



MAHIM WAVES

SEPTEMBER, 2023



❖ R. I. President – Gordon McInally ❖ District Governor – Arun Bhargava ❖

◆ President – Pradnya Sabnis ◆ Secretary – Vidula Kshirsagar ◆

❖ Bulletin Chairperson – Shobha Karnik ❖ Co Editor - Asavari Chandodkar ❖



FROM PRESIDENT'S DESK



Month of September was full of actions and received active participation from many of our members. I believe that President's job is to motivate members to take lead and active participation in bringing impactful projects and implement them. I must mention that Rtns. Alka, Jayanti, Nita, Revati and Usha are doing very good work as youth team under the leadership of Seema Patole. They did variety of projects with the help of Rotaractors of RCRR and RCKCM - visit of Premier School Interactors to Sukun Nilaya - a palliative care centre for senior members, football training for Interactors at CSV. Two of our psychiatrists' members, Dr Hemangi Dhavale and Dr Shobha Patkar took a session on 'Personality changes in Teenagers' at CSV. Both our Interact Clubs participated in all three categories of competition in 'Udaan' a District event which is arranged to encourage skills of children. All the children were awarded the certificates of participation.

You all are aware, RCMM is trying to take small steps towards stopping the use of plastic bottles for our meetings for saving environment. We also felt the use of plastic bags by vegetable and grocery vendors is another issue where we can give some solution to reduce the use of plastic bags. We came out with a concept of 'Borrow your cotton bag'. We printed around 750 cotton bags with Rotary Wheel and club name printed on the same and distributed them free to vendors and requested them to charge Rs. 20/- to the buyers. And if the bag is returned in good condition, return the money. This is helping us for good PR also.

We celebrated Grand Parents Day at Bhagini Samaj with our veteran member Uma Sahasrabudhe taking over as MC who entertained audience along with our singers Pradeep Watve and Kishore Parulekar. We could help their members to spend some good time together and distributed snacks and cotton bags to them. This project was a brain child of our IPP Dr Gurmit Kaur.

Rtn. Dr Hemangi Dhavale arranged Memory and Depression test for senior citizens, residents of Dosti Acres in association with K J Somaiya Hospital and it was well attended event.

Our senior members Rtms. Prakash Samudra and Sandhya Samudra were recognised as major donors in District TRF seminar in the presence of prominent dignitaries from Rotary India and Rotary International. We are very proud of them as first major donor from our club. I was privileged to get recognized for the commitment of 100 % EREY club. We will surely work towards this.



FROM PRESIDENT'S DESK

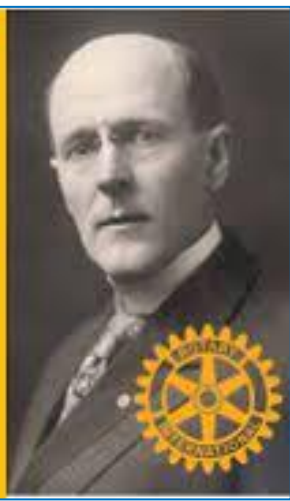
'World Heart Day' is celebrated every year on 29th September and we could implement three events on the same theme to create awareness and training for CPR. We did two sessions in association with Global Hospital of Parel at our own club with eminent Cardiologist Dr. Praveen Kulkarni and another one was at Senior citizen club of Dosti Acres with Dr. Sameer Pagad. This session was publicized widely and helped in creating PR. Special thanks to Rtn. Dr. Nilesh Satbhai for connecting us with Global Hospital.

We also arranged 'Walk with Doc' on 29th September as suggested by senior cardiologist Rtn. Dr. Akshay Mehta as being a district event. We along with RC Bombay Uptown and Chembur West arranged a walk with doc at Five Gardens, Dadar East where lot of morning walkers joined us. Senior Cardiologist Dr. Prafulla Kerkar gave some good insights about lifestyle changes for good heart health and Dr. Deepa Kane showed the demonstration of CPR. Thanks to Phillips Company for making the defibrillator available for live demo.

Overall, September was a month full of different types of projects and looking forward for such great response from our members in coming months too. Let's strive for the small steps towards improving our environment and life of people around us.

Enjoy Rotary and Enrich Life.



<p><i>Rotary changes us and those we serve. I believe we can change the world one life at a time.</i></p> <p>Paul Harris</p>	
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BOARD OF DIRECTORS



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Senior Club Advisor



Rtn. Pradeep Dixit
Senior Club Advisor

We meet alternate Saturday at 9.00 a.m. at AOTS Hall else on Zoom Conference.

Year 2023-24

For Private Circulation Only



EDUCATIONAL SUPPORT

Education opens up a world of possibilities for individuals by empowering them with knowledge. It is must for every child to get an education to become a good citizen and help for the future of the country. With this belief RCMM always helps needy students by sponsoring their educational fees. This year on 1st September, 2023 Rtns. Veena and Shaila personally handed over the cheque to the Shishu Vihar School covering fees for six students of 9th and 10th class each. This will definitely help these students to complete their education and lead better life.



