



**I** was talking to my Household helper, He is a father of 4 yrs old child. With curiosity I just asked casually to him, whether he has given all necessary vaccinations to his Child ? Since its given free by the Govt of India. His answer amused me . He said , 'Yes Madam, *Ab to gaoun me Do boond walon ne kafi jor pakda hai. Ghar pe aa ke pila gaye.*'

Poor man thought only Do Boond jindgi ki can save life, nothing matters. No other vaccinations are needed. In a way this is the achievement of the Mission End Polio. From Kashmir to Kanyakumari from Bihar to Gujarat, now people understand why these two drops are important.

This is the result of Polio movement. Needless to even mention that Rotary has done and still doing fabulous job on this polio part. Throughout India and around the world, Rotary clubs are celebrating a major milestone: India has gone seven years without a new case of polio. The last reported case was a two-year-old girl in West Bengal on 13 January 2011. To mark this historic triumph — reached after a decades-long battle against polio - Rotary clubs illuminated landmarks and iconic structures throughout the country with four simple but powerful words, "India is polio free."

The seven year achievement sets the stage for polio-free certification of the entire Southeast Asia region by the World Health Organization. The challenge



**Pinki Dalal**  
President 18-19

now is to replicate India's success in neighboring Pakistan, one of three remaining polio-endemic countries, along with Afghanistan and Nigeria.

Rotary leaders in India are working with their Pakistani counterparts to share best practices and lessons learned during India's successful anti-polio campaign. Rotary was particularly effective in obtaining the support of influential religious leaders in India's Islamic communities. Pakistani Rotary leaders are playing a similar role to counter rumors and misinformation about polio vaccinations that keep some Muslim parents from immunizing their children.

Meanwhile, National Immunization Days continue in both countries. During these large-scale drives, Rotary volunteers join health workers to vaccinate every child under age five against polio.

"We must now stop polio in Pakistan to both protect Pakistani children and to safeguard our success in India and other countries where we have beaten this terrible disease," said Rtn. Ashok Mahajan last year when I had attend his one of the Polio talk.. "Until polio is finally eradicated globally, all unvaccinated children will remain at risk of infection and paralysis, no matter where they live."



**R**CMCP organised a speaker meeting with eminent Poet, Desendent of Aadi Kavi Narsinh Mehta, an Authority on Krishna celebration of Janmashtami .In his talks he made it clear that the distinction between love and attachment should be realised to liberate ourselves from the restraints of life. He elobarated his talks on Bhagvad Geeta and Upnishad.

He gave the message of Krishna s way of Living in very palatable and subtle way. Club members were en-grossed with it.

The Bhagavad Gita informs, “One who does work which is worth doing is renounced, not the one who renounces activities.” Time, place and circum-stances determine these duties that must be done.

Love is a selfless service, while at-tachment is a strong feeling of affection for something. One can figure out if there is attachment by certain symptoms. One will be obsessed by the thoughts of somebody or something and will be un-able to bear the thought of losing the same. We should never be attached to anyone or anything except God, because such attachment leads to suffering. lord Krishna has warned about maternal at-tachments in many verses of the Bhagavad Gita. And these attachments develop due to many reasons. The con-clusion of Bhagavad Gita is that we should always do our duties without at-tachment because attachment is the root cause of suffering.

Our efforts are parts of the three modes and do not constitute the whole of it. We may assume that any success achieved by us is the result of our indi-vidual efforts, but that assumption is flawed; it is always the material nature which does everything. And these modes work under the superintendence of God. Practically speaking, we must con-sciously stop incessantly thinking about our bodies, jobs, businesses, profession, etcectra. However, the real solution is to switch our thoughts to God, otherwise it is difficult to control the mind. lord Krishna recommends this process in the Bhagavad Gita. Only then can our lives become sublime, not painful which at-tachments to bodies and objects make.

