



Issue # 10 : April 2024



HILL ECHOES

Club Bulletin of Rotary Club of Thane Hills, RI District 3142

Gordon McInally
RI President, RY 2023-24

Milind Kulkarni
Dist. Governor, RY 2023-24

Govind Khetan
Club President, RY 2023-24

Dr. Anagha Karkhanis
Club Secretary, RY 2023-24



April : Environment Month



Govind Khetan
Club President



Dear Hillers,

Greetings !

The month of March was replete with meaningful projects, programs and events. Am grateful to each one of you for your relentless commitment to the causes we champion and the work that we do as a family.

Friends .. our ambitious project for providing free HPV vaccination to schoolgirls in the age group of 9 – 14 years for the prevention of Cervical Cancer saw successfully planned execution at designated schools in our community.

Five vaccination camps were conducted during the month of March across schools in Mumbai and Thane Districts. Brilliant teamwork by Hillers, Anns, Annas and our service providers resulted in HPV vaccination of 1248 adolescent girls. This was a great step in our fight against the fatal cervical cancer.

It is a matter of pride and redemption for our club that our early initiative of vaccinating school girls against cervical cancer is also being made a part of the National Healthcare Program by the Govt of India. Both our Honourable Prime Minister and our Honourable Finance Minister have outlined the need and importance of carrying out HPV vaccinations. This will undoubtedly be one the Central Government's key priorities in the years to come.

We also recently completed 100 free cataract surgeries for needy persons in this Rotary year with CSR support.

The Holi celebration in the month of March saw enthusiastic participation by Hillers, Anns, Annas, Annets and our guest RYE students who joined together in fellowship and fun .. Hillers ishtyle !

I look forward to the ensuing months in this current Rotary year with a huge amount of positive expectation. There is so much to do and am counting on your continued love, affection and support to the Board of Directors of RCTH.

Indeed, the best way to find ourselves is to lose ourselves in the service of others !

Let us strive to co-create beautiful memories!



Dr. Anagha Karkhanis
Club Secretary



Dear Hillers,

As we step into the month of April, we embark on a journey dedicated to our environment, a cause deeply rooted in Rotary's ethos of 'Service above Self'. This month, we not only celebrate Rotary Month of Environment but also gear up for various impactful activities that align with our commitment to making a difference in the world around us.

Club Assembly - April 4th, Thirani:

Mark your calendars for April 4th as we gather for our Club Assembly at Thirani. It is an opportunity for us to come together, discuss our ongoing activities, share insights, and chart a course for the future. Your participation and contribution are invaluable as we strive to make our club more effective and impactful.

Sogaon Village School Visit - April 6th:

On April 6th, we have a visit planned to Sogaon Village School. We will assess the scope of work required, review the school's requirements, and plan for its refurbishment. This endeavour is a testament to our commitment to education and community development.

District Learning Assembly - April 7th, Raymonds:

The District Learning Assembly awaits us on April 7th at Raymonds. It is an excellent opportunity to gather insights, share best practices, and collaborate with fellow Rotarians from across the district. Let us make the most of this platform to learn and grow together.

Thoughtful Thursdays:

Our weekly meeting on April 11th promises to be enlightening as we welcome speaker Sarita Bahl. She will shed light on the CSR processes undertaken by corporates and the documentation required by NGOs.

We will have similar interesting topics for our Thursday weekly meetings throughout the month. Stay tuned for thought-provoking discussions and opportunities to expand our horizons.

HPV Vaccination Camps - Fighting Cervical Cancer:

Following the successful execution of the previous month's HPV vaccination drive, we are happy to announce that we will be organizing more HPV vaccination camps in the month of April. Girls in the age group of 9-14 years from various schools will be administered the HPV vaccine, a crucial measure in preventing cervical cancer and promoting women's health. Your continued support and participation in these camps are invaluable as we work together to make a tangible difference in the lives of those we serve.

So friends, let us embrace the spirit of Rotary Month of Environment and channel our energies towards creating a sustainable and healthier planet for generations to come.

HPV VACCINATION PROJECT: CAMP 1 OUR FIGHT AGAINST CERVICAL CANCER

Date: 06.03.2024

Location: Rotary School of Ambarnath, Dist. Thane, Maharashtra

Total Eligible Girls: 399

The first HPV vaccination camp organized by the Rotary Club of Thane Hills was held successfully at the Rotary School of Ambarnath. Our team of 11 dedicated volunteers from RCTH, along with 1 doctor and 6 medical staff from the implementing agency, worked tirelessly to administer vaccinations to 399 eligible girls aged 9-14. The camp served as a platform not only for vaccination but also for educating the community about the importance of cervical cancer prevention and early detection. This initiative is a significant step forward in our fight against cervical cancer and in promoting women's health.



