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### Rotary Council okays a fifth Avenue of Service and e-Clubs, too

Rotary's supreme law-making body, the Council on Legislation, which meets once every three years, has approved an enactment that will add one more Avenue to the four Avenues of Service.

This Avenue will be called New Generations and joins Club Service, Vocational Service, Community Service and International Service as the foundation of Club activity.

Representatives from all over the Rotary world met in Chicago towards the end of April for the 2010 Council on Legislation to debate the changes suggested by Rotary Districts.

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## 'THE SUCCESS RATE OF CATARACT SURGERY IS NOW 99.99%'

Are you aware that the success rate of cataract surgery in India has gone up to 99.99%? And that patients walk into an operation theatre for cataract surgery with both eyes open and walk out in less than ten minutes – again with both eyes open?

They do not require anything special after the operation, neither an injection nor an eye-patch. They can go home, read, write and watch television.

Compare this with the situation about two decades ago when patients had to be hospitalised for five to seven days for a cataract operation.

"If you compare the surgery performed then with what is being done now, it is like going from driving a car



A gold medallist at the MS and DOMS exams, he has performed over 1,00,000 operations. Dr. Kulin Kothari speaks at the last meeting

to flying a jet. Of course, if something does go wrong, then it can be very bad."

But the success rate of 99.99%, which is the best success rate for any operation on any part or organ of the body, is proof of the tremendous technological explosion in medicine, especially in ophthalmology.

"Modern technology in eye care has revolutionised the diagnosis and management of many eye diseases and has helped prevent a lot of blindness," claimed Dr. Kulin Kothari, a Rotarian and Chairman and Medical Director of the Bombay City Eye Institute and Research Centre, while speaking at the last meeting on "Modern technology in eye care".

Managing Trustee of Vision Foundation of India, he was a gold medallist at the M.S. and D.O.M.S. exams and ranked first in the M.B.B.S. exam of Bombay University.

He received extensive training in cataract, glaucoma and refractive surgery in the UK, the USA and Germany.

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## A multi-faceted man and probably the youngest Dean in India

Mr. Arindam Chaudhuri, the Dean of the Centre for Economic Research and Advanced Studies, who will address the Rotary Club of Bombay on Tuesday, May 11, is probably the youngest Dean of a leading institute in India.

He did his post-graduation in planning and entrepreneurship from the Indian Institute of Planning and Management (IIPM) in 1992 and received an academic gold medal. He joined the faculty of IIPM soon after his education and is today the Honorary Dean of the IIPM Centre for Economic Research and Advanced Studies.

Interestingly, he was appointed a member of the Consultative Committee for the Planning Commission of India in 2004.

Mr. Chaudhuri is the founder of a charity called the Great Indian Dream Foundation and also of the Planman

Group of Companies. He has also forayed into film-making and one of his award-winning movies is *The Last Lear* which starred Amitabh Bachchan.

A celebrated speaker, he has addressed innumerable conferences and conventions and is said to be among the highest-paid speakers in the country.

He calls himself "an economist by passion and education" and launched a series of seminars styled "Great Indian Dream – India can beat America", during then President Bill Clinton's visit to India in 2001.

Held in all the metro cities of India, these seminars saw thousands of people pouring in from all walks of life to attend. In the course of these seminars he not only highlighted the inherent strengths of the Indian culture but also talked about an alternative resource mobilisation and alloca-

tion package for an Indian turnaround. It was to facilitate social activities based on these thoughts that he started the Great Indian Dream Foundation.

Since 2001 Mr. Chaudhuri has been presenting IIPM Think Tank's Alternative Budget every year a day before the official budget is tabled in Parliament on national TV channels and is called upon regularly on budget day by leading TV channels for post-budget analysis. The alternative budgets that he has been presenting, coupled up with his weekly editorials in *The Sunday Indian*, have had an effect on government policies from time to time.

The IIPM Think Tank which he co-authored with his father Dr. Malay Chaudhuri (founder of IIPM) and which is a compilation of essays on how India can grow at over 10% to create per capita income levels of a developed country by 2025, *Count Your Chickens Before They Hatch* and *Discover the Diamond in You*.

Among the books he has written are *The Great Indian Dream* which he co-authored with his father Dr. Malay Chaudhuri (founder of IIPM) and which is a compilation of essays on how India can grow at over 10% to create per capita income levels of a developed country by 2025, *Count Your Chickens Before They Hatch* and *Discover the Diamond in You*.