It was indeed a superb experienced , welcomed by the members

Club Of Mumbai Cuffe Parade

Shashi Kumar Sha  
District Govern  
2018-19



## Krishna's way of *Living*



# Art of Giving

जो जल बाहै नाव में, घर में बाहे दाम ।  
दोऊ हाथ उलीचिये, यही सयानो काम।  
-कबीर



**R**CMCP (RC Mumbai Cuffe parade) has collected more than 8 bags of clothes from the members. We are thankful to Rtn.Vijay Kumar Gupta, Rtn. Tarun Gadia, Rtn.Preeti Gada, Rtn.Sangeeta Bang, Rtn. Anisha Shah, Rt, Geetika Agrwal, Rtn.Bharti Bhatija, Rtn.Pinki Dalal .

**PROJECT** by Rotary club of Mumbai Cuffe Parade, CLOTHES DONATION to NGO GOONJ. Specially Pre Diwali one so Clothes can reach to deserving people on time. Many members generously donated, One more installment will be next month.

Goonj is an NGO, works for re-positioning cloth and other underutilized material, beyond charity, adding dignity and turning it into a big resource for development. Spreading the idea beyond geographical boundaries so that world over people take it as a subject to work on. GOONJ works on 3 levels: material, people & idea. Material level: GOONJ started with 67 personal clothes, today dealing with more than 1000 tonnes of material to parts of 21 states of India, every year. GOONJ has over the years painstakingly built vast country wide network; sort of pipeline grid from cities to villages through which material moves continuously. While general clothes, woolens and other household material etc goes to the masses throughout the year, specifically school material including computers, mats, school building infrastructure etc (under School to school programme) goes from urban schools to resource starved small village schools while more than 2 lakh cloth sanitary napkins, every month (napkin programme) go through the same pipeline to women struggling with the universal basic need of menses. The same channel is used for reaching raw material to villages for production of various finished products, generating employment and income generation there. ▲





# Rotarians in making : Installation of *Interactors*

**R**CMPC has just opened a new chapter of Interactors with Greenlawns School, Worli. The basic idea of having interactors is Empower young people in community to take action, develop leadership skills, and gain a global perspective through Interact. Not only will Interact challenge them to reach their full potential, it will also energize and inspire your Rotary club while building connections in the community and around the world.

RCMPC s Interectors installation took place at the Greenlawns School , Worli. Many Students and teachers were present at the time of installation. From our club President Pinki Dalal , IPP Sonal Somaiya Hon.Sec. Charoo Mehta , Jt.Sec. Leena Jesrani , Youth Director Preeti Gada, and Rtn. Darshna Doshi were present there.

RCMCP President Thanked Principal Ms. Sangeeta Thankkar and Ms.Reema for providing wholehearted support. ▲





**Health  
is  
wealth**

**Health**

# Awareness

## programme with HN Reliance Hospital

**R**C Mumbai Cuffe Parade had arranged the health awareness Seminar on 19th Sept.18. It was held at HN Reliance Hospital, Prathna Samaj. Two other RC clubs, Bombay Central and Downtown Sealand also joined in.

Welcomed By Dr. Rekha Davar , HOD Medical Education and Consultant OBGY. She gave very basic reality and focused on myths for women health in society .Women's health includes a wide range of specialities and focus areas, such as: Birth control and



### Tips to prevent Diabetes.

- \*Check your risk of diabetes.
- \*Manage your weight. ...
- \*Exercise regularly. ...
- \*Eat a balanced, healthy diet. ...
- \*Limit takeaway and processed foods.
- \*Limit your alcohol intake. ...
- \*Quit smoking
- \*Control your blood pressure.

gynaecology, Breast cancer, ovarian cancer, and other female cancers

The Community Awareness Program (CAP) was free, interactive program designed to provide Rotarian with the basic tools needed to recognise and help prevent unhealthy activity within our communities.

India's NO 1 killer is no one but diabetes. Dr. David Chandy , Consultant Endocrinologist explains the connection between Diabetes and other diseases.

