

An initiative by Rotary Club of Mumbai Lakers



The Lakers Bulletin

The Rotary Club of Mumbai Lakers : Jul-Sep 2021 Edition

President -
Rtn. Nimish Agarwal

Secretary -
Rtn. Radhika Badani

Treasurer -
Rtn. Mukesh Shah

”

**In a gentle way
shake the world.**

- Mahatma Gandhi



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From President Desk

I am very proud to be a Rotarian and even more proud to be a Laker. The Rotary Club of Mumbai Lakers has a wonderful legacy to which we add on, year after year. Today, I stand on the laurels of many stalwarts before me – Presidents who have not only made the Rotary Club of Mumbai Lakers what it is today but also led it to become a pillar in community service. The past year has been particularly devastating for many in our community, and the Rotary Club of Mumbai Lakers has continued its mission to aid the community in every way possible.

My predecessor took on these challenges and led the Club with aplomb despite many disruptions to the original plan. RCML created various projects encompassing all the different needs that arose at different stages of the pandemic and has been actively engaged in ongoing relief work.

I was inspired to take on this role by the two most important men in my life, my father and my husband. My father has always led by example, and has been my inspiration, my role model to contribute to the wellbeing and upliftment of the community. It's my privilege and I feel truly blessed while accepting the role of President for my elite club under leadership of DG Rajendra Agarwal. I have a team of 20 super-efficient, self-driven and experienced BOD members, who are committed to working for the cause. In the first month of the Dream year, my team has executed almost 31 projects, working selflessly, and I must say that I am all appreciative of them.



The Theme for The Rotary World for this year is “Serve to change lives” and the theme adopted by Mumbai District 3141 is - DREAMS of a better tomorrow. The LAKERS chose an apt theme for the Dream Year “Be the Change You Wish to See in the World”.

Carrying forward the good work from past years with our ongoing projects like Plastic Free Powai, The Little Heart surgeries, Covid 19 relief and Annapoorna Campaign. Plastic Free Powai Project now collects MLPs from 27 buildings in and around Hiranandani and has already collected 6006.63 KGs of plastics. In the Month of July, we had the first little heart surgery of the year of a 25-day old baby. RCML is continuing with the Facilitation of Covid 19 Vaccination drive at Dr L H Hiranandani Hospital. We started our Annapoorna Drive on July 5th and fed 400 people for 7 consecutive days at Wadi Jogeshwari thus, having a significant impact on the nutritional needs of the people fed.

Coming to the projects which began in Dream Year. One of the main focus areas this year are Cancer Patients- helping them with their diagnosis and providing them support. RCML is working with Tata Memorial to help patients with funding the cancer diagnostic tests for people who aren't able to pay for them. RCML also conducted a Cancer screening camp at Lower Parel for 125 Senior Citizens on 30th July. Also, on 31st July RCML committed to supporting Accesslife Adopt A Family Program. The family adopted by RCML is of little Braveheart Samiksha Tayade, 6 yrs. 10 months old cancer patient from Buldhana, Maharashtra. Apart from this, funds were raised for hearing Aid for a Boy (Venkateshwar). RCML received 5 Oxygen Concentrators from the district and donated them to Revera Hospital at Vikramgad.

In Non-Medical projects, RCML has been participating in multiple tree plantations, in and around Mumbai. One such interesting plantation drive was to sponsor Miyawaki plantation at Chembur and another was providing fruit trees to farmers in Palghar. 500 meals were distributed to people staying in low lying areas of Bhandup and Mulund during the recent floods in Mumbai. Mahad, a small Taluka in Raigad district was also badly affected by the recent floods. RCML provided ration kits in these areas. Our ground partners at Mahad were CFTI. RCML also donated 7500 sets of Women's Undergarments to organizations working in Women Rescue and

Health and Sanitation and also to Premdaan and 10 tribal villages in Dahanu.

RCML has revived their vocational centre as well and Mr. Anil Bakshi's much loved English classes have resumed. Also, our community Interact club has begun the year on an active note and has started working on their projects early.

The pilot project of dream year is - STRUT YOUR STRUFF- A PROJECT TO DRIVE AWARENESS ON EVERYDAY FITNESS ALONG WITH CHARITY AND EXPLORE AS A FUNDRAISER AVENUE. IT IS ALIGNED WITH "FIT INDIA MOVEMENT"!

Launching the project on Independence Day - freedom from unfit life

The dream year truly looks promising with a lot more projects lined up in health, ecology and relief for the underprivileged. We are looking forward to a lot of cooperation and contribution from the community we live in and also hoping to help the community whenever the need arises.

I'm enjoying working & my dream team is doing great work .. may be some failures also but I take inspiration from these couplets.

Thank You
NiMiSH Agarwal
President RY21-22
Rotary club of Mumbai Laker's

Breaking the impenetrable silence - Lakers providing Hearing AID

Deafness is as severe a handicap as blindness (if not worse). Children born deaf face a world of silence, hence no speech, limited education, little chance of gainful employment and, therefore, a life of dependence and social isolation.

