

The Gateway



BULLETIN OF THE ROTARY CLUB OF BOMBAY

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THIS TUESDAY:

Prachi Shevgaonkar,
founder of
Cool the Globe

COMING UP

July 27th, 2024:

Launch of new Dialysis
Centre. [Details inside.](#)

July 28th, 2024:

Monsoon brunch at
Hammer & Song (Cuffe
Parade). [Details inside.](#)

July 30th, 2024:

Tuesday meeting with
Revant Himatsingka,
popularly known as the
Food Pharmer, who is
on a mission to educate
Indians about health.

August 6th, 2024

Discussion on Landscape
of Commercial Real
Estate in India and global
by Nuvama Private.

August 10th, 2024

Parsi Nite at Albless
Baug.

August 13th, 2024

Tales from the Veteran
Heroes of Independence

August 29th, 2024

Dil Se, a concert by
Ustad Shujaat Husain
Khan. [Details inside](#)

RCB honours Dr. Rajendra Badwe with prestigious Citizen of Mumbai Award



Last Tuesday, Rotary Club of Bombay conferred the prestigious Citizen of Mumbai Award upon Dr. Rajendra Achyut Badwe, Professor Emeritus and former Director of Tata Memorial Centre. In his acceptance speech, Dr. Badwe attributed his achievements to the unwavering support of the House of Tatas and the Department of Atomic Energy, led by Dr. Homi Bhabha.

Dr. Badwe highlighted the evolution of cancer prevalence in India, noting a marked increase compared to past decades. Despite this rise, India fares better than Western countries, with rural areas reporting significantly lower cancer rates. He cautioned against complacency, emphasising the need for vigilance as urbanisation progresses.

He presented an optimistic view, citing stable cancer rates in various regions over the last 20 years. Dr. Badwe warned, however, that urbanisation inevitably leads to increased cancer rates, as seen in Barshi, Maharashtra. Despite these challenges, early detection and prevention can significantly reduce cancer mortality, especially for common cancers like oral, breast, and cervical cancer.

Dr. Badwe underscored the preventable nature of many cancers, with 40% in India linked to tobacco use. He called for industry action to curb tobacco cultivation and highlighted the need to address obesity, which is associated with multiple health issues, including cancer.

He also stressed the importance of hygiene in reducing infection-related cancers, such as cervical cancer. Mumbai has seen a significant decline in cervical cancer rates, thanks to improved hygiene practices.

Dr. Badwe shared insights into innovative research at Tata Memorial Centre, including studies that have influenced global cancer treatment practices. One notable study demonstrated a 30% reduction in breast cancer deaths using a low-cost injection, challenging more expensive Western treatments.

Dr. Badwe emphasised the need for societal support in advancing cancer research and treatment, acknowledging the critical role of the Rotary Club, the Terry Fox Foundation, and various donors. He highlighted the importance of inclusive treatment for all social classes, ensuring comprehensive

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understanding and effective solutions.

In a Q&A session, Dr. Badwe addressed the potential of partnerships with private diagnostic centres to alleviate the burden on Tata Hospital. With patient numbers far exceeding the hospital's capacity, he expressed openness to revisiting such collaborations to improve patient care and access to diagnostics.

Quick 29

- Cancer registries cover 3 to 4 million people in rural pockets.
- Cancer affects 40 to 50 individuals per 100,000 population per year in rural areas of India.
- In mid-sized Indian towns, the number rises to 65 to 75 per 100,000 population per year.
- In cities like Mumbai, Bangalore, Kolkata, Chennai, and Delhi, the number is 100 per 100,000 population per year.
- In European countries and the United States, the number is 350 per 100,000 population per year.
- Cancer incidence has remained steady in India for the last 20 years: 45 per 100,000 population per year in rural areas, 75 in mid-sized towns, and 100 in cities.
- 70% of India's population is rural, 25% in mid-sized towns, and 5% urban.
- Projections indicate urban population will rise to 25%, then 50%



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in 2 to 3 decades, making cancer incidence 100 per 100,000 across the board.

