

An initiative by Rotary Club of Mumbai Lakers

Rotary



The Lakers Bulletin

The Rotary Club of Mumbai Lakers : Apr-Jun 2021 Edition

President -
Rtn. Vikram Swaroop

Secretary -
Rtn. Manju Udasi

Treasurer -
Rtn. Sunil Gambani

”

The fruit of love is
service, which is
compassion in action.

- *Mother Teresa*

TABLE OF CONTENTS

01 Projects

Medical Projects	01
Non Medical Projects	04

02 Ongoing Projects

03 Club Fellowships

04 Press Releases

Projects – Medical Projects

RCML facilitating the COVID-19 Vaccine Drive (*Theme Project Of The Quarter*)

With the enormous increase in COVID-19 cases daily, and no effort seeming to be enough, the need for immunisation against this deadly vaccine has become imminent. Around the world, governments are struggling to find ways to work together and control the spread of COVID-19. This crisis has challenged global resilience, our health and long-term care systems and workforce. Rotary International has been working across the globe to mitigate the impact of the pandemic and has taken important steps to inform people about the COVID-19 vaccine. Now that the vaccines are available to the public and slowly are being made more accessible to a wider range of people, all of us are able to get immunised as quickly as possible, in an efficient and organised manner to curb the spread of this virus and return to normalcy faster. It is in these difficult days, that we are happy to report about the unrelenting efforts of the members of the **Rotary Club of Mumbai Lakers** who have responded to the needs of the community in the fight against COVID-19. The single question which was in our minds was “How can we make the vaccination process smoother for the people in the community and reduce the workload of the health workers?” To answer this very question, the Rotary Club of Mumbai Lakers pitched in to streamline the process of vaccination for the residents of Powai and have tied up with Dr L. H. Hiranandani Hospital.

The first and second phase of the vaccine drive was led by Deepak Daryanani, Mamata Asthana and Parul Gupta. The activity was smoothly coordinated by Captain Ajit, Chetna Lall, Neha Gupta, Kamya Jaswani, Sony Suri, Bharti Modi, Darshini Shah, Mudita, Namrata, Dolly, Radhika Badhani, Shraboni Thapar and our interactors too enthusiastically helped our coordination efforts. Special thanks to Kimaya Gupta, Shivanshi Sainani, Ahana Thapar & Jia Daryanani.

An initiative by Rotary Club of Mumbai Lakers

Rotary (Since 1905) (Beyond the Ordinary) (Rotary Open Opportunities)

• Rotary Club of Mumbai Lakers in association with Dr LH Hiranandani Hospital •

STREAMLINES THE VACCINE PROCESS for the Residents of Powai!!

If you are above the age of 45, You qualify for the vaccine

To book your slots:

- 1 Register yourself at www.cowin.gov.in
- 2 Upon registration, fill the form <http://bit.ly/LakersPowaiVacDrive>

Points to remember

- Registrations will be served on first come basis to manage the volume.
- Carrying the original copy of Aadhar is mandatory when visiting hospital for the Vaccine

If you have any food or drug allergies - or any other doubts - please consult your doctor before going for the vaccination. Taking the vaccination is solely at your discretion.

This is just an effort to help the hospital streamline the process and the Rotary Club of Mumbai Lakers and its members are not responsible in any way for any issues, medical and non-medical both.

Projects – Medical Projects

Plasma warriors an initiative of RCML

As the equinox passed, India was battered with a sudden surge in Covid-19 cases. Intensive-care wards and hospital beds are filling up in Mumbai—a city which, a few months ago, though it had almost overcome the covid-19 crisis. The government is implementing new restrictions, going back on relaxations made just a few months ago. Another summer holiday spent indoors as we are in the middle of the second wave of COVID-19.

What can be done to slow its further rise?

The response to the virus's steep ascent last year was an avalanche of lockdowns; everybody knew it was not a permanent solution though it helped in containing the spread of the disease. We are at a crossroads again staring at a similar dilemma. Now the option is to make an all-out effort towards fighting the disease and focus on the cleanly and hygienically fast recovery of people infected.

