



Club of Hiranandani Estate

#RCHE SAMPARK

The DECEMBER Edition 2024-25



Disease Prevention & Treatment Month Rotary's Focus on Health & Wellness







ABOUT ROTARY

#RCHE SAMPARK

The DECEMBER Edition 2024-25

Who We Are

Rotary is a global network of 1.4 million neighbors, friends, leaders, and problemsolvers who see a world where people unite and take action to create lasting change across the globe, in our communities, and in ourselves.

What we do

Rotary members believe that we have a shared responsibility to take action on our world's most persistent issues.

Our 46,000+ clubs work together to:

- Promote peace
- Fight disease
- · Provide clean water,
- · sanitation, and hygiene
- Save mothers and children
- Support education
- · Grow local economies
- · Protect the environment

We work differently

We see differently: Our multidisciplinary perspective helps us see challenges in unique ways.

We think differently: We apply leadership and expertise to social issues and find unique solutions.

We act responsibly: Our passion and perseverance create lasting change.

We make a difference at home and around the world: Our members can be found in your community and across the globe.

Our Mission

We provide service to others, promote integrity, and advance world understanding, goodwill, and peace through our fellowship of business, professional, and community leaders.

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.



Diversity, Equity, and Inclusion

As a global network that strives to build a world where people unite and take action to create lasting change, Rotary values diversity and celebrates the contributions of people of all backgrounds, regardless of their age, ethnicity, race, color, abilities, religion, socioeconomic status, culture, sex, sexual orientation, and gender identity.

Visit One Rotary Center

Discover how Rotary creates lasting change when you visit One Rotary Center in Evanston, Illinois, USA. <u>Learn more</u>. on rotary.org



ABOUT RID 3142

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Rotary District 3142: A Legacy of Service

Founded in 2016, Rotary District 3142 boasts a vibrant network of over 4,000+ Rotarians across 114 clubs.

Their dedication to service is evident in the staggering number of projects undertaken: 11,583 projects valued at over ₹1,14,19,50,387 (INR) since their inception.

Building on a Strong Foundation:

Each year, under the leadership of a dedicated District Governor, the district has achieved remarkable success. From "Numero Uno" in their first year to "Excellent" in 2023-24, the commitment to service has remained constant

A Holistic Vision:

Rotary District 3142 focuses on various areas to create a better future:

- Youth Service: Empowering young minds with over ₹47 crore invested.
- Education & Literacy: Prioritizing basic education with over ₹13 crore invested.
- Maternal & Child Health: Ensuring a healthy start for future generations with over ₹3 crore invested.
- Disease Prevention & Treatment: Promoting community well-being with overprojects. Additionally, there's a dedicated ₹4 crore invested.
- Peacebuilding: Investing in harmony and understanding with nearly ₹2 crore invested.
- Community & Economic Development: Building a brighter future for communities with over ₹4 crore invested.
- · Environment: Safeguarding the planet with over ₹2 crore invested.

3142, started small, but dreamed big. the first vear, under Dr. Chandrashekhar Kolvekar's leadership, was a "Numero Uno" for the history books.

Each year since has been a chance to shine even brighter. B.M. Sivarraj's "Star" year, Dr. Ashes Ganguly's "Perfect" year - they all built on the foundation laid before.

Dr. Mohan Chandavarkar brought "Smart" thinking in 2019-20, and Dr. Sandeep Kadam's "Josh" in 2020-21 was truly inspiring.

We have seen Dr. Mayuresh Warke's emphasis on "Smile" in 2021-22, Kailash Jethani's focus on building "FAB" (Fabulous) qualities in 2022-23 and Milind Kulkarni maintaining the high standards with an "Excellent" grade in 2023-24.

The future looks bright with Dinesh Mehta promising "Awesome Magic" in 2024-25 and Harsh Makol preparing for another remarkable year in 2025-26.

This ensures a continuous legacy of service that Dr. Nilesh Jaywant will inherit, carrying the torch forward in 2026-27, for countless moments dedicated to a cause greater than oneself.

Beyond Leadership:

Rotary Alumni clubs also play a significant role, contributing their expertise to various focus on Peace and Fellowship initiatives.

Looking Ahead:

With strong leadership and a commitment to service, Rotary District 3142 is poised to continue its remarkable journey of making a real difference in the lives of others.