- Two-thirds of cancers in India are oral, breast, and cervical, which have cure rates exceeding 85-90% if detected early.
- 40% of cancers in India are related to tobacco.
- 90% of heart attacks and strokes in India are related to tobacco.
- Obesity is linked to 19 different cancers and causes diabetes, micro vessel disease, and heart attacks.
- Cervical cancer incidence in Mumbai has dropped from 24 to 6 per 100,000 women over 25 years.
- Incidence of cervical cancer: 24 per 100,000 in rural Barshi, 12 per 100,000 in urban Barshi, 6 per 100,000 in Mumbai, and 5 per 100,000 in the Middle East and among Muslim communities in Barshi.
- Two-thirds of cancers are preventable and lend themselves to early detection.
- Cure rates for these preventable cancers can exceed 80%.
- Death rates for the same cancer are 20-25% higher in men compared to women.
- Tata Hospital has conducted 15 studies in the last 15 years that have changed cancer treatment practices globally.
- A study involving 800 women given progesterone injections showed a 30% reduction in deaths related to breast cancer.
- The cost of the progesterone injection is Rs 100.
- A study compared a Rs 25 lakh medicine to a Rs 500 injection in a trial with 1,600 patients (800 receiving the expensive medicine, 800 receiving the cheaper injection).
- Tata Hospital was initially designed to handle 10,000 new patients and 25,000 follow-ups per year.
- Currently, Tata Hospital sees 85,000 new cancer patients and 600,000 follow-ups per year.
- Lung cancer in Mumbai affects 10 individuals per 100,000.
- Lung cancer in the West, adjusted for smoking and non-smoking, affects approximately 65 individuals per 100,000.
- Colorectal cancer affects about 9 individuals per 100,000 in India, compared to 60 per 100,000 in the US or Europe.
- Obesity and pollution are major contributors to higher cancer incidence in urban areas.
- In the West, in certain trials costing about Rs 25 lakh, there has been a 20% reduction in cancer-related recurrence but no reduction in deaths.
- Colon cancer is low in India, with 9 per 100,000 affected, compared to 60 per 100,000 in the West.

All statistics have been extracted from Dr. Badwe's talk.



**FOR A
COMPLETE
TRANSCRIPT
OF THE TALK
CLICK
HERE**



President Satyan Israni's birthday greetings to PP Framroze Mehta, Rtn. Dr. Ashok Kirpalani, Rtn. Dr. Indu Shahani, and Rtn. Rekha Tanna



Rotarians Amit Banka, PP Shailesh Haribhakti, Roda Billimoria, Dr. Indu Shahani, Meera Alreja, Dr. Rohini Chowgule and Hormusji Cama



Rotarians Dr. Ashok Kirpalani, PP Vijay Jatia, Mahesh Khubchandani, PP Dr. Adi Dastur and PP Shailesh Haribhakti with speaker Dr. Rajendra Badwe



Rotarians PP Dr. Rumi Jehangir, Sanjiv Mehra, PP Dr. Adi Dastur and Arish Dastur



PP Nirav Shah, PP Nandan Damani and Rtn. Sunny Pariyaram



President Satyan Israni inducts Arish Dastur and Amit Banka into the Rotary Club of Bombay

Cathedral Interact triumphs at district-level inter-school quiz



In a display of intellectual prowess, Cathedral and John Connon School emerged victorious in their south zone's quarter-final rounds of Knowledge Quest, an inter-school quiz contest. Hosted by the Rotary Club of Bombay Powai at Amulakh Amichand Bhimji Vividhlakshi Vidyalaya in Matunga on July 14th, 2024, the event showcased keen competition among Interact Clubs from District 3141. Competing against formidable opponents, Cathedral and John Connon School clinched first



place while Sir J.J. Girls' School (both RCB clubs) secured a commendable second position. The victory propels Cathedral students to the semi-finals scheduled for July 27th, 2024, to be held at the Bahai Faith Centre in Marine Lines. Expressing gratitude, elated teachers acknowledged Rotary Club of Bombay for providing valuable exposure to their students through this prestigious event. The upcoming semi-finals promise to be another thrilling chapter in their journey towards quiz supremacy.



