

the gateway

Rotary Club
of Bombay



SERVE TO
CHANGE LIVES

BULLETIN OF THE ROTARY CLUB OF BOMBAY | FOR PRIVATE CIRCULATION ONLY |

VOLUME NO. 63 ISSUE NO. 39 APRIL 5, 2022

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TODAY
FORMER INDIAN
CRICKETER
YAJURVINDRA
SINGH BILKHA ON
THE COLOURS OF
CRICKET

AT PRESIDENT HOTEL,
1 PM

NOTE FROM PRESIDENT SHERNAZ VAKIL



SHOW SOME LOVE

In Rotary we hear the words scale and impact and mega-projects, and reach, etc. All very worthy concepts and necessary when we are trying to do maximum service.

However, in all this, we cannot lose sight of the individuals we are trying to serve. We cannot lose sight of the old farmer in the field who joyfully exclaims he has started selling chillies now. Or the older woman who sidles up and says she has overcome her depression after joining our classes. Or the young boy who proudly tells his first story in English. Or the little girl who blinks through the crowd with a new heart. Or the many individuals we impact every day and who silently bless RCB.

So many individuals receive our Club's largesse and its ability to garner funds. But how many have heard our voice or felt our touch or vented their pain in our ears? I am equally guilty of not having personally reached out to the people that our many projects touch. Of course, there was the pandemic, but would we have found the time or inclination otherwise? I would be hypocritical if I didn't admit that I did not make the time to personally reach out. Sometimes I feel we need to do more than just connect the dots. I see smaller clubs who may not have the funds but have the spirit of service as they go into the community and do the work.

Perhaps we could do more.

As we induct younger members, we should send them out as ambassadors, to do good work and to show we care beyond our funding. And I believe RCB will always stay ahead not because of the money we spend but also because most members show heart.

Show some love, RCB, and remember what Rotary founder Paul Harris famously said: "If you have the love of your fellow men in your heart, my friend, you are a potential Rotarian." ~ **President Shernaz Vakil**



Rtn. Dr. Aashish Contractor (AC): Today marks almost two years since the lockdown. All that we have spoken about is the big C but there are two other big Cs that we mustn't forget – cardiovascular disease and cancer. Cardiovascular disease is the leading cause of death across the world in both men and women. It is a common misconception that more women die due to the breast cancer. In fact, **cardiovascular disease kills more women than all the cancers put together.** While cancer is on the rise, cardiovascular disease is still a leading cause of death both in rural and urban India. So, it is a topic close to our hearts, pun intended, and it is an area where prevention is better than cure. So, what is the difference between a heart attack and a cardiac arrest?

Rtn. Dr. Sharukh Golwalla (SG): A heart attack occurs when a coronary artery supplying the heart muscle called the myocardia is obstructed, narrowed, or blocked. That causes the death of the heart muscle and results in a heart attack. A heart attack results in several complications such as irregular heartbeat, a fall in blood pressure, and sudden stoppage of

the heart. That stoppage of the heart is called a cardiac arrest. So, a cardiac arrest can occur because of the heart attack but they are not the same; they are a little different.

AC: So, a cardiac arrest occurs when the heart stops functioning, and a heart attack is a common cause that may lead to it but there are other reasons such as electrocution or shock which can also cause a cardiac arrest. So, what are the reasons that heart attacks occur and what can we do prevent them?

SG: One cannot pinpoint the cause of a person's heart attack. But **there are many risk factors which lead you to a heart problem or a heart attack: everyone experiences stress, right from the womb to the tomb.** So, you need to train your brain to destress or neutralise environmental stress. Secondly, as we say, the longer the waistline, the shorter the lifeline. Other issues like nicotine intake through cigarette smoking cause thickening or narrowing of arteries. When a person smokes, we worry about it affecting his lungs, but it will also affect his arteries. Similarly, someone may stop smoking and say that

they are chewing nicotine instead. But he is probably chewing more nicotine than he was smoking, which will affect his arteries. So, whether nicotine or cigarettes, they are a risk factor for heart diseases.

SG: When I was a student, nobody mentioned that depression led to heart-related issues but in the last 10-15 years we have found that **environments leading to depression make people susceptible to heart disease.** Other issues are lack of exercise; you have couch potatoes who exercise their forks and knives but don't do any aerobic activity. The commonest type we face in most patients is high cholesterol, high blood pressure, high uric acid. All these levels can be easily monitored with blood tests and controlled to prevent the future onset of heart-related problems.

