



Vibrant

2024-2025

Visionary - Inclusive - Bold - Resilient
Accountable - Nimble - Trustworthy

ROTARY CLUB OF MUMBAI MAHIM

DISTRICT 3141, CLUB No. 59127



MAHIM WAVES

SEPTEMBER, 2024



Rotary



❖ R. I. President – Stephanie Urchick ❖ District Governor – Chetan Desai ❖

◆ President – Vidula Kshirsagar ◆ Secretary – Shaila Rege ◆

❖ Bulletin Chairperson – Shobha Karnik ❖



FROM PRESIDENT'S DESK

This quarter of the Rotary year has been incredibly fulfilling as we've touched the lives of so many, both young and old, across diverse walks of life.



September began with a significant project – a medical camp at our Interact school, Matunga Premier School. Over 400 children received comprehensive health screenings, covering dental, eye, and general checkups. The event ran smoothly, thanks to the timely and coordinated efforts of our club members, ensuring efficient management of the children. Special thanks go to our Rotarian doctors from the Rotary Clubs of Mumbai Mahim and Mumbai Uptown for taking on the enormous task of examining all the secondary school students. I would be remiss if I did not express my deep gratitude to these selfless individuals for their invaluable contributions. Dr. Sneha, despite her busy schedule, also took the time to educate the children and their parents on nutrition and provided insights into the children's health conditions post-examination.

It's heartening to see our Rotaract clubs participating so actively in most of our projects. I feel proud of our younger generation, who are eager to contribute to social causes.

Our club has consistently worked on mental health initiatives over the past few years. This year, we ventured into a new area by marking World Alzheimer's Day on September 21st in collaboration with the Dignity Foundation. We organized a walkathon at Shivaji Park alongside members of the foundation, which not only helped promote awareness but also served as a valuable PR initiative for our club.

Despite September being a busy month for many members celebrating Ganesh Chaturthi in their homes, participation in our events remained high.

I pray to Lord Ganesha to bless our club and its members with more opportunities to make a positive impact, and with the resources we need to successfully carry out our projects.

Enjoy Rotary and Enrich Life.





BOARD OF DIRECTORS



Rtn. Vidula Kshirsagar
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Vice President



Rtn. Shaila Rege
Secretary & President Elect



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Joint Secretary



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Community Service – Medical



Rtn. Shital Bhatkar
Community Service – Non Medical



Rtn. Veena Watve
Vocational Service



Rtn. Seema Patole &



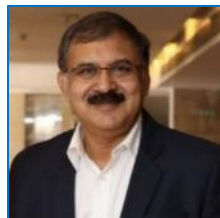
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Youth Service



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Learning Facilitator



Rtn. Vrushali Kolhatkar
Sergeant At Arms



Rtn. Manoj Kshirsagar
CSR



Rtn. Sandhya Samudra
Project National Integration



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Rtn. Pradeep Dixit



Rtn. Prakash Samudra



Rtn. Anand Limaye



Rtn. K Suryakumar
Club Advisors



Rtn. Usha Sheshan



Rtn. Vandana Rajhansa

We meet alternate Saturday at 9.00 a.m. at AOTS Hall else on Zoom Conference.

Year 2024-25

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DISTRIBUTION OF IDEAL STUDY APPLICATION

The Ideal Study Application is specifically designed for 10th standard students of the SSC Board of Maharashtra, offering comprehensive educational resources in Marathi, English, and Semi-English mediums. On 2nd September 2024, RCMM distributed the application to 17 students at Chhatrapati Shivaji Vidyalaya and 48 students, along with 4 teachers, at Shishu Vihar English Medium School.

During the distribution, a live demonstration showcased how the app could enhance the learning experience and improve academic scores—provided students have access to a mobile handset. This initiative emphasizes the transformative potential of smart solutions in education, highlighting the critical role of digital tools in shaping a brighter future for these motivated students. The project exemplifies RCMM's dedication to leveraging technology to empower the next generation.

PR Vidula and Rtn. Seema were present at Chhatrapati Shivaji Vidyalaya, while PR Vidula, along with Rtns. Jayanti, Nita, and Seema, attended the event at Matunga Premier School. The Rotarians felt a deep sense of satisfaction and joy in contributing to the educational growth of these young minds, knowing they played a part in their journey toward success.



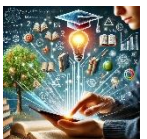
Distribution at Chhatrapati Shivaji Vidyalaya



Key to access the Application



Distribution at Matunga Premier School





DENTAL, EYE AND GENERAL CHECK UP CAMP AT MATUNGA PREMIER SCHOOL

Organizing a Health Check-up camp in schools plays a crucial role in promoting the well-being of students. Regular health check-ups ensure that any underlying health issues are detected early, allowing for timely intervention and treatment. Additionally, early detection of dental and vision problems can prevent long-term complications that might affect a child's learning and development. Camps also help in fostering a culture of health awareness and education among young students. Overall, these camps contribute significantly to the holistic development of children, ensuring they are healthy and ready to learn.

On 3rd September 2024, the Rotary Club of Mumbai Mahim (RCMM) organized a comprehensive Dental, Eye, and General Health Check-up at Matunga Premier School, benefiting 343 students from the 5th to 10th standard. The event was a resounding success, thanks to the collaboration of skilled professionals and dedicated volunteers.



Eye Check-up in full swing



DENTAL, EYE AND GENERAL CHECK UP CAMP AT MATUNGA PREMIER SCHOOL

A special appreciation goes to the Aditya Jyot team, who efficiently managed the eye check-ups. Heartfelt gratitude to Rtns. Dr. Arun Garg and Dr. Sangeeta Garg, who, despite it being their wedding anniversary, graciously devoted their time to conduct dental check-ups. We also extend sincere thanks to Dr. Arti Sharma of RC Uptown and Dr. Runa Khale, our go-to dentist for RCMM health camps, for their invaluable support in dental care.



Strong Teeth, Strong Health: Why Dental Check-ups Matter



DENTAL, EYE AND GENERAL CHECK UP CAMP AT MATUNGA PREMIER SCHOOL

Additionally, we are deeply grateful to Rtns. Dr. Gurmit and Dr. Supriya, along with team of doctors from J. J. Hospital, for patiently conducting general health check-ups. Their expertise ensured a thorough assessment of each student's well-being.



General Health Check-up in process

We meet alternate Saturday at 9.00 a.m. at AOTS Hall else on Zoom Conference.

Year 2024-25

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DENTAL, EYE AND GENERAL CHECK UP CAMP AT MATUNGA PREMIER SCHOOL



Felicitations

The findings highlighted some critical health concerns among the children. Many students were found to have nutritional deficiencies, particularly in B12 and calcium. Several children also had asymptomatic tonsils, which, if left untreated, could lead to complications. Rtn. Dr. Sneha took the initiative to hold a follow-up session with the students and their parents to discuss further treatment options and preventive care. She clarified all the specific doubts raised by some students as well as findings of the examining doctors. A range of topics were covered including menstrual health, balanced diet, hand hygiene etc. There were about 50 girls in all divided into 3 batches.



