

# ROTARY CLUB OF CHIKHLI RIVER FRONT

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**CHAKRA**

ISSUE DATE:  
**2<sup>ND</sup> AUGUST 2024**

# HEALTH



## BREAST-FEEDING WEEK SPECIAL ISSUE

OUR SINCERE THANKS TO ALIPORE HOSPITAL

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WABA | WORLD BREASTFEEDING WEEK 2024



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**ROTARY  
CLUB OF  
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FRONT**



# EDITORIAL

ROTARY GREETINGS TO ALL OF YOU!!!

HAPPY WORLD BREASTFEEDING WEEK (AUGUST 1-7, 2024)

We feel pleased to present this booklet to bring awareness amongst all of us all for Breastfeeding. The reason being to publish this booklet, Chakra Health Breastfeeding Week Special Issue is to bring about awareness to promote breastfeeding and propagate its importance.

Breastfeeding is a natural process in which a mother feeds her baby with breast milk. The process is called nursing or chest-feeding. According to the World Health Organization (WHO), Breastfeeding is one of the most effective ways to ensure child health and survival.

However, contrary to WHO recommendations, fewer than half of infants under 6 months old are exclusively breastfed. World Breastfeeding Week is held in the first week of August every year, supported by WHO, UNICEF, and many Ministries of Health and civil society partners. The theme for 2024 is *Closing the gap: Breastfeeding support for all*. It is important to highlight the various benefits of breastfeeding both for mother and baby. It is safe, clean and contains antibodies which help protect against many common childhood illnesses.



Breastfeeding, being a natural process, offers a wide range of benefits for both, the mother and the baby. For infants, breast milk is the ideal source of nutrition, providing a perfect balance of proteins, fats, carbohydrates, and essential vitamins and minerals for their proper growth and development. Breast milk also contains vital anti-bodies that shield them from various infections, allergies, and chronic diseases by strengthening their immune system. Breastfeeding has been linked to cognitive benefits, potentially enhancing brain development. For mothers, breastfeeding offers several advantages. It aids in uterine contraction, reducing postpartum bleeding and helping the uterus

return to its pre-pregnancy size.

**Breastfeeding can contribute to weight loss, as it burns extra calories. It also carries long-term health benefits like reducing the risk of breast and ovarian cancer, type-2 diabetes, and high blood pressure. The act of breastfeeding releases oxytocin which is a hormone that promotes relaxation and can help alleviate postpartum depression.**

Additionally, the close physical contact during breastfeeding leads way to a deep bond between the mother and baby which develops a feeling of emotional security and attachment between both.

This health bulletin is to promote and support breastfeeding for the health of infants and parents and seeks to eliminate barriers faced by lactating parents. *This month's theme is **Nourish, Sustain, Thrive.***

Lastly, enjoy reading and keep yourselves informed regarding Dengue which might be very useful to you in future especially in this monsoon season. Our sincere thanks to all those who have helped us with information to prepare this booklet especially from Alipore Hospital Team.

Yours sincerely

Rtn Hassan Mayet    Rtn Swetal Desai



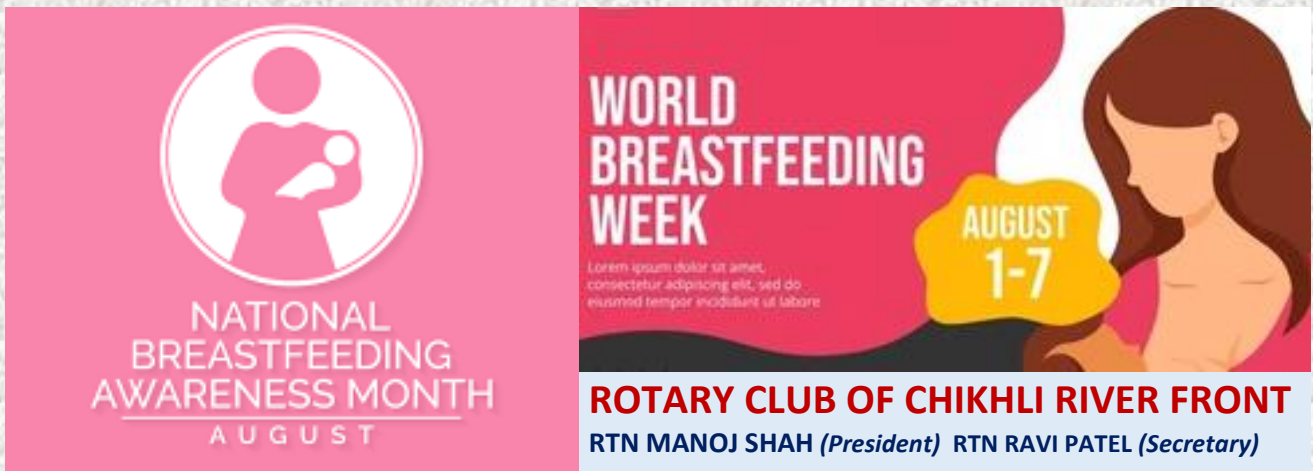




3

**World Breastfeeding Week:** The act of breastfeeding releases oxytocin which is a hormone that promotes relaxation and can help alleviate postpartum depression.

The theme for 2024 is **Closing the gap: Breastfeeding support for all**. It is important to highlight the various benefits of breastfeeding both for mother and baby. It is safe, clean and contains antibodies which help protect against many common childhood illnesses.



**"Nourish, Sustain, Thrive"** marks this month's Theme. – The New York State Department of Health announced the observance of **National Breastfeeding Month and World Breastfeeding Week, August 1 – 7, 2024.**

The Department continues to promote and support breastfeeding for the health of infants and parents and seeks to eliminate barriers faced by lactating parents. This month's theme is **Nourish, Sustain, Thrive.**

The benefits breastfeeding has on the health of the baby -Babies have a reduced risk of respiratory diseases, diabetes, and Sudden Infant Death Syndrome, and birth parents who breastfeed have a lower risk of high blood pressure and cancer. This is why it is critical that we continue to eliminate barriers within our communities, medical institutions, and



workplaces so that all families have the support they need to meet their infant feeding goals.



Research shows that human milk provides unique nutrients and antibodies that help protect babies from diseases such as ear infections, lower respiratory infections, and diarrhoea, and decrease the risk for asthma, diabetes, and obesity later in life. Babies can consume human milk directly by breastfeeding or by drinking expressed milk from a bottle or cup.

Breastfeeding rates have increased over the past 20 years with more than 87.6 percent of New York infants initiating breastfeeding. However, disparities persist, and rates are below national objectives. In New York, 21.6 percent of infants breastfed exclusively at 6 months and 38.2 percent continue to breastfeed at 12 months, rates well below the Healthy People 2030 objectives of 42 percent and 54 percent.

## 5 IMPORTANT FACTS ABOUT BREAST MILK

### 1. It affects a child's sleep patterns

Breast milk makes babies sleepy.

### 2. There are hormones in breast milk

Breast milk contains prolactin and oxytocin.

### 3. It reduces the risk of illnesses

It is thought that women who breastfeed are less likely to get breast cancer.

### 4. Certain risks are lowered

The risk of infant death syndrome is reduced.

### 5. Breast milk and the body

It consumes 25% of the body's energy.



