



The Lakers Bulletin

The Rotary Club of Mumbai Lakers : Oct-Dec'20 Edition

President -
Rtn. Vikram Swaroop

Secretary -
Rtn. Manju Udasi

Treasurer -
Rtn. Sunil Gambani

Quote of the month

*The future belongs to those who believe
in the beauty of their dreams.*

Eleanor Roosevelt-



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PROJECTS - MEDICAL PROJECTS

Medical Assistance

Over the past three months, we have been able to give medical assistance to multiple critically ill patients in financially distressed conditions. We have helped someone in their Pile's surgery, C-Section delivery where the mother was in a coma but the baby was fine, a patient with knots in the uterus, a patient suffering from Critical Kidney Disease (CKD) which necessitates kidney transplantation. We at Rotary Club of Mumbai Lakers are glad that we could make a difference to these lives with our contribution and look forward to helping many more such people in the future.



Global Grant

Rotary Club of Mumbai Lakers applied for **Global Grant for the Little Hearts Program**. This project funds heart surgeries for **children (under 16 years)** from economically backward families, suffering from **Congenital Heart Diseases (CHD)** and cannot afford the cost of the **open heart surgeries** needed to cure them.

The beneficiaries are vetted by **RCML** for assessing their economic background and the genuineness of their requirement after are referred by **Kokilaben Dhirubhai Ambani Hospital**. After a complete health checkup, heart surgery is arranged for them at **KDAH**. We expect about 140-150 children benefit from this project annually.

We also encourage parents to get some funds from their own funds or some other charitable organisation to meet a part of the cost so that their involvement in the process is present. We are glad to inform you that the **Rotary Club of Mumbai Lakers received a grant of \$8,400.**



PROJECTS - MEDICAL PROJECTS

Cancer Patient Support



Two major activities happened in this quarter. We pledged **₹50,000** for the **Cancer Patients Aid Association (CPAA)** for their **camp** in **Ghatkopar**. Also, CPAA requested support for a two-year-old

cancer patient, Suchit Naik. He suffers from **Acute Lymphoblastic Leukemia (ALL)**.

Our **club approved annual treatment support of ₹1 Lakh** for him.

CPAA

Cancer Patients Aid Association

Smt. Panadevi Dalmia Cancer Management Centre, King George V Memorial,
Dr. E. Moses Road, Mahalaxmi, Mumbai - 400 011

Tel: +91 22 24924000 | 24928775 . email: cpaamumbai@cancer.org.in . website: www.cancer.org.in



APPEAL FOR A NEW LEASE OF LIFE

Physical pain, mental trauma, financial helplessness. These are the emotions that a cancer patient goes through during the initial stages--- until he gets support and strength to face their disease in all possible ways.

CPAA is an organization that provides holistic support to a cancer patient. Our counselors help patients to develop forbearance to go through the chemotherapy /surgery /radiation therapy. We also play a major role in obtaining funds for the treatment of deserving patients.

I am enclosing information of one such cancer patient whose treatment is very expensive and would appreciate your kind support. Detail is given below.



Name	:	Suchit Naik
Age	:	2 years (M)
Type of Cancer	:	Acute Lymphoblastic Leukemia
Hospital	:	CTO-PHO Hospital
Attending Doctor	:	Dr Mamta Manglani
Duration of Treatment	:	3 years
Prognosis	:	Very Good

Family Background: Suchit is a 2 year old boy who stays at Kolhapur with his parents and one elder brother. His father worked as a helper in a company earning Rs 8000/- per month. In the month of October Suchit started developing high fever and was taken to his family doctor who gave him medicines and asked him to return within a week. There was no improvement in his condition and the child had become so weak that he was unable to walk. He was advised to undergo a blood test. The reports that followed indicated that his blood counts were very low. He was immediately advised by his local doctors to shift the child to Mumbai's CTC -PHO hospital for further investigations. He was admitted and the investigations that was done revealed that he was indeed suffering from A.L.L.(A type of blood cancer). He has been advised chemotherapy along with a year and a half of oral maintenance therapy. He has so far completed his first chemotherapy.

