

# VALLEYZINE

AN IN-HOUSE MAGAZINE OF ROTARY CLUB OF BOMBAY MULUND VALLEY

Club ID: 29248 | Charter Date: 17<sup>th</sup> February 1993

✉ [rcbombaymulundvalley@gmail.com](mailto:rcbombaymulundvalley@gmail.com)

**Rtn. SANKARA RAMNATH**  
Club President

**Rtn. HITESH SOMAIYA**  
Club Secretary

**Rotary's Vision: Together, we see a world where people unite and take action to create lasting change - across the globe, in our communities, and in ourselves.**



Peacebuilding  
& Conflict  
Prevention

Disease  
Prevention &  
Treatment

Water,  
Sanitation,  
& Hygiene

Maternal &  
Child Health

Basic  
Education &  
Literacy

Community  
Economic  
Development

Environment

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Peacebuilding  
& Conflict  
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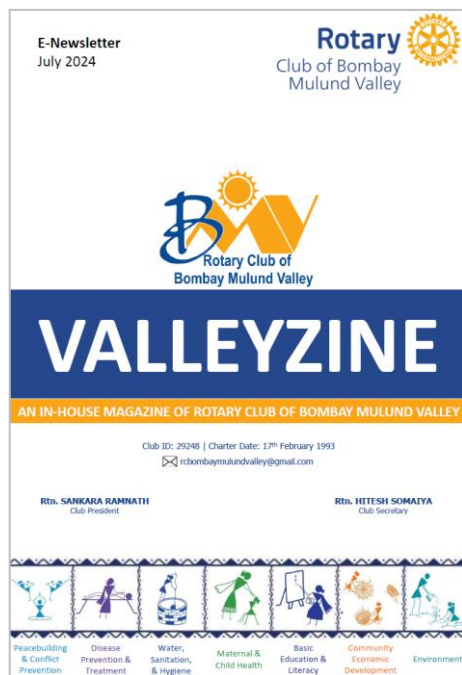
Community  
Economic  
Development

Environment

# 1

# Key Highlights from August '24

a. July '24 VALLEYZINE, the inaugural edition appreciated by all



Excellent 🙌

- Rtn. Hitesh Somaiya

Very well done Patrick 👍

- Rtn. Vikram Sona

Valleyzine's most Impressive edition that carries the Professional and Artistic touch of Editor Patrick. The Classiest Best Edition in the history of RCBMV.

- Rtn. Sanjay Patel

It is indeed one of the excellent beginnings in the vibrant year to revive our club bulletin- our sincere appreciation to Patrick & Ramnath and the editorial team. I had a quick glance at the pages - well designed and well written. Accolades to our PATRICK & RAMNATH & the editorial team. Looking forward to many such new beginnings in the ensuing months.

- Rtn. KBR Swamy

Wow Patrick, Vikram & Team, Hearty Congratulation for publishing well in time, Maiden monthly E-Newsletter issue, of Valleyzine, Published after a long interval..To keep members updated on Club Projects executed & Projects lined up for the month in Advance, for each Rotarean & family to Plan & confirm their participation & get ready for District Events, + Happy moments of OUR VALLEY FAMILY Members ..to plan celebration collectively, every month make each Happy moments Memorable with under privileged beneficiary, Institute, Ashram etc.. Each chapter made with minute possible detail n excellently presented..in New E. AVTAAR...

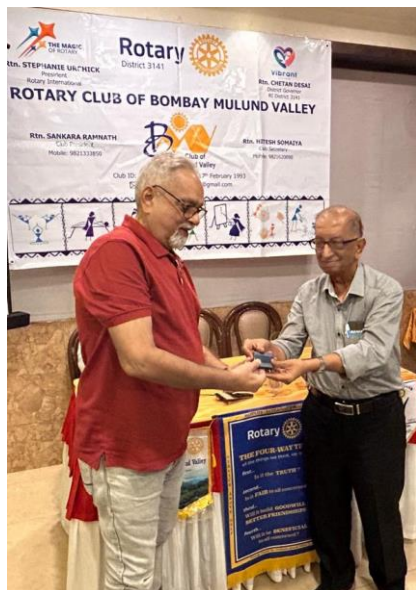
- Rtn Jitendra Somaiya

Thank you Dear. You are simply Great. !!

- Rtn. Prakash Gupte

# 1 Key Highlights from August '24

## b. Rtn. Vikram and Rtn. Anil presented with the PHF Pin



On 5<sup>th</sup> Aug, during the Club meeting Rtn. Vikram Sona was presented with his PHF+8 pin by Rtn. Murli Punjwani



On 22<sup>nd</sup> Aug, during the Club meeting Rtn. Anil Aggarwal was presented with his PHF+5 pin by Rtn. Vikram Sona



Let's understand the glossary:

**Paul Harris Fellow (PHF):** An individual who contributes \$ 1,000 to TRF. Currently, we have 18 PHF members at BMV.

Multiple Paul Harris Fellow recognition is extended at subsequent \$1,000 levels, with a new pin corresponding to the recipient's recognition amount as shown in the table. Currently, we have 16 Multiple PHF at BMV.

**Paul Harris Society (PHS)** recognizes members who elect to contribute \$1,000 or more each year. Currently, we have 3 PHS members at BMV.

Recognition Amount	PHF Levels
\$ 1,000 to \$ 1,999.99	PHF
\$ 2,000 to \$ 2,999.99	PHF+1
\$ 3,000 to \$ 3,999.99	PHF+2
\$ 4,000 to \$ 4,999.99	PHF+3
\$ 5,000 to \$ 5,999.99	PHF+4
\$ 6,000 to \$ 6,999.99	PHF+5
\$ 7,000 to \$ 7,999.99	PHF+6
\$ 8,000 to \$ 8,999.99	PHF+7
\$ 9,000 to \$ 9,999.99	PHF+8

**Major Donor:** TRF recognizes individuals or couples whose combined giving has reached \$10,000. This recognition level can be achieved only through personal contributions and not through recognition points. Major Donor has 4 levels range (up to \$249,999). Currently, we have 2 members (Rtn. Harjit Singh Talwar and Rtn. Chetan Kotak) from BMV who are Major Donor Level 1 (\$10,000 to \$24,999).



1

# Key Highlights from August '24

c. EREY contribution by Rtn. Jitendra Somaiya on 5<sup>th</sup> August

**EREY** is an initiative that asks every Rotarian to support The Rotary Foundation (TRF) every year with just \$25. Your gift to the Annual Fund.

EVERY  
 ROTARIAN  
 EVERY  
 YEAR

helps Rotary take actions to create positive change in communities close to home and around the world. Your contributions are very **POWERFUL** that help Rotary's 7 Areas of Focus. While we appreciate **Rtn. Sankara Ramnath & Rtn. Jitendra Somaiya's** EREY contributions in Jul '24 and Aug '24 respectively, we encourage all our Rotarian of BMV to donate, do login [my.rotary.org/en/donate](https://my.rotary.org/en/donate)

YOU ₹

GIFT

AT

WORK...

KEEP  DOING  GOOD  IN THE  WORLD



\*Includes PolioPlus, Rotary Peace Centers, other districts, and the Endowment Fund (areas of focus)

# 1 Key Highlights from August '24

## d. The Digital Addiction Awareness Session

On 13<sup>th</sup> August 2024, we had the most needed and awaited **Digital Addiction Awareness Session** jointly organized by Rotary Club of Bombay Mulund Valley & Rotary Club of Addiction Prevention 3141 at Mulund College of Commerce, Mulund, Mumbai.