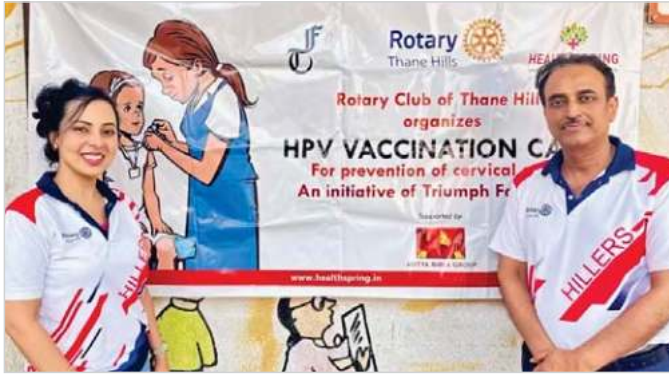
HPV VACCINATION PROJECT: CAMP 2 OUR FIGHT AGAINST CERVICAL CANCER

Date: 10.03.2024

Location: Shri Ganesh Vidya Mandir, Dharavi, Mumbai Maharashtra

Total Eligible Girls: 201

The second HPV vaccination camp organized by the Rotary Club of Thane Hills took place at Shri Ganesh Vidya Mandir in Dharavi, Mumbai. With the dedication of our 12 volunteers from RCTH, 2 doctors, and 6 medical staff from the implementing agency, we successfully administered vaccinations to 201 eligible girls in the age group of 9-14. Beyond vaccination, the camp also focused on raising awareness about cervical cancer prevention and the importance of early detection, thereby contributing to the promotion of women's health in the community.



HPV VACCINATION PROJECT: CAMP 3 OUR FIGHT AGAINST CERVICAL CANCER

Date: 19.03.2024

Location: R H Kate English School, Govandi, Mumbai Maharashtra

Total Eligible Girls: 144

The third HPV vaccination camp organized by the Rotary Club of Thane Hills was held at R H Kate English School in Govandi, Mumbai. Our team, comprising 13 dedicated volunteers from RCTH, 2 doctors, and 6 medical staff from the implementing agency, worked diligently to administer vaccinations to 144 eligible girls aged 9-14. The camp not only provided vital vaccinations but also raised awareness about cervical cancer prevention and early detection, contributing significantly to women's health promotion in the community.



HPV VACCINATION PROJECT: CAMPS 4 & 5 OUR FIGHT AGAINST CERVICAL CANCER

Date: 19.03.2024

Location: Amarnath High School, Vaibhav Nagar, Govandi, Mumbai Maharashtra

Total Eligible Girls: 172

The fourth HPV vaccination camp organized by the Rotary Club of Thane Hills took place at Amarnath High School in Vaibhav Nagar, Govandi, Mumbai. With the combined efforts of our 13 volunteers from RCTH, 2 doctors, and 6 medical staff from the implementing agency, we successfully administered vaccinations to 172 eligible girls aged 9-14. Beyond vaccination, the camp focused on community education about cervical cancer prevention and early detection, contributing significantly to women's health promotion.



Date: 23.03.2024

Location: AFAC School & Junior College, Chembur, Mumbai Maharashtra

Total Eligible Girls: 326

The fifth HPV vaccination camp organized by the Rotary Club of Thane Hills took place at AFAC School & Junior College in Chembur, Mumbai. Our team of 17 committed volunteers from RCTH, along with 2 doctors and 6 medical staff from the implementing agency, worked diligently to administer vaccinations to 326 eligible girls aged 9-14. In addition to vaccination, the camp emphasized community education about cervical cancer prevention and early detection, making a significant impact on women's health in the community.

These HPV vaccination camps have made a substantial impact on our target communities, with a total of 1242 eligible girls receiving HPV vaccinations, thereby protecting them against cervical cancer. We express our gratitude to all volunteers, doctors, and medical staff for their dedication and commitment to this important cause.





LIGHTING UP LIVES ! CATARACT SURGERIES

RCTH hits a century !!

RCTH, under the aegis of the Triumph Foundation, has been joining hands with the Seetabai Gadgil Charitable Trust (of Dr. Gadgil Eye Hospital, Thane) and Lasik laser Centre in providing free eye care services to needy patients. The beginning of the collaboration started on 15th August 2022 in the FAB year. The programme was inaugurated by the then DG Kailash Jethani and PP Jayaram Mendon.

From 15th August, 2022 to 29th June, 2023, 77 free cataract operations were completed through the collaboration.

The project got stronger in the next year. The period between 18th July, 2023 and 12th March, 2024 saw an increased number of free cataract surgeries being completed. The project witnessed a strong impetus under the leadership of President Govind Khetan in the Excellent Year.