Convalescent plasma therapy is one way to treat the patients and help save a few lives.

It transfuses blood plasma from those who have recovered from an infection (and which is therefore rich in antibodies against whatever had infected them) into patients with the illness to be treated. As **Soumya Swaminathan, chief scientist of the World Health Organisation (WHO), observes, this tactic has been used to treat infectious diseases for over 100 years and is effective.**

Plasma therapy is an affordable treatment for medium to critical patients who are currently hospitalised. It allows the hospitalised patient to borrow immunity from the donor because the plasma contains the antibodies required to fight the disease. With the surge in the number of

critical COVID-19 patients, there is a strain on the city's blood banks' supply of convalescent plasma, and patients are now on a desperate chase as demand grows but very few of the recovered are willing to donate their plasma.

Every day, Rotary Club of Mumbai Lakers got 5-6 calls for plasma. We desperately reached out to people on WhatsApp to donate. It takes time to find a donor. That is where RCML came up with the idea of creating a pool of recovered patients who are ready to selflessly donate plasma. This helped the pandemic families in getting a plasma donor in time. For the safety of the patient and to ensure standard clinical quality control, protocols were followed.



Projects – Medical Projects

Medsformore

As we watch the second wave of coronavirus pandemic play out on a national scale, it's very easy to feel powerless. The explosive rise in the number of cases has impacted the stocks of many critical medicines needed for the treatment of the dreaded virus. The rural areas are the worst hit. Many of us, who have gone through the disease themselves or have witnessed family members or kin go through it, have felt the impact of this acute medicine shortage. At Rotary Club of Mumbai Lakers, we were receiving numerous phone calls and requests for medicines needed to treat this virus on a daily us to look for ways to reach out to people in need.

It was then, Rotary Club of Mumbai Lakers came across the doctor couple doing pathbreaking work in this field – **Dr Marcus Ranney and his wife, Dr Raina**. RCML joined hands with them for the noble cause, **#MedsForMore** – a campaign to reach out to people who had excess medicines left over from the treatment of their kins and provide the same to those who can't afford them or have access to them. We wanted to get started on this good work at the earliest and the best place to start was the community we live in.

The Lakers, after recognising the potential that this project had, reached out to all of the housing societies in and around Hiranandani Gardens in Powai to participate in this initiative and give back to the society. An appeal was made in our Local Paper - Planet Powai, requesting each society to collect medicines in a clean and hygienic manner.

What set this donation drive apart from most other drives is that it did not require anyone to go out of their way and spend extra money on things. All anyone had to do was simply look through the medicines in their cabinet lying unused, check their expiry date and packaging

and donate. The Lakers team appointed a representative in each society. Having a Spoc in every society meant that People could reach out easily from the safety of their own homes and contribute the much-needed medicines and medical supplies. It didn't matter if one was homebound or worried about the virus, they all could come together to help the community through this simple action. Many of us had more medicines than we needed and this was a wonderful way to ensure that not a single dose of these medicines go to waste.

Though the things look very simple on paper, they needed a lot of coordination in the backend.

Lakers core team of Radhika Badani, Vikram Swaroop, Deepak Daryanani and Mamata Asthana brainstormed and worked hard, coordinating with each society.

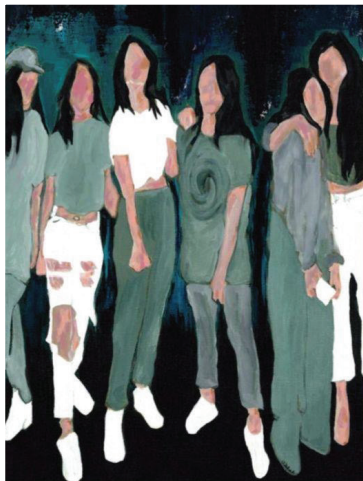
Their hard work paid rich dividends



Projects - Non-Medical Projects

Staying at home is challenging but some of us are making the most of it. Our very own Laker **Vibha Khandelwal** made some beautiful **Paintings and generously donated them to raise funds for those affected by COVID-19.**

All paintings were sold for a special rate of **5000** and the entire money was donated towards the Lakers Charities fund for COVID use. This initiative collected **₹80000** for the club.



