

Hill Echoes

Bulletin of Rotary Club of Thane Hills

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Rotary



*“If you really want to change the world
you have to inspire young people.
That’s how you change the world.”*

Joe Rogan



President's Message

Rotary pranam to all Hillers,

April month is focused on mother earth and environment. As a part of our contribution, we continue working on plastic waste collection and proper recycling. This saves landfill and poisonous gas release in atmosphere. Over a period of 9 months we have built wonderful partnership relationship with young students and schools. Results of inter school contest for first quarter of calendar year 2023 is announced and Dyan Ganga Junior Institute bagged first prize followed by Smt. Sulochana Devi Singhania school and third spot achiever is C P Goenka School.

Another areas of concern is E waste collection and disposal and recycling. Our club has already provided detailed report to RISAO for approval and we are awaiting CSR funding to initiate project.

On the TRF front our club has already achieved 110,000 USD as on April 2023. It is important to highlight felicitation of Dr Raju and Dr Seetha, Chandru Sir and Anup Surve during 3rd TRF seminar at Thane.

Our young Rotaract members organised eye check up camp at R S Deokar / Raja Shivaji School at Yashodhan Nagar. Thanks to our own Dr Uday Gadgil and Dr Minal Gadgil, this camp was very successful and about 500 students got benefit of camp.

April month saw two eminent speakers from district 3142 coming to our club. First Dr Lucky Kasat on 13th April and on 20th April Srijit Poothen. Dr Kasat is great orator and motivator. Depth of understanding of Srijit Poothen on DEI is unparalleled. Chief District Trainer Srijit makes difficult subject easy to understand and relate.

One of most important project of FAB year got one more step forward. After lot of support and guidance from PP CA Vijay Shetty our MoU was signed on 28th April with Matru Milan Vikas Kendra. Father Prem and Father Arul signed on behalf of MMVK.

Our sought after annual event of Club Quiz was organised on 29th April. Highly successful event followed by family evening saw 75 friends attendance. Yet again Sunil Gwalani proved his mettle by curating Quiz event.

May month celebrates youth during rotary calendar and we plan to contribute our bit by forming Interact Club at Amber International School.

RCTH celebrates it birthday in May month and we all Hillers look forward to this event. Friends join in large numbers for the program preparations to make charter day celebration grand success. Please connect with Convenor PP Vikram Mane for more details.

Thank you all for continuous support.

Jayaram Mendon



Editorial

Friends, May is Rotary youth service month. The service towards youth is very important because it shapes the future outlook of the youth involved, helps development of leadership and other qualities to make them better citizens of world. There are various aspects of youth service we are involved in, like Rotaract and Interact clubs, RYE etc.

RYE(Rotary Youth Exchange) is an international student exchange programme for students. Since 1929, RI has been sending young people around the world to experience new cultures, and get a unique experience in becoming well-rounded adults and citizens of the world. This is the only program where Rotary International spends money directly, apart from Peace scholarship and Polio eradication. That's the importance of youth service. We have been part of RYE since last fifteen years.

We are also active in service for youth in many ways. There are annual programs like Triumph Run and scholarship for youth of deprived section of society. Our Rotaractors and Inner wheel club participate to help us organize the big event. Our Inner Wheel club is also working for Organizations like Kshamata where young destitute girls are given shelter and trained for life skills. The plastic waste collection by school children is also good project for youth.

In this bulletin you will read about first hand experiences of Annet Gandhali Bhide, who was youth exchange student. There is information about other avenues of youth services. There is information about our scholarship program where we help young deserving students with their college education. Our Rotaract activities including some glimpses of history of the activities.

Article about Triumph Foundation formation, start of annual Triumph Run and Triumph garden by PP Ranga makes interesting information how the ideas were evolved.



Dr. V. Subramanian Autism Centre

Dream comes true. Major step forward and closer to realizing dream for Prez Jayaram. Powered by Dr. Raju, Dr. Seetha and Chandru sir. Great support by Anup Surve. Margadarshak CA Vijay Shetty helped immensely to reach this stage. Undoubtedly Rtn

Sujaya Shetty's relationship with Matru Milan paved way for this partnering. MoU Signatory Father Arul & Father Prem were gracious host. Club Trainer & Dr. Radhika's encouraging presence and witness for signing ceremony.