### What is the new breastfeeding 2024?

World Breastfeeding Week 2024 is a perfect time to challenge these myths and support informed decisions about breastfeeding. By addressing misconceptions and relying on expert advice, we can ensure that mothers and babies receive the support they need for a healthy start in life.

### What is the theme of breastfeeding week?

The inaugural ceremony will be followed by the panel discussion, on the theme '*Closing the gap: Breastfeeding support for all*'.



## Making breastfeeding easier: Tips for new mummies



Breastfeeding is often called “the best feeding,” but it can be challenging for new moms. Some women face many difficulties, while others may not.

The first week of August marks World Breastfeeding Week, a dedicated time to raise awareness about the importance of breastfeeding and to encourage support for nursing mothers around the globe. The WHO and Indian Academy of Pediatrics recommend exclusive breastfeeding for the first 6 months, then continued breastfeeding with complementary foods for up to 2 years or beyond\*.

**If you face any difficulties with breastfeeding, it's important to ask for help.**

5

### 5 common breastfeeding challenges and tips to overcome them

#### 1. A low breast milk supply

It might be frustrating to see that your baby is not getting enough milk. While you can easily correct some causes, others may require more patience and guidance.



##### Causes:

Delayed breastfeeding, poor attachment, infrequent or short feeds, lack of skin-to-skin contact, and stress.

#### Think your milk supply is low? It might be just fine!

Remember,

- Increased feeding during growth spurts like around 2-3 weeks, 6 weeks, and 3 months is common and can make your baby nurse longer and more often.
- Breasts may feel less full as your baby grows, but this doesn't mean your supply is low.

#### What can you do?

- Start breastfeeding and skin-to-skin contact with your baby early
- Gently massage breasts before and during feedings
- Pump more often, not longer
- Stay calm and relaxed for better milk flow

#### 2. Baby is not latching on properly

Perfecting your baby's latch may be an ongoing yet painful process. Flattened, pinched, or discolored nipples after feeding indicate improper latching.



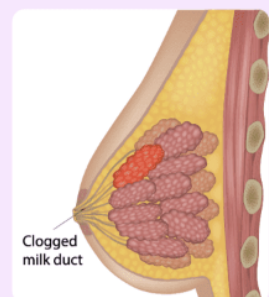
##### What can you do?

Follow these steps to ensure that your baby has a proper latch:

- Align the baby's nose with your nipple
- Tilt the baby's head back to open their mouth wide
- Quickly bring the baby to the breast with their chin leading
- Ensure the breast is deep in your baby's mouth, not just the nipple

#### 3. Clogged milk ducts

Breast milk travels through ducts in your breasts to feed your baby. When these ducts become blocked, milk flow is hindered. This can cause soreness, a hard lump, or breast pain.



##### Causes:

Infrequent breastfeeding, incomplete milk removal, improperly sized pumping parts, an inefficient pump, or something repeatedly pressing on your breast, like the underwire of an ill-fitting bra.



### Signs to look for, for a good latch:

- No pain during feeding
- More areola visible above the baby's mouth
- Baby's mouth is wide open
- Your baby's chin touches the breast, the lower lip is rolled down, and the nose isn't squashed

**While no one position will work for all, you can choose the position that suits you and your baby the best.**

#### What can you do?

- Feed frequently or remove milk often from the affected breast
- Switch different feeding positions and try placing your baby's chin toward the lump
- Lightly massage your breast from the plugged duct down to the nipple before and during breastfeeding
- Wear comfortable-fitting lingerie to avoid breast impingement
- Apply a warm compress

### 5. Engorged breasts

While you may confuse your engorged breasts with full breasts, they are not the same. Engorged breasts are painful, swollen, and may become red with no milk flow accompanied by fever.



#### Causes:

Excess milk production, delayed breastfeeding, poor latch.

#### What can you do?

- Start breastfeeding soon after delivery
- Ensure proper latch and attachment
- Remove milk frequently (by hand expressing or using a pump)

**To prevent engorgement, try using a pump or hand expression to empty your breasts.**

### 4. Sore or cracked nipples

Feeling tenderness for the first few weeks of breastfeeding may be normal. However, cracked, sore, or bleeding nipples might warrant your attention.



#### Causes:

Improper latching or attachment of the baby.

#### What can you do?

- Try different positions to make the baby latch properly
- Apply a bit of breastmilk on the cracks due to its healing properties that can help relieve soreness.
- Try breastfeeding on the breast that is the least sore.

**Struggling with nipple pain? Consider applying breast creams.**

## Breastfeeding is both a deeply personal and beautiful journey.

Every mom and baby is unique, so embrace your experience and find what works best for you.

### WORLD BREASTFEEDING WEEK

August  
1-7



Breastfeeding is not a choice, its a responsibility

District 3060  
**Rotary**  
Chikhli River Front



Alipore Hospital



## Constituents of Baby Milk

	CYTOKINES
	IL-7
	ENZYMES
	MILK LIPIDS
	OLIGOSACCHARIDES
	LACTOFERRIN
	LEUKOCYTES
	IMMUNOGLOBULINS
	STEM CELLS
	LYMPHOCYTES
	GROWTH FACTORS
VITAMINS & MINERALS	VITAMINS & MINERALS
FATS	FATS
CARBOHYDRATES	CARBOHYDRATES
PROTEIN	PROTEIN
WATER	WATER



## Benefits of Breastfeeding

Breastfeeding has benefits for:

- Infants
- Mothers
- Family
- Society



7

### What is breast milk called first day?

The first milk that your breasts produce is called **Colostrum**.

### Which country ranked first in breastfeeding?

Detailed Solution. The correct answer is Sri Lanka. Sri Lanka ranked first among 97 countries in breastfeeding rate, according to a new survey conducted by the World Breastfeeding Trends Initiative (WBTi).

### Is breast milk 100% milk?

Human milk contains 0.8–0.9% protein, 4.5% fat, 7.1% carbohydrates, and 0.2% ash (minerals). Carbohydrates are mainly lactose; several lactose-based oligosaccharides (also called human milk oligosaccharides) have been identified as minor components.



### What are the 5 steps of breastfeeding?

**Follow these five steps for a good latch:**

1. Find a comfortable position for you and your baby. You can use pillows or a breastfeeding pillow for extra support.
2. Gently support your baby's head and shoulders so he is facing you chest to chest.
3. Use your nipple to tickle your baby's upper lip until his mouth is open wide.
4. Pull your baby onto your breast so that he takes the whole nipple and about 1 inch of your breast into his mouth. His lips should be turned outward.
5. To remove your baby from the breast, gently insert your pinky finger into the corner of your baby's mouth to break the suction and remove him from your breast.



# Rotary 4 Way Test



of the things we think, say, or do:

Is it the **TRUTH**?

Is it **FAIR** to all concerned?

Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?

Will it be **BENEFICIAL** to all concerned?