The speakers were:

Rtn. Dr. Kruti Abhyankar

Rtn. Vishal Patwa

Rtn. Dr Siddharth Udeshi

The Topic of discussion **Digital Detox: Reclaiming Your Mental**



The poster for the 'Digital Detox' session features a top image of hands holding smartphones. Below this, logos for Rotary Club of Bombay Mulund Valley and Rotary Club of Addiction Prevention 3141 are displayed. Two circular portraits of the speakers, Rtn. Vishal Patwa and Rtn. Dr. Kruti Abhyankar, are shown. The text 'TOPIC OF DISCUSSION' is followed by 'DIGITAL DETOX' in large, bold letters, and 'RECLAIMING YOUR MENTAL HEALTH' below it. The date 'TUESDAY 13 AUGUST 2024' and time 'START AT 11.00 AM - 01.00 PM' are listed. The venue is 'Mulund College of Commerce'. Logos for Rotary District 3141, Vibrant, and The Magic of Rotary are at the bottom. A quote at the bottom right reads: 'Unplug to recharge—take a digital detox and reclaim your peace of mind.'


**Health** was to promote responsible, appropriate, and mindful use of technology. This session aims to raise awareness and foster healthier digital habits. Here's a glimpse of what you missed:





## d. The Digital Addiction Awareness Session (Contd.)

Here's what the Students (as NSS Volunteers) and Professor (as NSS Unit Head) of Mulund College of Commerce had to say...




Very helpful for us when we have crossed our Teen age

Digitally we are connected with people and there are plus & minuses

Very important that we manage our time well with studies and connections

This session has helped us realize the need of Digital Detox

**Student and NSS Volunteer  
Mulund College of Commerce**




Would like to Thank Rotary Club & NSS Unit of Mulund College

Such a beautiful session on Digital Detoxification, need of the hour

Very difficult to detach from YouTube, Instagram, etc.

This has helped us with tips to prevent and improve our Mental Health

**Student and NSS Volunteer  
Mulund College of Commerce**




Very informative, Rotary Club covered all the Ws & Hs of Addiction

Now that I am aware, I will improve my Digital Activities

Symptoms had list of things which were part of my daily routine

Also, will focus on my wellbeing, Thanks Rotary Club for this!

**Student and NSS Volunteer  
Mulund College of Commerce**



Digital Detoxification Session was really good

We will be giving tips to the students on what is NOT be done

Our Students have only one addiction i.e. Digital Addiction

With tips on what MUST be done to ensure we use Digital carefully

**Prof. Prathamesh Bobhate  
Program Officer, NSS Unit - Mulund College of Commerce**

# Key Highlights from August '24

## e. RCBMV Co-hosted a Zoom Webinar on Club Membership

On 16<sup>th</sup> August 2024, we co-hosted a zoom webinar on a very interesting top titled Club Membership by Rtn. Sandip Kedia, District Coordinator, Membership at District 3141



**Rotary District 3141**

**SPEAKER MEETING on CLUB MEMBERSHIP**

by Rtn. Sandip Kedia  
(District Coordinator, Membership- Dist 3141)

to learn

- Ways to increase our club membership
- Benefits of Rotary Membership
- Benefits of more members in the club

8 to 9 PM  
16 August 2024  
Online Meeting

RC ADDICTION PREVENTION 3141  
RC MUMBAI MULUND EAST  
RC BOMBAY MULUND VALLEY

RC MUMBAI GREENS  
RC MUMBAI ELITE  
RC MUMBAI GHATKOPAR  
RC MUMBAI GHATKOPAR WEST



**Rotary District 3141**

8 to 9 PM  
16 August 2024  
Online Meeting

**AGENDA**

MOC: President Dr Siddharth Udeshi

- 8.00-8.05 Fellowship
- 8.05-8.07 Meeting Called to order - *President Kamlesh Gandhi*
- 8.07-8.10 National Anthem
- 8.10-8.12 Four Way Test - *President Nilesh Hindurao*
- 8.12-8.15 Purpose of meeting - *President Sankara Ramnath*
- 8.15-8.17 Introduction to Speaker Rtn Sandip Kedia - *President Shweta Mohite*
- 8.17-8.45 Talk- **Club Membership - District Membership**  
*Coordinator Rtn SandipKedia*
- 8.45-8.55 Questions
- 8.55 -9.00 Gratitude speech - *President Ananthalakshmi Iyer*

RC ADDICTION PREVENTION 3141  
RC MUMBAI MULUND EAST  
RC BOMBAY MULUND VALLEY






RC MUMBAI GREENS  
RC MUMBAI ELITE  
RC MUMBAI GHATKOPAR  
RC MUMBAI GHATKOPAR WEST

Meeting was jointly attended by Rtn. Sankara Ramnath and Rtn. KBR Swamy.

The following page, has a gist of the discussions in the speaker meeting on Zoom on 16<sup>th</sup> August on “Club Membership” by Rtn. Sandip Kedia, District Coordinator, Membership RID 3141 as summarized by Rtn. Sankara Ramnath and Rtn. KBR Swamy (Contd... on next page)

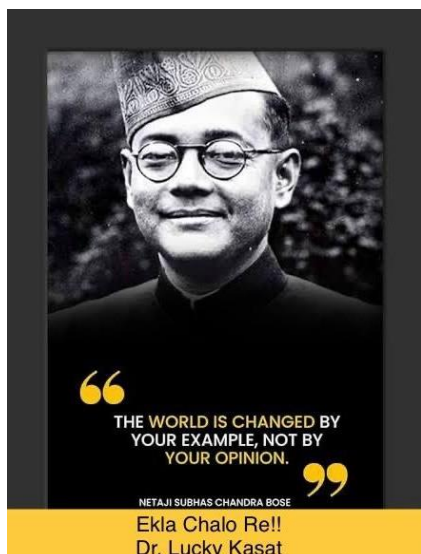


## e. co-hosted a Zoom Webinar on Club Membership (Contd.)

	5 Ways to increase Club Membership	5 Benefits of Rotary Membership	5 Benefits of more Members in the Club
	Spouse Membership	Self-development in relation to Key Traits, most important is acquiring leadership skills.	Improve attendance at Rotary Meetings and community projects.
	Rotractors - Dual Membership and Rotractor's Parents	Volunteering in the service to humanity, particularly the under-privileged class.	Additional resources available for doing more community projects.
	Rotary Means Business (RMB)	Expand one's Friendship circle and Business Network, nationally and internationally through exchange programs and club visits.	More and more community projects
	Public Image - Social Media - Projects of the Club	Youth exchange for one's children.	Growth of TRF contributions from the club
	Popularize Rotary in Housing societies by: a. conducting medical camps in their premises for house keeping staff, drivers, domestic servants, etc. b. wearing Rotary Pins for people to enquire about Rotary	Stress buster	Better recognition of the club in the district.

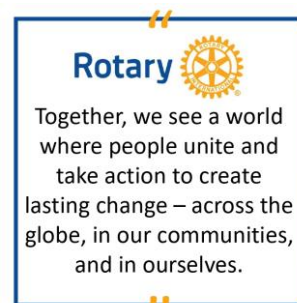
# 1 Key Highlights from August '24

## f. Guest Speaker during the Club meeting on 22<sup>nd</sup> August



“We had a houseful attendance of 36 including the speaker Dr. Lucky Kasat yesterday. It was a unique subject and Dr. Kasat mesmerised everyone with his super story telling skills with important lessons on human capabilities. Thank you everyone for making it”.