Triumph Foundation, Triumph Garden and Triumph Run

It's been a great journey for me right from the day some of us decided to form this now mighty Rotary Club of Thane Hills.

Year 2000 was a watershed year for Rotary Club of Thane Hills. This was the year when our Trust 'Triumph Foundation' was formed.

I decided to form a new trust to do exclusive work for special children. The seeds were sown in 1999 when PP Chandru was the President. Under his able guidance and support, we set off to form the new Trust. There were many who were opposing the formation of a new trust because there was already a trust formed for building the Shirol Dam. Unfortunately that trust was defunct and as my focus was on special children, I wanted to start the new trust. We made a draft and got the approval of the board with the blessings of then President Chandru.

I thought let's have a unique name for our Trust and tried coining a name working backwards. So I thought of working from "Thane Hills Rotary In the Upliftment of the Mentally and Physically Handicapped". If you take the capital letters from the above you get the acronym TRIUMPH. Hence we decided to name the trust "TRIUMPH FOUNDATION". Today of course it has grown leaps and bounds and we are doing huge projects worth crores every year.

The logo of Triumph Foundation is unique. I was sitting in front of the computer and trying out various fonts combining the alphabets T & F. When I came to Old English Font, and joined the two letters T & F with T to the left below and F to the right above it took the form of a wheelchair, the international logo for Handicapped.

We decided to do our first project of building a special Garden for special children adjacent to the Jidd School in Vasant Vihar. After studying patterns of various such gardens world over and reading books from USA we decided our plan of action. TMC was more than willing to hand over the project with the then Commissioner Chandrashekhar being a good friend. Then Bakshi took over. I had great equations with him. We started the project with great earnest, with Ravi making the Architectural designs and finalised the equipments for the Garden. Badri was made the Chairman for the project. It was a big Garden and we had to excavate the area. After *bhoomi puja* was performed by Rtn D V Joshi and Ann Smita, the project started taking shape. It spilled over to the next year and we were lucky to have Dr Raju as the next President who decided not to start any new project and left no stone unturned to complete the project and duly hand over the garden to the school and TMC. It was indeed a boon for the children. Here too every member chipped in to make it a grand success.



**Triumph Garden
2000-2001 & 2001-2002**

In the meantime just when I had taken over as President we got a chance to conduct a mini marathon for special children. The Thane Marathon management were reluctant to accommodate these children because of logistical issues. The then principal of Jidd school Shamashree suggested us to conduct a mini marathon for these children. We grabbed the opportunity with both hands. Thus was born the "TRIUMPH RUN". We chose 15th August as the day for the event as it was a compulsory public holiday.

All the planning for the event was done at my Vasant Vihar Row House. We decided to have the Triumph Run at the Vasant Vihar main road with the Vasant Vihar School as base. This was an event where every club member participated and had a specific role to



play. Even all the residents of Vasant Vihar came down to witness the spectacular event. With all the meticulous planning having been done it was not surprising that the event was a grand success, covered by more than 15 newspapers and a couple of TV channels. We had now created a brand i.e. Brand Triumph Run, Brand Triumph Foundation & brand RCTH.

Every Hiller now held their head high with pride. With the event there was lot of interaction between members, particularly the new ones, bringing all of us closer.



Press coverage of 1st Triumph Run 2000-2001

I am happy that every following President has conducted this event with great earnest and it has become an annual flagship event of our Club.

Today Triumph Foundation has grown leaps and bounds and every President has chipped in with unique projects under the aegis of Triumph Foundation. A few projects that come to my mind are the Blood Bank providing Succour to the kids with Thalassemia, Vocational Centre for special children at Holy Cross, The Crematorium project, Right to go, Hamari Pari and Check dams, Virtual Eye, Mission for Vision and many more need based projects.