BY STUDENT AT GK MARG GETS STATE SCHOLARSHIP

Each year, the Maharashtra Government administers scholarship exams for Grade 5 and Grade 8 students, a significant event held annually in February. 5.3 lakh students registered for the Grade 5 scholarship this year. Recently announced results have brought great pride to Bhavishya Yaan at GK Marg, as Master Sahil Shaikh emerged as a distinguished achiever after excelling in the rigorous written exams of this prestigious scholarship programme. Sahil's outstanding performance was celebrated by the BY team, who organised a felicitation ceremony attended by his proud parents, principal, BMC educators, and fellow students. The event not only honoured Sahil's accomplishment but also served to motivate his peers.

Ms. Monica from Vidya, one of Sahil's devoted teachers, played a pivotal role in his success by going above and beyond to ensure his preparation was comprehensive.



Alumni Success: BY youth gets RCB Internship Certificate

Young Bhavishya Yaan alumni Pooja Rathod recently completed a two-month internship with the Rotary Club of Bombay office. During her time there, she actively contributed to various community projects and gained valuable insights into humanitarian efforts. Today, she proudly receives her internship certificate, marking the culmination of her dedicated efforts and commitment to making a positive impact in her community.

SPIRITUAL HARMONY AT AY



Our Ananda Yaan Centre at Dr. E Moses Road, resonated with spiritual fervour on July 11th, 2024, as devotees gathered to celebrate the sacred month of Shravan. Led by the dedicated efforts of Mr. Aditya Saool and his wife, Ankita, who serve as full-time satsang facilitators, the gathering at Ananda Yaan was a testament to their commitment to spiritual enrichment. The couple is known for their deep-rooted involvement in the teachings of Sri Sri Ravi Shankar. Aditya's extensive experience spanning more than 25 years in satsang leadership, coupled with Ankita's dual roles as a software engineer and a proficient tabla artist, reflect their unwavering dedication to spiritual practice.

TAEKWONDO SUCCESS STORIES AT LIGHTHOUSE

Grand Master Sujit Singh, a highly accomplished martial artist, is making a significant impact at Lighthouse through his Taekwondo classes. With a stellar record that includes being a 6th Degree Black Belt and an International Master and Gold Medallist from South Korea, Mr. Singh brings unparalleled expertise to his teaching.

For years, Grand Master Singh had sought an opportunity to share his skills with underprivileged children who couldn't afford martial arts training. In 2018, the Lighthouse project of RCB provided him with the platform he needed to fulfil this dream.

"I am amazed by the talent of these kids," says Grand Master Singh, reflecting on his experience over the past six years. "Their exceptional manners and brilliant learning abilities have been truly inspiring." Several of his students recently participated in the prestigious 7th Mumbai District Open Taekwondo Championship 2023 at DSB International School, Mumbai, where they proudly secured medals. Grand Master Singh firmly believes that with continued support and training, these children have the potential to bring international glory to our country.

The Child Welfare Committee at RCB acknowledges Mr. Sujit Singh's dedication and ongoing commitment to the students. They commend him for instilling much-needed discipline through Taekwondo, fostering personal growth and resilience among the participants.

Mr. Singh's contributions extend beyond the dojo as he serves as a National Referee, National Instructor, and a respected Celebrity Trainer, adding to his reputation as a transformative figure in the world of martial arts education.