Mr. Chaudhuri's Planman Group publishes five popular magazines.



### Forthcoming meetings

May 11, 2010

"Discover the Diamond in You", a talk by Mr. Arindam Chaudhuri, Dean of the Centre for Economic Research and Advanced Studies.

May 18, 2010

Dr. Sunil Parekh on "Bone marrow transplantation and everything you wanted to know about it".

May 25, 2010

Mrs. Urvashi Saxena, former Chairperson, IT Settlement Commission, Delhi, and former Chief Commissioner of IT, Mumbai, to speak.

June 1, 2010

Dr. R.K. Pachauri, Chairman of the United Nations' Inter-governmental Panel on Climate Change, to receive the PP Taru Lalvani Environment Award of the Rotary Club of Bombay. He will speak on "The role of Mumbai's civil society in protecting the environment".

# Glaucoma is under better control, thanks to new techniques and sophisticated equipment, says Dr. Kulin Kothari

(Continued from Page 1)

Having operated on more than 1,00,000 patients, Dr. Kothari used several interesting slides in the course of his talk to show “the tremendous technological explosion in medicine, especially in ophthalmology”, adding that he would “prove this by case studies”.

A man aged 67 years had been diabetic for 20 years but had perfect vision. When he underwent a routine check-up, some abnormal spots were noticed on his retina. He was subjected to fluorescein angiography and advised laser treatment. But he went away, saying he had perfect vision and there was no reason for him to undergo any kind of treatment.

He returned some time later after suffering a retinal haemorrhage and with severe bleeding in the retina. His perfect vision had been reduced to just two metres. After laser treatment, his vision was restored to about 60 or 70%.

“The same would not have been possible 20 or 30 years ago. We only used to advise complete bed rest with some non-specific treatment and ask them (the patients) to pray! Many of them did do well, but there was no laser treatment available at that time.

**“But the question is, can diabetes affect the eye? For your information, India is the world capital of diabetes and has the highest number of diabetic patients. Yes, diabetes can affect the eyes. Apart from the kidneys, it can affect the eyes and people can even lose their vision because of it.**

“There was another gentleman aged 59 who had blurred vision. His diabetes was detected two years ago, his vision was poor and he was ad-

vised laser treatment. He went for it and how his vision has been restored to almost 80 or 90%. Thus, laser treatment is of tremendous help to diabetic patients.”

Dr. Kothari then turned to optical CT (OCT) which was analogous to CT scans of the brain and other organs and showed the various layers in the retina, thus helping detect abnormalities. With precise knowledge of the condition, sophisticated, advanced surgery helped restore vision.

For example, OCT, a non-invasive technique, helped in the diagnosis of a macular hole (a hole or tear in the central portion of the retina called the macula). Advanced treatment was available for this condition and could be used for maximum benefit.

Glaucoma, another common disease which affected the optic nerve (connecting the eye and the brain), could be diagnosed before it caused irreversible loss of vision.

Normally, eye pressure was high in cases of glaucoma, but sometimes eye pressure could remain normal and yet cause irreversible damage. There were two types of glaucoma, open-angle glaucoma and closed-angle glaucoma.

With advanced means of measuring the pressure of the eye and special equipment, it was possible to see the angle of the eye and assess the extent of damage caused by glaucoma.

Five years ago, glaucoma used to cause a lot of damage before it was diagnosed. Today, special techniques helped detect glaucoma at an early stage, thus saving patients’ vision.

A 51-year-old woman from Vapi came with a strong family history of glaucoma, an almost definite caus-

ative factor. But the pressure in her eye was not too high. She was a borderline case.

Various tests were done because of her family history. Fifteen or 20 years earlier, she would have been told to have her glaucoma checked every year. And by the time glaucoma was diagnosed, a lot of damage would have occurred.

But now there were technologies like HRT, an advanced test of the optic nerve which revealed its structure and helped detect glaucoma (and the damage already done) at an early stage. Other sophisticated instruments such as OCT and JDX also helped in detecting glaucoma at an early stage.

“We do have technology with which we can detect very early and we can also treat early so that irreversible damage can be prevented and vision can be saved.”

