

An initiative by Rotary Club of Mumbai Lakers



The Lakers Bulletin

The Rotary Club of Mumbai Lakers : Jan-Mar 2021 Edition

President -
Rtn. Vikram Swaroop

Secretary -
Rtn. Manju Udasi

Treasurer -
Rtn. Sunil Gambani



Quote of the Month

”

**You must be the
change you wish
to see in the world.**

- Gandhi

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Major Highlights

Powai Run - A Pictorial Journey



RCML was back with the much awaited POWAI. RUN albeit in a **new avatar**. This year's run was an app-enabled run held between **14th and 21st March 2021**. **Registrations** were opened from the **1st of Feb 2021**. The **beauty** of this was, it was **YOUR RUN at YOUR PLACE at YOUR TIME**. Our **theme** for this year was **#NotGivingUpOnGivingBack**.

Each of us have learnt to **Not Give Up** during these **tough times**. For the launch a **beautiful dance video** was created on **Jerusalema**. **RCML** reached out to the community for their **Stories** about **#NotGivingUp** the launch was a clarion call for **all Powaiites** to participate and Giving Back in a fun way, that only **Powai Run** can!



Core team CEO: Deepak Daryanani **COO :** Mamata Asthana
SPONSORSHIPS : Vikram Chopra, Sunil Gambani and Vikram Swaroop
PR / BRANDING / MARKETING: Parul Gupta and Darshini Shah
FUND RAISING FOR CHARITY : Jyoti Sainani
REGISTRATIONS : Radhika Badani
CORPORATE REGISTRATIONS : Nikhil and Palvi Aggrawal
LEGAL : Vivek Kele and Nitin Gupta

Major Highlights

The Causes We Ran For



Rotary brother

#NOTGIVINGUP ON GIVING BACK

14 to 21 MARCH 2021

YOUR POWAI RUN IS BACK

POWAI RUN VIRTUAL EDITION

REGISTER NOW www.thepowairun.com

A 100% Charity Initiative

5KM
10KM
21KM

YOUR RUN TIME PLACE

YOUR RUN CONTRIBUTES TOWARDS

Beating Plastic Pollution

Girl Child Education

Heart Surgeries for Infants

PROCAM BUDDY RACE



Major Highlights

This time, we went Virtual with




**PROCAM
BUDDY
RACE**

And the Support of our Sponsors



Main Sponsor

brother
at your side

Associate Sponsor

**Brookfield
Properties**

Major Highlights

Our Charity Partners



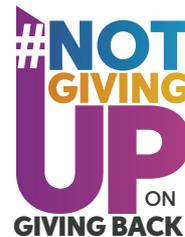
Cancer Patients Aid Association
Total Management of Cancer
www.cancer.org.in



Our Other Confidants



Rotary



Major Highlights

Like always, we started the journey with a BAM!



Major Highlights

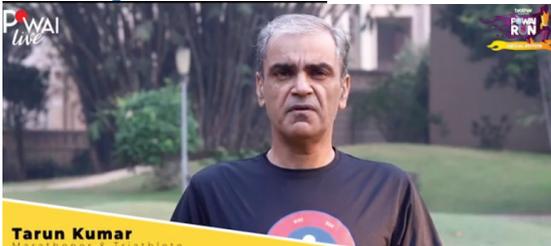
And then, the Community Came together...