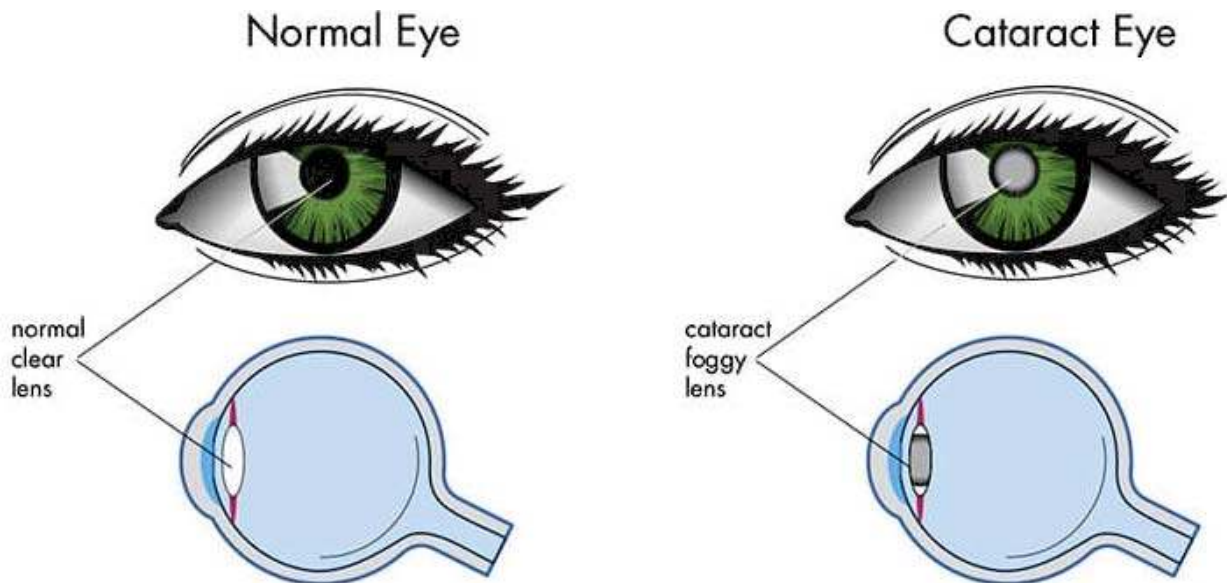
It is a very heartening fact that in the Excellent Year, 100 free cataract operations were completed for underprivileged people and consequently, their vision was restored. These operations were facilitated at Dr. Gadgil Eye Hospital under the aegis of our Triumph Foundation.

Hiller Dr. Uday Gadgil and Dr. Nitin Pawar performed the surgeries free of cost and Ann Dr. Minal Gadgil served as Anaesthesiologist for all these cases.

The entire Project was coordinated by Rtn. Satish Shetty- Director, Medical projects, RCTH. He was the principal link between RCTH and Dr. Gadgil Eye Hospital. Valuable support for the project was provided by PP Ravi Iyer and PP Vijay Shetty .

The surgeries were funded by RCTH through Triumph Foundation. The major CSR donor was an organisation named Amvion Automobiles from Vadodara (brought in by Ann Radhika Padmanabhan).

In its mission to reach out to the deprived section of the society, RCTH has yet again achieved success through this project. The Club has , indeed, lighted up many lives!!



NAMO NARI SHAKTI HAIL WOMEN POWER



The empowered woman is powerful beyond measures & beautiful beyond description! - Mary Kom

This statement is absolutely relevant and true in the prevailing times. The ever-increasing list of women achievers in both in India and across the globe bears testimony to the fact that countless women have turned out to be effective leaders and torch bearers in their chosen profession. As a token of our respect and admiration for women who have touched, influenced, and contributed towards the betterment of our society, the Rotary Club of Thane Hills decided to felicitate some shining female stalwarts practicing various professions.

Under the stewardship of Club President Govind Khetan, an organising committee consisting of Rotarian Rajesh Sethuraman (Event Convener), PP Sucheta Rege, PE Samir Limaye, Rotarian Kalita Subramanian, Rotarian Yamini Kundetkar and Rotarian Sujit Gawayi was formed. The committee immediately sprang into action and planned to put up an impressive event which was aptly christened Namu Nari Shakti. This event was planned to commemorate International Women's Day which is celebrated on 8th March every year.

The date fixed for this grand event was Thursday, March 7th. 2024. Four women achievers were identified and invited to receive the Vocational excellence Award. We were fortunate that Ms. Madhulika Bhaskar (Ex GM and Director – GIC), Major Ashlesha Tawde-Kelkar (Retd) - AFMC, Ms. Ila Bhate (Veteran actress) and our Ann Dr. Seetha Raju (renowned General Physician and philanthropist) graciously gave their consent to attend the event and accept the honours.

Over 80 members of the Hiller family gathered at the venue – 'Kuvega – The Space and Music Enclave' - to participate in our Women's Day celebrations. First Lady Sangeeta Khetan along with organising team had tastefully decorated the venue with colorful saris and dupattas. Club President Govind Khetan called the meeting to order and then formally welcomed the esteemed dignitaries to the event. A traditional welcome dance performance by Anns Ms. Anuja Kulkarni, Ms. Sonali Korde and Ms. Neelima Nagavkar set the tone for the programme. Rotarian Rajesh Sethuraman gave a short prologue on the programmes scheduled for the evening and introduced the event organising committee members to the audience.

An audio visual of the Shloka written and narrated by Rotarian Yamini Kundetkar was presented, followed by an audio-visual introduction of the esteemed dignitaries. Rotarian Yamini Kundetkar read out a poem penned by her specially for this occasion.

Then came the highlight of the event, 'gupshup with dignitaries'. Rotarian Sucheta Rege and Rotarian Yamini Kundetkar engaged in an engrossing question and answer session with the esteemed guests of honour. This proved very interesting and inspirational. Ms. Bhaskar spoke about her early life challenges and her untiring





efforts to reach great heights in the insurance domain. Major Ashlesha Tawde – Kelkar emphasised on the need of strong family support required by women in order to serve in the armed forces. Ms. Ila Bhate emphasised that sheer hard work and dedication in one’s chosen field is the mantra to success. Dr. Seetha Raju advised that taking good care of our health is our own responsibility. She also talked about imbibing good family values and practicing them. After this very fruitful session, Club President Govind Khetan along with Past President Varsha Likhite felicitated the awardees with ‘Vocational Excellence Award’ citations and presented them with mementos. The event concluded with a vote of thanks by PE Samir Limaye.

