

VALLEYZINE

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

Club ID: 29248 | Charter Date: 17th February 1993

✉ 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 |
|---|--------------------------------------|------------------------------------|----------------------------|----------------------------------|--------------------------------------|-------------|

Table of Content



1	Key highlights from September '24	...4-14
2	Our focus in October '24	...15-17
3	RC Bombay Mulund Valley in News	...18-19
4	Know Your Rotary Better	...20-25
5	Happy Moments in Sep '24	...
6	Upcoming Happy Moments in Oct '24	...32
7	Wellness Corner	...33-35
8	Rotarian Spotlight	...36-37
9	Our Meetings	...38-41



Key Highlights from Sep '24

a. RCBMV co-hosted the 1st Vibrant TRF Seminar on 13th September

Represented by Rtn. S. Ramnath and Rtn. KBR Swamy from RCBMV



PDG Harjit Singh Talwar delivering his speech



TRF Trustee PRID Dr. Bharat Pandya addressing the audience



Celebrating milestone of \$800,000 as on 12th September to the TRF at District 3141



RCBMV felicitated as the Co-Host for the 1st Vibrant TRF Seminar

a. Menstruation Awareness for School Girls on 20th September



Project Masik Chakra: Period Awareness Program was conducted for School Girls at Mulund Vidya Mandir on 20th September, in total there were 115 Girl Students as beneficiaries, essentially teens from Grade 5th to 10th who are about to get their periods or have just started. Awareness methods used were:

- Distribution of the Comic Book “Menstrupedia”
- Online Video Movie (20 minutes)
- Pictorial Explanation
- Q&A Round

The project was jointly done with RC MGW, our special thanks to Rtn. Shruti Dharamsi, Club President - Rotary Club of Mumbai Ghatkopar West and Project Head, Masik Chakra.

Key Highlights from Sep '24

a. Medical Camp at Brahmandeshwar Temple on 22nd September



This Health Check-up Camp at Brahmandeshwar Temple Premises, Mulund (West), Mumbai. was a joint project of Rotary Club of Bombay Powai and Rotary Club of Bombay Mulund Valley, a CSR initiative of L&T Realty. Comprising of Health Check-Up, Diabetes Screening Test, Anaemia Screening Test, Free Medicines, Eye Check-Up and Free Spectacles Distribution, Adolescents and Family Counselling and Referral Services. In total we had 179 Beneficiaries 99 Men & 80 Women from the underprivileged community with diverse work status. In summary:

- Total Blood Sugar Tests Beneficiaries: 158
- Total Hemoglobin (Hb) Tests Beneficiaries: 158
- Total FPAI Counselling Beneficiaries: 156
- Total Eye Check-Up Beneficiaries: 144

Key Highlights from Sep '24

a. Outreach to Sakhi, a NGO at Dumping Road on 26th September



Rtn. S. Ramnath, Rtn. KBR Swamy and Rtn. Patrick Gomes and myself met Ms Aarti Naik a Young Women Change-maker & Founder of SAKHI for Girls Education. Aarti's Mission is to create a conducive environment for the underprivileged community, ensuring every girl in these colonies gets an opportunity to continue her education with confidence. Our club has also bestowed on Aarti Naik a Vocational Excellence Award in the Dream Year 2021-2022 during the OCV. Ms. Aarti Naik has a community of about 500 girls and women on the Dumping Road, She runs this NGO for girls' education and for women's vocation and empowerment. On this occasion, we on behalf of RCBMV donated the following for the girl children at her learning center:

1. Printing Paper Bundle 15
2. Pen 80
3. Fevicol 50
4. Mountboard 40 Big Size
5. Sizer Big 50
6. Pencil 100
7. Sketch Pen 80 Packets
8. Drawing Book 80
9. Sanitary Pads 70

