAL KAUR SETHI

LION JOGINDER KAUR DIWAN

LION SITA GUPTA

LIONS QUEST TRAINED TEACHERS IN CLUB

MD 3231

DISTRICT 3231 A3 •MUMBAI •INDIA

CHARITY TRUST ACCOUNT

LIONS CLUB OF MUMBAI BANDRA KHAR CHARITABLE TRUST

TRUST OFFICE ADDRESS

738-BIJLANI BHAVAN, 9TH KHAR PALI ROAD, KHAR WEST MUMBAI– 400052

WEBSITE :

www.lionsclubbandrakhar.org

Social media Account :

Facebook

LIONS CLUB BANDRA KHAR

Instagram

[lionsclub_bandrakhar](#)

X/Tweeter

[@LionsBandraKhar](#)

PAST PRESIDENTS

LION DALJEET KAUR SURI,MJF

Charter President –2005-06

2006-2007	LION DR VASUDHA KOTHARI
2007-2009	LION JOGINDER KAUR MJF
2009-2010	LION HARINDER SETHI
2010-2011	LION KAMLA MIRCHANDANI
2011-2012	LION HARPEET CHADHA
2012-2013	LION SITA GUPTA
2013-2014	LION VIJAY SHARMA
2014-2015	LION JOGINER KAUR MJF
2015-2016	LION SURJIT CHADHA
2016-2017	LION VEENA DEMBLA
2017-2018	LION PREMLATA SINGH
2018-2019	LION NIRMAL SETHI MJF
2019-2020	LION PREMLATA SINGH
2020-2021	LION SURJIT CHADHA
2021-2022	LION PREMLATA SINGH
2022-2023	LION SITA GUPTA
2023-2024	LION SURJIT CHADHA

LION JOGINDER KAUR DIWAN MJF—PRESIDENT 2024-2025



LIONS INTERNATIONAL



Lion Melvin Jones

1879-1961

DISTRICT 3231 A3

Know your Leaders



LION FABRICID OLIVEIRA
INTERNATIONAL PRESIDENT



LION AMARCHAND SHARMA
MULTIPLE CHAIRMAN 3231



LION SARSWATI SANKAR
District Governor



LION MANOJ BABUR
District Governor-Elect



CA LION NATWAR BANKA
1st Vice District Governor Elect



LION VIKAS SARAF
2st Vice District Governor
Elect

REGION—01



LION SUMEET AGGARWAL
Region Chairman

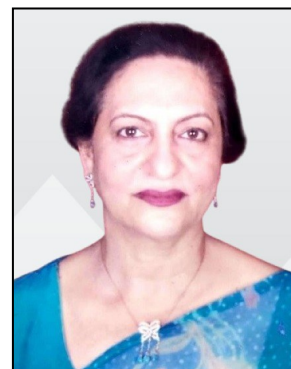


LION DR PREM AGGARWAL
Zone Chairman –3

LIONS CLUB OF MUMBAI BANDRA KHAR



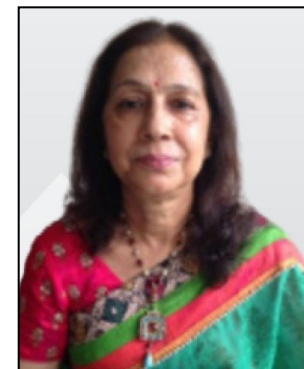
LION JOGINDER KAUR
President



LION RAJENDER KAUR
President Elect



LION PREMLATA SINGH
Secretary



LION SITA GUPTA
Treasurer



LIONS CLUB OF MUMBAI BANDRA KHAR



Dear Friends

We are now at the fag -end of Lionistic Year 2024-25

July is the Beginning of the New Lionistic Year 2025-26. So the New Team is ready to take over the club's Activates.

Congratulation and best wishes to Our New Team under the dynamic Leadership of Lion Dr Rajender Kaur Patheja.