'Prevention is the best cure' He said. Prevent diabetes among at-risk populations, and ensure that all people with diabetes get the best care, treatment, and information about how to manage their diabetes.Objectives & approach. India has the world's highest population of people with diabetes and the number is increasing at a very fast pace.

At the same time people get type 2 diabetes earlier in life and as a result complications such as diabetic foot and retinopathy also occur earlier. It places a heavy burden on Indian society when people at an early age.

Diabetes is the cause of Heart Problems. Dr. Maulik Parekh , Consultant Cardiologist explains it with examples. To prevent heart attack, Cardiac failure healthy life style is very important. He emphasis on Exercise. Minimum half an hour of exercise is must in routine.

#### What Food Groups Does It Include?

The Indian diet is rich in nutritious foods like grains, lentils, healthy fats, vegetables, dairy and fruits.

Everything with good health is summing up with Good Diet and Exercises. Dr. Foram Malde , Dietitian Nutritionist said 'The diets of most Indian people

are heavily influenced by religion, particularly Hinduism. The Hindu religion teaches nonviolence and that all living things should be valued equally. That's why a lacto-vegetarian diet is encouraged, and eating meat, poultry, fish and eggs is discouraged. Lacto-vegetarians do, however, eat dairy products.

A healthy lacto-vegetarian diet should focus on grains, lentils, dairy, vegetables, fruits and healthy fats like coconut oil. Spices such as turmeric, fenugreek, coriander, ginger and cumin are at the forefront of traditional dishes, adding rich flavor and powerful nutritional benefits.

The entire programme was well designed and members thoroughly enjoyed the talks. We Are Really thankful to HN Reliance Hospital for this awareness programme.



# Miracles of Mission *Muskan*

**We live in an age of miracles.**  
-Levon Helm

**R**esiding in Borivali, Mumbai, poor Mahanto is a father of two daughters. He was very unhappy for them as both the girls are heart patients. When I met Mahanto at SRCC Children Hospital one of his daughters had already undergone surgery. He was so overjoyed he could not hold back his emotions and tears as he spoke to us. His 5 year daughter was successfully operated and is now stable. I have captured his joy in a video clip which I am wish to share here as an attachment.

After meeting Mahanto, I believe that miracles truly occur. Its impossible to believe this unless one looks into Mahanto's eyes.

A painter by profession, he earns Rs. 550 per day, he has no choice but to work daily being a daily labourer. Both the daughters kept falling ill. Breathlessness, fever and weight loss being common symptoms. Once when the elder daughter was very ill, the parents rushed her to the doctor and the general physician found out that both the daughters have a cardiac problem. This was a huge shock for them.

The Mohanto family started running pillar to post for help. What luck that someone informed him of Misson Muskan. He went to Wadia hospital, while waiting in queue he met a few Rotarians, DG Shashi Kumar Sharma and Rtn. Rajendra Agarwal. Mohanto said "Its pure luck that I came to know about Rotary Club, Rtn.Rajendra Agarwal and the Rotarians changed my life and destiny". He could not believe that his younger daughter will be operated in 48 hrs. **Rtn Shashi R Sharma, District Governor, Rtn Suresh Chokhani, Chairman- Mission Muskan, and Rtn Rajendra Agarwal, Chief Coordinator** played a vital role. Today Mohanto's 5 years daughter is saved under Mission Muskan. A joint initiative of Chief Minister Medical Relief Fund of Govt. of Maharashtra and Rotary International (Dist 3141) with Support of Tata Trust. under Mission Muskan

Just for information would like to mention here that Rotary International District 3141 has executed a MOU with Govt. of Maharashtra to undertake the project Mission Muskan to provide free surgical treatment to underprivileged children across Maharashtra for heart, cancer, orthopaedic, cochlear implants,neuro etc.