Follow up session by Rtn. Dr. Sneha



Overall, the camp was a deeply fulfilling experience for RCMM, as it enabled timely identification of potential health issues and empowered families to take proactive steps. The event saw the participation of 13 Rotarians and 8 Rotaractors, all of whom extended unwavering support throughout the camp.

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Year 2024-25

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RATION DISTRIBUTION UNDER PRADHAN MANTRI TB MUKT BHARAT ABHIYAN

In continuation from last month, on 6th September, 2024 ration was distributed to 16 patients at BMC dispensary, behind Goa Portuguesa restaurant, City light. Rtns. Asavari and Dr. Gurmit distributed the ration personally along with DTO Dr. Narendra Sutar and other officials Prashant, Dinakar and Nikhil. We will be providing the ration during the period of their medication. Hope this helps the patients to regain their health and lead the normal life.



We meet alternate Saturday at 9.00 a.m. at AOTS Hall else on Zoom Conference.

Year 2024-25

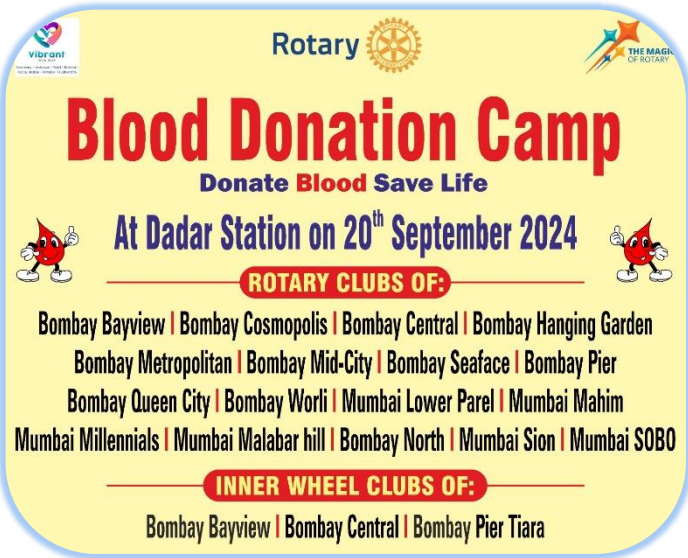
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BLOOD DONATION CAMP AT DADAR STATION

As part of a District initiative, 17 Rotary Clubs come together each month to host a Blood Donation Camp. This month's camp was held on 20th September at Dadar Station, where a total of 65 units of blood were collected by the end of the day.

PR Vidula, accompanied by Rtn. Sunita, attended the camp and led by example by personally donating blood, demonstrating the Rotary spirit of selfless service.



Rotary

Blood Donation Camp

Donate **Blood** Save Life

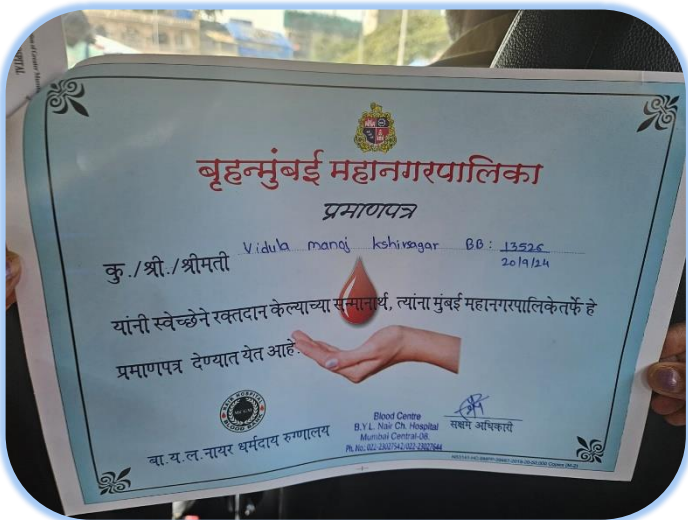
At Dadar Station on 20th September 2024

ROTARY CLUBS OF:

Bombay Bayview | Bombay Cosmopolis | Bombay Central | Bombay Hanging Garden
 Bombay Metropolitan | Bombay Mid-City | Bombay Seaface | Bombay Pier
 Bombay Queen City | Bombay Worli | Mumbai Lower Parel | Mumbai Mahim
 Mumbai Millennials | Mumbai Malabar hill | Bombay North | Mumbai Sion | Mumbai SOBO

INNER WHEEL CLUBS OF:

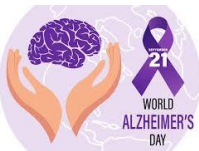
Bombay Bayview | Bombay Central | Bombay Pier Tiara





WORLD ALZHEIMER'S DAY WALKATHON – SPREADING AWARENESS

On September 21st, 2024, the Rotary Club of Mumbai Mahim (RCMM) partnered with Dignity Foundation to organize a World Alzheimer's Day Walkathon – a comprehensive awareness initiative to shed light on dementia and Alzheimer's disease. The day began with a flagging-off ceremony at Nair Hospital, where the Dean of the hospital launched a specially designated awareness bus. This bus toured South Mumbai, making stops at key locations such as Nariman Point, Marine Drive, Girgaum Chowpatty, and Mahalaxmi, where mass awareness efforts were conducted. A symbolic release of balloons at Marine Drive added a poignant moment, signifying the importance of World Alzheimer's Day.



We meet alternate Saturday at 9.00 a.m. at AOTS Hall else on Zoom Conference.

Year 2024-25

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WORLD ALZHEIMER'S DAY WALKATHON – SPREADING AWARENESS

The awareness journey continued at Nagarik Sangh Hall in Shivaji Park, where RCMM members joined a gathering of around 100 senior citizens from Dignity Foundation. During this event, RCMM President Vidula was honored by Dignity Foundation for the club's efforts. The audience was then addressed by experts from Nair Hospital, including Dr. Alka, a community psychiatrist, who spoke about the early warning signs of Alzheimer's such as communication impairments, difficulty in performing daily tasks, sleep disturbances, and the eventual loss of orientation. She also emphasized the challenges faced during the late stages of the disease.

Neuropsychologist Dr. Reshma provided insight into the importance of neuropsychological testing in identifying cognitive deficits. She stressed the potential of cognitive stimulation techniques, sensory activities, and reminiscence therapy in slowing disease progression, even though no definitive medication exists. Dr. Reshma also recommended a balanced diet and mental engagement activities like learning new languages, solving calculations, and color sorting to maintain brain health.



The program concluded with participants taking a full round of Shivaji Park, carrying banners, distributing informative pamphlets, and raising awareness slogans about dementia. The walkathon ended on a high note with the distribution of snacks and tea to all attendees. This awareness initiative marks an important step in addressing the rising prevalence of dementia among the elderly and highlights the measures that can be taken to maintain brain health.



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Year 2024-25

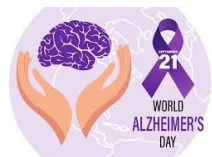
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WORLD ALZHEIMER'S DAY WALKATHON – SPREADING AWARENESS



Walkathon at Shivaji Park – Spreading Awareness on Alzheimer



We meet alternate Saturday at 9.00 a.m. at AOTS Hall else on Zoom Conference.