This Year was a fruitful year for me as President of this fine Club. As I could accomplish numerous needy based projects. All our club projects were carried out as per Lions Focus area -Vision, diabetes, Hunger, Childhood Cancer, Youth and Humanitarian

I am overwhelmed that my dream Project Water Lifting Plant A initiative of our DG Lion Saraswati Sankar to supply clean water to remote villages in Palghar district We had received CSR fund for this project benefiting in rural villages. Compliments RC Lion Sumeet Aggarwal and ZC Lion Dr Prem Aggarwal for implementing successfully this prestigious project .I thanks the donors for their contributions for this projects

Our Club has conducted Cataract detection camps in different places and had organised free Cataract Surgeries to the needy Patients.

We are serving the community through regular projects like Feeding the Hunger Project at Mother Teresa's Missionaries of Charities, Smt Kamla Mehta School for Blind and Sant Gadge Maharaj Dharmashala, St Anthony's and Shanti Avedna

I am proud that new members who had joined the club recently have shown keen interest and participation in all our project activates.

My compliments to Bulletin Editor Lion Veena Demla for releasing the Club's Annual E-Bulleting

I would like to thank all my donors who had generously donated for our club's service projects .I thank all our Corporate donors for donating through their CSR Funds.

Lion Joginder Kaur
President



LIONS CLUB OF MUMBAI BANDRA KHAR



Message From the Desk of 1st Vice President,

As I reflect on my association with Lions Club of Mumbai Bandra Khar, I'm overwhelmed with gratitude. Since joining this esteemed club in 2019, after retiring from my teaching profession, I've witnessed the true spirit of service in action. The motto "**We Serve**" resonates deeply within each member, fostering a culture of compassion, commitment, and generosity.

Over the past five years, I've seen firsthand the impact of our collective efforts in serving the needy, distressed, and deserving communities. The joy and satisfaction that come from seeing smiles on the faces of those we've served are truly priceless. Our club embodies the values of love, simplicity, honesty, and compassion, all of which are expertly guided by our dedicated leadership and fueled by the tireless efforts of every member.

I'm deeply thankful to the Almighty for guiding me on this noble path of serving humanity. I'm committed to continuing this journey, spreading kindness and support, until my very last breath.

Warm greetings and best wishes,

Dr. Rajender Kaur Patheja

President Elect 2025-26

Lions Club of Mumbai Bandra



LIONS CLUB OF MUMBAI BANDRA KHAR



Dear Fellow Lions,

As we come to the close of another remarkable year in our Lions journey, I take great pride in presenting this final edition of our annual bulletin. It has been an honor and a privilege to serve as your Bulletin Editor over the past year, chronicling the impactful work, camaraderie, and tireless service that define our great club.

Each issue has captured the heart of our shared mission — “We Serve.” From community outreach programs and health camps to environmental initiatives and youth development projects, our club has once again demonstrated that service knows no bounds. Behind every event and photo lies the dedication of members who give their time, energy, and compassion to make a difference.

I would like to extend heartfelt thanks to all who contributed stories, photos, ideas, and encouragement throughout the year. Your support has been invaluable in making the bulletin a meaningful reflection of our activities and a source of pride for us all.

As we look forward to a new Lions year with fresh goals and leadership, let us carry forward the same enthusiasm, unity, and spirit of service. May the coming year bring us more opportunities to serve and strengthen our bond as a club.

Yours in service,

Ln Veena Dembla

Bulletin Editor

Lions Club of Mumbai Bandra khar

[Lions Year, 2024–2025]



LIONS CLUB OF MUMBAI BANDRA KHAR



Service Activities



Diabetes Check up camp at Laughter's Club – Jogger's Park- Bandra West



Milk and adult Diapers donated to St Teresa Missionaries of Charities



Free Lunch Served at St Anthony's Orphanage, Bandra West



Free Lunches Provided to Students of Smt Kamla Mehta School for the Blind, Dadar.