I am sure every incoming President will keep the flag of Triumph Foundation and RCTH flying high and take it to greater heights.

PP K S Ranganathan
2000-2001



1st Triumph Run 2000-2001

Kindness Avatar - The Youth Exchange Way!

It never occurred to me before I agreed to write this article, that Rotary Youth Exchange Program can be a service. The month of May being the Youth Service month, I decided to reflect on my exchange year in Denmark (2015-16). To my mind, the closest synonym to 'service' in case of youth exchange program is kindness. It's a behaviour trait that can become a habit and eventually an identity which is closely related to character or personality. Every exchange year is filled with kindness. Mine was too.



Danish language has some of the most intangible pronunciations. I struggled with it almost my entire exchange year. My initial months were anything but smoothly sailing on the language front. But I had my first host family. It was my introduction to Danish way of life, and it was kind, considerate and beautiful.

'Gandhali it's just office stuff can I...', I remember cutting Karina, my first host mom before she could finish her sentence with a 'yes yes please go ahead', one evening as the three of us sat at the dining table. Ole, my first host father, Karina and I had a habit of sharing over dinner how our day was, what happened, anything new I found interesting about Denmark that they had not thought of before. I loved those dinner table conversations. I remember them long after they had taken place. In hindsight I realize it was kindness.

Ole and Karina made it a point to speak in English even while talking to each other at the dinner table. English did not come naturally to them, but they made sure I felt included. They shared with each other everyday things like any other husband and wife- how someone was dressed at work, or how the weather was gloomy or how a fellow commuter was. Things which did not relate to me and could have hardly made a difference had I not known. But that was not the point. As host parents they knew I was a long way from my home, have come to a country whose population was smaller than Mumbai, and had incomprehensible cultural differences. They made an effort for me every day at the dining table to speak in English. Something they had not done all their life and would not continue once I had left their place. So that day when Karina was about to ask for my permission to speak in Danish, she just wanted to talk in the tongue she did not have to struggle for the correct word that reciprocated her emotions, on a rather rough day at work.

For me it became a lesson. I make it a point to speak in the tongue that everybody understands. I am aware how vital it is for the someone who doesn't understand the language of the majority to feel included, even while making trivial decisions. Non exclusion is as much kindness as it is a service.

One of the greatest joys of the exchange year are the fellow exchange students. During my exchange year I made friends with people from 14 different countries. One of them was Emily. 'For me it's odd to think of travelling for 12 to 15 hours and still be in the same country', Emily had said. She is from Belgium with a Danish father and a British mother. Over a Sunday brunch that day I was to learn one of the most important lessons from my exchange year-The role of nuances, context, and perspectives in our lives. We are all aware of these aspects as a thumb rule when we meet someone. Yet as humans, judging something or someone without fully taking into considerations the thumb rule is inevitable. Biologically we are almost innate to make assumptions and draw conclusions. It helped the stone-age man to make friends, avoid danger and survive. But as we move further away from that hunter gatherer age, it is essential to reflect on them in our everyday life. For Rafael (Brazilian) and I, it was difficult to grasp the fact that Emily travelled to another country to see her dentist. With a land area smaller than the state of Kerala, Belgium provided a perfect example for me to learn my lesson.

In today's age of 'problem of plenty' and 'information overload', being non-judgemental is unattainable. Yet the effort consciously put in to consider the nuances, context, and perspectives, helps in being open to newer experiences in all shapes and forms. Not forming instant judgement is difficult. But it is a form of kindness if practiced consciously could become a habit. As habit it forces you to be much more considerate, that is essential for serving others.

In a Rotary Cultural Exchange Program, one is a 'student', literally. She/he goes to a regular school throughout the year. It is the part of the exchange year where you get closest to people your same age from your host country. I too went to a school. Some of my fondest memories of exchange year are from my school. It is here that I



became a Dane (a person from Denmark is referred to as 'Dane'). In March 2016, I went to Morocco with my classmates on a school trip. As an Indian I needed a VISA that rest of my classmates need not worry about, thanks to their Danish passport. The VISA procedure was long and tedious, and I thought I will not make it, but for Dorothy. The kind office staff at my school who went beyond her job description to help me in the process. A day before the trip, I had given up as I walked up to her desk in the school office. I didn't have a VISA. She looked at me, paused for a bit and asked her colleague to cover for her. 'Do you want to come?' she asked me as she picked her bag and headed out.