Handing over the cheque to School Authority by Rtns. Shaila and Veena

“Education is the passport to the future, for tomorrow belongs to those who prepare for it today.” —Malcolm X



BORROW YOUR COTTON BAGS

In spite of Government declaring ban on usage of thin plastic bags, people still use them mainly at vegetable, fruit vendors, grocery stores. RCMM decided to distribute the cotton bags to vegetable, fruit vendors and grocery shops. Any customer who does not have a carry bag can use these cotton bags. He may return to the vendor after the usage. This will educate customers to use cotton bags and we can witness usage of plastic bags eventually phased out.

RCMM purchased these bags from Sulabha School which caters to mentally retarded children. The bags are stitched by the students of the school. Thus, we are helping the school as well as trying to educate people on usage of cotton bags and working towards better environment. So far RCMM has distributed 550 plus cotton bags.



Cotton Bags getting stitched at Sulabha School



Bags are getting distributed at various locations by members. Rotary Wheel along with club name is printed on the bags which is helping indirect publicity for Rotary.

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MAHIM WAVES

ROTARY CLUB OF MUMBAI MAHIM



BORROW YOUR COTTON BAGS



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ACTIVITIES AT CSV INTERACT CLUB

Rotary International expects Rotary club sponsors, mentor and guide Interactors as they carry out projects and develop leadership skills. Having established Interact Club at Chhatrapati Shivaji Vidyalaya at Dharavi, it was essential for office bearers to know their Roles & Responsibilities and plan the activities for coming months. Various activities were planned in the month of September, 2023.

1. Orientation of Office bearers and Board of Directors

On 4th September, 2023, meeting was held with Veena madam, Principal of Chhatrapati Shivaji Vidyalaya regarding CSV Interact Club activities to get her consent. PR Snigdhaa and PIS Jateen of RC Ramnarain Ruia College conducted orientation of office bearers and Board of Directors. It was well received and everyone understood their roles and responsibilities. Subsequently participation of IC members in 'Udaan' was discussed with IC Coordinator Nemse sir. It was an overall informative as well as educational experience for the participants. Rtns. Alka, Jayanti, Seema and Dr Shobha actively participated and interacted with the Interactors.



2. Fun Words Games and More.....



Interactors of CSV are mainly from vernacular medium. In order to increase their English words vocabulary and boost their confidence, on 16th September, 2023 'Fun Words Games and More' session was conducted. The game was played in two parts, Word Antakshari - English words related to country, animals, cities etc. and Dumb Charades - enacting English words. Interactors were very enthusiastic and participated whole heartedly, excellent response from Interactors. 47 Interactors participated.

The session was conducted by 4 Rotaractors from RCRRC and Rtns. Alka and Seema were present through out the session.

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ACTIVITIES AT CSV INTERACT CLUB

3. Session on Personality Changes in Teenagers

Teenagers undergo a lot of physical and mental changes as they develop into adults. Sometimes they may get confused and come under stress with the changes happening. This is the right time to communicate with them and make them understand why changes. With this purpose, Rtns. Dr Shobha & Dr Hemangee conducted an interactive session on 'Personality Changes in Teenagers' at CSV Interact Club on 16th September, 2023.

Students were given clear idea initially about the meaning of 'personality' and the relevance of the topic to their mental health in terms of motivation, school performance and career building. The milestones of physical development related to hormonal changes and psychological states which they are and will go through were highlighted. They were given insight into how and why should they refrain from addictions and impulsive behavior.

It was an interactive, informative and interesting session. Both the speakers tried to explain the subject in a very simple and lucrative manner. There was a good response from interactors and total of 50 students from 8th, 9th and 10th standard from Marathi, Hindi and Urdu medium attended the session. Rtns. Alka, Pradeep Patole and Seema were also present through out the session.



*“Adolescence is a time in which you experience everything more intensely”
- Edward Zwick*



ACTIVITIES AT CSV INTERACT CLUB

4. Football Session

A football session was conducted at Chatrapati Shivaji Vidyalyaya by RC Ramnarain Ruia College Rotaractors in presence of RCMM members. The purpose of the session was to make the Interactors understand the game in true sense. In the first half Rotaractors explained the terminology used, Rules and Regulations of the game. Next half, Interactors teams were formed and they played the matches against each other. Before the game, Interactors were grilled through the exercises to loosen the body. It was very heartening to watch that Interactors were so eager to know all about the game and they played with sporting spirit. 30 Interactors participated in the game. Rtns. Nita, Seema and Usha were present through out the session along with Nemase Sir from the school.



Getting ready for the game – start up exercises



Game in full swing



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WORLD GRANDPARENTS DAY

Grandparents day was first celebrated in 1979 after President Jimmy Carter proclaimed National Grandparents Day in 1978. Carter's proclamation said, in part: "As we seek to strengthen the enduring values of the family, it is appropriate that we honor our grandparents". First Sunday after Labor Day is declared as 'National Grandparents Day'. RCMM celebrated Grandparents Day on 10th September, 2023 with Bhagini Samaj Grandparents and Rotarians, coinciding with 'World Grandparents Day' at Bhagini Samaj, Hindu Colony. President of RCMM as well as Bhagini Samaj welcomed the audience and called for participation by seniors with their youthfulness. RCMM PP Rtn Dr Gurmit was instrumental in organizing the event and Trustee of Bhagini Samaj Ms Dhond appreciated the progressive step for organizing programme for their members along with Rotary Club.