LIONS CLUB OF MUMBAI BANDRA KHAR



Feed the Hunger Projects : Lunch Served to Cancer Patients and relatives at Sant Gadge Maharaj Dharmashala, Dadar East



Project Vision : Eye Check and Cataract detection Camp



Project Diabetes: check up Camp



Feed the Hunger

Service Activates organised at Bandra East Community Centre

Service
Activities





LIONS CLUB OF MUMBAI BANDRA KHAR



Free Cataract Detection camp conducted at Dr Balani's Sanjeevani Hospital, Ullasnagar twinning with United Sindhi Cultural Association -(USCA)



Anaaj dhan Project



Women Empowerment Project



Preace Poster Contest Conducted at Sri Sri RaviShankar Vidyalaya-Dharavi School



Student Fee Sponsored at Dharavi

October
Service week





LIONS CLUB OF MUMBAI BANDRA KHAR



October
Service week



Sound healing isession Conducted by Dr Vaishnavi DP for Cancer patients at Sant Ghadge Maaharaj Dharmashala



Project at Sant Gadge Maharaj Dharmashala Dadar

Free Lunch Served



LIONS CLUB OF MUMBAI BANDRA KHAR



Distribution of Educational Aid, Blanket to School children and Villagers at Kalote Gaon , Raigad District