▲ "Its pure luck that I came to know about Rotary Club, Rtn.Rajendra Agarwal and the Rotarians changed my life and destiny". Mr..Mohanto (third from right).



## Presently Contribution Required for Underprivileged Children's Surgeries for the year 2018-2019 are as here under :

- a Heart Surgeries Required for 5000 Children's appx
- b Cochlear Implant ( For Hearing loss) Required for 500 Children's appx
- c Ophthal /Eye Surgeries Required for 6000 Children's appx
- d Heart Transplant / Liver Transplant /Bone Marrow Transplant / Kidney-Renal Transplant Required for 200 Children's appx

For more details contact your nearest Rotary Club or log in to

[HTTP://missionmuskanmaha.org/leadership](http://missionmuskanmaha.org/leadership)

WE inviting Rotarians ,Non rotarians philanthropists to come forward for this noble cause.



▲ DG Shashi Kumar Sharma and Co ordinator Rajendra Agarwal signing MOU with SSRC

The Project aims reaching out to grass root level people by helping the unprivileged children requiring immediate surgeries.It can be done at

- Wochkardt Hospital
- Bai Jerbai Wadia Hospital
- Fortis Hospital
- Kokilaben Dhirubhai Ambani Hospital
- Sir HN Reliance Hospital
- SRCC children Hospital

In order to show how a general process works, we are also attaching documents which indicate our due diligence process.

- 1 Copy of Medical Certificate issued by Fortis Hospital dated 22.05.2018.
- 2 Income proof certificate issued by Tahsildar of Govt Of Maharashtra (It is required for Family Income of the Patient Should be less then Rs.1,60,000/- - Annually).
- 3 Cost certificate issued by Fortis Hospital dated 22.05.2018
- 4 Copy of Aadhaar Card
- 5 Copy of Ration Card
- 6 Copy of Govt. of Maharashtra approval of their penal Dr. Pravin Bangar of KEM Hospital

- Ophthal / Eye Surgery Rs. 20,000/-
- Heart Surgery costs Rs. 1,50,000/- to Rs. 2,50,000/-
- Cochlear Implant (for Hearing loss) Rs. 8,50,000/-
- Heart Transplant (with Air Transport) – Rs. 25,00,000/-
- Liver Transplant -Rs. 35,00,000/-
- Cancer/Bone Marrow Transplant Rs. 15,00,000/-
- Kidney Renal Transplant – Rs.7,00,000/-



# Kuchh *Meetha* ho jye



As it is “**International Chocolate Day**” we the Rotaractors of Rotaract Club of Guru Nanak Khalsa College decided to celebrate it with a twist as an •International Service• & •PR• initiative

We distributed Chocolates to faculty, people nearby college who help us in some way in day to day life and strangers... whole motto behind it was to spread smiles and make people happy.



**O**n 24th September 2018, Rotaract Club of Guru Nanak Khalsa College along with RID 3141 organized a Beach Clean Up Drive at Dadar Chowpatty. Few Rotarians helped it with it. From District, Rtr. Shweta Iyer was very active through out the project. Total 24 Rotaractors were present for the event.



**Events for the Month of October:**

- 1 Halloween
- 2 Railway Track Awareness Camp
- 3 Kick Off
- 4 Education Camp
- 5 Training Sessions for Placement
- 6 How to make a Google Form
- 7 Tareefein



# An evening to *remember*

**T**hey say the best fun is to make a spontaneous programme, which is so true. RCMCP members were toying with an idea to go for a movie. Why just a few of us and not all Cuffeparadians?

In one single message 20 members were ready for this fellowship programme.

Rtn. Anil Aggarwal took all the efforts from booking the tickets to reserving a dinner.

At sharp 6.15 p.m all of us were at Regal.

After the movie a few members went to Status for a late night dinner.