Visit: rotaryindia.org



ABOUT #RCHE

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About Rotary:

Rotary brings together a global network of volunteer leaders dedicated to tackling the world's most pressing humanitarian challenges. Rotary connects 1.2 million members of more than 34,000 Rotary clubs in First!' over 200 countries and geographical areas. Their work improves lives at both the local and international levels, from helping f amilies in need in their own communities to working toward a polio-free world. Visit rotary.org for more.

About RCHE:

Rotary Club of Hiranandani Estate, Thane, supports the ideals of Rotary. RCHE has gone several extra miles to carry out several worthwhile projects that benefit the community with a strong leadership foundation and with committed members for last 20 years. RCHE is encouraging fellow Rotarians to grow in Rotary to grow service, & to grow the muscle of projects, and, Name: Rotary Club of Hiranandani Estate most importantly, grow membership.

About RCHT:

Rotary Club Hiranandani Trust: Registered as a trust/society/ section 8 or section 25 company or OtherTRUST/E-3570/(Thane) Reg.Dt..05.1995

RCHE:

revolves around Sharing the Magic of Rotary!'

Motto:

'People of Action, To Benefit Community

Vision:

'Together, We Will See People Unite and Take Action to Build Enduring Changes, In Ourselves, Across Our Communities and The World' and finally

Mission:

To Inspire and Nurture Service Above Self. Advance Understanding, Goodwill, and Peace, by Honouring our Past and Embracing our Future and Evolve to keep RCHE Relevant and Thriving.

RCHE Background

[RID 3142]

Formation: 6th March [2001-2002]

Website: www.rotaryhiranandaniestate.org

FB link: https://www.facebook.com/RCHEnow



Address registered office A/414, 4TH Floor, Orion **Business Park. Ghodbunder Road Thane West** 400607.



EDITORIAL #RCHE SAMPARK

The DECEMBER Edition 2024-25

Managing Editor

Club President Arunima Singh

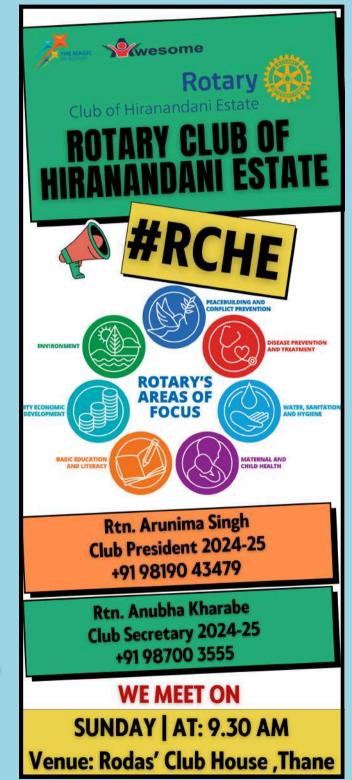
Editor-in-Chief Dr. Namrataa Srivastav

Art Director Dr. Namrataa Srivastav

Photographers #RCHE Team

Reports & Updates
Club Secretary
Anubha Kharabe

CONTACT ADDRESS
A/414, 4TH Floor, Orion
Business Park, Ghodbunder
Road, Thane West- 400607
CALL: +91 9870456594



www.rotaryhiranandaniestate.org https://www.facebook.com/RCHEnow



The DECEMBER Edition 2024-25

EDITOR DESK

A Harmonious December's Cosmic Vision for Rotary Health Initiatives

"Look deep into nature, and then you will understand everything better."- Albert Einstein

Dear #RCHEians & Fellow Rotarians.

Over coffee the other day, I found myself gazing at the December sky and wondering, what if the cosmos holds keys to revolutionizing our global health work?

Have you ever gazed at the stars and wondered if they hold secrets to our wellbeing? As December brings its celestial shifts, Sagittarius to Capricorn, December's birthstones, transformative tanzanite, wisdom-bearing zircon, and protective turquoise, mirror what we strive for in our disease prevention efforts.

I have been contemplating something rather bold:

"What if," I asked myself, "we created a 'Celestial Blueprint for Disease-Free Living'?"

Imagine Rotary pioneering collaborations between astronomers, medical researchers, and scientists, studying lunar cycles' effects on biological rhythms or applying Astro biological principles to health challenges.

This is not about mysticism, but about innovative interdisciplinary approaches. Through strategic partnerships with research institutions and targeted investments in cutting-edge technologies, we could expand our impact exponentially.