Enviroirmental project at Bandra

Vision Check-up camp with Dr Sanjeev at Rizvi College Bandra

Ground breaking ceremony for Water Lifting Project



Peace poster Contest for school children at Parel

Wheel Chair Distribution in City and rural Areas

Water-Lifting Project



LIONS CLUB OF MUMBAI BANDRA KHAR



Care for Cancer Patients



Musical Nite Program with VSSS and BSC

Temple opening and Anna Dhaan

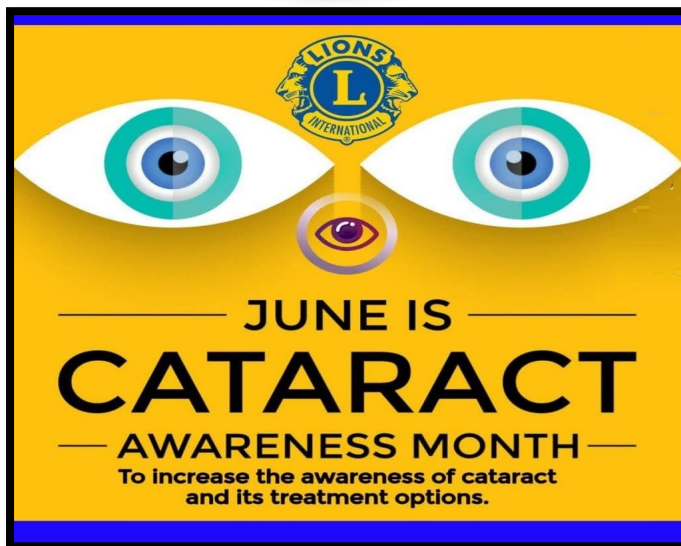




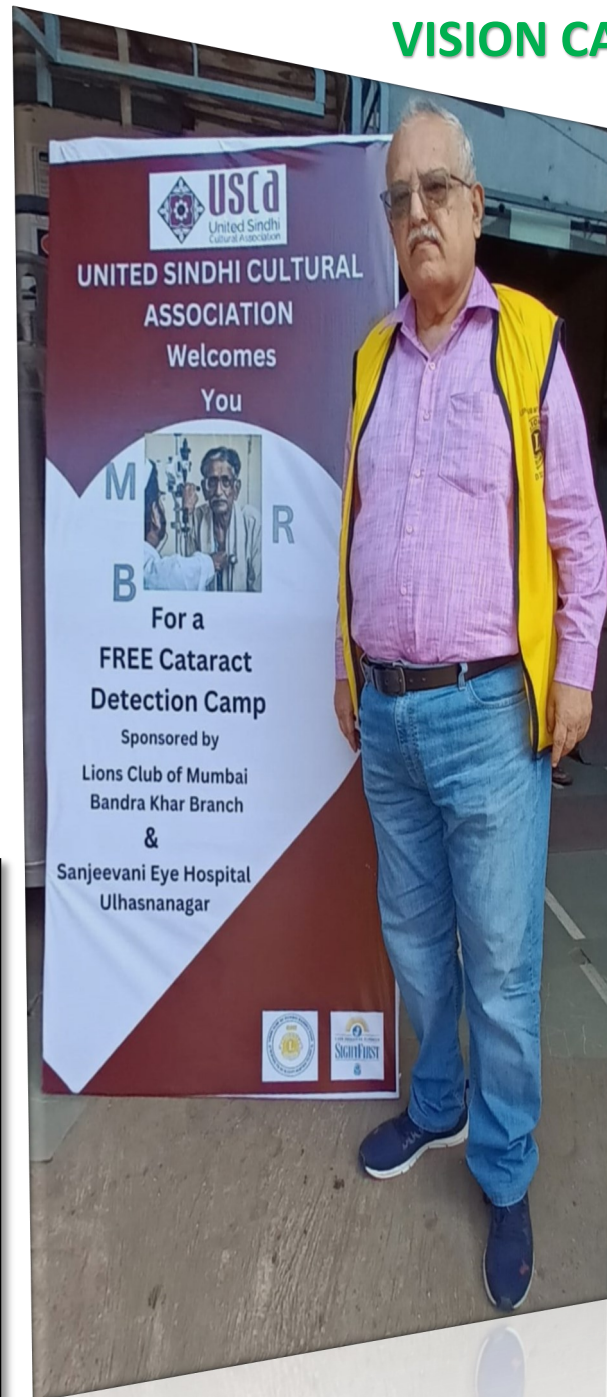
LIONS CLUB OF MUMBAI BANDRA KHAR



Humanitarian



VISION CARE





Lions International



DISTRICT 3231 A3



LIONS CLUB OF MUMBAI BANDRA KHAR



WE are Local, WE are Global-We are LIONS BE A LION

Meetings & I-DAY celebration NEW TEAM INSTALLATION CEREMONY

Club meeting and get to-gather



Diwali Celebration

I love being a LION because it improves the quality of life in the community



Region and Zone Advisory meeting



Peace Poster



District Officer's Installation



Fund Raising Musical Nite

District Function

LIONS are ordinary People doing Extra-ordinary things.



District Functions



DISTRICT CONVENTION Terapanth Bhavan



MARKETING Gurukul—HOTEL MUMBAI HOUSE



**International Director Endorse
LION SANTOSH SHETTY**



MULTIPLE CONVENTION –BUNTARA BHAVAN



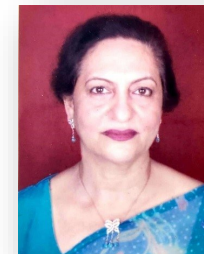
SPECIAL CONVENTION OF DISTRICT 3231 A3



DISTRICT AWARD CEREMONY



LIONS CLUB OF MUMBAI BANDRA KHAR



Boundless Beauty of our life with its fragility & uncertainty

***Life is the most precious gift, blessed upon us by Divine . Every moment we breathe, every sunrise we witness and every opportunity we seize is a testament to the beauty and wonder of existence.**

Yet, amidst this beauty lies an undeniable truth that life is fragile and uncertain. We never know what the next moment holds for us , and this reality was starkly reminded to us in the recent tragedy of the Ahmedabad Air India flight crash.

The incident, which claimed numerous lives, was a poignant reminder of the unpredictability of life. Passengers on that flight were aspiring high , pursuing their dreams, whether it was holidaying in London, planning their future after completing their studies, or simply living life to the fullest . Their stories, aspirations, and futures were cut short in an instant, leaving behind families, friends, and loved ones to grapple with the sudden loss.

This tragic event forces us to reflect on the brevity and uncertainty of life. It reminds us that every moment is a gift, and we should cherish it and be in GRATITUDE for our blessings. we can find a noble purpose in life by embodying the spirit of service and compassion , extending a helping hand to those in need .Let us strive to bring smiles to the faces of the distressed, comfort to the afflicted and hope to the downtrodden, by donating our time, resources, and efforts, we can make a tangible difference in the lives of others .

We are fortunate that we belong community of Lions and we get enough opportunities to serve our fellow human beings in need. So let us strive to Shine as beacons of kindness , empathy, and service , inspiring others to do the same .