SG: There are a couple of new issues that we have come across. Earlier, we did not check LPA in blood tests. Unfortunately, there is no one drug to reduce LPA, but it warns you that you are genetically susceptible to heart-related issues in the future. Other things like

dietary care – we often feel that our blood reports are so good that we can be careless with our diet. But we need to be careful of our diet always. If you put these risk factors together, whichever may contribute to your developing heart-related issues should be corrected at an earlier age. Diabetes is also a factor.

AC: Unfortunately, India has the title of the diabetes capital of the world. So, Niti, in terms of diet are there any general principles for a heart-healthy diet?

Niti Desai (ND): **There are three pillars on which the whole treatment rests: pharmaceutical therapy, dietary intervention, and exercise.** When we talk about diet, there are a couple of issues that may not be common with the western world and western literature. We eat a lot of carbohydrates and take in very little protein and that leads to weight gain, insulin resistance which then leads to diabetes much earlier and in larger numbers than we see here. So, we need to control carbohydrate intake, avoid processed and refined grains like our regular

29. LAST
03. TUESDAY'S
22. SPEAKERS

PANEL DISCUSSION ON A HEALTHY HEART WITH
RTN. DR. SHARUKH GOLWALLA & CONSULTANT NUTRITIONIST NITI
DESAI, MODERATED BY RTN. DR. AASHISH CONTRACTOR

TO READ A COMPLETE TRANSCRIPT OF THE DISCUSSION, [CLICK HERE](#)

wheat and rice which are highly polished. We need to replace them with our traditional millets and the other grains that we have had in our culture.

ND: Secondly, **there is a lot of hidden fat in bakery products like khari biscuit, and the coconut and peanut that goes into cooking; it all adds up.** So, we need to look at fat intake. Often, it is only when I ask patients how much oil they buy that they realise that there is too much oil consumption. We are looking at half a kilo of oil per person per month. That will lead to weight loss and lower triglyceride levels. Thirdly, we need to include foods such as nuts, seeds, dark-coloured fruits, and vegetables in our diet. Just make it a rainbow plate to achieve a heart-healthy diet.

AC: Is there a percentage of the micro-nutrients, meaning protein, carb or fat that you suggest?

ND: Yes, we are looking at 0.8 grams of protein per kg (i.e., body). If you weigh 60 kg, we are looking at 48 grams of protein. If we get that right, then, automatically, the carbohydrate

intake gets managed. For fat, we are looking at less than 30% which, in layman terms, means **3 teaspoons of oil and one teaspoon of ghee in our diet daily.**

AC: Two risk factors which are said to be unavoidable are family history and age. So, in western culture, you have males over 45 and females over 55 who are labelled as risk factors. But different studies have shown that in the Indian population, heart disease often occurs 8-10 years younger than in the average western population. Any thoughts on why that is so?

SG: I think **lifestyle is responsible for the early onset of heart disease in India.** A poor diet with a lot of junk food, not getting adequate sleep, people being busy on their laptops all the time and not getting a full night's rest. Many such factors contribute to the early onset of heart disease due to blood pressure not being checked or controlled, blood reports and high cholesterol not being investigated. So, I think it is poor lifestyle that causes this.

AC: Do you suggest a particular age from

when a person could start checking their blood reports?

SG: If there is a family history of heart disease, probably at the age of 21. I have had a couple of patients who had by-pass at the age of 28, so, their kids had their blood tests done at the age of 12. **I have also found horrendous cholesterol issues in kids as young as 13,** so they have been put on statins to prevent them becoming heart patients at the age of 25. It all depends on family history or genetics. For anyone else, I would say from the age of 30 onwards, you need to check your blood reports regularly.

AC: I remember reading that you can start testing yourself as early as at the age of 12 if many people in your family have abnormal or high cholesterol levels. Niti, we spoke about the percentage of fats and cholesterol; I remember, in the early '90s, Dr. Dean Ornish wrote a book on reversing heart disease. I spent two-three months with him when I was a student, looking at his method which was very, very, high carb and almost no fat in the food, and a vegetarian diet. Then again, you

have Dr. Robert Atkins who had the exact opposite diet which said that it must be all fat and protein and no carbs. So, that is lot of confusing information. In terms of both these diets, what are your views?

ND: Diets come and go like flavours of the season. It is a huge industry, and everyone is still looking for that magic bullet where you do something small, and you lose weight. So, the high carbohydrate-low fat diet was suggested by Americans 30 years ago but then the obesity rates didn't go down. Then, they said, 'oops this is wrong, carbs should not form the base of the food pyramid.' **For us as Indians, the main thing is that if we can manage 0.8 to 1 gram of protein per kg body weight, then most of the numbers fall in to place.** The carbohydrate content also comes down to 45-50% of the calories. As for the fat intake, nobody eats fried food or pure desserts; these are obvious fats. But people do not realise they are eating hidden fats and that is what we need to look out for.

