

An initiative by Rotary Club of Mumbai Lakers



**SERVE TO
CHANGE LIVES**



The Lakers Bulletin – 2

The Rotary Club of Mumbai Lakers : Oct-Dec 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'S DESK



“Small service is true service while it lasts. Of humblest friends, bright creature! scorn not one: The daisy, by the shadow that it casts. Protects the lingering dewdrop from the sun.”~ William Words Worth

Every small step / effort or service towards mankind /society matters . Come forward to serve one another & underprivileged in these challenging times. The unbound happiness one receives by selfless service towards society or in favour of the needy is unparalleled. Join us in any manner in our projects like cancer support, hearing aids , little heart surgeries , vaccination drive , blood donation drives , fitness with charity , punye ke kadam towards happiness , Annapurna drives , tree plantations , our Sunday classes to educate underprivileged kids , counselling sessions of women & many more projects like this or just to donate a small amount on our website - <https://rotary-lakers.org> on your special days or otherwise as well, to support these projects & good causes. In next six month of dream year there are many more new projects like Donation of mobile ambulance to palghar hospital , Thalassemia kids Support entire year & The Powai Run are coming up. Participate where your heart feels connected. As Every drop counts .

Thank you

Nimish Agarwal

President RY 21-22

MAJOR HIGHLIGHT –

Cochlear Implant surgery

At Rotary Club of Mumbai Lakers, we strongly believe that every child deserves to hear and be heard. Hearing aids work by amplifying sound, which makes them an ideal solution for children with mild to moderate hearing loss. However, for children with severe to profound hearing loss, hearing aids might not be enough for them to understand sounds and learn to speak. In these cases a cochlear implant might be the best option. Cochlear implants bypass the inner ear to directly stimulate the hearing nerve to provide your child with the clarity of sound and speech they need to help them understand what is being said. Cochlear implants can restore hearing in people with severe hearing loss who are no longer helped by using hearing aids. Cochlear implants can improve their communication and quality of life.

RCML was approached by Shravani Foundation for the Cochlear Implant Surgery of Bhavya Sethia, a 4-year-old boy from rural Rajasthan. Bhavya's parents come from an economically disadvantaged background. His father runs a small bicycle repairing shop in Pratapgarh Rajasthan and his mom is a homemaker. Bhavya had an inner ear had a deformity along with severe hearing loss, making the surgery even more challenging. Luckily, The Doctors & surgeons of SRCC Hospital, under the aegis of the renowned ENT specialist Dr Kirtane were well trained to handle the challenge posed by the inner ear deformity.

It is an expensive surgery costing Rs. 7,50,000/- and RCML bore the lion's share of the cost along with the couple of other charities contributing to reach the final amount.



MAJOR HIGHLIGHT –

Cochlear Implant surgery



The boy was admitted in the hospital on December 21st and surgery was done on 22nd December, the surgery was a success and the boy is well on the way to recovery.

This success story inspires us to do many more such surgeries in the future. We wish Bhavya a normal life of a child with normal schooling and lots of friends. Awareness about cochlear implant is very low and the road ahead is to educate, educate and educate as many families find the diagnosis of hearing loss overwhelming and are in denial. RCML along with Shravani foundation would like to reach out and spread awareness and reduce the stigma associated with hearing disabled child. The best way to achieve that is to make the process of healing accessible. Please come forward and help us create a more equal world.



PROJECTS

MEDICAL PROJECTS



Mega Medical Camp

Rotary Club of Mumbai Lakers organised a mega Free Medical camp on 13th and 14th of October at Durga pooja grounds @ Hiranandani New School

FREE Screening was done for following

- Blood tests for Diabetes,
- Blood pressure test
- ECG

Eye Camp Testing

- Cataract testing - if anyone requires surgeries , it will be done Free of cost.
- General Eye check-ups were done and spectacles were given.

Guest of honour was for this event was Madhuri Singh- Vice President, Mumbai Mahila Congress



MEDICAL PROJECTS

Davaa to Dua Project

It is 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. Lakers team appointed a representative in each society. People could reach out easily from the safety of their own homes and contribute the much needed medicines and medical supplies and this was a wonderful way to ensure that not a single dose of these medicines go to waste. Lakers core team of President Nimish Agarwal, Eakta Menon, Chetna Lall, Soni, Afreen, Radhika, Deepak Daryanani and Mamata Asthana coordinating with each society. Containers were labelled and given to each participating society to collect the medicines. Medicines collected once every month by volunteer representatives in every society, sorted in presence doctors and dropped off at Healthsprings for donation



A ROTARY LAKERS INITIATIVE

'Meds For MANY More': Come Donate Your Unused Medicines

Shrabati Thapar

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 really 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 ourselves or have witnessed family members or kin go through it, have actually 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 basis. This led 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 Anika. ICMJ, joined hands with them for the noble cause, #MedsForMany, 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 recognizing 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 Power', requesting each society to collect medicines in 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 to simply look through the medicines in their cabinet lying unused, check their expiry date and packaging and donate. Lakers team appointed a representative in each society. Having a Spot 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 home bound, 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 goes to waste.

