

### Last Week

Last Saturday, Dr. Jagdish Hiremath, a well known cardiologist from Pune, gave a very interesting talk on Health and Lifestyle.

Coronary artery disease is spreading like pandemic in India. Younger patients are getting afflicted with it in a larger percentage. Increased incidence of Hypertension, Diabetes, smoking & mental stress are the gearing causes for it. All these diseases & risk factors are related to faulty lifestyle.

Atherosclerosis is the process by which arteries going to the heart get blocked & finally result in death of heart muscle leading to Heart attack. In order to overcome the established block no pharmacological treatment is available. Mechanical treatment like angioplasty, bypass surgery are very effective and expensive. The best way to tackle this disease is prevention.

This comes from commonsense lifestyle changes in form of diet, exercise & stress management. Simple Indian type of diet, predominantly vegetarian, predominantly fat free & lighter dinner are simple principles of dieting. Regular aerobic exercise along with yoga, meditation & pranayam are essential for day-to-day fitness.

Stress management in form of correct diet & nutrition, correct diet & exercise, managing time effectively, emotional & financial stability and ego management.

The new ABCDEFGH, A-Anxiety, B-Bottle, C-cigarette, D-Diet, E-Exercise, F-Friends, G-Guru & H-Human.

We all should try to lead lifestyle with this ABCDEFGH in mind.

This can lead to a healthy life.

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### Diwali Dhamaka!

Diwali Dinner will be held on 14th October with Live band, Dandiya and lots of phatakas (without sound) at Poona Club golf course and promises to be big blast!

It will be hosted by the following people : Rtn. Ramesh More, Rtn. Rathi Madhu, Rtn. Almal Basant, Rtn. Jain Ashok , Rtn. Jain Surendra Kumar, Rtn. Jhunjhunwala Krishna, Rtn. Jinendra Munot , Rtn. Kejriwal Akshay, Rtn. Lunkad Shantilal, Rtn Malhotra Bahri, Rtn Malhotra S.P., Rtn. Merchant Suhas , Rtn. Rathi Narayan, Rtn. Saxena Dr. Harish, Rtn. Shah Abhay, Rtn. Shah Bharat, Rtn. Shah Nalin, Rtn. Shroff Arun, Rtn. Shroff Surendra, Rtn. Thakker Ramesh. The Leader of the group is Rtn. Madhu Rathi.

A gala night with sumptuous food, fun and frolic!  
Certainly a not to be missed event!

### This week

Pres. Rajendra Shah will lead the Business meeting scheduled for today.

The issue of increased subscription will be taken up, along with any other issues members may feel concerned about.

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### Next Week

Early Act and IYE students will take the stage next week.

All the IYE students currently in Pune will make a presentation and the Early Act students will also outline their agenda.

It will be under the leadership of Rtn. Anil Bora.

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### Interact Installation 2006-07

The Installation of all 9 Interact Clubs was completed last week with the Installation of Interact Club of Abeda Inamdar Junior College at a well organised function at their school campus. Rtn Munawar and RAnn Mumtaz Peerbhoy are the Chairperson for the school.

The teams of Rtn & RAnn for all the schools are doing an excellent work by supporting these schools .

We thank all of them for their great support and the various programs planned for the year.

District Interact Assembly was held last Sunday organised by RC Pune Camp. All the Interact and Early Act clubs participated in large nos.

Rtn Anil Bora

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## Family Friendship Exchange Program- Kandy, Sri Lanka

RC of Kandy, Sri Lanka has send us an invitation for visit of five Rtn Couples to them for a week in January/February 2007 .

Five Rtn Couples will be visiting us in November/Decemeber 2006 for a week in exchange of the group who visited them during 2005-06.The group will be hosted by them.

This is the third year of our exchange visits with them.

### Family Friendship Exchange Program - Dahanu, India Dist 3400

RC of Dahanu, Dahanu, Dist 3400 have extended an invitation to Rtn from our Club . Five Rtn Couples will be visitng for 2 nights/ 3 days and will be hosted by the Rtn from RC of Dahanu. They want us to visit them in November/December 2006. Visit from their Rtn will be in January/February 2007. The group will leave on Friday morning to reach Dahanu by afternoon.[ max 5 hrs drive by car] Stay with them till Sunday afternoon and leave for Pune after lunch. Attend their Saturday weekly meeting besides visiting few places around and enjoy their hospitalities.

Rtn who are interested to join the group should get in touch with Rtn M M Sharma, Director, or Rtn Anil Bora -Chairperson for more details for further details.

