

Rotary Club of Navi Mumbai

Dec. 2022 MONTHLY NEWSLETTER

Vol 6

Rtn. Jennifer Jones
R.I. President

Rtn. Kailash Jethani
District Governor 22-23

Rtn. Yuvaraj Mahajan
Club President

Rtn. Sujata Agarwal
Club Secretary

Fellow Rotarians,

Welcome to RCNM's Monthly Newsletter. A brief content of this Newsletter is enclosed for your ready reference at a glance.

Newsletter Editor

Rtn. Yuvaraj Mahajan, FAB President 2022-23.

Do reach out to Editor for any feedback & Suggestion
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Visit our website - <https://rcnavimumbai.rotaryindia.org/>



District Governor's Message



Rtn. Kailash Jethani
District Governor 2022-23

My Dear FAB President Yuvaraj
& Rotarians of RC Navi Mumbai,

Rotary Pranaam !!

It gives me immense pleasure to write this message for "Rotary Club of Navi Mumbai's," club bulletin.

Let me also congratulate you for the FABulous four months of leadership and service at RC Navi Mumbai.

I sincerely hope that you have followed our leadership mantra of LTD Unlimited i.e Loyalty, Transparency & Democracy Unlimited at the club level.

We need to adopt the above said policy as we FEEL the all members are important for the club to ACT on the plans and objectives of Rotary and to ensure that the BELIEF of all members is restored in the greatness of our organisation, in this FAB year.

Hope all your members have had a very Happy festival season this year. Now it's the time to spread that happiness through contribution to Service Projects & Rotary Foundation.

Every drop matters , every dollar counts, every rupee donated to TRF is valuable for doing good across the globe in our communities and also in our ourselves.

Also please ensure that the members attend the District Conference FAB DISCON 23 in large numbers. It will be a not-to-miss event for its technological superiority in every aspect of event organisation.

Lastly, Keep doing the good work and make it a memorable & FABulous year, this FAB Year.

Health Awareness



Rtn. Tilak Sankaran

Health awareness is essential for prevention, early detection, targeted therapy and is key to ensuring effective treatment. Being aware of a disease and its symptoms means people are more likely to take preventative action, and go for screenings, tests and check-ups. A lack of awareness of diseases or knowledge of options for screening and treatment is a serious barrier to good health. It can often mean the difference between life and death, particularly with a disease like cancer.

Lack of awareness can be for a number of reasons: the absence, inaccessibility or inaccuracy of

information; or even cultural taboos, myths and fear, which can stop people from taking preventative action or seeing healthcare workers.

For example, one out of four people in Africa believes that cancer has no cure and only 6% of people in the UK are aware of pancreatic cancer symptoms. As a result, people often come to healthcare facilities when their disease has worsened or reached a more advanced stage, potentially resulting in lower chance of effective treatment.

Lack of awareness is a global challenge: it is estimated that around 40% of all patients with liver cancer are not diagnosed until the disease is in the late stage, when treatment options are very limited. This is especially tragic for a disease such as cervical cancer with 341,000 deaths per year while tools are within reach to eliminate it, based on the WHO's global strategy centered around Human Papillomavirus (HPV) vaccination, screening, and treatment.

There are two issues, one is Covid and the other is our population is mostly affected by one of the diseases like cancer, .

Health Awareness

TB, cardiac, diabetes, high and low blood pressure and mental stress and anxiety etc. There is a need to address issues of personal health care, vaccination, hygiene, and illness prevention.

5 benefits experienced when long term health is pursued.

1. Decreased risk of disease
2. More life-force energy and you will experience a dramatic shift in your daily energy levels
3. Increased happiness, less depression.
4. Increased feelings of self-worth.
5. Save money.

Quite literally, there are infinite benefits one will receive by way of pursuing a healthy lifestyle.

A person should come out of the sedentary way of life. Drink water but depending on your requirement as too much water will be a cause of unhealthy situation leading to health problem, eat well, move the body, and choose to be grateful for this gift of Life!. COVID19 has taught each human being the importance of staying healthy. Staying healthy will keep Doctors away.

We, Rotarians support local community partners by conducting seminars, run screening, awareness and counselling programs, and help to empower people with the knowledge to safeguard and manage their own health.

MUSIC- The Elixir of life



Rtn. Prem Kumar

Music is an instinctive effort, to express the emotional urges of the Human Soul.

