



Coastal News Network

ROTARY CLUB OF MUMBAI WEST COAST

CLUB NO - 50053

RID - 3141

CHARTER DATE - 26 DECEMBER 1996

YEAR - 2024-25

Volume - 5

31st October 2024

RI President - Stephanie A Urchick

District Governor - Rtn. Chetan Desai

Club President - Rtn. Dr. Seemaa Negi

Club Secretary - Rtn. Saurabh Patel

CNN Editor - Rtn. Machindra Borhade

President writes.....

The Magic of Rotary : A Year of Service Above Self



Dear Rotarians,

As we step into another month of service, reflection, and action, I am filled with immense pride and gratitude for the journey we've shared over the past few months.

They have been nothing short of transformative—both gratifying and device-oriented, with innovative solutions paving the way for impactful community service. Together, we have embraced change and leveraged technology to reach those in need more efficiently and effectively.

Our collective efforts have not only brought smiles but also instilled hope in countless lives.

Each project, no matter how big or small, has been a shining example of our unwavering commitment to humanity. This spirit of service is the heartbeat of Rotary, and it has been inspiring to witness it resonate so strongly within our community.

As we inch closer to bidding goodbye to 2025, let's remember that our journey is far from over. The world continues to present challenges that require our compassion, creativity, and resilience. Let us keep the momentum high, push boundaries, and strive to leave an indelible mark on society.

Together, we can achieve more. Together, we can make 2025 a year of extraordinary impact, a year where we truly give our best to society and mankind.

Let's continue to Serve to Change Lives!

Warm regards,

Dr. Seemaa Negi

President,

Rotary Club of Mumbai West Coast

The Editors' Desk



Hi, West Coasters,

As we move forward in our mission of "Service Above Self," let us take a moment to reflect on the power of collective goodwill. Rotary is not just a club; it is a movement that unites hearts and minds from all walks of life. Together, we have the potential to ignite change, illuminate hope, and inspire resilience in the lives we touch.

Each small act of kindness we extend becomes a thread in the tapestry of humanity's brighter future. Let us continue to celebrate the essence of Rotary—compassion, equality, and the unwavering commitment to uplifting others. Remember, the ripples of our service today will create waves of transformation tomorrow.

Thank you for being the light in someone's life. Together, we are unstoppable!

Warm regards,

Yours in Rotary Service,

Machindra Borhade
CNN Editor

Rtn. Dimple Tanwar
CNN Co-editor



Paul Harris
Rotary Founder

"I would like to think that the pioneering days of Rotary have only just begun. There are just as many new things to be done as ever there were. Kaleidoscopic changes are taking place, many of them without our will. Even to hang on to the fringe of this fast-changing world is about all most of us can do. Rotary simply must continue to pioneer or be left in the rear of progress."

The Rotarian Magazine - 1945

In This Issue

The Month That Was

Recognitions

Birthdays and Anniversaries

Special Feature

Success, Thy Name Is Rotarian

Rotary Stories (International and National)

The Month That Was

1st October 2024: Session on 'Menstrual Hygiene and Anemia' at Vivek College, Goregaon (W)

The Rotary Club of Mumbai West Coast organized an educational and awareness session on **Menstrual Hygiene and Anemia** for the girls of **Vivek College, Goregaon West** on 1st October 2024.

The session was conducted by Dr. Nilima Inamdar, who emphasized the importance of maintaining proper menstrual hygiene and understanding anemia—a condition that commonly affects young women. The initiative aimed to break the stigma around menstruation, empower young girls with essential health knowledge, and encourage them to adopt healthier practices. Highlights of the session included interactive discussions, the distribution of informational pamphlets

and an engaging Q&A segment that addressed common concerns and debunked myths related to menstruation and anemia.

The event witnessed active participation from nearly 130 girls. Rtn. Dr. Neelam Navagare served as the Project Chair and ensured the program's success.

Special thanks to Rtn. Pankaj Tike for taking initiative in organising this session.



Dr. Nilima Inamdar interacting with girls of Vivek College

4th October 2024: Anemia Awareness & Detection Camp at Bangur Vidya Bhavan, Goregaon (W)

Continuing its health-focused initiatives, the Rotary Club of Mumbai West Coast organized an **Anemia Awareness and Detection Camp** at Bangur Vidya Bhavan, Goregaon (W), on 4th October 2024.