Every woman who attended the programme on behalf of RCTH received a unique gift set. After the formal event, the Hillers and family members enjoyed themselves, dancing to the beat of peppy numbers and treated themselves to some delicious dinner.

It was an evening which will be cherished by the RCTH family for a long, long time.

Rajesh Sethuraman, Event Convener





WEEKLY MEETING

Understanding Diversity and Inclusion

On 14th March 2024, in the RCTH weekly meeting, we had an interesting session on 'Understanding Diversity and Inclusion' presented by Dr Medha Paranjpe. The guest speaker explained the importance of 'Diversity and Inclusion' in any organisation with the help of interesting puzzles and anecdotes.

Diversity and inclusion mean people of different backgrounds, religions, cultures, experiences, races, sexes, colours, abilities, social and economic status coming together to share experiences which are valued and respected.

The speaker dwelled on the subtle difference between Equality and Equity. Equality is sharing something in equal proportion while Equity is sharing it based on the individual needs.

She also spent time discussing different types of 'Unconscious bias' which are a set of thoughts we may not be aware of, and which result in influencing our judgement. To overcome unconscious bias, we need to be aware of ourselves and others, be mindful of our own behaviour and also listen to other people's stories.

A few interesting statistics shared by her are as follows:

1. Women account for 26% of the members in Rotary and 47% in Rotaract!
2. The average age of a Rotarian is 58 years and that of a Rotaractor is 24 years.
3. While 26% of the Indian workforce is women, only 4.7% of CEO positions and 7.7% of Board seats were occupied by women as per 2021 statistics.
4. A Mckinsey study has revealed that a 10% increase in the number of women employees will add USD 700 billion to India's GDP by the year 2025.

PP Varsha Likhite





WEEKLY MEETING

Born to fight, Trained to win !!

On 22nd March 2024, Respected Squadron Leader Pushp Vaid, visited our club and shared his extra ordinary experiences in the battlefield with the Hillers assembled in the Federation Hall, Thane. He took us down the memory lane as he gave us glimpses of the 1971 Bangladesh Liberation War. During the war, he was in the helicopter division and was incharge of transporting supplies, bringing back the injured and wounded warriors and dead bodies. The heroic efforts of his team helped to reduce the duration of the war to just 13 days and brought victory to our forces. The warriors worked tirelessly and relentlessly in well-coordinated groups. Only when they came to Agartala for refuelling, did they get a chance to refresh themselves, as they could catch some 15 minutes of sleep and grab a little food!

After a few days after the end of the war, Squadron Leader Vaid was awarded the gallantry award 'Veer Chakra' for spearheading a mission in which he flew the helicopter in the night and landed bravely in the helipad without any lights; and all this was amidst the incessant firing of bullets by the enemy.

Squadron Leader Vaid kept the audience enthralled with anecdotes and even recalled some dialogues and conversations involving the troops and bosses. Hats of to his sharp memory! He is a true champion who has put his life at stake for the sake of the nation. His helicopter heroics are just incredible.

He also discussed the role of Major Sagat Singh in the creation of the present-day Bangladesh.

Squadron Leader Pushp Vaid took voluntary retirement from the Indian Air force in 1974, served the British Airways and roamed the world thereafter. He is currently settled in Scotland. The noteworthy fact is that he is a proud Rotarian.

Though Vaidji is not with the Indian Air Force anymore, the memories of IAF have still not left him. He is, till date, a genuine warrior and a true Indian at heart. He has published a book titled 'Mi-4s AT WAR' which chronicles the details of the Bangladesh Liberation War.

Squadron Leader Pushp Vaid's address left the Hillers highly inspired and succeeded in creating an energising impact on the audience.

Ann Usha Iyer



DR. VARSHA PANCHOLI: HUMANITARIAN PAR EXCELLENCE !

Dedication and commitment have dictionary meanings. But in real life, it is difficult to find these qualities in an individual. However, we have a superwoman Dr. Varsha Pancholi amidst us who embodies traits like commitment, dedication, perseverance, sincerity and many more.

Dr. Varsha is the C.M.O. of our Triumph Blood Bank and Thalassemia Day Care Centre. She has been working 24 x 7 for the Blood Bank for the last 10 plus years, since its inception. A self-motivated, simple, and unassuming person, Dr. Varsha remains undeterred by hurdles, trials and tribulations like power outages that plague the Blood Bank. When the building which houses the Blood Bank suffered a terrible fire accident, she led from the front and salvaged the dreadful situation. According to her, every bottle of blood was her responsibility. She handled the logistics exceedingly well and ensured that no blood from the centre got wasted, as it got delivered to the nearest hospital. She considers the staff members of the blood bank as her own family and shares a great rapport with them.

As recent as last month, she worked quickly towards the compliance of the required norms and rushed to Delhi in order to get the license for the blood bank renewed for the next five years. Kudos to her tireless and continued service to the Blood bank, about 90 Thalassemia patients are getting benefitted in a big way!

Dr. Varsha doesn't believe in working for awards, but RCTH wished to honour her on 22nd March 2024 in the Federation Hall, Thane by felicitating her for her exemplary service towards the Blood Bank and the community, at large. In the presence of the Club President Govind Khetan, PP Varsha Likhite presented a citation to Dr. Varsha Pancholi amidst Hillers and their families. Dr Varsha thanked RCTH whole heartedly for the uninterrupted support given to her and the Blood Bank by the Club including continued financial assistance.