Hearing impairment is one of the most common birth defects seen these days. As the most critical years for the development of language skills are from birth to 5 years, early identification of hearing impairment enables us to give the child the enriched input they need to develop early listening, learning & speech skills. Rotary Club of Mumbai Lakers is sensitive to the problems faced by hearing-impaired people and has started working with Shravani Speech and Hearing Centre, run by Miss Geetanjali Singh. Shravani Centre is conducting audiological assessments to

quantify and qualify hearing in terms of the degree of hearing loss, type of hearing loss and the configuration of hearing loss. Once it has been identified, a treatment plan is put into place. This is where RCML partnered with Shravani Centre. We provided hearing aids to five children who needed them most urgently. Shravani Centre has a long list of children who need hearing aids, with varying degrees of hearing loss and urgency.

Many Lakers came forward and personally donated Rs. 47,500 required for each device. The children whose lives the Lakers touched are Anush Tiwari, Darpan Nikode, Venkateshwar Pillai, Arfat Khan and Vidhan Vasita. We would like to thank our donors Sony Suri, Tushar & Radhika Ullengal, Ravi & Kanya Jaswani, and other Lakers who wish to remain anonymous.



Projects – Medical Projects

Donation of Oxygen Concentrators:

RCML donated 5 units of O2 Concentrators to Revera COVID hospital in Vikramgad , it's a 250 bedded hospital with 50 ICU bed units.



**Donated by RC Mumbai Lakers
At Revera Covid Hospital Vikramghad**



Medical Projects

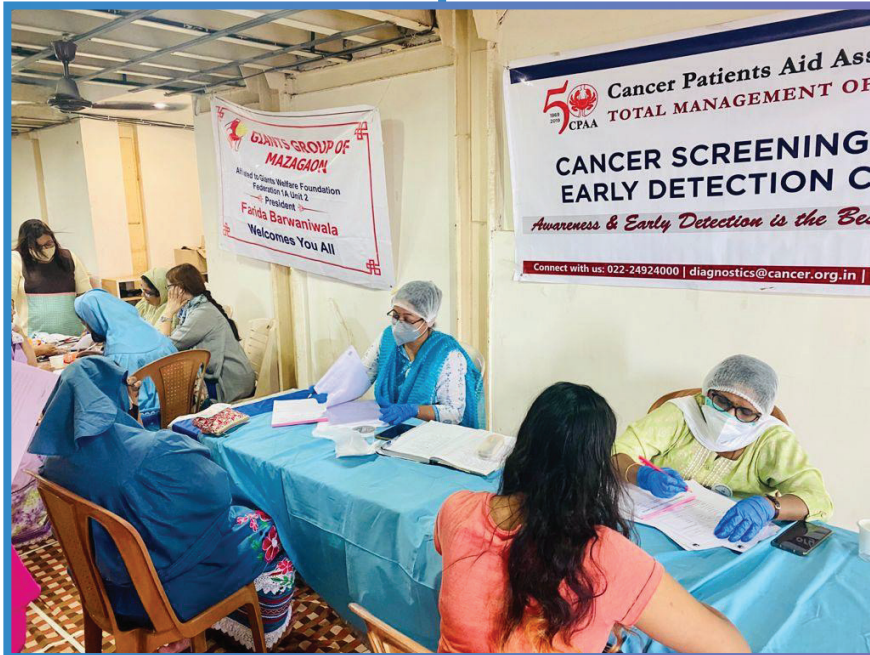
Medical Camps

RCML's first medical camp for 2021-22 - Cancer screening for senior citizens at lower Parel A cancer screening camp was organised on July 30, 2021 @ Lower parel in association with

CPAA. 125 senior citizens registered for the same. Dr Shekhar Joshi , cancer specialist, also a member of Rotary Club from queens necklace was volunteered at the camp.



Medical Projects



Second Cancer Screening (26th August)

Rotary Club of Mumbai Lakers organised a Cancer Screening camp for 100 women in Mazgaon along with CPAA & Giant Group of Mazgaon Farida Barwaaniwala (local group) . The camp was sponsored by Brother's International. It was very well organised by CPAA & many women benefited from it. Cancer specialist Dr Joshi of RC Queens city was on board with his team of doctors.



Medical Projects

Access Life Adopt A Family Program



One of our Medical projects we have committed to supporting is Access Life Adopt A Family Program.

The First family adopted by RCML is our little Braveheart Samiksha Tayade, 6 yrs. 10 months old from Buldhana, Maharashtra . She will be supported by our Club. The family has been placed at our Chembur Centre. Samiksha is diagnosed with Blood Cancer and presently undergoing treatment at Tata Memorial Hospital. This project is led by our Medical Director Eakta Menon.



on August 16th, the second family Rotary Club of Mumbai Lakers supported at AccessLife Braveheart Sakshi Honmane, 7 yrs. 9 months old from Barshi, Maharashtra. The family has been placed at the AccessLife Chembur Centre. Sakshi is diagnosed with Blood Cancer and presently undergoing treatment at CTC Hospital, Borivali. A special thanks to Vikram Chopra who has been instrumental in getting us the sponsorship from Brother International. This has been possible because of his efforts.