The two of us drove to the Moroccan Embassy some 22kms from my school. We barely spoke as my mind raced to varied possibilities. Her act of driving me to the embassy herself, was yet to hit me. In about half hour we reached the embassy, Dorothy rang the bell and we waited. A lady from the embassy appeared at the door. It was obvious that she wasn't happy to see us without an appointment in the middle of the day. After hearing us out she went back inside. Dorothy and I stood outside the embassy for close to 25 minutes. The lady finally reappeared, this time with my passport with the Moroccan VISA!

As we drove back to school, I thanked Dorothy repeatedly. She was just an office staff, who need not be bothered if an exchange student went with her classmates to Morocco. She was in no way connected to Rotary or Exchange students. Her job was to coordinate the logistics of the trip, and not to drive half hour with an exchange student from India she barely knew to help her get her VISA. But she did exactly that. I still do not know why she helped me the way she

did. On my last day in Morocco, I bought three fridge magnets souvenirs- one for myself, one for my host family and one for Dorothy. This was another lesson- going beyond your job description can be an impact more than you think.

As I look back on my exchange year, there are countless more incidences where service took the form of kindness which overwhelmed me. I discovered through my exchange year the importance, humanness, and universality of kindness as service. With the adoption of DEI Taskforce (Diversity, Equality, and Inclusion) in 2019 by Rotary International Board, I cannot help but stress the role of kindness in facilitating it. For it is the kindness avatar of service that can ensure DEI. As Rotary grows more and more around the world, I hope the Youth exchange program grows too, because there is nothing more humbling than to come across someone who has stayed in another country, lived their culture, and learned their way of kindness!

- Gandhali Bhide

Rotary Youth Service

Rotary believes in developing the next generation of leaders. Our programs help younger leaders build leadership skills, expand education and learn the value of service.

Interact Clubs

Rotary clubs can energize and inspire young leaders ages 12-18 through service and encourage them to become responsible global citizens by supporting Interact Clubs.

Rotaract is a program of Rotary International. Rotaract Clubs work under the guidance of their local Rotary Club, and take their name from a combination of the words Rotary and action.

Rotaract (which stands for Rotary in Action) is a Rotary-partnered service club for young people aged 18 to 30.

What is the relationship between Rotaract and Rotary?

Rotaract members decide how to organize and run their clubs, manage their own funds, and plan and carry out activities and service projects. Rotary club sponsors offer guidance and support and work with your club as partners in service.

Benefits of Membership

Friendship. In an increasingly complex world, Rotary maintains a simple philosophy - make friends in your own community and throughout the world.

Giving back to the community. ...

Fun and entertainment. ...

Business development. ...

Personal growth and development. ...

Continued learning. ...

Travel opportunities.

Rotary Youth Leadership Awards

RYLA is a leadership development program for young people who want to learn new skills, build their confidence, and have fun. Events range from one-day seminars to weeklong camps.

Rotary Youth Exchange

Rotary Youth Exchange builds peace one young person at a time. Students Develop lifelong leadership skills, learn new languages, Build lasting friendships with young people around the world, discover another culture, and truly become global citizens deepening knowledge of foreign cultures and strengthening international relationships. Exchanges for students ages 15-19 are sponsored by Rotary clubs in more than 100 countries.

New Generations Service Exchange

New Generations Service Exchange is a short-term, customizable program for university students and professionals up to age 30. Participants can design exchanges that combine their professional goals with a humanitarian project.

Why host an exchange student?

Hosting an exchange student is a rewarding experience for your whole family. You'll learn about another culture and language — without leaving home. You'll start a life-long relationship with your new "son" or "daughter," and when your student returns home you'll have a friend in another country.