Dr. Varsha, we at RCTH, wish you the very best in your profession as well as in your life. We sincerely hope that you continue reaching out to the patients, as earnestly as ever!

Ann Usha Iyer





WEEKLY MEETING

Talk on Work - Life Balance

The weekly club meeting on 28th March 2024 in Thirani School, began with an Introduction of Mr. Nitish Chandra Laharry, who was the first Indian to become the Rotary International President in the year 1926. This was very well elucidated by PP Mr. Atul Bhide.

It was followed up by an electrifying and engrossing session on the much needed topic of – WORK LIFE BALANCE.

In today's stressful times in the corporate world, when pink slips are the order of the day, a robust work life balance only can ensure sustained well being and success in both career and life. This was very well explained by the guest speaker, Dr. Pramod Sadarjoshi. Phd (HR-Management and Personal Administration). His vast experience working with various Multi-nationals across the globe and his spiritual expertise have given him an edge in creating leadership and personal development modules.

Dr. Sadarjoshi, through his varied experiences as a leader in well known corporate giants , brought out the essence of knowing oneself very well in order to succeed in his / her profession. According to him, cognitive intelligence needs to be supported by a fit body to last long in one's profession.

According to the speaker, the most important aspect was to bring in an equilibrium between the Left brain (Cognitive intelligence and Right Brain (Creative Intelligence) in order to reach the cosmic/quantum intelligence.

There were multiple interesting parts that were covered including that of why leaders fail and what can be done to re- engineer the brain.

The most important mention by him was that the solution lies in the answer of 'WHY'. Every action has to have a justified WHY; that makes it easier and simplified.

To sum it up in Leadership Imperatives, the speaker emphasised on ensuring Personal Mastery over, Business Mastery or Leadership Mastery or for that matter even Functional Mastery.

His style of presentation that included references from Mahabharata to Albert Einstein to Sufism etc sprinkled with some relatable anecdotes kept the audience in raptures to say the least.

All in all, it was a very interesting session enjoyed by the audience as well as the presenter alike. Dr. Pramod Sadarjoshi, a master orator, left us wanting more and with a promise to come back and teach all of us Rotarians the key to Mindful Meditation.

Yamini Kundetkar



WOMEN'S DAY CELEBRATION

15th March, 2024

The Federation House, 1st Floor



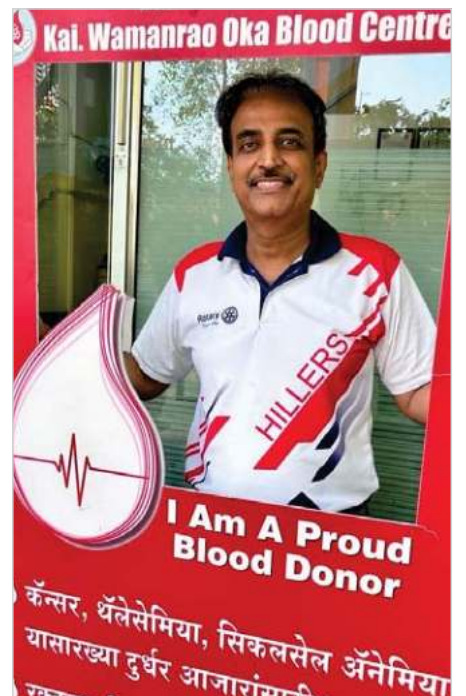
WOMEN'S DAY

FOOD DONATION DRIVE FOR THE VISUALLY CHALLENGED:

It is a well-known fact that the 'Help Blind Welfare Association' has been organising a monthly food donation drive for the visually challenged people every Amavasya at Yogi Hills, Mulund. This drive was organised on 10th March, 2024 (Sunday) for this month. Rotarian Pawan Adnani, as always, spearheaded the drive along with a group of Hillers and Anns who distributed rice, chana dal, detergent powder, sago and hair oil bottles to about 1000 visually challenged people gathered at the venue.

President Govind Khetan, Rotarians Pawan Adnani, Satish Shetty, Prashant Ojha, Nilesh Pitale, Gururaj Agnihotri as well as Ann Radhika Padmanabhan, Ann Aneetha Shetty and Ann Geeta Agnihotri participated in the camp and volunteered at the venue from 7.15 a.m. to 10.00 a.m.

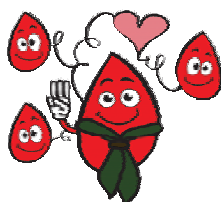
Ann Radhika Padmanabhan

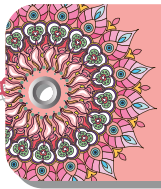


BLOOD DONATION CAMP BY ROTARACTORS

16th March, 2024

@ Vrindavan Hospital





BOOKED FOR LIFE



The Keeper of Happy Endings - Barbara Davis

The story unfolds at once on two parallel timelines. One is Soline's story immediately after WW II. The other is Rory's story set in 1985. The two women are brought together by an abandoned box containing a wedding gown. Their stories intertwine in a finely crafted tapestry of events.

For generations, Soline Roussel's family has kept an exclusive bridal salon in Paris, where they weave magic into bridal gowns. It is believed that the bride who wears a Roussel gown is guaranteed a lifetime of joy. But World War II destroys Soline's world and her faith in love is shaken. She boxes up her memories, stows them away, along with her broken dreams.