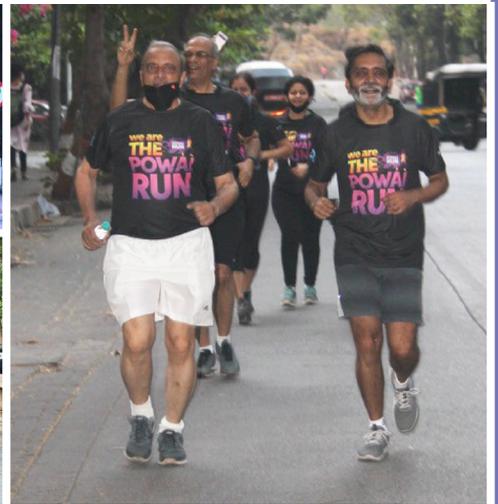
SUNNIL MEHRA

DISTRICT GOVERNOR - ROTARY

DISTRICT 3141



Tarun Kumar
Marathoner & Triathlete



Sanjeev Sainani
Powai Resident



Amarjeet Singh Chawla
Visually Challenged Marathoner



Ketaki Sathe
Marathoner & Triathlete

Major Highlights

The word travelled far and beyond Powai...



Rotary  **brother** at your side **Brookfield Properties**

 **#NOT GIVING UP** ON GIVING BACK

brother at your side **POWAI RUN** VIRTUAL EDITION

SPECIAL INTERNATIONAL WOMEN'S DAY OFFER!

REGISTER NOW
www.thepowairun.com

Enter the code, get 10% off and run for a cause!

PowaiRunXWomensDay

Valid from 6th-8th March

14th to 21st MARCH 2021

 **PROCAMS BUDDY RACE**

Major Highlights

And spread across the country



Major Highlights

Soon enough, we launched the Powai Run App



Rotary **brother** at your side

Rotary Club of Mumbai Lakshya

#NOT GIVING UP ON GIVING BACK

POWAI RUN
VIRTUAL EDITION

14th to 21st MARCH 2021

www.thepowairun.com

HOW IT WORKS

- 1** Pick your race (5/10/21 KM) & Register
- 2** Fill in your details and complete payment
- 3** Download the Powai Run App
- 4** Click on the Race button & complete your run anytime between 14th - 21st March

Get your T-shirt & Medal right at your doorstep

E-certificates at your registered email id

PROCAM BUDDY RACE

Associate Sponsor **Brookfield Properties**

f /runpowairun
i /powairunofficial

Find your Bib Number & details under the Profile tab

The app records your timing!

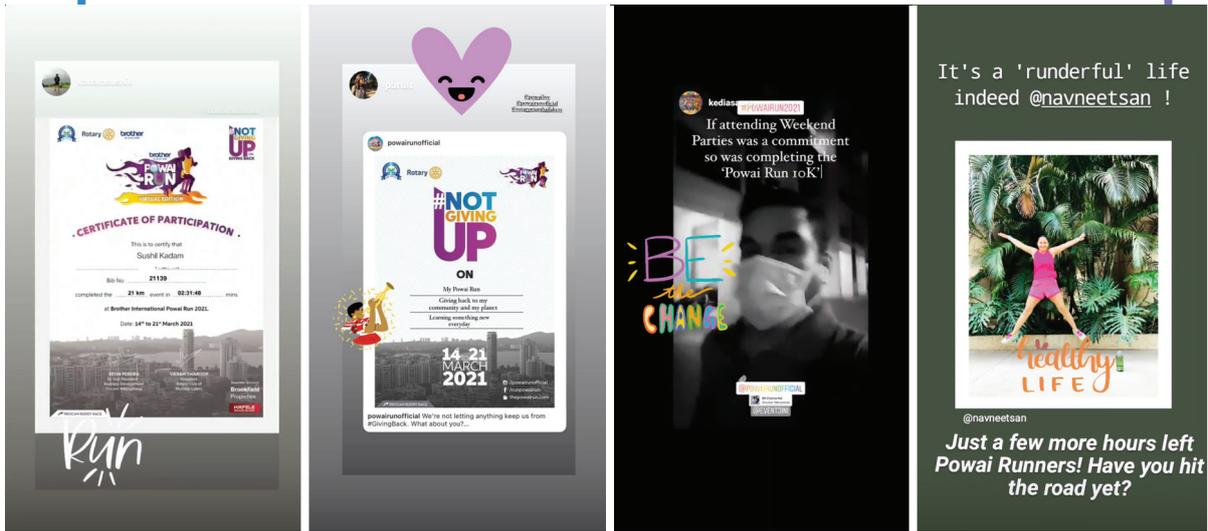
REMEMBER: You can do the 'Run' ONLY ONCE

On: Feb, 08 2021
RUN - 1 DISTANCE - 0.22 KM
00Hours 01Minutes 01Seconds

On: Feb, 08 2021
RUN - 2 DISTANCE - 0.20 KM
00Hours 00Minutes 41Seconds

Major Highlights

Finally, the Run Began!