I am sure that you will deem it fit to contribute to help them to battle against a disease, as it is curable in spite of difficult side effects. The challenges are many and it is your generous support that could create a chance of survival for him.

Thank you,
Regards,

Vinaya Chacko

Vinaya Chacko
Executive Director – Patient Care Services.
Cancer Patients Aid Association.

PROJECTS - NON-MEDICAL PROJECTS

Stack Your Pack Campaign



As we all are aware, the campaign kickstarted on the **15th of August** and has grown from strength to strength in this quarter as well. As a community, Powai has always been sensitive to environmental causes, and **Hiranandani Societies** have been a forerunner amongst Mumbai societies to start separating the garbage. The Stack Your Pack campaign allowed them to further separate the multilayer plastics from going to landfills. As a community, we always wanted to do it, but we did not know how to bridge the gap of the last mile

of taking it to a **recycler**. Our **Laker, Milind Rane**, has made that possible. A special thanks to the **Laker Plastic Free Powai team - Neelam, Chetna, Milind, Jyoti, Deepak, Archana and Shraboni**. Also, special thanks to the building reps. More than half of them are not even Lakers but are still committed to the cause. In **September our collection was 294 kgs, October - 311 kgs, November - 343 kgs and has steadily increased to 390 kgs by the end of December**. We are earnestly looking forward to more participation.



PROJECTS - NON-MEDICAL PROJECTS

Mr Bakshi's Sunday Classes



As usual, **Mr Bakshi's Sunday classes** continue to be one bright spot in the **Sunday mornings** of lots of children in and around **Panchkuti**. Always attended by lots of children with great enthusiasm, **Mr Bakshi** manages to introduce **complex concepts** like **Dark Matter and Dark Energy** to these extremely curious and bright minds while working on their **English speaking skills** as well. The kids look forward to the classes with **Mr Bakshi**.

Here are some examples of presentations given by the kids in the class:

1. Abiotic life by Vishnu Class 6

2. COVID-19 by Vaishnavi Class 7

Their clarity, brevity and fluency in the English language are commendable. They have been part of **Rotary Sunday School** for over five years and the impact the Lakers have made on nearly 20 kids who have continuously been a part of the program for five years, is remarkable.



Rotary Angels



Rotary Club of Mumbai Lakers participated in the **District Rotary Angels program**. This is a unique program aimed literally at the bottom of the pyramid, a program to provide much needed **financial assistance** to the really **poor sections** of the society whom we are exposed to.

Special Thanks to Captain Ajit Sharma, Chetna Lall, Jyoti Verma, Lubaina Colombowala, Manish Soni, Manju Udasi, Milind Rane, Mukesh Shah, Parth Sejpal, Ravi Jaswani, Rishi Goswami, Shaili Shah, Sonia Gupta, Sony Suri and Shraboni Thapar.



PROJECTS - NON-MEDICAL PROJECTS

Givers Gain:

A Chance to Give Without Pinching Your Pockets.



Over the last **100 days of the Vision year 2020-21**, The Rotary Club of Mumbai Lakers has been actively engaging in various projects. During this time, many new projects for the community have taken off. One such major project is the **Givers Gain program**, under the aegis of **District 3141 Rotary**, being launched on **October 31st**. The Giver's Gain program is a citywide project in which several **Rotary Clubs** of the city are participating. It's a matter of pride for our club that the entire project is being spearheaded by a fellow Laker, **Milind Rane**. The main aim of **Rotary Club of Mumbai Lakers**, however, is to ensure that **waste collected is sent to certified collectors who will subsequently properly recycle the waste**. This will guarantee that it is actually recycled and not sent to a landfill. Encouraged by the overwhelming response to our **Stack Your Pack Campaign**, we are launching **Giver's Gain** campaign under the able leadership of

