



Rotary
District 3141



ROTARY CLUB OF BOMBAY NORTH WEST - MALAD

July-August 2024 Issue

Club President: **Dr. Mangla Joshi**
Club Secretary: **Vishrut Shah**

R.I. District: 3141
Club ID: 15498

R.I. President : **Stephanie Urchick**
District Governor : **Rtn. Chetan Desai**

Message from President



अकेले ही चले थे अपने मंका से
लोग जुड़ते गए और कारवा
बढ़ता गया

बस ऐसे ही शुरुआत हुई । डर
झिझक और संकोच से भरी मेरी
संस्थित ने प्रेसिडेंटशिप स्वीकार
तो कर ली परन्तु लगातार पिछले

कई महीनों से एक अंजना भय था की कैसे होगा इतना
काम ? क्या मैं कर पाऊंगी ?

आज जब २ महीने बीत गए तो प्राउड से कह सकती हु
की अने रोटरी परिवार का इतना अच्छा और सच्चा साथ
मिला की सारा डर दूर हो गया । सभी पास्ट प्रेजिडेंट और
सीनियर्स के साथ गर्ल्स रोटेरियन हर कदम पर मेरा हौसला
बढ़ा रहे हैं ।

एक सक्सेसफुल और यादगार प्रेसिडेंट के रूप में विपुल
भाई ने जो माइल स्टोन सेट किया है उसे मैं छू भी पाऊ तो
यह मेरा सौभाग्य होगा । विपुल भाई और दर्शना को ढेर
सारी बधाई ।

एक किस्सा सुनाती हु....

मानसून पिकनिक के लिए हम (मैं विश्रुत और अपूर्व भाई)
चर्चा कर रहे थे पर मैं मन ही मन टेंस ती की मैं प्रेजिडेंट हु तो
अब सारा अरेजमेंट मुझे ही करने होंगे ।

पर मुझे सरप्राइज की तरह अपूर्व भाई का मैसेज आया की
प्रेजिडेंट मैडम ।.. पिकनिक का अरेजमेंट हो गया है आप
बस चलने की तैयारी करो और गेम्स वगैरहा का क्या करना
है देख लो ।

मैं अचंभित तो थी ही खुश भी इतनी ही थी और इस तरह
एक यादगार शानदार जोरदार मानसून पिकनिक इगतपुरी
में हो गई । बहुत ही शानदार वेन्यू मैन्यू और फेलोशिप रही
अपूर्व भाई के साथ सभी को दिल से धन्यवाद ।

इस तरह सभी डायरेक्टर्स ने बहुत अच्छी प्लानिंग की है
और इससे मेरा आत्मविश्वास बढ़ा है ।

कहते हैं की अच्छे कर्मों का फल आपको किसी न किसी
रूप में जरूर मिलता है और यह अहसास तब हुआ जब १
जुलाई को क्लब प्रेजिडेंट के तौर पर ब्लड डोनेशन कैंप का
हिस्सा बनी, बहुत अच्छा लगता है जब कोई अनजान

आकर ब्लड डोनेट करता है, सीनियर सिटीजन (बागवान)
के साथ वक्त बिताया तो लगा की हमें अब और क्या
चाहिए ।

इसी तरह अगस्त में जब रुरल एरिया की स्कूल में बच्चों
को स्लमबर किट के साथ मुस्कुराते देखा तो खुद का बचपन
याद हो आया । बी एम सी के हॉस्पिटल में टीबी के मरीजों
को जब न्यूट्रीशियन किट और प्रोटीन पाउडर देते हैं तो
उनकी बॉडी लैंग्वेज से ऐसा लगता है जैसे हमने लाखों की
कोई वास्तु दी हो ।

तो ये ऐसे अनुभव हैं जिन्हें सिर्फ महसूस किया जा
सकता है ।

प्रोजेक्ट नेशनल इंटीग्रेशन के तहत कश्मीर की सैर ने
मनो सोच ही बदल दी हो । कल कल करती नदिया, सुहावना
मौसम और खूबसूरत वादियां और रोटेरियन दोस्तों का
साथ जब घायल सेनिकों से मिले तो मन सन्मान और
सत्कार में झुक गया । अपने बच्चों जैसे उन भाइयों को
अकेले में चुपचाप दर्द सहन करते देखना एक मार्मिक पल
था । उन्हें राखी बांधना तो एक स्वप्न के सच होने जैसा था
और यह सब रोटरी की वजह से ही संभव हो पाया ।