The session shed light on anemia, a widespread condition often caused by iron deficiency, and emphasized the importance of early detection and intervention. Participants were offered free blood tests, including CBC (Complete Hemogram) to measure hemoglobin levels and other parameters to detect anemia, thalassemia, or thalassemia traits. Additionally, consultations were provided to guide those requiring medical attention.

The camp witnessed an excellent turnout, particularly from young girls and

women, and successfully raised awareness while addressing health concerns in the community.

Rtn. Dr. Neelam Navagare chaired the project, ensuring its effective execution.



Dr. Nilima Inamdar, Project Chair
Dr. Neelam Navagare, Rtn. Jyotsna Gaikwad
with the students of Bangur Vidya Bhavan



Dr. Neelam Navagare at Anemia
Awareness and Detection Camp



Dr. Nilima Inamdar being honoured
by senior teacher

5th October 2024: Anemia Detection Camp at KHMW Junior College of Science & Commerce, Oshiwara (W)

Continuing its commitment to health awareness, the Rotary Club of Mumbai West Coast organized an **Anemia Detection Camp** at KHMW Junior College of Science & Commerce, Oshiwara (W), on 5th October 2024.

The camp aimed to educate junior college students about anemia, its causes, symptoms, and potential health impacts. Free health checkups, including hemoglobin tests, were conducted to facilitate early detection. Medical professionals provided valuable advice and support, ensuring students requiring further medical attention received appropriate guidance.

The initiative received an excellent response, helping young students take proactive steps toward better health.

Rtn. Dr. Nilima Inamdar led the project as Chair, ensuring its success.



Dr. Nilima Inamdar, club members and doctors at KHMW Junior College

12 October 2024: Celebration of Kanya Pooja and Bhoj at Chandra Bhaga Vidya Mandir

The celebration of Kanya Pooja and Bhoj was held at Chandra Bhaga Vidya Mandir on 12th October 2024, organized in collaboration with Smiti Social Foundation.

A total of 265 students, including both girls and boys, participated in the festivities. The day commenced with a prayer to Maa Saraswati, followed by the sacred ritual of Kanya Poojan. After the rituals, a sumptuous lunch was served to all the participants.

The festive spirit was elevated further with a lively and energetic Garba Raas dance, which brought smiles and joy to everyone present.

To make the occasion even more memorable, our club members distributed thoughtful gifts to all the participating students, including geometry boxes, pens, pencils, and steel water bottles.

The Kanya Pooja and Bhoj (Annadaan) celebration at Chandra Bhaga Vidya Mandir was a heartwarming event that brought together students, teachers, and the community. It was a testament to the values of compassion and generosity. Special thanks to Rtn. Rashmi Mahajan, the Project Chair, for her excellent leadership in making this event a grand success.



Rtn. Rashmi Mahajan at Kanya Pooja Celebration - Chandra Bhaga Vidya Mandir

18th October 2024: Fellowship Meeting at Chandak Stella Banquet Hall, Goregaon (W)

On 18th October 2024, a vibrant fellowship meeting was organized to celebrate Sharad Purnima (Kojagari Purnima) and usher in the festive spirit of Pre-Diwali.

The evening featured engaging activities, with members divided into three groups to compete in solving an exciting murder mystery game. The friendly rivalry added to the thrill and camaraderie. The celebrations continued with a lively karaoke session, where members showcased their singing talents and enjoyed the joyous atmosphere.

The event witnessed an excellent turnout, with Rotarians attending in large numbers, making it a memorable and festive gathering.



Murder mystery game



Club members enjoying fun activities



Club members showcasing their singing talent

24th October 2024: Medical Camp at Bulbul School, Goregaon

Our club successfully organized a Medical Check-up Camp at Bulbul School, Siddharth Nagar, Goregaon (W), Mumbai, on 24th October 2024.

The camp was conducted with the support of a dedicated team of Rotarian doctors, fellow Rotarians, and volunteer medical professionals. A total of 193 students underwent comprehensive medical examinations, including physical, dental, and skin check-up.