Dr. Kothari described a man with a severe headache which was diagnosed as migraine. He was 65 years old. OCT technology yielded a CT scan of the front portion of the eye and helped measure various angles and parameters of the eye.

The final diagnosis was angle-closure glaucoma which required a two-minute laser procedure as treatment. A small hole was made with a laser; this converted the narrow angles into open angles and treated the patient almost permanently.

Another man, aged 75 years, had multiple problems; he had cardiac problems, haemiplegia and glaucoma. He was on many medications and under extensive medical treatment. Ideally, his uncontrolled glaucoma required an operation. But at the age of 75, with cardiac and other problems,

it had to be seen whether or not it was worth operating on him.

His expected life span was between five and ten years. If the glaucoma was not treated, it could theoretically make him blind after about ten years. The obvious answer was that it was not worth doing surgery on such a patient.

But now there was a technology called SLT or selective laser trabeculoplasty for the laser treatment of open-ended glaucoma. This reduced the number of medications and also slowed the rate of progress of damage. The patient’s eye pressure was now well controlled with only one medication and his vision continued to be good.

Dr. Kothari recalled the case of a woman aged 52 who had undergone cataract surgery elsewhere but came to him with hazy vision. The surgery was performed by a good surgeon who told him that nothing had gone wrong during the surgery and that there was no cause for the hazy vision.

The patient was subjected to an inter-segment OCT which showed the cornea in such minute detail that it revealed a thin membrane that was detached from its moorings. This would not have been visible with normal methods of examination.

The treatment was simple – a special gas was injected that pushed up the membrane. The membrane got re-attached in a few days, the cornea became clear and the vision normal.

A girl aged 17 wore cylindrical glasses numbered 8.5; she was unable to wear contact lenses and had to change her spectacles quite frequently.

Close examination showed that her cornea was not round but slightly conical. Her condition was detected with the help of a special instrument; she was given treatment and her condition stopped deteriorating further.

Similarly, Lasik technology enabled a boy of 19 and with spectacles numbered 2.25 to return to normal vision. He was taken into the navy which had earlier turned him away.

Finally, Dr. Kothari referred to a depressed, almost retarded girl aged 23 who was virtually blind without her glasses. Her glasses numbered 23 and she could not wear contact lenses. In her case, the technology of implantable contact lenses was used. Lenses were put inside the eye in the course of a five to seven-minute procedure.

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You must go for routine eye examinations once you cross the age of 40, Dr. Kulin Kothari tells members at the last meeting. He also helped dispel some myths about the benefits of cataract surgery and came out against operating on both eyes simultaneously

# 4,600 pictures were received for 'Click & Capture' contest!

They gasped at first and then burst into loud applause. That was the reaction of members at the last meeting when informed that a whopping 4,600 pictures were received at the conclusion of the friendly "Click and Capture" competition organised at the meeting of Tuesday, April 20.

Suresh Jagtiani, who made the announcement, said that he and the team that worked behind the scenes were simply overwhelmed by the response to the contest which was a "totally in-house" affair.

A total of 19 models – all of them from the Club – were clicked in three principal moods by a team of photographers, also drawn from the Club. The models were asked to display by facial expressions and demeanour three moods, viz., "Personality plus", "Positive emotions" and "Negative feelings". These were captured by an almost equal number of cameramen and women.

A striking feature of the contest was that it was the models themselves



The trio that clicked the most. Photographs taken by Huzaiyah Bagasrawalla, Hon. Secretary Shivkumar Israni and Rotaryann Vatsala Jatia (from left to right) featured most often in the final round of 57 pictures in the friendly 'Click and Capture' competition organised at the meeting of Tuesday, April 20

who chose the pictures which they felt did full justice to them.

Thus, a total of 57 pictures (three each of the 19 models) were shortlisted for the final round. Each of these pictures was labelled with the name of the model as well as the photographer.

In another novel twist that decided the ultimate "winners" of the contest, the pictures were carefully screened to find the photographers whose works featured most among the 57 chosen ones.

**And the three photographers who emerged with most works among the final 57 were Huzaiyah Bagasrawalla, Hon. Secretary Shivkumar Israni and Vatsala Jatia. Loud applause greeted the announcement of their names.**

Suresh Jagtiani, who was widely seen as the man behind the competition, clarified that the programme was actually the brainchild of President Nandan Damani and First Lady Shreelekha Damani. It was they who had conceived and come up

with the format of the contest, with Shreelekha adapting a famous tagline from Ford Motors ("Keep the workers stationary, let the cars move") and said "Keep the photographers stationary and move the models".