Though the things look very simple on paper, it needed a lot of coordination in the backend. Lakers core team of Radhika Radani, Vikram Swaroop, Deepak Daryanani and Mamata Asthana brain stormed and worked really hard, coordinating with each society. Their hard work paid rich dividends.

The community gave us a thumping response. The campaign was rolled out on Sunday, the 16th of May. That very afternoon, 30 buildings participated in the initiative, which allowed us to collect 48kgs of medicines and medical supplies. The buildings that participated were Glen Heights, Glen



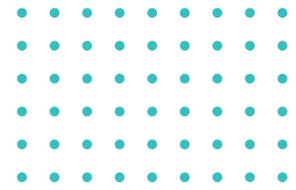
Crest, Glen Classic, Glen Dale, Glen Ridge, Verona, Avalon, Torino, Adona, Octavus, Heritage, Evita, Thoni, Lake Castle, Odyssey II, Lotus, Atlantis, Eden-3, Daffodil, Golden Oak, Solitaire, Fiorentina, Birchwood, Norris, Richmond, Talp, Power, Vihar Shunglows, Solitaire, Sovereign and Eldora. Friends of Lakers from many far-flung areas like Napean Sea Road, Borivali and Thane also personally came to drop off the medicines they wanted to donate to this cause.

This campaign reinforces our belief that No matter who you are, or what your situation is, you can always make a difference. Even if you are quarantined at home, the best way to get involved is to give back. What better gift can we give at this point in time other than medicine? Join hands with Lakers for this wonderful cause through #SpareMedsShareMeds campaign.

Save! Health Save! Lives! You don't have to be a Laker to do good work. We welcome you to join in any of our initiatives to give us a helping hand. For any information to join hands with Lakers for this wonderful cause through #SpareMedsShareMeds campaign, kindly contact Vikram Swaroop @ 9827972421 or write us at vikram@lakersrotary.org

MEDICAL PROJECTS

Cancer Screening Camps



Rotary Club of Mumbai Lakers along with CPAA arranged an Early detection of cancer screening camp for 100 ladies. It was arranged in association with Municipal Corporation of Greater Mumbai for their Maternity Homes for their health workers & for community at Marol Maternity Home, Bori colony, Marol, Andheri (E) on 25/10/21. Number of follow-up cases identified were 22 RCML organised another cancer screening camp along with CPAA at Filterpada, More than 75 people were screened with 52 follow up cases, This camp was conducted on October 10th, 2021