और साथ ही बहुत ही गर्व भरा पल तब आया जब अपने
क्लब को रिप्रेजेंट करते हुए सेना के प्रमुख अधिकारियों से
हम मिले और बिगेडियर डॉ. निखिल तिवारी सर के साथ
रक्षाबंधन को यादगार बनाया । कश्मीर का दूट ही सबसे
बड़ा अचीवमेंट है और एक अहसास हुआ की देश के प्रति
प्यार और सन्मान महसूस करना हो तो लाल चौक से अच्छी
कोई जगह नहीं है टीम को दिल से बधाई ।

मैं बहुत खुश किस्मत हु की हमारा क्लब इनबाउंड स्टूडेंट
फन्टाइन को होस्ट कर रहे हैं । भारतीय संस्कृति और
पारिवारिक संबंधों के साथ एक साल के लिए वह हमारी
मेहमान है और अपने देश में तो मेहमान भगवान की तरह
होते हैं तो जब वह यहाँ से जाए तो भरपूर मीठी यादों के
साथ । होस्ट फैमिली पटेल को बहुत बहुत बधाई ।

बहुत बहुत कुछ कहना है पर बारी बारी कहते रहेंगे
अभी बस इतना ही...

- Rtn. President Dr. Mangla Joshi

Greenery

July - August 2024

We meet alternate Fridays at 8.00 pm at L & M Rotary Service Center,
Next to Indian Oil Petrol Pump, S.V. Road, Malad (West), Mumbai - 400 064. Ph. : 2882 3247

EDITORIAL NOTE

As the Vibrant Rotary year begins, you will discover Greenery in a new Avatar. New vibrancy, new content, and a new way of producing it, while keeping the original emotional touch of “Greenery” intact.

The colour green signifies new beginnings, new hope, and everything that is new. So here we bring you a new and fresh Greenery! We hope that you will like it.

The new Rotary year brings a lot of hope and a whole new experience, with every new president taking up the beacon from the immediate past president. They continue the legacy of the club, and at the same time, they also add their own vibrancy through various projects.

Let us welcome our new president, Rtn. Dr. Mangla Joshi, and her Vibrant team that will take the already set high bar a notch up and not only retain the legacy, but also set new records.

I, along with my Editorial Team, welcome President Rtn. Dr. Mangla Joshi, Secretary Rtn. Vishrut Shah, and her entire Vibrant Team on board. I also wish that our club will set new precedents under the leadership of Rtn. Dr. Mangla Joshi.

This year, we have included some new sections. One of them is “Life-changing Moments” from our Fellow Rotarians. We would love to read about something new you learnt recently, or a moment of epiphany you had, or just anything that changed your life for the better.

Another new section is “Shots of Wisdom,” where we invite our Talented Rotarians to share a few words of advice in your field of expertise. We invite writeups from you for our forthcoming editions of Greenery.

Engross yourself in the pages of the very first edition of Greenery in the new Rotary Year!

Wishing everyone my best, and looking forward to having your beautiful experiences to share and learn from!

We wish you A Very Happy and Blessed Navratri and A Very Happy and Prosperous Diwali & New Year!

I wish you a wonderful life ahead!

Editor—Rtn. Dr. Manisha Anwekar



Rotary Tiller
RT-DE105



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AEL001/BAHBR



Hi-Tech
SRP60



Knapsack Power Sprayer 708
KP35/25708



Mist Blower Turblow 2020
TRB35



A Beacon of Vision and Service – RC Bombay Northwest Malad

Rotary has always stood as a beacon of service and vision, and RC Bombay Northwest Malad exemplifies this spirit through its dedication and impactful projects. A shining testament to this is the 5-story LM Patel Rotary Eye Center, a marvel brought to life thanks to the foresight and commitment of founder member Rtn Kiran Patel and his visionary friends. Their collective efforts have enabled the club to serve countless individuals, bringing light to the lives of many who would have otherwise remained in darkness.

Under the able leadership of current President Mangala Joshi, the club continues to build on this strong foundation, taking its legacy forward with zeal and enthusiasm. President Mangala has shown commendable dedication in ensuring that the projects remain robust, impactful, and community-focused. Her leadership reflects the values that Rotary cherishes—integrity, service above self, and compassion for all.

As District Governor, it fills me with pride to see the excellent work being carried out by RC Bombay Northwest Malad. I extend my heartfelt congratulations to President Mangala Joshi and the entire team for their hard work and dedication. The journey of service continues, and I am confident that the club will achieve even greater heights in the years to come.

Wishing you all the very best for a vibrant and impactful Rotary Year. Together, we can, and together, we will continue to create the magic of Rotary.