Further, he revealed, both Nandan and Shreelekha had refused point-blank to have their own photographs considered in the competitive section. Suresh also announced that he would give special awards to the First Couple of the Club for this outstanding project.

Making a brief intervention, Nandan stated that the panel that helped select the three categories into which the pictures were to be placed consisted of Suresh Jagtiani, Ramesh Narayan and Shreelekha.

Under the category "Personality plus", among the best pictures were those of Anita Parikh, Biba Arora, Dhvanika Thakkar, Renu Basu, Rita Sagar and Shailesh Haribhakti.

Turning to "Positive emotions", the best photographs featured Ashwin

Thakkar, Malti Jain, Mehul and Miloni Sampat, Pallavi Jha and Pranay Vakil.

Finally, the best works under "Negative emotions" featured PP Dr. Adi Dastur, Framroze Mehta, PP Harry Singh Arora, Hon. Joint Secretary Nirav Shah, Rachna Agarwal, Roda Billimoria and Vandana Daga.

Nandan thanked all members, especially Suresh Jagtiani, the "models" and the "photographers", for making the contest "such a fun event".

Prizes, mementoes and tokens of appreciation were presented to all the participating "models" and "photographers".

## Token fees for Visiting Rotarians and guests

Visiting Rotarians and guests attending meetings of the Rotary Club of Bombay from July 1, 2010, will have to pay a token registration fee per meeting of Rs. 100 and Rs. 200, respectively.

An Extraordinary General Meeting of the Club, which was held at the Taj Mahal Hotel on Tuesday, May 4, unanimously approved a proposal to levy the charges.

The resolution to amend the Club's Bye-Laws was proposed by President Nandan Damani and seconded by Paul George.

## Birthday donations

Suhail Nathani and Darius Pandole made birthday donations aggregating Rs. 13,002 during the week gone by. President Nandan Damani thanked both members at the last meeting.

While Suhail sent a cheque for Rs. 11,000, Darius gave a sum of Rs. 2,002.

## At the last meeting

(Held on May 4, 2010)

PRESIDENT Nandan called the meeting to order and welcomed the guest speaker, the visiting Rotarians, Rotaryanns, guests and others.

### BIRTHDAYS

Members and Rotaryanns celebrating their birthday during the week were felicitated.

### ATTENDANCE

Members	121
Visiting Rotarians	3
Spouses/Rotaryanns	6
Guests	1
Total	131
Svc. box collection	Rs. 5,000



The power of three. Roda Billimoria, Tarjani Vakil and Dr. Vandana Bulchandani snapped in a relaxed mood at a recent Club meeting

# Rotary approves proposal for two e-Clubs per District

District representatives at the 2010 Council on Legislation in Chicago have voted to make e-Clubs a permanent part of Rotary International. The measure, approved by a vote of 430 to 85, received loud applause.

"This will allow Rotarians with physical disabilities or (scheduling) restraints to meet regularly and conduct service projects through the Internet," said R.I. Director Antonio

## Council approves a fifth Avenue of Service

(Continued from Page 1)

The resolution supporting an addition to Article 5 of the Standard Rotary Club Constitution (and thus the creation of a new Avenue of Service) was approved by a slim margin of 263 against 250 votes.

"It's a significant change – a historic day in Rotary," said Council Chair Mark Daniel Maloney. "Rotarians have always strongly supported youth activities even though they were never part of the four Avenues of Service. I think this strengthens our commitment."

The Avenue of New Generations recognises the positive change implemented by youth and young adults involved in leadership development activities, community and international service projects and exchange programmes that enrich and foster world peace and cultural understanding.

Representative Ronald P. Sekkel of District 5170 (California, USA) proposed the enactment by saying that "New Generations is the future of Rotary".

Opponents argued that youth services were already covered by the four Avenues of Service. One representative said that adding a fifth could decrease emphasis on the other four Avenues.

But representative Emile M. Rijcken of District 1900 (Germany) said the new avenue was well deserved. "The volume of activity in youth programmes shows how strong Rotary can be," she said. "The addition of New Generations to the Avenues of Service will contribute in an enormous way toward public opinion."