Rtn. Umatai took charge of the event and managed it efficiently. She commenced with narration of memories of her grandchildren and encouraged others to come forward. In response, Ms Jayashree Ghaisas recited her own two poems depicting relationship between grandmother and grandchild. Our singers Rtns. Kishore, Pradeep Patole and Pradeep Watve entertained the audience by rendering melodious songs. Interesting games were also organized. Members of Bhagini Samaj also shared their experience of grandparenting and how it has changed over the years. They also impressed on maintaining one's own health so as to enjoy the life even at golden age. At the end delicious snacks were served. The event was a grand success as everyone thoroughly enjoyed and did not realize how the time passed.





WORLD GRANDPARENTS DAY

RCMM also distributed cotton bags with Rotary Wheel and name of the club to all members to avoid usage of plastic bags, which was well appreciated. Good number of RCMM members attended the event and enjoyed the programme.



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MEMORY AND DEPRESSION TEST FOR SENIOR CITIZENS

Depression and associated mental disorders can have a profound effect on all aspects of life, including performance at school, productivity at work, relationships with family and friends, and ability to participate in the community. To detect such conditions it is imperative that Memory and Depression tests are conducted. And more so in case of senior citizens as the impression sets in them that they are no more useful.

RCMM along with Abhiruchi Group and in association with K J Somaiya Hospital organized Memory and depression test for Senior Citizens at Dosti Acres on 12th September, 2023. Rtn. Dr Hemangee was instrumental in organizing the camp. Total of 27 senior citizens took the test and depending on the results of tests they were advised appropriately for further actions.



Test and Consultation in Process



VISIT TO OLD AGE HOME WITH ROTARACTORS & INTERACTORS

RCMM organized a visit to Sukoon Nilaya with Interactors and Rotaractors to celebrate Grandparents Day. The purpose of the visit was to make them understand that they should care for old people. Interactors had prepared lovely cards to give to Nana, Nani at Sukoon Nilaya. They were very enthusiastic and gave dance performances to entertain Nanans and Nanies. Rtn. Pradeep Patole rendered melodious songs and as usual Rtn. Uma did story telling. Over all it was good experience to all. At the end, cake and bananas were distributed. Rtns. Alka, Jayanti and Seema were instrumental in organizing the visit.





VISIT TO PRAGATI KENDRA - DONATION OF STEEL CUPBOARD

RCMM members visited Meera Vidyalay, operated by Pragati Kendra at Matunga on 13th September, 2023. Pragati Kendra was started by Mrs Shakuntala Athalye on 23rd April, 1978 primarily for her mentally challenged daughter 'Meera' along with 2-3 other children. During 40 years, the centre developed into school for special children with teaching facilities based on their intelligence level and vocational training centre for making these children self dependent with productive activities. At present, 46 children are enjoying the facilities at the school and centre. RCMM donated one Godrej cupboard to school for keeping books and other education material.

The children in this school are from lower income group families of Matunga Labour Camp, Dharavi and Sion. The teachers are very dedicated and trained with courses for special children. The children performed group dance and also some could recite poem, shlokas individually. Rtn. Umatai had all along been encouraging children to open up and recited poems as well as stories to them which children and even all adults enjoyed. RCMM distributed cakes and bananas among children and witnessed the joy on their faces.





FELICITATION BY DISTRICT TUBERCULOSIS OFFICER (DTO)

During IPP Dr Gurmit's tenure, RCMM was providing ration to TB Patients under 'Pradhan Mantri TB Mukh Bharat Abhiyan'. On 13th September, 2023 Rtns. Dr Gurmit, Asavari and Shaila were felicitated by the DTO (District Tuberculosis Officer) for the help extended. A certificate was also handed over. They have requested RCMM to continue the ration provision for current year also.





CPR TRAINING & AWARENESS BY DR KULKARNI OF GLOBAL HOSPITAL

Today's life style and everyone going through the stress, it is essential that we should know how to care about our heart. RCMC invited Dr Praveen Kulkarni, HOD of Cardiology Department at Global Hospital to talk about Heart Care and CPR. In his own words.....

“We all think and work by our heart, Fitness of our heart is important to all of us. I have treated patients with several cardiac conditions and saved many lives due to timely intervention. There is difference between heart attack and heart arrest. Heart Arrest is heart stopping suddenly for whatever reason and it is like a pre-death situation. If we do not resuscitate and give timely help that leads to death known as circulatory death. A heart attack is a medical emergency. It usually occurs when a blood clot blocks blood flow to the heart. Without blood, tissue loses oxygen and dies. Symptoms include tightness or pain in the chest, neck, back or arms, as well as fatigue, lightheadedness, abnormal heartbeat and anxiety. Basically the heart stops beating and the brain and body do not get blood supply. In 30 to 60 seconds breathing stops and in the next few minutes the brain gets permanently damaged. When there is such a situation, a timely CPR can save a life”.