- DG. Chetan Desai



Dear Friends,

One of the questions we often hear is, "What is Rotary?" To outsiders, it might seem like we just meet every week or two to socialize, but Rotary is so much more. As Rotarians, we have a responsibility to spread awareness about the impactful work our organization does globally and within our communities.

From eradicating polio worldwide to aiding in COVID-19 relief, from providing clean water to remote areas to advancing education and literacy, Rotary has a far-reaching impact. We tackle major global challenges such as disease prevention, water and sanitation, maternal and child health, and economic development, improving lives in countless ways.

However, none of this would be possible without the active participation of members like you. Each of us, through our time, efforts, and resources, plays a vital role in these life-changing projects. By being more involved, we not only make a difference in the world but also take pride in being part of such a powerful force for good.

Let us all commit to deeper engagement in Rotary activities and projects. Together, we can continue to inspire change and serve humanity.

Regards,

Rtn. PP. Kiran Patel



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Geriatric Rehabilitation

The ageing population is on the rise with newer advances in medicine. This helps increase the quantity but the quality of that life is not always good, especially the muscles & joints as the musculo-skeletal complaints are ignored & neglected by patient, relatives & doctors.

The patients who are aging & aged have multiple joint pains but will seek medical help only when in severe handicap. They avoid doing that as well as they have been always told that it is due to age, weight, weak bones & have to learn with it, tolerate it without medicines or undergo surgery (without any assurances).

An elderly patient suffering from multiple joint pains is usually depressed & irritable as they are unable to perform their activities & have become dependent for activities which they were managing independently. These mental & physical stress affect their medical conditions either inviting new diseases or unable to control the pre-existing ones.

There is general taboo with "pain killers" & scare about their likely effects on kidney. Thus, they will opt to tolerate pains rather than take a pain relieving medicine. Thus, they are ready to restrict their daily activities such that they remain pain free. This increased sedentary time leads to more weakness/stiffness of the muscles/joints which in turn make them more reluctant to do anything & a downward spiral. Over a period the caretakers are also tired as there seems to be no improvement & more dependency.

There is a need to rehabilitate the geriatric population aggressively, with active interventions & use the analgesic in a judicious manner to facilitate improvement.

1. Rest & Lifestyle modifications: reduce the mechanical loads on the body part (ergonomics)
2. Reducing the irritability of the muscles and joints: stretching, soft tissue therapy, trigger point treatment, taping (knee, shoulder, ankle), orthotics.
3. Improving the function: once a pain free environment is created, encourage them to start moving & using the affected body part
4. No pain, no gain: To improve upon the activities slowly & surely guide them to challenge themselves on a regular basis and this is going to be a painful progress. The patient must be explained the need to push themselves outside their comfort zone & motivated to do so
4. Prevent falls: encourage and motivate the elderly to use walking aids, walker in the house & stick for outdoor mobility
5. Muscle strengthening: Ability to perform the daily activities in a better manner is a sign of improving the muscle strength.

Every person irrespective of age and body condition has the right to live his life in a pain free manner and be active to be independent in doing the activities of daily living. Every patient wants to achieve the above two goals and if encouraged and motivated properly and regularly, then he or she will work towards achieving their goals.

Rtn. Dr. Utpal Sheth

LIFE CHANGING MOMENTS

जाको राखे साईयाँ

बात सन १९९० की है। मध्य प्रदेश के आदिवासी अंचल झाबुआ जिले में एक छोटा सा आदिवासी गाँव अलीराजपुर है। एशिया में सबसे अधिक हत्या के लिए कुख्यात इस अंचल में शाम के वख्त यात्रा करना काफी जोखिम भरा होता है। मैं अपने भाई-भाभी तथा ९ माह की बेटी के साथ छोटी बहन के होने वाले ससुराल बडवानी से अलीराजपुर आ रही थी। बडवानी से शाम की बस थी, हमें ७.३० तक गंतव्य पर पहुंचना था। सब-कुछ ठीक समय पर चल रहा था। मैं निश्चित थी कि फटाफट पहुंच जाएंगे और इसी निश्चितता और बेफिक्री के साथ खिड़की से प्राकृतिक छटा और सुहानी शाम का आनंद ले रही थी। मेरी बेटी गोद में उछल-कुद कर रही थी, कि सहसा बस का पहिया पंक्चर हो गया। सर्दियों का मौसम था, अतः अंधेरा घिरने लगा था, जबकि लगभग डेढ़ घंटे का सफर बाकी था। आधे घंटे बाद बस चली तो मैंने अपनी बेटी को बिस्किट दे दिया, ताकि वो व्यस्त रहे और मैं खुद गुरु सत्यानंदजी महाराज द्वारा रचित अमृत-वाणी का पाठ मन ही मन करने लगी, क्योंकि मैं उस समय काफी डरी हुई थी। इसी क्रम में मुझे महसूस हुआ कि शायद बच्ची के हाथ से बिस्किट नीचे गिर गया है। मैं बेटी को गोद में लिए-लिए यह देखने के लिए नीचे झुकी कि क्या गिरा है। अभी मैं झुकी ही था, कि एक पत्थर दनदनाता सा वही आकर लगा, जहाँ मेरी बेटी खिड़की से मुँह निकाले बाहर देख रही थी। उसके बाद मात्र एक मिनट के अंतराल में कई पत्थर बस से टकरो। सारे यात्री नीचे झुक गए। सभी यात्रियों के शरीर पर काँच के टुकड़े लग गए थे। मैं भी झुके-झुके काँपती हुई बेटी की तरफ देखने की हिम्मत कर रही थी, कि पता नहीं उसकी क्या दशा होगी।