Our Service Above Self value calls us to explore every avenue for improving lives. While keeping our feet firmly planted in scientific rigor, perhaps we should occasionally let our vision reach for the stars!

As Oliver Herford wrote: "I heard a bird sing, in the dark of December, a magical thing, and sweet to remember."

What magical health breakthroughs might we discover if we dare to think differently?

Warmly, Namrataa #RotaryTimes@3142 GML Editor 24-25

A Celestial Blueprint for Disease-Free Living!

Editor -in -Chief Namrataa se...







#RCHE SAMPAR A MESSAGE FROM RI PRESIDENT

The DECEMBER Edition 2024-25

ROTARY'S 'NEW MAGIC MAKER'

Hello My dear Rotary friends!

Have you heard about Global Peace Pole Day? On November 22nd, Rotarians worldwide celebrate these beautiful symbols displaying "May Peace Prevail on Earth" in multiple languages. As President Urchick shared, "Unite as one, planting seeds of Peace across the Globe. Each Peace Pole is a testament to our shared commitment to Harmony and Understanding."

These aren't just decorative posts, they represent Rotary's core commitment to peacebuilding! From our 1,800 trained peace fellows to community initiatives, we're actively bridging divides in our world.

Speaking of coming together, don't miss #Rotary25! It's our chance to connect, learn from amazing speakers, and spark new project ideas with fellow changemakers.

As Urchick says, "My Rotary family ogives us the opportunity to come together, engage in riveting discussion and build new relationships.'

How are YOU building peace in your community? Share your stories!





A MESSAGE FROM DISTRICT GOVERNOR **DINESH MEHTA**





December A Month of Hope and Healing

Dear #RCHE Rotarians,

As Bill Gates wisely stated, "Treatment without prevention is simply unsustainable." This principle guides our focus this December on Disease Prevention and Treatment, one of Rotary International's seven core areas.

RID 3142 is making significant strides in this domain through both global initiatives like polio eradication and local health promotion projects. We're proud to have facilitated the donation of seven portable X-ray machines to Kalwa Hospital through a CSR grant from Indian Oil, a collaboration between Rotary Club of Bombay West Coast and my home club.

The Rotary Foundation remains the backbone of our humanitarian efforts. Our recent TRF seminars across the district have raised awareness about the importance of donations and recognized generous contributors.

Jyoti and I experienced a truly meaningful Diwali this year with visits to a Gaushala, classical music performances, historical exhibitions of Maharashtra forts, and our District Diwali Pahat program. I am particularly excited about the establishment of The Rotary Centre at Thane, designed as a Skilling Centre to create employment opportunities for those in need. Chief Secretary of Maharashtra, Sujata Saunik, has expressed high expectations for this initiative.

As Buddha said, "Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship."

Join us in creating Rotary Magic: https://www.facebook.com/groups/389235004071433/ In service, Dinesh Mehta District Governor 2024-25

In service, Your District Governor Dinesh Mehta (RY 24-25 | RID 3142)



The DECEMBER Edition 2024-25

A MESSAGE FROM CLUB PRESIDENT

With gratitude for your service,

We will make this year truly Awesome

'A MAGIC YEAR OF KARMA'

PREVENTION & HEALING
DECEMBER'S MISSION OF HOPE

Dear Esteemed Rotarians,

"Each preventive action we take today creates ripples of health and hope that will reach generations tomorrow. This is service above self in its purest form."

December marks our focus on Disease Prevention and Treatment, and I am proud to share how #RCHE has embodied this commitment through impactful community interventions.

Our CPR training at Hiranandani Estate equipped 35 residents and security personnel with critical lifesaving skills, creating a network of potential first responders within our community.

We have also prioritized preventative education, with Past President Rtn. Roopali Deshpande conducting awareness sessions reaching 650 students across Mumbai-Thane. These workshops covered essential topics from personal safety to mental health.

Our mobile de-addiction workshop addressed modern health concerns, providing 55 participants with practical strategies for technology boundaries, with 35 receiving personalized counseling.

Finally, our vaccination drive at Anand Nagar Health Center reached 35 children through 37 strategic booth locations, bringing vital preventative care to those most in need.

Together, we continue building healthier communities through education, prevention, and accessible treatment.

In service, Arunima Club President, #RCHE

Arunima Singh Club President 2024-25







The DECEMBER Edition 2024-25







The Immortal Cells of Henrietta Lacks A Legacy of Life-Saving Research



December is Disease Prevention and Treatment Month on the Rotary Calendar.