Dr Praveen Kulkarni
MBBS, MD, DM
Senior Consultant Cardiology

Biography
Dr Praveen Kulkarni is working as Senior Consultant Cardiology, Invasive & Non-Invasive in Global Hospital, Mumbai. He deals with various conditions like congenital heart disease, coronary artery disease, heart failure, valvular heart diseases etc. Some of the common types of heart conditions that the doctor deals include: Hypertension, heart disease, hyperlipidemia, heart disease, chronic heart disease, cardiovascular disease, and inflammatory heart disease. He is amongst the first in India to use the revolutionary robot-assisted heart in December 2012. He has performed various cardiac surgeries, balloon dilatation, valvulotomy, renal angioplasty, pacemaker implantation among other surgeries.

Expertise

- Interventional cardiology interventions like angioplasty, stent placement, catheter ablation, etc.
- Advanced electrophysiology interventions using 3D mapping system
- Adapt in all forms of echocardiography including
- Congenital heart diseases of paediatrics, toddlers and adults
- Transcatheter aortic valve replacement
- Percutaneous coronary intervention





Demo of CPR

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CPR TRAINING & AWARENESS BY DR KULKARNI OF GLOBAL HOSPITAL

He gave examples of Puneetkumar, Singer Kay Kay who succumbed to sudden cardiac death. It is a common form of death in the young and close to 7 lakhs deaths happen every year roughly. Nowadays in important public places a defibrillator is compulsory in India as well. A bystander can administer CPR and timely help to save a life. CPR stands for Cardio Pulmonary Resuscitation. It can help save a life when the heart stops beating or beats too ineffectively to circulate blood to the brain and other vital organs. Demo on CPR was given. Some of the members also tried live demo on a dummy. It was a very Interesting and useful session.



Rtns. Asavari, Varsha and Abhishek understanding how CPR is given and practicing on dummy





AWARENESS CAMP FOR HEART CARE AND CPR TRAINING

In the current days we hear so many people having heart problems and it becomes essential that each one of us should be aware how to take care of heart and in case of emergency how CPR is applied. With this view RCMM had organized an 'Awareness Camp for Heart Care and CPR Training' at Dosti Acres along with Global Hospital. Dr Sameer V Pagad, from Global Hospital is a highly accomplished interventional cardiologist dealing with all aspects of cardiac diagnostics and therapy. He was invited to enlighten the audience all about Heart Care and CPR. The session was very interactive and CPR was demonstrated. Over all response was very good. At the end coffee and healthy snacks were provided and cotton bags were distributed.



Individuals with essential life-saving skills, we are fostering a safer and more prepared society, where prompt and effective action can significantly improve the outcomes of cardiac emergencies.



Pradnya Sabnis

Pradnya Sabnis Rotary Club of Mahim said, "By collaborating with, Global Hospitals Parel for a CPR training program in the community, we aim to create a society where prompt action and CPR administration become second nature. Every individual trained in CPR becomes a potential hero, capable of making a profound impact on someone's life."

Feedback:
Editorial@medianews4u.com



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WALK WITH THE DOC AT FIVE GARDENS

World Heart Day is observed every year on 29th September. On this day special awareness programmes are conducted all over the world to highlight the causes of heart diseases and how one can prevent and treat them.

Directive from District 3141, RCMM had organized 'Walk with Doc' around five gardens, Matunga to bring in awareness on 'Preventing Heart Disease and Learning Early Warnings Signals' on 29th September, 2023 coinciding with World Heart Day. RC Chembur West and RC Bombay Uptown also joined the walk. Eminent cardiologist Dr. Prafulla Kerkar of Asian Heart Hospital and ex HOD Cardiology KEM hospital participated in the walk.

More than 100 members participated in the walk. Everyone in Rotary T shirts, assembled at 6.45 and took a brisk walk around all the gardens with placards in their hands (with key health slogans). Dr. Prafulla Kerkar had a personalized interactive session with the participants wherein he explained the difference between a heart attack and a cardiac arrest, and what measures to be taken immediately to save the life of the patient. The golden hour (within an hour of the emergency) appropriate action like Cardiac Pulmonary Resuscitation (CPR) is to be administered.

WALK WITH DOC
WORLD HEART DAY-29TH SEPTEMBER

1 WALK WITH DOC
Come one, Come all and enjoy a social walk with eminent Cardiologist **Dr. Prafulla Kerkar.**

2 INVITATION
Rotary Clubs are inviting the community for a program to Encourage, Build and Maintain a Healthy and Active life

3 HIGHLIGHT
Talk with Doc on 'Preventing Heart Disease and learning the early warning signals'.
Live Demo by expert **Dr. Deepa Kane** from KEM on CPR

4 OPEN TO ALL PUBLIC
Date: 29th Sept 2023 Day: Friday
Time: 6:45 am
Venue: Assemble at Palamkote Hall Five Gardens, Matunga East.
followed by-Talk at Panchgani Garden

WALK WITH DOC
WORLD HEART DAY-29TH SEPTEMBER

INVITATION TO ALL PUBLIC

- Enjoy a social walk with eminent Cardiologist **Dr. Prafulla Kerkar**

HIGHLIGHT

- Talk with Doc on 'Preventing heart disease and learning the early warning signals.'
- CPR Training by **Dr. Deepa Kane** from KEM Hospital
- Demo using a **Defibrillator** for CPR

Build and maintain a Healthy and active life. Promote healthy habits CVD risk factors on the rise among young Indians in urban cities. Know the causes, prevention and how to get timely help in case of emergency.

