

BULLETIN OF THE ROTARY CLUB OF BOMBAY



From the President's Desk



It was great to see a large number of Rotarians turn up for the annual Table Tennis Tournament held at the YMCA, last Sunday. It was an exciting morning with lots

of fellowship. Kudos to Jamshyd, Moy, Sanjiv and the Sports Committee for a well-organized event!

It was a pleasure to receive Dr. Philip J. Silvers from Arizona, USA as our special guest. Timing it well with the World Heart Day, Dr. Aashish Contractor gave us a very helpful talk on how to prevent heart ailments. With it, I'm sure that we will have more healthy Rotarians in our Club.

Thank you Satyan for hosting a well-received mini fellowship.

The In Camera fellowship on hair at Dr. Akshay Batra's residence was a great success. I would like to extend thanks to Farah and Akshay for their hospitality, and congratulations to Rekha for yet another successful event. I am sure, many more Rotarians will have their hair on their head.

Our Club is now gearing up for the Diabetes Checkup Camps on the 9th October. We would appreciate if more Rotarians could volunteer as help is required on ground.

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Matters of the Heart!

As a fellow Rotarian, Dr. Aashish Contractor needs no introduction. We are all aware (rather we ought to know!) that he heads the Rehab and Sports Medicine Dept. at Sir H N Reliance Foundation Hospital, and that he is the Vice-Chairman of the International Council of Cardiovascular Prevention and Rehabilitation, as well as the Certification Director of the American

College of Sports Medicine in India. However, what we didn't know was his pragmatic approach towards reducing incidence of heart ailments, and the lucid manner in which he dealt with the subject, which made last Tuesday's talk a compelling and informative one.

"Heart disease is the leading cause of death worldwide, and even in India. As per WHO, India has the highest



Rtn Dr. Aashish Contractor, HOD, Rehab and Sport Medicine, Sir H. N Reliance Foundation Hospital

prevalence of heart diseases, and is the #1 killer not just for men, but also for women. In fact, heart diseases kill women more than all cancers put together. It's something we need to be worried about. Statistically speaking, one out of three people, will die of a heart disease, and that's across the country!"

"Also with the so-called modern diseases that affect us today, India is facing, what is known as a double whammy. While on one hand, we still have people dying of infectious diseases such as Tuberculosis, Cholera and Diarrhea that are easily preventable; on the other, we are also getting affected by chronic diseases like cardiovascular diseases, cancer, diabetes, etc."

"So what do we do about it? I would

Today's Meeting Mr. Shailesh Gandhi, Activist - Future of RTI



Forthcoming Events

- Oct 11, 2016 Dussera - No Weekly Meeting
- Oct 18, 2016 Mr. Sudheendra Kulkarni, Politician, Columnist & Head of Observer Research Foundation - 'Good Governance Reforms - Need of the hour' - Joint meeting with RC of Mumbai Central
- Oct 25, 2016 Diwali Nite - Celebrations at M. V. M. Banquet: 7:00 p.m. onwards - No afternoon meeting
- Nov 01, 2016 Diwali - No weekly meeting



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Next: President Dr. Mukesh Batra with Dr. Indumati Gopinathan.

Left: President Dr. Mukesh Batra exchanging the RCB flag with PRID Dr. Philip J Silvers of Arizona, USA. Dr. Silvers who is the Chairperson of Cadre of Technical Advisors 2014-17, is here for the Rotary 3141's 100 Free Diabetes Checkup Camps across.

like to explain four important aspects of heart health, i.e., how the heart works, what is a heart attack, what are the risk factors that can cause it, and what are some of the changes that can be made to prevent it from happening. When we talk about prevention, it works in two ways: 1) Preventing the disease from happening, which is known as primary prevention, and 2) If by chance, you've already suffered, then to prevent it from happening the second time. That is known as secondary prevention. And what you need to do for both, is actually is similar."