Science – Fiction writers like H. G. Wells, have written about machines that can help us slip through that intangible barrier called.... Time. But we don't really need hi-tech gadgetry to turn past into present or present into past.

All of us have an in-built capacity for time travel and it's called....

Love of MUSIC

All of us have songs which have marked the mile-stones of our lives and we carry their cadence within us. Music can take us back in time.

Music inspires, heals, unites, stirs emotions and is the Elixir of life. There are scores of instances to

vouch for the magical, mystical properties of music

MUSIC HEALS:

Just an example. The song.... Rasik Balma from film chori – chori (music of Shankar Jaikishan) was a hot favourite of the famous producer, Mehboob Khan.

When he was hospitalised in Los Angeles, he desperately wished to hear this song but could not find a record or cassette available in the city,

So he telephoned Lata Mangeshkar and requested her to sing on the phone.

Listening to the song, brought him solace and while recuperating at the Hospital, Lata rang him up for 3 days and sang for him.

Needless to say, this greatly accelerated his recovery!

Music, fuels your joy, lifts your spirits and is the electricity for Creativity.

Music is the moon light in the gloomy night of life

Music gives soul to the universe, wings to the mind, flight to the imagination and life to everything

So Revel and Celebrate life with **MUSIC !!**

Patient's rights and responsibilities



Dr. Rahul Wadke
MD Internal Medicine
(USA)

Background

Ayushman Bharat, a flagship scheme of Government of India, was launched as recommended by the National Health Policy 2017, to achieve the vision of Universal Health Coverage (UHC). This initiative has been designed to meet Sustainable Development Goals (SDGs) and its underlining commitment, which is to "leave no one behind."

Delivering 'Quality healthcare' is one of the prime motto of the scheme. In an endeavor to deliver quality care, continuous efforts are being made to set clearer guidelines which can lead to stringent enforcement. Intent of the AB PM-JAY Quality program is to implement & focus on safety, effectiveness, patient-centeredness,

timeliness, efficiency, and equitability in all empaneled hospitals in order to create a safe environment for beneficiaries.

This Charter of Patient's Rights is adopted from National Human Rights Commission and international patient charters. There is an expectation that this document will act as a guidance document for all empaneled hospitals to formulate concrete mechanisms so that Patient rights are given adequate protection.

The Patients' Rights charter is created to try to reach 3 major goals:

- 1) Assures that the health care system is fair and it works to meet patients' needs
- 2) To create strong relationship between patients and their health care providers.
- 3) Gives patients a way to address any grievance they may have.
- 4) Patients are informed about the disease, possible outcomes and are involved in the decision making.

Another objective of this Charter is to generate widespread public awareness and educate AB PM-

Patient's rights and responsibilities

JAY beneficiaries regarding what they should expect from health care providers and what kind of treatment they deserve as patients, in health care settings.

Patient Rights

1.Right to access medical care

Patients have a right to receive treatment irrespective of their type of primary and associated illnesses, socioeconomic status, age, gender, sexual orientation, religion, caste, cultural preferences, linguistic and geographical origins, or political affiliations.

All hospitals both in the government and in the private sector are duty bound to provide basic Emergency Medical Care to injured persons irrespective of paying capacity. So, it is duty of the hospital management to ensure provision of such emergency care through its doctors and staff, provided promptly without compromising on the quality and safety of the patients.

1.Right to information

Every patient has a right to adequate relevant information about the nature, cause of illness, provisional / confirmed diagnosis, proposed

investigations, risks, benefits, expected treatment outcomes and possible complications to enable them to make informed decisions, and involve them in the care planning and delivery process and it shall be explained at their level of understanding in language known to them.

Every patient and his/her designated caretaker have the right to complete information on the expected cost of treatment based on factual evidence.

Patients and their caretakers also have a right to know the identity of various care providers and Doctors / Consultants who are primarily responsible for his / her treatment.

In case of any grievance- Central System Grievance Redressal Management System (CSGRMS) <http://cgrms.pmjay.gov.in/> or AB PM-JAY National Help Line- 14555/1800-111-565 can be reached 24*7

1.Right to records and reports

Patient's or their authorized individuals have the right to access the original copy of their all-medical records (during period of admission, preferably within 24 hours

Patient's rights and responsibilities

and after discharge, within 72 hours) and request to receive a copy of their clinical records.

The relatives / caregivers of the patient have a right to get discharge summary or in case of death, death summary along with original copies of investigations.