The event was made possible by the collaborative efforts of the school management, teachers, and staff, along with a passionate team of Rotarians who managed the camp proceedings seamlessly.

The medical team included: - Dr. Nilima Inamdar, Dr. Anamika Gursahani, Dr. Anil Dashputre, Rtn. Dr. Nihar Thakkar, Dr. Prajakta Talathi, Dr. Tushar Vichare, Dr. Juili Kulkarni, Dr. Rupali Patel, Dr. Neelam Navagare.

The event was coordinated by Project Chairperson Rtn. Anjali Karandikar and led by Rtn. Dr. Nihar Thakkar, under the able guidance and mentorship of Rtn. Dr. Nilima Inamdar.

The camp began at 9:00 a.m. and was efficiently completed by 11:00 a.m.

We extend our heartfelt gratitude to all the Rotarian volunteers and school staff for their outstanding support, meticulous arrangements, and unwavering commitment to service, delivered with cheerful smiles.

A special thanks to our President Rtn. Dr. Seema Negi and Secretary Rtn. Saurabh Patel for their invaluable encouragement and support, which ensured the success of this impactful initiative.

Special thanks to Rtn. Anjali & Rtn. Satish Karandikar and the Team for organizing the Medical Check-up Camp at Bulbul School today.



Dr. Nilima Inamdar, Project Chair Rtn. Anjali Karandikar, doctors and club members at Bulbul School



Recognitions

'Congratulations PDG Dr. Bal Inamdar(Sir) !'



PDG Dr. Bal Inamdar spoke in 'Training the Trainers Seminar' at Delhi on 26th October 2024. Training has always been a passionate story for him, learning and demonstrating new techniques of facilitation. In Delhi, he loved demonstrating a new Facilitation technique. He received many appreciations for it. This particular seminar was organized for facilitators.

He has been part of GELS (GETS), GNLS (GNTS), DLFS (DTTS) and other seminars for last many years. Apart from Service, training has been truly the most fulfilling part of his Rotary journey!

Birthdays and Anniversaries Of November

November

Birthdays

14 Rtn. Rashmi Mahajan

18 Rtn. Swapna Sankhe

21 Dr Balkrishna Inamdar

25 Rtn Dimple Tanwar

Anniversaries

18 Dr. Seema Negi

21 Rtn. Rashmi Mahajan

24 Rtn. Narayanaswamy
Mudaliar

28 Rtn. Swapna Sankhe



ROTARY CENTRAL CAYMAN

THE ROTARY 4-WAY TEST

Will it be
beneficial to
all concerned?

4.

Is it the
truth?

1.

Is it
fair to all
concerned?

2.

Will it build
goodwill and
better friendships?

3.

Rotary
Central Cayman Islands



Special Feature



Less Is More in Skincare (Rise of Skimalism)

Dr. Abhay Talathi,
SkinSpace Clinic

Skincare trends over the recent pasts have been pushing complex, multi-step routines however rooted in the idea of "less is more," skimalism focuses on simplifying skincare, using only a few key products that target essential skin needs. It's about embracing healthy, balanced skin without overwhelming it with too many treatments.

What is Skimalism?

Skimalism is all about streamlining your routine by focusing on high-quality, effective products. Instead of layering numerous serums, oils, and treatments, the goal is to use fewer products that offer multiple benefits. Think of it as focusing on essentials: cleansing, moisturizing, sun protection, and one or two targeted treatments.

Benefits of Skimalism :

- **Simplified Skincare:** With so many products on the market, people are moving away from complicated routines in favor of simplicity.
- **Time-Saving:** Skimalism is quick and easy, making it ideal for busy lifestyles.
- **Healthy Skin Focus:** Rather than chasing quick fixes, skimalism prioritizes long-term skin health over short-term results.
- **Cost-Effective:** By investing in fewer, high-quality products, you can save money.

Key Steps in a Skimalist Routine

- **Cleanser:** A gentle, effective cleanser is the foundation. It removes dirt without stripping skin's natural moisture.

- **Moisturizer:** Hydration is key. Choose a moisturizer that suits your skin type—light-weight for oily skin, richer for dry skin.
- **Sunscreen:** Daily sun protection is non-negotiable. A broad-spectrum SPF 50 or higher should be part of your routine.
- **Targeted Treatments:** If you have specific concerns then you need to add one or two target serums/products.