Year 2024-25

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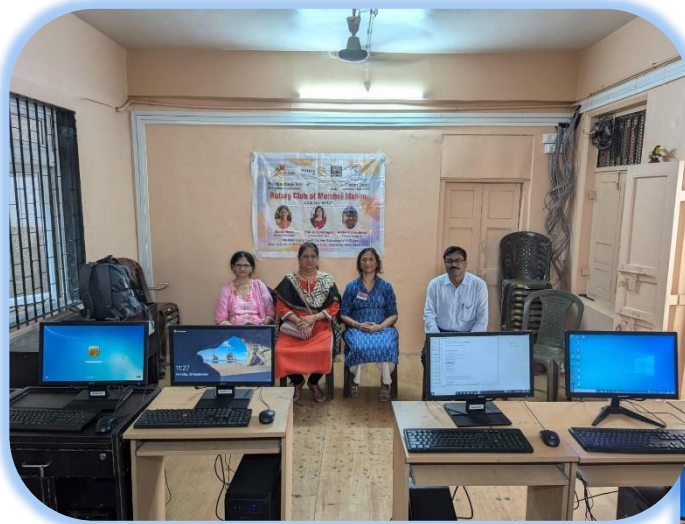


EMPOWER EDUCATION – PROVISION OF COMPUTERS

The Rotary Club of Mumbai Mahim (RCMM) has proudly partnered with Dadar Vidya Mandir for over five years, supporting the school's efforts to provide quality education and essential resources to its students, who largely come from the underprivileged community of Dharavi. With a student body of approximately 700, RCMM has made a significant impact by organizing medical camps, supplying e-learning kits, study materials, and water filters, thereby contributing to the students' overall well-being and academic success.

On 23rd September, 2024, RCMM, with the generous support of NRB Bearings, donated four desktop computers to the school. This is the first step toward a larger goal of setting up 20 computers across two classrooms. These computers will play a crucial role in empowering students by providing them with access to digital resources, which are indispensable for academic growth in today's technology-driven world. Moreover, the computers will be used for skill development courses such as CAD-CAM and MS Office training, equipping students with valuable skills that can greatly enhance their future employment opportunities.

A special thanks to NRB Bearings for their invaluable CSR funding, which is making a lasting difference in the lives of these students and will continue to benefit them for years to come.





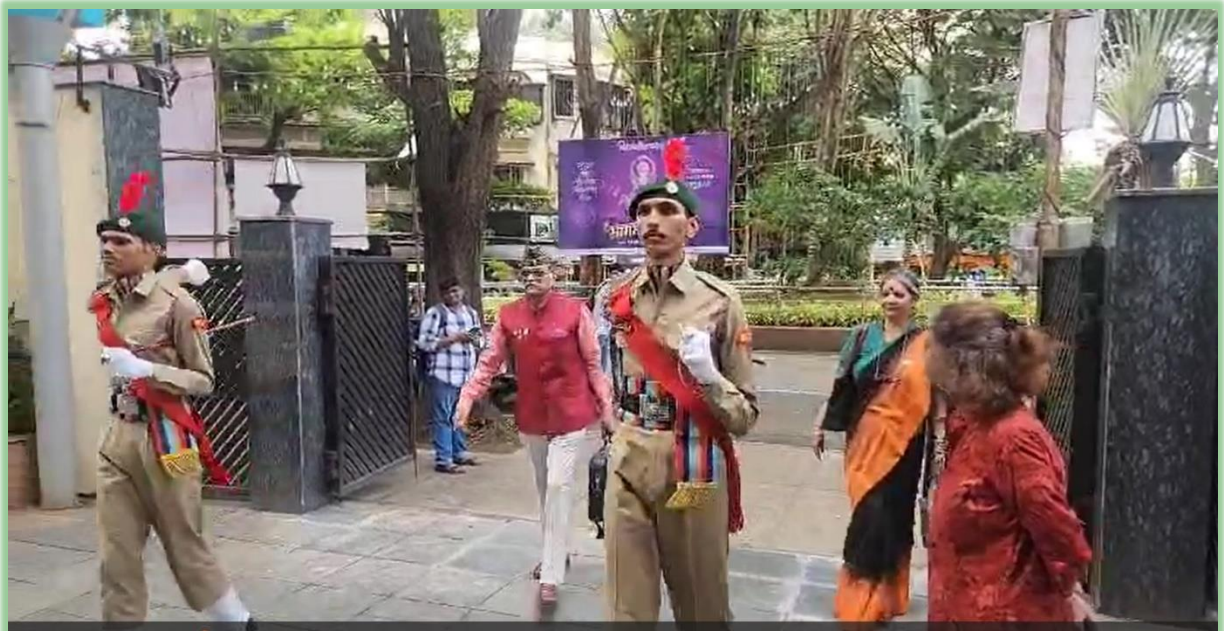
RCCRRC-KARGIL VALOUR REIGNITED-SESSION BY BRIGADIER AJIT SRIVASTAV

The Rotaract Club of Ramnarain Ruia College, in collaboration with NCC, RCMM, and the Department of History, organized a powerful session titled Kargil Valour Reignited on 4th September 2024, featuring Brigadier Ajit Srivastav. The event was a tribute to the bravery of our armed forces, providing a unique opportunity for students to connect with the legacy of the Kargil War.

Brigadier Ajit Srivastav was welcomed with a grand march by the NCC Cadets of Ramnarain Ruia College. Watching the parade and the Brigadier's ceremonious reception was a moment of great pride, reflecting the deep respect and honour the students and faculty held for him.

Listening to Brigadier Srivastav was nothing short of remarkable. His vivid recounting of the Kargil War made the audience feel as if they were witnessing the battle themselves. From tactical maneuvers to the execution of commands, every detail was shared with precision. The session also included videos and a gripping documentary on the Kargil War, which held the room in complete silence, captivating the audience's full attention.

The portrayal of the extraordinary officers and soldiers in the documentary filled everyone with immense pride in our armed forces. Brigadier Srivastav's speech was not only motivational but deeply inspiring, leaving a lasting impact on the audience. His words ignited a desire in many to consider a future in the Armed Forces.





RCCRRC-KARGIL VALOUR REIGNITED-SESSION BY BRIGADIER AJIT SRIVASTAV



A key takeaway from the session was clear: while a career in the Army may not bring material wealth, it offers something far more valuable – respect. The discipline, patriotism, and willingness to sacrifice for the nation earn respect not just within the military but in all walks of life. The event was a powerful reminder that true richness comes from dedication to a higher purpose.

The session was highly interactive, with students eagerly engaging in questions and discussions. Many lined up to take photographs with Brigadier Srivastav, eager to capture a moment with such an inspiring figure.

A special thanks goes to the Youth Team for organizing such an impactful and motivating event.



CELEBRATE TEACHERS' DAY WITH WORDS

Rotaract Club of King Circle Matunga, in association with RCMM, hosted an Essay Writing Competition on 14th September, 2024, at Chhatrapati Shivaji Vidyalaya, to honour the spirit of Teachers' Day. This event encouraged students to think creatively and improve their writing skills, while giving them the chance to express heartfelt gratitude to the teachers who have shaped their lives.