Medical Projects

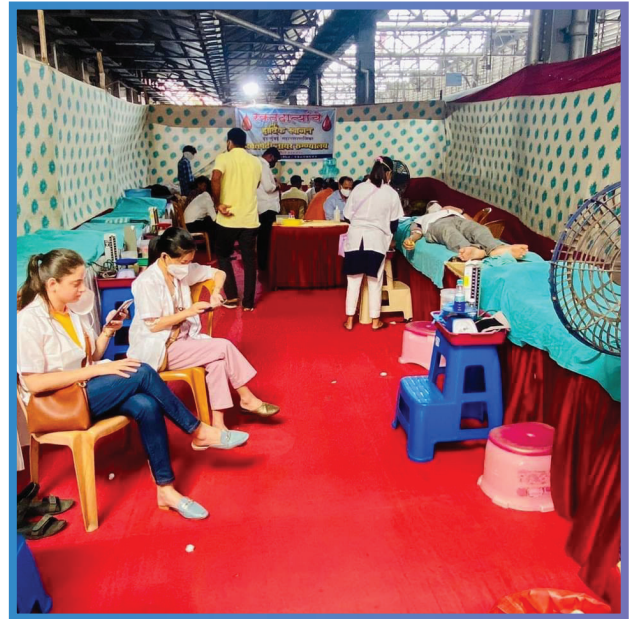


Blood Donation Drive

On 14th August, the Rotary Club of Mumbai Lakers organised a blood donation camp in association with the Rotary Club of Bombay Powai at Ventura Business Park from 10 am to 2 pm. This camp addressed the acute shortage of blood for critical care during the pandemic. Samarpan Blood Centre, an NGO, was our partner in this. We collected 59 bottles of blood.



Medical Projects



Rotary Distt 3141 arranged the Life-Saving Express blood camp at 6 railway stations on 15th September. The Rotary Club of Mumbai Lakers co-hosted the Blood camp at CST station. The Final Blood Donation Received Count

1. CST station - 044
 2. Dadar - 101
 3. Ghatkopar - 050
 4. Mulund - 103
 5. Thane - 191
- Total = 489 units

Non Medical Projects

Miyawaki Tree Plantation (1st July)

The Dream year of Rotary began on a positive note with Miyawaki plantation done in Chembur Vivekanand complex on 25K square feet land. Lakers were represented by our newly minted President, Nimish Agarwal and non Medical Director Manish Soni . It was a very well organised event by Rotary District 3141. New DG,

Rajendra Agarwal inaugurated the event.

One of the Lakers also acted as part sponsor of the project. As they say - every green tree is far more glorious than if it were made of gold and silver. Looking forward to a lot of growth in the coming year.



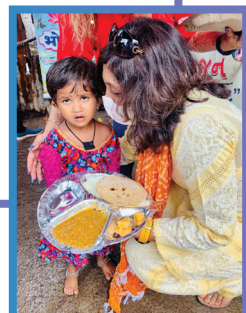
Tree Plantation at Aarey on Aug *

Non Medical Projects

Annapoorna Drive (Started July 5th, ended July 11th)

RCML fed a fixed set of 400 needy people on the streets and in slums in and around Powai and in Wadi, Goregaon for 7 consecutive days to have an impact on alleviating their nutritional needs under project Annapoorna. The food was prepared by cooks who have lost their jobs because of the Pandemic. This way the project provided two-way support - generating employment for the cooks and having an impact on the nutritional needs of the people fed. Our ground partner for this project was Anum Foundation.

On 15th August, Under Freedom from hunger, RCML distributed 250 freshly cooked meals sponsored by Samasth Mahajan, guided by Robinhood army and JanSewa helped to identify beneficiaries and distribute them in Powai Vihar and Sangharsh Nagar. This will be an ongoing year long project. Another Annapoorna drive took place at Sangharsh Nagar on September 3, in association with Samast Mahajan & Rupas jan seva of Sangharsh Nahar . RCML along with our partners will be conducting these drives every 15 days.



Non Medical Projects

Donation of Undergarments to Women's rescue foundations and in tribal areas of Dahanu

RCML donated 7500 sets of Women's Undergarments. 5000 sets were donated to organizations working in Women Rescue and Health and Sanitation. Apart from Women's Rescue Foundation, the remaining sets of undergarments were distributed to Premdaan

and 10 tribal villages in Dahanu. our partners for this project was Roshni Foundation.

The donation of the undergarments to Women's Rescue Foundation happened on 16th July, their distribution in Dahanu happened on 5th August.



Non Medical Projects

Relief for flood victims at Mahad (25th-30th July)

Mahad is a small Taluka in Raigad district with 181 small villages and a population of 55000 – 60000 people.