The Ludo Girls

One

They are fun, competitive and dramatic. They help you through tough times...

This hand-painted acrylic painting on acid-free canvas sheet, finished with strong and shiny varnish is made in India. Original signed work is delivered with a certificate of authenticity. Framing and shipping additional on request.
Vertical Orientation: 30.48x40.64 cm / 12x16 inches



The Baleful Us

Three

On a girls night out when nothing else matters...

Features

This hand-painted acrylic painting on acid-free canvas sheet, finished with strong and shiny varnish is made in India. Original signed work is delivered with a certificate of authenticity. Framing and shipping additional on request.
Vertical Orientation: 30.48x40.64 cm / 12x16 inches

This is a reproduction of a painting by Vibha Khandelwal. The artist & seller are not responsible for any damage or loss of the painting.



The Tropical Girls

One

On impromptu weekend trips with the girls...

Features

This hand-painted acrylic painting on acid-free canvas sheet, finished with strong and shiny varnish is made in India. Original signed work is delivered with a certificate of authenticity. Framing and shipping additional on request.
Vertical Orientation: 30.48x40.64 cm / 12x16 inches



Fingers Crossed

One

Close your eyes and make a wish...

Features

This hand-painted acrylic painting on acid-free canvas sheet, finished with strong and shiny varnish is made in India. Original signed work is delivered with a certificate of authenticity. Framing and shipping additional on request.
Vertical Orientation: 30.48x40.64 cm / 12x16 inches

This is a reproduction of a painting by Vibha Khandelwal. The artist & seller are not responsible for any damage or loss of the painting.

Ongoing Projects

360° COVID relief

As the COVID-19 Crisis turned into a true war, The Rotary Club of Mumbai Lakers has continued its mission to aid the community in every way possible. RCML created various projects encompassing different needs that arose at different stages of the pandemic and has been actively engaged in ongoing relief work, using its embedded presence in the community as a particular strength. Donors and corporates are actively searching for reputable NGOs, known for their selfless service, to partner with and this is where RCML comes in. With our credentials for good work in the community, we have been able to partner with a wide variety of organisations, both corporate and NGOs, to increase our impact through the projects we undertook.

Ration Distribution

The first project we undertook at the start of the pandemic was aimed at fighting hunger on the streets. We started providing with Dry Ration kits, and then partnered with District No. 3141 on the Annapoorna project, providing a meal at Rs. 15 for the people rendered jobless and the migrant labourers travelling home.

Laptop Donation

Then came the next challenge, of the shift to online learning, which made it difficult for underprivileged children to continue their higher education. The Rotary Club of Mumbai Lakers donated laptops and desktops to NGOs and orphanages to help with their education. We also facilitated the donation of old mobile phones for the primary education of underprivileged children.

Menstrual Hygiene

Also, women's hygiene became a bigger issue in the pandemic. Rotary Club of Mumbai Lakers provided reusable sanitary napkins to women in tribal areas in districts like Wada. These reusable sanitary pads were manufactured by an NGO, so it had the dual advantage of providing hygiene to one set of women and employing another set. We provided malnutrition kits in Rural areas containing vitamins and proteins which are crucial for the children to overcome wasting and stunting. These kids will be monitored for the next six months, and their progress will be measured.

Health Check-Ups

When the pandemic started, the medical and healthcare systems were not prepared to handle anything that was not directly related to the COVID-19 pandemic. And general health checkups needed for the vulnerable groups was suffering. We also conducted a Cancer Checkup Camp in the Ghatkopar for one such group of Women.

Direct COVID-19 Projects

The Lakers also came forward to address the issues directly connected with COVID-19, its treatment and preventive measures. The crisis caused many problems with the core healthcare system, as many times, the infrastructure was not sufficient or organised enough to meet the need that arose with this deadly virus. From sensitising the population to helping people gain access to necessary medical resources, RCML has come through with solutions for various problems.

Ongoing Projects

Awareness Campaign for Preventive Measures

To begin with, we created an awareness campaign to teach them about **mask-wearing, social distancing, hand washing and other basic COVID-19 preventive protocols**. This was done both on various social media platforms and through **physical posters in and around the community and near the hospital**.

