

Rotary Club of Navi Mumbai

E-Bulletin

August, 2022 Vol. 2



Message from Membership
Director
Rtn. Nitin Shah

WE ALL HAVE A GIFT TO
CONTRIBUTE TO THE COMMUNITY,
AND WHEN YOU RECOGNIZE YOUR
GIFT,
A PURPOSE IS BORN

Dear my fellow Rotarian family,

I take this opportunity to share my experience of being a member of the Rotary International - one of the best NGOs in the world , Rated 4 out of 4 amongst Charitable NGOs consecutively for 11 years by the world renowned rating agency Charity Navigator.

Bill Gates is one the world's richest persons and inspite of having his own NGO, he considers Rotary as first partner and contributes a handsome amount to Rotary for Charity. You have already chosen Rotary as your partner to give back to the Community by contributing/sharing your Time, your knowledge, your experience and Money.

Rotary is an NGO which helps us to develop leadership within us, and provides a platform for fellowship as well as an opportunity to meet experienced and influential Rotarian from their field without his / her designation.

During my 30 years of journey with Rotary, I had the opportunity to arrange a Bed in Nanavati Hospital for our own Rotarian's wife who was very serious (as per Doctor from MGM Vashi she could die any time) and needed to transfer either to Jaslok or Nanavati Hospital. The family was struggling to get the hospital bed. Thanks to our PDG (3140) Rtn. Dr. J T Vyas who was associated with Nanavati , in spite of being in Operation Theatre he immediately arranged Bed for her , which saved her life and She lived for more than 10 years after that.

I received a request from a watchman for financial help to operate for Heart Surgery for his 2 year old son. Through the Rotary Global Grant Project "Little Heart Surgery", we were able to arrange for the Heart Surgery free of cost .

Through Our project Blood Donation drive during Covid, when people were struggling to get Blood and Blood Plasma we were able to arrange Blood, Blood Plasma within no time.

We were able to arrange for blood for more than 1500 people.

Our Club was awarded with Covid Warrior Trophy and Certificate by Asst. Commissioner of Police , Navi Mumbai

We were able to provide E learning Kits, Computer Aided Literacy & Computer Lab to 29 Underprivileged Schools through our Global Grant Project headed by Rtn. Prem Kumar

Rotarian Pankaj Vijayan was able to bring a handsome donation from an Australian NGO for Food grain distribution for underprivileged people during Covid.

Rtn. Aadesh Sikchi was able to get CSR Fund for Safe Drinking Water Project for 7 Underprivileged Schools

My son Rtn Mrunal participated in Rotary Youth Exchange program and through his Global experience he had unique opportunity to start his Language Translation Business

Mr Bajaj, CMD of Bajaj Scooter was able to crack a collaboration with Japanese company Kawasaki as he was wearing the Rotary Pin and the Kawasaki CMD also was a Rotarian. Another big achievement of Rotary is to Eradicate Polio from the world.

So it is my humble request to you, my fellow Rotarians, to spare some time and spread information about the functioning of Rotary to serve the community, and bring them to Rotary meetings and projects. We need your support to strengthen our Rotary to introduce them by participating in Rotary Projects to become Rotarian, motivate your young children to bring good leadership in them by becoming Rotarian.

General awareness about Hepatitis



Dr. Rahul Wadke MD Internal Medicine

Internal Medicine (University of
Chicago) Chicago, Illinois, USA
Diplomate of American Board of Internal
Medicine

Family Medicine (Albert Einstein College of
Medicine) New York, New York, USA
Diplomate of American Board of Family
Medicine

17+ years of clinical experience in New
York, USA

MBBS Pune University

Dr. Rahul's Clinic
F605, Tower 2, Seawoods Grand Central
Mall, Seawoods, Navi Mumbai, 400706

Contact: 7304142800 WhatsApp:
7304142800

World Hepatitis Day

July 28, 2022

What is Hepatitis? What are the common causes of Hepatitis?

Hepatitis means inflammation of the liver. The liver is a vital organ that processes nutrients, filters the blood, and fights infections. When the liver is inflamed or damaged, its function can be affected. Heavy alcohol use, toxins, some medications, and certain medical conditions can cause hepatitis. However, hepatitis is more commonly caused by a virus.

Why should we observe World Hepatitis Day?

It is a reminder that viral hepatitis remains a big burden on the population of the world across nations.

The World Health Organization (WHO) estimates that during 2019:

- 29.6 crore people worldwide are living with hepatitis B
- 5.8 crore people worldwide are living with hepatitis C

Both hepatitis B and hepatitis C can lead to lifelong infection. WHO estimates that 11 lakh deaths occurred in 2019 due to these infections and their effects including liver cancer, cirrhosis, and other conditions caused by chronic viral hepatitis.