"Did you know, a heart beats 2.5-3 billion times through out an average life span, and for that it requires its own blood supply. So while the heart supplies blood to the entire body (in fact it could be called your muscular pump), it requires blood supply for its own functioning, which comes from arteries known as Coronary Arteries. These Coronary Arteries, three of which are most important, are the right coronary artery, left circumflex, and the left anterior descending. These supply blood to the heart muscles and they run on the surface of your heart. And when you have a blockage, it doesn't happen in the heart, but inside the arteries, which supply blood to your heart."

"So when does a heart attack take place? We are all born with pristine clear arteries. Over time blockages build up and get to a point where they start obstructing the blood supply. And when that happens, at some point, the growth of the plaque or the blockages,

BENEFITS OF EXERCISING

- Reduces the risk of heart disease by 40%.
- Lowers the risk of stroke by 27%.
- Reduces the incidence of diabetes by almost 50%.
- Reduces the incidence of high blood pressure, by almost 50%.
- Can reduce mortality and the risk of recurrent breast cancer by almost 50%.
- Can lower the risk of colon cancer by over 50%.
- Can reduce the risk of developing of Alzheimer's disease by one-third.

THE TRADITIONAL 'EXERCISE PRESCRIPTION'

Consistently engage in the following:

- Moderate Exercise - 150 minutes per week (i.e. 30mins x 5 days), OR
- Vigorous Exercise - 75 minutes per week (i.e. 15mins x 5 days), OR
- An equivalent combination of the two
- Muscle strengthening activities involving all major muscle groups to be performed 2 or more days a week

THE NEW APPROACH: SNEAK IN MOVEMENT

Don't Sit When You Can Stand

- Break up long periods of sitting - move every 20-30 minutes
- Try a sit-stand routine at work

Don't Stand When You Can Walk

- Walk at leisurely pace when you are on the phone
- 10,000 steps per day on pedometer

Don't Take The Lift When You Can Climb

- Benefits with as little as climbing two flights at a time
- Set a goal (15-20 flights/day), keep track, increase over time

break in (sort of like an erupting volcano) and that leads to a heart attack."

"So often we hear people saying that they had an Angiography and found blockages in two or three arteries, one a 60% and other a 70%. So there are chances that a 70% blockage can break and cause a heart attack, while a 90% may not! Therefore, the key is to prevent that plague from rupturing, and if you manage to do that then you have essentially reversed the heart disease."

"How do you know? What are the warning signs? You may have heard of the word Angina, or pain in the left side of the chest and going down to your left

arm. Now that's a very classic textbook definition. Unfortunately, that happens in only 20% of the cases. Therefore, a simple way of describing it is that, any discomfort from your navel to your nose that includes your jaws, shoulders or back, especially if it's related to exertion, which means if you walk or run it increases, and if you sit or lie down it becomes less. If that's the nature of pain, then it can very well be related to the heart unless proven otherwise. There will be times, when you may mistake it as gas, however, it is better to get yourself checked. If it's gas you might have wasted couple of hours and some money, but if it is heart related, then you would have saved your life."

"Speaking of risk factors, they can be any factor, which when present increases the chances of a disease taking place. So, what are the risk factors causing the heart diseases? What causes a heart attack? Let's run through them one by one:

1) Age - As you age, your chances of all the chronic diseases goes up. Typically if you want to define the cut off, it is 45 for men and 55 for women (As per the Inter Heart Study, Indians tend to have heart diseases a decade younger than in western countries).

2) Family history - If anyone from your family suffers from heart diseases, your risk goes up. It certainly does not mean that you will suffer or have to suffer, it just means your risk goes up.

3) Cigarettes smoking and tobacco - In all aspects of lifestyle modification, we talk about moderation. However, this is one area where moderation doesn't work, you just have to stop! It's like asking me should I jump from 10th floor of the building or the 5th? Either way you are going to suffer.

4) Hypertension or High Blood Pressure - We all have blood pressure, without it we cannot live. So ideally, your blood pressure should be less than 120/80. If it's more than 140/90 we call it High Blood Pressure. And the in-between zone, i.e., 120-140 is your borderline zone.