Vaccination

Rotary Club of Mumbai Lakers played a very vital role in facilitating vaccination for people within the community by organising the slots and reducing the wait time.

Covid beds and providing oxygen concentrators was a major project carried out by Deepak and Parul

Despite spreading awareness about various preventive measures, the second, more deadly and devastating wave hit the city as well as the

interior rural areas, which had not been impacted in the first wave. The gap in the requirement of medical resources and the supply available was increasing each day. There was a shortage of beds, oxygen supplies, and an acute need for oxygen concentrators.

It was then that the **Rotary Club of Mumbai Lakers** jumped into action and started working night and day towards creating treatment facilities for individuals who are suffering from COVID-19 in far-flung areas. RCML, with the help of corporate sponsors such as Atos Sintel Prayas Foundation, was able to provide **19 oxygen concentrators** for COVID Response Medical Center at KL Ponda High School, Dahanu, Ponda.

We were also able to set up a COVID centre at Alibag, along with CFTI, our ground partners for the projects. Atos Sintel sponsored **19 beds and 10 oxygen cylinders** for the COVID Response Center at Alibag. C.N Water Systems Pvt Ltd donated **5 oxygen concentrators and 5 beds** for the **COVID Response Center** at Alibag. Personal donations from members, friends and family poured in for the cause.



Ongoing Projects

Water Filtration

CN Water systems also sponsored a water filtration/purification plant for the municipal hospital at Dahanu. It gives us great joy to see the water purification plant commissioned and operational at the hospital. Rotary Club of Mumbai Lakers aims at creating a treatment facility in far-flung areas with fewer medical facilities and CN Water Systems Pvt. Limited helped us in making this plan into reality by providing this community hospital with a clean water supply.



Water filtration
plant at Dahanu

PIC•COLLAGE

Ongoing Projects

Feeding the needy

Thanks to **LAKERS Jyoti Sainani**, who took the lead to provide **7 days meal** to **404 Covid affected people** and distributed free masks for their safety. The project was executed with the support of the **Anum Foundation**.



Plastic Free Powai

We, as in each one of us, took it upon ourselves to segregate every piece of **MLP and low-grade plastic** that we were throwing away to the landfills. We joined hands on **15th August 2020** for the **Stack Your PACK** campaign from **Rotary Club of Mumbai Lakers and Plastic Free Powai Team**. We segregated the plastic, we gave it to the housekeeping, the housekeeping collected it from all of us and put it together for the pickup truck. And by **June 2021** we are **27 buildings** close to **2500+** of us doing this day in and day out. And the outcome!!! We collected a **total of 6006.63 kgs**, ie, **6 tons of MLPs**. This is enormous considering the **weight of 1 pack**. We also collected **345 KGs of e-waste**.