If patient is denied accessing their medical records, complaints can be raised on Central System Grievance Redressal Management System (CSGRMS)

<http://cgrms.pmjay.gov.in/> or AB PM-JAY National Help Line-14555/1800-111-565 or Email/Letter to NHA's Public Grievance Officer.

1.Right to confidentiality, human dignity and privacy

All patients have a right to privacy and medical information of the patient given to a health care provider shall not be divulged to others unless the patient gives his consent to disclose such information to other.

Female patients have the right to presence of another female person during physical

examination by a male practitioner.

The hospital management has a duty to ensure that its staff upholds the human & personal dignity, respecting special needs such as spiritual and cultural preferences of every patient in all situations.

All records & data concerning the patient shall be kept restricted and insulated from data theft and leakage.

1.Right to second opinion

Patient has the right to a seek a second opinion on medical condition from a doctor or hospital of his/her choice. Doctors and the hospital must respect patient's decision to seek a second opinion and shall provide all necessary records and information to the patient's caregivers without any extra cost or delay.

1.Right to safety and quality care according to standards

Patients have a right to safety and security in the hospital premises. They have a right to be provided with care in an environment having requisite

Patient's rights and responsibilities

cleanliness, infection control measures, safe drinking water and sanitation facilities. 1.Right to proper referral and transfer & continuity of care

A patient has the right to continuity of care and the patient and caregivers have the right to be informed by the hospital about any continuing health care requirements following discharge from the hospital. They have to be provided with information and access on whom to contact in case of an emergency.

In case of transfer & referral patient shall be given right explanation that justifies the transfer, as well as confirmation from the hospital receiving the patient about their acceptance of the transfer.

2.Right to informed consent

Every patient has a right that informed consent must be sought prior to invasive investigation/surgery (e.g. invasive investigation / surgery / chemotherapy) which carries certain risks. The patient or their family shall be explained about risks, benefits, and alternatives of a given procedure or

intervention to enable them to make an informed decision about their care. Informed consent is both an ethical and legal obligation of medical practitioners and originates from the patient's right to direct what happens to their body.

1.Right to redress

Patient has the right to give feedback, make comments, or lodge complaints about the health care they are receiving or had received from a doctor or hospital and all complaints must be given a registration number and there should be a robust tracking and tracing mechanism to ascertain the status of the complaint resolution.

The patient/caregiver has the right to a fair and prompt redressal of his/her concern and every hospital has the duty to set up an internal redressal mechanism to address such complaints.

The patient in addition has the right to appeal to a higher authority in the health care provider organization and insist on writing on the outcome of the complaint.

AB PM-JAY Central System Grievance Redressal

Patient's rights and responsibilities

Management System (CSGRMS)
<http://cgrms.pmjay.gov.in/>

Email to NHA's Public
Grievance Officer

AB PM-JAY National Help
Line-14555

Letter Addressing to Public
Grievance Officer on official
address of NHA

Responsibilities of patients and caretakers

Along with patient rights, patients & their caretakers shall follow their responsibilities so that doctors and nurses can perform their work satisfactorily.

Honesty in Disclosure:

Patient should be honest with doctor & disclose my family/medical history as much information as you can about your present health, past illness allergies and any other relevant details.

Treatment Compliance:

Patients should cooperate with the doctor during examination, diagnostic tests and treatment, and should follow doctor's advice, while keeping in view their right to participate in

decision making related to treatment.

Patients should follow all instructions regarding appointment time & notify the hospital as early as possible if you are unable to visit and realistic expectations from my doctor and his treatment.

Transparency and Honesty:

Patient should not ask to provide any incorrect information or false certificates and/or advocate forcefully by unlawful means.

Patient should discuss out comes of treatment with doctors if not satisfied and make sincere effort to understand therapies which include the medicines prescribed and their associated adverse effects and other compliance for effective treatment outcomes.

Conduct:

Patient should cooperate with hospital by following the rules like waiting patiently for turn, not smoking, maintaining silence and not bringing children below 10 years of age as visitors.