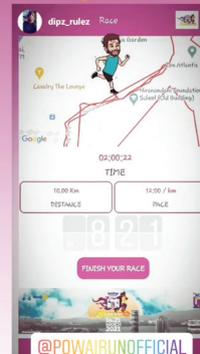


@fitfreak.nimi acing the Powai Run!



@fitfreak.nimi

Have you completed your run yet?



Lace Up & Go! Few hours left!



Major Highlights

Balancing Health, Hunger and Hygiene



2020 has been the year of many **changes and many new beginnings**. It's been a stressful journey, but we survived. The year definitely made us stronger and has helped us concentrate on issues which needed a lot more introspection. It brought to the light problems that have always existed but never been acknowledged as much until we slowed down. The **Rotary 3 H project** is one such project. Rotary Club of Mumbai Lakers has been working relentlessly towards the **3 H's- promoting *health*, reducing *hunger* and providing *hygiene***.

Why is promoting good health and hygiene so important, and what does it have to do with hunger? A third of all diseases stem from unsanitary conditions. And the **fight against malnutrition can't be won unless we tackle two basic problems- Hunger and diseases, caused by lack of Hygiene**. This is why **public health promotion** is so vital.

The need of the hour is **cost-effective actions that have a triple purpose - Eradicate hunger, resolve all forms of malnutrition, and provide hygiene which reduces diseases that cause further malnutrition**. The challenge is huge but the urgency to take action has never been greater.

RCML participated in a district project of **3 H's at Wada to address the issues of malnutrition in kids, menstrual hygiene for women and hunger**. Lakers visited five health centres in deep pockets of Wada and distributed twelve malnutrition kits and **120 kits of reusable sanitary pads** (each kit had four reusable pads) directly to the beneficiaries. These reusable sanitary pads were manufactured by an NGO, so it had the dual **advantage of providing hygiene to one set of women and employing another set**. The malnutrition kits contained vitamins and proteins which are crucial for the children to overcome wasting and stunting. These kids will be monitored for the next six months, and their progress will be measured.

It was amazing to see the kind of dedication and professionalism in the staff at these health centres. It was very emotional to experience it. There were ladies waiting with their kids since morning while it took time for us to reach every centre as they were at a distance of at least 8 km from each other. While we could visit and cover all centres, still there were **200 women whom we could not give kits**. There is always scope for many more of us **joining hands with RCML and helping us do more**.

Major Highlights

Throughout the lockdown, we have been trying to reach thousands through our Annapurna Campaign, but there is still a long way to go because when it comes to hunger, every effort we make leaves us with an urge to do a lot more. Rotary Club of Mumbai Lakers conducted Annapurna drive on this 6th and 7th Feb (Sat and Sun) in collaboration with Robinhood Army and our Youth clubs (Rotaractors of RCSOC) 3000 meals were distributed, 1400 on Saturday and 1600 on Sunday.

The meals were distributed to homeless clusters, construction workers and migrant workers clusters and some slum clusters in Powai, Vikhroli, Kanjur Marg, JVLR, Ghatkopar, Bhandup and Chembur.

The joy of working at the grassroots level and the experience of participating in these projects is one of a kind. Happiness lies not just in donation but in working at the grassroots level and seeing those wonderful smiles that brighten up the lives you reach out to.