- Rtn. Sankara Ramnath



# 1

## Key Highlights from August '24

g. Welcoming a couple as new members with family to RCBMV



**Rtn. Pramod Devatram Goel | B.Com (Hons.) PGDBA (MBA) LL.B**

DOB: 14.02

Rotary International Number: 8780762

Partner in Goel And Sons

**Spouse Name: Rtn. Shilpa Pramod Goel | B.Com**

DOB: 26.02

Rotary International Number: 9538760

Partner in Goel And Sons

Wedding Anniversary 09.05

**Son Aarya Pramod Goel**

DOB: 08.02

HSC

Undergraduate Diploma in Business Management & Entrepreneurship from ISME School of Management & Entrepreneurship



The Goels at our last Club meeting in Aug '24



# 1 Key Highlights from August '24

## h. Medical Camp and Mega Mela of various Health Activities





## h. Mega Mela of various Health Activities (Contd.)












**FREE CAMP**  
Financial Education Camp on 31st August 2024  
For DOMESTIC WORKERS AND OTHER SERVICE STAFF

Following Activities will be conducted in the Camp

- Information on different government schemes available in Bank (Insurance, Pension, Sukanya Samruddhi etc) and access to get the same.
- Bank Account opening
- Information and Assistance for Eshram card and Domestic Workers card
- Information and screening for Mahatma Phule Janaroyga Scheme and assistance for ABHA digital card and Ayushman card
- Information on importance of KYC
- Information on widow pension
- Information and support for application for Mukhya Mantri Ladki Bahin Yojana

**Note: Suryoday Foundation will not take or store any document, these are required only for registration for specific schemes.**

Venue: Nirmal Lifestyles, LBS Marg, Mulund West, Mumbai Time: 10 am to 4 pm  
Suryoday Foundation: Contact Number : 8976745722

**घरेलू कामगारों और सेवा कर्मचारियों के लिए निःशुल्क वित्तीय शिक्षा शिविर**

**रोटरी क्लब ऑफ बॉम्बे पवई और सूर्योदय फाउंडेशन द्वारा**

**31 अगस्त 2024**  
निर्मल लाईफस्टाइल, ल.बी.एस. मार्ग, मुलुंड पश्चिम, मुंबई सुबह १० बजे से शाम ४ बजे तक

- सरकारी योजनाओं, बैंक खाता खोलने, ईश्रम कार्ड, आभा डिजिटल कार्ड आदि के बारे में मदद और जानकारी।
- बीमा, पेंशन और केवाईसी के महत्व के बारे में मदद और जानकारी।
- विधवा पेंशन और मुख्यमंत्री लाडकी बहीण योजना के बारे में जानकारी और रजिस्ट्रेशन।

कृपया यह दस्तावेज लाना जरूरी है : आधार कार्ड, बैंक पासबुक, मोबाइल (आधार और बैंक से जुड़ा हुआ), राशन कार्ड, पैन कार्ड।

**उन्हें कैम्प में शामिल होने के लिए प्रोत्साहित करें।**

This Mela of activities had in total 172 Beneficiaries:

- Breast cancer screening : 40
- Cataract detection : 10
- Taken for surgery : 1
- Cardiac intervention required : 2
- Financial literacy program : 60
- Dental & Eye check up for all 172 beneficiaries



Total Rotaractors involved of Rotaract club of Salt City, Rotaract Club of Mulund Hill View and Rotaract Club of Bombay Mulund Valley : 25

Additionally, three awareness secessions:

1. Cancer Awareness, Prevention and Cure: By Dr. Harshit Shah Oncologist, Fortis . The audience was Nirmaliltes and families
2. Addiction Prevention
3. Digital Detox Both 2 and 3, were by Dr. Siddharth Udeshi , Vibrant President - Rotary Club of Addiction Prevention. The audience was Nirmalities and Rotaractors



KBR Swamy, Rtn. R.Nagarajan, Rtn Harish Gambhir and Rtn Balakrishnan and Vibrant Co President of RCMME Rtn. Ananthalakshmi Balakrishnan.

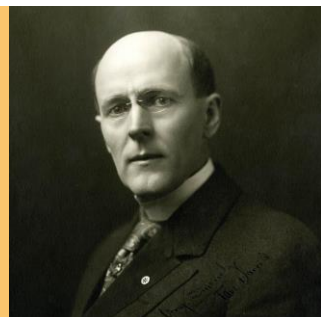
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## Key Highlights from August '24

### i. Our highlights will continue

Here's an inspirational quote from the archives of several such by Paul Harris (Rotary's Founder), we can continue to use this to inspire ourselves and to attract the attention of our members, prospective members and others to make change happen.

**"Rotary changes us and those we serve.  
I believe we can change the World  
ONE LIFE AT A TIME"  
- Paul Harris**



We have developed this one-pager, that can be used when we are at out for projects or any interactions as Rotarians.

This one pager provides the needed information to ones who need to know more about Rotary and our Club...



Rotary Club of  
Bombay Mulund Valley



**Rotary**  
PEOPLE OF ACTION



**SERVICE  
ABOVE  
SELF**

Rotary is global network of 1.2 million Neighbours, Friends, Leaders and Problem Solvers, where **"Together, we see a world where people unite and take action to create lasting change - across the globe, in our communities, and in ourselves."**

Since inception from February 1993, for over 3 decades **Rotary Club of Bombay Mulund Valley** had the privilege of working on several projects:

 <b>100+ NID PolioPlus</b>	 <b>50+ ClubFoot Treatments</b> Financial support for Pediatric Surgery
 <b>50+ Medical Camps</b> Cataract Surgeries	 <b>15+ E-Waste Mega Collections</b> 5+ Plastic Segregations
 <b>15+ School Quizzes</b> Water Purification System for Schools	 <b>15+ Plastic Waste Management</b>
 <b>5000+ Tree Plantations</b>	 <b>Supporting the Underprivileged</b> Scholarship for Students
 <b>50+ Blood Donation Camps</b> Disease Prevention & Treatment Camps	 <b>Addiction Prevention Camps</b>

Rotarians dedicate their time and talent to tackle the world's most pressing humanitarian challenges and providing services to someone in need is the primary objective of every Rotarian. While Services / Projects is key, so is

- Fellowship for Friendship
- Networking for Business, Personal Growth & Leadership Development

To join the Vibrant **Rotary Club of Bombay Mulund Valley**, please contact Rtn. Jitendra Somaiya, Director - Membership on 9322507236

**ROTARY IS DEDICATED TO FOLLOWING 7 AREAS OF FOCUS:**









Peacebuilding  
& Conflict  
Prevention

Disease  
Prevention &  
Treatment

Water,  
Sanitation,  
& Hygiene

Maternal &  
Child  
Health

Basic  
Education &  
Literacy

Community  
Economic  
Development

Environment



# Our focus in September '24

## a. Something is coming to your home soon...

Something...

- That you can wear with pride when we are out for projects as Rotarians.
- That you can keep at home, to celebrate joy the comes with special days in your life for yourself and members of your families.
- That can make change happen and helps us deliver on Rotary's Area of Focus as a Club & Trust.



Peacebuilding  
& Conflict  
Prevention

Disease  
Prevention &  
Treatment

Water,  
Sanitation,  
& Hygiene

Maternal &  
Child  
Health

Basic  
Education &  
Literacy

Community  
Economic  
Development

Environment

## b. Upcoming Medical Projects in September

SEPTEMBER

2

Blood Donation Drive Co host with RC of Ghatkopar

SEPTEMBER

22

Medical Camp a Bhramadeshwar Temple Co host with RC Powai with CSR partners L&T Realty

## c. Projects under finalization

1. Divine Elder Care, Airoli
2. Pulse Polio NID Mulund

# Our focus in September '24


## d. RCBMV will Co-Host the first Vibrant TRF Seminar on 13-Sep

RCBMV will join to Co-host the first Vibrant TRF Seminar organized by District 3141 as a Gold Co-host.