Various Club activities carried out in the month of November

Projects

Date	Projects carried out in the month of November
05-Nov	Blood Donation Camp at SS Filters Pvt Ltd
12-Nov	Legal Aid Services
14-Nov	Anganwadi Adoption
25-Nov	Braille Book Distribution
26-Nov	Musical Entertainment Program & Nutritional Food to Cancer Patients
27-Nov	Organ Donation Awareness Camp
28-Nov	Nutrition Support to TB Patients

Events

Date	Events held in the month of November
06-Nov	Mental Health Awareness Session at D.Y. Patil Medical College
12-Nov	IFRM 1st Rotary India Musical Convention
19-Nov	Netrutva Leadership: 2nd Series

Meetings

Date	Type	Major Topic
04-Nov	BOD	BOD Meeting
11-Nov	Assembly	Pre-OCV
18-Nov	Regular	Weekly Meeting with Speaker Session
25-Nov	Assembly	General Assembly
25-Nov	Assembly	Club Assembly
25-Nov	OCV	Official Club Visit

Blood Donation Camp at SS Filters Pvt Ltd



Cost of project: 1000
Direct Beneficiaries: 45
Man hours: 80
Rotarians Involved: 10
Rotaractors Involved: 0

Blood donation camp was arranged at SS Filters Pvt Ltd, Turbhe in association with NMMC blood bank. Where out of 50 registered members, 45 eligible donors donated their Blood



Legal Aid Services



Cost of project: 15000
Direct Beneficiaries: 2
Man hours: 15
Rotarians Involved: 5
Rotaractors Involved: 0

On 12th Nov, 2022 RCNM had its first free legal aid session. Where two sets of persons turned up for advice. Maharashtra National Law University, Mumbai a premier law University joining hands with our club and provided Legal Experts for this program.



Anganwadi Adoption



Cost of project: 1100
Direct Beneficiaries: 30
Man hours: 4
Rotarians Involved: 2
Rotaractors Involved: 0

On 14th Nov, we celebrated Children Day at Anganwadi, Vashi & distributed sweets, chikki, nutrition drinks, biscuits to 30 Kids & spent fun filled time with Kids

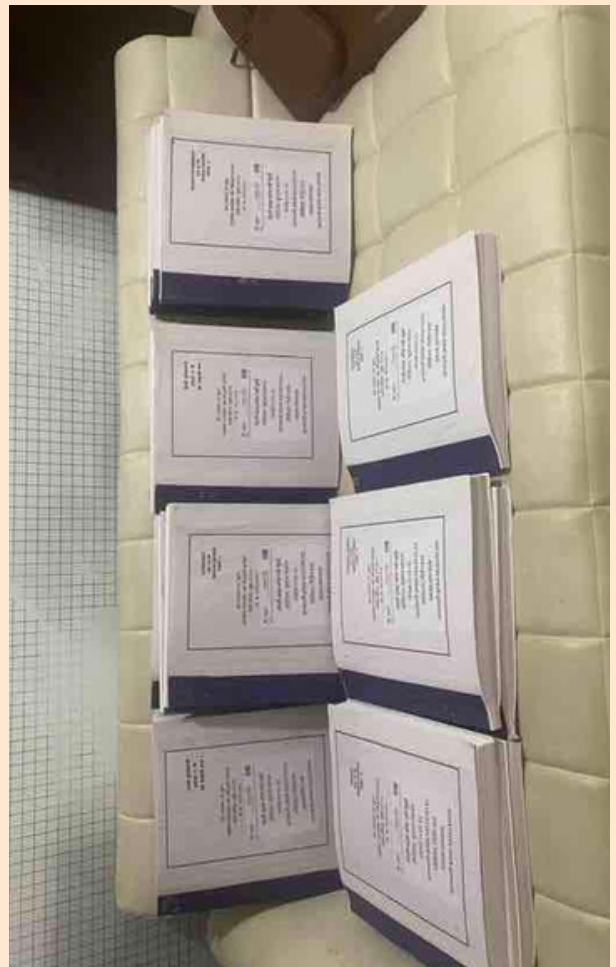


Braille Book Distribution



Cost of project: 4000
Direct Beneficiaries: 1
Man hours: 2
Rotarians Involved: 2
Rotaractors Involved: 0

A complete set of Braille Books of 11th Standard in English Medium was given to Student from NMMC School from hands of DG Rtn Kailash Jethani. The Project was funded by Rtn Shailendra Apte



Musical Entertainment Program & Nutritional Food to Cancer Patients



Cost of project: 10000
Direct Beneficiaries: 30
Man hours: 36
Rotarians Involved: 6
Rotaractors Involved: 0

Musical Entertainment & Interactive Program was conducted for Cancer Patients followed by Nutritional Food at Mangalam Foundation, Kharghar. The program was completely sponsored by R/Ann. Padma Vishwanathan. Rtn. (Dr.) Kamal Agarwal also donated Rs. 2500 to Mangalam Foundation.