Key Highlights from Sep '24

a. Ideal Study App for Mulund High School on 27th September



IDEAL STUDY

CHETAN DESAI
District Governor, RID 3141
RY - 2024-25

PROJECT HEAD
Rtn. Nargis Gaur
Basic Education Avenue Chair

Rs. 1500/- + GST

Study Buddy Coupon

Applicable for mobile, tab and desktop

Rotary District 3141

THE MAGIC OF ROTARY

vibrant 2024-2025

Rotary Club of Bombay Mulund Valley

Rtn. Sankara Ramnath
President

Rtn. Hitesh Somaiya
Secretary

Rtn. Sanjay Patel
Director - Vocational

Rtn. Jitendra Somaiya
Project Director

Applicable for Maharashtra Board 10th standard English, Marathi & Semi-English



72 Students + 8 Teachers = 80 Beneficiaries

Our focus in Oct '24

a. xxx

No.	Date	Project
1	1 st Oct	Masik Chakra
2	3 rd Oct	Medical Camp
3	4 th Oct	Medical Camp
4	7 th Oct	Blood Donation Drive
5	10 th Oct	Dry Waste Management Awareness
6	10 th Oct	Medical Camp
7	11 th Oct	Dry Waste Management Awareness
8	11 th Oct	Medical Camp
9	12 th Oct	Medical Camp

3

Bombay Mulund Valley in News

a. Dr. Rashma Mohit Shetty First Runner-up at Mrs. India Karnataka

You will be left dazed to know that Dr. Rashma Mohit Shetty, Daughter-In-Law of our very own Past President Rtn. Manohar Shetty and Innerwheel Past President Late Mamata Shetty, achieved the prestigious First Runner-up position at the Mrs. India Karnataka event held on 31st August 2024 in Bangalore. In addition to her remarkable success, she earned several subtitles, including Best Performer in the Talent Round, Best Task (Short Film), and Best Walk on the Ramp. Her exceptional performance and dedication have now earned her a coveted spot in the upcoming Mrs. India Competition, tentatively scheduled for December 2024. Assuming and admitting that it's a benediction of the Almighty but one needs a passion and compassion, strict disciplined lifestyle to achieve some such statewide recognition. We wish Dr. Rashma all the very best for her forthcoming Mrs. India Competition.

By Rtn. Prakash Gupte



Dr. Rashma Mohit Shetty

3 Bombay Mulund Valley in News

b. Rtn. KBR Swamy featured in Times of India, Mumbai on 19th Sept.

12

TOI **HEALTH+**

NUTRITION PREVENTION

WELLNESS BODY

Super seniors getting complex surgery? Yes, it's happening

Surgery outcomes improve for 70 and 80-plus as minimally invasive procedures reduce risks

Pooja Narayan & Steffy Thewar | 19A

A video of 97-year-old Vedant Academy founder Swami A Parthasarathy stepping along on the Pune-Mumbai railway plays in a loop on the mobile phone of interventional cardiologist Dr. S. Satish. "I show this clip to my other patients to tell them how safe a heart procedure can be for super seniors," he says. Older adults advised surgery often aren't sure whether to proceed since there is greater risk of unwanted outcomes such as secondary infections. Plus, they have chronic health problems. However, thanks to advanced, minimally invasive technology that is fast reducing recovery time and risk of

97 yrs

Swami A Parthasarathy underwent non-surgical clipping of a leaking mitral valve, an alternative to open-heart surgery

Infection, many are opting not just for life-saving procedures but those that improve their quality of life. "Surgeries and repeat surgeries are now increasingly common among the elderly," says senior heart transplant surgeon Dr. K. R. Balakrishnan, whose oldest heart transplant patient was 82. The patient led a near-normal life for almost six years after his heart transplant before dying due to a separate cause. "It is worth taking the risk if we cure them without compromising on their quality of life," he says.

In Parthasarathy's case, he was 94 when he collapsed while playing cricket in December 2021, at the peak of the pandemic. Doctors diagnosed a year in one of the two leaflets of his mitral valve, causing blood to flow backward into the left atrium. This led to fluid build-up in his lungs and heart failure. Dr. Satish, who consults at Apollo Hospitals in Chennai, suggested a non-surgical repair of the mitral valve, an alternative to traditional



open-heart surgery considering his age. During the procedure, a thin tube (catheter) was inserted into a blood vessel in his leg and guided to his heart. A clip-like device was then positioned over the exact location of the tear, and it was clipped together.

"The clip drastically reduced the leak, but it wasn't a complete repair," recalls Dr. Satish. Two years later, in December 2023, Parthasarathy returned to the hospital in much better health. "He now wanted to completely fix his valve leak as he didn't want his condition to slow him down. We placed another clip." Just four days after the surgery, Parthasarathy drove through the Pune-Mumbai highway and sent a video to his doctor to report that he was doing well.