Rtn. Mamata Asthana. Not only are we collecting recyclables, but we are also collecting old items such as used clothes which we can give to those who are less fortunate. **Giver's Gain is an opportunity for all of us to give from items lying around our houses, unused, used and discarded**. This enables the **cycle of giving to take place during the festive season, a time to celebrate and give**. It's a time to illuminate the lives of countless by giving without breaking your budget. It may be your clutter, but it is their glimmer of light. We will be collecting plastic, newspapers, cardboard, books/magazines, aerosol spray, milk & juice cartons, aluminium cans & tins, clothes, plastic toys, plastic hangers, old clothes and e-waste. The Lakers participated in great numbers using a **Google Form to register**. **Pallavi Das from Powai Mums** also helped spread the word, and the **community geared up and donated for the cause**.

An initiative by Rotary Club of Mumbai Lakers (Vision 2020)
Rotary Club of Mumbai Lakers
District 3141 Rotary
Giver's Gain Campaign

This Diwali,
**Your Clutter -
Their Glimmer of Light**

Illuminate the Lives of Countless by Giving without
Breaking your Budget with Rotary Givers Gain Campaign.

This Diwali Cleaning, Donate the Chaos of Belongings cluttering your home
to the trusted Rotary Authorized Vendors

PLASTICS
NEWSPAPERS
CARDBOARD
BOOKS & MAGAZINES
AEROSOL SPRAY
MILK & JUICE CARTONS
ALUMINIUM CANS/TINS
CLOTHES
PLASTIC TOYS
PLASTIC HANGERS
OLD HOSE/RY
E-WASTE

Collected once a week, all proceeds will be used to fund Rotary Campaigns

WhatsApp for more details
Suresh: +91 93215 34156



PROJECTS - NON-MEDICAL PROJECTS

Helping an Ex-Soldier



Mr Shukla, an **ex-soldier** (Veteran) was helped by **Lakers** through a personal **collection of funds** to help him set up a **small scale business** as he had **lost his job** as a **swimming coach** due to **COVID**.

He set up a **business of packaging turmeric and masala** in his **village**. He is thankful for the help and says that the response to his business is good.



Blanket Distribution Camp

RCML organised a **donation of blankets, sheets, socks, caps, gloves, chattai, mosquito nets** to poor people sleeping on roads in **Kashimira near Maheshwari Bhavan** under the **flyover**.



PROJECTS - NON-MEDICAL PROJECTS

Christmas

RCML played the role of **Santa Claus** by **donating ration kits** for **68 poor families** and **ration for orphanages**.

Each family ration will have:

1. Rice - 5 kg
2. Atta - 5 kg
3. Dal - 3 kg
4. Sugar - 3 kg
5. Salt - 2 pkts
6. Tea leaves - 25 grms
7. Blanket - 2
8. Towel - 1
9. Bathing & Washing soap - 2 each
10. Cooking oil - 1 ltr

For the orphanage:

1. Rice - 50 kg
2. Atta - 50 kg
3. Dal - 25 kg
4. Sugar - 25 kg
5. Cooking oil - 10 ltrs
6. dry pulses - 15 kgs
7. Maggie - 10 pkts
8. Bathing soap - 50
9. Surf - 10 kgs
10. Toothpaste - 25 pkts
11. Coconut oil - 5 ltrs
12. Chocolate - 2 pkts