Common Skimalist Ingredients

- **Hyaluronic Acid:** Hydrates and plumps.
- **Niacinamide:** Reduces inflammation and brightens.
- **Vitamin C:** Protects against free radicals and evens skin tone.
- **Ceramides:** Strengthen the skin barrier and lock in moisture.

How to Adopt Skimalism

Start by assessing your current skincare products. Eliminate anything unnecessary or overly complicated. Consult your skin specialist to receive professional guidance. Choose products with proven, multitasking ingredients like hyaluronic acid, niacinamide, and SPF. Focus on quality over quantity, and keep your routine adaptable to your skin's needs.

Conclusion

Skimalism is a thoughtful approach to skincare that prioritizes simplicity and effectiveness. By focusing on essential, high-quality products, you can achieve healthier, more balanced skin without the stress or clutter of an over-complicated routine. Whether you're looking to save time, reduce waste, or focus on skin health, skimalism offers a simple and sustainable solution.

Success, Thy Name Is Rotarian



"A Journey of a Canteen Boy (Chotu) to an Entrepreneur and a Corporate CEO".

By : Rtn. Nagraj Shetty

Nagraj Shetty's life is a remarkable tapestry woven with threads of perseverance, ambition, and unwavering faith. Born in the serene village of Haklady in Kundapura Taluka, Udupi District, Karnataka, Nagraj grew up in a middle-class family, surrounded by the lush greenery of nature and the warmth of a loving joint family. Despite the beauty of his surroundings, financial hardships loomed large. As the only son among four sisters, Nagraj faced the harsh realities of life early on, with his father as the sole breadwinner.

Early Dreams and Departure

In 1999, after completing his SSLC, Nagraj bid farewell to his childhood home, leaving behind the familiar comforts of his village for the bustling city of Mumbai. Accompanied by a neighbor, also named Nagaraj, he ventured into the unknown with nothing but a small bag and a heart full of dreams. The transition was daunting. He arrived in a city where he didn't speak the language and felt like an alien in a crowded world. Yet, this marked the beginning of an adventure that would shape his destiny.

Struggles and Triumphs in Mumbai

Living in a cramped hostel room at St. Xavier's College, Nagraj faced immense challenges.

He worked tirelessly in the college canteen, earning a meager ₹350 for 12-hour shifts. Each day was a battle against homesickness, but his determination to succeed kept him going. He immersed himself in his studies and extracurricular activities, earning accolades for his talent in singing and sports.

After 1.5 years, he returned home, filled with excitement and dreams, only to return to Mumbai and embrace further challenges. A new job at the Bombay Stock Exchange canteen introduced him to the world of finance and networking, earning him the nickname "Chotu" among bank employees for his quick service and humble demeanor.

A Stepping Stone to Success

As he completed junior college and enrolled in St. Xavier's for his Commerce education, Nagraj continued to juggle work and studies. His hard work paid off, leading to roles at various prestigious institutions, including HSBC Bank, JP Morgan and Chase & Co, and RBL Bank. Over six years at HSBC, he rose to the position of Head of Account Opening and Demat Operations for PAN India, showcasing his leadership and dedication.

In 2011, Nagraj married Jayanthi Shetty, a partnership that filled his life with love and purpose. Together, they built a family with two beautiful children, Shanaya and Aayush, who continue to inspire him daily.

Embracing Change and New Opportunities

After successfully transitioning from hospitality to banking, Nagraj took a bold leap into the world of entrepreneurship with GoldUno,

which focused on digital gold services. Although the venture was ultimately acquired, it ignited his passion for innovation and leadership in the fintech space.

From 2014 to 2018, Nagraj faced significant challenges, yet his resilience shone through. His journey took him to RBL Bank, where he played a crucial role in Risk and Compliance for startups. This experience laid the foundation for his entrepreneurial aspirations, leading him to spearhead

Zatpat Technologies, a company dedicated to providing technology services to banks as CEO and Executive Director.

Lifelong Learning and Giving Back

Nagraj believes in the power of education and continuous learning. He holds an Executive MBA and an LLB, and he has completed numerous certifications, including courses from Harvard Business School, Indian Philosophy for Entrepreneurship, Risk Management Association of India etc. His commitment to service is evident in his participation with organizations like the Rotary Club of Mumbai West Coast and the All India Council of Human Rights and Liberties.