Since 19th July 2021 it's been raining continuously in Mahad. It rained so heavily that the whole taluka was flooded. In a disastrous landslide 32 houses were buried in mud and more than 138 people lost their lives. There was no electricity, no drinking water, and the communication set-up totally collapsed.

These heavy rains washed away everything. People lost lives of their dear ones, their

belongings, their homes. They did not have food to eat, clothes to wear as everything was totally wet. Conditions in Mahad were miserable and needed immediate help. What they needed was 2 hot meals a day and dry clothes to wear. Even after the flood water level receded, the situation was still grim. Families were stranded, had no access to basic necessities and were in immediate need of relief.

RCML reached out with ration kits and meals. Our ground partners for this project are CFTI (Centre For Transformation India)



Flood relief in low lying areas of Mulund and Bhandup: Responding to an urgent request which came through a fellow laker, for people staying in low lying areas of Bhandup and Mulund, that they needed urgent funds to feed these low line area underprivileged ppl who got affected in the rain. Lakers supported 500ppl * 30 per meal



Ongoing Projects

Little Hearts

The newest beneficiary of The Little Heart surgeries..B/o Karishma admitted at age 4 days. Discharged today at age 17 days. God bless b/o Karishma. Special shout out to Natasha Sejpal #TouchingLittleHearts.



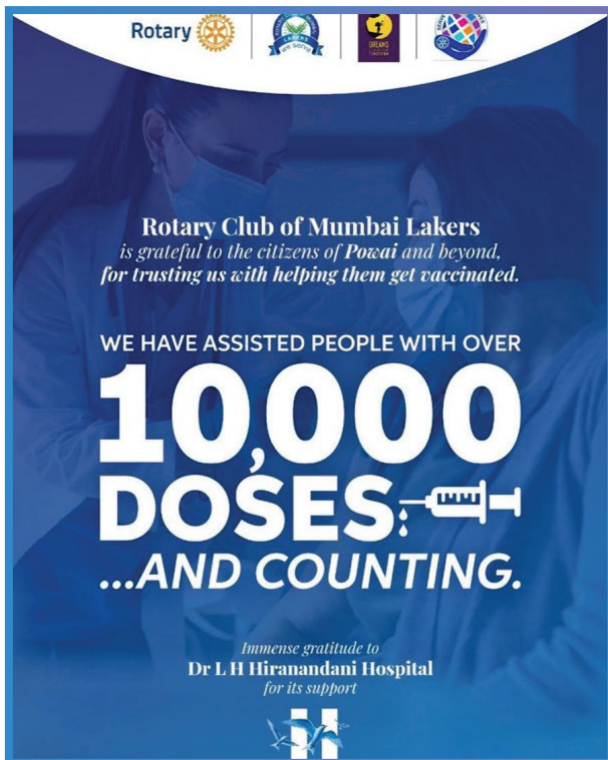
Annapoorna Project

We kickstarted our year with the Annapoorna Project to eradicate hunger. We have been supplying meals at a rate of ₹15 a meal.

We have managed to get Star Donors, who have sponsored 1,000 meals or more, from within the community who are not Lakers. This just speaks of how hearttouching the campaign is, and how much trust the community places in our club.

In the COVID times, ration kits have been being distributed. This constitutes a large portion of our COVID Relief Campaign. Rotary Club of Mumbai Lakers has stood like the backbone of the community, giving a voice to the requirements of the local people who really needed our help. The support provided by us has been extremely timely during the COVID crisis and invaluable to those we touched.

Ongoing Projects



Lakers Vaccination Drive

On 28th September, Lakers crossed the magic number of 10,000 people who we helped in the process of receiving their COVID Vaccination through our Vaccine Drive at Dr LH Hiranandani Hospital. It is amazing to see what we can accomplish if we put our heart to it.

Right To Education

Education for all.

Right to education has been recognized as a human right across nations. India became one of 135 countries to make education a fundamental right of every child . On 22nd September, Lakers came together and raised ₹ 8.17 lakh in less than 6 hrs through personal donation for education till 10th standard for 10 kids studying in Powai English High School. The parents of these kids are unable to pay fees for their wards as they lost their jobs due to Covid 19 situation. Special shout out to the generous Lakers who opened their hearts and came forward to support the kids in pursuit of higher education. Thank You to Deepak Daryanani, Sairam Patro, Vaibhav Laddha, Nimish Agarwal, Lubaina Colombowala, Vikram Swaroop, Vikram Chopra, Chetna Lall.



Ongoing Projects

Swadhyaya Pustika Donations To Rural Areas Of Dahanu

Rotary Club of Mumbai Lakers donated an amount of Rs. 99726/- for 792 Swadhyaya Pustikas for the underprivileged tribal students of standard 5,6,7 of 16 Zilla Parishad schools in Dahanu Taluka.

Rural education has taken a back seat during the pandemic (since March 2020) as most students do not have smartphones or computers at home.

These Swadhyaya Pustikas are designed in such a way that the students can revise and learn easily at home. Our ground partner for this project was Roshni Foundation. We really appreciate the opportunity to work for a cause promoting education in remote areas.