CLUB FELLOWSHIPS



Acquire a Winner's Mindset

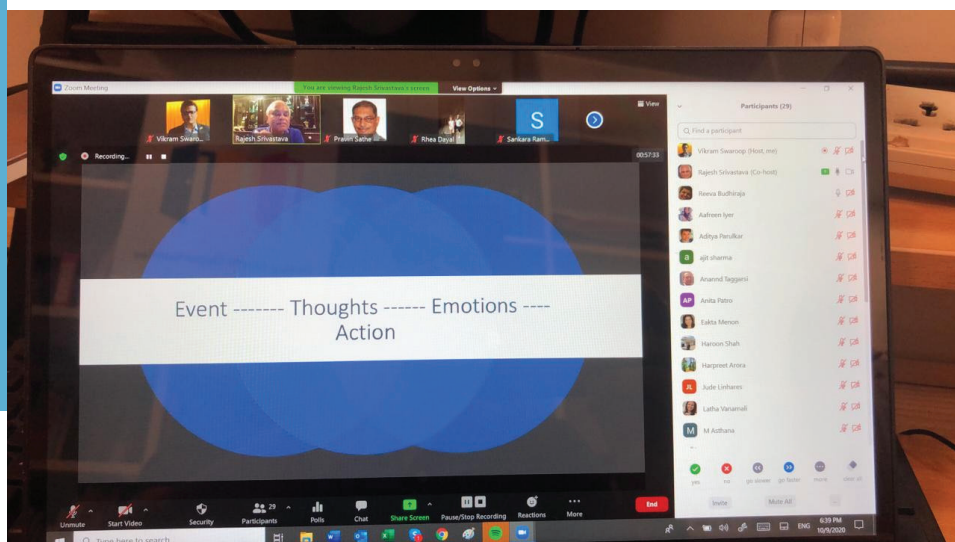
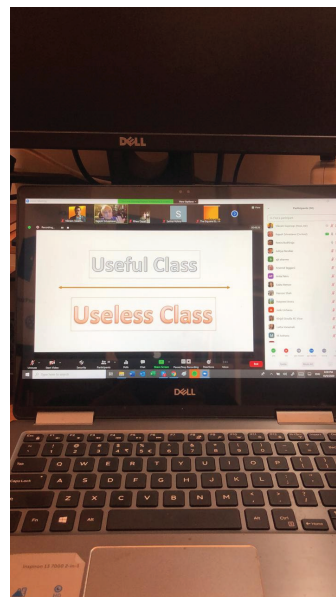


Rotary Club of Mumbai Lakers co-hosted a uni workshop on “**Acquire a Winner's Mindset**” by a **guest speaker; Rajesh Shrivastava**, with **3 decades of corporate & academic experience**.

He has **re-energised companies**, including J K Helene Curtis Ltd., & nurtured brands like Bagpiper whiskey,

Royal Challenge whiskey, Blue Riband gin, Blue Riband Duet, Park Avenue range of deodorant & personal care products. He is part of the Visiting Faculty at **IIM Indore**. He is an alumnus of **IIT Kanpur & IIM Bangalore** and an author of the best-selling book **The New Rules of Business**.

Rotary   *Since 2020*
Acquire a Winner's Mindset & Score BIG
In LIFE & BUSINESS
- RAJESH SHRIVASTAVA
Author of The New Rules Of Business
Created India's Most beloved and Enduring Brands.
Ex President- J K Helene Curtis
Taught at IIM Indore & S P Jain School of Global Management
Join us on ZOOM -
Friday 9th October 6-7 pm
<https://us02web.zoom.us/j/5849583849>



Wellness Journey with Renowned Ayurvedic Master Amrita Kaur



Rotary Club of Mumbai Lakers organised a wellness workshop with renowned Ayurvedic master Amrita Kaur. Ayurveda is considered by many scholars to be the **oldest healing science**. In Sanskrit, **Ayurveda** means “**The Science of Life**.” Ayurvedic knowledge originated in India more than 5,000 years ago and is often called the “**Mother of All Healing**.” Amrita worked as a city journalist & a radio jockey before realizing that the kitchen holds deeper secrets for her. She started her food blog lifekirecipe.com about 9 years back & since then she has been experimenting in space of food. From writing about food to recipe creations, food styling to cooking workshops & now **certified**

Ayurveda Nutrition consultant, she's always up for exploring new ingredients & cuisines. Currently, she creates food content, hosts Ayurveda popups through her home kitchen & online cooking workshops. It was a wonderful session where Amrita discussed with the **Rotary Club of Mumbai Lakers** the basics of Ayurveda, **the theory of Rituachaaya** - lifestyle disorders, the changing seasons and its consequent impact on daily life, along with a bonus of quick recipes for the on-going season of Autumn you can use every day to elevate your life. The major takeaways from this workshop were very practical tips and helped with the daily routine. Her recipes make really good alternate healthy dinner options.