The students expressed deep gratitude for their teachers, noting the significant impact they have on their lives. They pointed out that teachers are more than just educators—they serve as mentors, guides, and role models who inspire and motivate them to achieve their best. Through their dedication, patience, and encouragement, teachers instill a love for learning, help students build confidence, and navigate challenges. Students also recognized the emotional support and care teachers provide, creating a sense of belonging and security that helps them thrive. Overall, students acknowledged that teachers play a crucial role in shaping their lives, influencing their personal growth, aspirations, and future success beyond the classroom.

Special thanks to Vishwas Nemse Sir along with two other teachers, who contributed significantly to making this event successful. Their efforts in coordinating and guiding the students were invaluable.





INSTALLATION OF ROTARACT CLUB OF KING CIRCLE MATUNGA

The 10th Installation Ceremony – Arpan of the Rotaract Club of King Circle Matunga took place on 21st September, 2024, and was a resounding success. The event was meticulously planned and executed, showcasing the club's energetic and vibrant spirit. Rtr. Pranjal Ambarte was installed as President. PR Vidula addressed the audience, adding a significant touch to the occasion. Incoming President Rtr. Pranjal said, “This year, we aim to raise the bar even higher and achieve greater milestones in our service to the community. Together, with your continued support, I am confident we will make a meaningful impact.”



PR. Vidula along with Rtns. Kishore, Revati, Seema, Shaila and Sunita were present through the programme actively supporting the Rotaractors.



RAISING AWARENESS: SESSION ON DRUG ABUSE & PREVENTION

On 28th September, 2024, the Rotary Club of Mumbai Mahim (RCMM) organized an impactful Awareness Session on Drug Abuse and Prevention at Matunga Premier School. The session, attended by 60 students, brought attention to the alarming rise of drug abuse among both the young and the elderly, stressing how it has become one of the most serious threats in today's society.

Mr. Arun Kunchikor, representing the Arunodaya Foundation—a renowned de-addiction and rehabilitation center—took the lead in the session. He shared real-life cases that demonstrated the devastating consequences of drug addiction, particularly among children from well-to-do families. These stories were eye-openers, revealing how the menace of drugs can ruin lives, often starting at a young age. He highlighted how children, as early as those in 6th and 7th grades, are falling into the traps of addiction before they even have the chance to make informed life choices.

PSI Mr. Prajwal Chavan of the Kurla Police Station also addressed the students, adding a law enforcement perspective. He emphasized the importance of staying informed and aware, encouraging the attendees to actively seek help and guidance to prevent the lure of drugs.

The session served as a vital step in educating students about the dangers of drug abuse and the importance of preventive measures, hoping to create a more informed and resilient society. PR. Vidula along with Rtns. Nita and Seema were present throughout the session.





DISTRICT INITIATIVE & CO-HOST

1. Vibrant TRF Seminar

District 3141 had organized Vibrant TRF Seminar on 13th September, 2024 at Jade Garden Banquet. RCMC was Gold Co-host for the event. Almost 90 large hearted vibrant donors were recognized. In addition to the tremendous energy and passion displayed at the event, an impressive \$115,000 for the Vibrant Anganwadi project was raised. Rtns. Chittaranjan and Dhananjay attended the TRF Seminar .



Platinum Co-Hosts
Bombay Metropolitan
Mumbai Elegant
Queen's Necklace,
Mumbai

Happy Hours Sponsor
Rtn. Gayamard Panthaki

Gold Co-Hosts
Palghar
Bombay Airport
Bombay Hills South
Bombay Mahakali Heights
Bombay Mulund Valley
Bombay Seacoast
Bombay South
Bombay Queen City
Mumbai-Bhandup
Mumbai Borivli East
Mumbai Cuffe Parade
Mumbai Ghakopar West

Diamond Co-Hosts
Borivli
Deonar
Bombay Bay View
Bombay Mid-Town
Bombay Pier
Mumbai Royals

Gold Co-Hosts
Mumbai Lakers
Mumbai Mahim
Mumbai Millennials
Mumbai Mulund East
Mumbai Mulund South
Mumbai Neo
Mumbai Salt City
Mumbai Sher-e-Punjab
Mumbai Shivaji Park
Mumbai Sion
Mumbai West End
Mumbai Western Elite

Rotary District 3141 **Rotary Foundation** **END POLIO NOW**

District Vibrant TRF Seminar

RID 3141

Rtn. Dr. Bharat Pandya
TRF Trustee
Chief Guest

6:00 PM | 13th September, 2024 | Jade Garden Banquet

Rtn. Chetan Desai
District Governor

Rtn. Manish Gyani
Dist. Coordinator TRF Support

Lead Host Club:
ROTARY CLUB OF BOMBAY POWAI

Rtn. Dr. Susan Tripathi
Club President

Rtn. Amit Sheth
Convener



2. Rotary Vibrant CSR Conclave

District 3141 had organized Vibrant Rotary CSR Conclave and Awards on Friday 27th September, 2024 at National Stock Exchange, BKC. Glimpses of the event as narrated by Rtn. Prakash Samudra.....

- Mark Malony, TRF RI Trustee , Ashish Chouhan CEO NSC, Bharat Pandya RI Past TRF Trustee present.
- Piyush Goel ji Minister of Commerce and Industries GOI as Chief Guest.
- 250 Rotarians and Corporates were present at NSE Hall in BKC.
- Our DG Chetan Desai announced collection for projects of 1 million USD in first 3 months
- Our District got highest CSR India Grants from RI so far this year across nation

From RCMC PR Vidula along with Rtns. Kishore, Manoj, Prakash and Varsha attended the event.



DISTRICT INITIATIVE & CO-HOST

2. Rotary Vibrant CSR Conclave



We meet alternate Saturday at 9.00 a.m. at AOTS Hall else on Zoom Conference.

Year 2024-25

For Private Circulation Only



PATRONS & DONORS



RC Mumbai Mahim is very grateful to all the donors without whom it is not possible to continue supporting larger section of less privileged community. We look forward for your continued support.

Name	Amount	Cause	Through Rotarian
Suruchi Gaitonde	10,000	Fund Raise Nov 2024	Shobha Karnik
Dnyanada Wagh	10,000	Fund Raise Nov 2024	Shobha Karnik
Nikunj Dhuldhoya	20,000	Fund Raise Nov 2024	Manoj Khsirsagar
Rtn. Asmita Ashok Alate	5,000	Kabbadi Mats	
Beena Eknath Bhandekar	15,000	Fund Raise Nov 2024	Sunita Padwal
Parulekar Shipping Pvt Ltd	5,000	Ration for TB Patients	Kishore Parulekar
Parulekar Shipping Pvt Ltd	5,000	Kabbadi Mats	Kishore Parulekar
Jasmin Kikani	25,000	Fund Raise Nov 2024 – Pediatric Heart Surgeries	Shobha Karnik

“IT IS MORE REWARDING TO WATCH MONEY CHANGE THE WORLD THAN TO WATCH IT ACCUMULATE.”

“AT THE END OF THE DAY IT’S NOT ABOUT WHAT YOU HAVE OR EVEN WHAT YOU’VE ACCOMPLISHED... IT’S ABOUT WHO YOU’VE LIFTED UP, WHO YOU’VE MADE BETTER. IT’S ABOUT WHAT YOU’VE GIVEN BACK.”