Date: 29th Sept 2023 Day: Friday
Time: 6:45 am
Venue: Assemble Outside Palamkote Hall, Five Gardens, Matunga East.
Talk at Panchgani Garden

Contact
RC MUMBAI MAHIM President: Pradnya Sabnis Ph: 9819326665
RC BOMBAY UPTOWN President: Malvika Sukhani
RC BOMBAY CHEMBUR WEST President: Dr. Ajay Sati





WALK WITH THE DOC AT FIVE GARDENS

Dr. Kerkar also mentioned the telltale symptoms of an attack and how to act swiftly and competently. Moreover, he went at length to explain the life style alterations one must do to maintain our health and heart. Regular moderate exercise, balanced and judicious diet, avoidance of alcohol and smoking, regular health check-ups and having a calm disposition of mind for coping with stresses goes a long way in combating this dreaded disease. Live demonstration of CPR was given by Dr. Deepa Kane of KEM Hospital along with her team. Very nicely and in a simple way they demonstrated how to provide CPR to a patient, the techniques to be adopted and the step-by-step procedure to be followed. It is recommended that all of us should undergo a short training programme in CPR so that when an emergency arises, we can step in and save a life. This was followed by a demonstration to use a Defibrillator (AED) which resets the heart back into the right frequency of operation.



CPR Live Demo By Dr Kane



WALK WITH THE DOC AT FIVE GARDENS

For RCMM this was a proud moment to actively participate in the programme, as spreading of health awareness and assisting all to lead healthy lives is one of our core objectives. RCMM team worked tirelessly in getting the necessary permissions from the police, BMC, coordinating with other clubs, preparing placards and giving good publicity to the event by distributing pamphlets in the neighbourhood to ensure maximum participation. Last but not the least we distributed nutritious snacks at the end of the event.

We were honoured by the presence of Dr. Akkshay Mehta from our District who is the force behind this awareness programme. He himself is an eminent cardiologist. RCMM is actively considering installing a defibrillator at the five gardens police chowky to be used when the emergency arises and thus make a small contribution to save a life. The weather Gods were also kind to us and all of us from the Rotary family got the opportunity to gather valuable tips to improve and maintain good health in the midst of a morning of friendship, bonding and fun.



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UDAAN - 19TH INTERACT DISTRICT CONFERENCE

Udaan is a District conference for Interactors. For the current year it was 19th District Conference and was held at Bal Gandharv Rang Mandir, Bandra on 29th September 2023. There were more than 650 Interactors present at this event. There were 3 competitions - Folk dance, Art and Service projects. For Art and Service Projects submission was to be done by 15th September, 2023. Our Interactors from Premier School, Matunga and Chatrapati Shivaji Vidyalaya, Dharavi participated in all the three categories of competition. Both clubs gave stupendous performances. Special thanks to our Youth Team who took the effort to ensure Interactors participate in the competition. All the participants received the certificate of participation. All the Interactors as well as RCMC members who attended the Udaan thoroughly enjoyed.



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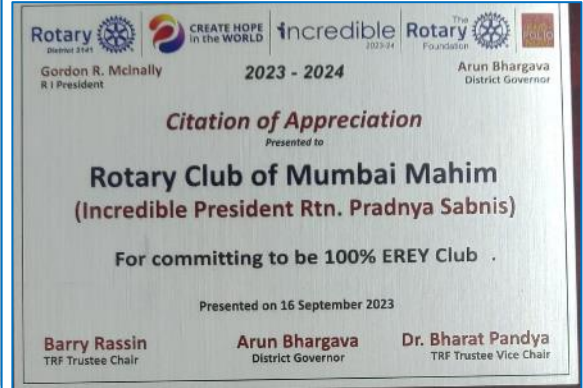
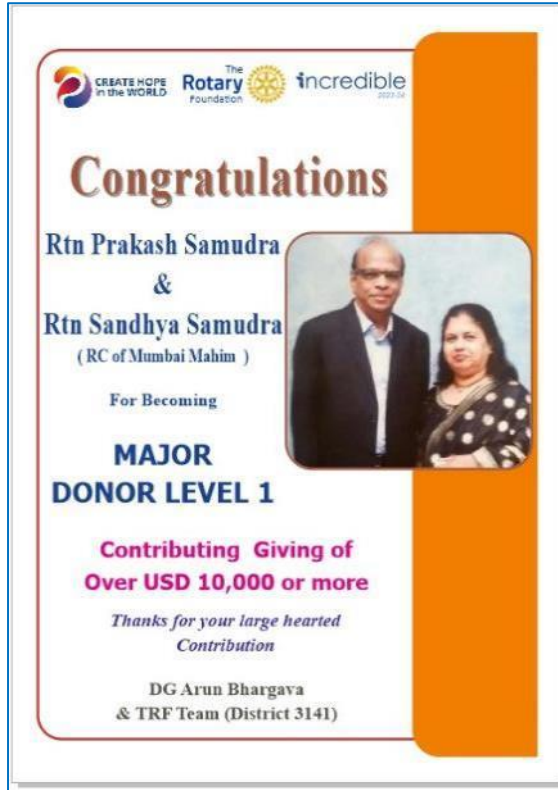
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DISTRICT INITIATIVE & CO-HOST

1. Incredible TRF Seminar

District 3141 had organized TRF Seminar on 16th September, 2023 at Taj President, Colaba. The chief guest was PRIP Barry Rassin. At the event various Donors were recognized. From RCMM Rtns. Prakash and Sandhya Samudra got recognized as Major Donor Level 1. RCMM as a club, was recognized for the commitment to become EREY Club. PR Pradnya along with Rtns. Dhananjay, Prakash and Sandhya attended the TRF Seminar.



