



*Let's
Inspire!*



PRESIDENT 2025-26



RI President's Message Create lasting Impact

This February, as we observe Peacebuilding and Conflict Prevention Month, we have an opportunity to channel Yinka's call to action into real change.

Peace is not simply the absence of war. A life free from conflict but marked by hunger, instability, or the inability to care for one's family is not true peace. Peace requires liberty, opportunity, and respect for human dignity. Yet fear often blocks that path — fear of change, of cultural loss, of people we don't understand.

Fear isn't defeated through avoidance or aggression. Knowledge is the first step toward peace. Rotary embraces this idea. Our Rotary Peace Centers and their peace fellows, along with other peace education initiatives, demonstrate how knowledge builds trust and helps communities find solutions to conflict.

In Colombia, decades of conflict have left deep wounds. The 2025 Rotary Foundation Programs of Scale awardee, Pathways to Peace and Prosperity, partners with the United Nations World Food Programme to expand opportunity, improve conflict resolution, and connect people with social services. Its goal is to break cycles of violence, poverty, and food insecurity so peace can take root.

From Colombia to India to Chad, the lesson is clear: Peace is not a dream. It is the result of sustained action with a focus on true, lasting impact. To replicate these successes, Rotary clubs can take three steps: Learn from peace fellows and other peace experts in our organization, apply a peacebuilding lens to community assessments, and prioritize impact over ceremony.

In a world filled with fear, Rotary cannot be satisfied with half-measures and empty words. If we are truly people of action, then action must define us. Together, we can **Create Lasting Impact** — across the globe, in our communities, and in ourselves.

FRANCESCO AREZZO
President, Rotary International

Rotary's Vision Statement

*Together, we see a world where
people unite and take action
to create lasting change — across
the globe, in our communities,
and in ourselves.*

Vision without action is merely a dream.
Action without vision just passes the time.
Vision with action can change the world.

Joel A. Barker



THE FACE BEHIND THE ROLE

Rtn. Sumiit Lakhutia

Anchor, Editor & Thought Leader
in BFSI and Investor Awareness



Senior News Editor, Times Influence, Times Network

Sumiit Lakhutia is Senior News Editor with the Times Influence team at Times Network. He also heads the BFSI vertical at Times Influence. He has worked on a diverse array of shows (Chat shows, panel discussions, lifestyle shows, awards and other ground events) on topics ranging from BFSI to technology, health to entrepreneurship & CSR to energy.

At the Times Network he has anchored shows like Andhra Pradesh Global Investors Summit 2023, Jan Nivesh, Make In India Awards, Digital India Summit, India Road Safety Mission awards, HSBC's A Step Ahead, Aditya Birla Sun Life Mutual Fund Voyage, Prudent Risk Management & Insurance Awards along with co-anchoring the Leaders of Tomorrow Awards & the Hitachi Social Innovation Forum. He has moderated panel discussions for partners like Accenture, Mumbai Customs, RBL Bank, Reliance General Insurance, Association of Mutual Funds in India (AMFI) to name a few.

A strong supporter of Investor Education & Investor Awareness, he regularly spearheads these initiatives with multiple companies in the BFSI space – namely AMFI, MCX, BSE, NSE, Kotak Mahindra Bank, ICICI Bank, Aditya Birla Sun Life Mutual Fund, Bajaj Allianz General Insurance, Mirae Asset, etc

In 2018-2019, he helmed the execution of a pan India 9 month long investor education series titled Jan Nivesh, which was done in partnership with the Association of Mutual Funds in India. This involved over 170 events being executed across 85 cities and towns around India.

He has anchored 4 editions of MCX IPF Comquest – a one of a kind quiz contest for B-School students, based on commodities. Along with anchoring he has also conceptualised & produced a number of shows & lends his voice to multiple promos that air on the network.

Sumiit is a bi-lingual media professional with diverse experiences as a voice artist & a television anchor and comes with the added know-how of working in his family business of home linens. A Bachelor of Commerce from Sydenham College of Commerce & Economics, Mumbai, he also holds a Masters degree in Marketing Management from Middlesex University, London.

Sumiit is a Certified Financial Planner (CFP) [by the Financial Planning Standards Board (FPSB)], a MCX Certified Commodity Professional and has completed the Financial Education Certification Examination (Series XVIII) held by the National Institute of Securities Markets (NISM).



ANN-TASTIC MOMENTS ...

Dr. Alka Walavalkar – Integrating Science, Lifestyle and Public Health



With over three decades of experience in nutrition and metabolic health, Dr. Alka Walavalkar has built a distinctive career at the intersection of science, clinical practice and community wellness. A Ph.D. in Nutritional Biochemistry from the Institute of Science, with further specialization in Integrative Health and Medicine from the University of Minnesota, USA, she is widely regarded as a trusted voice in lifestyle medicine and preventive healthcare.