“WHAT WE HAVE DONE FOR OURSELVES ALONE DIES WITH US; WHAT WE HAVE DONE FOR OTHERS AND THE WORLD REMAINS AND IS IMMORTAL.”



FAMILY CORNER



Heartiest congratulations to **Rtn. Dr. Nisha Thakkar** for getting felicitated at **YOGA VIDYA NIKETAN**, for her accolades of **MAHARSHI PATANJALI YOG RATNA PURASKAR** from **AKHIL BHARTIYA YOG SHISHAK MAHASANGH** at Ayodhya on 14th June.

Rtn. Dr Nisha says, "I am very much grateful to YVN, (my 2nd Home) has given me wonderful opportunity to be there on stage with **RAM NAIK SIR**, our ex petroleum minister, once again, after 22 years. Time flies so fast and you don't realize."

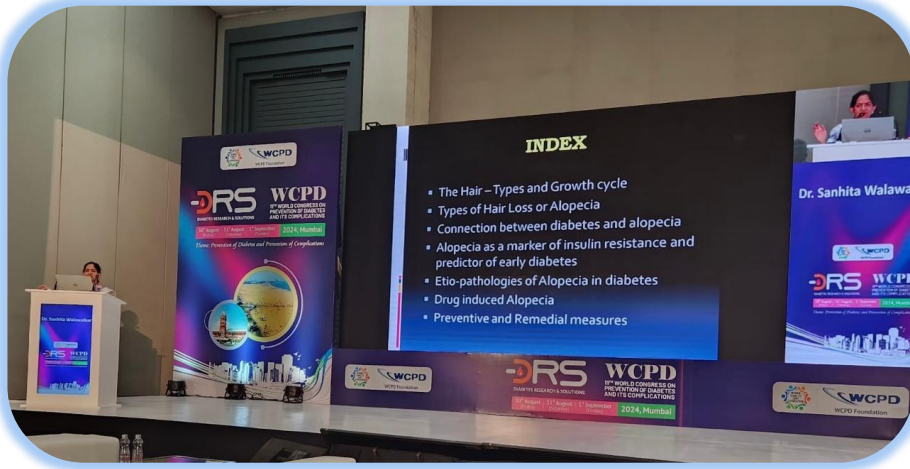




FAMILY CORNER



Heartiest congratulations to **Rtn. Dr. Sanhita** for getting invited to deliver talk 'Hair loss and Diabetes' at Diabetes Research and Solutions - World Congress for Prevention of Diabetes (DRS WCPD) conference at Hotel West In, Powai, Mumbai



Heartiest congratulations to President of Inner Wheel Shivaji Park **Rtn. Veena Watve** for successfully completing Official Club Visit by District Chairman Prerna Raichur at MIG club, Bandra on 3rd September.



FAMILY CORNER



Rtn. Dr Pallavi Saple, the esteemed Dean of J Sample Hospital, is known to be very efficient coming up with new ideas to make the hospital progressive and patients getting best possible treatment. She is recognized for her exceptional expertise and decisive leadership

JJ Hospital evolves with new courses, robotics and infrastructure

THE GRANT Medical College and JJ Group of Hospitals has unveiled plans to build a cutting-edge residential complex on its campus, with a government of Rs 750 crore. The facility will accommodate 1,500 families of the hospital staff. As the institution marks its 100th anniversary this year, hospital Dean **Dr. Pallavi Saple** discusses with **HRPA CHECKROOMERY** the various initiatives aimed at enhancing staff facilities and the measures being implemented to further improve healthcare services for patients.

How will JJ Hospital's various residential complex impact its healthcare employees' daily lives?

If JJ Hospital's new residential complex will offer residents up to 1,500 families of staff members, replacing deteriorating housing. With night-luxury towers and amenities such as podium parking, gardens and a swimming pool, it is designed to improve the quality of life, morale and productivity of hospital employees.

How is JJ Hospital planning to upgrade its infrastructure, especially after the strain caused by the Covid-19 pandemic?

Dr. Saple said she has not developed the need to be in frontiers but JJ Hospital is expanding its long-term plan. One dedicated facility is being updated to support four new specialties: MD in Geriatrics, Interventional Cardiology, and MD in Emergency Medicine.

How can you elaborate on the efforts for modernisation being made in terms of medical equipment and technology?

Dr. Pallavi Saple said that in 2017, she had 127 annual admissions, now we have 300. Courses in Geriatrics, Interventional Cardiology, and MD in Emergency Medicine reflect the evolving demands of healthcare. Our decades-old facility is being updated to support four new specialties: MD in Geriatrics, Interventional Cardiology, and MD in Emergency Medicine.

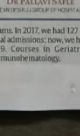
Can you elaborate on the efforts for modernisation being made in terms of medical equipment and technology?

We will introduce robotic surgery systems in the Surgery and Orthopedics departments, which include training advanced surgical techniques. We also have hyperbaric oxygen treatment, particularly beneficial for neurosurgery and gangrene patients.

How will the new cutting-edge virtual anatomy dissection table that the hospital has introduced help medical study?

We are one of the first government-run hospitals in Maharashtra to acquire such advanced virtual anatomy dissection technology. The recently procured system offers a detailed 3D model of the human body, enabling exploration from any angle and repeated practice without traditional cadaveric constraints. Users interact with the virtual model via touchscreens or controls, allowing slicing and exposing various body systems. This hands-on, customizable learning experience enhances educational precision and accessibility at the global standard.

MONDAY INTERVIEW



Dr. PALLAVI SAPLE is the Dean of JJ Hospital. She is a 180-year-old J. Sarneshoji Jeejeebhoy Hospital, has been instrumental in shaping the hospital's vision and direction. In 2019, she made history by becoming the youngest dean of the state-run hospital since independence. She oversees the JJ campus, which spans over 48 acres. She has been appointed as one of the members of the National Taskforce constituted by the Supreme Court to look after safety measures at hospitals. In an exclusive conversation with **The Perfect Voice's** Special Correspondent **Swapani R. Mishra**, Dr. Saple discussed the government's plans to enhance safety measures on the JJ Hospital campus, especially amid recent strikes by resident doctors. The hospital, which has not experienced major violent incidents in recent years, faces security challenges due to its large campus and multiple entry points. Expects...

लोकमत

अहोर्ध्व भ्रमण प्रविष्टिशी मालती

तब्बल १६० वर्षानंतर 'जे.जे.' बनणार इंडियन 'प्रॉपर्टी'

बहुतांश भारतीय मालती संपत्ति

१. जे.जे. हॉस्पिटल ग्रुप ऑफ हॉस्पिटल्स लि. (जे.जे. हॉस्पिटल ग्रुप ऑफ हॉस्पिटल्स लि.) ही संपत्ति संपन्न अहोर्ध्व भ्रमण प्रविष्टिशी मालती संपत्ति बनणार इंडियन 'प्रॉपर्टी' बनणार.

२. जे.जे. हॉस्पिटल ग्रुप ऑफ हॉस्पिटल्स लि. ही संपत्ति संपन्न अहोर्ध्व भ्रमण प्रविष्टिशी मालती संपत्ति बनणार इंडियन 'प्रॉपर्टी' बनणार.