Rotary Club of Thane Hills has started participating in Rotary Youth Exchange Program from the year 2006-07. First student to participate in Rotary Youth Exchange Program from RCTH was Priyanka D/o Rtn. Pravin Kothari to Germany, same year our club hosted first exchange student Ms. Axelle Biousse from France. From then onwards following children have participated in the program.

Shailee D/o PP Bhavik Mehta went to Belgium, Priyanka D/o PP Dr. Suhas Kulkarni went to France, Gandhali D/o PP Atul Bhide went to Denmark, Vidhur S/o Rtn. Amit Thanawala went to Mexico, Vaishnavi D/o Rtn. Satish Shetty went to Mexico, Pranav S/o Rtn. Narendra Rao went to Brazil, Gayatri D/o Dr. Simi Dayal went to Mexico, Alisha D/o Mr. Anirudh Kunte went to Mexico, Shailesh Mulye's daughter Ishita was last student so far, she went to Brazil.

At the same time our club has hosted following international students:

Ms. Axelle Biousse from France, Ms. Amelie Sabbe from Belgium, Ms. Rinna Nummi from Finland, Cuckoo from France, Thibaut from France, Ms. Marta from Brazil, Miguel Lopez from Mexico, Ms. Luiza Queiroz from Brazil, Ms. Eugenia from Brazil, Rafael from France, Thomas Dally from Belgium, Charlie from France, Correntin from France, Casper from Thailand, Victor from Spain, Luiz from Brazil. After the Covid epidemic we have not participated so far which has been a big setback to the program. Let's hope the program is revived earliest. Those who find this concept interesting can contact the Rotarians and the students who have participated in the program and get first hand knowledge to participate in the program.

The Rotaract Year - youth in action

This year has been a roller coaster from community service to club service from professional development to partners in service we've done it all.

Hereby mentioning the key highlights projects of the year

- **Kleiderspende** - A Cloth Donation drive for underprivileged children living in the villages of Wada.
- **A Women empowerment event**, where Rotaractors taught the girls studying in Khushiyaan foundation about menstrual hygiene and sanitation.

- **Sab ki diwali** was a project conducted to distribute Diya's to watchmen's and people living in slums so that they could brighten their houses too.
- **A cut above happiness** was conducted in 2 parts first to give a salon experience to underprivileged children and second to give a grooming experience to the children living in orphanages.
- **Life stream** was a blood donation drive conducted twice a year in association with triumph blood bank to help thalassemic patients.
- **Floriculture** is yet another project done with the help of Rtn. Sucheta Rege & Rtn. Vidyadhar Naik, it aimed to beautify and create a green clean environment at signal school teen hath naka.



- **Guard up** was commenced with interact club of RS Deokar where they were taught self defence and how to overcome tragic situations.
- **White revolution** was yet another zonal project done on the day of Mahashivratri where we collected milk from Kopineshwar temple processed it and distributed among the rural areas in Thane.

These are few highlight events of the year we have a raging agenda for the next 25 days till the year 22-23 ends.



Rotaract Club: some history

Rotaract Club of Thane Hills has been active since 1993. Those earlier years the club used to participate in our activities like first aid camp during Ganesh festival on Ganesh Visarjan days apart from their own activities and projects. Rotaractors were also very helpful during early NID days when there used to be our responsibility to manage the booths for full day. I remember we had to sort out problems of toilet facility for women volunteers in slum areas, problems faced by female medical students by antisocial elements on booths etc. I also remember eye donation awareness camp at Thane railway station. The idea of eye donation was revolting for me

though I was regular blood donor. The Rotaract camp changed my perception. During the floods in Mumbai in 2005, we had organized food distribution camps at Kalwa slums when Rotaractors had helped us.

You can see few old photos of Rotaract activities and can recognize few Rotarians like Dr. Suhas and the then Rotaractor Saket and his brother. You can also see Charter Rotaract president Rohini Joshi who was in fact instrumental in our first big project, the famous Shirol dam.