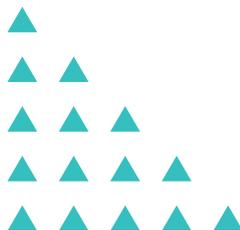


MEDICAL PROJECTS

Cancer Diagnostics at Tata Memorial Cancer Hospital

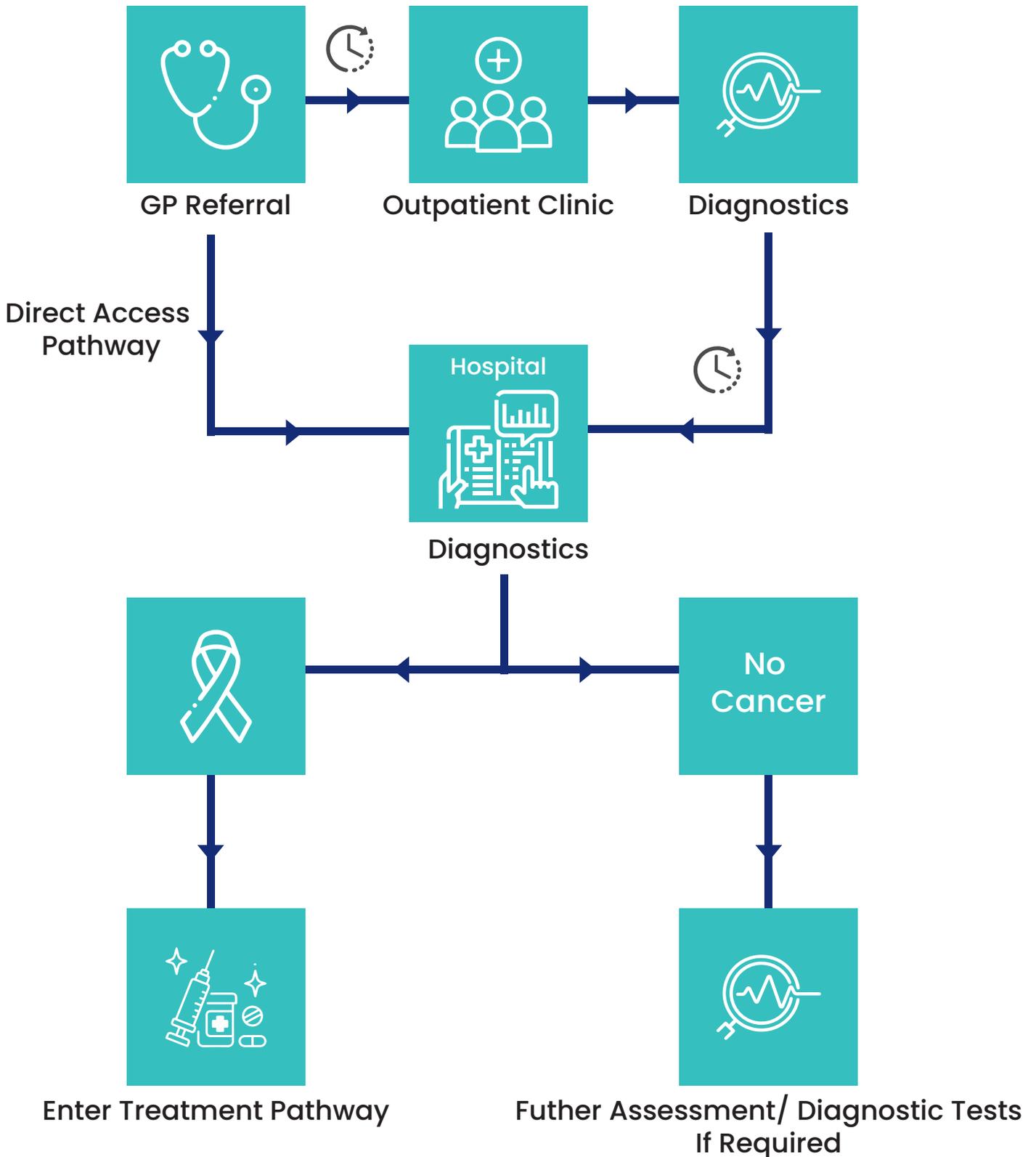
RCML was approached by Tata Memorial Cancer Hospital with an appeal to sponsor the diagnostic tests of the patients coming to the hospital, instead of subsidising the treatments of people already diagnosed. This was because many NGOs, corporates and personal donors donate heavy amounts for the treatment of already diagnosed cases. But the doctors felt that many patients coming to the hospital do not even have enough finances for undergoing the initial investigations that are mandatory for the diagnosis and staging of the cancer. Providing diagnostic support (emergency funding) on day 1 will ensure that each and every patient coming to the hospital goes through the process of investigation quickly, which will help in making a proper diagnosis, and this in turn will help in proper treatment planning. By providing emergency funds for diagnostic work up we ensure that the investigations are done rapidly and that there is no delay in arriving at a diagnosis. 

This is where RCML came in along with Brothers International. After initial assessment by the social worker team in the department, arrangements to transfer an initial emergency grant to the patient's account (in the hospital) on the same day is made. This allows for the investigations to be done without any delay. Otherwise non availability of fund to even do testing discourages many families and they refuse or abandon treatment. We are proud to report that till date we have been able to help with the diagnosis of 35 patients and total expenditure on this project is 7 lakh



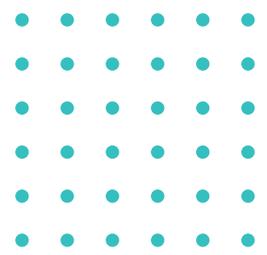
MEDICAL PROJECTS

Traditional Non - Urgent Outpatient Route



MEDICAL PROJECTS

Hearing Aid Distribution



Continuing the work started last quarter, RCML continued to distribute hearing aids to people qualified by Shravani Centre. They conduct audiological assessment to quantify and qualify hearing loss. Once it has been identified, a treatment plan is put into place. This is where RCML partnered with Shravani Centre and helped provide hearing aids to the candidates identified. Many Lakers came forward and personally donated Rs. 47,500 required for each device. On October 27th 2021 donated hearing aids to Yogesh and Sheetal Bhanushali – a hearing impaired couple. Special thanks to Laker Sapna Kele for donating the hearing aids. Last quarter, 5 children whose lives the Lakers touched by providing them with hearing aids are Anush Tiwari, Darpan Nikode, Venkateshwar Pillai, Arfat Khan and Vidhan Vasita.