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6.30 PM, THURSDAY, 29 AUGUST 2024



Rotary Club of Bombay Dialysis Centres

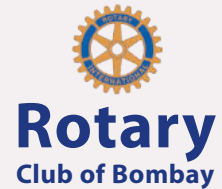
	Aastha Hospital, Manor First Floor, Rais Arcade, Palghar-Wada Road, Manor District Palghar 401403	3 No. of Machines	FREE Charges for needy patients	
	Platinum Hospital, Mulund Neptune Colorscape, Dumping Rd, Siddharth Nagar, Mulund West, Mumbai, Maharashtra 400080	2 No. of Machines	FREE Charges for needy patients	
	Sukhsagar Hi-Tech Hospital, Dahisar (Rotary Dialysis Centre) Lokmanya Tilak Rd, Mhatre Wadi, Dahisar West, Mumbai, Maharashtra 400068	2 No. of Machines	800/- Charges for needy patients	
	Shatabdi Hospital, Govandi (Rehbar Foundation) Rehbar Foundation Malik Rakia Khatoon Dialysis Centre, First Floor, Shatabdi Hospital, Centenary Building, WTP Marg, near Pepsi Company, Deonar, Govandi East, Mumbai, Maharashtra 400088	3 No. of Machines	FREE Charges for needy patients	
	Shatabdi Hospital, Kandivali Swami Vivekananda Rd, Kandivali, Fateh Baug, Kandivali West, Mumbai, Maharashtra	2 No. of Machines	FREE Charges for needy patients	
	Samarpan Dialysis & Thalassemia Centre, Ghatkopar Aaradhy Edu-Health Centre, , H-wing, 3rd flr, Aaradya One Earth, Naidu Colony, Pant Nagar, Ghatkopar East, Mumbai 400077	14 No. of Machines	300/- Charges for needy patients	
	Lifeline Medicare Hospital, Charkop Charkop Village Near Rustomjee Meridian, Charkop Gaon, Kandivali West, Mumbai, Maharashtra 400067	15 No. of Machines	FREE Charges for needy patients	
	Dr. M.L. Dhawale Memorial Trust Hospital, Palghar Boisar Rd, opposite S.T Workshop, Palghar Taluka Industrial Co Operative Estate, Palghar, Maharashtra 401404	2 No. of Machines	250/- Charges for needy patients	
	K.J. Somaiya Hospital & Research Centre, Sion Somaiya Ayurvihar, Eastern Express Hwy, Sion East, Sion, Mumbai, Maharashtra 400022	10 No. of Machines	FREE Charges for needy patients	
	Acharya Shri Ramesh Dialysis Centre, Andheri East 316,3rd Floor,B-Wing Dattani Plaza,Near Safed Pool, Sakinaka, Andheri Kurla Road, Andheri(East), Mumbai, Maharashtra 400072	10 No. of Machines	FREE Charges for needy patients	

Subject to fulfilment of conditions
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NEXT WEEK'S SPEAKER

REVANT HIMATSINGKA,
HEALTH ADVOCATE

Revant Himatsingka, popularly known as Food Pharmer, is a distinguished health advocate, author, and thought leader in India, dedicated to making the nation health literate. His impactful work gained national attention when his viral video revealed the high sugar content in Bournvita, prompting the government to demand changes to its misleading packaging and leading to a 15% reduction in sugar content. Revant's influential voice has amassed over 2 million social media followers, and he has shared his insights at six TEDx events. An MBA from the Wharton School of Business and a certified health coach from the Institute for Integrative Nutrition, Revant combines his business acumen with a passion for health advocacy, driving change and educating the public on nutrition and wellness. Through his work, Revant continues to inspire and mobilise a healthier India.



Happy Birthday



July 23
Rtn. Sushil
Jalan



July 24
Rtn. Vivek
Gupta



July 25
Rtn. Anirudh
Chowdhary



July 26
Rtn. Vineet
Suchanti



July 27
Rtn. Peter
Born

ROTARIAN PARTNER BIRTHDAYS

July 24: Rtn. Ptn. Siddharth Rawat

July 27: Rtn. Ptn. Soha Parekh

July 25: Rtn. Ptn. Radhika Mehta

July 28: Rtn. Ptn. Beena Yargop

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EVS Curriculum	Nikhil Bhatia
Programme	Rina Deora
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Director Renu Basu

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	Mihir Mody
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