5) High Cholesterol - When you do a Lipid profile, remember, your total cholesterol should ideally be less

then 200, your Triglycerides (which is the fat in your blood) should be less than 150, LDL (is the bad cholesterol) should be less than 100, and HDL (which is the good Cholesterol) should ideally be more than 40.

6) Diabetes - Ideally, your sugar level should be less than 100 in a fasting state and up to 120 post a meal. Anything above 126 is diabetes. Check it at least on two occasions, once-in-a-while if your sugar is high, its OK, so don't panic.

7) Obesity - For measuring obesity we look at Body Mass Index or BMI, i.e., your weight in kilograms, divided by your height in meters square. Ideally, it should be less than 25. A simple way is to measure your waistline. For men, it should be less than 35 and for women should be less than 31. This is because, the fat around the stomach is much more dangerous than the fat around the thighs and the hips.

8) Sedentary lifestyle - Not exercising regularly can also increase your risk to heart diseases. See Chart for the 'Traditional Exercise Prescription'.

9) Stress - The problem with stress is that there is no measure to understand how stressed you are. Stress is a part of everyone's life. But when it becomes excessive and turns into distress, that's when it's a problem.

"So how do we prevent it? The answer is very simple. To prevent it we need to take care of causative factors.

Take a look at the Benefits of Regular Exercising Chart on Pg2. So this is one drug which can do all this and it's not very expensive, all you need is a pair of shoes. In fact, nowadays the trend is towards bare foot running, so all you need is a pair of legs. So my question is what's your excuse!"

"Also previously, we used to think that our brain cells are fixed in our early years of our life. However, recent studies have shown that we can still develop new neurons even past 40, 50, or even 60, in an area of the brain called the Hypothalamus. And with regular exercise, we can actually prevent diseases like Alzheimer's."

"Finally, what should we eat? There are all sorts of diets being advocated, and honestly, they all work as long as you follow them. The thing with most is that we like to pick and choose from different diets and eventually end up having everything. So the simple rule of thumb is to follow the traditional Indian diet, which is very healthy. Keep junk and processed foods to a minimum. Complex carbohydrates are good, but excessive sugar or fat can be under control. And lastly keep your stress to a minimum."

"Here's a quote by Hippocrates which sums up my recommendation, 'Eating alone will not keep a man well, he must also exercise, for food and exercise work together to produce health.'"



2016 RCB Table Tennis Tournament

Following the success from last year when RCB organized its first-ever Table Tennis Tournament, this year too, we were certainly not disappointed.

Held on 25th September 2016, the format of the tournament remained the same as last year, where the four captains - Anand Dalal, Jamshyd Vazifdar, Mehernosh Dotivala and Satyan Israni - picked names at random to form their teams.

In Group 1 were Anand's team comprising Moy Biswas, Bomi Framroze, Rohan Dalal, Yajjat Sekhsaria (Alok's son), Avyayaraj Arenja (Anuj's nephew) and Hriman Batra (Dr. Akshay Batra's son) paired up against Satyan's team which consisted of Mudit Jatia, Sohrab Khushrushahi, Vivek Himatsingka, Rajesh Shah, Peshwan Jehangir, Ravi Fotedar and Rishad Poonawala (Khurshed's son).

In group 2 were Mehernosh's team of Khurshed Poonawala, Karl and Dinshaw Divecha, Kirit Kamdar, Mahesh Khubchandani and Sanjiv Saran Mehra paired up against Jamshyd's team of Anuj Arenja, Nowroze Vazifdar, Vineet Suchanti, PP Dr. Sonya Mehta, Yasmin Divecha and Dilip Dalal.

After the gripping quarter finals and keenly-contested semi-finals, the 'Bronze-medal match' between Anand and Yajjat, and Mahesh and Sanjeev, saw the former pair emerging as winners.

Then, it was time for the finals, where the father-son Divecha duo defeated Peshwan and Ravi in a gallantly-fought match.

President Dr. Mukesh Batra was present, but unfortunately could not take part this year, and joined Niloufer Vazifdar to cheer the participants.