Hallage as he presented the proposal to the Council.

Representatives from Rotary's 531 Districts met in Chicago to consider more than 200 proposals, some of which would make changes to R.I. Constitutional documents.

Submitted by seven Rotary e-Clubs along with the R.I. Board of Directors, the measure makes permanent the six-year-old e-Club pilot project which is set to end on June 30 this year.

Enactment 10-06 defines e-Clubs as Rotary Clubs that meet electronically. A separate amendment, approved by a vote of 311 to 197, allows for two e-Clubs per District. E-Club members have the same responsibilities as other Rotarians to conduct service projects and promote The Rotary Foundation.

Some of the pilot e-Clubs meet solely through online forums, while others combine electronic with in-person meetings. Each e-Club makes that determination for itself.

Noting that the average age of an e-Club member was 47, supporters of the enactment noted that the Clubs were an effective way to recruit younger Rotarians.

"If our organisation is to grow globally, we must embrace new ways to invite young members," said Lucinda General, representative from District 5510 (Arizona, USA).

**The present 14 e-Clubs boast 360 members in 30 countries and geographical areas and 586 service projects. E-Clubs conduct meetings in Chinese, English, Finnish, Greek, Portuguese and Spanish.**

**Collectively, they have contributed almost \$ 150,000 to The Rotary Foundation.**

Some representatives expressed concern that e-Clubs would introduce unintended side effects if they were made permanent.

"As the number of e-Clubs increases, there may be a situation in which there is division between the e-Clubs and the ordinary Clubs. I don't think that is something we would want," said Chohei Hashimoto of District 2650 (Japan).

"I was worried that the e-Club measure wouldn't pass," said Gerald Sieberhagen of District 9270 (South Africa).

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# CONTRIBUTIO

Several members have made generous contributions  
The following is an exhaustive list of all the contributions as

Contributor	Amount in \$	Amount in Rs.
PP Arvind Jolly	25,000.00	12,00,000
Hon. Joint Secretary Nirav Shah	2,939.81	1,41,111
Ashok Advani	1,041.67	50,000
President Nandan Damani	1,041.67	50,000
Mr. Sanjay Damani	1,041.67	50,000
Shreelekha Damani	1,041.67	50,000
Mr. Gul K. Lalvani	1,041.67	50,000
Jetu Lalvani	1,041.67	50,000
Shyam Mariwala	1,041.67	50,000
Christopher New	1,041.67	50,000
Manoj Kumar Patodia	1,041.67	50,000
Suresh Kumar Agarwal	1,045.45	46,000
Sidhart Kumar Punshi	1,045.45	46,000
Shahzad Qadir	1,045.45	46,000
Mahakhurshid Byramjee	520.83	25,000
Mr. Vir Jatia	520.83	25,000
Prem Nath	520.83	25,000
PP Vithal Palekar	520.83	25,000
Trilochan Sahney	520.83	25,000
Ravi Sheth	520.83	25,000
Homji Colah	208.33	10,000
Apurva Diwanji	208.33	10,000
Satya Bansal	113.64	5,000
Suresh Goklaney	113.64	5,000
PP Ajay Kanoria	113.64	5,000
Madan Menon	113.64	5,000
President-Elect Pradeep Saxena	113.64	5,000
Chander Alimchandani	108.70	5,000
(Dr.) Rajeshwar Bali	108.70	5,000
Samir Chinai	108.70	5,000
Homji Colah	108.70	5,000
Dr. Dinesh Daftary	108.70	5,000
Madhusudan Daga	108.70	5,000
Dr. Marek Dziki	108.70	5,000
Vice-President Paul George	108.70	5,000
Partha Ghosh	108.70	5,000
Manoj Israni	108.70	5,000
Rajendra B. Jain	108.70	5,000
Aziz Javeri	108.70	5,000

# CONTRIBUTORS TO THE ROTARY FOUNDATION

Contributors to The Rotary Foundation and helped the Club meet its target of collecting the equivalent of \$ 50,000. Contributors during the Rotary year 2009-2010. The total amount remitted to The Rotary Foundation (India) on April 30, 2010, stands at Rs. 26,29,111.00 (or \$ 55,303.20)