३. जे.जे. हॉस्पिटल ग्रुप ऑफ हॉस्पिटल्स लि. ही संपत्ति संपन्न अहोर्ध्व भ्रमण प्रविष्टिशी मालती संपत्ति बनणार इंडियन 'प्रॉपर्टी' बनणार.

४. जे.जे. हॉस्पिटल ग्रुप ऑफ हॉस्पिटल्स लि. ही संपत्ति संपन्न अहोर्ध्व भ्रमण प्रविष्टिशी मालती संपत्ति बनणार इंडियन 'प्रॉपर्टी' बनणार.

५. जे.जे. हॉस्पिटल ग्रुप ऑफ हॉस्पिटल्स लि. ही संपत्ति संपन्न अहोर्ध्व भ्रमण प्रविष्टिशी मालती संपत्ति बनणार इंडियन 'प्रॉपर्टी' बनणार.

६. जे.जे. हॉस्पिटल ग्रुप ऑफ हॉस्पिटल्स लि. ही संपत्ति संपन्न अहोर्ध्व भ्रमण प्रविष्टिशी मालती संपत्ति बनणार इंडियन 'प्रॉपर्टी' बनणार.

७. जे.जे. हॉस्पिटल ग्रुप ऑफ हॉस्पिटल्स लि. ही संपत्ति संपन्न अहोर्ध्व भ्रमण प्रविष्टिशी मालती संपत्ति बनणार इंडियन 'प्रॉपर्टी' बनणार.

८. जे.जे. हॉस्पिटल ग्रुप ऑफ हॉस्पिटल्स लि. ही संपत्ति संपन्न अहोर्ध्व भ्रमण प्रविष्टिशी मालती संपत्ति बनणार इंडियन 'प्रॉपर्टी' बनणार.

९. जे.जे. हॉस्पिटल ग्रुप ऑफ हॉस्पिटल्स लि. ही संपत्ति संपन्न अहोर्ध्व भ्रमण प्रविष्टिशी मालती संपत्ति बनणार इंडियन 'प्रॉपर्टी' बनणार.

१०. जे.जे. हॉस्पिटल ग्रुप ऑफ हॉस्पिटल्स लि. ही संपत्ति संपन्न अहोर्ध्व भ्रमण प्रविष्टिशी मालती संपत्ति बनणार इंडियन 'प्रॉपर्टी' बनणार.

In JJ, now every bed will have oxygen

Ensuring adherence to medical ethics and standards in Maharashtra, **Dr. Pallavi Saple**, Dean of 180-year-old J. Sarneshoji Jeejeebhoy Hospital, has been instrumental in shaping the hospital's vision and direction. In 2019, she made history by becoming the youngest dean of the state-run hospital since independence. She oversees the JJ campus, which spans over 48 acres. She has been appointed as one of the members of the National Taskforce constituted by the Supreme Court to look after safety measures at hospitals. In an exclusive conversation with **The Perfect Voice's** Special Correspondent **Swapani R. Mishra**, Dr. Saple discussed the government's plans to enhance safety measures on the JJ Hospital campus, especially amid recent strikes by resident doctors. The hospital, which has not experienced major violent incidents in recent years, faces security challenges due to its large campus and multiple entry points. Expects...

SC has appointed you as one of the members of the National Task Force constituted for the safety of doctors. What measures or guidelines will be followed in the next few days as the period given is three weeks, which has not been completed.

What are the government's plans to enhance safety measures on the JJ Hospital campus and other state-run hospitals?

Incidentally, two days before the Kolkata incident, a regular meeting was held with the security committee of JJ Hospital, which looked after the hospital's safety measures, inputs, and CCTV. We

THE PERFECT INTERVIEW

also called a senior inspector from the local police station officer, who pointed out the strategic points and loopholes and gave his suggestions for improving the safety of the hospital. Moreover, police and Nibhaya Patil kept patrolling places that were pinpointed from our side. We are also reviewing our panic alarm, which will be set up across the hospital. Currently, the hospital employs 179 security guards and operates 667 CCTV cameras. We plan to increase these numbers by adding 150 guards and 600 cameras.

What modern technology or equipment is likely to be introduced in JJ Hospital? How will the new cutting-edge virtual anatomy dissection table and modern technology that the hospital has introduced help in medical studies?

Sir JJ Hospital is one of the country's premier and first medical colleges. We will also start robotic surgery (orthopedic and general surgery), as the first laparoscopic unit has been done in the hospital. Our students are getting laparoscopic exposure, but this is a mere robotic surgery exposure. We also offer hyperbaric oxygen treatment, which is particularly beneficial for

neurosurgery and gangrene patients. Moreover, our super speciality hospital building, which will be primarily ready by next year, will have more advanced facilities, including oncology, rheumatology, endocrinology, and gastroenterology departments will be started. The current batch of medical students couldn't get the experience of virtual anatomy dissection as it had come three weeks ago, and all had gone for exams. However, the new batch, which will start on October 14, will get the machines exposed.

How is JJ Hospital planning to revamp its infrastructure, especially after the strain caused by the COVID-19 pandemic?

The COVID-19 pandemic underscored the need for better infrastructure, but JJ Hospital's redevelopment is long overdue. We are building a new super-speciality centre and upgrading the old building, including ICU and intensive care units, to enhance patient care and reduce infection risks. Every bed will now be an oxygen bed, and some wards are being converted into high-dependency units to provide better care for patients who need CPAP.

As JJ Hospital is a 180-year-old state-run hospital, what changes have you seen?

The introduction of new specialisations has significantly expanded our MD and MS programs. In 2017, we had 127 annual admissions; now, we have 300. Courses in Geriatrics, Interventional Cardiology, and Emergency Medicine reflect the evolving demands of healthcare. Our decades-old facility is being updated to support four new specialties: MD in Geriatrics, Interventional Cardiology, and MD in Emergency Medicine.

How will the antimicrobial paint adopted by JJ Hospital help to fight infection, and what protective layer will it provide to patients?

Already a success within Israel's healthcare system, the Israel embassy approached JJ Hospital to research this technology. The QUACTIV technology integrated into the paint offers continuous protection against harmful microorganisms as long as the paint remains on the walls. This technology provides an additional layer of protection for our patients, which is essential for preventing infections and maintaining a safe environment.

Additionally, our microbiologists will inspect the efficacy of the paint both before and after its application to ensure its effectiveness.

Rtn. Dr Pallavi Saple confirmed that they will introduce robotic surgery system in the Surgery and Orthopedics departments, which is crucial for training in advanced surgical techniques. They also offer hyperbaric oxygen treatment, beneficial for neurosurgery and gangrene patients. JJ Hospital is the first government-run hospitals in Maharashtra to acquire advanced virtual anatomy dissection technology. This system provides detailed 3D models of the human body allowing users to explore and practice from any angle without the limitations of cadavers. It offers a global-standard educational experience.

Now J. J. Hospital will have oxygen connection to every bed and it's Nursing Home is revamped with ACs and TVs.

Hats off to you **Rtn. Dr. Pallavi**, RMM is very proud to have you as a member.