Pickup Dates		30-Aug-20	15-Sep-20	30-Sep-20	15-Oct-20	31-Oct-20	15-Nov-20	30-Nov-20	15-Dec-20	31-Dec-20	15-Jan-21	31-Jan-21	15-Feb-21	28-Feb-21	15-Mar-21	30-Mar-21	15-Jun-21	30-Jun-21
1	ADDA	Not joined	0	0	2	9.5	0	0	0	0	0	0	0	22.5	0	0	0	59.2
2	Adarsh Chsl	Not joined	3.7	0	0	8.5	9.2	8.8	13.9	8.48	12.5	23.3	23	30	28	0	20	224.85
3	Adarsh Chsl	Not joined	7.8	18.2	22	24	20	19.8	22.8	25.7	31.5	22.3	21.95	20.2	19	17	20	264.36
4	Adarsh Chsl	Not joined	Not joined	Not joined	10.55	20	25.85	33	38.6	29.5	27.2	31.5	31.6	26	32.6	27	38.7	258.4
5	Adarsh Chsl	Not joined	2.54	12.3	9.7	15	0	7	12.35	13.2	8.3	10.3	0	8.7	4.7	0	0	106.49
6	Adarsh Chsl	Not joined	2.4	0	4.7	8.85	0.7	0	0	2.8	0	2	1.3	2.3	8.4	3.5	0	20.85
7	Adarsh Chsl	Not joined	6.8	11.1	5.44	21	18.4	15.9	12.56	10.9	25	30.3	18.15	18.7	24	21.2	58.2	314.74
8	Adarsh Chsl	Not joined	2.2	15.9	11	8.7	7	20.7	5	9.15	18.8	22.7	54.7	0	0	0	14.5	181.45
9	Adarsh Chsl	Not joined	15	7.8	7	7.5	1.3	9.1	12.5	0	6.1	4.3	0.8	10	3.8	0	3.5	82.5
10	Adarsh Chsl	Not joined	1.5	6.8	5.5	7.3	7	3.1	22.6	7.3	11.4	8.1	4.3	5.7	7.8	6.5	16	134.6
11	Adarsh Chsl	Not joined	1.7	4.8	6	5.1	8.5	4.7	0.4	8.3	5.6	2.8	13.6	4.9	0	4.5	7	83.8
12	Adarsh Chsl	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	82.5
13	Adarsh Chsl	Not joined	8.1	12.5	21.6	28	24	20.3	24.1	23.7	23	19.7	17.3	20.2	27.3	34.45	11	575.25
14	Adarsh Chsl	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	157.7
15	Adarsh Chsl	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	1.9
16	Adarsh Chsl	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	58.2
17	Adarsh Chsl	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	82.1
18	Adarsh Chsl	Not joined	44.2	88.8	96.4	35	110.7	77.2	0	108	48.9	85.9	52.1	28.5	38.3	84	140.3	959.7
19	Adarsh Chsl	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	84.05
20	Adarsh Chsl	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	Not joined	79.2
21	Adarsh Chsl	Not joined	0.2	11.2	14	1.6	3	2.5	1.3	1.8	1.85	2.3	2.1	1.8	6.7	0	1.7	49.25
22	Adarsh Chsl	Not joined	19.7	21.1	14.6	38	20	19.4	38.4	38.5	38	24.4	42.4	28.2	38.2	16	22	488.4
23	Adarsh Chsl	Not joined	9.9	8.25	8.5	17	19	8.25	18.2	23.3	15.8	16.4	13.6	15.45	28.5	11.2	71.3	395.5
24	Adarsh Chsl	Not joined	0	0	0	0	0	0	7.3	19.8	12.3	19.3	90	17.2	13.8	18.9	0	107.6
25	Adarsh Chsl	Not joined	0	0	12.4	3.5	6.5	9	8.3	8.8	5.3	6.7	7.3	7.3	13.6	8.8	7	121.8
26	Adarsh Chsl	Not joined	24	50	98	28	95	43.1	70.1	49.8	58.2	49	83.5	41.3	38.9	61.2	78.96	868.45
27	Adarsh Chsl	Not joined	8.5	18	12.7	27	22.7	22.2	0	23.5	31.5	22.5	39.6	23.5	34.7	0	0	352.1
28	Adarsh Chsl	Not joined	74.5	228.65	290.5	311.54	336.71	343.7	482.4	319.81	395.25	377.45	484.2	360.6	390.85	474.05	511.25	6006.63
Total Collected																		
Total low grade plastic + MLP Collected since 15th Aug																		6006.63 kg