8

આલીપોર સોશયલ વેલ્ફેર ટ્રસ્ટ સંચાલિત

દરેક સારવાર એક જ છત્ર નીચે રાહતદરે ઉપલબ્ધ



## આલીપોર હોસ્પિટલ



નેશનલ હાઈવે નં. ૪૮, આલીપોર. તા. ચીખલી, જી. નવસારી. ફોન : (૦૨૬૩૪) ૨૩૩૧૪૬, ૨૩૪૧૪૬, ૨૩૧૭૪૨

પ્રસુતિ તથા સ્ત્રી-રોગની સારવાર

### ડૉ. સ્વાતિ પાડવી

MD (Obs. & Gynecologist)

- લેખરૂમ, નોર્મલ ડિલીવરી
- જોખમી ડિલીવરી તથા પીડારહિત ડિલીવરી
- સીઝેરીયન ઓપરેશન
- ગર્ભાશયનું ટાંકાવાળું તથા ટાંકા વગરનું ઓપરેશન

ગર્ભવતી માતાની સંપૂર્ણ કાળજી નિદાન અને સારવાર,  
સ્ત્રીરોગને લગતી અન્ય તકલીફો  
જેવી કે માસિકની અનિયમિતતા તેમજ  
પેટાને લગતી તકલીફો તથા ત્યાંની ગાંઠોનું  
નિદાન તથા સારવાર.  
નિ:સંતાનપણાની વૈજ્ઞાનિક અને આધુનિક સારવાર

ઉત્તમ સારવાર સૌથી સસ્તા દરે

૨૪ કલાક  
ઈમરજન્સી  
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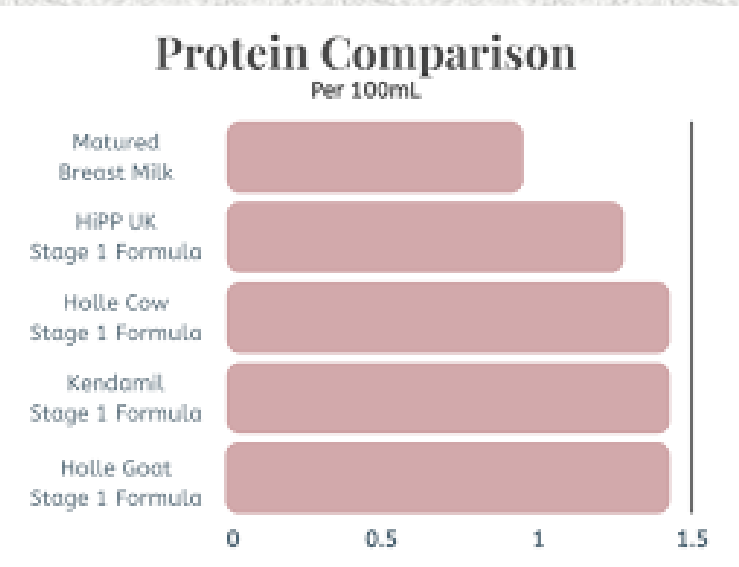




**BREASTFEEDING IS EASIER**

WHEN YOUR WORKPLACE PROVIDES SUPPORT AND DEDICATED TIME AND SPACE TO BREASTFEED OR EXPRESS YOUR MILK.

World Health Organization



9

# The Benefits of Breastfeeding

## Benefits for baby:

- Provides the best source of nutrition
- Decreases risk of Sudden Infant Death Syndrome
- Helps develop a strong immune system and prevents illness
- Reduces likelihood of ear infections and stomach bugs
- Lowers risk for obesity and type 1 diabetes

## Benefits for mom:

- Decreases risk of breast cancer, ovarian cancer, type 2 diabetes, and high blood pressure
- Reduces the risk of postpartum depression
- Creates a unique bonding experience for mom and baby
- Aids in return to pre-pregnancy weight
- Breastfeeding helps you save a lot of money





### What is 'closing the gap' breastfeeding 2024?

The theme for 2024, "Closing the Gap: Breastfeeding Support for All," underscores the importance of providing inclusive support systems to ensure that every mother and child can benefit from breastfeeding.

### WHO 2025 breastfeeding goals?

Ensure that there is no increase in childhood overweight; increase the rate of exclusive breastfeeding in the first 6 months up to at least 50%; reduce and maintain childhood wasting to less than 5%.

### What is the full form of WABA?

The World Alliance for Breastfeeding Action (WABA) is a network of people working on a global scale to eliminate obstacles to breastfeeding and to act on the *Innocenti Declaration*.



### How many months breastfeeding in India?

No other food or fluids should be given to infants below six months unless medically indicated. After completion of six months of age, with introduction of optimal complementary feeding, breastfeeding should be continued for a minimum of two years and beyond. Children should receive foods from all the food groups.

### What is the breastfeeding age limit?

The World Health Organization recommends that all babies be exclusively breastfed for 6 months, then gradually introduced to appropriate foods after 6 months while continuing to breastfeed for 2 years or beyond. Stopping breastfeeding is called weaning. It is up to you and your baby to decide when the time is right.



### Who breastfeed two years?

From the age of 6 months, children should begin eating safe and adequate complementary foods while continuing to breastfeed for up to two years of age or beyond.

### WHO introduced breastfeeding week?

**WABA:** WABA coordinates the global World Breastfeeding Week (WBW) campaign that aims to inform, anchor, engage and galvanise action on breastfeeding and related issues. WBW was started in 1992 to generate public awareness and support for breastfeeding.





## Advantages of Breastfeeding

### Breastmilk

- Perfect nutrients
- Easily digestible
- Ready to serve
- Protects against infection
- Protects against adult onset diseases (diabetes, high blood pressure)



### Breastfeeding

- Helps bonding and development
- Helps in adequate growth and development
- Enhances brain & visual development
- Baby has higher intelligence quotient
- Prevents hypothermia

## ADVANTAGES OF BREAST FEEDING

### Benefits to the baby

- Complete food
- Easily digested and well absorbed.
- Protects against infection.
- Promotes emotional bonding.
- Better brain growth.




11

### Why is breastfeeding low in India?

Aggressive promotion of baby foods, lack of support to women in the family and at work places, inadequate healthcare support and weak overall policy and programmes were some of the reasons because of which infant and young child feeding practice indicators have not shown a consistent rise.

### How much milk can an Indian woman produce in 24 hours?

The amount of milk a lactating adult woman can produce in a day can vary widely depending on various factors such as age, genetics, diet, and the frequency and intensity of breastfeeding or pumping. On average, a lactating woman can produce approximately 700 to 1500 ml of milk per day.



**1 FIRST 1 HOUR**  
Early initiation of breastfeeding within 1 hour of birth

**6 FIRST 6 MONTHS**  
Exclusive breastfeeding for the first 6 months of life

**2 FIRST 2 YEARS**  
Introduction of nutritionally-adequate and safe complementary (solid) foods at 6 months together with continued breastfeeding up to 2 years of age or beyond

### What age is best to stop breastfeeding?


It also continues to provide the balance of nutrients your baby needs. The World Health Organization recommends that all babies are exclusively breastfed for the first 6 months of their life, and from 6 months babies should start eating solid foods as well as being breastfed for up to 2 years or longer.





### WHO breastfeeding policy?

WHO and UNICEF recommend: early initiation of breastfeeding within 1 hour of birth; exclusive breastfeeding for the first 6 months of life; and. introduction of nutritionally-adequate and safe complementary (solid) foods at 6 months together with continued breastfeeding up to 2 years of age or beyond.



### We found brominated flame retardants (BFRs) in 100% of the breast milk samples we tested.

**PBDEs**  
 Found in 100% of samples, North American PBDE levels have declined since their phaseout from furniture (2004) and electronics (2013).