Hepatitis A and hepatitis E infections do not result in chronic infection but can be severe and cause liver damage and death. Outbreaks of these infections occur worldwide, particularly in parts of the world with poor sanitation.

How big of a problem viral hepatitis is in India?

Hepatitis viruses remain a major public health problem in India. Both hepatitis A & E viruses are highly endemic (found throughout the year and in every part of the country) in India. Hepatitis E virus increases the possibility of death of pregnant women during the final 3 months of pregnancy by 30%. Since 1955, several outbreaks of viral hepatitis have been reported.

Although hepatitis A virus and hepatitis E virus, both transmitted by contaminated food and water, are highly endemic in India, the hepatitis E virus has been responsible for most of these outbreaks.

India has an estimated 4 crores of chronic hepatitis B virus-infected people. 3-4% of India's population has chronic hepatitis B virus infection.

1% of India's population has chronic hepatitis C virus infection. These percentages differ accordingly to states and regions. There are high-risk groups like IV drug users, truckers, and persons suffering from thalassemia, haemophilia, and other disease conditions requiring blood product transfusion. There have been pockets of outbreaks noted across India due to unsafe behaviour among IV drug users, unscrupulous practices of healthcare providers, tattooing, and body piercing.

Virus	Most common ways to catch an infection
Hepatitis A	Contaminated food, water
Hepatitis B	Contaminated needles, blood transfusions, and sexual contact with the infected person.
Hepatitis C	Contaminated needles, blood transfusions, and sexual contact with the infected person. Can be passed from infected mother to newborn.
Hepatitis D	Contaminated needles, blood transfusions, and sexual contact with the infected person.
Hepatitis E	Contaminated food and water

Common symptoms:

Hepatitis A & E may present with fever, generalized weakness, abdominal pain, and later jaundice. Hepatitis B, C, & D may be asymptomatic for years.

Testing for diagnosis:

Blood tests are the mainstay of diagnosing viral hepatitis. These tests help us understand the level of liver inflammation and the type of virus responsible for liver inflammation. Sometimes you may need a sonogram of the liver or specialized testing to further focus on damage caused by the virus.

Treatment:

Hepatitis A & E viruses produce a self-limiting illness. Almost everyone infected will make a full recovery in 6 months. People with chronic illnesses who get infected with hepatitis A & E virus may suffer severe complications. Hepatitis B & C virus will need treatment to get rid of virus. Sometimes despite the best treatment, doctors may not be able to cure your infection. Coinfection with the Hepatitis D virus may cause more complications.

Vaccines:

We have vaccines against Hepatitis A & Hepatitis B. Only Hepatitis B vaccine is part of the WHO childhood vaccination schedule in India.

There is no vaccine for the Hepatitis C, D, or E virus.

WHO goals:

In 2016, WHO's World Health Assembly (WHA) called for the global elimination of viral hepatitis by 2030 and set global targets of achieving a 90% reduction in new cases of hepatitis B and hepatitis C, a 65% reduction in deaths from hepatitis B and hepatitis C, and treatment of 80% of people living with these infections.

My advice:

Get yourself evaluated for Hepatitis B & C virus next time you visit a doctor. It requires simple blood tests (Hepatitis C virus Antibody, Hepatitis B virus surface antigen, Hepatitis B virus Surface Antibody).

Before taking any medication, check with your doctor if there are any side effects related to the liver.

FIRST PROJECT OF THE FAB YEAR: DROP OF HOPE ON 2ND JULY, 2022

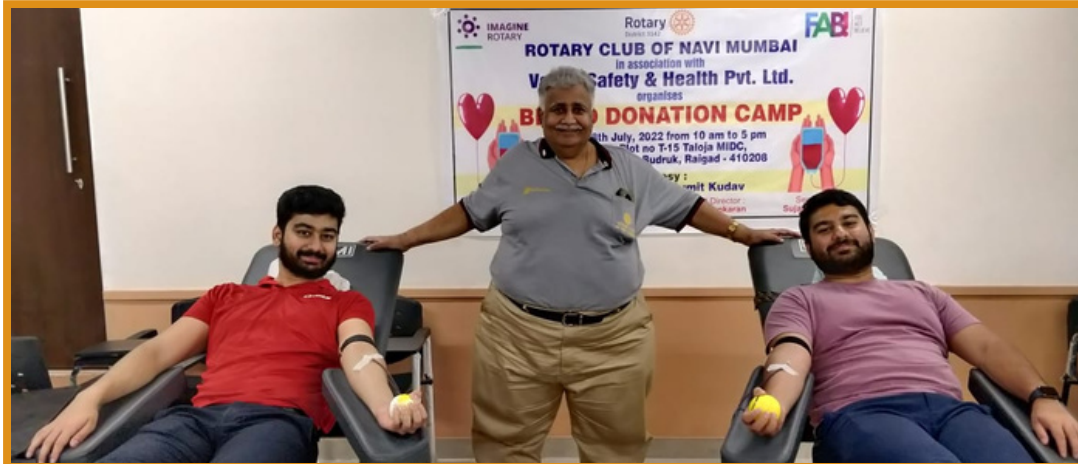


Cost of Project: Rs. 13,613
Beneficiaries: 46
Rotarians involved: 12
Man hours: 100 Hrs.
Rotractors: 30