Sports Committee chair Jamshyd Vazifdar gratefully acknowledged the support of PP Paul George for making available the premises of the YMCA, and Jijo from the YMCA once again. He also mentioned that, as in the past year, the equipment had been loaned to us by Rotarian Vita Dani, and thanked his Committee members, especially Moy Biswas for meticulously keeping the score and Sanjiv for sourcing the trophies this year.

This was followed by the prize distribution and a typical fun-filled Rotary fellowship over snacks and beverages.



In Camera Fellowship With Rtn Akshay Batra



The In Camera Committee organized yet another remarkable fellowship, and this time around on a topic that may have given sleepless nights to most, especially men! Hosted by Farah and Dr. Akshay Batra, the fellowship was an interactive talk by Dr. Akshay on 'My Love For Hair, And How You Can Keep Yours'.

Attended by 30 Rotarians, the evening began with Cocktails and friendly banter. As the recipient of the prestigious Robert Olding Award by The Trichological Society, London, as well as the author of 'Hair - Every Thing You Ever Wanted to Know', Dr. Akshay spoke of the unknown aspects of hair, of various practices, of hair being a mirror to an impending

health problem, and finally, the innovations in hair treatment.

Then using a Video Microscope, he demonstrated that while patterns of hair loss looked similar in most cases, it is essential to differentiate genetic hair loss from autoimmune hair loss or stress related hair loss. Then based on the diagnosis, the treatment option ranges from treating the underlying cause while supplementing with non-surgical instant solutions to permanent surgical solution such as hair transplant.

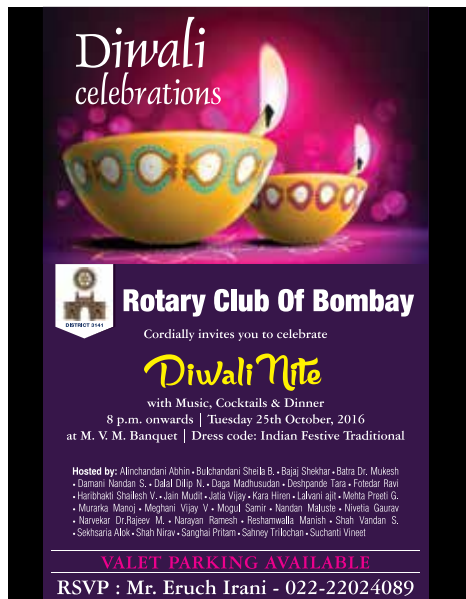
With delicious, aromatic food being served, the evening came to an end. Every one thanked Dr. Akshay for an informative, eye-opening session, and Farah for her hospitality.

Real Impact

“I was driving back from the Cancer Awareness camp organized at a BY School in Byculla on the 29th September, and suddenly my son Ishan, who was in the front seat, shouted that the garbage dumper ahead of our car had run over a stray dog. Our car passed it in a flash but Alok Seharia and I, who were deep in conversation heard an anguished wail of pain. For a moment I didn't know what to do, but Ishan turned around in his seat and said, 'Dad, call someone. We can't just drive on like this?'. I called Abodh Aras of Welfare of Stray Dogs (WSD) and told him what had happened. He said he would look into it. Exactly 20 minutes later he called back and said it must have sustained a fracture and needed hospitalization. He added that it was being taken to the Hospital in an Animal Ambulance.

I recalled the big symbolic key that President Dr. Mukesh Batra had presented Abodh at his installation on July 1st this year. It had been for an Animal Ambulance. And here was immediate action being taken to save the hapless animal. The Animal Welfare Committee and President Dr. Batra need to be congratulated on the work they are doing and for their good choice of a wonderful partner in WSD.