The magic of RCTH

Friends we know our Blood bank and Thalassemia transfusion centre is doing great job by providing regular blood transfusion to over seventy five children for so many years. The building housing the



center had huge fire on 18th April causing heavy losses to the building along with many establishments in the building. However, our day care center escaped unscathed and all of our blood



components were safe and were moved out to Kalwa hospital. We can say it was divine intervention for the good work that we do.

Since the building is under assessment for damages and repairs we can't use the facility. But our strength of club rests in our members



and especially a lot on our doctor members. There was immediate offer for help from all doctors and Dr. Suhas Kulkarni saw to it that



transfusions were started at Chiranjivi Hospital. The very next day there were seven transfusions. We didn't even loose a single day



apart from the day there was fire! The transfusions will continue until our facility at the building is operative. This might take quite some



time. But our service to the children will continue, thanks to Dr. Suhas and all other doctors for the helping hand. You can see the team outside the blood bank and photos of transfusions at Chiranjivi Hospital.

The TRF recognition

Friends, in 3rd District Seminar on TRF on 23rd April, we were recognized as top club in the district to contribute \$111, 000 so far. Our top donors were recognized for their contribution.

We have been always among the top contributors for many years.

1. Dr. Raju & Dr. Seetha - USD 50,000/-
2. Anup Surve - USD 21,000/-
3. Chandrasekharan V - USD 25,000/-



5 May 2023

Mr. V. Chandrasekharan
A/304 Centre Point
Panch Pakhadi
Thane 400601 Maharashtra
India

Dear Mr. Chandrasekharan,

I am honored to thank you for your recent major gift to The Rotary Foundation and to recognize this meaningful step in your Rotary journey. Your generosity ensures that the Foundation will continue to turn dreams into reality for people around the world.

We imagine a time when everyone can enjoy stability and hope. With your support, we undertake ambitious activities to make that happen — projects to eradicate polio, train leaders to prevent conflict, help communities stop the spread of disease, reduce gender disparities in education, and create paths to healthy, productive living.

This work wouldn't be possible without donors like you. Your thoughtful contribution helps spur innovation and advance our success. Our collaboration toward a shared purpose will keep yielding transformational results.

I am proud to be a part of Rotary's rich history of Doing Good in the World, as well as the action we take together that makes a lasting difference. Your commitment makes you a part of this remarkable community. On behalf of the entire Rotary family, I extend my deepest gratitude for your foresight and dedication.

Sincerely,



Ian H.S. Riseley
Chair, The Rotary Foundation, 2022-23



Scholarship for youth

Helping youth in education is perhaps the best service towards our young generation. With privatisation of education the cost of education has increased phenomenally. For the poorer section the costs are prohibitive and lots of young people have to forgo education.

In earlier bulletin I have written how We have been going about it this year with a structured committee and procedures in place.

In fact as a club we have been giving scholarship for deserving students of deprived section of our society. I remember it started in PP Vikram's year, when a watchman of industrial unit opposite TMA hall approached with request for Rs. 5000 for his son in engineering college. He said the fees were suddenly increased by about six thousand and he couldn't afford it. He was the first student we helped. Then there were sporadic requests and we used to help.

Looking at the need of students increasing the committee looks into the applications received, select the students based on definite procedure of selection criteria.

This year we have given twelve students the scholarship in the form of their annual fees. Five of the students are girls. The total amount of the disbursement is Rs. 539,650 so far. We hope to continue the good work in coming years with increase in beneficiaries to help more students to fulfill their dreams.

Present committee members with me are Rtn. Kalita Kumar and Rtn. Madhumita and we meet regularly, visit the students as well as educational institutions to assess the applications for scholarship.

PP Sucheta Rege



Third phase plastic collection contest

The plastic collection contest for schools has been tremendously successful like the first two. This is one project that has sustained for whole year now and hope to continue next year.

Apart from actual recycling of plastic that is not polluting the earth, what's important is the civic sense that is inculcated in students. They learn this habit of plastic reduction and recycling. They teach their families too about this. Imagine the impact on society with so many schools with hundreds of children participating on continuous basis.