Decades later, while coping with her own tragic loss, a young aspiring gallery owner Rory Grant leases Soline's old property and discovers a box containing letters and a vintage wedding dress. When Rory returns the mementos to Soline, an unlikely friendship develops, and strange parallels in Rory's and Soline's lives begin to surface.

They are destined to meet and heal together.

This was my first Barbara Davis, and I am yet to decide whether I will read more of her or not. Her writing is lyrical, almost like a song. The pace is slow at the start, and then becomes intolerably slower, only to pick up post-midway, and then sustains until the 'Happy Endings'.

Often during the reading, I almost mistook the title of the book for 'Happy coincidences' rather than 'Happy Endings'. While the coincidences do at times seem too good to be true, not once did I feel they were forced fit. I credit the author for this. Her storytelling is so seamless that I was perfectly alright believing that coincidences do happen. After all, good storytelling is about making coincidences happen in a believable manner.

I loved the idea of magic and secrets threaded into wedding gowns. A streak of syrupy fairytale! The look and feel of the story, with wedding wishes, art gallery, and sepia-toned war descriptions were a treat. The characters were so well defined that they stayed with me long after I finished reading the book.

'The keeper of happy endings' is a tidy little reading package, gift-wrapped in intricately-woven lace.

Ann Lata Gwalani



In this section, we bring to you a tete- a- tete with two Hillers who are in the medical profession. Their expertise and guidance is certainly going to stand us all in good stead!

Dr. Atul Gupte is a very well known medical practitioner in Thane. He has been associated with RCTH since the year 2002. Dr. Gupte is a sought after physician, as we all know. He is a 'Family Doctor' to many Hillers and to their families and has been rendering invaluable medical assistance to them since many years.

Dr. Gupte is a permanent feature in RCTH projects like Pulse Polio, Triumph Games and many medical camps organised by the Club. He is an endearing person with a cheerful disposition; he makes sure he strikes a chord of comfort with his patients very quickly.



Let's hear from Dr.Gupte about the concept of Family Doctor:

1. Dr.Atul, how do you explain the term 'Family Doctor' to the readers? What does this title signify?

Dr. Gupte: In my view, the concept of a Family Doctor is a divine one; it has been an age old tradition in Indian families. Sadly , in the contemporary scenario, this concept is on the brink of extinction, thanks to the fast paced life, cashless medication and insurance besides other factors.

Who is a Family Doctor? A Doctor who does not specialise in any one particular area of medicine, but who engages in a medical practice in which he or she treats all types of illness. I am one of the lucky few who is introduced by my patients as their 'Family Doctor'. I am proud of this title I have been holding on, for the last forty years...as far as many families are concerned.

A Family Doctor is well acquainted with several details of the patient as well as all his / her family members. As demanded by his profession, he/ she must have a detailed knowledge of their ailments , illnesses and their medical history. Besides these, the Family Doctor also knows their patients' birthdays, family events and to some extent, household issues and confidential matters too. He / she is like a family member, friend, philosopher, guide and confidante and is showered with love and affection by the patients. Trust me, till date, I have been receiving many delicacies from my patients on auspicious occasions and festivals. I am a part of their family celebrations. They reciprocate with such genuine fondness that I become emotional, at times!

The trust between the Patient and the Family Doctor is unmatched and constitutes the highlight of this unique relationship.

Besides, a family Doctor is a bridge who links the patients with the medical institutions and corporate hospitals. I would like to quote an incident has remained green in my mind. A patient of mine who suffered a heart attack told an eminent cardiologist that he would get admitted to the hospital only if his Family Doctor recommended him to do so!

According to the World Organisation of Family Doctors, the main aim of the concept of Family Doctor is to promote continued personal care of an Individual in the context of the family and the community, at large!

2. Dr.Atul, it is no secret that Thane city has been witnessing a scary increase in the levels of air pollution. What precautions, as a doctor, would you recommend to the Hiller families to combat this problem?

Dr.Gupte: Yes, the pollution level in the air has reached monstrous proportions. As a Doctor, I would recommend the following measures in order to safeguard ourselves from air pollution:



1. Use masks to cover the nose and mouth while going out of the house.
2. We can use filters to purify the air inside our homes and offices.
3. Senior citizens can try and remain indoors, as much as possible.
4. We can avoid physical exercise near the sources of air pollution. For instance, we should not walk or jog in polluted zones.
5. Consult your Family Doctor in case of cold or cough. Self-medication should be strictly avoided.
6. While buying a new car, electric car can be our first choice.
7. Air pollution and smoking are a deadly combination. So avoid smoking!



Dr. Ruckmani Agarwal is a newly inducted Hiller but is already a well-known face in the Club as she actively participates in our projects and events. She has done BHMS (Bachelor of Homeopathic Medicine and Surgery) and is a sought after homeopathic practitioner in Thane. She specialises in the treatment of diabetes, rheumatism infertility, child disorders, thyroid, joint pains, etc.

Dr. Ruckmani gives us a basic idea of Homeopathy and brings before us some myths and misconceptions surrounding this alternate system of medicine. She also throws light on some of the actual, lesser known aspects of this system of medicine.

Q 1: Dr.Ruckmani, kindly explain to us the fundamental principle of the homeopathy system of medicine.