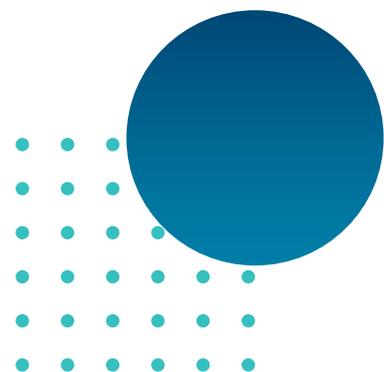
MEDICAL PROJECTS

Little Heart Surgery

As the year 2021 draws towards end, we at Rotary Club of Mumbai Lakers are proud of our achievements as we have independently supported 20 Little Heart Surgeries since July 2021 and 2 more surgeries are being supported under Global grant along with another club as lead. We aim to provide early diagnosis, treatment, surgery, post-operative care and financial support to children from economically weak sections of society. Our goal is that every child irrespective of background, is provided cutting edge treatment and operative care

This project is spearheaded by Natasha Sejpal, whom we all lovingly refer to as Mother Teresa for her selfless dedication to the project. Despite Pandemic restrictions she has been working relentlessly to get the surgeries done on time. This involves vetting the beneficiaries by Rotary for assessing their economic background and the genuineness of their requirement after they are referred by Kokilaben Dhirubhai Ambani Hospital (KDAH).

After a complete health check-up, heart surgery is arranged for them at KDAH. These kids are operated on by the best heart surgeons the country has to offer, and the Hospital ensures they receive the best healthcare possible. We at Rotary feel privileged to have a 100% success rate in the infants and children surgically operated upon through us. The surgeries included a variety of closed heart procedures and complex major open-heart surgeries. The average cost for each surgery comes to around Rs 2.75 Lakhs. Our motto is to put better than our best foot forward in the service of the needy. .



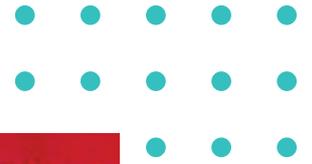
MEDICAL PROJECTS

Little Heart Surgery

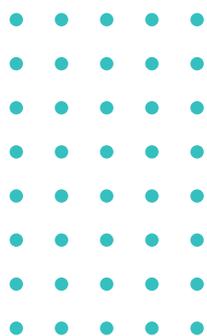


MEDICAL PROJECTS

Blood Donation Camp



RCML was Silver Co-host of blood donation drive organised by Rotary District 3141 in honour of the Martyrs of 26/11 at 10 suburban stations. President Nimish Agarwal along with Shraboni Thapar visited the blood donation drive ChurchGate Station. The blood collected from here will go to JJ hospital blood bank & save many lives.. 1 bottle of blood saves 3 lives.



MEDICAL PROJECTS

Supporting paediatric cancer patients' families

Rotary Club of Mumbai Lakers along with Brother's International are supporting two families of pediatric cancer bravehearts - Samiksha Tayade and Sakshi Honmane. RCML is supporting the families of these two kids by providing them a place to stay in this expensive metropolis for a year while their treatment is going on. The package includes the cost of food as well for the entire family. They will be staying at AccessLife facility for an year and the cost of supporting the 2 families comes to Rs 6 lakhs per annum. RCML is thankful to Brothers International for making this project possible.

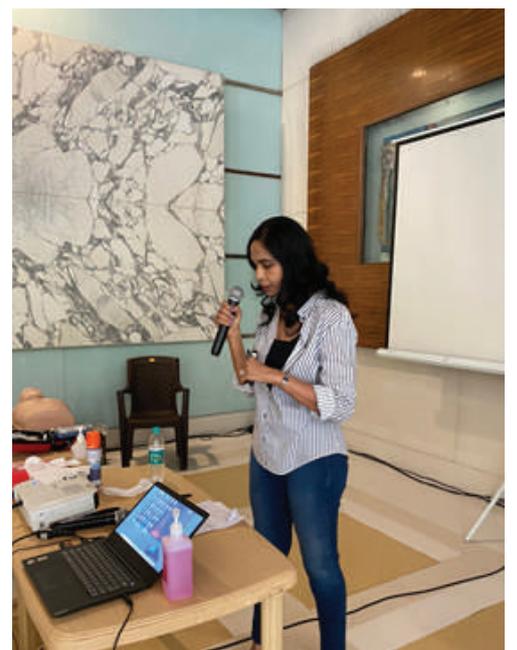


MEDICAL PROJECTS

CPR training

It has been seen that A lot of unfortunate incidents of cardiac arrests and death occur due to the delay of appropriate first response. Looking at this 'Need of the hour' Rotary Club of Mumbai Lakers in association with Hiranandani Hospital have initiated to conduct the CPR TRAINING sessions for all the societies of Powai

This Life saving advise will empower people to learn when and how to use CPR (Cardio Pulmonary Resuscitation) in an Emergency situation so that we all can help our family and friends in the need of hour without losing any precious time. The first of these camps was organised for Evita and Tivoli on 12th December, 2021.