Ongoing Projects

Little Hearts

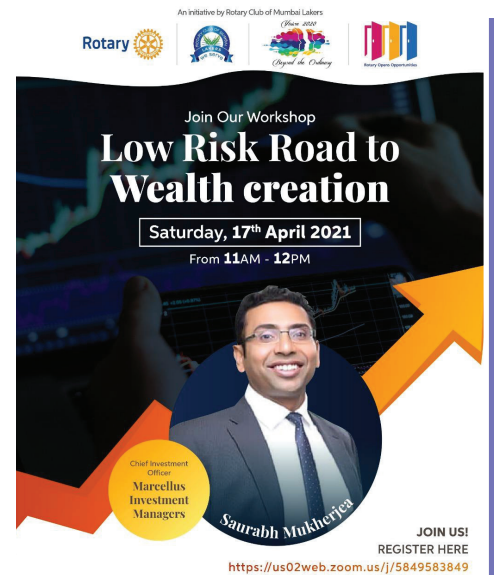
Rotary Club Of Mumbai Lakers is very closely associated with Kokilaben Dhirubhai Ambani Hospital's "Little Hearts" program spearheaded by **Laker Natasha Sejpal**, where children from all strata having **congenital heart ailments** get **world-class medical treatment**. A total of **9 cases** done. Commitment to **Global Grant \$6,000**. The **Global Grant** is for the **Little Hearts Surgery**, the project which is so close to all of us. This quarter one of the surgeries was partly sponsored by a laker child to celebrate her birthday.



Club Fellowships

Wealth Creation by Saurabh Mukherjea

RCML had a Special Session on Low Risk Road to Wealth Creation by a guest speaker, Saurabh Mukherjea, CIO and Founder of Marcellus Investment Managers. Saurabh has written four bestselling books – Gurus of Chaos (2014), The Unusual Billionaires (2016), “Coffee Can Investing: The Low Risk Route to Stupendous Wealth” (2018) and ‘The Victory Project: Six Steps to Peak Potential’ – and he is a Fellow of the Royal Society of Arts. The fellowship took place on the 17th of April. It was a very well attended event with more than 50 participants.



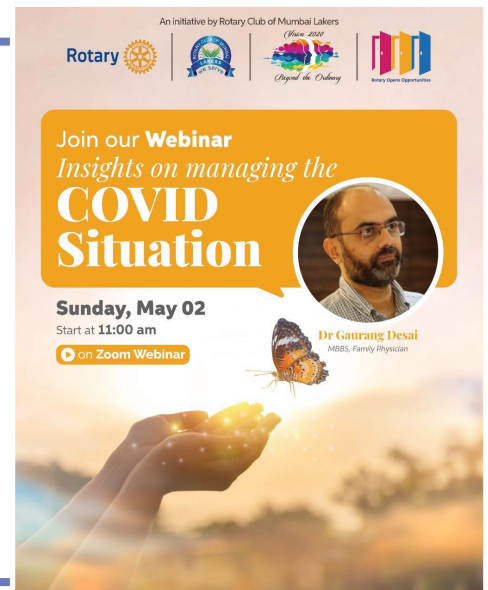
Art Therapy with Radhika Chopra

On 24th April, Radhika Chopra conducted an art therapy workshop. This workshop was aimed at allowing everyone to express themselves authentically, and to help them all let go of the stress and worry from the pandemic for a short while. The workshop was fun and truly calming, in a sense a type of art based meditation.

Club Fellowships

Dr Gaurang Desai's talk on COVID-19

When the second wave of the pandemic had everyone worried and confused, clamouring for a solution, **RCML** organised a talk with **Dr Gaurang Desai** to help bust some myths about the virus and shed light on the real things which would be helpful. **Dr Desai** is one of the leading doctors in Powai, so his insight and his answers to common questions truly helped to ease a degree of worry and provide an outlook on how to approach the virulent spread. This talk took place on the **2nd of May**. The webinar was very well attended, with over **200 attendees**.



Happiness wali Immunity

Rotary club of Mumbai Lakers organised a webinar in association with the youth wing of 'The Art of Living', for insights on happiness and immunity! The webinar was conducted by **Vasudha Jhunjhunwala**. Lot of people are living in fear, especially people who are staying at home and seeing the news about the virus spreading like wildfire. Also, the infected people in isolation are scared about their health. This session gave techniques to go through this time with positive thoughts and meditation which helped people be happy and build immunity to counter these times.



Shukriya Party for outgoing President Vikram Swaroop

An online farewell party was organised for **Vikram Swaroop**. Each member of the club present really lauded the year under the leadership of Vikram swaroop as it was indeed a year filled with unprecedented challenges and the ease with which the club cruised through triumphantly under his able leadership. It was an occasion to celebrate the proud achievements of the year as well as appreciate how **all the Lakers came together as one and met the challenges posed by COVID and otherwise**.