Rotary's top priority is the eradication of Polio but throughout the world, Rotarians take on far greater responsibility to fight disease.

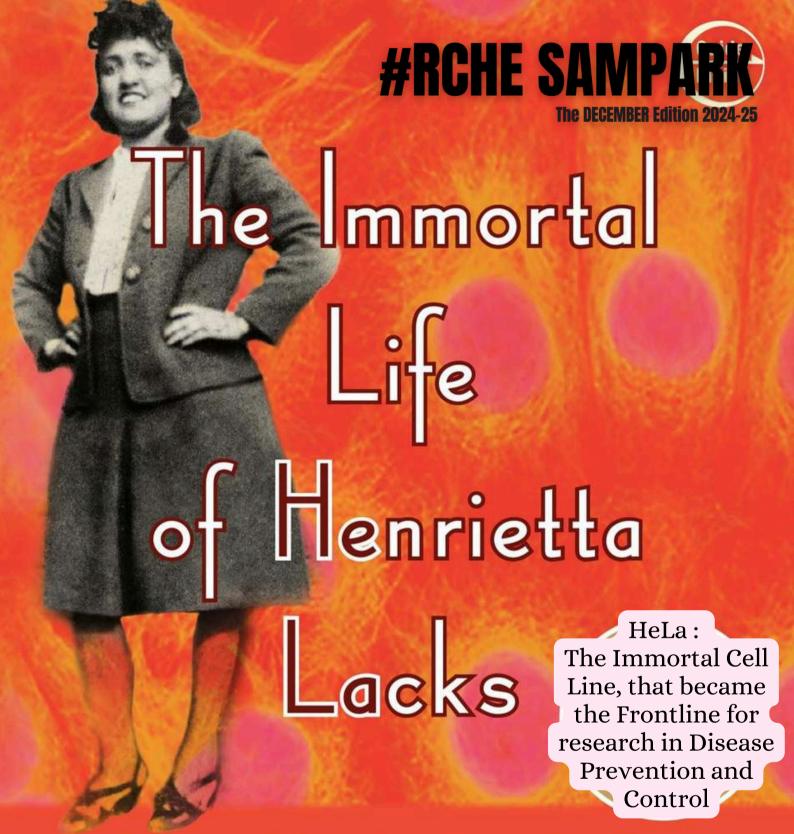
Healthcare is everyone's birthright and yet 400 million people in the world can't afford or do not have access to basic health care.

That is why treating and preventing disease is one of the principle focus areas of Rotary's service to the community.

Most people are aware that we are "this close" to eradicating Polio and that the only disease to be eradicated, thus far, is Small Pox in 1980.

But how many are aware of the HeLa Cell Line, the first "immortalised human cell line" and one of the most important cell lines in medical research.

An immortalised cell line, reproduces indefinitely, under specific conditions and the HeLa Cell line continues to be a source of invaluable data.



Doctors took her cells without asking. Those cells never died. They launched a medical revolution and a multimillion-dollar industry.

More than twenty years later, her children found out. Their lives would never be the same.

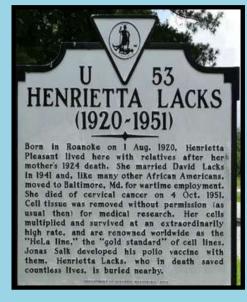






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HeLa: The Immortal Cell Line, that became the Frontline for research in Disease Prevention and Control

Henrietta Lacks, was an African-American woman, whose cancer cells are the source of the HeLa cell line. Lacks was undergoing treatment for cervical cancer in John Hopkins Hospital in Baltimore, Maryland in 1951. The cells were obtained from a tumour biopsied during treatment and then cultured by George Otto Gey.

As was then the practice, no consent was required to culture the cells obtained from Lacks treatment and neither she nor her family compensated for the extraction or use of the HeLa cells.

George Gey, the first researcher to study the cells, observed that these cells were unusual in that they reproduced at a very high rate and could be kept "live" long again to enable in depth examination. He started a cell line from Lacks sample by isolating one specific cell and repeatedly dividing it. This meant that the same cell could be used to conduct multiple experiments.