MEDICAL PROJECTS

Ongoing Projects at NSG

Rotary Club of Mumbai Lakers is working closely with NSG providing them support by conducting bi-weekly yoga workshops, Nutrition consulting and talks about women's health issues for nightly. These talks were requested by NSG and we are very thankful to Dr. Anita Soni, renowned Gynaec for volunteering for the women's health talk; Shammi's Yogalaya for Yoga & meditation consulting; Nutritionist Pooja for talks on how to maximize your nutrition needs from everyday commonly available resources. We really appreciate them for coming forward and making this project with NSG long term success. It's an honor for us to be able to of any assistance to NSG Jawans .



NONMEDICAL PROJECTS

Blanket Distribution Drive



Blanket distribution was held on 12th December at Sai Krupa Chawl, Sanjay Nagar, Goregaon East and in the bustee next to Torino

NONMEDICAL PROJECTS

5 Lakh Punya ke kadam

“5 Lakh Punya Ke Kadam” was launched on October 2nd, 2021, with a small walk & a small Annapurna drive. This project has gained a lot of traction at the Rotary District level (District 3141), and 10 clubs have opted to co-host the event. These clubs are Rotary Club of Mumbai Elite, Rotary Club of Bombay Powai, Rotary Club of Mumbai Elegance, Rotary Club of Bombay Uptown, Rotary Club of Mumbai Rising Stars, Rotary Club of Mumbai Royals, Rotary Club of Chandivali Mumbai, Rotary Club of Mulund Hillview, Rotary Club of Mumbai Mulund East and Rotary Club of Mumbai BKC. The campaign starts on 2nd October 2021 and ends on the 26th of January 2022, On 26th January, a Maha Annapoorna campaign is planned. Lakers will be distributing 2000 meals on that day.

P A A N C H L A K H
**PUNYA KE
KADAM**



VOCATIONAL PROJECTS

Family and general counselling

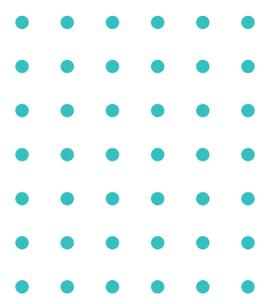
On November 1, 2021 the Counsellors of Stree Mukti Sanghathan (SMS) started the counselling sessions at Vocational centre of Rotary Club of Mumbai Lakers. Stree Mukti Sangathan provides family counselling and general counselling. It is a project supported by Rotary Club of Mumbai Lakers to strengthen women from weaker and financially disadvantaged sections of the society. They counsel cases related to suppression of women, depression, domestic violence in Covid times & address many more areas to help make life better for women & girls. Already cases have started coming in for counselling.

On 26/11/2021 Assistant Commissioner of Police visited Panchkutir Powai on the occasion of Constitution Day and an information leaflet of counselling service by Stree Mukti Sangathan was distributed to the families in and around Panch Kutir.



YOUTH PROJECTS

Diwali celebration



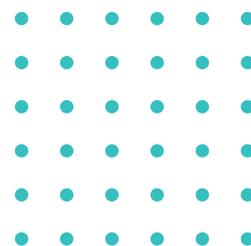
Members of Interact Club of Mumbai Lakers celebrated Diwali with MBA Foundation kids spreading Joy all around. MBA Foundation is a Non profit organization addressing the issues of the differently abled children & youth, helping them in their overall development in life.



CLUB ACTIVITIES

Christmas Party

A rocking Christmas party was organised in true Lakers style at Episode One on the 15th of December. It brought forth the fun-loving side of the Lakers after a long time.



CLUB ACTIVITIES

District Cricket Tournament



CLUB ACTIVITIES

District Cricket Tournament



Rotary Club of Mumbai Lakers kicked off the Rotary Cricket Tournament with a win on 19th January. Laker boys won their match against Elite B2 Team. The match was held at Arrey Bhaskar Ground.



'Surgeries of Hope - Little Heart Surgery', an initiative of Rotary Club of Mumbai Lakers

Shraboni Thapar

It is an unacceptable in today's day and age that a child dies anywhere in the world from a heart defect (congenital or acquired) due to lack of resources for proper care, when the same child, if provided with the right resources and care would be easily cured and lead a long healthy life. Child heart surgery in India is not affordable to all. It is estimated that over 250,000 children born in India each year with heart disease and less than 5% of them receive the care that they need. Most of these children succumb to the disease without celebrating even their first birthday.