Tree Plantation By Interact Club Of Mumbai Lakers

The plantation was carried out first at Tivoli and then at Odyssey 1 Garden . Despite the extreme rain in the morning , a really energetic bunch of kids showed up. The saplings were sponsored by Mr Shantilal Meckonihas, father of our fellow Laker Shaili.

He has an amazing list of achievements, some of them are -

1. First person to carry out Successful Artificial cloud seeding through ground generators in famine struck Kutch in 1992 and then rest of India.
2. Instrumental in planting 4 lac trees and building 750 check dams in kutch.
3. Awarded by the chief minister of Gujrat for green revolution in kutch.
4. At present chairman of RARDS and krishi vigyan Kutch n other institute.

Special thanks to Mr Shantilal Meckonihas on behalf of RCML and ICML. You are an inspiration to us all.

Special Thanks to Rtn Shaili for bringing this together.

The young environmentalists who braved the extreme weather to plant trees were treated to a pizza party after.



Youth Projects



Best Out Of Waste Competition

ICML organised a Best Out of Waste competition that was sponsored by Fevcreate between 1st September and 30th September. The competition was conducted online --- participants could sign up between the 1st and 12th, with submissions being then accepted until the 25th.

The competition was judged by Mr Ashish Mishra and Laker Smriti Goswami. The winners were announced on the 30th of September, and there were many fabulous creations that were entered. A wonderful initiative to encourage upcycling and raise awareness about waste.



An Initiative by Rotary Club of Mumbai Lakers

Rotary    

Interact Club of Mumbai Lakers in association with **FEVICREATE®** brings

Best Out Of Waste *Calling all artists!*

Free Enrolment Open from
1st Sep - 12th Sep

 Prizes by
Fevicreate

 Final Announcement
25th Sep

 Age Group
**5 yrs to 8 yrs
9 yrs to 12 yrs
13 yrs to 15 yrs**

Free Enrolment
REGISTER NOW





MUMBAI LAKERS CLUB PRESENTS

Best out of waste competition

A fun project combining both
creativity and saving the planet!

Final day to enrol: 3rd August
Final day to submit work: 10th August
Judgement relates on: 15th August

Flagship Dream Project

Struff : The Flagship Project Of The Dream Year

On 15th August, India celebrated its 75th Independence Day with a lot of pride and fervour, to mark its independence from the British Empire. Rotary Club of Mumbai Lakers, too, was determined to make the day very special in the club's history. The day started early at 7:15 am on a very high note with the launch of STRUFF.

STRUFF is a project to drive awareness on everyday fitness along with charity. It is aligned with the "Fit India Movement". Struff stands for Strength, RUn, Fitness and Fun.

Struff will generate awareness about fitness, encourage participants to pursue fitness activities, post their activity videos and scores,

as well as challenge others to take it.

RCML is partnering with NacFun, our tech enabler. The score will be recorded as RFS (Rotary Fitness Score). The activities are divided into three broad categories for scoring purposes, Run/Walk 2 kilometres, Flexibility and Strength. The main incentive for people to join the platform would be philanthropy, attractive prizes and participating in star guest lectures. Despite heavy rains, an enthusiastic bunch gathered at the Heritage gate for the launch, and the event concluded with a mini breakfast celebration at Aromas.

The occasion also marked the soft launch of the RCML website, rotary-lakers.org.



Flagship Dream Project



Flagship Dream Project

The Crowning Glory Of The Quarter: Paanch Lakh Punya Ke Kadam

"5 Lakh Punya Ke Kadam" was launched on October 2nd, 2021, with a small walk & a small Annapurna drive. 10 Rotary Clubs co-hosted the event.

Why should every Laker register on STRUFF? Every step you take will ensure a morsel for the hungry.

For every registration @₹499 we receive, we will be ensuring 10 meals to the needy. If that's not enough, you can stay fit while someone gets fed.

पाँच लाख पुण्य के कदम
It's our own fundraiser.

LAKERS are reaching out to friends, family, neighbours, even the next person on the road to join this campaign.

Special thanks to all the clubs who co-hosted the event & Presidents Amit & Anup for attending. This is just the beginning and we have a long way to go.

What better way to celebrate Gandhi Jayanti as the project offers us a chance to transform ourselves and in the process bring smiles to many more faces. As Gandhiji said

"Love is the strongest force the world possesses."

An initiative by **Rotary Club of Mumbai Lakers**

Rotary    

Paanch Lakh **PUNYA KE** **KADAM** *Inauguration*

Heritage Garden

02
OCTOBER
7:45AM

*A symbolic walk with
Bapu culminating with
distribution of meals.*

Co-hosting by

1. Rotary Club of Bombay Powai	2. Rotary Club of Mumbai Elegance
3. Rotary Club of Bombay Uptown	4. Rotary Club of Mumbai Rising Star
5. Rotary Club of Mumbai Royals	6. Rotary Club of Chandivali Mumbai
7. Rotary Club of Mulund Hill View	8. Rotary Club of Mumbai Mulund East

 **REGISTER NOW**

rotarylakers@yahoo.com | rotary-lakers.org/ | @RotaryLakers | rotarymumbailakers | +91 9920762628

Flagship Dream Project



Vocational Projects

Mr Bakshi's Classes (Vocational Center)

Mr Bakshi's classes resumed online, and the response has been tremendous.