Attending this Seminar from RCBMV will be:

- Rtn. S. Ramnath, Club President
- Rtn. KBR Swamy (Tentative)
- Rtn. Patrick Gomes

If you recall in our VALLEYZINE August 2024 edition we published an article, here it is:



### VIBRANT TRF SEMINAR


6:00 pm Friday, 13<sup>th</sup> Sept, 2024

Jade Garden Banquets, Nehru Center, Worli, Mumbai - 400 018

**Rtn. Chetan Desai**  
District Governor

**Rtn. Manish Gyani**  
Dist. Coordinator-TRF Support

**Host Club:**



### Rotary Club of Bombay Powai

**Rtn. Dr. Susan Tripathi**  
Club President

**Rtn. Amit Sheth**  
Convenor


Welcome to Co-host this prestigious event

Platinum Co- hosting Rs.35,000/- (8 seats complimentary)  
Diamond Co- hosting Rs.16,000/- (4 seats complimentary)  
Gold Co- hosting Rs.8,000/- (2 seats complimentary)

**Registration ₹ 2,650/- per person**

**Rotary Club of Powai Charitable Trust**

Account number: 002005038544  
IFSC Code : ICIC0000020  
Bank: ICICI Bank

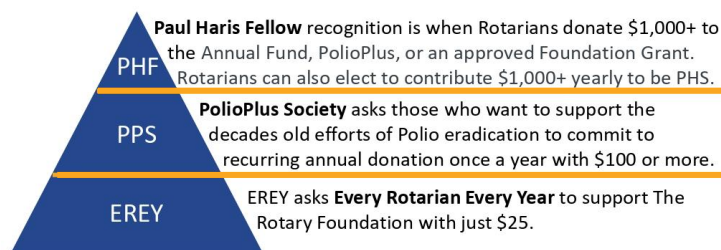


**Amit Sheth: +91 95942 07777**  
**Latha Vanamali: +91 99309 63724**

## d. Our TRF Commitment



As a club we have accepted a commitment of \$7,500 towards TRF in Vibrant Year 2024-25, this is how we make it possible:



Update as at end of August 2024:

+\$ 1,000

+\$ 250

+\$ 49.70

\$ 1,299.70

**17% Achieved**



# 3 Bombay Mulund Valley in News

## a. Rtn. Sushant Gaikwad at Rotary Means Business (RMB)

Rtn. Sushant Gaikwad was invited as a speaker for this event on 13<sup>th</sup> August.

Rotary **RMB** ROTARY MEANS BUSINESS FELLOWSHIP

YOU ARE INVITED

*The* **ENTREPRENEUR SKILL STUDIO**

AUG 13 8.30 AM TO 5 PM

SPONSORED BY **ROMAN SA SAND** Associates

HOTEL GINGER, NEAR AIRPORT (T1), MUMBAI

EMPOWERING TOGETHER IN THE BUSINESS WORLD!

**Speakers:**

- RUCHITA SHAH
- PRACHI SHARANGDAR
- DIVYA (SHAH)
- RENU SHOME
- SUSHANT GAIKWAD**
- MANAN YASR
- DR. RADHAKRISHNAN
- SUDHIR KHOT

Payment Link: Rs. 1800/-

Registration Link:

BY INVITATION ONLY

RSVP : ARCHANA +91 98337 95309



**Rtn. SUSHANT GAIKWAD**  
Rotary Club of Bombay Mulund Valley

Peacebuilding & Conflict Prevention	Disease Prevention & Treatment	Water, Sanitation, & Hygiene	Maternal & Child Health	Basic Education & Literacy	Community Economic Development	Environment

Rotary Means Business, and indeed true - one of the key pillars to foster Business Networking:



Stronger Members  
Stronger Clubs  
Stronger Rotary  
Stronger Foundation  
Stronger Communities  
Stronger Businesses

# 3 Bombay Mulund Valley in News

## a. Rtn. Sushant Gaikwad at Rotary Means Business (Contd.)

Overall, a good event where Rotarians, JITO (Jain International Trade Organisation) & other Business Communities joined, here's a glimpse:



In addition to our own RMB SMART, Rtn. Sushant is part of RMB SOBO, allowing him to network with other fellow Rotarians and Guests.

Rotary Means Business encourages Rotarians to support the success of their fellow Rotarians by doing business with them, and by referring others to them. Conducting our activities independently but always in harmony with Rotary International policies, including the use of Rotary Marks



## a. Knowing about ClubFoot

### About Club Foot



DISEASE PREVENTION  
AND TREATMENT

Together in this journey with our Medical Partner



Clubfoot challenge in India



**40,000**  
Children born with Clubfoot  
every year in India

Every 10 minutes a child is born  
with clubfoot in India

### Clubfoot vs. Polio

Clubfoot	Polio
By Birth	After Birth
Reason Unknown	Reason Known/Virus
Only foot is twisted	Affects lower limbs
Can be treated completely	Cannot be treated & corrected completely
Cannot be prevented	Can be prevented

There's cure...



Before

After

Savika from Delhi (Name changed)

Clubfoot Disability



Untreated  
Clubfoot  
leads to...

LIFETIME  
DISABILITY

### The Treatment



OR



Popular Treatment: Surgical, **but** Gold Standard: **Ponseti Method**

### Clubfoot Treatment - Inexpensive Ponseti Method - Nonsurgical



All age groups - Casting



### Maintenance Phase - Bracing Special Shoe - 4 to 5 years



### Before and After Treatment



### Parent Teaching and Counselling



### Ponseti Training

Annual Refresher  
Training on Clubfoot  
Management



123 Training in 29  
states, 8125 Doctors  
given hands-on training

### Children Treated with Hon. President of India



### Hon. President of India at the Conference said...



### Meet Shweta, the Tennis Player



Delhi - 4<sup>th</sup> Rank  
National - 44<sup>th</sup> Rank

### Clubfoot India - Clinic Locations



Over 1,00,040 children

371 Designated Weekly  
Clubfoot Clinics

### All Children treated for Clubfoot





# Know Your Rotary Better

## a. RCBMV has been integral to the journey of ClubFoot (Contd.)

Our journey to support ClubFoot commenced in the year 2016-17 under the leadership of Rtn. Jayah Sooda who was the President then. In the past several years since then, as RCBMV we have been able to support about 27 children as beneficiaries.

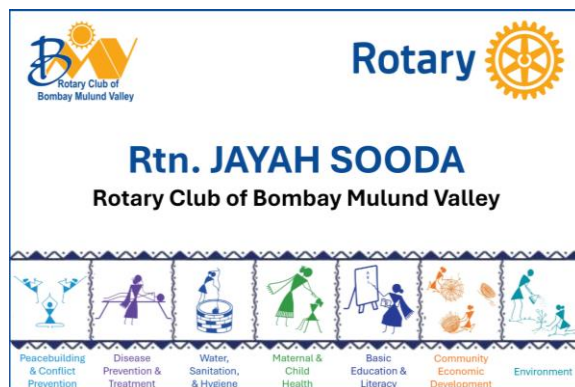
While we are almost on the final lap of eradicating Polio from the World and our efforts continue, in terms of shifting gears and in line with Rotary's Area of Focus - Disease Prevention and Treatment, for the past several years as a Club our focus has been on ClubFoot (often misinterpreted as Polio by people who are not aware).

While the previous page speak to ClubFoot, in 2023-24 we experimented with Young Minds in West Africa few Creative Solutions with a brief for

- Young Lions Media
- Young Lions Digital
- Young Lions Print
- Young Lions Design
- Young Lions Film

The results were amazing, which can be implemented not just in West Africa but in India as well.