HONOURS & AWARDS

- 40 Under 40 from TradeFlock Business Magazine
- CRO of the Year from CFO Leadership Summit by Emperic Business Media
- Guruvarya Samman Award by HETS
- Yashasvi National Award – Eternal Success to Fame by Gargi Foundation
- Education Icon Award by Thirtyone Ventures
- Nation Builder Award – Rotary Club of Mumbai West Coast
- Star & Vriddhi Award from HSBC

His guiding philosophy is simple yet profound: “Service above Self.” Nagraj emphasizes gratitude, health, and the importance of making every moment count. He encourages others to pursue their passions and make life beautiful.

A Message to Humanity

Nagraj's journey is not just about personal success; it's a call to action for everyone. He believes that we should take every opportunity to serve others, as our time on this earth is fleeting. His heartfelt messages to the world include:

1. Be Grateful: Appreciate what you have and make every minute count.
2. Enhance Life's Beauty: Strive to make life more fulfilling.
3. Prioritize Health: Treat your well-being as a sacred gift.
4. Express Yourself: Focus on authenticity rather than impressing others.
5. Chase Personal Growth: Commit to self-improvement and celebrate your unique journey.
6. Spread Love: Cultivate an environment of kindness and compassion.

Conclusion

Nagraj Shetty's life story is a testament to the power of resilience, hard work, and a generous spirit. As he continues to embrace new challenges and opportunities, he remains committed to uplifting others and making the world a better place. His journey inspires us to dream big, act with purpose, and serve humanity with passion and dedication.

Let us all strive to build a brighter future, not just for ourselves but for those around us, and remember that every small act of kindness can lead to monumental change. Together, we can create a world where service to humanity is truly service to God.

Rotary Stories

International News

VACCINE DERIVED POLIO OUT-BREAK AND NEWER POLIO VACCINES

WORLD POLIO DAY was celebrated on **24th October 2024**. How many of us know new developments in Polio Vaccines?

The best way to protect against polio, or poliomyelitis, is to get vaccinated. Polio vaccination has been part of the routine childhood immunization schedule.

Prevalent Vaccines ---

1. Inactivated polio vaccine (IPV)

The injectable vaccine is given in the leg or arm, depending on the patient's age. 3 doses of injectable IPV provide 99% protection against severe disease caused by poliovirus.

2. Monovalent Oral polio vaccine (mOPV2)

No longer licensed or available in the many countries because there is a rare risk of it causing polio if it mutates into a stronger version. Many countries, including India, however routinely give OPV through their immunization schedule.

What is cVDPV?

In undervaccinated communities, where vaccination coverage is low, the weakened virus in OPV will begin to circulate for sufficiently long enough time. Then, **It may genetically revert to a 'strong' virus, able to cause paralysis**, resulting in what is known as **circulating Vaccine-Derived Polio Viruses (cVDPVs)**(The Meghalaya case)

What is new in Polio vaccines:

a) nOPV2

The emergence of circulating vaccine-de-

rived poliovirus (cVDPV), causing poliomyelitis, has led to the exciting development of novel oral polio vaccine type 2 (nOPV2) which has 80% lower risk of causing new outbreaks than mOPV2 and thus stop further outbreaks of cVDPV.

b) Fractional dose IPV

This is a resource for countries that are considering introducing fractional dose IPV in their routine programs or in outbreak response.

c) IPV seed strains

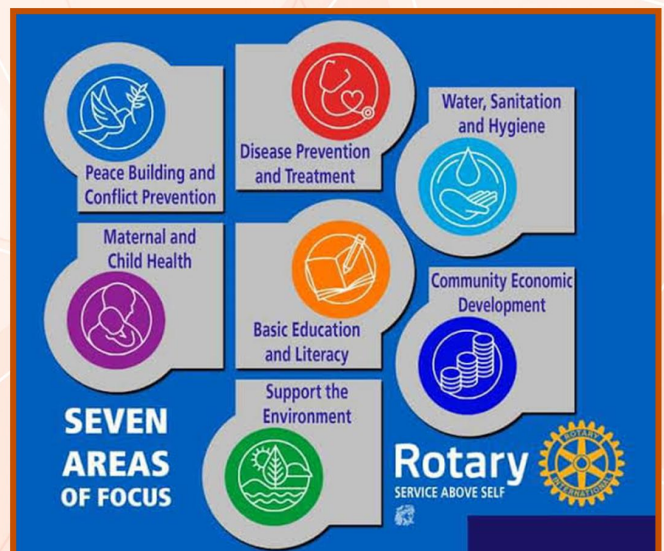
These strains are non-infectious for humans but can replicate in cell culture, allowing vaccine production. They are genetically stable and should not become infectious again during production.