Rtn Anil Bora

## Matching Grant Update – September 2006

1. MG # 56594 - \$ 9,000 (INR 3,96,000) Considerable progress has been made in completion of this MG under which 60 children are being “educated” and looked after. Many have “graduated” and have a job. Vocational Training and Rehabilitation of children forms the main part of the MG. RC IJmond, Holland is our International Partner.

2. MG # 58895 – Corneal Transplant / IOL; \$ 21,450 (INR 9,65,250) 200 Corneal Transplants and 150 I.O.L Transplants will be conducted. 150 IOL / 96 Corneal Transplants have been completed. RC Simi Sunrise, California, USA and RC Waukee, Iowa, USA are our International Partners for the project. Expected closure date: November 2006.

3. MG # 60576 – Breast Cancer Surgery. \$ 17,650 (INR 7,94,250) 100 surgeries will be performed; Screening will be done at 10 camps held in conjunction with smaller RC in rural Maharashtra. First one planned is at Shirwal in October 2006. RC Honolulu Sunset, Hawaii, USA are our International Partners for the project.

4. MG # 60875 – \$ 24,750 ( INR 11,13,750) Corneal Transplant 250 / IOL 150 will be done under the MG our application is now before the trustees for a decision; expected to be approved by end of September. RC Simi Sunrise, California, USA are our International sponsors.

5. An application has just been made for a total of \$ 18,150 (INR 8,16,750) for a MG under which we will do 135 Cleft Lip and Palate Surgery at Deenanath Mangeshkar Hospital, Pune and Mission Hospital Jalna. RC Kandy RID 3220 and RC Stanford Le Hope & Corringham, U.K. RID 1240 are our International Partners. MG # is awaited.

“Rule of 5” - with these five open matching grants we will not be able to apply any more till we close a few of the old matching grants. We expect MG # 58895 to close in November 2006 and **MG # 56594** to be closed in March 2007. Work of finding suitable projects and Matching International partner continues. However, it takes any where between 5-6 months to mature a matching grant. Procedures are getting lengthy and time consuming.

Dr. H.C. Saxena

## MG # 60576 – Breast Cancer Surgery

Funds for this matching grant finally reached us on 15.9.2006. Work will start right away on this long awaited project. Dr. Shekhar Kulkarni will lead the work on this matching grant for which we got Rs. 7,94,250/-

Dr. H.C. Saxena

## New Members

Two new members, both proposed by Rtn. Vipen Malhotra, are to be inducted shortly. They are

1) Mr. Kawaljit Singh Broca – Classification: Manufacturing Automotive

2) Mr. Raman Nanda – Classification: Corporate Marketing Automotive Components.

If any member has any objections to the above, they may write to the Pres. Rtn Shah or hon. Secretary Rtn. Arti Khatter within seven days.

## THE INTERNATIONAL ASSEMBLY

An International Assembly is held each year during February or March to prepare all of the district governors-nominee from around the world for the office they will assume on 1st July. Accompanied by their spouses, the incoming governors join a host of experienced Rotarian leaders for more than a week of training and motivational sessions. At the assembly they meet Incoming RI President. They learn RI theme for coming year around which they will build their district’s conference.

The first International Assembly was held in Chicago, Illinois, U.S.A., in 1919. Later assemblies were held in Lake Placid, New York, Boca Raton, Florida and Nashville, Tennessee. In recent years the assembly has been held in Anaheim, California. But regardless of the venue, the message on the sign above the plenary hall has remained unchanged for years : “Enter to learn .... go forth to serve.”

Rtn. Sunil Asher

Co-Chair – Rotary Info. Cmt.

## Blood Donation Camp

On Tuesday, 19th of September we had the third Blood Donation Camp of the year at EXL, Hadapsar. A total of 111 bags was collected even though the Camp actually started late since the concerned Hospital had FDA authorities coming in for a surprise check. It is due to sustained efforts put in by Rtn Pominder and her staff members comprising of Mr Sadanand and Ms Sheeba Khan that this Camp was such a success. Our Rtn Dr Gururaj Lachyan also visited this organization and appreciated the work done.

## Birthdays

Rtn Pramod Bhalla	23 Sep
Rtn Dr. Harish Saxena	23 Sep
Rtn Suraj Riyat	24 Sep
Rtn Narendra Sanghvi	24 Sep
Rtn Sanjiv Kumar	25 Sep
Rtn Kershasp Irani	27 Sep
Rtn Ajay Hora	27 Sep
RAnn Arti Rani Bayas	29 Sep

## CALENDAR

Today	Business Meeting
30-Sept.	Presentation by Early Act & IYE