India is ageing rapidly, with the United Nations Population Fund putting the current elderly population of India (aged 60 and above) at 130 million. It's expected to reach 347 million by 2050, by which time India's senior citizens would outnumber its children. This will mean many more seniors contemplating surgery. For both doctor and patient, it requires

weighing the risks versus potential benefits. Doctors these days discuss elaborate treatment plans with geriatric patients and their families, working intensively in post-surgical care units to minimise risk factors.

"With advancements in surgical techniques, post-surgical care, and the experience of the medical team, we are now able to take that risk," says Dr. Balakrishnan.

Minimally invasive procedures such as laparoscopy, keyhole surgery or robot-assisted surgeries are more precision driven and help doctors minimise the risk of infections. So, patients recover faster and return home faster. Besides cardiology, such procedures also benefit oncology, urology and orthopaedics. An abdominal tumour diagnosis came as a shock for 72-year-old Pune resident Kumar (name changed), and the only solution was surgery. "I wasn't sure of being able to undergo such a major surgery but my family supported me and doctors gave me enough confidence to go ahead."

Dr. Kedar Patil, a bariatric and advanced laparoscopic surgeon at Pune's Ruby Clin-

ic, says Kumar came to him in August 2024 with upper abdominal pain and bloating, and occasional blood in stool. "We detected a lesion in the first part of the duodenum, and I suspected it was malignant. Kumar had diabetes, hypertension and a history of heart-related diseases. These comorbidities, along with his age, made it a challenging case. However, with the help of laparoscopy, we could identify the exact lesion and remove it," recalls Dr. Patil. Laparoscopy was not available even a few years ago, he says, which meant that larger cuts and more blood loss delayed post-surgery recovery. "But now, minimal incision means the surgeon can remove the tumour precisely and also avoid damage to nearby organs or tissues." Kumar was discharged just three days after surgery and is back to normal life with no symptoms.

For 71-year-old Mumbai lawyer KBR Swamy, a ruptured aorta could have meant the end of the journey if it had happened even a decade ago. Dr. Kaushal Pandey, consultant cardiovascular surgeon at Mumbai's P D Hinduja Hospital who treated Swamy, says a complicated surgery like his would not have been possible without staff well trained in ICU management. "We did a complex aortic root replacement and valve replacement, known as the Bentall procedure. This involved replacing parts of the aorta and aortic valve with a graft. About 10-15 years ago, we would have probably given up on the case. This was his second open-heart surgery as the previous one took place in 2018. Well-trained staff and better ICU equipment also gives us the confidence to undertake such cases," says Dr. Pandey. It's been seven

71 yrs

KBR Swamy underwent aortic root and valve replacement surgery known as the Bentall procedure

months since Swamy's second surgery, he has fully recovered and continues his law practice actively.

At 89, C S Gopalakrishnan, former chairman of Indian Overseas Bank, has made a good recovery too. In February this year, he developed a cough and cold with breathing difficulty while with his family in Varanasi. "En route to a hospital, he suffered a cardiac arrest," says his US-based daughter Uma Gopal. "He was put on a ventilator and shifted to another hospital. Once he stabilised, we airlifted him to Chennai." There, he underwent treatment for pneumonia and multi-organ failure, recovered well and was discharged. But just when the family thought he was out of the woods, he had acute heart failure as a valve that was replaced in 2017 failed because of all this stress. "In less than a month after his discharge, doctors put a new valve inside the old one in another minimally invasive procedure." Uma adds, Today, Gopalakrishnan is back home, actively taking part in family chit chats and luncheons.