Contributor	Amount in \$	Amount in Rs.	Contributor	Amount in \$	Amount in Rs.
Meera Kumar	108.70	5,000	Mudit Jain	104.17	5,000
Cavas Majai	108.70	5,000	Naresh Kumar Jain	104.17	5,000
Dipan Mehta	108.70	5,000	Ashish Jalan	104.17	5,000
Aliakbar Merchant	108.70	5,000	Dr. Sorab Javeri	104.17	5,000
Nita Mirchandani	108.70	5,000	PP Dr. Rumi Jehangir	104.17	5,000
Dinshaw Pandole	108.70	5,000	Pallavi Jha	104.17	5,000
Anita Patel	108.70	5,000	Vinod Juneja	104.17	5,000
Shailesh Patkar	108.70	5,000	Homi Katgara	104.17	5,000
Ratan Tankha	108.70	5,000	Jehangir Katgara	104.17	5,000
(Dr.) Ram Tarneja	108.70	5,000	Sam Katgara	104.17	5,000
Khurshed Thanawalla	108.70	5,000	Mayank Kummer	104.17	5,000
Hormazdiyaar Vakil	108.70	5,000	Dinesh Kumar Lal	104.17	5,000
Pranay Vakil	108.70	5,000	Ajit Lalvani	104.17	5,000
Nowroze Vazifdar	108.70	5,000	Dr. Ramchandra Lele	104.17	5,000
Jayant Vora	108.70	5,000	Arif Lokhandwalla	104.17	5,000
Harshbeena Zaveri	108.70	5,000	Pradeep Mafatlal	104.17	5,000
Pashupati Advani	104.17	5,000	Vijay Manshukhani	104.17	5,000
Arvind Agarwal	104.17	5,000	Arin Master	104.17	5,000
PP Harry Singh Arora	104.17	5,000	Ram Murti Mehta	104.17	5,000
Jamshed Banaji	104.17	5,000	Preeti Mehta	104.17	5,000
Satya Bansal	104.17	5,000	(Dr.) Sonya Mehta	104.17	5,000
Dr. Mukesh Batra	104.17	5,000	Aliakbar Merchant	104.17	5,000
Pravin Bhansali	104.17	5,000	Sabira Merchant	104.17	5,000
Shivkumar Bhartia	104.17	5,000	PP Kalpana Munshi	104.17	5,000
Roda Billimoria	104.17	5,000	Sudhir Merchant	104.17	5,000
Sheila Bulchandani	104.17	5,000	Kahan Narang	104.17	5,000
Harkin Chatlani	104.17	5,000	Ramesh Narayan	104.17	5,000
Madhusudan Daga	104.17	5,000	Gaurav Nivetia	104.17	5,000
Vikram Daiya	104.17	5,000	Darius Pandole	104.17	5,000
Dilip Dalal	104.17	5,000	Camellia Panjabi	104.17	5,000
Nanu Daruvala	104.17	5,000	Burjor Poonawala	104.17	5,000
Vijay Dhawan	104.17	5,000	Ravindrakumar Ruia	104.17	5,000
Rohit Dhoot	104.17	5,000	Subhash Sagar	104.17	5,000
Ashwin Didwania	104.17	5,000	Trilochan Sahney	104.17	5,000
Karl Divecha	104.17	5,000	PP Arun Sanghi	104.17	5,000
Rajas Doshi	104.17	5,000	PP Mahendra Sanghi	104.17	5,000
Jehangir Dubash	104.17	5,000	Manju Sanghi	104.17	5,000
Partha Ghosh	104.17	5,000	President-Elect Pradeep Saxena	104.17	5,000
Subash Gogia	104.17	5,000	Sitaram Shah	104.17	5,000
Pradeep Gupta	104.17	5,000	Ghanshyam Sheth	104.17	5,000
Farokh Guzder	104.17	5,000	Kalpana Singhania	104.17	5,000
Shailesh Haribhakti	104.17	5,000	Dr. Phiroze Soonawalla	104.17	5,000
Akil Hirani	104.17	5,000	Ashwin Thakkar	104.17	5,000
Hon. Secretary Shivkumar Israni	104.17	5,000	Akhtarali Tobaccowala	104.17	5,000
			Dilnavaz Variava	104.17	5,000