Dr.Rajender Kaur Patheja

Lionism - Its A Way of Life

Benefits of Singing bowls therapy



and crystal bowls used to deepen meditation and promote relaxation.

They produce sustained sounds and vibrations when hit or circled with a mallet.

Sound therapy and guided meditations often make use of singing bowls. Bowls of varying sizes are placed around the room, around your body, or on your body. You can use them by yourself or with the help of a meditation or healing practitioner.

Other names for these Bowls are Himalayan Meditation bowl , Tibetan Singing bowl and Buddha bowls.

Singing bowls are known for their ability to induce relaxation & reduce stress. Their harmonic vibrations can engage the brain's theta waves, promoting deeper meditation & improved concentration.

In addition to relaxation, many people say singing bowl sound therapy can help to lessen chronic pain, improve sleep, reduce anger, improve blood pressure, improve respiratory rate, reduce symptoms of anxiety and depression improve symptoms of some neurological disorders such as fibromyalgia and Parkinson's disease.

Singing bowls have positive effects on health and well-being.

Singing bowl therapy falls under the category of sound therapy. The Sound therapy incorporates singing, chanting, and instrumental music.

It is ancient practice that has become a popular complementary treatment for many physiological and mental health conditions.

Researchers has explored the neurochemistry of music and noted that sound therapy is an ancient art that has migrated in the past several decades into clinical settings. Clinicians use it for pain management, relaxation, psychotherapy, personal growth.

It is believed that Tibet and neighboring areas have used singing bowls for centuries in religious and spiritual ceremonies, as well as meditation. According to the Kripalu Center for Yoga and Health, Tibetan singing bowls first appeared around 560–480 BC. The singing bowls been used for meditation, ceremonies, and rituals for thousands of years

Singing bowls are made out of metal alloys, often copper and brass, similar to church bells. Some singing bowls are also made out of quartz crystal.

The sound of the singing bowls may produce binaural beats, encouraging brain waves that help you feel relaxed, such as beta waves or trance-like theta waves. This is called entrainment, or stimulating brain waves through pulsing sound or light.

The sound waves from the bowl acts on the energy field of our body and cause us to relax. Singing bowls may work by their vibrations as well as sound.

There's also some evidence that music therapy more generally can reduce levels of the stress hormone cortisol. When the levels of cortisol are lowered, the body feel more relaxed.

Some of these improvements include: Anxiety, depression, fatigue, tension, anger, confusion, vigor

The improvements in physical health, including blood pressure, heart rate, respiratory rate, peripheral capillary oxygen saturation

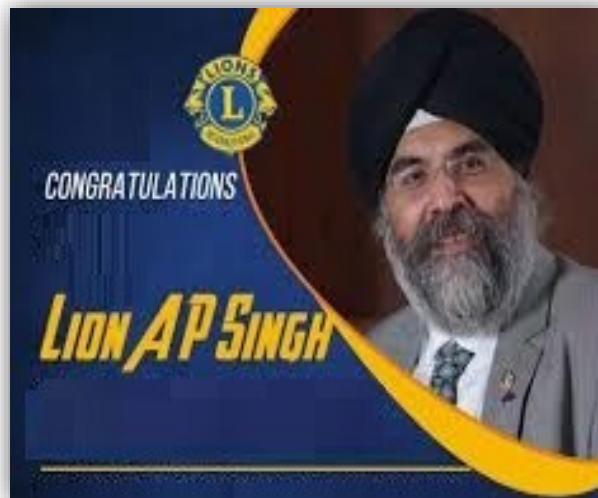
The singing bowls can also help induce a deep state of relaxation in a short period of time, often under 20 minutes. This level of relaxation are greater in both depth and consistency

The singing bowls helped relieve distress and increase a sense of well-being in people with metastatic cancer. They also helped decrease anxiety, involuntary mental activity, and stress.



LIONS INTERNATIONAL

WELCOME NEW TEAM



2025-2026

Make Your Mark



Transforming Together

The Brightest stars are those who Shine for the Benefits of Others



Transforming Together