The ability to reproduce HeLa cells in a laboratory setting has led to many breakthroughs in biomedical research For example, in 1954, Jonas Salk, used these cells in the development of the Polio Vaccine

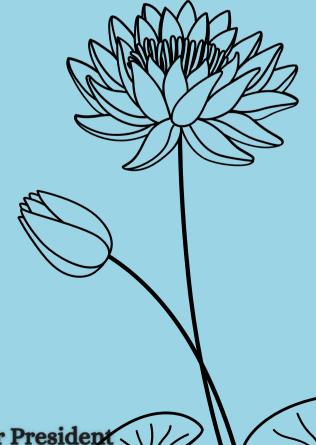
On October 13th 2021, the World Health Organisation (WHO) presented the Director General Award to Lawrence Lacks, son of Henrietta Lacks, in recognition of her unknowing contribution to Science and Medicine. Soumya Swaminathan, the Chief Scientist at WHO said "I cannot think of any other single cell or lab reagent that's been used to this extent and has resulted in so many advances"



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"A LEGACY BUILT "BRICK BY BRICK"

- 1. IPP Rtn. Sukumaran Nair-2023-24
- 2. PP Rtn. Amit Raje-2022-23
- 3. Rtn. Nasir Shaikh-2021-22
- 4. Rtn. Ravi Shankar-2020-21
- 5. Rtn. Dr. Namrataa Srivastav-2019-20
- 6. Rtn. Sandhya Shastri-2018-19
- 7. Rtn. Baljinder S Kumar-2017-18
- 8. Rtn. Dr. Roopali Deshpande-2016-17
- 9. Rtn. Dharm Prakash Tripathi-2015-16
- 10. Rtn. Prakash Baride-2014-15
- 11. Rtn. Devendra Tomar-2013-14
- 12. Rtn. Madhu Menon-2012-13
- 13. Rtn. M H Narasimhan-2011-12
- 14. Rtn. Shantanu Halder-2010-11
- 15. Rtn. Krishna Saraf-2009-10
- 16. Rtn. Dr C M Dwivedi-2008-09
- 17. Rtn. C S Shetty-2007-08
- 18. Rtn. Pradeep Nair-2006-07
- 19. Rtn. Pradeep Thakur -2005-06
- 20. Rtn. Sudeep Basu-2004-05
- 21. Rtn. Suraj Mathur-2003-04
- 22. Rtn. Kumar Bhatia-2002-03
- 23. Rtn. Sankar Mohan K C-Charter President





A LEGACY OF LEADERSHIP

#RCHE SAMPARK

The DECEMBER Edition 2024-25

OUR PRESIDENTIAL PANTHEON

From humble beginnings to towering heights, Twenty-three torchbearers illumined our way. Through seasons of challenge and moments of triumph, Their wisdom continues to guide us today.

First came Sankar Mohan K C, our Charter President, Who planted the seedling with visionary care. Then Kumar Bhatia nurtured its tender roots, While Suraj Mathur helped its branches prepare.

Sudeep Basu and Pradeep Thakur strengthened our trunk, As Pradeep Nair extended our reach. C S Shetty and Dr. C M Dwivedi followed with grace, New horizons of service, each helping to breach.

Krishna Saraf and Shantanu Halder raised our banner high, M H Narasimhan championed our cause with pride. Madhu Menon and Devendra Tomar broadened our impact, As Prakash Baride stood steadfastly at their side.

Dharm Prakash Tripathi forged paths untrodden, Dr. Roopali Deshpande with compassion led the way. Baljinder S Kumar and Sandhya Shastri fostered growth, While Dr. Namrataa Srivastav brought innovation into play.

Ravi Shankar weathered storms with quiet strength, Nasir Shaikh embraced challenges with skill. Amit Raje and Sukumaran Nair built bridges of hope, Each president fulfilling our mission with goodwill.

Now Arunima Singh (2024-25) guides our journey forward, Standing on shoulders of giants who came before. Twenty-four leaders, unique in their gifts, United in purpose to serve, to lift, to soar.

I've watched them all, through laughter and tears, Some quiet in manner, others bold in their speech. Yet each carried forward our cherished ideals, With hands that would heal and hearts that would teach.

Remember the ancient woodland tale?

A mighty oak was once asked its secret to greatness. "I stand tall," it whispered, "because my roots Are nourished by those who came before me, And my branches reach higher because I carry their dreams with me into the sky."





#RCHE 1ST IN SERVICE!

#RCHE SAMPARK
The DECEMBER Edition 2024-2

"PREVENTION TODAY, WELLNESS TOMORROW OUR PATH TO A HEALTHIER WORLD"



Hiranandani Estate

Thirty-five residents and security guards participated in a potentially life-saving CPR training session at Hiranandani Estate on December 21st. The COLS CPR program provided hands-on training using mannequins, covering both cardiac emergency response and choking intervention techniques.