T-shirt Distribution (16 July) - Vocational Center

RCML distributed T-shirts in and around the community adjacent to our vocational center.



Ongoing Campaigns

Powai Lake Clean Up

The degeneration of Powai Lake is apparent to everyone, as it is overrun by water hyacinth, plastic waste, and thermocol floating on the surface, making the once beautiful view an ugly sight. Rotary Club of Mumbai Lakers, who derive their name from the lake, are very concerned about this situation. RCML has been a part of all the citizen groups and forums working for the betterment of the lake and recently organised a six-member panel discussion on this topic.

The panelists came from varied backgrounds, cutting across social strata and demographics. The panelists included academicians, activists, young entrepreneurs and people working with various NGOs. The panelists were Professor Shyam Asolekar (Professor of Environmental Science & Engineering at IIT Bombay), Debi Goenka (Executive Trustee of Conservation Action Trust), Sunil Lamba (Founder of Nisarg Swasthya Sansan), Sanjay Tiwari (Social Activist), Anuj Vohra (Management Consultant at Deloitte) and Ronak Shah (Brand Strategist at the DBB Mudra Group), and the discussion was moderated by Laker Deepak Daryanani.

Rotary IIT Bombay POWAI live /powailive

Saturday, September 25
Starts from 4:00PM

Deepak Daryanani
Moderator

POWAI LAKE -
The Lifeline of Powai

on Zoom Webinar

PANELISTS

 Prof. Shyam Asolekar PhD, Environmental Engineering University of Iowa, Iowa City, U.S.A. Environmental Science & Engineering IIT Bombay	 Sanjay Tiwari Social Activist and Resident of Hiranandani Gardens
 Debi Goenka Executive Trustee of Conservation Action Trust and a Resident of Hiranandani Gardens	 Anuj Vohra Management consultant at Deloitte and a Nature Lover
 Sunil Lamba Founder of Nisarg Swasthya Sansan	 Ronak Shah Brand strategist at the DBB Mudra Group and a Nature Lover

Ongoing Campaigns

Plastic Free Powai

This is an ongoing campaign where we are aiming to enlist all of the societies in Powai and Chandivili area to separate their MLPs. These MLPs will be

collected every fortnight and the participating societies will get a certificate for their contribution to making the area plastic-free.

Davaa to Dua

Davaa to Dua - A campaign by Rotary club of Mumbai Lakers, to reach out to people who have unused medicines to provide to those who can't afford them or have no 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 are reaching 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. We are providing the Med boxes for collection of medicine to each HSG society to collect medicines in a clean and hygienic manner. Once a month it will be collected by RCML volunteers from all housing societies & sorted in presence of Doctors & provided to needy people / hospitals/ patients / slums.

#DavaatoDua



Installation Ceremony Of Dream President

Rotary Club of Mumbai Lakers hosted a Vibrant installation ceremony for Dream 2021-22 President, Rtn Nimish Agarwal on Sunday August 1st, 2021 afternoon at Athena Banquet, Powai. It was a unique blend of online and offline celebration. The ceremony was graced by Chief Guest District Governor Rtn Rajendra Agarwal, AG - Pavan Gupta; DS- Abbas Arsiwala; IPDG-Sunnil Mehra ; Visionary year DS - Rajendra Dataye. The Theme for The Rotary World for this year is “Serve to change lives” and the theme adopted by Mumbai District 3141 is - DREAMS of a better tomorrow. The LAKERS chose an apt theme for the Dream Year “Be the Change You Wish To See in the World”.

The event was filled with many memorable moments along with participation of more than 50 people at the venue and many more watching it online . It began on a high note with our National Anthem playing , followed by lighting of the lamp. The President was introduced by her sons - Palash and Parv.

Key highlights of Event were the impressive summary of projects by outgoing President Vikram Swaroop , presentation of collar and the badge to President Rtn Nimish Agarwal, a motivating speech by DG Rajendra Agarwal and pinning of badges of Dream BOD team.



Fellowships And Talks



Break The Wall Of Silence - Talk By Anju Kish

On 23rd July Lakers organised a talk ----- Break The Wall of Silence -by Anju Kish. The talk was targeted at parents of kids from 6-18 years of age. Sex is probably the most taboo subject in a country like ours. Especially if this topic pops up in the presence of our children. We are left red in the face and most are usually awkwardly quiet or

some say something random to change the subject and move on.

This talk focused on breaking this taboo and talking about how best to approach such topics with children so that they know the good from the bad, and understand how the world works.