Dr.Ruckmani: Homeopathy is a form of medicine that was developed in the late 18th century by the German physician Samuel Hahnemann. It is based on the principle of "like cures like," which suggests that a substance that causes symptoms in a healthy person can be used to treat similar symptoms in a sick person when diluted to extremely small doses.

Homeopathic remedies are made from highly diluted substances, often originating from plants, mineral, or animals. These substances are diluted in water or alcohol several times to create different potencies of remedies.

Q2: Dr. Ruckmani, can you please enlist for us, some myths and misconceptions regarding Homeopathy? Also debunk these myths for us.

Dr.Ruckmani: **First of all**, people assume that Homeopathy needs no diagnosis.

Diagnosis and investigation are the forefront ventures of any medical professional. And this pertains to the fact that homeopathy also requires meticulous diagnosis, research, and investigation if needed.



The **second myth** is homeopathy is an alternative to surgery.

This is another fallacious belief that is widely accepted. The truth is homeopathy is not always an alternative to surgical operations. It is important to remember that surgical conditions can only be treated by surgeries and not through homeopathy.

The **third misconception** is that homeopathy cannot treat acute diseases.

This is not true. In fact, homeopathy can treat both chronic illnesses and acute diseases. Homeopathy is not effective only for the conditions where immediate hospitalization and thorough treatment is needed.

Homeopathy has helped patients with ailments like coughs, colds, flu, bumps, bruises, sickness, falls, headaches, earache, burns, tummy upsets, period pains, strains – you name it, homeopathy can help it.

The **fourth misconception** is the cure resulting from homeopathic treatment is very slow.

The fact is homeopathy is not a slow process. The time required for the cure and treatment depends upon the patient and as to when he chooses to approach the doctor. Severe chronic illness will definitely require more time for treatment. But the earlier the patient reaches out to the doctor, the lesser the time for treatment and cure.

The **fifth myth** is that self-medication is possible in Homeopathy.

Of course NOT! No matter what your condition might be, self-medication of any kind can pose serious health issues. It is always best to consult a homeopath in starting the treatment. Knowing the names of medicines and a quick Google search is not an effective solution.

Homeopathy is a widely followed procedure around the globe. It is always important to know the right procedures and medicines, used by qualified doctors, to prevent any health issues. Homeopathy has produced great results for millions of people. The afore mentioned myths are simply baseless.

Q 3. What are the advantages of homeopathy in terms of treatment, health and wellness?

1. **HOLISTIC APPROACH:** Homeopathy considers the individual as a whole, taking into account not only physical symptoms but also the mental and emotional aspects of health.
2. **NO SIDE EFFECTS:** Homeopathic remedies are highly potentised substances; there are no side effects when taken in the right dosage, ie the correct power and correct repetition of the dose as per the prescription.
3. **NON-INVASIVE AND GENTLE:** Homeopathic remedies are typically administered in the form of small pills or liquid solutions, making them easy to take and suitable for all age groups, including infants and pregnant women. The gentle nature of homeopathy makes it particularly appealing to those seeking natural and non-invasive therapies.
4. **INDIVIDUALIZED TREATMENT:** Homeopathy emphasizes on specific treatment for every patient considering the unique symptoms and characteristics of individual person, detailed history including lifestyle, specific symptoms, modalities and emotional makeup of a person.

Q4: What are the limitations of Homeopathy?

Limited use in emergency: In some emergency situations like accidents and surgical cases, use of homeopathy is limited. Specific cases need surgical interventions which cannot be treated by any medicine.

Randomised clinical trials done in modern medicine cannot be used as a parameter to judge the efficacy of homeopathic medicine as the prescription doesn't depend only on disease diagnosis alone, rather it depends on the entire constitution and personality of the patient; it is an absolute individualised prescription.

Ann Radhika Padmanabhan

HIP HIP HOORAY

Anette Naayab Sheikh - A Star is born

Ms. Naayab Sheikh, the daughter of Hiller Shakeel Sheikh has made it big in the modelling world. Her accomplishments at a young age are worth recognition and appreciation, indeed.

From early school days, Naayab started developing an interest in dance and fashion. Through her acquaintances, she started gaining different perspectives on presenting oneself in every aspect of life. According to Naayab, clothes work wonders, and they did indeed, in her case.

Naayab took up her first modelling assignment just for a lark. She modelled for her best friend's sister who just wished to explore photography. She intuitively believed that Naayab would be make a good model. While in college, Naayab had a chance meeting with a girl who surprised her by asking if she would be open to modelling for her graduation project. Naayab was super excited and obliged her. She never had to repent for the decision as the friend turned out to be genuine. This paved the way for the two girls collaborating in more projects.

Naayab's burning desire ensured that she followed multiple model management agencies and gained a deep understanding of fashion modelling. With the help of her friend, she clicked a few simple headshots and sent them over to a few agencies but with little or no expectation of receiving responses from them. She got rejected by two of them, but to her surprise, the third agency showed interest in working with her. This positive outcome fortified her confidence in making some instinctive choices and decisions.

As luck would have it, she soon received a call from her current agents and that proved to be the perfect launchpad for Naayab's modelling career. She grew from strength to strength...

Brands for which Naayab has modelled –

Kay Beauty by Katrina

Ashish SS21 – Designer based in UK.

Meta's Whatsapp campaign | "There is no one like us".