Little Heart Surgeries - an initiative of Rotary Club of Mumbai Lakers, seeks to narrow that disparity. Our organization aims to provide every infant and child with a defective heart an equal opportunity to receive life-saving surgery. Providing Free Heart Surgery to Children with Heart Disease for underprivileged children across India has been the motto

for starting this project- Touching Little Hearts.

As the year 2021 draws towards end, we at Rotary Club of Mumbai Lakers are proud of our achievements as we have independently supported 20 Little Heart Surgeries since July 2021 and 2 more surgeries are being supported under Global grant along with another club as lead. We aim to provide early diagnosis, treatment, surgery, post-operative care and financial support to children from economically weak sections of society. Our goal is that every child irrespective of background, is provided cutting edge treatment and operative care.

This project is spearheaded by Natasha Sejal, whom we all lovingly refer to as Mother Teresa for her selfless dedication to the project. Despite Pandemic restrictions she has been working relentlessly to get the surgeries done on time. This involves vetting the beneficiaries by Rotary for assessing their

economic background and the genuineness of their requirement after they are referred by Kokilaben Dhirubhai Ambani Hospital (KDAH).

After a complete health check-up, heart surgery is arranged for them at KDAH. These kids are operated on by the best heart surgeons the country has to offer, and Kokilaben Dhirubhai Ambani Hospital ensures they receive the best healthcare possible. We at Rotary feel privileged to have a 100% success rate in the infants and children surgically operated upon through us. The surgeries included a variety of closed heart procedures and complex major open-heart surgeries. The average cost for each surgery comes to around Rs 2.75 Lakhs. Our motto is to put better than our best foot forward in the service of the needy.

We at Rotary pride ourselves on never having refused surgical or other forms of treatment for any child based on affordability, and have gone out of our way

to subsidise or even carry out the treatment for free if the need arose. Our current President Nimish Agarwal has always backed the project whole heartedly. 'Touching Little Hearts' surgeries have reached 350 children over the last 9 years through RCML. The youngest child whose heart surgery we have supported was 5 hours old.

This is a story of positive change. As this mission grows, it is future generations that will see more and more children growing into adults leading healthy, happy, rewarding lives!

You don't have to be a Laker to do good work. We welcome you to join in any of our initiatives to give us a helping hand. For any information about our projects or to participate as a volunteer, kindly contact Nimish Agarwal (President RCML 2021-22) at 9920762628 nlu_pans@yahoo.co.in

Rotary Lakers celebrate Navratri by conducting Health Check-up Camp

Shraboni Thapar



of Mumbai Lakers (RCML), decided to celebrate the festival in a novel way by conducting multiple health camps for underprivileged and thus raise health awareness among them about the areas they need to take care of and teach them to deal with imminent health issues facing them. RCML believes that Healthcare is a basic right of a human being that should be available for everyone.

On 13th and 14th October, Rotary Lakers organised FREE Mega Medical Camp at In Durga Pooja grounds at Hiranandani New School. Guest of honour was Madhuri Singh- Vice President, Mumbai Mahila Congress.

The camp started at 10 AM and went on till 3PM. At the camp people were tested for: Blood test for Diabetes; Eye check-up and spectacles were distributed; Blood pressure test and ECG.

RCML's intent while conducting the camps is always to act in the best interest of the patients. Every patient attending the camps are treated similarly and cared for evenly.

An Eye Camp was also organised at the

same venue which tested for cataract and general eye check up to see if the vision could be corrected with spectacles. In the check-ups, if anyone was detected with a need to go through cataract surgery, they were referred to camps where they could get the cataract surgeries done free of cost.

Continuing the good work, RCML conducted cancer camp along with CPAA (Cancer Patients Aid Association) covering check-up of 100 ladies. It was arranged in association with Municipal Corporation of Greater Mumbai for their Maternity Homes for their health workers & for community. This was on 29th October at Municipal Maternity Home Kalkaji Nagar, Jawahar Nagar, Goregaon (W).

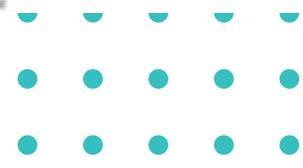
These Medical camps are solely serving humanity by taking care of sick and giving them healthcare services for free. When the access to the hospitals is limited, especially for the underprivileged sections of the society, free medical camps step in as their biggest hope. Even the poorest among us deserve the dignity of equal human rights which cannot be declined.