Projects - Medical Projects



Medical Assistance

Over the years, we have been able to give medical assistance to multiple critically ill patients in financially distressed conditions. In **Jan-Mar quarter**, major aid was provided to **Mr. Indal Kumar Saroj** a **28 year old male suffering from Critical Kidney Disease (CKD)** which necessitates **kidney transplantation**. Fortunately, his father's kidney can be transplanted to him. The necessary tests have been done and it meets all the requirements. Our members contributed individually, alongside the club support, to reach the requirement.

We at **Rotary Club of Mumbai Lakers** are glad that we could make a difference to these lives with our contribution and look forward to helping many more such people in the future.



The Little Heart

Rotary Club of Mumbai Lakers applied for **Global Grant** for the Little Hearts Program. This project funds heart surgeries for children (*under 16 years*) from economically backward families, suffering from **Congenital Heart Diseases (CHD)** and cannot afford the cost of the open heart surgeries needed to cure them. The beneficiaries are vetted by **RCML** for assessing their **economic background** and the genuineness of their requirement after are referred by **Kokilaben Dhirubhai Ambani Hospital**. After a complete health checkup, heart surgery is arranged for them at **KDAH**. We expect about **140-150 children benefit from this project annually**.

We also encourage parents to get some funds from their own funds or some other charitable organization to meet a part of the cost so that their involvement in the process is present. On **New Year**, with the help of the **Global Grant**, **five new surgeries were done as a part of the Little Hearts Campaign**.

Projects - Medical Projects

Cancer Patient Support



- 01** Conducted a **Cancer Screening camp** with the team from **Cancer Patient Aid Association** for **89 people** in red light area **women** in **Ghatkopar**.
Out of this **37** were **flagged** for further **test**.
- 02** **One patient** referred from the **Powai community**, **Ms Swati Mukherjee** diagnosed with cancer.
RCML supported treatment cost @ INR 1,86,500/-



Projects - Non-Medical Projects

Stack Your Pack Campaign



We joined hands since 15th August 2020 for the Stack Your PACK campaign from Rotary Club of Mumbai Lakers and Plastic Free Powai. Team Segregated MLP and low-grade plastic that we were throwing away to the landfills. And in 6 months we are 28+ buildings close to 2500+ of us doing this day in and day out. And the outcome!!! We collected a total of 3,500 kgs.

We sent this to Shakti Plastics.

We got lovely year-end gift for the efforts we put in. The bins are made by Shakti plastic from the collection we sent them. Some data - 1 bin is made from approximately 2.25 kgs out of which around 30-35% is the MLPs and the rest is polymers & additives to make it hard and strong.



Projects - Non-Medical Projects

Laptop Distribution Project : Premdaan

Prem Dan, in English means, **“A Gift of Love”**. Its objective is to **educate children of domestic help and low-income groups, providing them nutrition and other facilities**. Delivered three laptops to **“Premdaan”** for online studies of children.



Ongoing Projects

Plastic Free Powai



When lives took an unexpected turn thanks to the **global pandemic in 2020**, **Rotary Club of Mumbai Lakers** found an unusual way to reach out to the community and have an **impact which will last for decades**. RCML was relentlessly working to **recycle Multilayer Plastics** through their **Stack Your Pack Campaign**. Although households are of the **practice of separating the wet and dry waste, segregation of the MLPs from other types of dry waste was not carried out**. These MLPs, as a result, reach the **landfills instead of recycling centers**. Chemicals added to plastics have been found to **alter hormones and cause detrimental health hazards, when consumed by the human body**. Plastic waste, which can **survive for thousands of years in water, serves as mini transportation devices for invasive species, disrupting natural habitats**. Most importantly, **Plastic buried deep in landfills can leak harmful chemicals into the groundwater**.

The main hurdle was not the **segregation or collection of MLPs** but the last mile where the waste collected had to reach a certified recycling facility. And that's where the Rotary Club of Mumbai Lakers' campaign had an edge.

On **August 15th, 2020** the **Rotary Club of Mumbai Lakers** along with PowaiLive, in celebration of our **Independence Day**, launched the **Stack Your Pack campaign - to cleanse Powai of plastic**.