We meet alternate Saturday at 9.00 a.m. at AOTS Hall else on Zoom Conference.



FAMILY CORNER



Heartiest congratulations to **Rtn. Dr. Pallavi Saple** for getting invited to be on the dais during "Eye Donation Camp" on occasion of birthday celebration of the Shree Narendra Modi, Prime Minister of India at Banquet Hall, Raj Bhavan, Mumbai, Tuesday, 17th September 2024.



Dean of J. J. Hospital Rtn. **Dr. Pallavi Saple** and Principal Secretary to Governor Praveen Darade handing over the eye donation pledges to Honourable Governor C P Radhakrishnan

Our own Rotarian **Dr. Supriya Saple** was also felicitated by the governor for pledging her eyes. Standing behind the governor.





FAMILY CORNER



Heartiest congratulations to **Madhur**, son of Rtn. **Sunita Padwal** for releasing his debut music video, 'Aik Na Bappa' on the auspicious occasion of Ganesh Chaturthi. In addition to singing, Madhur also took on the songwriting for this track.

Madhur says that social media and technology have reduced face-to-face interactions, but Ganeshotsav in Mumbai continues to unite people, fulfilling Lokmanya Tilak's vision. To capture this energy for devotees outside Mumbai, the song's video showcases Ganesh's arrival and immersion at famous circles. Featuring three generations of voices—child artist Ankur Veerkar, Madhur, his friends, and his father in the chorus—the song aims to appeal to all age groups.

RCMM wishes Madhur all the very best in his future endeavours.





FAMILY CORNER



Heartiest congratulations to **Rtn. Dr Ajay Darekar** for getting invited as Chief Guest for Award Ceremony at Aryan Education Society High School at Girgaon.

Rtn. Dr. Ajay says, "Today visited to Aryan Education Society as a Chief Guest, It was a wonderful experience to visit such an old School, The Students were Amazing, All Management was there for the event and they are doing great work, Thank you to Milind Deshpande Sir and Vidula Mam for Opportunity, As Rotarian I communicated with management on some points so will discuss with You all about that."





FAMILY CORNER



Heartiest congratulations to Rtn. Dr Nilesh Satbhai for successfully conducting surgery of Hand Transplant for the young girl who had lost her limb due to electrocution.

गणेश विसर्जन पर ब्रेनडेड 40 वर्षीय शीपुल मंडल और 9 साल की रिया मिस्त्री के अंग परिजनों ने दान किए देश में पहली बार सबसे कम उम्र में हाथ का दान, वलसाड की 9 साल की रिया का हाथ मुंबई की 15 साल की बेटी को ट्रांसप्लांट किया गया

सिटी रिपोर्टर | सूरत

गणेश विसर्जन के दिन ब्रेनडेड दो लोगों के अंग उनके परिजनों ने दान किए। ब्रेनडेड 40 वर्षीय शीपुल मंडल की किडनी, लीवर और हार्ट और ब्रेनडेड 9 साल की रिया मिस्त्री की किडनी, फेफड़े, हाथ और नेत्र दान किए गए। रिया मिस्त्री का हाथ मुंबई में 15 साल की बेटी में ट्रांसप्लांट किया गया। यह देश में पहली बार सबसे कम उम्र के ब्रेनडेड बच्चे के हाथ दान और सबसे कम उम्र के बच्चे में हाथ के ट्रांसप्लांट है। वहीं रिया के फेफड़े तमिलनाडु की 13 साल की बच्ची में लगाए गए। जबकि शीपुल का हार्ट सूरत के 57 साल के व्यक्ति में ट्रांसप्लांट किया गया।

पहली घटना में मूल परिचम बंगाल और सांकी गाम कडोदरा निवासी शीपुल मंडल (40) 14 सितंबर को मित्र के साथ डिंडोली में गणपति देखने गया था, रास्ते में चलथण इंडियन पेट्रोल पंप के पास ब्रेक लगाने से एक्टिवा स्लीप हो गई। जिसके कारण पीपुल के गंभीर चोट लगने से वह बेहोश हो गया। उसे तत्काल स्मोमेर अस्पताल में भर्ती कराया गया। जहाँ सिटी स्कैन कराने पर ब्रेन हेमरेज होने के पता चला और उसका इलाज किया गया। 16 सितंबर को डॉक्टरों ने पीपुल को ब्रेनडेड घोषित कर दिया। डोनेट लाइफ की टीम ने ब्रेनडेड शीपुल के परिजनों पनी सविता, साला दीपंकर, भाभी चंदना सरकार से संपर्क किया और अंगदान का महत्व और प्रक्रिया समझाई। परिजनों की सहमति पर ब्रेनडेड शीपुल की किडनी, लीवर, हार्ट का दान कराया।

ब्रेनडेड शीपुल मंडल की किडनी, लीवर व हार्ट, और रिया मिस्त्री की किडनी, लीवर, फेफड़े, हाथ व नेत्र दान किए



दूसरी घटना में वलसाड के तीथल रोड स्थित सरदार हाइट्स निवासी और पारडी स्थित श्री वल्लभ आश्रमशाला में कक्षा 4 में पढ़ने वाली रिया मिस्त्री (9) को 13 सितंबर को उल्टी होने पर अस्पताल में भर्ती कराया गया। 14 को असहाय सिरदर्द होने पर लोटल अस्पताल में भर्ती कराया गया। 15 को दिल की धड़कन बंद होने पर सीपीआर देने के बाद सिटी स्कैन कराने पर ब्रेन हेमरेज का पता चला। अधिक इलाज के लिए सूरत के किन अस्पताल में भर्ती कराया गया। 16 सितंबर को डॉक्टरों ने रिया को ब्रेनडेड घोषित कर दिया। डोनेट लाइफ की टीम ने ब्रेनडेड रिया की पालक माता डॉ. उषाबेन मइशरी, माता-पिता तुष्या और बाबू मिस्त्री

सहित परिजनों से संपर्क किया और अंगदान की प्रक्रिया समझाई। सहमति पर रिया के अंगों का दान कराया। दान में मिली चार किडनी में से एक किडनी का ट्रांसप्लांट सूरत में नवसारी के 13 साल के बच्चे में ट्रांसप्लांट की गई जबकि बाकी हैदराबाद और मुंबई पहुंचाने के लिए सूरत किरन अस्पताल से एयरपोर्ट तक और हार्ट के लिए स्मोमेर से महावीर अस्पताल तक और लीवर और किडनी को रोड मार्ग से अहमदाबाद पहुंचाने के लिए कामरेज तक का मार्ग शहर पुलिस ने ग्रीन ट्रांसप्लांट सूरत के अस्पताल में किए गए।

गणेश विसर्जन पर बंदोबस्त के बीच शहर पुलिस ने बनाया ग्रीन कॉरिडोर : गणेश विसर्जन का बंदोबस्त होने के बावजूद फेफड़े और हाथ समय से हवाई मार्ग से हैदराबाद और मुंबई पहुंचाने के लिए सूरत किरन अस्पताल से एयरपोर्ट तक और हार्ट के लिए स्मोमेर से महावीर अस्पताल तक और लीवर और किडनी को रोड मार्ग से अहमदाबाद पहुंचाने के लिए कामरेज तक का मार्ग शहर पुलिस ने ग्रीन कॉरिडोर बनाया।