Here's a case of true impact assessment!
- President Elect Rtn Ramesh Narayan



Diwali celebrations

Rotary Club Of Bombay
 Cordially invites you to celebrate
Diwali Nite
 with Music, Cocktails & Dinner
 8 p.m. onwards | Tuesday 25th October, 2016
 at M. V. M. Banquet | Dress code: Indian Festive Traditional

Hosted by: Alinchandani Abhin - Bikhchandani Sheila B. - Rajgi Sheshkar - Batra Dr. Mukesh - Damani Nandini S. - Dalal Dilpa N. - Daga Madhusudan - Deshpande Tara - Fotadar Ravi - Haribhakti Shaillesh V. - Jain Muditi - Jasta Vijay - Kara Hiran - Lakshmi ajit - Mehta Preeti G. - Murarka Manoj - Moghani Vijay V. - Mogul Samir - Nandani Maljisti - Nivelta Gaurav - Narvekar Dr. Rajeev M. - Narayan Ramesh - Reshamwala Manish - Shah Vandana S. - Sekharia Alok - Shah Nirav - Sanghvi Pritam - Sahney Trilokhan - Sureshani Vineet

VALET PARKING AVAILABLE
 RSVP : Mr. Eruch Irani - 022-22024089

3rd Assimilation Mini Fellowship

The 3rd Assimilation Committee Mini Fellowship was a High Tea graciously hosted by Rtn. Satyan Israni and R/Ann Naveena Israni at Chancellor, National Sports Club of India, Worli. It was a cozy gathering, which saw a healthy attendance of the newer members. There was a lavish and generous spread to satisfy the palate of the members who took time out of their busy schedules to attend the early evening event.

Amongst those who attended were Ulhas and Beena Yargop, Zeenia Master, Mudit Jain, Mehernosh Dotivala, Sorab Javeri, Moy Biswas, Samir and Shailaja Mogul, Mahesh Khubchan-

dani, Murad Currawalla with wife Niloufer and infant Tushad, Mehul Sampat, Pulin Shroff, Mudit and Priyanka Jatia, Shivkumar Israni and the host couple, Satyan and Naveena.

Members were unanimous in their view that such small gatherings augured well for strong bonding among fellow Rotarians/Annes.

The Assimilation Committee conveys their heartfelt thanks to the generous hosts Satyan and Naveena for their kind hospitality. Any Rotarian interested in hosting a mini-fellowship may please contact the Assimilation Committee.



Creating Awareness At The Right Age

The Cancer Aid Committee partnered with the Bhavishya Yaan to organize a much-needed one-day workshop on 'Creating Awareness About Tobacco Related Issues' at the Byculla Municipal School, for students from the 6th to the 9th standard.

Conducted by the Salaam Bombay Foundation and attended by about 350 children, the workshop aimed at spreading awareness on the ill effects of tobacco at the right age, so that the children do not give in to temptations, and would prove as deterrents for those consuming tobacco or smoking around them.

A short movie demonstrating on how tobacco companies misuse their marketing and advertising to trap young people was shown. This was followed by a talk on tobacco products available near the school, poisonous chemicals found in them and their ill effects. Children were also taught about refusal skills, and

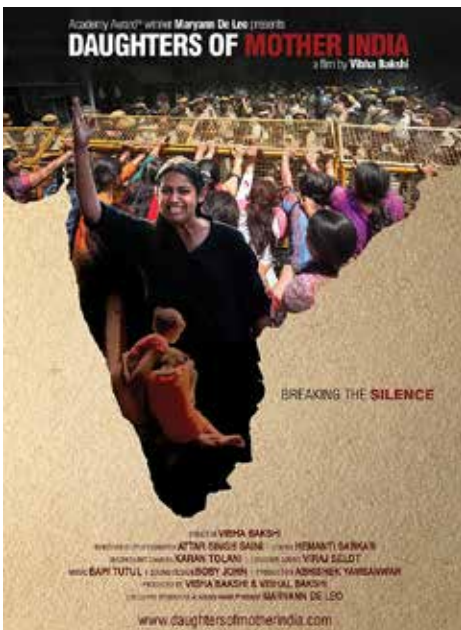
tips on cessation were given in an interactive way.

President Elect Ramesh Narayan, President Nominee Jagdish Malkani, Chairman of Cancer Aid Committee Madhusudan Daga, Rtn Alok Sekhsaria attended the function along with Rotaryannes Ekta Shah and Priyanka Jatia and the BY coordinator for Byculla, Rashmi Bapna.