BrC1=CC=C(Oc2ccc(Br)cc2)C=C1

Levels in these samples from the Northwest U.S. were **70% lower** than samples from the Northwest in 2003, before PBDEs were phased out.

Year	Median level ng/g lipid
2003	50.4
2019	15.0

**Bromophenols**  
 We found bromophenols in 88% of the breast milk samples we tested.

Oc1cc(Br)cc(Br)c1

**88%** U.S. policy does not restrict use of bromophenols as flame retardants.

Toxic-Free FUTURE

### Why celebrate World Breastfeeding Week?

World Breastfeeding Week is celebrated every year from 1 to 7 August to encourage breastfeeding and improve the health of babies around the world.

**“India can save the lives of 250,000 babies every year by just one action”**




### DID YOU KNOW?

- Breastfeeding is a protective factor and reduces the risk of SIDS.
- Breastfeeding reduces medical costs.
- Babies who are breastfed are less likely to develop infections and illnesses including diarrhea, ear infections and pneumonia.
- Children who are breastfed for at least six months are less likely to become obese later in life.
- Mothers who breastfeed have a decreased risk of developing breast and ovarian cancers.

mama way **4 Breastfeeding Positions**



Side-lying



Football hold



Cradle hold



Use sling for discreet nursing



baby standing



baby sitting



out of hand



knave



twins



on the pillow



sling



cradle



lying

### What is formula feeding?

Formula is an alternative to breast milk. It's made from a special dried-milk powder. Most infant formula products are made from cow's milk, with extra vitamins and minerals. Formula also includes fat from vegetable oils. Formula powder is mixed with cooled boiled water and offered to your baby in a bottle.



# BREASTFEEDING BENEFITS



Physical and emotional connection



Easily digest



Contain natural nutrients



Increase baby intelligence



Reduce risk of breast cancer



Help loose weight after child birth



Contain natural antibodies



## What is the lifetime duration of breastfeeding?

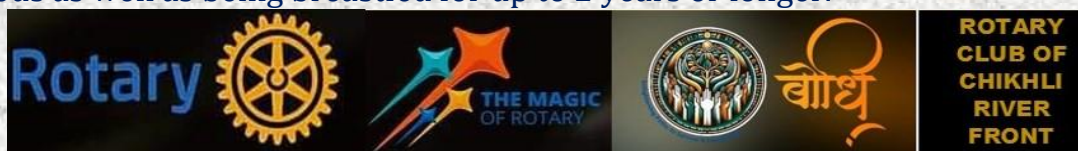
Exclusive breastfeeding is recommended by the World Health Organization (WHO) for the first 6 months of life and continued breastfeeding for at least first 2 years of life, with complementary foods being introduced at 6 months postpartum.

## How long to breastfeed?

It's recommended that you breastfeed your baby exclusively (give them breast milk only) for the first 6 months of their life.

Breastfeeding still has lots of benefits for you and your baby after 6 months. It protects them from infections and there's some evidence that it helps with the digestion of your baby's first solid foods. It also continues to provide the balance of nutrients your baby needs.

The World Health Organization (WHO) recommends that all babies are exclusively breastfed for the first 6 months of their life, and from 6 months babies should start eating solid foods as well as being breastfed for up to 2 years or longer.





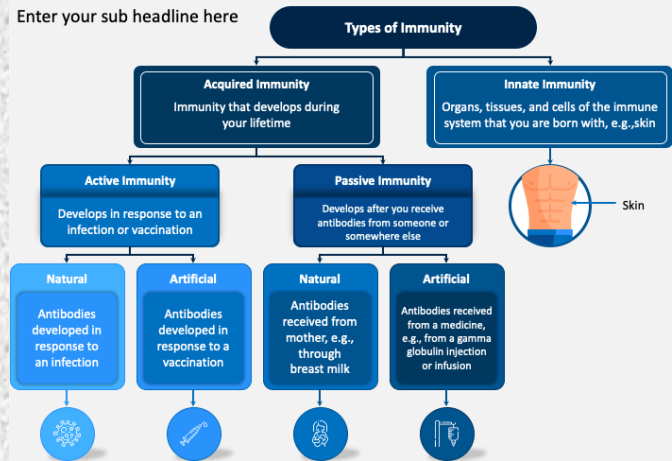
## Components of Breast Milk

### IMMUNOLOGICAL BENEFITS

Immunoglobulins (IgA, IgM, IgE, IgD)	Protective against bacterial and virus infections
Bifidus Factors	Promotes formation of healthy bacterial colonization in infant's lower GI
Lactoferrin	Iron binding protein that reduces the availability of iron to bacteria in the GIT
Lacto peroxidase	Destroys bacteria
Lysozyme	Kills bacteria by destroying the cell wall

## TYPES OF IMMUNITY

Enter your sub headline here



# THE BENEFITS OF BREASTFEEDING FOR MOMS



## Stopping breastfeeding gradually

There's no right or wrong way to stop breastfeeding. For lots of mothers and babies, stopping breastfeeding happens gradually as the child grows and eats more solid foods. It's important that solid food should not simply replace breast milk. There's evidence that breast milk may play a part in helping a baby's digestive system to deal with their first solids. Once they're eating solids, your baby will still need to have breast milk or formula as their main drink up to at least their 1st birthday.

Cows' milk is not suitable as a main drink for babies under 1 year old, although it can be added to foods, such as mashed potatoes.

Carrying on breastfeeding while giving your baby some formula can work very well.



Babies breastfeed for comfort as well as food. Phasing out breastfeeding gently will give you both time to get used to the idea. Stopping gradually will also help prevent problems like overfull, hard (engorged) breasts and mastitis.

If your baby is younger than 1 year, you'll need to replace the dropped breastfeed with a formula feed from a bottle or (if they're over 6 months) a cup or beaker, instead.


If your child is over 1 year and having a variety of foods and drinks, they will not need a replacement feed.

Once you and your baby are settled into a pattern of having 1 less breastfeed, you can then think about dropping another feed. Completely stopping breastfeeding can take anything from a few weeks to several months.

If you're trying to stop breastfeeding and having problems, you can get help and ideas from a health visitor or a breastfeeding specialist.

## Risks of artificial feeding

■ Interferes with bonding



Mother

- More diarrhoea and respiratory infections
- Persistent diarrhoea
- Malnutrition  
Vitamin A deficiency
- More likely to die
- More allergy and milk intolerance
- Increased risk of some chronic diseases
- Overweight
- Lower scores on intelligence tests
- May become pregnant sooner
- Increased risk of anaemia, ovarian and breast cancer

Adapted from: Breastfeeding counselling: A training course. Geneva, World Health Organization, 1993 (WHO/CDR/93.6).

Slide 2.26

## COMMON REASONS FOR STOPPING BREASTFEEDING

### 1. SORE OR PAINFUL BREASTS:

Some women find breastfeeding uncomfortable, especially in the early days and weeks. Common problems include sore or cracked nipples and painful breasts. These problems can often happen when your baby is not positioned or attached well at the breast. A midwife, health visitor or a breastfeeding specialist can help you with positioning your baby and getting them properly attached.