Taking the learnings forward, we are in touch with Times of India to get our Young Minds in India to give a similar brief, so that we can give our ClubFoot project the needed scale (awareness and needed funding), because treatment must be delivered at a very early age to kids before it is too late and there are many (in lacs) that need this treatment.



# Know Your Rotary Better

## a. Our current support for Club Foot (Contd.)

Currently, we have second batch of 10 beneficiaries as children who are currently being treated for ClubFoot from the year 2023-24, we are in year 2 now:



Rashid Shaikh



Vishnu Katturaja



Kriyansh Gatadi



Abhay Kanojiya



Vinayak Singh



Swaransh Kadam



Prince Raut



Alihamza Shaikh



Husen Sardar



Ahmad Salmani

No.	Names of Children
1	Rashid Akbar Shaikh   Boy
2	Vishnu Katturaja   Boy
3	Kriyansh Gatadi   Boy
4	Abhay Kanojiya   Boy
5	Vinayak Singh   Boy
6	Swaransh Kadam   Boy
7	Prince Raut   Boy
8	Alihamza Shaikh   Girl
9	Husen Sardar   Boy
10	Ahmad Salmani   Boy

It takes an average of Rs. 10,000 per child for a complete treatment to cure ClubFoot which spans over a period of 3-4 years. Currently, 4 beneficiaries are sponsored by our Trust, while the 6 beneficiaries are sponsored by the following:

1. Rtn. Harjit Singh Talwar
2. Rtn. Jayah Sooda
3. Rtn. Jitendra Somaiya
4. Rtn. Sankara Ramnath
5. Rtn. R. Nagarajan
6. Rtn. Patrick Gomes

You are welcome to donate to **Rotary Trust of Bombay Mulund Valley**

Account No.: 006910100014710

Bank: Bank of India

Branch: Mulund West

IFSC Code - BKID0000069

## b. Getting Back to Basics in Rotary by Rtn. KBR Swamy

### Origin & Growth of Rotary:

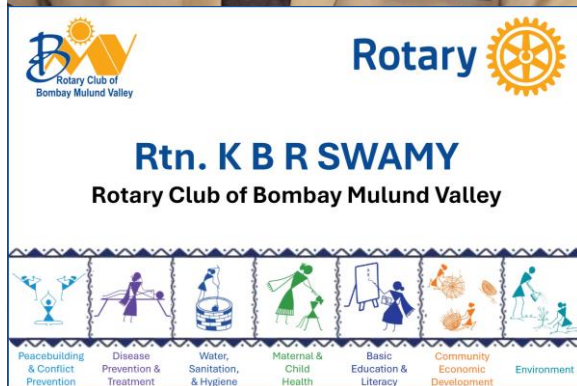
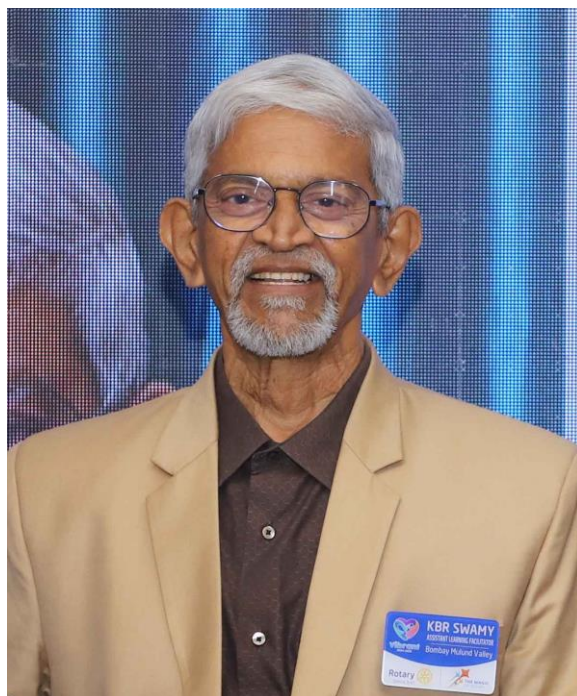
Paul Percy Harris, a lawyer, new to Chicago, had the bright idea that friendship and business could be mixed and by this would result in more business and more friendship.

Paul Harris, after lot of thinking, discussed with his close friend, Silvester Schiele, a coal dealer, and later with a mining engineer, Gustavus Loehr. These three met for a meeting on 23 rd February 1905, in Room No.711, being the office of Gustavus, situated in the Unity Building. Hiram Shorey, a merchant tailor, who was a friend of Gustavus, attended by invitation.

In the above FIRST MEETING OF ROTARY, after discussions, decided that they (a) start a Club and (b) meetings in each other's respective office by rotation – which they did. Harry Ruggles joined as the fifth member soon. Their club was named as “Rotary Club” and after few years as “Rotary Club of Chicago”. Another distinguished person in Rotary, Chesley Reynolds Perry, a retired war correspondent, and had interests in various business activities, joined Rotary in 1908.

The Constitution and Bylaws were drafted by Paul Harris and accepted by the Club of Chicago in January 1906, which contained the following objects:

1. The promotion of the business interests of the members
  2. The promotion of good fellowship and objects related to social clubs.
- Later in the same year, a third object was added, viz. to perform civic service of some kind, and therefore the following was incorporated:
3. To advance the best interests of Chicago and spread the spirit of loyalty among its citizens.





## b. Getting Back to Basics in Rotary by Rtn. KBR Swamy (Contd.)

From inception, Membership was strictly on classification basis - one representative from one profession or trade was the condition of admission to clubs – to avoid competition among members. The membership has to be renewed every year. Four consecutive absences from the meeting resulted in membership termination. There was no dues or initiation fees, and the club met its expense from the fines it collected from members on various counts.

Unity Building was demolished in 1989 which was reconstructed, and Paul recreated the Room no.711 in the new building on the 16 th Floor of the current headquarters of Rotary International.

From 1905 to 1910, more and more clubs, totaling to 16 clubs, were constituted from San Fransico to New York and the first Rotary convention was convened in August 1910 and Ches was elected as the Chairman of the convention. At this point of time Rotary was known as National Association of Rotary Clubs of America (NARC) which has an approved constitution and bylaws. Paul was elected as the President of NARC.

Ches created in January 1911 the Rotary's official magazine known "The Rotarian" and was its Editor and Business Manager, the cost of which was met by advertisements from friends. Two Mottos emerged in 1911as under:

- a) He Profits Most Who serves Best (Arthur Frederick Sheldon)
- b) Service Above Self (Benjamin Franklin Collins)

April 1912: A Rotary club was chartered in Canada (at Winnipeg) and the name was changed to International Association of Rotary Clubs (IARC).