The third phase of the Interschool Plastic Waste collection contest that covered period of January to March end was successful inspite of examinations in schools, vacations etc. The total collection amounted to 933.42 kg.

The results are as follows:

First Prize: Dnyan Ganga Education Trust's Degree college of Arts, Commerce & Science: 405.520 kg



Second prize: Smt. Sulochanadevi Singhania High School, Thane: 303.900 kg



Third prize: C.P. Goenka International School Thane: 59.800 kg



First Consolation prize: Little Flower High School, Thane : 56.500kg

Members of the RCTH family visited the schools

Radhika Padmanabhan

Annual Quiz Program

Every Rotarian awaits this program every year eagerly. We had it on last week, 29th April. With the reputation of program obviously attendance was very good and touched century.



It was an evening very well spent! It was a superbly designed quiz with remarkable preparation and execution, an entertainment and intellectual Feast. It was a gripping event and was thoroughly enjoyed by one and all present at Kuvega that included participants



and 100 plus audience. With a professional like Sunil, we knew we would have great experience.

There were six teams in all - Bindaas Baadshah, Hasmukh Hoshiyaar, Nidar Nawab, Jigyasu Jaanbaaz, Mast Maharaja and Sahasi Sultan. It was a battle of knowledge, memory, presence of mind and above all, nerves. The audience was kept riveted to their seats.



There was a great variety in the type of rounds as well as questions; also, there were quite a few buzzer rounds. The quizmaster used some innovative ideas for the rounds; there were bonus marks, negatives etc. Then there were audio and visual rounds besides the general text rounds.



Team 'Jaanbaaz' led by President Elect Govind Khetan won the quiz while team 'Baadshah' led by PP N. D. Joseph was the first runner-up and the team 'Hoshiyaar' led by Rtn. A. S. Kumar bagged the second runner-up position.



The prize for the Daily Quiz that kept everyone waiting for Sunil's message for about a month was bagged by Govind Khetan.

Radhika Padmanabhan

Inner Wheel Club Projects

Inner Wheel for youth

Inner wheel has been active for the young children and young adults especially girls since inception. Some of our activities are listed below.

-Sessions of Sparsh were conducted to teach the children about safe touch to identify "Good touch" from "Bad touch". This is very important topic about sexual exploitation of children and we have been carrying out this noble project for years now.

-Women's day was very special. We spent the whole day with girls at Kshamata and taught them grooming themselves like *sari* and

dupatta draping, make up etc. We also added to their culinary skills by teaching them salad making.

- Dance class, English and Hindi language classes at Balsnehalay were conducted through out the year.
- Celebration of Rakshabandhan and fancy dress competition at special children school.
- Celebrated Christmas with children at Swayam, at Koushalya hospital.

- Story sessions were conducted to teach moral value to the children

- Apart from this many projects for the upliftment of the youth were undertaken.





Bacterial contamination

Everyone has had it up to their ears dealing with viruses and bacteria.

Nobody wants to fall ill anymore.

I believe that prevention is better than cure, so let's get a bit knowledgeable with foodborne illnesses that affect millions of people worldwide.

What causes these foodborne diseases?

What precautions can we take to avoid these foodborne diseases?

Let's talk about the common foodborne diseases caused by bacteria contamination, how one puts themselves at risk of contracting them and tips on how to stay safe.

First let's understand what is Bacteria Contamination?

Bacterial contamination or food poisoning in layman's language is the main cause of foodborne illness. Bacterial contamination occurs when bacteria multiply on food and release toxins, causing the food to spoil and in turn make you ill if you eat that food. Eating that food can make you sick either directly from the bacteria or from the toxins they release both are a possibility. Bacterial contamination is usually caused by poor food safety practices, such as eating undercooked meat or poultry, leaving food out in temperatures from 40–140°F (4–60°C),

Did you know: bacteria on food can double in number in as little as twenty minutes and continue to multiply exponentially.