It was like an old friends meet after a long time. This Fun filled Fellowship will be a new chapter for RCMCP. ▲





# Rotary *Around the world*

## Area of focus

Fighting disease

## Host sponsor:

Rotary Club of  
Scope: Madras East,  
India

## Taking cancer screening on the road in India

## International sponsor:

Rotary Club of San Antonio,  
Texas, USA

**Total  
budget:**  
\$70,242

## Background:

India has more than 800,000 new cases of cancer every year; many people, especially in rural areas, are not aware of, cannot afford, or are afraid of screening for the disease. Late diagnosis of breast and cervical cancer leads to high mortality rates.

## Scope:

Rotarians identified a significant public health problem in their area, then found a strong cooperating organization to work with. They helped design a special vehicle to bring screenings to women in rural areas and mobilized their networks to ensure that the mobile unit would reach as many women as possible.

## Impact:

3,650 women were screened during the project.

## Top tip:

Cooperate with an organization that is already experienced in the work your club plans to focus on.

## Equipping a specialized medical center in New York state

## Area of focus

Fighting disease

## Host sponsor:

Rotary Club of Burnt  
Hills-Ballston Lake, N.Y.

## International sponsor:

Rotary Club of  
Luanshya, Zambia

**Total  
budget:**  
\$34,650

## Scope:

The grant funded specialized equipment, supplies, and educational materials for doctors and families at the Albany Medical Center, which serves an area of 15 million people.

## Background:

Children in need of comprehensive services to correct cleft craniofacial abnormalities had to travel several hundred miles to Boston or New York City.

## Fun fact:

This was the New York club and district's first time sponsoring a global grant whose beneficiaries were in the United States.

Know your  
*Rotary*

OCTOBER

3



Vocational  
award  
@ Samrat, 6.15 p.m

Awardees are

**Shri Mayank Gandhi**  
Social worker, Ex Politician from AAP.

**Shri Mansukhlal Mehta**  
Passionate Photographer since 60 years  
Nationalist

**Shri Naushad**  
A Bansuri player. His Talent is his Profession.

**Dress Code : Semi Formal , High Tea**

OCTOBER

14  
Sun

**Dist Diabetes  
camp**

At Bahai Centre, Marine lines, 9.00 am

OCTOBER

20

**Navratri +  
Pre Diwali  
celebration Night**

**at 20 Downtown**

This programme will be held by three clubs , RC Mumbai  
Cuffe Parade, RC Downtown Sea land, RC Bombay Madvi .

Best Female Dancer  
Best Male Dancer  
Best Couple  
Best Dress Male  
Best Dress Female

**Win lucrative prizes for**

**Dress Code :**  
Abhi to main jawan hun  
Followed by Dinner.



**Dist programmes**

OCTOBER

2

**Swachchh  
BHARAT**

Bombay Central, 3.00 pm

*Happy Birthday*

OCTOBER

2

Bina Puglia

OCTOBER

23

Usha Lohia

OCTOBER

16

Yogesh Jesrani



OCTOBER

25

**Rotary ki  
Pathshala**

**co hosting with RC Bombay South**

Bahai center, Marine lines 7.00

**Speakers :** Rtn. Zankar Gadkari

Rtn.Pankaj Tanna

Rtn.Neena Kalra & many more.

Followed by high tea

OCTOBER

31

**Speaker meet  
Mr. Subodh Gupta,  
Metro Man,**



**0 Downtown, Eros, 2nd fl, churchgate**

Dress Code : Smart Casual

Followed by Cocktail and Dinner.

<https://rotarymumbaicuffeparade.blogspot.com/>

**I**

ts our Club Blog. Most of the activities  
(Almost all) is covered here . If anyone would  
like to write they are most welcome. It may be

the Short Stories, Poetry, Recipes, Motivational Message or Shayri. Any languages , Hindi  
and English preferable. ONLY one condition, It should be Original , From you and not WA  
Forwards.

So, Waiting for what ? Wear your Thinking cap and Pick up your pen , Don't forget to Send  
it with your picture.

**Waiting for you.  
Warm Regards .**