देश में सबसे छोटी उम्र की लडकी के हाथ दान और ट्रांसप्लांट की पहली घटना

सूरत से नौ वर्षीय ब्रेनडेड बच्ची के हाथ दान से मुंबई की किशोरी को मिली नई जिंदगी

गणपति विसर्जन के दौरान अंगों को एयरपोर्ट और अहमदाबाद भेजने के लिए पांच ग्रीन कॉरिडोर बनाए



पहुंचाने के लिए पांच ग्रीन कॉरिडोर बनाए गए। डोनेट लाइफ संस्था ने देश में पहली बार सबसे छोटी उम्र की लडकी के हाथ का दान और ट्रांसप्लांट की घटना में सूरत से अंगदान होने का दावा किया है। जानकारी के अनुसार, वलसाड तीथल रोड निवासी रिया पुत्री बांबी मिस्त्री (9) पारडी में श्रीवल्लभआश्रम स्कूल में कक्षा चार

में पढ़ती थीं। गत 13 सितंबर की शाम उल्टी सहित दूसरी तकलीफ के साथ उसे अस्पताल लाया गया। चिकित्सकों ने सीटी स्कैन किया, जिसमें ब्रेन हेमरेज की पुष्टि हुई। इसके बाद उसे सूरत के किरण अस्पताल में भर्ती कराया जहाँ चिकित्सकों ने 16 सितंबर को उसे ब्रेनडेड घोषित कर दिया। सूचना मिलने पर डोनेट लाइफ की टीम

पहुंची और परिवार को अंगदान के बारे में बताया। वहीं, दूसरी घटना में मूल परिचम बंगाल कोलकाता और हाल में सूरत के कडोदरा सांकी गांव निवासी शीपुल मंडल (40) गत 14 सितंबर को मित्र के साथ डिंडोली गणपति देखने गए थे। रास्ते में स्पीड ब्रेकर पर एक्टिवा फिसल गई। इसमें शीपुल को सिर में गंभीर चोट आई और वह बेहोश हो गए। उन्हें स्मोमेर

अस्पताल में भर्ती करवाया गया जहाँ इलाज के दौरान 16 सितंबर को चिकित्सकों ने ब्रेनडेड घोषित कर दिया। सूचना मिलने पर डोनेट लाइफ की टीम पहुंची और अंगदान के बारे में परिवार को बताया। दोनों परिवार से सहमति मिलने के बाद स्टेट ऑर्गेन ट्रिब्यु ट्रांसप्लांट ऑर्गेनाइजेशन (एसओटीओ) को जानकारी दी गई। एसओटीओ ने शीपुल की दो किडनी अहमदाबाद के अस्पताल, लिवर अहमदाबाद के जायडस अस्पताल, हृदय सूरत के महावीर अस्पताल को दान किया। जबकि रिया की दो किडनी में से एक किडनी सूरत के किरण अस्पताल,

दूसरी किडनी और लिवर अहमदाबाद के आइकेडीआरसी अस्पताल के अलावा देश में पहली बार स्वस्थ छोटी उम्र की रिया के हाथ मुंबई की ग्लोबल अस्पताल और फेफड़े हैदराबाद की कीम अस्पताल को दान किए गए। दान में मिले चार किडनी में से एक किडनी का ट्रांसप्लांट सूरत के किरण अस्पताल में नवसारी निवासी 13 वर्षीय बालक में किया। अन्य तीन ट्रांसप्लांट किया गया। दान में मिला एक लिवर अहमदाबाद के जायडस अस्पताल में वलसाड निवासी 47 वर्षीय व्यक्ति तब दूसरा लिवर

अहमदाबाद के आइकेडीआरसी अस्पताल में ट्रांसप्लांट किया गया। दान में मिला हृदय सूरत निवासी 57 वर्षीय व्यक्ति में महावीर अस्पताल में ट्रांसप्लांट किया। जबकि चक्षुओं का दान किरण अस्पताल में स्वीकार किया।

मुंबई की किशोरी के हुआ हाथ का ट्रांसप्लांट: दान में मिला हाथ मुंबई निवासी एक किशोरी में ग्लोबल अस्पताल में ट्रांसप्लांट किया गया। यह बच्ची 11वीं कक्षा में पढ़ती है।



FAMILY CORNER

Ganesh Festival is one of the most celebrated festival of Maharashtra. It brings in lot of enthusiasm and happiness across all the sections of society. Ganesh, the elephant-headed son of Shiva and Parvati, is the supreme God of knowledge, wisdom, prosperity and good fortune. He is the Lord who is first worshipped before any holy occasion or puja. Many of the RCMM members bring Ganesh Idol and perform puja. We visited them and enjoyed praying to Lord Ganesh!!



Elegantly decorated Ganesha at Rtns. Pradeep and Veena Watve's House



FAMILY CORNER



Simple but Elegant at Rtn. Alka's House



Lovely decoration at Rtn. Archana



Festive decorations At Rtn. Dr.Hemangee's and at Rtn. Dr. Sanhita's Residence



We meet alternate Saturday at 9.00 a.m. at AOTS Hall else on Zoom Conference.

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FAMILY CORNER



Rtn. Dr. Nilesh, an organ transplant expert, crafted his own Ganapati idol with the same passion and precision he brings to saving lives. His dedication shines in both his medical work and his artistry.



Beautifully decorated Ganesha at Rtns. Parulekar's residence Elegant decoration At Rtn. Rege's residence

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FAMILY CORNER



At Rtn. Vidya's son's residence



At Rtn. Usha's place



Rtn. Julina's daughter's place in USA
Decoration is with Lego Pieces!



Happy Ganpati from
Columbus, Ohio

Rtn. Pradeep Dixit's daughter's place
in USA

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FAMILY CORNER

Gauri is an avatar of Ma Parvati, mother of Lord Ganesha. However, in Maharashtra, it is believed that Gauri is Ganesha's sister who comes to visit him. Like her brother, the arrival of Ma Gauri in one's home represents health, wealth, happiness & prosperity. In fact, Gauri sthapna is done with two idols of Ma Gauri.



Beautifully decorated Gauris at Rtn. Vidya's son's place and at Rtn. Sandya's residence



FAMILY CORNER

*Wishing you a day filled with Happiness and a year filled with Joy.
Happy Birthday*



Prashant, son of Rtn. K Suryakumar

Rtn. Jahangir Adranvala

Smita, wife of Rtn. Chandrashekhar Apate

Swapnil, son of Rtn. Shobha Karnik

Vivek, husband of Rtn. Vrushali Kolhatkar

Rtn. Vidya Kulkarni

Gaurang, son of Rtn. Girish Jawle

Rtn. Vandana Rajhansa

Mihir, son of Rtn. Vandana Rajhansa

Amrut, son of Rtn. Chandrashekhar Apate

Rtn. K Suryakumar

Rtn. Dr. Arvind Ankalikar

Rtn. Shital Bhatkar

Jay, son of Rtn. Dr. Nilesh Satbhai

Rtn. Abhishek Shah

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