Under the campaign, we requested every household to stack the following **types of plastic**.

- Chips Wrapper**
- Biscuit wrappers**
- Chocolate wrappers**
- All grocery packets**
- Ginger garlic paste pouches**
- Medicine sachets (not metal ones)**
- Masala pouches - no boxes**
- Milk pouches after being cleaned**
- Plastic carry bags**
- Any other plastic pouches**

The collections of these stacks were scheduled to take place at the end of every month. The response to the campaign was phenomenal.

The **campaign started with the participation of 11 buildings and the total collection of 78kgs of plastic**. We eventually increased the frequency of our collections to accommodate the growing crowd of people who wished to be a part of this campaign. We began scheduling our collection rounds fortnightly to accommodate all.

At present, we have **26 participating societies, and by the end of December. Our fortnightly collections had reached 410kgs each**.

Ongoing Projects

The largest roadblock was the last mile connectivity where we had to ensure that the waste is handed over to bonafide recyclers. **Plastic recycling is a well-established industry that operates not just to tackle environmental necessity.** Most plastic material recovery services are cost-efficient solutions for a range of different manufacturing applications. **Recycled plastic is sorted, washed, separated, shredded, and finally pelletized.** Converting recycled plastic into pellets allows for easier distribution and remanufacturing, and ultimately increases the speed and efficiency of reintroducing recycled plastic into industrial manufacturing. Realizing the same, we as a team addressed this issue by directing the stacks to a recycling company.

Our mission is to enlist as many areas in Mumbai to join us in this endeavor. We aim to disrupt the chain that delivers plastic to reach the landfills. Our reach may be small in scale now. However, the increasing popularity of our campaign is an insight into the potential it holds to drive a **significant impact all over the city.**



Girl Child Education

A girl child in India is often seen as a liability, a burden to pass on. No matter how talented and ambitious she is, the girl child often receives the shorter end of the stick. These attitudes have massive repercussions in terms of the **number of girls** who are left out when we consider **India's huge population**. **How can we expect India to turn into the international superpower it has the potential to become when half of our society remains under the shadow of discrimination?**

People often underestimate the **requirement of funds to achieve this goal**. In rural areas, still, girls are seldom sent to school, and even if they are sent to school, they only go up to the primary level and then are pulled out for domestic help. As per the last census, effective literacy rates in India was **82.14% for males and 65.4% for females**. We at **Rotary Club of Mumbai Lakers (RCML)** have been working to bridge this gap.

We all know that when a girl is educated the whole family is educated. RCML has been sponsoring the education of the girl child from underprivileged sections of the society directly by paying the tuition fees of the girls who are unable to do so, as well as working with various **NGO partners such as the Kartavya Foundation, LCCWA, Buniyaad and Udaan**. Every single bit of contribution counts. **Every year for the last ten years, RCML has earmarked an amount of Rs 10 Lakhs towards monetarily helping the marginalized groups of girls such as the very poor and disabled afford education.**

Due to **extreme taboos, safety concerns, lack of affordable sanitary napkins, absence of functional toilets, poor school infrastructure and longer distances between home and secondary school, several teenage girls of menstrual age drop out**. Concerns of **abuse and violence are also obstacles**. Recent national data reveals that the dropout rate for girls at the elementary level is **4.10% which rises to 16.88% at the secondary level, with the figures being substantially higher for girls from vulnerable groups**.

RCML has been farsighted enough to identify these problems and work to help eliminate them. We have been providing sanitary napkins to girls from the **vulnerable sections of the society in schools and colleges which they attend**. We have also partnered with our youth wing, the Rotaractors, in spreading the message to make schools and colleges a safe space. We have done **roadshows and campaigns against Eve teasing, carried out talks by lawmakers to make the girls of vulnerable sections of the society understand their Right to Education, the laws that support them**. We have also set up counselling centres in colleges where girls from economically underprivileged sections come. There are **qualified counsellors providing them counselling about how to handle Eve teasing, abuse, family pressure to get married, difficult relationships etc**.