RCML is committed to the cause of Health for all and strives to conduct health camps from time to time to spread awareness and extend support people to cope with diseases.

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

Festivals are times to celebrate our cultural heritage and traditions. Durga Pooja is no different. It

celebrates the victory of good over evil as goddess Durga killed demon king Mahishasur. This Durga Pooja, Rotary Club



Paanch Lakh Punya Ke Kadam- A fitness campaign by Rotary Club of Mumbai Lakers

Staff Correspondent



Rotary Club of Mumbai Lakers launched Paanch Lakh Punya Ke Kadam on Gandhi Jayanti with a short walk and a small Annapurna drive. This is a project that urges you to pledge to walk 5000 steps daily as part of the 500K Step Challenge starting from Gandhi Jayanti on 2nd October, 2021. What better way to celebrate the birthday of the father of the nation than to remember his struggle for freedom and Dandi March. The Salt Satyagrah or Dandi March was an act of non-violent civil disobedience in Colonial India led by Mahatma Gandhi. It is said that Gandhi took 5 Lakh steps, which is why we started this campaign.

Gandhiji launched the Dandi Salt March as a National movement to stir the conscience of Indians, which eventually played a pivotal role in our gaining independence. On March 12th, 1930 he started walking from Sabarmati Ashram and reached Dandi Beach on April 5th, 1930. In this 25-day period, he covered 410 km walking approximately 18 kilometers per day. So, the Dandi Salt March was as much a test of physical endurance as it was of his iron will to achieve India's independence. The Challenge thus encourages everyone to observe Gandhi Jayanti in the true spirit of Mahatma's example.

The campaign starts on 2nd October 2021 and ends on the 26th of January 2022, giving each one of us a time window of 116 days to complete 500K steps. It breaks down the seemingly Herculean task to just 4500 steps per day which is an extremely achievable target if you are walking every day of the week. RCML started this movement of 5 lakh steps, 5000 steps as a movement to encourage everyone in the community to take up walking as means to lead a healthy and fulfilling life.

Why should everyone register? Every step you take will ensure a morsel of food for the hungry. For every registration @ ₹499 we receive, Lakers will do the cooking equal amount and it will be going for the Annapurna Campaign to feed the needy. The process is very simple. Go to this link <https://naacn.com/a/rotary-club-of-mumbai-lakers-charities-trust> and register for a fee of ₹499.

So how do you benefit from this? You can keep track of your daily activity and steps by uploading the same on the platform. In the beginning, we would recommend that on average, everyone who registers takes at least 5,000 steps in a day, and as per your stamina and body type, increase it or maintain it. This way, very easily, you can complete 500,000 steps in approximately 116 days.

Paanch Lakh Punya Ke Kadam is a project under STRUPE STRUFF is a project to drive awareness on everyday fitness along with charity. STRUPE stands for Strength, Run, Fitness and Fun. It is aimed at generating awareness about fitness, encourage participants to pursue fitness activities, post their activity videos and scores, as well as challenge others to take it. It is aligned with the "Fit India Movement". The main incentive for people to join the platform would be philanthropy, attractive prizes and participating in star guest lectures.

Rotary Club of Mumbai Lakers is known for its annual run, The Power Run. This app will provide you with fitness resources and will track your fitness on a daily basis helping you to run on the final run day. You can use your personal fitness devices or phone fitness trackers to record your steps and upload the same on the platform. Upon completion 500,000 steps, you be awarded a certificate along with some attractive prizes.

This project has gained a lot of traction at the Rotary District level (District 3141), and 10 clubs have opted to co-host the event. These clubs are Rotary Club of Mumbai Elite, Rotary Club of Bombay Powai, Rotary Club of Mumbai Elegance, Rotary Club of Bombay Uptown, Rotary Club of Mumbai Rising Stars, Rotary Club of Mumbai Royals, Rotary Club of Chandivali Mumbai Rotary Club of Mulund Hillview, Rotary Club of Mumbai Mulund East and Rotary Club of Mumbai BKC. It was really heartening to see how across Mumbai people are enthusiastic about both fitness and philanthropy.

We urge every member of Powai Community to register for Paanch Lakh Punya Ke Kadam, and not just gain the benefits of walking every day, but expand the life state and lead the speedy and help them lead a life of Dignity.

SAAHHIIHAATH BADDHANA
You don't have to be a Laker to do good work. Welcome you to join in any of our initiatives to give u helping hand. For any information about our projects to participate as a volunteer, kindly contact us mhl.pans@yahoo.co.in

For more information, visit: www.rotary-lakers.org
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POWAI LAKE: The lifeline of Powai, A small step by Rotary Club of Mumbai Lakers

03 October - 05 October 2021



Shravani Thapar

The two young panelists, Anvi and Binak, are very enthusiastic about bringing people together from different walks of life and making a clean Powai Lake a reality. Similar to the Ministry Swasthya Sanstha, they too decided to dive in and let their actions speak louder than words. Being residents of the Hiranandani complex, they have been successful in creating a buzz around this issue, which has already had a bearing on, albeit on the back burner.