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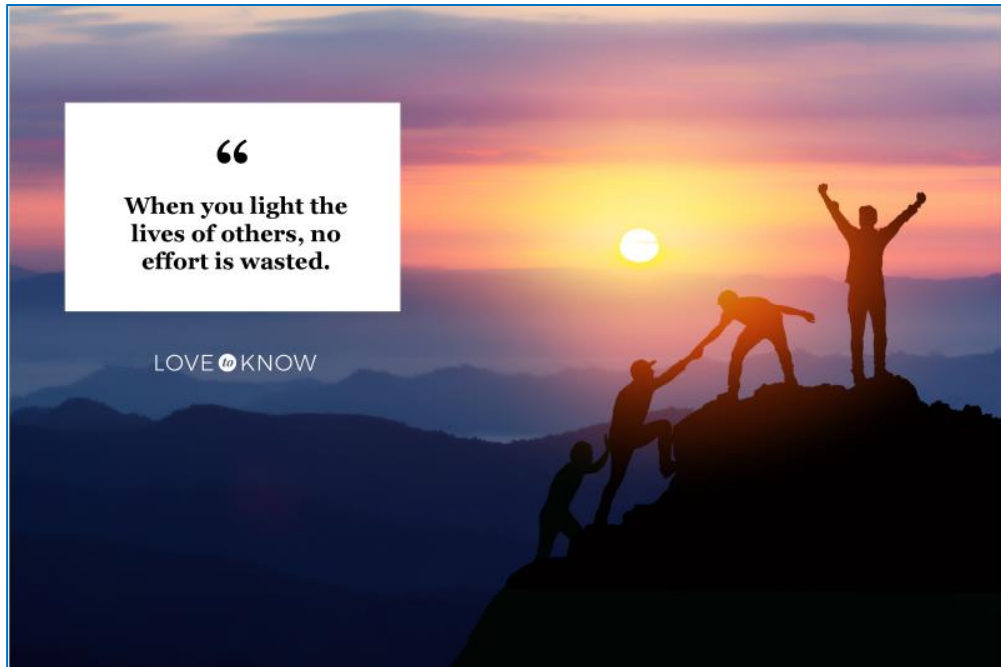


PATRONS & DONORS



RC Mumbai Mahim is very grateful to all the donors without whom it is not possible to continue supporting larger section of less privileged community. We look forward for your continued support.

Donor's Name	Amount	Cause	Through Rotarian
Rtn. Uma Sahasrabudhe	100000	Fund Raise	
Rtn. Sunita Padwal	5000	Tata Respite Home	





FAMILY CORNER



Heartiest congratulations to **Rtn. Shital Bhatkar** for getting recognized of her kind act of providing free breakfast to patients and their relatives at Dharamshala.

She also came up with novel idea of distributing jaalebi by Balakrishna at Don Ghas, where she provides free meals to patients relatives. Nice gesture by **Rtn. Shital Bhatkar**.

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◀ 04.09.23 The Gateway.pdf ▼

Clearing misconceptions, Dr. Nishita assured that eye donation does not disfigure the face and is performed with aesthetics in mind. The procedure takes about 20 minutes and is carried out after death. The collected eyes are sent to eye banks for thorough processing and evaluation before being used for transplant purposes.

The urgency of awareness stems from the gap between supply and demand. Dr. Nishita highlighted the staggering numbers: "Though potential of eye donation during times of grief. "This gift of sight can occur at the time of death," she emphasised, while underscoring the impact of collective Rotarian efforts to combat corneal blindness.

Dr. Nishita talk shed light on the immense positive change that eye donation can bring to individuals and their families, fostering hope in the quest for greater awareness and participation in this noble cause.

WithAarya joins RCB at Dharamshala

In March 2023, RCB inaugurated the HDFC-TMC Dharamshala in Parel. This new initiative is to provide temporary residential accommodation to the out-station cancer patients who are being treated at Tata Memorial Hospital. The project was CSR-funded by HDFC Asset Management Company. This facility is under an MOU for 10 years with operating role for RCB. The allocation of these 1-BHK Flats in the MHADA building is done by TMH.

Last week, RCB joined hands with an NGO called "WithAarya" founded by Ms. Shital Bhatkar and Mr. Vikrant Bhatkar in the memory of their deceased seven-year-old son Aarya Bhatkar.

WithAarya, the NGO, started providing breakfasts at Dharamshala to the patients and their attendants from last week. No cost is charged to the inmates of the flat or RCB. The breakfast menu is simple and suitable for patients.