d) Virus-like particles (VLPs)

These are antigenically equivalent to live viruses but are stable enough to allow vaccine production without using any live virus.

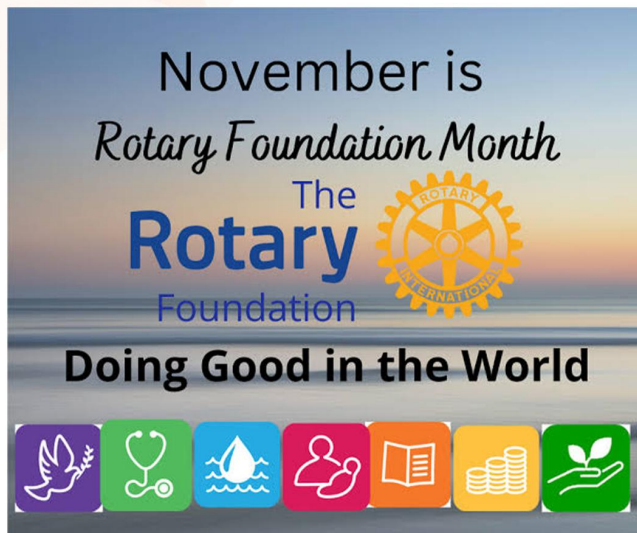
Future of Eradication of Polio will be in these new vaccines. Let's hope that these novel advances will End Polio from the face of our Earth!

PDG DR. Bal Inamdar



Breaking News

Council on Resolutions held on 15 Oct to 31 Oct 2024 vide Resolution 24R-23 adopted by 271/178 votes to request RI Board to consider adding **Hindi as one of the officially recognised languages of RI.**



November is Rotary Foundation Month

November is Rotary Foundation Month

This month, Rotary International highlights the importance of supporting the Rotary Foundation. The Rotary Foundation is the charitable arm of Rotary International, and it receives contributions from Rotarians around the world to fund humanitarian and educational programs.

Here are some things to know about Rotary Foundation Month:

Support the Foundation

Rotarians can support the Foundation by contributing to the Annual Programs Fund or the Permanent Fund.

Grants

Foundation grants are awarded to clubs and districts to help them carry out projects around the world.

Priorities

The Foundation's priorities include eradicating polio, promoting peace, and addressing poverty, illiteracy, and malnutrition.

Match funding

The Bill & Melinda Gates Foundation matches every dollar Rotary commits to polio eradication with two dollars of its own.

Rotary Foundation receives highest rating from Charity Navigator for 16th consecutive year

For the 16th consecutive year, The Rotary Foundation has received the highest rating — four stars — from Charity Navigator, an independent evaluator of charities in the U.S.

The Foundation earned the recognition for adhering to sector best practices and executing its mission in a financially efficient way, demonstrating both strong financial health and commitment to accountability and transparency.

“We are delighted to provide the Rotary Foundation with third-party accreditation that validates their operational excellence,” said Michael Thatcher, president and CEO of Charity Navigator. “The Four-Star Rating is the highest possible rating an organization can achieve. We are eager to see the good work that the Rotary Foundation is able to accomplish in the years ahead.”

Charity Navigator analyzes nonprofit performance based on four key indicators, referred to as beacons. Currently, nonprofits can earn scores for the impact and results, accountability and finance, culture and communities, and leadership and adaptability.

Charity Navigator is the largest and most utilized independent charity evaluator in the U.S. Since 2001, the organization has been an unbiased and trusted source of information for more than 11 million donors annually.

— Oct 2024

Courtesy by : Rotary International