We as individuals must also step forward to help. At the end of the day, one organisation alone cannot achieve such a mammoth task. We must all join hands and step forward in the quest to create a more equal **world for the girl child**.

Ongoing Projects

Little Hearts

India is a lower-middle-income country with one of the fastest-growing economies in the world. Despite the strides in its economy, it has a high child mortality rate. **Healthcare provision is poor, and many families, especially in rural areas, have a lot of difficulties in accessing good healthcare. 90% of India's poorest have no health insurance.** Poor are routinely forced to dip into their **savings, borrow, delay treatment or receive poor quality care.**

To be born with **congenital heart defects** in this country, especially in underprivileged families, is almost like a certain death sentence. On top of that, over half of hospitalisations in India are in private hospitals, where the **medical expenditure per hospitalisation** is seven times that of government hospitals. Given this, the poor are less likely to avail of hospitalisation, which really **endangers toddlers with Coronary Heart Disease, making their chances of survival even slimmer.**

Here, the **Rotary Club of Mumbai Lakers** becomes a beacon of hope for kids under the age of **16 born with heart defects.** There are different forms in which we do help the families bear the cost of the heart surgeries. Sometimes we bear partial costs of surgery, and in most cases we bear the full cost. The **Little Hearts surgeries have touched 320 children over last 8 years.** The youngest child whose heart surgery we have supported was 5 hours old.

The beneficiaries are vetted by **RCML** for assessing their economic background and the genuineness of their requirement after are

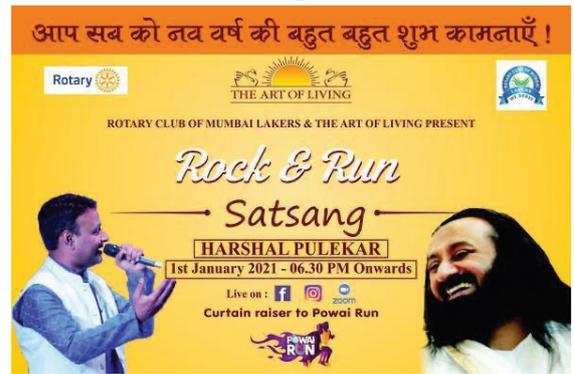
referred by **Kokilaben Dhirubhai Ambani Hospital.** After a complete **health checkup, heart surgery** is arranged for them at **KDAH.** We expect about **140-150 children** benefit from this project annually. We also encourage parents to get some funds from their own funds or some other charitable organisation to meet a part of the cost so that their involvement in the process is present. This project has received **international recognition** and is being appreciated across **forums locally & internationally.**

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. Every month we get pictures of three to four kids going back home with their smiling parents. Nothing brings a bigger smile on the Lakers' face and a feeling of accomplishment higher than seeing the **successful TLH cases.**



Club Fellowship

The Rotary Club of Mumbai Lakers began their new year with a promise of hope, divinity and a call for action. RCML and Art of Living celebrated the Rock and Run Satsang with Harshal Pulekar. The satsang was a surreal experience for all the attendees. The studio sound was perfect and Harshal Ji was par excellence.



RCML organised a Sunday Brunch at Foo on 31st of January for the club members. There was a delectable menu, great music, and people coming together after a long time. It was a moment to be celebrated and the Lakers celebrated in style.

Club Fellowship

Women's Day

On **Women's Day**, **Lakers** made every woman of the club feel very special. The theme of the celebration was one woman can make a difference, but together we **Laker Womaniyas** can rock the world. A **Do-It-Yourself Cake Decorating workshop** was conducted by **Namratha Wanwari**. It was a fun event, enjoyed by all age groups. Some young men also decided to participate.



OCV

The **District Governor** made an official visit to our club along with **AG** and **DS** and other **District Dignitaries** on **12th March**.