**2. NOT ENOUGH BREAST MILK:** Lots of women worry that their baby is not getting enough milk when in fact they have plenty to meet their baby's needs. A midwife, health visitor or breastfeeding specialist can suggest ways to increase your milk supply if necessary. This could just mean making sure your baby is well attached to the breast and that you're feeding often enough.

### 3. GOING BACK TO WORK

Some women worry about breastfeeding and returning to work. Going back to work does not necessarily mean you have to stop breastfeeding.

If your breast milk supply is well established, going back to work does not have to affect your milk supply for your baby. You can either express at work, give your breast milk to your child's carer, or provide formula milk while you're away.



If your employer is not familiar with the rules around breastfeeding and expressing in the workplace, it's worth sharing the ACAS guidance on pregnancy and maternity with them, or contacting your union if you have one.

#### 4. Going on holiday

As with work, going on holiday does not mean that you have to give up breastfeeding. In fact, breastfeeding can be more convenient while you're away.

If you breastfeed, you do not need to worry about boiling water and sterilising feeding equipment. Plus, if you're flying, there's no need to worry about restrictions on carrying bottles or cups of formula through airport security checks.

Breastfeeding also helps to equalise the pressure in your baby's ears on take-off or landing.

#### 5. Getting pregnant again

If you get pregnant again while you're breastfeeding, it should not affect your baby or the pregnancy. However, you may feel tired, and changes in your appetite and emotions can make breastfeeding more challenging.

Do not be put off feeding an older baby and a newborn (tandem nursing). The more milk your babies take, the more your breasts produce, so it's possible to feed more than 1 baby.

#### 6. Taking some medicines

Most medicines can be taken while you're breastfeeding without harming your baby. But it's always best to tell a doctor, dentist or pharmacist if you're breastfeeding.

### RESTARTING BREASTFEEDING AFTER STOPPING

Stopping breastfeeding does not always have to be permanent, but starting again may take a lot of time and not everyone will produce enough to meet their baby's needs. It partly depends on how well-established your milk supply was already.

Stimulating your breasts by expressing breast milk and offering the breast to your baby regularly can encourage your body to start making milk again.

Skin-to-skin contact with your baby can promote lactation (milk production) too.

You can ask a midwife, health visitor or a breastfeeding specialist for help if you would like to restart breastfeeding.

### Benefits of breastfeeding

It's never too early to start thinking about how you're going to feed your baby. But you do not have to make up your mind until your baby is born.

Some of the benefits of breastfeeding are:

- your breast milk meets all of your baby's nutritional needs
- breast milk protects your baby from infections and diseases
- breastfeeding provides health benefits for you
- breast milk is available for your baby whenever your baby needs it
- breastfeeding can build a strong emotional bond between you and your baby

Formula milk does not provide the same protection from illness and does not give you any health benefits.







આલીપોર સોશલ વેલ્ફેર ટ્રસ્ટ સંચાલિત

દરેક સારવાર એક જ છત્ર નીચે રાહતદરે ઉપલબ્ધ

# આલીપોર હોસ્પિટલ

નેશનલ હાઈવે નં. ૪૮, આલીપોર. તા. ચીખલી, જી. નવસારી.

ફોન : (૦૨૬૩૪) ૨૯૬૧૪૬, ૨૯૬૧૪૭, ૨૩૩૧૪૬, ૨૩૪૧૪૬, મો. . ૯૪૮૪૯ ૪૧૦૦૬



## ડૉ. શ્રેયા પટેલ (M.D. Paedia.)

દરરોજ સવારે 10 થી 1 સુધી

ઈમરજન્સી 24 કલાક

**WE TAKE CARE OF  
EVERY NEED OF  
YOUR CHILD**



નીચે પ્રમાણેના લક્ષણો ધરાવતા દર્દીઓની ઓપીડી તેમજ દાખલ દર્દી તરીકે સારવાર ઉપલબ્ધ

### લક્ષણો

- શરદી, ઉધરસ, તાવ, ન્યુમોનીયા
- ડેન્ગ્યુ, મેલેરિયા, ટાયફોઈડ
- આંચકી
- ઝાડા, ઉલ્ટી, ડીહાઈડ્રેશન, પેટમાં દુ:ખાવો
- મગજમાં તાવ
- બાળકોનો શારિરીક વિકાસ ન થવો
- ઝેરી કમળો
- રોડ એક્સીડન્ટ ઈન્જરી
- કિડની / હૃદયને લગતી તકલીફો

### ઉપલબ્ધ સારવાર

- દરેક પ્રકારના રસીકરણ (Vaccination)
- ઓકિસજન તથા નેબ્યુલાઈઝર દ્વારા સારવાર
- ડેન્ગ્યુ, મેલેરિયા, ન્યુમોનીયાના ગંભીર કેસોની એક્સ્પર્ટ દ્વારા સારવાર
- અદ્યતન આઈસીયુ
- વેન્ટિલેટર તેમજ મોનીટરની સુવિધા સાથે 24 કલાક ઈમરજન્સી સારવાર
- તાલીમબદ્ધ નર્સિંગ સ્ટાફ દ્વારા ઉત્તમ સારવાર
- X-Ray - સોનોગ્રાફી - સીટી સ્કેન પેથોલોજી - 2DECHO

What are 10 benefits of breastfeeding?

### Table of Contents

- Perfect nutrition.
- Protection.
- Brain power.
- Ready and portable.
- Size does not matter.
- Good for mothers too.
- Builds a special bond
- Advantages continue as baby grows

### Types of Breastmilk









## What are the 4 stages of lactation?

These compositional changes appear uniquely to match the changing physiological needs of the infant, and can be defined based on the following time periods: 1–5 days postpartum, colostrum; 5–21 days postpartum, transitional milk; and >21 days postpartum, mature milk.

# Breastfeeding is Bestfeeding.



**Breast Milk**

- Contains all the nutrients and antibodies the baby needs
- Is easily digested and efficiently used
- Protects against infection
- Costs less than artificial feeding

**Breastfeeding**

- Helps bonding and development
- Helps delay a new pregnancy
- Protects mothers` health

Know more about breastfeeding. Call or visit your healthcare provider now.





**SUPPORT BREASTFEEDING FOR A HEALTHIER PLANET**

- Breastfeeding is a prime example of the deep connections between human health and nature's ecosystems
- Breastmilk is natural, renewable and environmentally safe
- Protecting, promoting and supporting breastfeeding addresses inequalities that stand in the way of sustainable development
- #WBW2020 will focus on the impact of infant feeding on the environment

## The Basics of Breastfeeding

Breast milk is produced naturally by women and provides basic nutrition for a baby during the first several months of life. Your breast milk is made to order for your baby and provides the specific nutrients your baby needs to grow, both in size and maturity.

### BREASTFEEDING



### BREASTFEEDING SCHEDULE



### BREASTFEEDING POSITIONS



### HUNGRY BABY SIGNS



District 3060  
**Rotary**  
Chikhli River Front



Alipore Hospital



**Breast milk has three different and distinct stages:**

i) colostrum, ii) transitional milk, and iii) mature milk.

**Colostrum** is the first stage of breast milk. It occurs during pregnancy and lasts for several days after the birth of the baby. It is either yellowish or creamy in color. It is also much thicker than the milk that is produced later in breastfeeding.

