

# MID-CITY SAMACHAR

## April Edition of Health & Happiness



### Note from President

#### April (Aprilis): A New Beginning



Statistically, April is the month of love, fertility, and the vibrant renewal of life that spring brings to our life. Astronomically April hosts the zodiac signs of Aries and Taurus, both carrying mythological weight. Aries, associated with the ram, signifies new beginnings and energy, while Taurus, linked to the bull and ruled by Venus, embodies love, stability, and the flourishing earth. In true sense its new beginning for each year. April is also an economic indicators, environmental predictions and social trends (we also plan for holidays 😊).

Friends, April also brought new milestones for our club and true beginning for several of the benefactors due to our projects during the month. Our social and medical projects are going to give new lease of life to the community. Among the very first, on 5<sup>th</sup> April , we inaugurated our clubs first Skill Development Center for stitching for the under privileged at Pardi village of Valsad district. Under Women & child empowerment we wanted to start a sustainable model of self empowerment and finally this happened after almost a year of planning. Primary aim was to skill them and train them for set up own business or find a suitable job. We began with bang.

In April, we achieved many milestone in projects related to medical field. We did project worth Rs.50 lakhs by donating India's AutoMaCS Neo Cell Separator and High end monitoring system to ACTREC, Tata memorial Hospital Kharghar. AutoMaCS Neo Cell Separator is highly advanced, fast and gentle but simple technology that helps doctor to identify and separate cancer cells, supports in early diagnosis and treatment. This is the first of its kind of machine brought into India for clinical trials. This equipment will not only help us in clinical trial in ACTREC but also train doctors and institutes from other sectors across India. In true sense its going to do miracle in Medical field. High End monitor attached sensors check and monitor critical parameters like BP, ECG, oxygen saturation, pulse of patients undergoing chemotherapy, surgery and other intensive interventions. Both the machines together is going to impact life of 15000 patients during its life time. A big milestone in terms of impact on lives and for Mid-City as Club we did biggest CSR project in the History. For our Mid-City its a marvelous beginning with history in making.

Hope you will enjoy the April Edition. **Happy reading.**

Yours  
PRS-Ajay Mishra



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### SKILL DEVELOPMENT CENTER: SELF EMPOWERMENT

**Flashback:** A women Himaxi wanted support to start her own business. She has been directed to our club by some well-wisher.

**Challenges** she faced, most of them are unskilled, don't have enough resource to learn and start her own. No extra sewing machine, no place. She heard about mid city vibrant year wish of opening a skill development centre for stitching technique for under privileged.

**Mid-City challenge:** President wants to open skill development centre for underprivileged. Women & child empowerment director Rtn Ratna Betala was looking for right location and right candidate without futuristic burden to club and self-sustainable and wouldn't budge until everything is in place.

**April 5<sup>th</sup> Pardi Village, Valsad:** A Skill Development centre "Navi Kiran SILAI GHAR" for stitching opened with first batch of 9 underprivileged students (housewives, students) on roof top of the Himaxi residence, with 2 sewing machine donated by President Ajay Mishra & 1<sup>st</sup> Lady Sonali Mishra. Himaxi will train the students herself, 7 days a week and with capacity of 50 students per year. Each students will get the certificate printed by Mid City. Teacher will charge marginal fees- affordable so that training material can be arranged and become self-sustainable. Milestone created.

Kudos to Women & Child empowerment director Ratna Betala for putting tremendous effort for the milestone created for the club and Donors for support. We are also thankful to Rtn Archana Bhingarade for donating a ceiling fan for the institute and Club Secretary Mmona Sheth for accompanying us and supporting us in the project.





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### WOMEN EMPOWERMENT

Empowerment isn't something given to you; it's something you cultivate within yourself and build together with others. It's about breaking down barriers – both internal doubts and external limitations – that might hold you back. As you grow, empowered women empower women. By supporting each other, by challenging injustice, and by striving for your own full potential, you pave the way for a more equitable and brighter future for all girls.

Mid-City women's under the leadership of Ratna Betala stands true to it and support in whatever way we can do. During the last visit to Valsad our club received request for donation of fans for hostel of 80 girls. When we checked we found that the girls are from rural and tribal areas who were sent to study while their parents went for daily wages. The hostel has bunk beds and upper beds were closer to the ceiling and walls throwing enormous heat in summer and making them uncomfortable. They needed fan urgently.

**Rtn Roop Chand Betala generously donated 10 wall fans for the hostel.**



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### AUTOMACS NEO CELL SEPARATOR: A MIRACLE

Our club did biggest CSR project and created history by donating Automacs Neo Cell Separator equipment to ACTREC , Tata memorial Hospital Kharghar worth Rs.40,00,000/- (Rs. 40 lakhs).