Deepak Daryanani summarised and emphasised on what most panelists wholeheartedly agreed on - This is POWAI LAKE - it is OUR lake - and the onus to revive it and to ensure that it doesn't come back to what it is now, is on the residents of the neighbourhood. Some panelists were wondering what should be done next. On behalf of RCML, Deepak suggested that since the tender has been passed, and things are looking up in terms of the authorities trying to do their bit, it's best that we sit back and watch and probably re-evaluate and assess the success of the exercise.

Finally, there emerged a sense of urgency in addressing a grave issue, and with hope in our hearts that with so many forces coming together, we will see the 'Light at the end of the Tunnel', the panel discussion was brought to an end.

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Defeat Diabetes Camp by Rotary Club of Mumbai Kalakar for Hiranandani Construction Workers

Sudipta Lahiri

Kalakar shared that this camp was a part of a nationwide ROTARY INDIAN Defeat Diabetes Campaign to conduct 1 million tests in simple day. She added that this camp could not have been possible without the support of M. Sudipta Lahiri, A/P Adm & Facility Hiranandani Group of companies and efforts put in by the Project Chairperson, Rtn. Chandrabhawan Iyer, supported Co-Chair Rtn. Jyotsna Dattary, Rtn. Vaidhal Das, Rtn. Dr. Mary Francis, Rtn. Ramya Minaz Rassiwala, Rtn. Sureche Sengupta and the volunteers who managed the camp. She expressed a deep gratitude to all of them.

She added that RC Mumbai Kalakar was the only Rotary Club in India who every member was an artist and that club, though young, has made an imp in serving the community through art beyond.

Speaking at the camp, Rtn. Sne Nandy, the President of Rotary Club of Mumbai

Panelists: Anvi and Binak, founder of the NGO, NISARG SWASTHYA SANSTHAN is a ground level activist working for the conservation of the lake shared the following points. He also identified with the idea that in order to maintain the lake, the people have to work for it themselves. He believed that asking someone else to do their hands dirty to directly work for the cause, no change will occur. He believes that the citizens themselves have to do the work by first cleaning it, then keeping it clean. He embodied this by the fact that his NGO took it upon themselves to start the work of 4000 sqm of the lake. He has 4000 volunteers and are always looking for more hands to help them with their cleanliness drives.

Sansay Tiwari emphasized the Powaiites' pledge to protect the environment and hence the lake. He also promised to continue doing what has been successfully done for the last few years - being a catalyst between the Citizens' Forum and the political and administrative authorities and helping trouble shooting the problems of the residents of Powai. Tiwari also mentioned that he had heard that the cleaning of sewage lines flowing into Powai Lake was in the pipeline. This is something that all panelists felt was absolutely mandatory for the cleanliness project to be successfully carried out. He even offered to assist Prof. Asolekar in helping set up a meeting with BMC, etc. to which Prof. replied that they had come forth and sought a meeting with him in the 1st week of October.

The next panelist, Dr. Asolekar, highlighted that just cleaning is not enough, but that the restoration of the ecosystem is of greater importance. This is because the absence of waste doesn't guarantee a healthy lake, the damage already done must be slowly undone. He pointed out that overall urbanisation puts natural ecosystems at a loss, and this is exactly what has affected Powai Lake. These things are market-driven realities, pressure on land, value of land, etc.

He suggested five points, in decreasing order of importance for restoring the lake. First, stop sewage from entering into the lake. We cannot stop all water flowing into the lake, as it is a part of the lake's hydraulic system; because Powai Lake is fed by water flowing in, but before allowing water to go into the lake, it has to be treated. Point two, Siltage of the lake has to be addressed. There are 22 serious rain days in monsoon every year, and those 22 days place a lot of excess water as surface runoff in the lake.

Because of urbanization, this runoff carries a lot of silt and very little water. Point three: just removing water by siltage is a band-aid solution and does not address the root cause of why the weed is there. Point four, to get the tourists and the community around closer to the lake. Their love for the lake will itself act as a trigger for its protection, allowing the lake to thrive, because only when the people want it, there will be a policy.

Lastly, we create a user-based culture. We cannot expect that the government or any other agency will pay to maintain the lake and that we will simply enjoy it. Instead, it must make the lake self-sustaining, by creating a business model that will allow the lake to generate revenue to maintain itself.

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