Withaarya supports children, patients and families suffering from various illnesses. One of their initiatives started in 2016, Don Ghaas, literally means "two morsels". They began with a modest distribution of 50 meals a day outside KEM hospital in Mumbai and have grown tremendously ever since, currently touching 1200 meals a day. Currently they are serving in civil hospitals in five different cities. (www.withaarya.ngo)

RCB looks forward to more pro-bono associations with other NGOs that are dedicated to helping and counselling recovering patients and their families.










Sep 7, 2023 11:38:35
Parel
Withaarya



FAMILY CORNER



Heartiest congratulations to **Aditi Pai**, daughter of **Rtns. Samudra** for successfully conducting Respiratory Disease Diagnosis Camp at Pondicherry in association with RC of Pondicherry Pride through her company Briota Technology Pvt. Ltd., where she is the CEO.

Rtn. Gordon R. McNally
RI President 2023-24

Rtn. G. Senguttuvan
Dist. Governor 2023-24

Rotary RID 2981

Rotary Club of Pondicherry Pride
in association with

BRIOTA

RESPIRATORY DISEASE DIAGNOSIS CAMP

Date : 11.09.2023 | Time : 10.30 a.m. onwards
Venue : Police Community Hall, Gorimedu, Puducherry

Chief Guest

Mr. B. SRINIVAS, I.P.S.
Director General of Police, Puducherry

Please do join for the project....

Rtn. M. Magesh President, RCP Pride
Rtn. V. Baalaji Secretary, RCP Pride
Rtn. K. Vaithianathan Club Trainer

Rtn. Dr. G. Sreenivaasan Chair, Medical Projects
Rtn. Dr. H. Sivakumar Chair, Service Projects

Mrs. Aditi Pais
CEO, Briota Technology Pvt. Ltd. India .



FAMILY CORNER



Appreciate **Dr. Vanashree**, daughter of **Rtn. Supriya Saple** for putting in effort to bring in the awareness on Oral Health and Hygiene. This time she conducted workshop at IIT Bombay K G School at Powai.





FAMILY CORNER



Heartiest congratulations to **Rtn Pradeep Dixit** for getting an opportunity to communicate closely with **Swami Gaur Gopal Das**.



Innerwheel club of Bombay Shivaji Park had organized fellowship with GBM मंगळागौरी चे खेळ. It was nice of **Rtn. Veena** to participate with traditional attire नऊवारी साडी आणि नथ. Appreciate her enthusiasm.





FAMILY CORNER

Heartiest congratulations to **Rtn Dr Gurmit Bachher** for Book release 'Maxillofacial Prosthetics and Dental Oncology' at Tata. She has authored a chapter in the book.



On teacher's day she was felicitated by her doctor students who are learning post-graduate diploma in hospital administration. She is very popular amongst the student community.



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FAMILY CORNER

Heartiest congratulations to **Rtn. Dr Pallavi Saple** for getting recognized as 'सेवाव्रती आनंदयात्री' and under 'आरोग्य यंत्रणेची दूरदृष्टी' she unfolded her journey to becoming Dean of JJ Hospital and her views / plans to bring in advancement in the medical services offered to the public. She is the real Role Model for the youngsters.



Rtn. Dr Pallavi is very progressive in her thinking and initiates quick actions. So when 93 years old Padmabhushan Awardee Dr. Farokh Udhavdiya took grand ward round in JJ Hospital, she requested him to share his observations / experiences to the students. Post Graduate students presented case to him one by one standing beside bed and Dr. Udwadiya taught history taking, examination and coming to diagnosis in an exceptionally outstanding way. Hats off to **Rtn. Dr Pallavi Saple**.

आरोग्य यंत्रणेची दूरदृष्टी

जे.जे. हॉस्पिटलच्या नव्या डीन डॉ. पल्लवी साप्ले यांनी आरोग्य यंत्रणेची दूरदृष्टी दाखवण्यासाठी घेतलेले प्रयत्न. डॉ. साप्ले यांनी हॉस्पिटलच्या सेवांमध्ये सुधारणा आणण्यासाठी घेतलेले प्रयत्न आणि रुग्णांच्या आरोग्यासाठी घेतलेले प्रयत्न याबद्दल त्यांना 'सेवाव्रती आनंदयात्री' असे सन्मानित करण्यात आले आहे.

सेवाव्रती आनंदयात्री

डॉ. पल्लवी साप्ले यांनी हॉस्पिटलच्या सेवांमध्ये सुधारणा आणण्यासाठी घेतलेले प्रयत्न आणि रुग्णांच्या आरोग्यासाठी घेतलेले प्रयत्न याबद्दल त्यांना 'सेवाव्रती आनंदयात्री' असे सन्मानित करण्यात आले आहे.

नव्याची ओळख

डॉ. पल्लवी साप्ले यांनी हॉस्पिटलच्या सेवांमध्ये सुधारणा आणण्यासाठी घेतलेले प्रयत्न आणि रुग्णांच्या आरोग्यासाठी घेतलेले प्रयत्न याबद्दल त्यांना 'सेवाव्रती आनंदयात्री' असे सन्मानित करण्यात आले आहे.