Colostrum is high in protein, fat-soluble vitamins, minerals, and immunoglobulins. Immunoglobulins are antibodies that pass from the mother to the baby and provide passive immunity for the baby. Passive immunity protects the baby from a wide variety of bacterial and viral illnesses. Two to four days after birth, colostrum will be replaced by transitional milk.

**Transitional milk** occurs after colostrum and lasts for approximately two weeks. The content of transitional milk includes high levels of fat, lactose, and water-soluble vitamins. It contains more calories than colostrum.

**Mature milk** is the final milk that is produced. 90% of it is water, which is necessary to keep your infant hydrated. The other 10% is comprised of carbohydrates, proteins, and fats which are necessary for both growth and energy. There are two types of mature milk:

- Fore-milk: This type of milk is found during the beginning of the feeding and contains water, vitamins, and protein.
- Hind-milk: This type of milk occurs after the initial release of milk. It contains higher levels of fat and is necessary for weight gain.

**ENHANCES THE IMMUNE SYSTEM**  
Breast milk supplies vital antibodies that safeguard the infant against illnesses and infections.

**DIMINISHES DISEASE RISKS**  
Breastfeeding lowers the chances of allergies, childhood obesity, and specific chronic conditions in the future.

**FOSTERS MOTHER-CHILD BONDING**  
Breastfeeding nurtures a profound and enduring emotional attachment between mother and baby.

**MOTHERLY BENEFITS**  
Aids in postpartum weight recovery, lessens the risk of breast cancer, and elevates the emotional bond with the baby.

**HOLISTIC NUTRITION**  
Breast milk seamlessly adjusts to a baby's evolving nutritional requirements, delivering a comprehensive array of nutrients.

**BENEFITS OF BREAST FEEDING**

**What are the 4 stages of lactation?**

These compositional changes appear uniquely to match the changing physiological needs of the infant, and can be defined based on the following time periods: 1-5 days postpartum, colostrum; 5-21 days postpartum, transitional milk; and >21 days postpartum, mature milk.



# WHY DO BABIES NEED FATS



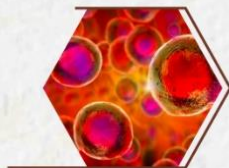
Fat provides the necessary nutrients to facilitate appropriate growth and physical activity.

It is essential for developing the brain, nerves, and eyes.



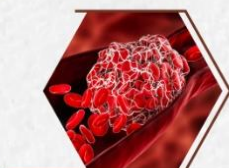
It promotes healthy skin.

It plays a significant role in the function of various cell types.



The body needs fat to better absorb the fat-soluble vitamins, such as vitamins A, D, E, and K.

Fats are essential for vital body functions such as blood clotting, wound healing, and inflammation.



## HEALTH BENEFITS OF BREASTFEEDING FOR YOUR BABY

Breastfeeding has long-term benefits for your baby, lasting right into adulthood.

Any amount of breast milk has a positive effect. The longer you breastfeed, the longer the protection lasts and the greater the benefits.

Breastfeeding can help to reduce your baby's risk of:

- infections, with fewer visits to hospital as a result
- diarrhoea and vomiting, with fewer visits to hospital as a result
- sudden infant death syndrome (SIDS)
- obesity
- cardiovascular disease in adulthood

Giving nothing but breast milk is recommended for about the first 6 months (26 weeks) of your baby's life.

After that, giving your baby breast milk alongside solid foods for as long as you and your baby want will help them grow and develop healthily.

Breast milk adapts as your baby grows to meet your baby's changing needs.

## HEALTH BENEFITS OF BREASTFEEDING FOR YOU

Breastfeeding and making breast milk also have health benefits for you. The more you breastfeed, the greater the benefits.

Breastfeeding lowers your risk of:

- breast cancer
- ovarian cancer
- osteoporosis (weak bones)
- cardiovascular disease
- obesity.







આલીપોર સોશયલ વેલફેર ટ્રસ્ટ સંચાલિત

દરેક સારવાર એક જ છત્ર નીચે સહકરે ઉપલબ્ધ

# આલીપોર હોસ્પિટલ



નેશનલ હાઇવે નં. ૪૮, આલીપોર. તા. ચીખલી, જી. નવસારી.

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દર ગુરુવારે  
મફત  
ઓપીડી

ફિઝિશિયન, જનરલ સર્જરી,  
ઓર્થોપેડીક, ગાયનેક તથા  
બાળરોગ વિભાગના  
દર્દીઓ માટે  
ઓ.પી.ડી. ફ્રી

## જનરલ મેડીસીન વિભાગ (ફિઝિશિયન)

**ડૉ. સૌરભ પટેલ**  
M.D. (General Medicine),  
Fellowship in 2D Echo

**ડૉ. યુનુસ માયત**  
M.D. (Physician)

## ઓર્થોપેડિક વિભાગ

**ડૉ. હિતેષકુમાર કાછડીયા**  
MBBS, D. Ortho, FIAA  
(Orthopadic Surgeon)

## જનરલ સર્જરી વિભાગ

**ડૉ. ફૈઝ મુલ્તાની**  
M.S. (General Surgery)

## ગાયનેક વિભાગ

**ડૉ. સ્વાતિ પાડવી**  
MD (OBS & Gynec)

## બાળરોગ વિભાગ

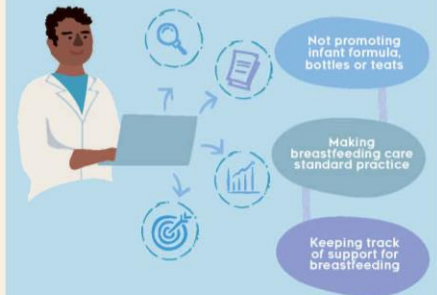
**ડૉ. શ્રેયા પટેલ**  
MD, Paediatrics and  
Neonatologist (FNNF)



# The TEN STEPS to Successful Breastfeeding

## 1 HOSPITAL POLICIES

Hospitals support mothers to breastfeed by...



3

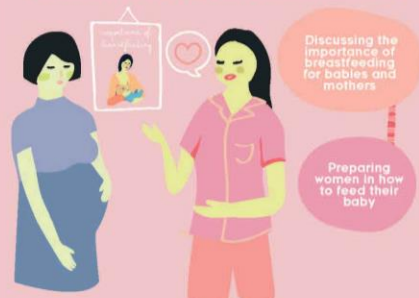
## 2 STAFF COMPETENCY

Hospitals support mothers to breastfeed by...



## 3 ANTENATAL CARE

Hospitals support mothers to breastfeed by...



## 4 CARE RIGHT AFTER BIRTH

Hospitals support mothers to breastfeed by...



## 5 SUPPORT MOTHERS WITH BREASTFEEDING

Hospitals support mothers to breastfeed by...



## 6 SUPPLEMENTING

Hospitals support mothers to breastfeed by...



## 7 ROOMING-IN

Hospitals support mothers to breastfeed by...



## 8 RESPONSIVE FEEDING

Hospitals support mothers to breastfeed by...



## 9 BOTTLES, TEATS AND PACIFIERS

Hospitals support mothers to breastfeed by...




## 10 DISCHARGE

Hospitals support mothers to breastfeed by...