Blood Donation Camp, the First project of the FAB year was conducted on 2nd July, 2022 at Rotary Center in association with RCNM Palm Beach & Rotaract Club of Navi Mumbai & Saraswati College. Total registrations received for the camp were 58, where 46 eligible donors donated Blood. The other fifteen young children also undergone Thalassemia Screening as well. The Camp was supported by NMMC Blood Bank



SECOND BLOOD DONATION CAMP AT VENUS SAFETY AND HEALTH PVT. LTD. ON 8TH JULY, 2022



Cost of Project: Rs. 7,000
Beneficiaries: 104
Rotarians involved: 8
Man hours: 60 Hrs.

2nd Blood donation camp was conducted at Venus Safety & Health Pvt. Ltd. Talaja. Total registrations received- 190, out of it 104 eligible donors donated blood. It includes 50 female workers of the Company. We have also arranged Thalassemia screening of the employees whos Hb level was very low & collected samples of two employees.



WORLD HEPATITIS DAY 28TH JULY, 2022



Cost of Project: Rs. 4000
Beneficiaries: 254
Rotarians involved: 4
Man hours: 32 Hrs.

On occasion of World Hepatitis Day RCNM conducted various competitions in three Schools to increase awareness amongst Students on Hepatitis. The program was arranged in association with Indian Liver Patients Foundation. Around 254 students participated in essay writing, poster making & Slogan writing competition. During compilation, Dr. Alka from ILPF conducted awareness sessions in all the three schools. RCNM has given Certificates to all the Participants & gifts to the winners. RCNM has also given Certificate of Appreciation to School Principals for their support.



NEW MEMBERS' INDUCTION 29TH JULY, 2022



On 29th July, 2022 we inducted five new members in our Rotary Club of Navi Mumbai in presence of Governors Chief Aide Rtn Satish Mane & Director-Membership Rtn. Prasad Tendulkar. The newly inducted members were Rtn. Dr. Sushant Agrawal, Rtn. Amar Nair, Rtn. Sanjay Pal Vengali, Rtn. Sumeet Kudav & Rtn. Venkatesh Katgeri. The President gave a welcome speech where he briefed about the progress on various projects completed so far & upcoming projects for the year. The MOC of the ceremony was Rtn. Dr. Pratik. Rtn. Surekha presented four way test, Rtn. Anand gave Induction speech, Rtn. Mrunal introduced Chief Guest & Rtn. Rajesh proposed Vote of Thanks. Chief guest Rtn. Satish addressed the gathering. The ceremony was followed by delicious dinner.

Newly inducted members	Introduced by
Rtn. Dr. Sushant Agarwal	Rtn. Ajay Jhalani
Rtn. Amar Nair	Rtn. Rajeev Maniar
Rtn. Sanyap Pal Vengali	Rtn. Ajay Jhalani
Rtn. Sumit Kudav	Rtn. Nitin Shah
Rtn. Dr. Venkatech Katgeri	Rtn. Mansoor Reshamwala

BIRTHDAY CELEBRATIONS 29TH JULY, 2022



We celebrated the Birthdays of:

R/Ann. Meenal Sikchi, R/Ann. Jayashri mahajan and Rtn. Sunderasen Premkumar at the Rotary Centre by cutting a cake.

However, R/Ann. Sunita Maheshwari, Rtn. Manohar Pillai, R/Ann. Raksha Gupta and Rtn. Sanjay Chavan's birthdays were in July as well but they couldn't attend due to some personal reasons.

SPECIAL RECOGNITIONS



As a result of vibrant activities carried out by our IPP Rtn. Prithvi Pal Singh and the team, RCNM has received Diamond Award from the District Governor for Smile year 2021-22

Rtn. Prem Kumar as an Avenue chair Health Preventive awareness and Rtn. Nitin Shah as a Avenue Co-Chair TRF Support, also received Smile appreciation awards



PR / PI OF THE CLUB

NAVI MUMBAI CITY LINE *A look at Panvel* 9 July TO 15 July, 2022 **4**

Installation Ceremony of Rotary Club of Navi Mumbai

NMCL Team: Rotary Club of Navi Mumbai had its installation ceremony recently at Navi Mumbai Sports Association, Vashi in presence of District Governor Rtn Kailash Jethani. Rtn Yuvaraj Mahajan took charge as 46th President of Rotary Club of Navi Mumbai. Rtn Sujata Agarwal as Secretary & President Elect, Rtn Shaikendra Agpte (Vice-President), Rtn Pritivi Pal Singh (IPP), Rtn Abhay Nair (Treasurer), Mansoor Reshamwala (Sergeant At Arms) and the Directors...