Rotary

Fee: ₹500/-

Ticket link: https://bit.ly/RCML_AnjuKish_TalkOnSexEducation

Does everyone have hair down here?

Why is the middle finger bad?

Why can't I let someone touch me 'there'?

But how does the baby get in the tummy?

Why don't boys get periods?

BREAK the wall of Silence

An interactive talk by
ANJU KISH
Sex Educator | Author
Founder, UnTaboo

As the kids grow...so does their curiosity!
Prepare for it now
Saturday, 24th July

Fellowships And Talks

Sleep And Anxiety- Hidden Killers Of Productivity

ROTARY CLUB OF MUMBAI LAKERS, in association with ART OF LIVING organised a talk with globally renowned Wellness Expert, Author & Coach Khurshed Batliwala, on a topic that is plaguing a lot of us today - SLEEP & ANXIETY : the hidden killers of Productivity. It was held on 28th august, 2021 at 4 PM and attended by people across walks of life. The session discussed how to manage sleep schedules and anxiety in order to maximise productivity and health.

An initiative by Rotary Club of Mumbai Lakers

Rotary    

28
August
From 4:00 pm

JOIN OUR EXCLUSIVE WEBINAR
Sleep & Anxiety:
The hidden killers of productivity

 **LIVE WITH**
Khurshed Batliwala,
Globally Renowned Wellness Expert, Author & Coach

 on Zoom Webinar



Igatpuri Trek

RCML organised a beautiful trek at Igatpuri. The location was very remote and very scenic. Some Lakers travelled a day earlier and some joined on the day with a bus. The trip included a trek to a waterfall and a fabulous activity series involving water sports like kayaking. It was a wonderful day spent in the wilderness and the Lakers' wholehearted participation made it an event to remember for a long, long time.

Fellowships And Talks



RCML Begins a Dream Run



Articles, Editorial 9820001918, EMAIL: planetpowai@gmail.com, http://voicofpowai.blogspot.in/

Shraboni Thapar

On July 1, 2021, Rotary Club of Mumbai Lakers (RCML) transitioned from Vision Year to Dream Year. New RCML President, Nimish Agarwal, took over charge from outgoing president, Vikram Swaroop. The club bid an emotional farewell to Rtn Vikram Swaroop, it enthusiastically welcomed the new President Nimish Agarwal.

Continued on pg 6...

Mumbai Bazaar Planet Powai Your Friendly Community Newspaper

RCML Begins a Dream Run

As the team smoothly switched to new leadership, the momentum of the work has been maintained and the work to create value has already begun on day one. Our new President Nimish Agarwal is a Reebok certified fitness and nutrition coach, an avid marathoner and a post graduate in Organic Chemistry with a stint of teaching chemistry in an engineering college. She has been a Rotarian since 2010 and a part of the BOD since 2016.

She is admired for her energy and joie de vivre. She is married to Janki Agarwal, an ITian and MBA, working with Lupin and has two sons, Falgun and Parv. Nimish's philosophy is "To be the change you wish to see in the world."

This year's President's focus projects are a Fitness Awareness Drive along with two ongoing projects - Plastic Free Powai and Touching Little Heart Surgeries.

Dream year is all set for a great start from the word 'go'.

On the first day of the new year, our President and Non Medical Director participated in the Miyawaki forest plantation at Chembur Vivekanand

Complex. This event was organised by Rotary District 3145 and was inaugurated by incoming DG, Rajendra Agarwal. One of the Lakes also acted as a sponsor of the project. Apart from this, there are several projects lined up in the month of July, 2021. RCML will feed a fixed set of 400 needy people on streets and slums in and around Powai for continuous days to have an impact on alleviating their nutritional needs under project Annapurna.

A blood donation camp is slated in the second half of the month. Also in this Dream Year, RCML has earmarked a substantial budget every month to be spent on diagnosis of cancer for people who cannot afford the battery of tests required. RCML is off to a great start.

President Nimish will be assisted by her Dream Team, her BOD. The members of BOD are: Vice President Narayan Radhakrishnan; Club Secretary Radhika Badani; Club Treasurer Rakesh Shah; Director Membership Ravi Jaiswani; Director T&F Manata Asthana; Director Medical

Eakta Menon; Director Non Medical Manish Soni; Director Club Administration Deepak Daryanani; Director Youth Jyoti Samant; myself as the Director PR, Director Vocational Training Dr. Vikram Swaroop; Director International Chetna Lali; Sergeant in Arms Neha Gupta; Club Trainer Lalitha; Club Advisor Vivek Kojer; IPP Vikram Swaroop; President-Elect Manu Udasi; District Position 1. Sakam Patro; District Position 2. Mamata Wanjari; District Position 3. Rishi Goswami.

The installation ceremony will be held on July 31, 2021.

As they say, the first step towards fulfilling a dream is taking a concrete step and the above line up of projects shows that RCML is off to a great start.