"I feel empowered knowing I could save someone's life," said Rajesh Kumar, a security guard who attended the session. "These are critical skills everyone should learn."

Participants practiced chest compressions and rescue techniques under expert guidance, with all attendees receiving certification upon completion.

"Today's training creates a safer community," noted program coordinator. "Every certified person represents a potential lifesaver."



The DECEMBER Edition 2024-25



Life-Saving Skills Community CPR Initiative at Hiranandani Estate









#RCHE 1ST IN SERVICE!

"PREVENTION TODAY, WELLNESS TOMORROW OUR PATH TO A HEALTHIER WORLD"

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The DECEMBER Edition 2024-25



Rotary Awareness Initiative Empowers Young Minds

Past President Rtn. Roopali Deshpande conducted vital awareness sessions reaching 650 students across Mumbai-Thane region.

At Anmol Vidyalaya, 120 primary students learned about personal safety through "Good Touch Bad Touch" workshops. The initiative expanded to Vasant Vihar School, where 495 children participated in sessions covering personal boundaries, menstrual hygiene, and mobile addiction on December 16-17.

"The children were extremely receptive," noted Deshpande. "We reached 35 especially vulnerable beneficiaries who needed this guidance most."

"I now understand how to protect myself," shared a 9-year-old participant, reflecting the program's impact on building confidence and awareness among young students.



The DECEMBER Edition 2024-2!



"PREVENTION TODAY, WELLNESS TOMORROW OUR PATH TO A HEALTHIER WORLD"



Rotary Awareness Initiative Empowers Young Minds

















#RCHE 1ST IN SERVICE!

"PREVENTION TODAY, WELLNESS TOMORROW OUR PATH TO A HEALTHIER WORLD"

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The DECEMBER Edition 2024-25



A mental health and mobile de-addiction workshop at Saksham Community Centre attracted 55 participants on December 7th, addressing growing concerns about technology dependency among local residents.

The interactive session featured experts discussing healthy device boundaries and mindfulness techniques. Thirty-five beneficiaries received personalized counseling following the workshop.

"I couldn't go an hour without checking my phone before," shared Sweta, a 19-year-old participant. "Now I have learned practical strategies to reclaim my attention."

Another attendee, Rahul, noted: "Understanding how apps are designed to hook us was eye-opening. I've already implemented a digital curfew at home."

Organizers plan monthly follow-up sessions based on overwhelmingly positive feedback.















#RCHE 1ST IN SERVICE!

"PREVENTION TODAY, WELLNESS TOMORROW OUR PATH TO A HEALTHIER WORLD"

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Anandnagar Health Center Vaccinates 35 Children in Massive Community Drive

On December 8, Anand Nagar Health Center orchestrated a successful vaccination campaign across 37 booths, 32 regular and 5 mobile units, reaching 35 children from 3,834 registered beneficiaries.

"My son was afraid, but the volunteers were so gentle," said Priya, mother of 4-year-old Arjun. "They even gave him a small toy after his shot."

The campaign mobilized 86 dedicated volunteers who worked tirelessly throughout the day.

"This initiative brings healthcare directly to communities that need it most," remarked, Chief Medical Officer. "The mobile booths particularly helped us reach children in remote areas."





#RCHE SAMP

Anandnagar Health Center Vaccinates 35 Children in **Massive Community Drive**











Thane Municipal Corporation

Supported by





Club of Hiranandani Estate

Contact :- rchesampark@gmail.com



"Prevention Today, Wellness Tomorrow Our Path to a Healthier World"



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Anandnagar Health Center Vaccinates 35 Children in Massive Community Drive







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Anandnagar Health Center Vaccinates 35 Children in Massive Community Drive





#RCHE 1st

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The DECEMBER Edition 2020-25



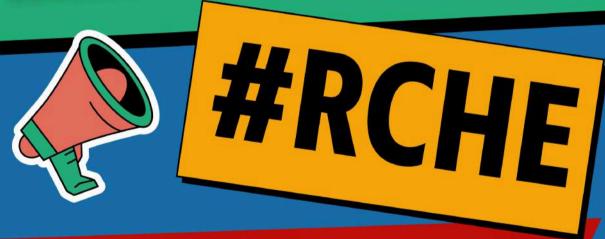






Club of Hiranandani Estate

ROTARY CLUB OF HIRANANDANI ESTATE





#RCHE SAMPARK The DECEMBER Edition 2024-25

#RCHE MANIFESTO

However, bold OUR imagination.