1st January 1920: The Rotary Club of Calcutta was the first Rotary Club chartered in India

19th March 1929: The Rotary Club of Bombay was chartered

Rotary current strength (as on 16th July 2024):

Types of Clubs	No. of Clubs	Membership Strength
Rotary clubs	36,526	1,144,423
Rotaract clubs	8,673	114,625
Interact clubs	14,781	340,455
RCCs	13,502	

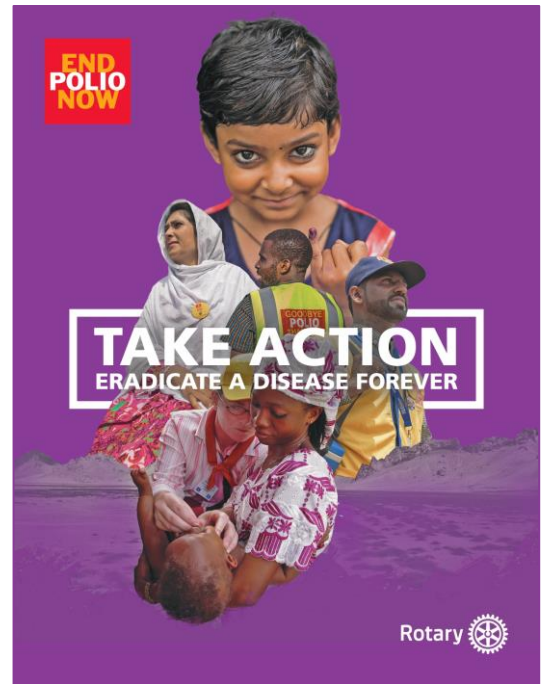
## c. Contribute to END POLIO

24<sup>th</sup> October is the World Polio Day, Letters addressed to all Rotarian to seek contributions to the larger pool of PolioPlus to The Rotary Foundation (TRF), with several options:

1. Donate \$25 (Rs. 2,100 based on the August rate of Rs. 84/\$ communicated by RISAO) as one-off contribution. **Currently, Rtn. Abhijit Shivalkar and Rtn. Vikram Sona have paid \$25, while Rtn. Anil Aggarwal, Rtn. KBR Swamy and Rtn. Jitendra Somaiya will make their payment of \$25 soon.**
2. Join the PolioPlus Society (PPS) and donate \$100 (Rs. 8,400 based on the August rate of Rs. 84/\$ communicated by RISAO) annually till Polio is eradicated from the World. **Currently, we have 4 PPS members (Rtn. Harjit Singh Talwar, Rtn. Chetan Kotak, Rtn. Sankara Ramnath and Rtn. Patrick Gomes) + 1 more member has communicated his intention to be PPS Member. Rtn. Deven Katira too expressed interest for either PPS \$100 or one-off \$25.**
3. Donate Rs. 1,00,000 as one-off to be recognized as End Polio Fellow (EPF). **Currently, we have 1 EPF member (Rtn Harjit Singh Talwar) + 1 more member has communicated his intention to be the EPF member.**

Please donate online <https://my.rotary.org/en/donate> to TRF for PolioPlus Fund TODAY to be part of the history TOMORROW.

24<sup>th</sup> October is World Polio Day...less than 2 months to go...



**Polio Champion Club:**  
If we reach Rs. 1,000 per capita to PolioPlus Fund then we will get a Zonal level recognition certificate for the club

## a. Birthdays that were celebrated

- 05-Aug Tanuja Gaikwad (Partner of Rtn. Sushant Gaikwad)
- 06-Aug Rtn. Anil Aggarwal
- 10-Aug Pravina Somaiya (Partner of Rtn. Jitendra Somaiya)
- 22-Aug Rtn. Yogendra Gowda
- 25-Aug Rachit Yadav (Son of Rtn. Santosh Yadav)
- 27-Aug Rtn. Prakash Gupte
- 30-Aug Prisscha Chawla (Daughter of Rtn. Alok Chawla)



## b. Wedding Anniversaries that were celebrated

- 08-Aug Rtn. Debashish Chatterjee & Priya
- 18-Aug Rtn. Karunakar Shetty & Shashiprabha

*HAPPY Anniversary*





c. Men's Day Out for a Monsoon Picnic to Badalapur on 9<sup>th</sup> Aug





## d. Our Family Smiley Moments



Beautiful Village drawn by **Princess Durva Sushant Gaikwad** from Class 2, Age 7 years. ☆😊😊😊😊☆

She wished to draw the beauty of Indian village with abundant water body and life around the same.

Indeed, we studied this in History the importance of the Indus River in The Indus Valley Civilization, where Indus River then was one of the important and major sources of water for cultivation, thus it was an ideal source of conducting irrigation and production, aiding Export and Import during Indus Valley Civilization.

The Indus River originates in the Tibetan Plateau in China and flows through India before entering Pakistan. It covers a total length of approximately 3,180 kilometers, making it one of the longest rivers in Asia. The longest in Asia is Yangtze River approximately 6,300 kilometers, it rises at Jari Hill in the Tanggula Mountains of the Tibetan Plateau and flows 6,300 kilometers in a generally easterly direction to the East China. The longest in the World is The Nile River approximately 6,650 kilometers, Its main source is Lake Victoria in east central Africa from its farthest stream in Burundi north-flowing river in northeastern Africa which flows into the Mediterranean Sea. So, while The Nile River has historically been considered the longest river in the world, this has been contested by research suggesting that the Amazon River is slightly longer which is approximately 6,400 kilometers (currently ranked 2<sup>nd</sup>).

## e. Our Family Smiley Moments

How Silently Our Lives have changed...

Somewhere between “10 toffees for 1 rupee” and “1 toffee for 10 rupees”, We grew up!

Somewhere between “Ground pe aaja” and “Online aaja”, We grew up!

Somewhere between “stealing chocolate from our sister” and “Buying chocolate for Her children”, We grew up!




Somewhere between “Just five more mins Maa” and “Pressing the snooze button”, We grew up!

Somewhere between “Crying out loud just to get what we want” and “Holding our tears when We are broken inside”, We grew up!

Somewhere between “I want to grow up” and “I want to be a **child** again”, We grew up!

Somewhere between “Lets meet and plan” and “Lets plan and meet”, We grew up!

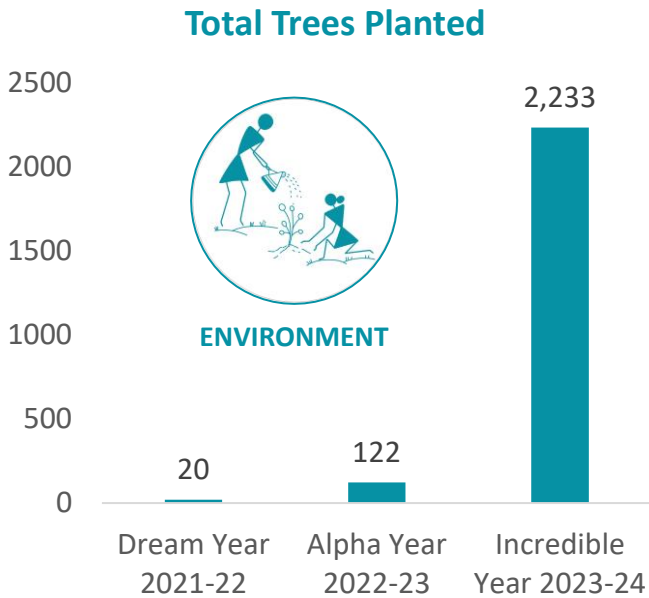
Somewhere between "Being afraid of our parents" and "Praying for our parents", We finally grew up

And as We grew up ,we realize; How Silently, Our Lives Have Changed....!!