लेकिन वह मुस्कुरा रही थी, उसका बाल भी बाँका नहीं हुआ था। वह मेरी तरफ ही देख रही थी। मेरे कपड़ों में काँच फँसा हुआ था। वह पत्थर भी वही कोने में पड़ा हुआ था। आज भी इस घटना को याद करके मेरे रोंगटे खड़े हो जाते हैं। अक्सर यही सोचती हूँ, कि परिस्थितियों के कारण यदि मैं झुकी नहीं होती, तो क्या होता? उसके बाद मुझे छोटे-छोटे कई अनुभव हुए और उन अनुभवों ने यही सिखाया कि विश्वास और श्रद्धा हो तो कोई आपका कुछ भी नहीं बिगाड़ सकता, क्योंकि जाको राखे साईयाँ मार सके न कोए, इन पंक्तियों की अनुभूति जो हो चुकी थी।

- मंगला जोशी, मलाड, मुंबई ०२२-२८०७२३६६

On 1st July a Blood Donation Drive was organized at Goregaon West Railway Station. It was a successful project.



On July 1st a novel program titled Bagbaan was organized. It was attended by DG Rtn. Chetan Desai.



TB Nutrition Kit
On 6th July, 50 TB Nutrition Kits were distributed to TB Patients.



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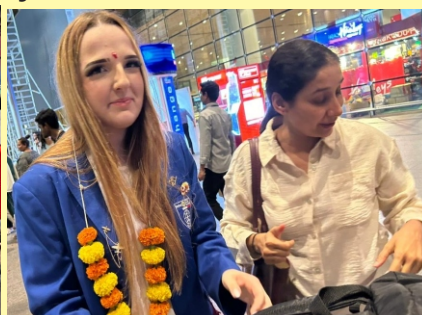
On 7th July 704 dozen notebooks were distributed at Valnai BMC School, Kandivali West.
The cost of the project was 3 lakh.



First Club Assembly was organized on July 12th. It was attended by
DLF Rtn. Sampat Aiyangar and AG Rtn. S B Prasad. All directors presented their plans for the year.



On July 19th, we welcomed our Inbound student Fantine Anna Elle Bocquet from France.
She was received at the airport by the hosts-- Rtn. Jiten Paten and RtAnn. Rine Patel.





On July 27th 125 Raincoats were distributed at the Sanjay Gandhi National Park for their workers.



A fun-filled Monsoon Picnic was organized between July 29th and 31st at Igatpuri. It was a wonderful event of fellowship and fun.



Installed Computers in Reading Room – 2nd August



Nutrition Kit for TB Patients – 3rd August



Humare Ram PPT at Rotary NorthEnd – 7th August



Free Mega Eye Check-up Camp at Charkop – 11th August



Our Outbound Student Maalav Jiten Patel in Germany at home with Other Students



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Selfie with Tiranga – 15th August



Rakhi Celebration with BSF Jawaans– 15th August



Celebrating Independence Day in Srinagar – 15th August



Visiting Army Hospital in Srinagar – 16th August



Rtn. RAJESH BHUVA

Director

Cell. : 9322289863

HIMGIRI
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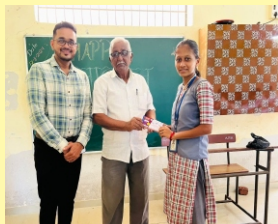
Tying Rakhi to Soldiers – 16th August



Receiving Military Cap – 16th August



Digital App Distribution in Ucchat School – 20th August



Baghban Project – 23rd August



Baghban Project – 23rd August



Enjoying Fellowship– 24th August



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Welcoming New Members! – 23rd August

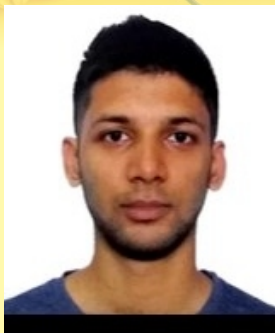


Winners! – 23rd August



Distribution of Slumber Kits – 24th August





The Rotary Youth Exchange Program is a comprehensive cultural exchange program sponsored by Rotary International, aimed at promoting global understanding and peace through youth engagement. It offers high school students the opportunity to live and study abroad for a period ranging from several weeks to a full year, depending on the type of exchange.