दिवसशाळा सहाय्यीक विज्ञानाची

डॉ. पल्लवी साप्ले यांनी हॉस्पिटलच्या सेवांमध्ये सुधारणा आणण्यासाठी घेतलेले प्रयत्न आणि रुग्णांच्या आरोग्यासाठी घेतलेले प्रयत्न याबद्दल त्यांना 'सेवाव्रती आनंदयात्री' असे सन्मानित करण्यात आले आहे.



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FAMILY CORNER

Janmashtami is celebrated by Hindu devotees to mark the birth anniversary of Lord Krishna who is believed to be the eighth avatar or incarnation of Lord Vishnu. Lord Krishna was born in an era of turmoil, and chaos, when evil was reigning everywhere. Krishna is described in Hindu epics as the god of love, tenderness, and compassion. He is also known for playing mischievous pranks and performing miracles with his supreme powers.

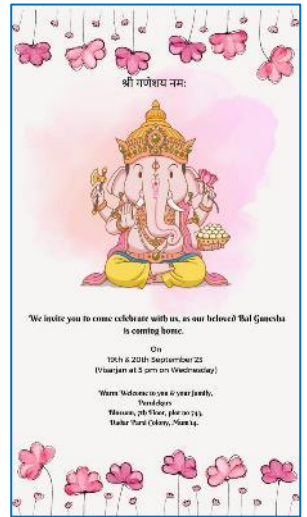
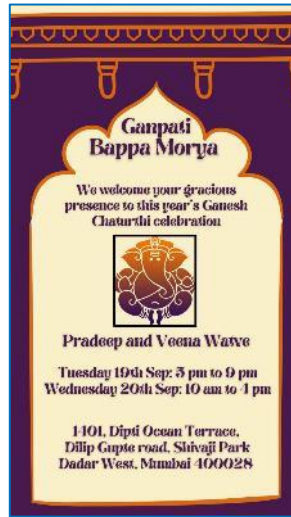
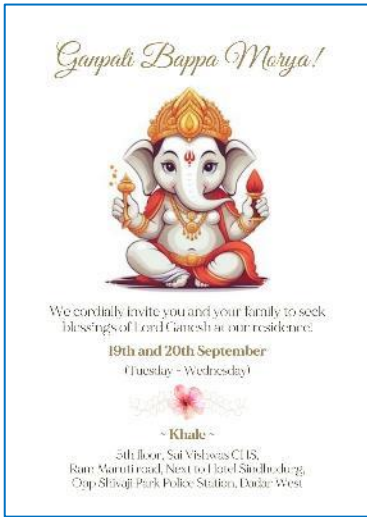
Rtn. Nita celebrates Janmashtami every year and members visit her place and enjoy the lovely decoration done by her.





FAMILY CORNER

Ganesh Festival is one of the most celebrated festival of Maharashtra. It brings in lot of enthusiasm and happiness across all the sections of society. Ganesh, the elephant-headed son of Shiva and Parvati, is the supreme God of knowledge, wisdom, prosperity and good fortune. He is the Lord who is first worshipped before any holy occasion or puja. Many of the RCMM members bring Ganesh Idol and perform puja. We visited them and enjoyed praying to Lord Ganesh!!



Beautiful Invitations prepared by Members



Ganesh at Rtms. Rege's, Revati's and Dr Gurmit at Kudal Residence

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FAMILY CORNER



Ganesha at Rtms. Vidya's Son residence and Dr Hemangee's Family



At Rtms. Watve's and Vasnt's residence, Rtn. Julina at Boston



FAMILY CORNER



Ganesha at Rtn. Alka and Archana



Ganesha at Rtn. Alka and Archana



Ganesha at Rtns. Parulekar



Ganesha at Rtn. Shobha at New Jersey



Ganesha at Rtn. Sunita

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FAMILY CORNER

Gauri is an avatar of Ma Parvati, mother of Lord Ganesha. However, in Maharashtra, it is believed that Gauri is Ganesha's sister who comes to visit him. Like her brother, the arrival of Ma Gauri in one's home represents health, wealth, happiness & prosperity. In fact, Gauri sthapna is done with two idols of Ma Gauri.



Gauri at Rtn. Vasant



Gauri at Rtns. Vidya's son and Samudras

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FAMILY CORNER

***Wishing you a day filled with Happiness and a year filled with Joy.
Happy Birthday***



Prashant, son of Rtn. K Suryakumar

Rtn. Jahangir Adranvala

Smita, wife of Rtn. Chandrashekhar Apate

Swapnil, son of Rtn. Shobha Karnik

Vivek, husband of Rtn. Vrushali Kolhatkar

Rtn. Vidya Kulkarni

Gaurang, son of Rtn. Girish Jawle

Rtn. Vandana Rajhansa

Mihir, son of Rtn. Vandana Rajhansa

Amrut, son of Rtn. Chandrashekhar Apate

Rtn. K Suryakumar

Rtn. Dr. Arvind Ankalikar

Rtn. Shital Bhatkar

Jay, son of Rtn. Dr. Nilesh Satbhai

Rtn. Abhishek Shah

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Facebook at <https://www.facebook.com/rotarymahim/>

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