However, great **OUR** ambition.

We TOGETHER will build it.

We're the team **FIRST** and only **ONE**

To be entirely shaped around RCHE's VISION

Because we understand what Progress & SCALE is

From the challenges we face, to the OPPORTUNITIES we seize.

So, no matter how quickly WE need to EVOLVE.

No matter how **FAST** we have to **PIVOT**.

We can BUILD it TOGETHER.

Through transformative **THINKING**, transparent **CULTURE** and **Al**= working committees.

With an elite network of **DIVERSE**, **INCLUSIVE** and **EQUITABLE** intellectuals.

And the best TEAM on the planet, at your SERVICE.

We EMPOWER & SUPPORT each other, we are ONE.

We SIMPLIFY the COMPLEX

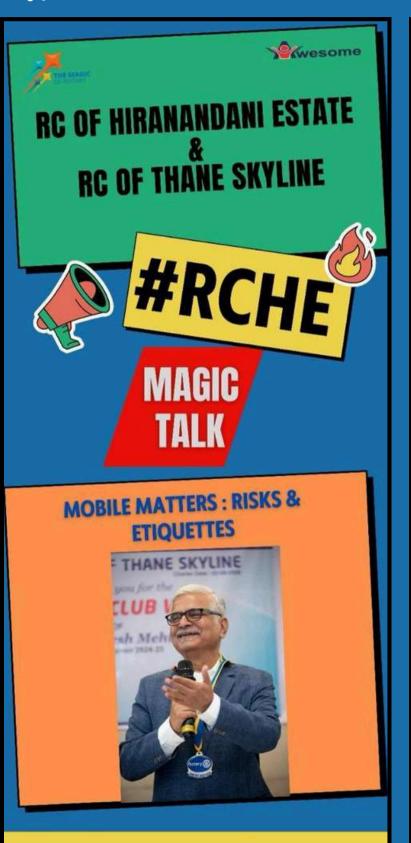
And will Strategise & Execute work that drives Growth, earns fame and gives Purpose.

We're

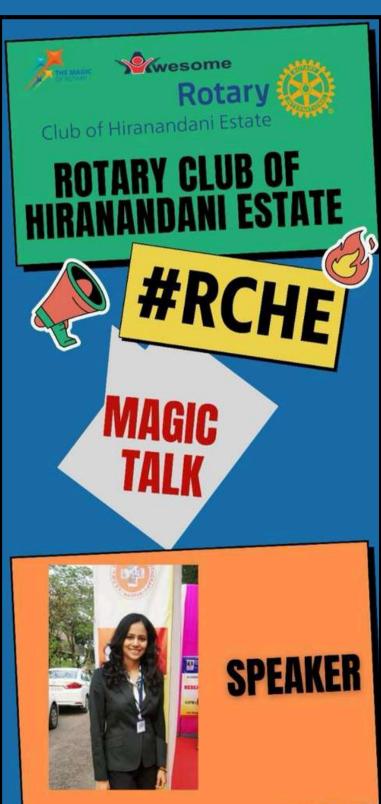
COMMITTED.

The DECEMBER Edition 2024-25

#RCHE 1st SPEAKERS



RTN MURLI SUNDRANI
PRESIDENT RC OF THANE SKYLINE



DR NIKITA SINGH TOPIC: SITTING IS NEW SMOKING



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Who We Are

Rotary is a global network of 1.4 million neighbors, friends, leaders, and problemsolvers who see a world where people unite and take action to create lasting change across the globe, in our communities, and in ourselves.

What we do?

Rotary members believe that we have a shared responsibility to take action on our world's most persistent issues.

most persistent issues.
Our 46,000+ clubs work together to:
Promote Peace | Fight Disease
Provide clean water, Sanitation, and Hygiene
Save Mothers and Children
Support Education | Grow Local Economies
Protect the Environment

WE MEET ON: Every Sunday | 9.30am | Hiranandani Estate Club House Thane

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CONTACT US ON: +91 98704 56594

rector Membership Past President Dr. Namrataa Srivastav: +91 98704 56594

ub President: Arunima Singh: +91 98190 43479 ub Secretary Anubha Kharabe: +91 98700 35553