Dr. Walavalkar began her professional journey as a scientist at the Bhabha Atomic Research Centre (BARC), where her early years in research shaped a strong evidence-based approach to health and disease. She later transitioned into the corporate healthcare sector, working extensively in diabetes care and metabolic health, including non-alcoholic fatty liver disease (NAFLD), gaining deep insight into the rising burden of lifestyle disorders. This experience gradually shaped her life's mission — shifting healthcare from disease management toward disease reversal through sustainable lifestyle interventions.

Today, she runs her private clinical practice and serves as the Director of Resonance Wellness, an organisation that designs and implements community and corporate public health programs. She is also the Senior Scientific Advisor with Neuberg Diagnostics and consults with healthcare, genomics and digital health organisations in India and internationally.

A Clinical Nutritionist, Nutrition Scientist and Certified Diabetes Educator, Dr. Walavalkar specialises in metabolic health, diabetes, liver disorders, obesity and nutrigenomics. She is also certified in Psychiatric Nutrition and integrates mental health principles into her lifestyle interventions and patient care. She is an Official Ambassador of the Government of India's flagship Fit India Movement and a Pinkathon Ambassador, actively promoting women's health, preventive care and community wellbeing.

Her academic excellence was recognised early when she received the Academic Excellence Award at the hands of Dr. A. P. J. Abdul Kalam in 1996. A widely invited keynote speaker at national and international conferences, she addresses academic institutions, corporates, hospitals and public platforms on topics including millets, lifestyle diseases and preventive healthcare. Her work has been published in national and international journals and featured across print, digital and broadcast media.

Deeply committed to service, she has actively contributed to community initiatives and was a core committee member of Rotary Humsafar, playing an instrumental role in Rotary District 3141 achieving a Guinness World Record in 2019 through large-scale public health participation programs.

Beyond her profession, Dr. Walavalkar believes strongly in “walking the talk.” An endurance athlete who completed the Mumbai–Pune (169 km) ultra-marathon, she integrates wellness into her own life. Trained in Indian classical music, she enjoys singing and dancing, and also uses swimming as a stress buster — reflecting her philosophy that health is not merely prescribed, but lived.

From the Editor's Desk

After seven e-bulletins and three physical editions, I find myself pausing—not because there is nothing left to say, but because words suddenly feel inadequate.

Each edition has carried stories of service, commitment, friendships, milestones, and memories. Together, they reflect not just events and projects, but the spirit of togetherness that defines us.

This journey has reminded me that a bulletin is far more than ink on paper or pixels on a screen. It is a living record of shared purpose, evolving leadership, and enduring values. It captures moments that will one day become memories—and memories that already inspire nostalgia.

With gratitude, humility, and a full heart, I thank everyone who contributed, supported, encouraged, and believed. The journey continues, and so do the stories—stronger, deeper, and richer with time.



RCBN SKIN BANK, NBC

SKIN BANKING AND SKIN DONATION

In a developing country like India, about 7 million people suffer from burn injury every year. Out of this 80% are women and children.

Why Skin Donation?

In case of burns, SKIN – the primary protective barrier of the body - is destroyed and the body is exposed to infectious agents. If the burnt area is not immediately covered with some skin substitutes, then patients are prone to infection, fluid loss and ultimately death. In case of smaller percentage of burns (lesser total body surface area burnt), skin from the un-burnt area of the patient is taken out and put on the burn wound to cover it. But when burns percentage is more than 40% to 50%, then the patient's own skin is not available to cover the burn wound. In that scenario we need some skin substitutes. It is said that skin is the best substitute for skin. Thus, Skin donated after death (cadaveric skin) is the best and cheapest substitute compared to artificial skin substitutes for a burns patient. Such skin is a temporary dressing. But, it is important as it helps in patient's own skin to regenerate. 80% of such patients can be saved if we have enough skin in skin bank. Thus arises the need of skin donation after death.

Rotary Club of Bombay North (RCBN) Skin Bank

RCBN Skin Bank started in 2009 is a state-of-the-art Skin Bank where skin collected from eligible deceased donor is processed, preserved and distributed as per INTERNATIONAL PROTOCOLS.

The Skin bank not only caters to NBC requirement but it also caters to the whole nation as there is no other skin bank of such high quality in the country today.

Skin Donation Facts:

1. Skin harvesting is done within 6 hours from the time of death. Skin Donation helpline number: 022 2779 3333.
2. A very thin layer is harvested from both the legs, thighs and the back in 45 minutes.
3. There is no bleeding or disfigurement to the body and body is wrapped before giving it to the relatives.
4. No MATCHING required for grafting. Long shelf life of 5 years

RCBN SKIN BANK, NBC

SKIN BANKING AND SKIN DONATION

Contraindications for Skin Donation:

1. HIV & Hepatitis B & Hepatitis C.
2. STD'S
3. Generalized infection & septicemia (Pneumonia, T.B, etc)
4. Any kind of skin infection.
5. Malignancy
6. Evidence of skin cancer.