An initiative by Rotary Club of Mumbai Lakers (Since 2017)
Original the Ordinary
Healthy Food Inspiration

Join the Charismatic Amrita Kaur to



Unravel the Ancient Marvel of Holistic Medicine for modern times

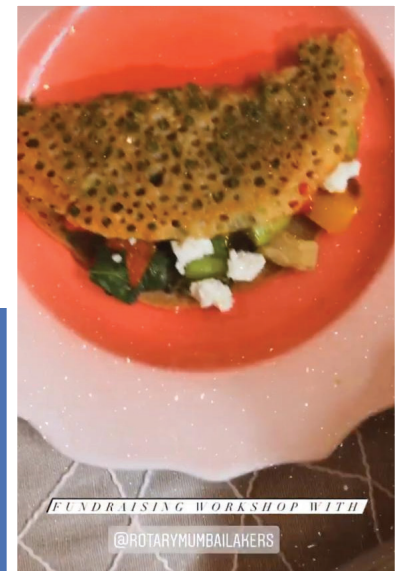
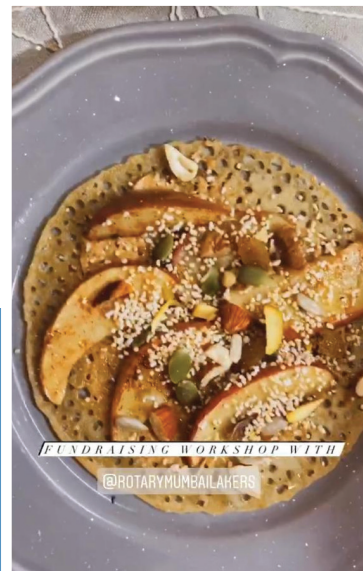
The workshop shall unveil :

- The Basics of Ayurveda
- The Theory of Rituacharya - Lifestyle Disorders
- The Changing Seasons and its Consequent Impact on Daily Life

THUR 15 OCT 4-5:30 PM

With a Bonus of Quick Recipes for the on-going Season of Autumn
Workshop Fee : ₹499

(Disclaimer) This workshop is a Not-For-Profit Event. All funds raised for this event is directed towards charity



CLUB FELLOWSHIPS

Dandia



Nothing can dampen the celebratory spirits of **Lakers** and this year too we found innovative ways to celebrate all the **colourful festivals** in **unique ways, following all the rules of social distancing**. The season started with **online Dandiya held on 22nd October**. For every Laker girl and boy

pampered with a **gift hamper that was sent by the club**. The beautiful was put together by **Rinky Goel and Namrata**. There was a party with **DJ, host** and even a **choreographer** to teach the groovy steps. **Lakers** responded grandly by **dressing up to the nines to join the party**.



CLUB FELLOWSHIPS

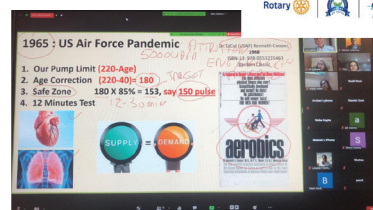
Diwali

The **Diwali** for the **Lakers** kickstarted with the **Giver's Gain Campaign**, where we were able to impact the community which needed a helping hand, especially during this time of COVID. Diwali is also, however, a **season to party hearty, and the Lakers did celebrate in style**. The club gifted all its members a wine bottle stand with two wine glasses as a **Diwali gift**. And inside the box were two housie tickets or rather tickets of happiness. The Lakers got together over **Zoom** and played a terrific round of Housie. **Special thanks** to **Jyoti Sainani** for conducting the game with a lot of aplomb.