Rotary Club of Navi Mumbai, the oldest Rotary Club in the city, had its installation ceremony recently at Navi Mumbai Sports Association, Vashi in the presence of District Governor Rtn Kailash Jethani. Rtn Yuvaraj Mahajan took charge as the 46th President of Rotary Club of Navi Mumbai from outgoing President Rtn Pritivi Pal Singh. The newly installed office bearers are Rtn. Sujata Agarwal as Secretary & President Elect, Rtn Shaikendra Agpte (Vice-President), Rtn Pritivi Pal Singh (IPP), Rtn Abhay Nair (Treasurer), Mansoor Reshamwala (Sergeant At Arms) and Directors Rtn Nilin Shah, Rtn. Ajay Jhalani, Rtn Anand Natarajan, Rtn Premkumar, Rtn Mahesh Aaranake, Rtn Aadesh Sikchi, Rtn Anil Athri, Rtn Tilak Sankaran, Rtn Rajeev Maniar, Rtn Vijay Adhikari, Rtn Pankaj Vijayan, Rtn Rajesh Sangani and Rtn Dr Pratik Sathe.

Withdrawn 25% water cut: Corporator Garad

30 million litres per day. "Citizens were satisfied with that. But due to unseasonable rainfall till June 20, CIDCO has imposed 25 per cent water cut from June 27. However, due to torrential...

प्राथमिक विद्या मंदिर, विवेकानंद संकुल सानपाडा येथे दिनांक 28 जुलै 2022 रोजी जागतिक हिपॅटायटीस दिवस साजरा करण्यात आला. यानिमित्त रोटरी क्लब यांच्याद्वारे हिपॅटायटीस जागृतीसाठी चित्रकला व घोषणा लेखन स्पर्धा घेण्यात आली होती. रोटरी क्लबचे मान्यवर युवराज महाजन, डॉ. अल्का पटनाईक, तिलक शंकरन यांच्या उपस्थितीत विद्यार्थ्यांना प्रमाणपत्र वाटप करण्यात आले.



RCNM's activities appearing in print and social media

4 July - 31 July		Last 28 days
Post reach	Post engagements	New Page likes
1,414 ▲ 1.4k	447 ▲ 446	72 ▲ 70

INDIVIDUAL ACHIEVEMENTS



Rtn. Mrunal Shah, Mr. Amol Aranake and his fiancée Snehal participated in Monsoon 10k Marathon run at Chembur on 28th July



Rtn. Anil Athri completed the Kashmir Great Lakes Trek from 22nd to 29th July. They climbed to almost 14K ft from 9K and covered ~85km through tough terrains, rain, cold and the blaring sun.



Annet Mahika Ajay Jhalani has been selected as the president of the Interact club at Goldcrest High, Vashi

UPCOMING EVENTS IN THE MONTH OF AUGUST

Date	Day	Event
3 rd August	Wednesday	Installation ceremony of Interact Club at Goldcrest High, Vashi
6 th August	Saturday	Annadan project at Rotary centre at 11:30 am
6 th August	Saturday	Netrutva seminar at i-leaf banquet hall, Vashi at 6:30 pm
8 th August	Monday	Trust and BOD meeting on zoom at 8:00 pm
12 th August	Friday	Weekly meeting and speaker session by Dr. Rahul Wadke at Rotary centre at 7:30 pm
14 th August	Sunday	New members' orientation (District program)
15 th August	Monday	FAB ROTAL 22-23 at Rotary centre, 10:30 am onwards
20-21 st August	Saturday	District picnic
26 th August	Friday	Weekly meeting and birthday celebrations

BIRTHDAYS AND ANNIVERSARIES IN THE MONTH OF AUGUST

Name	Birthday	Anniversary
Ann Chetna Shah	4 th August	-
Rtn Dinesh Hulawale	5 th August	-
Ann Damayanti Adhikari	8 th August	-
Sharbani and Yogesh Dhawan	-	11 th August
Rtn. N.H. Vishwanathan	12 th August	-
Rtn Mahesh and Rohini	-	14 th August
Ann Jayalakshmi Laxmanan	18 th August	-
Rtn. Mansoor Reshamwala	30 th August	-
Ann Priyanka Khandelwal	30 th August	-
Rtn. Premkumar and Geetha	-	30 th August