Automacs Neo Cell Separator is highly advanced, fast and gentle but simple technology that helps doctor to identify and separate cancer cells. It automatically separate live cancer cells using a combination of specific monoclonal antibodies and magnetic beads. This help in identification, diagnosis and treatment from early stage. This is the first of this kind machine landed & installed in India for clinical trial. This machine can help 1000 samples/patients per year and can create impact on more than **10000 lives in its life time**. As per Dr Prashant Bhatt of ACTREC who also inaugurated the machine with representative from CSR partner and mid city team– “this equipment will not only help us in clinical trial in ACTREC but we also train doctors and institutes from other sectors across India” . A big milestone for ACTREC and medical field.

Our CSR partner Marsh & McLennan donated the fund under their CSR project. Ms Shivali Chaturvedi and Ms Sheetal Zankar were present for inauguration from Marsh & McLennan. Our club and ACTREC felicitated the CSR partner during the event.

Our committee member Rtn Roop Chand Betala and Rtn Bharat Shah did marvelous job of negotiating and ensuring the machines timely delivery and execution. The project were attended by Rtn Bharat Shah, Roop Chand Betala, Ratna Betala, Club Secretary Mmona Sheth, Jjayesh Sheth, Ashok Kothari, PE Harshad Thakker and Rtn Bharat Parekh.





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### HIGH END MONITORING SYSTEM: A LIFE SAVING SYSTEM

Our club 2<sup>nd</sup> CSR project were again with ACTREC. Our Club donated high end hemodynamic parameters monitoring system to ACTREC, Tata memorial hospital Kharghar. This monitor attached sensors check and monitor critical parameters like BP, ECG, oxygen saturation, pulse of patients undergoing chemotherapy, surgery and other intensive interventions. This monitor is going to help 350 -360 patients annually and will support 4000-5000 people during its life time. This is critical equipment attached in ICU wards for each patient.

The cost of the Equipment is **Rs.10,00,000/- (Rs. 10 lakhs)** and fully supported by the CSR partner **Snapwork technologies Pvt Ltd**. The owner Shri Deepak Nihalani who is also a Rotarian generously donated the required fund through his company.

The project were attended by Rtn Bharat Shah, Roop Chand Betala, Ratna Betala, Club Secretary Mmona Sheth, Jjayesh Sheth, Ashok Kothari, PE Harshad Thakker and Rtn Bharat Parekh.





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### CPR MANIKIN: INSTANT RELIEF

On 23rd April our club donated one CPR manikin to western railway dispensary for training the staff on CPR . This will help them to give CPR to needy passengers who get sick due to heatstroke , dehydration and other ailment's. A well trained staff can save the life of 100 people. Dr Anuradha Konda, PCMD western railway did the honor of handover to dispensary.

Our Club thankful to Rtn Sunita Gupta for sponsoring the this life saving equipment. From our club Bharat shah and myself were present for inauguration.



### BLOOD DONATION: SAVE THE LIFE

April is the month of Medical projects. RCBMC also executed /participated in other continuous project which we started the beginning of the year and poised to complete in the Vibrant year. Blood donation camp were organized by the district medical team with support from Nair Hospital staff at CST station and collected 56 units.





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### SPEAKER MEET: AI & CYBER SECURITY

AI: artificial intelligence. April Month's speaker meet was more like After intelligence rather than just an artificial intelligence. Speaker Ms. Megha Purohit, an accomplished digital transformation leader and educator honored us with her presence. She currently serves as the Digital & IT Head at Vivekanand Education Society, where she drives strategic innovation across digital platforms. Megha is a PhD scholar in Social Media, with academic credentials including a Master's in Public Relations, an MBA in Advertising and Media, and specialized certifications from IIT Bombay in Artificial Intelligence and IIM in Social Media Marketing.

We learned :It's boon if you use wisely but also scary if people start using this to decode others. This can help you lot in your work and profession however can lead to chaos also. Overall it was a wonderful experience sharing. I must say confessing of wrong happened in and around and speaking on it by speaker Megha Purohit herself gave us enough ammunition to prepare ourselves. That's a beautiful message. Another great day with great learning.





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### FELLOWSHIP: A JOY

Our joy & happiness is when we meet our friends and loved one. We simply devour to the moment of togetherness , forget the sanity around friends, giggle and gossips and a top up of gulp the delicious food. What more do you need. We simply enjoyed the moment, cherished it and eagerly wait for the next one.

Our Fellowship Director Rtn Ashok B Kothari & his team of Bharat Shah, Mmona Sheth and Meghna did a fabulous job like always. Baisakhi Dinner at The Bombay Cartel, Kamala Mills, was nothing short of vibrant and magic. Machos with Mojos and Anil Kumta ji spontaneous arrangement of somras, last minute cameo by ladies gang's were cherry on the cake. Simply awwwe.





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### CELEBRATION - BIRTHDAYS & ANNIVERSARY

The month does not finish unless we celebrate the birthdays and anniversary. Wishing all the birthday boys and girls happy birthday and couple happy wedding anniversary

#### BIRTHDAYS

1. Dr Rajesh Dave – 2<sup>nd</sup> April
2. Kajjal Popat – 19<sup>th</sup> April

#### ANNIVERSARIES

1. Rtn Pallavi & Yashodhan Divekar -16<sup>th</sup> April



Best Wishes from Club  
**THANK YOU**