Sign up for Change with Anil Bakshi, Held on 28th November 2020

Anil Bakshi, an ex-navy combat pilot for more than two decades has held various **leadership roles** in **TCS** for the past **20 years**. He is a full-time consultant and an **ICF certified coach**. He taught the Lakers how to **excel, experience and indulge in life**. It was a wonderful **webinar** which helped us understand about investing in ourselves and our health to reap long-term benefits. It gave an insight into the fact that the way we treat our body now, can affect our **health for decades**.



Floral Arrangement Workshop

This workshop was held on the **18th of December** on the happy occasion of the announcement of the **next president, Nimish Agarwal**.

The Lakers got together over **Zoom** and played a **terrific round of Housie**. **Special thanks** to **Jyoti Sainani** for conducting the game with a lot of aplomb.



YOUTH INTERACT CLUB OF MUMBAI LAKERS

Interact Club of Mumbai Lakers

Feeding the Dogs Campaign - 24th Oct



The **Interact Club of Mumbai Lakers** organised a **dog feeding campaign** on the **24th of October**.

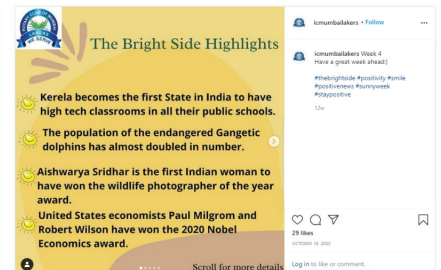
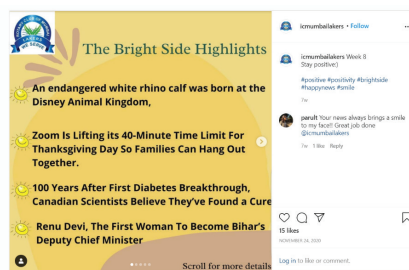
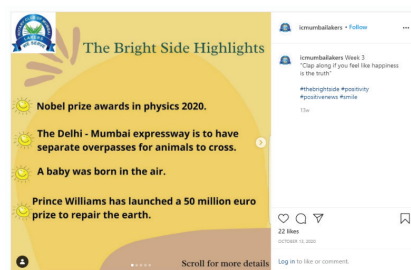


Bright Side Campaign - 24th Nov



Interact club of Lakers third post for the **bright side** is out, so please like, share and comment. Thank you!

Our fourth post for the bright side is out, so please make sure to go check it out and share it with others.



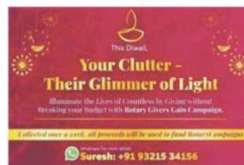
There are two Press Releases -

1. Givers Gain A Chance to Give Without Pinching Your Pockets

2. RCML: Enabling, Facilitating and Serving the Community

Givers Gain: A Chance to Give Without Pinching Your Pockets

Shraboni Thapar



Over the last 100 days of the Vision year 2020-21, The Rotary Club of Mumbai Lakers has been actively engaging in various projects. During this time, many new projects for the community have taken off. One such major project is the Givers Gain program, under the aegis of District 3141 Rotary, being launched on October 31st.

The Giver's Gain program is a citywide project in which several Rotary Clubs of the city are participating. It's a matter of pride for our club that the entire project is being spearheaded by a fellow Laker, Milind Rane. The main aim of Rotary Club of Mumbai Lakers, however, is to ensure that waste collected is sent to certified collectors who will

subsequently properly recycle the waste. This will guarantee that it is actually recycled and not sent to a landfill.

Encouraged by the overwhelming response to our Stack Your Pack Campaign, we are launching Giver's Gain campaign under the able leadership of Rtn. Mamata Asthana. Not only are we collecting recyclables, we are collecting old items such as used clothes which we can give to those who are less fortunate. Giver's Gain is an opportunity for all of us to give from items lying around our houses, unused, and discarded. This enables the cycle of giving to take place during the festive season, a time to celebrate and give. It's a time to illuminate the lives of countless by giving without breaking your budget. It may be your clutter, but it is their glimmer of light.