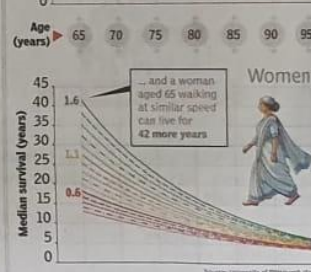
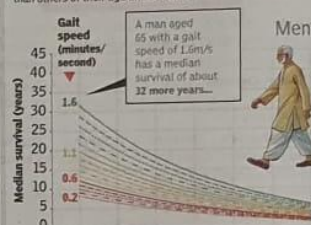
THE TIMES OF INDIA, MUMBAI/INDIA THURSDAY, SEPTEMBER 19, 2024

TIPS, TRENDS & TECH

KNOW YOUR VITAL STATS

How fast you walk may predict how long you will live

Researchers have discovered that walking speed can be a useful predictor of how long older adults live. Those who walked 1 meter per second or faster consistently lived longer than others of their age and sex who walked more slowly



Source: University of Pittsburgh study

WHICH ONE IS HEALTHIER?

	Curd one serving of 100gm	Greek yogurt one serving of 100gm
60	CALORIES	90
3.2gm	PROTEIN	7gm
1.5gm	FATS	2.2gm
176mg	CALCIUM	150mg

Did you think curd and yogurt are the same? Here's a chart

It's heartening to see your photograph appearing in TOI. A very good coverage elaborately describing your ailment followed by the complicated surgery seven months back. Hats off to your confidence level and the painful journey you had thereafter. Also, we appreciate the active support your beloved wife and your dashing sons gave you thru n thru. Nice to see you back in the mainstream. Stay safe stay blessed.

- Rtn. Prakash Gupte

KBR's story is one of tenacity, fighting spirit and literally "never say die" attitude, not just once but multiple times and issues. He also never lets his illness come in the way of his commitment and even refuses us to give it as a reason to tell him to take it easy for sometime. He is truly remarkable. Hats off to you KBR. You are an inspiration.

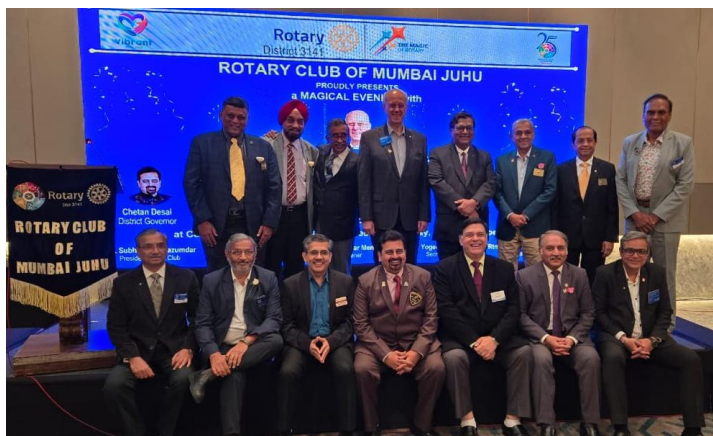
- Rtn. Sankara Ramnath

It was spine chilling ordeal you went through. Your will power came to your rescue along with prayers from all.

- Rtn. Jayah Sooda

3 Bombay Mulund Valley in News

c. RCBMV at the CSR Conclave on 27th Septmber



Magical Evening in Mumbai on 24th September with senior Rotarians from District, RI and DGE Dr. Manish

Rtn. Harjit Singh Talwar with Rotary International President Elect Mario Cesar



👉 Rtn. S Ramnath, Rtn. Harjit Singh Talwar & Rtn. KBR Swamy at CSR Conclave on 27th Sep 2024 📌



a. About ClubFoot from our archives



In the above picture you can see Rotarians from Bombay Mulund Valley:

Rtn. KBR Swamy

Rtn. Jayah Sooda

Rtn. Prakash Gupte

Rtn. Manohar Shetty

These Children were treated for ClubFoot and were paraded on the World Club Foot Day at Wadia Hospital in 2017

- Rtn. Jayah Sooda

“Great things are not done by impulse, but by a series of small things brought together.”