How does the donated skin help burns patient? The skin after being grafted on the burnt area acts as a temporary biological dressing and helps in skin regeneration in the exposed part, thus:

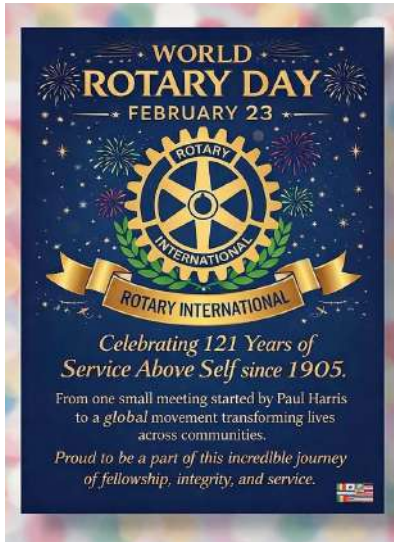
1. Prevents the entry of foreign infectious agents.
2. Relieves pain.
3. Controls the loss of fluid, protein, and heat from the body.
4. Ultimately it saves a life.

Other Contact nos.: 022 35018500-03

Dr. Sunil Keshwani



Touching Lives- One Project At A Time



Rotaract Club of Churchgate held their OCV on Sunday, 22nd February. It was a great opportunity to showcase their projects and work done throughout the year to district.

PP Rukhsana Khan and IPP Dr Dharam Popat graced the occasion.

Upcoming Projects/ events

- 21st March '26- Rotary Quiz-Rodel. Finals 2025-26
- 22nd March'26- Jashn-e-Eid
- 28th & 29th March'26- Silvassa / Nargol Fellowship trip.

Once a week - Rendezvous



21st Feb'26- Alan Abraham & Anca Abraham, architect and interior designer and Co founders of non profit "Bombay greenway"& " love your parks". Spoke on how Mumbai can look better.



28th Feb'26- Swati Gupte Bhise spoke on Majha Prawas- the choreography of perceived success.

RCBNites in NEWS



Received Nagpur Academy of Ophthalmology
Oration Award 1.3.26



Rtn Yash Kale with the President of India. The group had gathered for the inauguration of the "Saving Lives and Building a Healthier Bharat" campaign, organized by P.D. Hinduja Hospital at Lok Bhavan (Raj Bhavan complex) to mark the hospital's 75th anniversary.

Introducing the Editorial Team

Rtn Yashodhan Kale (Yash) FCA (Eng & Wales) 78 yrs survivor of blood cancer begins his day with 12 Surya Namaskars and continues in full time employment as Group Adviser of the billion dollar Hinduja Group having earlier been Chairman of Hinduja Global Solutions Limited. Before joining Hinduja he was a former President of Institute of Chartered Accountants of India (ICAI) and Board Member on International Accounting Standards 1995-1998 as India representative. In 1983 Govt of India (GOI) appointed him member of National Drugs & Pharmaceuticals Development Council. In 1992 he was member of Reserve Bank of India Group for Introduction of Concurrent Audit of Banks. He has also been Member of (i) Legal Affairs Committee, Bombay Chamber of Commerce and Industry, (1993-1994), (ii) GOI Satyapal Committee on Financial Indicators for Public Sector Undertakings (1995), (iii) SEBI Committees on: Accounting for Corporates, Takeovers; Offer Documents, Primary Markets (1995 & 1996), (iv) Committee for setting Accounting Norms for trading members of the National Stock Exchange.

He qualified as CA from institute of CAs in England & Wales (ICAEW) in 1971 after training in London and standing Fourth in order of merit in an ICAEW examination, then returning to India and becoming one of the senior partners in AF Ferguson & co. In 2002, he moved from being a practising CA to work in Industry. His former directorships included: (i) Oracle Financial services Software Limited 14 years as Chairman of Audit Committee (ii) Ashok Leyland Ltd (iii) IndusInd Bank Ltd (iv) Gulf Oil Marine Ltd. (Hong Kong)

(v) ICICI Mutual Fund AMC Ltd (vi) Hutchison Essar Ltd.

Often sought as Speaker he recently addressed the World

Congress of Accountants.

His hobby is spiritual literature. He is currently writing an

ambitious book in English & Marathi on the famous

“manache-shloka” (meaning - stanzas addressed to the

mind) comprising 205 verses authored by a famous 17th

century Saint - Samarth Ramdas.



Rtn. Yash Kale

7th & 8th Feb'26 -DISCON 2026 GLIMPSES



14th Feb'26 -RCBN Valentine Day Bash



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