## *Interactive session on communication skills by Davar's College faculty*



*A large number of students and parents turned up at the Banganga Municipal School to interact with a team from the Rotary Club of Bombay Queen City which has launched a 'Bhavishya-Yaan' project at the school. It has been modelled after the 'Bhavishya-Yaan' projects of the Rotary Club of Bombay*



*An interactive session on communication skills was organised for the students of 'Bhavishya-Yaan' at the Dr. Ambedkar Municipal School in Worli on April 23. It was conducted in a highly professional manner by Mr. Sunil Ullal, who is on the faculty of Davar's College*



*Mehul Sampat and Manoj Kumar Patodia snapped in the company of Kailash Agrawal and Rajesh Shroff of the Rotary Club of Bombay Queen City. Madhusudan Daga was also part of the team from the Rotary Club of Bombay that attended the introductory meeting at the Banganga School*



*Mr. Ullal conducted several exercises for the students so that they could learn how to effectively use communications by adopting soft skills in day-to-day life. This would also help create a positive attitude and help them develop self-confidence. He had the students in thrall*



*A simple thank you will do. Mr. Ullal was presented a card and a bouquet of flowers by the children. Standing at left is Ms Mehtab Uttanwalla, who has been appointed by Davar's College to work for the Rotary Club of Bombay as an English teacher at the Dr. Ambedkar School*

# Dr. Kothari says it is a myth that glasses can be discarded after cataract surgery; it only reduces the dependence on them

(Continued from Page 2)

"Before we do the surgery, we have to take exact measurements with some advanced machines. Her number after surgery is 0.75 in both eyes and she is without glasses and is fairly normal. This is what technology has done for us.

"In short, modern technology in eye care has revolutionised the diagnosis and management of many eye diseases and has helped to prevent a lot of blindness," Dr. Kothari concluded.

Answering questions, he told President Nandan Damani that insurance companies (which only processed claims that involved hospitalisation) had accepted the new paradigm where patients were treated for cataract and discharged within minutes. They now paid for these claims.

Dr. Nayna Dastur wanted to know whether there was any work being done on the use of stem-cell therapy in India. Further, were members of his discipline thinking of putting a camera into the retina of patients who had problems such as macular degeneration and so on?

"Stem cells seem to be the answer to all problems in future. But I feel that stem cells are still at the laboratory stage as far as eye care is concerned. I don't see any great results in the next one or two years, but in five years we will definitely see some

major changes, especially in the area of retinal degeneration," Dr. Kothari said.

As for cameras in the retina, these would at best "show" a totally blind person that there was "somebody" or "something" in the vicinity.

PDG Manibhai Doshi pointed out that the techniques and technologies described would be unaffordable to most patients. Although Rotary Clubs conducted eye camps and so on, there were millions who could not afford the sophisticated treatment that he had talked about.

Dr. Kothari said that at his institute all services, whether expensive or otherwise, were available for paying as well as charity patients. In fact, 65 to 70% of the work was charitable and only 30% was charged.

"At our centre any person can go for any technology at a price that they can afford. But I agree that these high technologies cannot be set up all over the country. They can only be there at tertiary centres, not primary or secondary centres. It is impractical to equip a rural centre with such high-tech equipment; I don't think India can afford it.

"We have four rural centres where we charge only Rs. 2 and everything else is totally free, including all kinds of surgery."

Dr. Kothari told PP Arun Sanghi that a routine eye examination was necessary for all those aged 40 and

above to prevent a lot of diseases. As for those with a family history of glaucoma, it was better if they went at the age of 35 or 37.

Burjor Poonawala, as usual, brought the house down with his innocent query. He said when he went for a lens implant he was told that he would not have to wear glasses. But he had to continue wearing glasses "because I continue to see double". In fact, the surgeon charged him double because, he said, "you can see double!"

"Is it possible," Burjor asked, "to do something to restore my vision to single image at perhaps half the cost?"

When the laughter died down, Dr. Kothari said he assumed that the lens was implanted after cataract surgery. But, he pointed out, there were some myths attached to the procedure. One of these was that it would not be necessary to wear spectacles after surgery.

"This is a myth. The dependency on glasses goes down to a great level, which means you may need glasses only for reading small print, for watching movies or driving. It also depends on various other factors, such as what was your number before the surgery, your profession, how much reading or writing you do and so on. It is all individually customised.

