



Rotary Club of Bombay East (Since 1955)
Oct-Nov 2023



Aatmic Energy



Hope In Health

Malnutrition refers to deficiencies, excesses or imbalances in a person's intake of energy and/or nutrients. The term malnutrition covers 2 broad groups of conditions. One is 'undernutrition' which includes stunting (low height for age), wasting (low weight for height), underweight (low weight for age) and micronutrient deficiencies or insufficiencies (a lack of important vitamins and minerals). The other is overweight, obesity and diet-related noncommunicable diseases (such as heart disease, stroke, diabetes, and cancer).

Safe drinking-water, sanitation and hygiene are crucial to human health and well-being. Safe WASH is not only a prerequisite to health, but contributes to livelihoods, school attendance and dignity and helps to create resilient communities living in healthy environments.

Drinking unsafe water impairs health through illnesses such as diarrhoea, and untreated excreta contaminates groundwaters and surface waters used for drinking-water, irrigation, bathing and household purposes.



Fellowship and Projects

Even Dental Check-up Camp was organized by Rotary Club Of Bombay East, at Nehru Nagar Area on 29 th October. This camp catered to 150 children in age group of 6 to 15. Rotarian Anjana Jethani was instrumental in entire organization. Mr Mutthu, a local social worker helped to arrange children through volunteers. President Sujata Marathe along with Rotarian Rita Sharma, Rotarian Rama Patel were of great help. Snacks were organised by Rotarian Vidya Dongre and Dental Kits were presented to children. All these kits were organised by Rotarian Inakshi Parmar. Members from club participated enthusiastically. Further treatment of children will also be sponsored by Rotary Club Of Bombay East at the medical Center.

Rotarian Deepak Ambardekar and Rotarian Pradeep Dongre participated in a Mountain Vintage Car Rally from 30 Oct to 5 Nov. Vintage cars were drove by our friends in Green enchanting hilly areas of Meghalaya. It was memorable fellowship by rotarians

Cardiopulmonary resuscitation (CPR) is an emergency procedure consisting of chest compressions often combined with artificial ventilation, or mouth to mouth , an effort to manually preserve intact brain function until further measures are taken to restore spontaneous blood circulation and breathing in a person who is in cardiac arrest. It is recommended for those who are unresponsive with no breathing or abnormal breathing.

Rotary Club Of Bombay East at its own RAMJI BHAI KAMANI MULTI DIAGNOSTIC MEDICAL CENTER, arranged a CPR training for staff. Support staff could avail hands on training of CPR. It will definitely of great help for the center and people in community.

Training was at center on 19 th November. It was supported by Ajanta Pharma Total beneficiaries of project are 50.



VISIT TO VOCATIONAL TRAINING CENTER

Members of Rotary Club of Bombay East visited the vocational centre at Vikhroli on 18 OCT 2023. This centre is running for last 24 years started in year 1980 this centre has always so the society by giving vocational education to the needy people of society. Glenn E. Estess Sr., who served as 2004-05 RI president during Rotary's centennial year, had visited this center.

Mehndi electrician stitching courses are run by well trained staff. Rotarian Vidya Dongre being herself in this profession helps to develop the curriculum and provides the required material as and when possible. Currently 80 students are beneficiary of these courses. Three teachers and one support staff are engaged for smooth running.

Rotarian Deepak Parekh looks after the centre personally and shares a personal rapport with teachers and students. Students who are taking education in this vocational Centre try to search for job or they start their own business in this field.

BMC School Building In charge Mr Pundalik Pawar (9892663192) was present personally to congratulate girls. Mr Kailas Bhangare (9167325726) from BMC school teachers BDO also introduced rotary work to all S ward school Principals. On Behalf of Rotary Club Of Bombay East, President Sujata Marathe requested to send needy parents to this vocational centers. All Principals showed their commitment for this noble cause.



Induction Ceremony

The members of RC Of Bombay East gathered with lot of enthusiasm to welcome new members on Wednesday 27th September 2023 at 8.00 pm at “Club Millenium” Andheri West.

Three new members were inducted .They were, Ms Poonam Nadkarni, Mr Sanjay Chafekar, Ms Smita Chafekar.

Membership Director Rtn Jagdish Kotadia organised everything promptly and the function was a grand success.

AG Rtn. Babli and, Membership Chair Rtn. Anand and DG Rtn Anil Bhargav were personally present to grace the occasion. PDG Shashikumar Sharma blessed the new members.



Birthdays & Anniversaries

Sudha Parekh	Oct	2	Falguni Mehta	Nov	13
Nutan Chheda	Oct	6	Beena Pidwani	Nov	18
Rupa Mistry	Oct	10	Pradeep Dongare	Nov	19
Perin Karu	Oct	11	Rajiv Aggarwal	Nov	20
Anupama Aggarwal	Oct	19	Pranav Goradia	Nov	26
Arun Patel	Nov	1	Sanjeev-Ashwini	Nov	27
Latha Shetty	Nov	1	Shah		