- Vincent Van Gogh

g. Celebrating Milestones with an Award for Rtn. Pramod Goel



Rtn. Pramod Goel was awarded with Best School Bus Operator of the Year (West)

Goel And Sons at Prawaas Excellence Awards 2024



Upcoming Happy Moments in Oct '24

a. Birthdays that will be celebrated

1st October Dr Priya Chatterjee, Partner of Debashish Chatterjee
 2nd October Vikram Sona
 9th October Abhinav Chatterjee, Son of Debasish & Priya Chatterjee
 10th October Anantha Lakshmi Balakrishnan, Partner of C N Balakrishnan
 Tvisha Shetty, Daughter of Venugopal & Sangeeta Shetty
 12th October Nagarajan R
 17th October Sanjay Patel
 Abhijit Shivalkar
 21st October Jayalakshmy Swamy, Partner of K B R Swamy
 23rd October Adith Iyer, Son of C N Balakrishnan & Anantha Lakshmy
 24th October Patrick Gomes
 26th October Pallavi Gupte, Partner of Prakash C Gupte
 28th October Murli Punjwani
 Rishi Yadav, Son of Santosh & Aarti Yadav



b. Wedding Anniversaries that will be celebrated

31st October C N Balakrishnan & Anantha Lakshmy

HAPPY Anniversary



a. Chronic Kidney Disease (CKD)

Position of kidneys in the body

We have two kidneys, about the size of fist, placed below the rib cage on either side of lumbar spine.

Why we have kidneys (Functions of kidneys)

- Kidneys play a crucial role in keeping body clean & well-fuelled by removing excess water and waste products from the blood, after it has circulated through the body.
- Filter the whole blood every 30 minutes and Maintain acid-alkaline (pH) balance in blood.
- Maintain balance of minerals (sodium, potassium, calcium) in blood
- Produce hormones that help in regulating blood pressure and producing red blood cells
- Produce an active form of vitamin D needed for bone health and other functions



Dr. Monisha Rawat

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

What is chronic kidney disease (CKD)

It is the progressive loss of one or more of the above kidney functions over a period of time. In the early stages there are no symptoms and if left untreated it can finally lead to **kidney failure**.

Symptoms of CKD

Nausea and vomiting

- Weakness
- Frequent urination especially at night
- Foamy urine
- Blood in urine
- Itchy dry skin
- High blood pressure
- Weight loss
- Loss of appetite
- Shortness of breath
- Swelling in legs, ankles, feet or face

a. This month we spotlight PP Rtn. Vikram Sona

Q1. As a charter member and co-founder who started the RCBMV in Feb 1993 it has been a long time since then, tell us what inspired you with others to start the club then?

In fact, it was RC Mulund Hills which felt the need of forming a new club in the Mulund as at that time there were not many clubs, and each existing club had a reasonable strength. (Late) Dr. K.K. Saxena, who was already a Rotarian, was selected to take the lead to form a new club under the guidance of the then GSR, Rtn Pratap Lilani. The aims were simple

- To increase the numbers of clubs in Mulund to enable more people to join the Rotary movement.
- To have good service projects blended with excellent fellowship involving each family member.

After meeting on each Monday at (Late) Dr. K.K. Saxena's residence for almost six months , injecting Rotary, its protocols , by-laws, discipline along with fellowship in our blood, finally 28 Charter members (incl. 4 doctors, both gents and ladies), under the expert leadership of (Late) Dr. K.K. Saxena, were ready to form the club – Rotary Club Of Bombay Mulund valley .

In fact, I was inspired to join the Rotary movement by looking at Rotary's events, meaningful meetings, its projects , the fellowship program and the involvement of family . Rest is a history.

Q2. What has been the most memorable Year for you in the last 31 years of RCBMV and why?

Generally, if you ask anyone out of the Past Presidents, the answer would be that his year had been the most memorable year of his lifetime. Same is with me as well. In my year as President (2003-04), we did a lot of projects, many memorable fellowships, district level participation and record numbers of membership .



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 October 2024 are as follows:

- Thursday 12th September
- Monday 30th 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 20th September and the schedule for rest of the year is as follows:

BOD Meeting Month	Co-Hosts
October 2024	Rtn. Patrick, Rtn. Jayah and Rtn. Abhijit
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 9th September 2024.

d. Meetings of Rotary Means Business (RMB) SMART

Meets every Thursday, in September it is planned for 3rd, 10th, 17th, 24th and 31st October 2024. Please do contact Rtn. CN Balakrishnan 9821070388 and Rtn. Sanjay Patel 9820629634

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

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VALLEYZINE Editorial Board:

Rtn. Patrick Gomes

Rtn. Vikram Sona

Rtn. Prakash Gupte

Rtn. Sushant Gaikwad

Rtn. S. Ramnath

ROTARY'S 7 AREAS OF FOCUS