"Now there are new, multi-focal lenses which are supposed to reduce the dependence on glasses still fur-

ther. Some doctors will say before the surgery that you will not require glasses, but that is not exactly true, because even with multi-focal lenses people do require glasses.

"The quality of vision with multi-focal lenses may also not be acceptable. We tell patients that if they are very keen on reducing dependence on glasses, then multi-focal glasses are good, but sometimes you may see hallucinations of light; you may have a problem while driving; or even contrast problems. Detailed counselling is supposed to be done before surgery and then it is a mutual decision whether to go for multi-focal lenses or not. People with high cylinder numbers are good candidates for multi-focal lenses."

Anita Parikh asked whether both eyes could be operated upon at the same time for cataract surgery.

**Dr. Kothari said 99% of surgeons believed in not operating on both eyes on the same day. Lasik was the only surgery performed on both eyes simultaneously and was fairly safe. Most surgeons favoured a gap of a minimum of five to seven days. "I have heard that there are one or two surgeons in Bombay who do it (on the same day), but that is an individual opinion."**

Nanik Rupani introduced the speaker, while the vote of thanks was proposed by Paul George.

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INDIA.

# Happy Birthday



Dr. Ramnath Nayak  
May 11



Hans Khimji  
May 14



Burjor Poonawala  
May 14



Soli Cooper  
May 16



PP Mahendra Sanghi  
May 16



Jamshed Banaji  
May 17



Partha Ghosh  
May 17

## Spouses/Rotaryanns

Mr. Ajeet Arenja  
May 11

Marzena Dziki  
May 11

Lovey Pariyaram  
May 16

Damini Kamdar  
May 17

Firoza Kavarana  
May 17

Shama Thukral  
May 17



Regd. No. MH/MR/South-109/  
2009-11, R.N.I. No. 14015/60

## ROTARY CLUB OF BOMBAY

FOUNDED 19 MARCH, 1929  
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 Pranay Vakil Nowroze Vazifdar

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 Water Management  
 (R.I. and Dist. Thrust) Suresh Goklany



He almost always brings the house down with his wit and his cynicism.  
 Burjor Poonawala (centre) snapped with Malti Jain and Vandana Daga

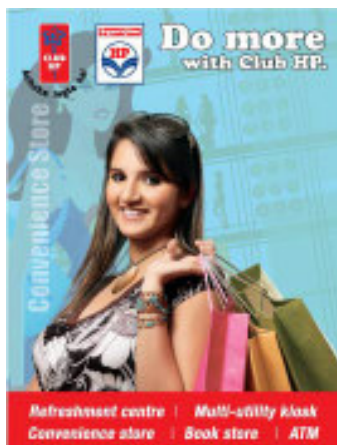
## Rotary okays proposal for e-Clubs

(Continued from Page 4)

"Anyone who had taken the time to visit an e-Club site before this meeting would have seen the huge value e-Clubs offer to the organisation. There's a huge opportunity for more e-Clubs to be chartered."

Others noted that too many questions remained unanswered about e-Clubs. "Which PETS (Presidents-Elect Training Seminar) does the President of the e-Club attend, assuming he or she is not physically in the District? How does the District Governor make his/her Official Visit?" asked Chris Offer, representative from District 5040 (British Columbia, Canada). "Do we have to develop specific online training for one Club in the District?"

Douglas W. Vincent of District 7080 (Ontario, Canada) said e-Clubs presented an opportunity too valuable not to embrace. "This is not taking anything away from Rotary; it's adding to Rotary," he added.



## A workshop on Career Guidance

If the Bhavishya-Yaan students of Dr. Ambedkar College were participating in a session aimed at developing communication skills, those from the Colaba Municipal School were attending a career guidance workshop at the Powai office of the NGO "Vidya".

The workshop was arranged on April 16 by the NGO's "Growth Centre" and was attended by about 45 "Vidya" children from the "remedial group", including a contingent from the Colaba Bhavishya-Yaan.

Ms Suchitra, who conducted the informative and interactive workshop, encouraged the students to voice their doubts about their career aspirations without being self-conscious.

The module was divided into three parts - careers after Std. X, after Std. XII and after graduation. The students were motivated to reach the graduation level and not to drop out.

Several career choices were discussed, including alternatives to traditional ones such as engineering. Individual dreams of being a scientist, a lawyer or a teacher also came up, as did the sources of employment news.