Bodice India

Anavilla India

Shivan & Narresh India

Naayab has featured in the following magazines:

Harper's Bazaar India

Vogue India

Elle India

Cosmopolitan India

Platform Magazine

Hunter Magazine

Brides today, India



She has done multiple brands shows for:

Bodice for Mahindra Motors

Lakme Fashion week (Multiple brands)

... this list would turn aspiring models green with envy!

Naayab's stint in the modelling industry has taught her to accept rejections with courage and look for the next opportunity. She candidly admits, "I am not an innately confident person but it is this fake front that you put up while you model, (you can call it an alter ego) which helps you portray the kind of emotion required to depict someone else's creative genius convincingly."

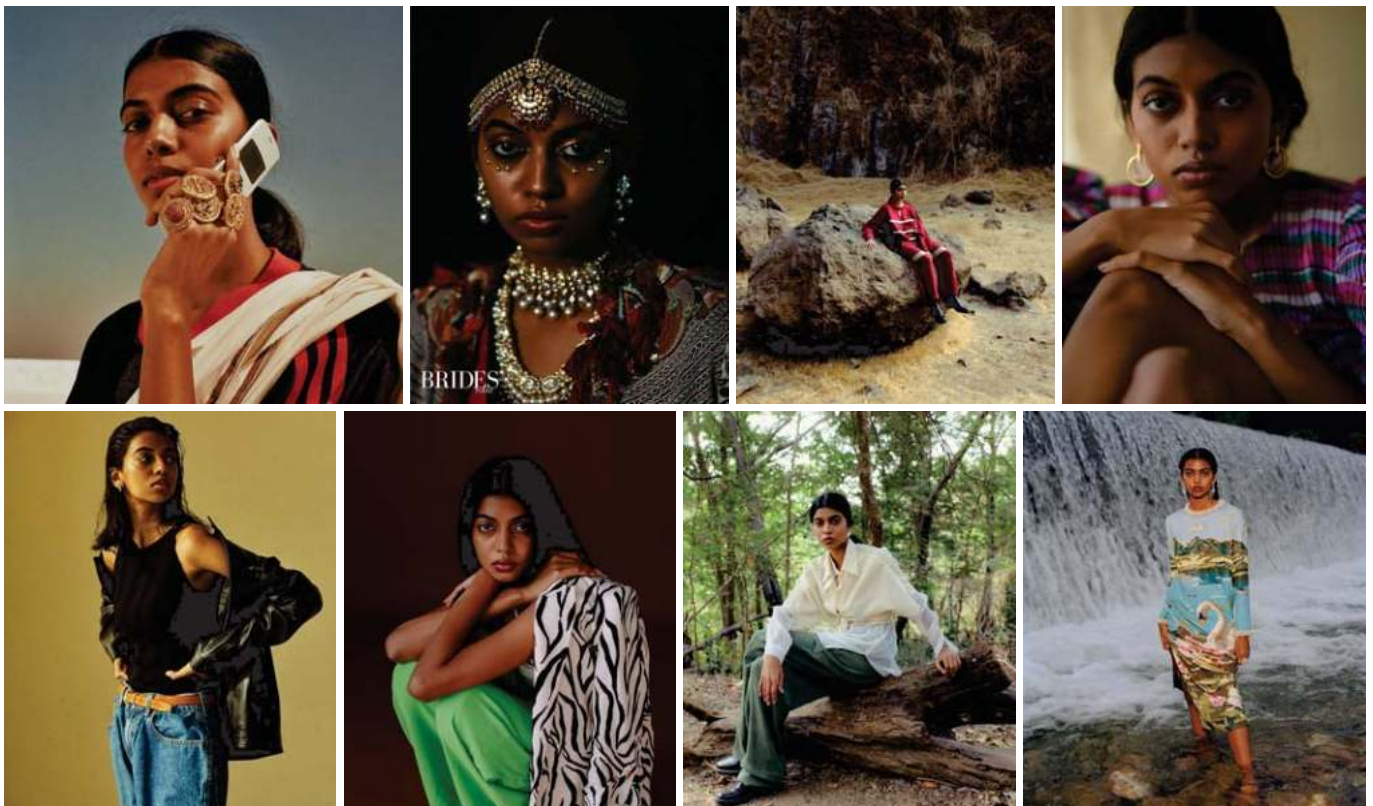
She adds, "Like every other job, modelling is exacting and uncertain. Uncertain because you never know what you'll be doing next or where you'll be heading for. Whether you'll be shooting on the mountains in cold winters or swimming in a quarry. It is stressful, time bound, creative, and exciting but at the end of the day, the only aim is that all eyes should be focused on you."

Naayab's parents were totally in the dark about her modelling aspirations initially but when she revealed them, they were very supportive. She is ever thankful to her dear mother who believed that her daughter could make a successful model, right from her school days. Naayab also considers herself lucky to have worked with good and considerate people.

Modelling as a full-time profession undoubtedly excites Naayab but at the moment, she has different plans. She is currently pursuing M.A. in Luxury Brand Management at the University of Southampton. Nevertheless, she hopes that modelling can be a part of her work-life as long as possible.

The RCTH family is proud of you and congratulates you on your amazing success, dear Naayab. We wish you the very best in your studies and career!

Ann Radhika Padmanabhan



HOLI CELEBRATIONS

25th March, 2024 @ Shelter Farms