- Rtn. Jitendra Somaiya



## f. Celebrating Milestones of our Tree Plantations by Rtn. Patrick



It our ongoing efforts for Better Environment in line with Rotary's Areas of Focus, we continue to raise the bar. As part of projects the Trust contributes to the efforts, additionally we have few Rotarians who step in to support with special days / voluntary contributions:

- Rtn. Jayah Sooda
- Rtn. Murli Punjwani
- Rtn. KBR Swamy
- Rtn. Bipin Sheth
- Rtn. Patrick Gomes
- Rtn. Sankara Ramnath

Month	For Whom	# Planted
Jul-23	Rtn. Patrick	120
Jul-23	Inner Wheel	20
Jul-23	RCBMV	30
Jul-23	RCBMV & Other Clubs in Mulund & District	450
Aug-23	Rtn. Patrick	189
Nov-23	Rtn. Patrick	246
Dec-23	Rtn. Patrick	275
Jan-24	Rtn. Patrick	3
May-24	World Environment Day GreenSpace IPC Guava Saplings	80
May & Jun 24	For Rtn. Jayah, Rtn. Murli and Rtn. KBR	300
Jun-24	For Rtn. Bipin and Rtn. Patrick	200
Jun-24	Rtn. Patrick	320
Total		2,233

You are welcome to contribute to the newly created **Vibrant Environment Fund** with special days in your life. Please donate to **Rotary Trust of Bombay Mulund Valley**:

Account No.: 006910100014710

Bank: Bank of India

Branch: Mulund West

IFSC Code - BKID00000069

# Upcoming Happy Moments in September '24

## a. Birthdays that will be celebrated

- 05-Sep Mrs. Zarna Katira (partner of Rtn Deven Katira)
- 07-Sep Rtn Hitesh Somaiya
- 10-Sep Master Ankit Iyer (son of Rtn C N Balakrishnan)
- 12-Sep Rtn C N Balakrishnan
- 12-Sep Princess Avika (daughter of Rtn Debashish Chatterjee)
- 12-Sep Rtn Kirit Dadia
- 17-Sep Rtn. Santosh Yadav
- 23-Sep Mrs Rani Punjwani (partner of Rtn Murli Punjwani)
- 24-Sep Mrs. Sashiprabha Shetty (partner of Rtn Karunakar Shetty)
- 24-Sep Mrs Jasmine Sheth (partner of Rtn Bipin Sheth)
- 25-Sep Master Russhil (son of Rtn Alok Chawla)
- 26-Sep Princess Tanmayi (daughter of Venugopal Shetty)



## b. Wedding Anniversaries that will be celebrated

- 01-Sep Rtn Venugopal Shetty & Sangeeta
- 10-Sep Rtn Patrick Gomes & Deepalakshmi

*HAPPY Anniversary*



## a. Reversal of Diabetes Without Medicines

### Q1. What is Diabetes?

**Dr. Monisha Rawat:** The main source of energy for our body is blood glucose, which we get from food we eat. This glucose is transported to all cells of our body through a hormone called insulin, which is produced by pancreas. When pancreas fails to produce enough insulin or the body is unable to use insulin efficiently, sugar levels increase in blood causing diabetes, there are 3 types of diabetes:

1. Type 1 diabetes occurs when cells of pancreas stop producing insulin - due to autoimmune disorder.
2. Type 2 diabetes occurs when insulin becomes insufficient or the body becomes resistant to insulin, which accounts for 90% of all diabetes - a lifestyle disease.
3. Gestational diabetes occurs during pregnancy due to hormonal changes.

### Q2. What the symptoms of diabetes?

**Dr. Monisha Rawat:**

- Tingling or numbness in hands & feet
- Frequent urination, Feeling tired, Excess thirst & hunger, Unexplained weight loss
- Slow healing wounds, Skin dryness and itching, Blurred vision

### Q3. What are the causes or are the risk factors for Diabetes?

**Dr. Monisha Rawat:**

- Obesity – more the fatty tissue in body, the more resistant cells become to insulin
- Sedentary lifestyle – makes cells less sensitive to insulin
- Polycystic ovary syndrome (PCOS) – women suffer from irregular periods, obesity and excess hair growth.
- Gestational diabetes
- Age
- Family history
- High triglyceride levels
- Unhealthy eating habits



**Dr. Monisha Rawat**

M.D. (Alternative Medicines)  
Life Coach  
Masters in Sujok



## a. Reversal of Diabetes Without Medicines (Contd.)

### **Q4. What are the consequences / complications of diabetes?**

**Dr. Monisha Rawat:** Damage the blood vessels & nerves, leading to serious following two complications:

1. Microvascular complications - due to damage of small blood vessels resulting in retinopathy (eye damage leading to blindness), nephropathy (kidney damage leading to renal failure), neuropathy (nerve damage) and diabetic foot disorders.
2. Macrovascular complications - due to damage of big blood vessels which leads to atherosclerosis which is narrowing of arteries, resulting in decreased blood flow to heart muscles causing heart attack, or to brain causing stroke or to extremities leading to numbness, burning sensation and acute pain.

### **Q5. How to prevent onset of diabetes?**

**Dr. Monisha Rawat:**

- Be physically active with regular exercises to maintain healthy body weight
- Eat healthy by including more of fresh vegetables, fruits, seeds and nuts.
- Eat food of more proteins, less of carbohydrates & fats, have dinner at 6.30 pm
- De-stress with Yoga, Pranayama and Smile meditation
- Avoid refined sugar, processed, fried junk foods, aerated drinks and fruit juices.
- Quit smoking and reduce alcohol intake.

### **Q6. Can diabetes be reversed and how long it will take for reversal with success rate?**

**Dr. Monisha Rawat:** Diabetes is reversable and it will take about 6 months to one year and more even depending upon the extent of medicines or insulin the diabetes person takes. Success rate: 100%.

### **Q7. How diabetes can be reversed?**

**Dr. Monisha Rawat:**

- Strictly follow the rigid regime mentioned in Point no.5.
- Follow Monisha's Mantra personalized diet chart, which is designed based on the individual's health condition and energies.
- To get enough sunlight by going for morning brisk walks to maintain vitamin D levels.
- To adhere regularly the Sujok therapy techniques.

## a. Reversal of Diabetes Without Medicines (Contd.)

### Q8. What is SUJOK Therapy

**Dr. Monisha Rawat:** Sujok Therapy provides various treatment systems which are applied by trained therapist on the hands and feet of a human body for enhancement, improving and maintaining health. Giving below two examples:

- Move the Sujok ring 20-25 times in each finger of hands, 2-3 times daily. This activity will increase the energy levels within.
- Everyday activation of corresponding pancreas points on palm of hand with fingers for 1-2 minutes, 4 times daily.

### Q9. Once the diabetes is reversed, can diabetes will reoccur?

**Dr. Monisha Rawat:** Yes, if one does not adhere to aforesaid Dos and Don't.

**One can get more details on Sujok and related aspects:**

- By mailing your queries to [monisha.mantra@gmail.com](mailto:monisha.mantra@gmail.com) or
- Browsing the website [www.monishamantra.com](http://www.monishamantra.com)

### MONISHA's MANTRA

B-001, Supriya Heights(opp. Municipal School)

P.K. Road, Mulund (West)

Mumbai - 400080

Phone: +91 8655139777 / +91 9022960086

WhatsApp: +91 8422948592

## a. This month we spotlight Rtn. Murli Punjwani

**i. As a Charter Member and co-founder who started RCBMV in Feb 1993 it has been a long time since then, tell us what inspired you with others to start the club then?**

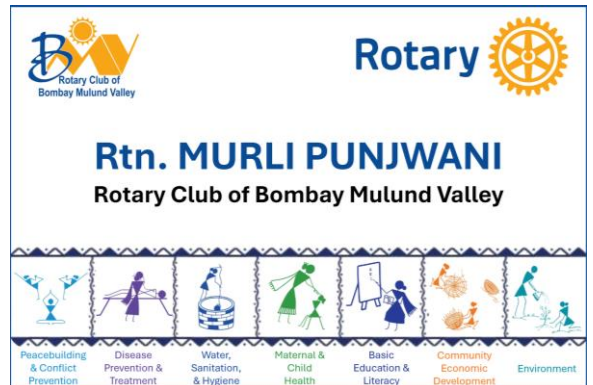
**Rtn. Punjwani:** The club was started by Late Dr. Saxena, Late Shri Shashi Agarwal, Vikram, Anil, Karunakar, Myself & 20 other members. Mulund was expanding and we needed more clubs to serve the community. Moreover, Rotary provides a platform for friendship/fellowship which you always need.