For any information about our projects or to participate as a volunteer, kindly contact us at rotarylakers@yahoo.com. For more information, visit www.rotary-lakers.org or <https://www.facebook.com/RotaryLakers>

RCML - Shaping Dreams



The Rotary Club of Mumbai Lakers (RCML) hosted a vibrant celebration to mark the transition from Vision Year to Dream Year. The event was held on Sunday, August 1st, at the club's premises. President Nimish Agarwal, who took over from outgoing President Vikram Swaroop, addressed the gathering. He expressed his excitement and commitment to the club's vision and dreams. He highlighted the club's achievements in the past year and outlined the goals for the upcoming year. The event was attended by club members, guests, and community leaders. The atmosphere was festive and inspiring, reflecting the club's dedication to making a difference in the community.

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POWAI LAKE: The lifeline of Powai, A small step by Rotary Club of Mumbai Lakers



The Rotary Club of Mumbai Lakers (RCML) is taking a small step towards improving the environment of Powai Lake. The club has initiated a project to clean up the lake and its surroundings. The project involves planting trees, removing litter, and creating a more sustainable environment. The club is also working on raising awareness about the importance of the lake and the need for community action. The project is a small step, but it is a step in the right direction. The club hopes that this project will inspire other community groups to take similar actions and make a positive impact on the environment.



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New Beginnings at Mumbai Lakers' 'Interact Club'



The Rotary Club of Mumbai Lakers (RCML) is excited to announce the start of a new initiative, the Interact Club. The club is a group of young people who are interested in community service and leadership. The club will be working on various projects to improve the community and promote the values of Rotary. The club is a great opportunity for young people to learn and grow. The club is also a great way for the community to get involved in Rotary. The club is a small step, but it is a step in the right direction. The club hopes that this project will inspire other community groups to take similar actions and make a positive impact on the environment.



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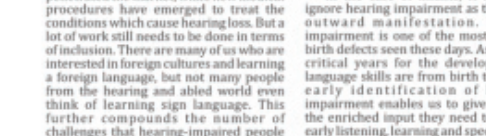
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Demonstrators Protest Fuel Price Hike... by Distributing Sweets



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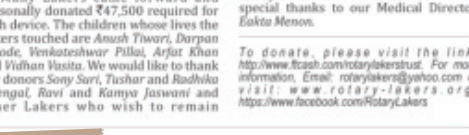
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Know Your Lakers

Pankaj Agarwal :

An Engineer from IIT Roorkee and MBA from NITIE, he works with Lupin Ltd as global head and VP - Business Transformation. He has worked with premier organisations like L & T, Marico and TCS in the past and is very socially conscious citizen of Powai.



Rapinderpal Singh Arora (*Tinku*)

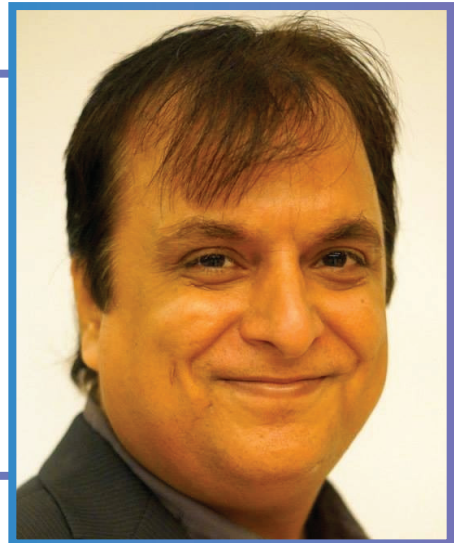
Is into textile business, it's a family run business for the last 40 years manufacturing and exporting men's wear suiting fabric.

His wife Harpreet (Dolly) has been a Rotarian for a long time. He too decided to become one so that he too could contribute more to the society.

Know Your Lakers

Anil B Udasi :

Completed Computer engineering in 1988. His company NoteBook Express, located in Vikhroli Mumbai, has been in the computer business since 1992, dealing in all types IT (information Technology) Products, laptops, Desktops, Servers, Networking. Complete end to end solution Provider.



Naitik Ramji All of 9 years



One usually needs a dictionary when talking to this lad. Wants to be the next Arnab Goswamy

Nakul Ramji Sprightly 14



Pianist by passion and a Coder in the making. One can mistake him to be Gautam Buddha reincarnate

Seema & Ramji "Two states" – Chetan Bhagat, in reverse order



Seema (Punjabi by Nature), a concoction of bookworm and nach baliye. Can barely stop herself from dancing when the music plays. Ramji (The only thing Punjabi that he knows is Patiala peg). Mood swings depends on India's performance in Cricket!!



Vaibhav Laddha :

Is the Director of Assort Staffing Services and runs a home decor company, Verve Overseas. He is a sports fanatic and dreams of owning a sports team one day. He is also a big foodie and would travel anywhere for good food and company. His wife, Megha Sharma, runs Just Kiddin' International Preschool and also heads the product development for Verve Overseas. They have a 6 yr old daughter and 2yr old son. They joined the Rotary Club of Mumbai Lakers to give back to the community where we live.