# MOTHER'S MILK



India's best *start-up*

## BREASTFEEDING

- Protects child against pneumonia and diarrhoea
- Reduces risk of non-communicable diseases by later years of life
- Promotes brain development for higher IQ.

### Recommended Breastfeeding Practices

1. Begin breastfeeding within one hour of birth.
2. Breastfeed exclusively for the first six months, as your baby needs only breastmilk and not even water.
3. Start complementary feeding when the baby completes six months along with continued breastfeeding.
4. Continue to breastfeed for at least two years.

**स्तनपान... विकल्प नहीं, संकल्प है**



# WORLD BREASTFEEDING WEEK

1<sup>st</sup> August - 7<sup>th</sup> August



## Benefits of Breastfeeding



- Helps the womb to contract and the placenta is expelled easily.
- Reduces the risk of excessive bleeding after delivery
- Reduces the risk of breast cancer, uterine cancer and ovarian cancer
- Lessens osteoporosis
- Benefits child spacing
- Promotes post-partum weight loss



[www.mohfw.gov.in](http://www.mohfw.gov.in)


24

# Breast milk, the first vaccine for the new born.

**EVERY DROP HAS A CAPACITY TO FIGHT DISEASES**

Breastfeeding within **1 hour** of birth develops **health** and **bonding**.





# WHY IS BREASTFEEDING IMPORTANT?

Breastfeeding is the **most effective way** of providing optimal nutrition to infants from the very first hour of their lives.

Breastmilk contains **all the needed nutrients and antibodies** for the child's growth and development. This includes protein, fat, carbohydrate, and vitamins.

- improves physical and emotional contact with mother
- helps prevent deadly infections
- promotes growth and development
- reduces the risk of breast cancer
- hastens weight loss after pregnancy





WABA | WORLD BREASTFEEDING WEEK 2024











**ડૉ. કેમ મુલ્તાની**

**M.S. (General Surgeon)**

લેપ્રોસ્કોપી તથા જનરલ સર્જન  
દૂરબીનથી થતા ઓપરેશનના નિષ્ણાંત



સમય : કુલ ટાઈમ દરરોજ  
સવારે ૧૧ થી ૨ સાંજે ૪ થી ૬

- સારણગાંઠ, હાઈડ્રોસીસ, એપેન્ડીક્સના ઓપરેશનો
- હરસ-મસા, ભગંદર, પીતાશયની પથરીની સારવાર તથા ઓપરેશન
- શરીરની કોઈપણ જાની મોટી ગાંઠનું સચોટ નિદાન તથા સારવાર
- જુનો કબજિયાત તથા એસીટીડી, સુગરના લીધે સડી ગયેલા પગ (ડયાબિટીક ફૂટ) ની સારવાર
- કોઈ પણ રીતે દાગોલાની સારવાર
- હરસ - મસા, ફિશર, ભગંદરની કાપ વગર લેઝરથી સારવાર
- થાઈરોઈડ તથા પેટના આંતરડાના તમામ રોગોની સારવાર તથા ઓપરેશનો
- અકસ્માતનાં કેસોની સારવાર
- આધુનિક પદ્ધતિ દ્વારા બાળકોની ખતના (Circumcision) કરી આપવામાં આવશે.



**ડૉ. હિતેશકુમાર કાઠડીયા**

**Orthopedic Surgeon**

હાડકાના રોગોના નિષ્ણાંત

દરરોજ સવારે ૧૦ થી સાંજે ૫

- હાડકાના રોગના તથા ફ્રેક્ચરના નિષ્ણાંત
- સંધિવાના રોગોની સારવાર
- કમરના દુ:ખાવા તેમજ ઓસ્ટીયોપોરાસીસની સારવાર
- ઘુંટણ અને થાપાના સાંધા બદલવાની સર્જરી
- ખભા અને ઘુંટણના દૂરબીનથી થતા ઓપરેશનો
- ઘુંટણ તથા સાંધાના ઘસારા માટે કુદરતી સાંધો બચાવવા માટેના ઓપરેશન
- દરેક પ્રકારના ફ્રેક્ચરની IATV ગાઈડેડ સારવાર
- અકસ્માતના કેસો, તમામ પ્રકારના ફ્રેક્ચરના ઓપરેશનો
- સ્પોર્ટ્સ ઈન્જરી, રમત-ગમત દરમિયાન થતી રનાચુઓ તથા લીગામેન્ટની ઈજાઓની આધુનિક ટેકનોલોજીથી સારવાર



પ્રસુતિ તથા સ્ત્રી-રોગની સારવાર

**ડૉ. સ્વાતિ પાડવી**

MD (Obs. & Gynecologist)

- લેબરરૂમ, નોર્મલ ડિલીવરી
- જોખમી ડિલીવરી તથા પીડારહિત ડિલીવરી
- સીઝેરીયન ઓપરેશન
- ગર્ભાશયનું ટાંકાવાળું તથા ટાંકા વગરનું ઓપરેશન

ગર્ભવતી માતાની સંપૂર્ણ કાળજી નિદાન અને સારવાર, સ્ત્રીરોગને લગતી અન્ય તકલીફો જેવી કે માસિકની અનિયમિતતા તેમજ પેટાને લગતી તકલીફો તથા ત્યાંની ગાંઠોનું નિદાન તથા સારવાર.

નિ:સંતાનપણાની વેજાનિક અને આધુનિક સારવાર

ઉત્તમ સારવાર સૌથી સસ્તા દરે



૨૪ કલાક ઈમરજન્સી સુવિધા



**ડૉ. શ્રેયા પટેલ**

(M.D. Paedia.)

દરરોજ સવારે 10 થી 1 સુધી

ઈમરજન્સી 24 કલાક

WE TAKE CARE OF EVERY NEED OF YOUR CHILD



નીચે પ્રમાણેના લક્ષ્યો ધરાવતા દર્દીઓની ઓપીડી તેમજ દાખલ દર્દી તરીકે સારવાર ઉપલબ્ધ

- | લક્ષ્યો                                      | ઉપલબ્ધ સારવાર  |
|--|--|
| ● શરદી, ઉધરસ, તાવ, ન્યુમોનીયા                | ● દરેક પ્રકારના સ્ત્રીકરણ (Vaccination)                              |
| ● ડેન્જુ, મેલેરીયા, ટાઇફોઈડ                  | ● ઓકિસજન તથા નેબ્યુલાઈઝર દ્વારા સારવાર                               |
| ● આંચકી                                      | ● ડેન્જુ, મેલેરીયા, ન્યુમોનીયાના ગંભીર કેસોની એકસ્પર્ટ દ્વારા સારવાર |
| ● ગ્રાડા, ઉલ્ટી, ડીહાઈડ્રેશન, પેટમાં દુ:ખાવો | ● અધતન આઈસીયુ  |
| ● મગજમાં તાવ                                 | ● વેન્ટીલેટર તેમજ મોનીટરની સુવિધા સાથે 24 કલાક ઈમરજન્સી સારવાર       |
| ● બાળકોનો શાસ્ત્રિક વિકાસ ન થવો              | ● તાલીમબદ્ધ નર્સિંગ સ્ટાફ દ્વારા ઉત્તમ સારવાર                        |
| ● ઝેરી કમળો                                  | ● X-Ray - સોનોગ્રાફી - સીટી સ્કેન પેથોલોજી - 2DECHO                  |
| ● સોડ એકસીડન્ટ ઈન્જરી                        |  |
| ● કિડની / હૃદયને લગતી તકલીફો                 |  |