**ii. What has been the most memorable Year for you in the last 31 years of RCBMV and why?**

**Rtn. Punjwani:** The most memorable year was Rotary Year 1997-98, when I was the President of the Club. We did a lot of projects e.g. Quiz Competitions, Cancer Check-up, Drawing Competitions and so on...

**iii. What has been the most memorable Service Project for you in the last 31 years of RCBMV and what is missing in us to do that project दोबारा?**

**Rtn. Punjwani:** The most memorable project was Inter School Quiz Competition. We have to move with the time. The needs of society are changing. We are doing good projects now also. A lot depends on the leader of the Club, Time Available, Resources, etc.



Spouse: Mrs. Rani

Daughter: Sangita

Daughter: Rupali Rajesh Sen  
S.I.L.: Rajesh Sen



## a. This month we spotlight Rtn. Murli Punjwani (Contd.)

iii. At Rotary, we have our 7 Areas of Focus, not sure if they existed then but tell us which AOF is your favorite and why?

**Rtn. Punjwani:** My AOF is Basic Education & Literacy. The country will progress with 100 % Literacy

v. What are the 3 things you expect the club continue to do as a must for years to come?

**Rtn. Punjwani:** Following are my 3 things:

1. Induct Youthful Devoted Members
2. Continued Fellowship
3. Society Need-Based Projects

**Your Favorite Cuisine?**

**Rtn. Punjwani:** Sindhi Curry & Rice

**Your Favorite Holiday Destination?**

**Rtn. Punjwani:** Kashmir

**Your Favorite Book/Music?**

**Rtn. Punjwani:** Hindi Ghazal

**Your Favorite Movie?**

**Rtn. Punjwani:** Madhumati

**Your Favorite Actor / Actress?**

**Rtn. Punjwani:** Amitabh Bachchan & Madhuri Dixit



**Rtn. MURLI PUNJWANI**

Rotary Club of Bombay Mulund Valley



**Your Favorite quote that Inspires you?**

**Rtn. Punjwani:** "There are 5 important things for living a successful & fulfilling life:

1. Never Stop Dreaming
2. Never Stop Believing
3. Never Give Up
4. Never Stop Trying
5. Never Stop Learning"

By Roy T Bennet

# Our Meetings

## a. Club Meetings of RCBMV

Our Club meetings happens twice a month i.e. on alternate Mondays at Hotel Sitara, Near Mulund Railway Station, Mulund (West), Mumbai 400080

Our Club meetings for September 2024 are as follows:

- Thursday 12<sup>th</sup> September
- Monday 30<sup>th</sup> September (Club assembly with AG Rtn. Ameeta Vohra)

Our Club meeting order is as follows:

- 07:00 – 07:30 pm | Fellowship
- 07:30 – 8:30 pm | Club Meeting

## b. Board of Directors Meetings of RCBMV

BODs meet once a month and is usually co-hosted by 2 Rotarians, for August it was held on 28<sup>th</sup> August and the schedule for rest of the year is as follows:

BOD Meeting Month	Co-Hosts
20 <sup>th</sup> September 2024	Rtn. Kirit + Rtn. Chetan
October 2024	Rtn. Patrick & Rtn. Jayah
November 2024	Co-Host TBC
December 2024	Co-Host TBC
January 2025	Rtn. Vikram & Rtn. Harish
February 2025	Rtn. Debashish & Rtn. Yogeshwara
March 2025	Rtn. Nagrajan & Rtn. Jitendra
April 2025	Rtn. Hitesh + Co-Host TBC
May 2025	Rtn. Sanjay (Joint BOD and WA fellowship)
June 2025	Co-Host TBC

## c. Meetings of Rotary Trust of Bombay Mulund Valley

The Trustees meet once a month, the meeting for the month of September 2024 is tentatively scheduled for 9<sup>th</sup> September 2024.

## d. Meetings of Rotary Means Business (RMB) SMART

Meets every Thursday, in September it is planned for 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup> September. Contact Rtn. CN Balakrishnan 9821070388 and Rtn. Sanjay Patel 9820629634

e. Keen to join Rotary Club of Bombay Mulund Valley Family?

## **MAKE A DIFFERENCE IN YOUR COMMUNITY:**

Are you looking for a way to give back to your community and connect with like-minded individuals? Look no further than Rotary! As a global network of leaders and change-makers, Rotary offers a platform for individuals to come together and make a positive impact. Rotary International is a global humanitarian organization that brings together business and professional leaders to provide community service, promote integrity, and advance world understanding, goodwill, and peace. Membership in Rotary offers numerous benefits, responsibilities, and opportunities.

## **BE THE CHANGE YOU WANT TO SEE:**

Membership in Rotary offers a unique blend of personal growth, professional development, and community service. It provides individuals with the platform to make a significant impact locally and globally, embodying the Rotary motto of "Service Above Self."

## **IN ROTARY ENCOURAGES WELLBEING OF OUR MEMBERS, THEREFORE:**

- Family First
- Job / Profession comes Second
- Rotary Last

## **BENEFITS OF ROTARY MEMBERSHIP:**

1. Make new friends and connections
2. Develop leadership skills
3. Be part of a global community
4. Participate in meaningful service projects
5. Enhance your professional network
6. Access to exclusive events and training



# Our Meetings

## f. Key pillars we follow at Rotary Club of Bombay Mulund Valley

1	2	3	4
Service / Projects	Fellowships	Personal Growth & Leadership Development	Business Networking

## g. Our Fee Structure

Membership Type	Per annum for Rotary Year 2024-25 (July-June) payable to...	
	Rotary Club of Bombay Mulund Valley	Rotary Trust of Bombay Mulund Valley
Men Member	Rs. 25,000	Rs. 6,000 (+ one time joining fee Rs 3,000)
Married Couple Members	Rs. 35,000	Rs. 12,000 (+ one time joining fee Rs 3,000)
Women Member	Rs. 20,000	Rs. 6,000 (+ one time joining fee Rs 3,000)
Young Adult (Below the age of 35 yrs)		

### TAKE THE FIRST STEP:

Join us and become a part of the Rotary family. Together, let's make a difference in our communities close to home and around the world.

If you are interested in joining Rotary Club of Bombay Mulund Valley, then do contact Rtn. Jitendra Somaiya, Director Membership on +91 9322507236 or [jitusomaiya@yahoo.com](mailto:jitusomaiya@yahoo.com)

# Our Meetings

h. Our collective power as Rotarians to deliver Magic of Rotary



**EXPERIENCE IT. SHARE IT.  
BEING A ROTARIAN**

To make VALLEYZINE better, please send in your:

- Comment(s) on this E-Newsletter – what you liked, what can be added / deleted, or any suggestions for improvements.
- Your stories, achievements, etc. on RCBMV projects or Rotary experience.
- Your (including your family covering spouse and children) paintings, work of art, poems, articles, achievements, etc.

Send the above to Rtn. Patrick Gomes

Email: [rtnpatrickgomes@gmail.com](mailto:rtnpatrickgomes@gmail.com)

Mobile: +91 9833798558

### **VALLEYZINE Editorial Board:**

Rtn. Patrick Gomes

Rtn. Vikram Sona

Rtn. Prakash Gupte

Rtn. Sushant Gaikwad

Rtn. S. Ramnath

### **ROTARY'S 7 AREAS OF FOCUS**