Organ Donation Awareness Camp



Cost of project: 3000
Direct Beneficiaries: 21
Man hours: 24
Rotarians Involved: 10
Rotaractors Involved: 0

On occasion of World Organ Donation, we conducted Organ Donation Awareness Camp at Inorbit Mall, Vashi where 21 people took pledge to donate Organs



Nutrition Support to TB Patients



Cost of project: 25000
Direct Beneficiaries: 50
Man hours: 36
Rotarians Involved: 6
Rotaractors Involved: 0

As Ni-Kshay Mitra, second monthly distribution of Nutrition Packets were given to 50 TB Patients at Ghansoli Primary Health Center. The project of the month was sponsored by Rtn (Dr) Kamal Aggarwal



Speaker Session



Weekly meeting was conducted on Friday, 18th Nov with a speaker session by Dr. Rahul Wadke on Patient Rights & How to find good Doctor.



Club Assembly followed by General Assembly during OCV



On the occasion of Official Club Visit of District Governor Rtn Kialash Jethani, General Assembly was conducted. Total attendance for General Assembly was 66 including Club Members, District Officers, Co-Presidents, Family & Friends, Partners in Service. Assembly started with Lighting of Lamp followed by Invocation Song by Ann Preeti Athri. President briefed about the various Club Activities & Projects carried out in FAB year 2022-23 in last five months. DG Rtn Kailsh Addressed the gathering followed by birthday & Anniversary celebration and Dinner.



TRF Givings



Rtn. (Dr.) Kamal Aggarwal handing over the cheque of USD 1000



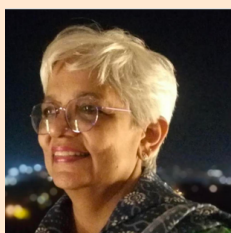
Rtn. Sujata Agarwal handing over the cheque of USD 305



Rtn. Anil Athri & R/Ann. Preeti Athri handing over the cheque of USD 305 each



R/Ann. Meenal Sikchi handing over the cheque of USD 100



Rtn. Surekha Mhatre contributed USD 100 in TRF

Our presence in District Events



Club members attending Netrutva Seminar at Kalyan.



President , President Elect & DASN with DGE & DGN at IFRM Convention.



Awards and Citations received by Rotary members



Rtn. Shailendra Apte
received PHF + 4 pin



Rtn. Yuvaraj Mahajan
received PHF + 1 pin



Club Members
Rtn. Mahesh Kudav
Rtn. Sanjay Chavan
Rtn. Rajesh Sangani
Rtn. (Dr.) Preeti
Sangani

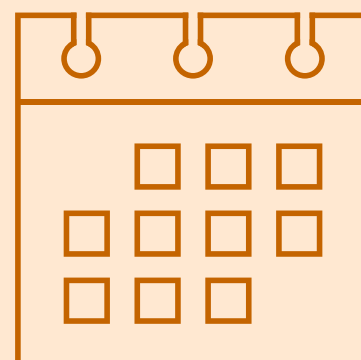


received their PHF
Certificates and pins
for their valuable
TRF givings during
SMILE Year

Upcoming events in the month of December

Calendar for December, 2022

Sr. no	Date	Day	Event
1	03-Dec	Saturday	2nd TRF Seminar
2	05-Dec	Monday	World Soil Day Celebration
3	06-Dec	Tuesday	Nation Builder Award
4	09-Dec	Friday	Weekly Meeting
5	10-Dec	Saturday	ROTAL Finale at Thane
6	11-Dec	Sunday	Zindagi Ke Rang Shayari Ke Sang Speaker session by PDG Rtn. Harjit Singh Talwar at Bharatiya Vidya Bhavan, vashi
7	16-Dec	Friday	BOD + Annual Meeting
8	23-Dec	Friday	Weekly Meeting
9	30-Dec	Friday	Birthday Celebration + Weekly Meeting



Birthdays & Anniversaries in the month of December

Birthdays / Anniversary of the Rotarians & Ann in December

Name	Birthday	Anniversary
Pankaj Vijeyan	01-Dec	-
Rajeev & Usha Maniar	-	02-Dec
Dr. Pratik Sathe	03-Dec	-
Mrunal & Deepna Shah	-	04-Dec
Ramesh Chandra Rastogi	10-Dec	-
Pankaj & Namitha Vijeyan	-	28-Dec
Vidhu Sanjay Pal Vengali	29-Dec	-
Chitra Manoharan	31-Dec	-