Foods that are prone to bacterial contamination - Foods that have a high water, starch, or protein content provide optimal breeding grounds for bacteria and are therefore at a higher risk of causing foodborne illness. High-risk foods include:

Prepared salads standing on the counter for hours

Cooked - Rice, pasta, potato, soups, gravies, sauces, marinades

Casseroles and lasagna, especially ones that include cheese

Unwashed fruits and fruit with firm flesh like melon and leafy vegetables

Meat, poultry, deli meats, fish, eggs

Dairy products - cheese, unpasteurised milk

Leftovers more than two days old

The top bacteria that cause foodborne illness include:

Salmonella, Clostridium Perfringens, Campylobacter Jejuni, Staphylococcus Aureus, Staphylococcus Aureus

The infection is caused when bacteria grow on food and continue to grow in your gut after eating that food, further they release toxins in the intestinal tract making it hard for you to fight the poisoning, often making people sick enough to be put on strong antibiotics to kill the bacteria and cure the infection.

Common side effects of foodborne illness which usually occur within twenty-four hours from bacterial contamination are - a stomach upset, cramping, diarrhea, nausea and vomiting, loss of appetite and even headaches.

Do you know? A stomach bug or the stomach flu is caused by a Norovirus virus and not bacteria, but can lead to a bacterial infection.

How do foods become contaminated - Between when a food is produced and when you eat it, it goes through processes which can cause contamination, processes like farming, harvesting, slaughtering, food processing, transportation, food storage, (including during refrigeration or while food is in storage rooms or pantries) and lastly food preparation.

Food becomes contaminated through transfer of bacteria or other microorganisms from one food to another through unclean equipment, poor refrigeration, sneezing, or touching raw meat and then handling vegetables or fruit, which is sometimes eaten raw.

Did you know? If contamination-prone foods have been left in the danger zone (at forty degrees or higher) for more than two hours, it's best to throw it out, putting contaminated food back in the fridge or freezer won't kill the bacteria, and the food will remain unsafe to eat.

All this can seem overwhelming and literally put you off eating or cooking altogether. Wait a bit before you get put off - We can prevent ourselves from getting ill with practicing the basics of food preservation habits.

Rule-1: Store food in temperatures below four degrees Celsius, at these temperatures bacteria cannot replicate quickly and remain dormant.

Rule-2: Cook and reheat food to sixty degrees Celsius, bacteria cannot survive.

Rule-3: When shopping - read expiration dates, pick cartons that are not dented and produce that is not bruised, raw meat and groceries should be in separate shopping bags, clean and sanitise reusable shopping bags, add perishables to your cart last, do not let groceries sit in your car for long.

Rule-4: Lay all shopping on your kitchen counter segregate and packet before you attempt to store safely -The freezer temperature should be at zero degrees and refrigerator at four degrees - raw meat should be packed in sealed containers so as not to touch the ice or ice-cream in the freezer.

Rule-5: All cooked food should be put in shallow containers in small portions, left to cool and refrigerated as soon as it is room temperature. When removing cooked food from the refrigerator, make sure it is heated to a boil. This makes it safe for consumption.

Rule-6: Wash your hands with soap and water for twenty seconds when handling food, especially if you have touched raw meat or poultry, used the washroom, sneezed or coughed, petted an animal, handled garbage or used the phone.

Rule-7: Use separate cutting boards for meat and vegetables, wash all produce thoroughly before cutting.

Rule-8: When eating take away, reheat it to safe temperatures (a boil as mentioned earlier) especially if it has been sitting for more than two hours.

Rule-9: Use insulated bags to carry your lunch to work. Cold and hot separately.

Did you know? A food thermometer is a must have, it's a great tool to ensure you are cooking or reheating your food at temperatures that will kill harmful bacteria.

Bacterial Contamination is a concern, but one does not need to turn this into paranoia as it can happen at any stage of food production. At the end of the day, it's all about boosting your immunity, making sure you follow safe food handling practices such as cooking foods to correct temperatures, discarding leftovers after two to three days, and keeping food out of the danger zone (forty degrees Celsius or higher) as much as possible. If you're unsure whether a food is safe, it's best to throw it out.

Protect yourself and others from foodborne illness.

Gut health is everything.