Key Aspects of the Rotary Youth Exchange Program:

1. Types of Exchanges:

a) **Short-Term Exchange:** Usually lasts from a few weeks to three months, often during summer. Students typically stay with one or more host families and engage in cultural or language immersion activities. It might involve family-to-family exchanges, where two families send and host students in return.

b) **Long-Term Exchange:** This lasts up to a year, where students live with multiple host families, attend a local high school, and fully integrate into the life and culture of the host country. This provides a deeper and more immersive experience.

2. **Age and Eligibility :** The program is open to students between the ages of 15 and 19. Applicants are generally selected based on their leadership potential, academic performance, adaptability, and desire to experience another culture. Being involved in Rotary activities is not a requirement, but applicants must be sponsored by a local Rotary club.

3. **Host Families :** An essential aspect of the exchange is staying with local host families. This allows students to get a first-hand experience of the culture, language, traditions, and daily life of their host country. It also fosters close relationships and deeper cultural understanding.

4. Rotary Clubs' Role :

- a) Rotary clubs in both the home and host countries sponsor and support students throughout their exchange.
- b) They provide orientation, guidance, and ensure the safety and well-being of the participants.
- c) Rotarians also act as mentors, helping students adapt to their new environment and addressing any challenges that may arise.

5. **Cultural Immersion:** Participants not only attend school but are also encouraged to join community activities, extracurricular programs, and even local Rotary Club events. This exposure helps students gain a broader perspective on different societal structures, norms, and values.

6. **Costs and Scholarships:** While Rotary International heavily subsidizes the program, it is not entirely free. Families are responsible for some costs, including travel, insurance, and personal expenses. However, Rotary provides scholarships or financial assistance to offset some of these expenses, depending on the club and region.

7. Benefits:

a) **Cultural Awareness:** Students develop a deep understanding of global cultures and languages, becoming more globally minded and empathetic.

b) **Personal Growth:** The experience helps participants build self-confidence, independence, adaptability, and resilience.

c) **Lifelong Friendships:** Many students form lasting bonds with their host families and fellow exchange students from around the world.

d) **Leadership Skills:** The program fosters leadership, problem-solving abilities, and effective communication, key qualities Rotary aims to develop in young people.

8. **Ambassadorial Role:** Exchange students serve as unofficial ambassadors of their home countries, sharing their culture and fostering goodwill and peace among nations. In turn, they bring back a broader perspective to their home communities.

9. **Rotary's Vision:** The program aligns with Rotary International's mission of fostering peace and understanding across borders. Through these exchanges, the organization aims to create a generation of youth who are globally conscious and engaged in building a more tolerant and peaceful world.

The Rotary Youth Exchange Program is one of the world's largest and oldest student exchange programs, currently active in over 100 countries. Its long history of promoting international friendship and understanding has made it a popular choice for students seeking meaningful cultural experiences.

-Akash Joshi (First exchange student RCBNW)



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- Squint Surgeries
- Cataract Surgery with Phacoemulsification
- Oculoplastic Surgeries
- Vitreo Retinal Surgeries
- Zeiss and Appasamy 532 green retinal laser
- Nd YAG laser (Topcon) for Glucoma & post Cataract Surgery Procedures
- Humphrey's Perimetry (Zeiss) for Glucoma detection
- Anti VEGF Injections for Retinal diseases
- OCT (Scan of Retina, cornea & angle of eye)
- Anterior Segment photography
- Zeiss OPMI VISU and Lumerai eye150 Microscope with BIOM for Retinal Surgeries
- Cornea Surgeries
- Advanced cornea transplant
- Paediatric Surgeries
- Tatooing of corneal opacities.
- General Anaesthesia machine with ventilator



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We met Dist governor Rtn. Collin Byron - Dist 9815 at Rotary Club of Oakley Clayton Huntingdale. We attended there meeting & exchanged flag. It was Vocatioal award meeting



Digital exchange of flags with Rotary club of Kashmir with Dr. Taushif in a press conference in Srinagar attended by a dozen press reporters and President of the Press club of Srinagar.



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