We will be collecting plastic, newspapers, cardboard, books/magazines, aerosol spray, milk & juice cartons, aluminium cans & tins, clothes, plastic toys, plastic hangers, old clothes and e-waste.

How can you donate? A Google

form is being circulated which will allow donors to register themselves in the donation drive and choose a convenient donation time. The collections will happen once a week on Wednesday, in Powai and Chandivli area. The form will collect information on what the donor wishes to donate. Every single donation counts in helping the initiative.

The collection process is that once you choose the items you want to donate, a certified vendor will collect the reusable and recyclable items that you wish to donate from the doorstep of your home, office or factory premises every Wednesday. The proceeds from this recycled, refurbished and reused inventory will be used to support the underprivileged and needy people in medical, educational and vocational fields through the Rotary Foundation.

Rotary Club of Mumbai Lakers is really committed to the cause of recycling. President Rtn. Vikram Swaroop is carrying forward this dream of making Powai a more sustainable community.

For more information, visit: <https://www.facebook.com/RotaryLakers>

RCML - Enabling, Facilitating and Serving the Community

Shraboni Thapar



do much to get rid of the pandemic faster, so along with providing COVID relief we must also concentrate on the pre-existing issues. We are enabling education by donation of laptops, facilitating the community we live in by reducing plastic pollution with our Stack Your Pack campaign and serving the unwell through our blood donation camps.

Rotary Club of Mumbai Lakers (RCML) has been active in and around Powai with various projects. A few ladies of Nahar Complex started a school under a tree for the children of migrant labourers in January 2007. This venture was started by the Late Chandni Singh and is now being spearheaded by her sister Neelam Joshi.

Over the past few months, all newspapers and television broadcasts are filled with news of the COVID pandemic, disasters and incompetencies. While it has given rise to a new set of challenges, the existing challenges and problems in society haven't disappeared - people are still struggling to make their ends meet, plastic pollution is still growing and people are still finding it difficult to give the right line of treatment to their loved ones.

We at the Rotary Club of Mumbai Lakers (RCML) realised that we can't

various reasons, but the few that have remained have been diligent and wish to continue their education. Four students required laptops as they were in fairly advanced levels of education in high schools or colleges and online education is now the norm. Lakers were informed through their charter member Captain Ajit Sharma and within 48 hours, these four young students were equipped with laptops for their new journey.

Our Stack Your Pack campaign has been an ongoing campaign and has been growing from strength to

strength. In the first collection, we had a participation of 11 buildings, and 78 kg of plastic was collected. What we soon realised was that the number of people wishing to participate in this campaign was extremely high, so we had to increase the number of collections from monthly to fortnightly. Our second collection was on the 15th of September, and we had nearly triple the amount of plastic collected the first time, with 232 kg being collected, the number of participating buildings almost doubling to 26. The last round of collection happened on 1st of October and the number of buildings has increased to 23 and we have collected 294 kgs of plastic. The graph is moving up, up and up. RCML's role in facilitating this collection of MLP has been commended across board.

We were being flooded with requests for blood on all groups, the plasma of COVID-recovered patients and live donors. That's when we realised that requests were pouring in from all quarters and the blood banks were running dry. This why we decided to organise two blood donation camps. The first one was held in IT Market, Powai, in association with Triumph Blood Bank and Freebies. We also conducted a blood donation camp within Hiranandani Gardens in Octavus Building in association with LH Hiranandani Hospital.

Continued on pg 6

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RCML - Enabling, Facilitating and Serving the Community

The camp was very well received within the community and people participated. Our medical director Parul Gupta played a very crucial role in organising both of these camps, and the success of the camp at Octavus is prompting us to think about conducting many more such camps within Hiranandani and around. We collected 75 bottles of blood from these two camps. This is RCML's way of serving the people.

We may not have moved mountains with our efforts, but we have definitely started taking the steps in the right direction. We urge all of you to join in and chip in with whatever you can, because every bit counts.

For more information, visit: www.rotary-lakers.org; <https://www.facebook.com/RotaryLakers>