# આલીપોર હોસ્પિટલ



નેશનલ હાઇવે નં. ૪૮, આલીપોર. તા. ચીખલી, જી. નવસારી. ફોન : (૦૨૬૩૪) ૨૩૩૧૪૬, ૨૩૪૧૪૬, ૨૩૧૭૪૨

28

## જનરલ મેડીસીન વિભાગ

### ડૉ. સૌરભ પટેલ

M.D. (Gen. Medicine)  
Fellowship in 2D ECHO

દરરોજ સવારે ૧૦ થી ૨ અને સાંજે ૪ થી ૬

### ડૉ. યુનુસ માયત

M.D., Physician  
CMO cum Administrator

દરરોજ સવારે ૧૦ થી ૨ અને સાંજે ૪ થી ૬

- ડાયાબીટીસની સારવાર
- દમના રોગ, તાવ, પ્લડપ્રેશરની સારવાર
- પેટના રોગોની સારવાર
- I.C.U. વિભાગ નિષ્ણાંત
- દરેક પ્રકારના તાવની સારવાર
- પ્લડપ્રેશરની વધ-ઘટ
- શરીરની સામાન્ય બિમારીઓની સારવાર
- સર્પદંશ તથા ઝેરી દવા પીધેલાની સારવાર
- મગજના રોગોની સારવાર
- હૃદયરોગનું નિદાન તથા સારવાર
- લીવરનો સોજો તથા સારવાર
- ફેફસાના રોગોની સારવાર
- ટીબી, ન્યૂમોનિયાની સારવાર
- પેટમાં પાણીનો ભરાવો (Ascites) ની સારવાર



૨૪ કલાક  
ઈમરજન્સી  
સુવિધા



District 3060  
**Rotary**  
Chikhli River Front



Alipore Hospital





## THE FOUR-WAY TEST

Of the things we think, say or do

**First** → Is it the **TRUTH**?

**Second** → Is it **FAIR** to all concerned?

**Third** → Will it build **GOODWILL** and  
**BETTER FRINDSHIPS**?

**Fourth** → Will it be **BENEFICIAL** to all  
concerned?

**Stephanie A. Urchick**  
RI President 2024-25

**Tushar Shah**  
District Governor 2024-25

“Hope lies in dreams, in imagination,  
in the **courage of those who dare**  
to make their dreams a reality”

Jonas Salk





**“Everything we do opens another opportunity for someone, somewhere”**

HOLGER KNAACK

# ROTARIANS FIND A WAY NOT AN EXCUSE

30



**Join Rotary**

**JOIN ROTARY INTERNATIONAL AND MAKE A GLOBAL IMPACT. ENGAGE  
IN COMMUNITY SERVICE AND MEANINGFUL PROJECTS. NETWORK  
WITH LEADERS AND BUILD LIFELONG FRIENDSHIPS. BE THE CHANGE;  
JOIN ROTARY TODAY!**



# ro·ta·ry vol·un·teer

/'rōdərəē/

/,vālən'tir/

*Agent of change, Person of action*

31

**Rotary:**  
where *talk* turns into *action*.



Time for FAMILY.  
Time for WORK.  
Time for COMMUNITY.

*Time to make*  
**A DIFFERENCE.**



Time  Rotary

District 3060

**Rotary**

Chikhli River Front





GLOBAL GRANT PROJECT OF THE ROTARY FOUNDATION OF ROTARY INTERNATIONAL GG # 21 18317 ROTARY YEAR 2020-21

**The Rotary Foundation**

SMT. INDIRABEN & HARSHADHAI PATEL, SADAKPORE-USA  
ROTARY CLUB OF CHIKHLI RIVER FRONT

**BEST PROTECTION IS EARLY DETECTION**

**CANCER DETECTION ON WHEELS**

- Breast Cancer
- Cervical Cancer
- Oral Cancer
- Head & Neck Cancer
- Lungs Cancer
- Prostate Cancer

**ROTARY CLUB OF CHIKHLI RIVER FRONT**

Alipore Social Welfare Trust | **ALIPORE HOSPITAL**

ROTARY CLUB OF CHIKHLI RIVER FRONT & ROTARY CLUB OF GANDEVI

**Rotary**

**FOR CANCER DETECTION IN YOUR AREA  
PLEASE CONTACT SUHEL SHAH +91-99794 93698**

**R** Recognize an ethical issue

**O** Obtain Information about the situation and others' interests and perceptions

**T** Test alternative actions from various perspectives

**A** Act consistently with your best judgment

**R** Reflect on your decision after acting

**Y** Yield to your ethical judgments

**Rotary**  
The National Rotarians World

1. What action benefits me most?
2. What action do my friends think I should do?
3. What action would produce the greatest amount of good and the least amount of harm?
4. What action respects the integrity of every person?

ROTARY CLUB OF CHIKHLI RIVER FRONT

**Rotary**

"Service Above Self"

"One Profits Most Who Serves Best"

**Our Two Mottos**

JOIN ROTARY  
CONTACT  
RTN SWETAL DESAI  
+91-8511103499

**Rotary** | **THE MAGIC OF ROTARY**





## WHAT IS ROTARY?

Rotary is a global network of 1.4 million neighbours, friends, leaders, and problem-solvers who see a world where people unite and take action to create lasting change – across the globe, in our communities, and in ourselves.

Solving real problems takes real commitment and vision. For more than 110 years, Rotary's people of action have used their passion, energy, and intelligence to take action on sustainable projects. From literacy and peace to water and health, we are always working to better our world, and we stay committed to the end.

33

### WHAT WE DO

Rotary members believe that we have a shared responsibility to take action on our world's most persistent issues. Our 46,000+ clubs work together to:

- Promote peace
- Fight disease
- Provide clean water, sanitation, and hygiene
- Save mothers and children
- Support education
- Grow local economies
- Protect the environment

### OUR MISSION

We provide service to others, promote integrity, and advance world understanding, goodwill, and peace through our fellowship of business, professional, and community leaders.

### VISION STATEMENT

Together, we see a world where people unite and take action to create lasting change — across the globe, in our communities, and in ourselves.

### DIVERSITY, EQUITY, AND INCLUSION

As a global network that strives to build a world where people unite and take action to create lasting change, Rotary values diversity and celebrates the contributions of people of all backgrounds, regardless of their age, ethnicity, race, colour, abilities, religion, socioeconomic status, culture, sex, sexual orientation, and gender identity.

## YOUR TIME, ENERGY, AND A PASSION TO IMPROVE YOUR WORLD ARE ALL YOU NEED TO GET INVOLVED WITH ROTARY.

Become one of Rotary's people of action or explore the many opportunities we have for anyone — whatever your age or interest — who wants to improve lives in communities near and far. Connect with a local Rotary club to find out how you can get involved.

**JOIN ROTARY, BE A ROTARIAN!**

**CONTACT SWETAL DESAI +91-8511103499**

Thank you  
FOR YOUR SUPPORT

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**ROTARY CLUB OF CHIKHLI RIVER FRONT**

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**Rotary**  
Chikhli River Front