The Rotaractors of HR College, i.e., Nirali, Divanshi and Ayonah also volunteered and helped throughout the event. That's not all! Star Performer Ishan Narayan (son of President Elect Ramesh Narayan), who sang along with the Rotaractors, enthused the children with their beautiful voices and brought in cheer.



Learning From The Film 'Daughters Of India'



taken through a screening of 'Daughters of Mother India', which won the National Film Award for best film by the President of India.

In this documentary, Indian journalist and filmmaker Vibha Bakshi questions how Indian society is changing after the horrific rape and murder of Nirbhaya, a 23-year-old medical student from Delhi in December 2012. Although an Anti-Rape Law was passed and radical changes were made within the police force and the judiciary, gender violence still persists. It probes local judges, police officers, teachers,

activists and even street performers that are fighting against gender violence on a daily basis, while simultaneously showing the critical role that each one of these must play in bringing about real change in India.

The children saw how for weeks, mass protests filled the streets of India and the country witnessed gender consciousness and extraordinary solidarity by ordinary citizens like never before. The 9th and 10th grade students had a lot to debate and discuss about each other's views on how they felt when watching the movie.

Rotaryannes Ekta Shah and Priyanka Jatia were present during the screening so as to respond to the queries sensitively. Also present were life-skill coordinator Ms. Prajakta from Vidya foundation along with other teachers and Byculla school coordinator, Rashmi Bapna.

On 23rd September, a day after the International Peace Day, 55 Bhavishya Yaan students of the GK Marg Municipal School were

ROTARY CLUB OFFICERS

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Rtn. Arun Sanghi
Rtn. Dr. Adi Dastur
Rtn. Dr. Mukesh Batra
Rtn. Dr. Sonya Mehta
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In-camera	Rekha Tanna
Attendance	Bipin Kapadia

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Consulting Editor : Krupa Ghandhi
E-mail: krupaghandhi@gmail.com | +91 9819269039

NEXT WEEK'S SPEAKER

Mr. Sudheendra Kulkarni, Socio-Political Activist and Columnist



Born in Athani, a town in Belgaum District of Karnataka, Sudheendra Kulkarni, graduated from the Indian Institute of Technology (Bombay).

He soon joined the Blitz (a Mumbai-based weekly tabloid, known for its socially-committed journalism), and took over from P. Sainath as the Deputy Editor. Owned and edited by Russi Karanjia - who in his last phase of journalistic career had become disillusioned with Communism but was a strong sympathizer of the BJP - insisted

that Sudheendra give a new, pro-Hindu orientation to the Blitz, and went on to become the executive editor.

In 1996, he joined BJP. As a member, he was associated with the 'India Shining' campaign and rode the inaugural Delhi-Lahore Bus. He also helped the former Prime Minister Atal Bihari Vajpayee to write his speeches, and eventually acted as the strategist to L. K. Advani, who had influenced his rise within the party.

He resigned from the BJP in 2009. However, in 2012, Sudheendra was once more working for the BJP, as an advisor to its president, Nitin Gadkari. He had been working for the Observer Research Foundation, a think tank, prior to this.



Birthdays & Anniversary Greetings



PP Arvind Jolly
2nd October



Meera Alreja
6th October



Dr. Hemraj Chandelia
7th October



Vikram Daiya
7th October



Ritu Prakash Desai
8th October



Vijay Jatia
8th October



Poonam Lalvani
8th October



Keshub Mahindra
9th October



Soheli Shikari
10th October

Rotaryanne

5th Oct - Divya Mafatlat
6th Oct - Sweta Vakil
7th Oct - Swapana Murarka
7th Oct - Niloufer Vakil
9th Oct - Meher Poonawala

9th Oct - Arwa Tapia
10th Oct - Faryal Katgara
10th Oct - Kusum Lodha
10th Oct - Priti Nath

Anniversary

9th Oct - Kulsum & Farhat Jamal

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Ph: 23705200 / 01 / 02 / 03.
Email: indigopress@gmail.com.

Statistics for last week's meeting

Members	124
Rotaryannes	03
Guest	07
Rotaractors	10
Total Attendance	141
Service Box Collection	₹ 6210