AC: The latest fad is intermittent fasting; what do you think of it?



MEANDERING THROUGH A MAPPED CANVAS

On April 1st, 2022, the Urban Heritage Committee, along with the Asiatic Society of Mumbai, opened the Map Exhibition at the Durbar Hall for **a month-long showcase of rare maps of Mumbai spanning 300 years.** It was a well-attended event with Rotarians, media, donors and interested parties coming together.

Prof. Vispi Balaporia, President of ASM, and RCB President Shernaz Vakil both gave lovely opening speeches followed by our guest of honor, Rtn. Cyrus Guzder. Rtn. Guzder's speech covered a span of topics such as maps and their interpretations/ meanings and how they are perceived differently from viewer to viewer.

Being not just a Rotarian of our Club but also a trustee of ASM and an art history buff, he was uniquely qualified to give the opinions speech on this topic.

Rtn. Guzder was followed by Amalina Dave, a paper conservator who has been working as a consultant with the Asiatic for over five years, previously conserving books and then maps.

The exhibition showcases has 32 of the hundred maps that have been conserved. Maps were chosen to reflect the diversity of the collection, based on:

- a) the oldest,**
- b) the most historical value,**
- c) in the most fragile condition, and,**
- d) the diversity of the eclectic collection spanning different eras, different materials, with inks and pigments.**



1. Reconstructing the Native Town of Bombay, 1855. The map suffered extreme fragmentation due to the degradation of paper - it has now been reconsolidated into a flat map.

The goal of the exhibition was not to display the 'prettiest' or the most complete, **ASM wanted to showcase the journeys that these maps have taken – the good, the bad, and their persistent survival.** The 32 maps reflect different eras and materials, but also focus on the conservation processes – the steps ASM took to bring these maps to a place they could be engaged with, without compromising their safety or stability. Four of the maps displayed were highly fragmented, but have been restored into single, consolidated objects.

The earliest maps are French maps from 1652,



2. This is a photograph of the restored 'Map of Hindoostan' by James Renell (1788). This particular map was one of the first accurate and precise maps of India. Rightly so, since this was made for the Royal Society and by an East India company employee, James Renell. It gave the company a detailed idea of the land they were hoping to establish a stronghold in. The map also presented the 'perfect storm' to Amalina, with many pain points. From being cut up in 24 pieces to then being rolled up and subject to treatments that led to further deterioration - we today see a flattened map that can be handled after approximately three months of strenuous work.

and the most modern is from the early 1900s. The maps are of Bombay, and then there



3. Tracing paper map of River Tapi from 1870. It's very rare to see tracing paper maps today and there are 4 of these displayed as part of the exhibition. In the exhibition, they are also testaments to changing materiality of paper and evolution of map making. Cleaning this particular tracing paper map was a nightmare, since it had almost lost its original state and was no more readable against a backlight. In our exhibition, it proudly shines against the backlit table, showcasing the complex story of its survival.

are some more general maps of the Indian subcontinent. There are a variety of maps, including pictographic maps, maritime maps, tracing paper maps, and political maps. The maps vary greatly in size – from 8x10 inches to 7.5 feet – and include the vast collection of

the Great Trigonometrical Survey of India, which are some of the most detailed and intricate maps of the 19th century.

Each map, whether European or South Asian in origin, tells a story about evolving India.

The collection shows the evolution of maps that were geographically inaccurate from the 1600s (often based solely on traveller accounts and some educated guessing), to the immense geographic and topographic detail starting in the 19th century. The earlier maps have more decorative elements, while the more modern maps have practical use, and thus are less illustrated. Each of these maps has required a different series of treatments of conservation, as the papers, inks, and condition varied widely because of the different eras, storage conditions, and levels of degradation. **This project has built the capacity of the conservation lab at the Asiatic, as we have worked with increasingly complex techniques, equipment, and materials.**



ALPHA YEAR OFF-SITE AT ALIBAUG



On April 2nd, 2022, the incoming RCB Board along with the Committee Chairs for Rotary year 22-23 attended the day-long offsite under the PE Vineet Bhatnagar at the Fountainhead, Alibaug, to present and discuss plans for the Alpha Year.

In 2022-23, PP Sandip Agrawalla is the DG of Rotary District 3141 and PE Bhatnagar has taken into consideration this momentous achievement while planning his year.

It was an extremely well organised offsite. PE Vineet Bhatnagar had structured the Committee presentations in different segments. His brief address and short video clips before each segment were invigorating and motivating. There was also a team energiser at 4 pm to break the monotony.

The offsite was attended by as many as 60 Rotarians and Rotarian Partners. The evening game of Murder Mystery, live music, fellowship and camaraderie after a full day of presentations and discussions was thoroughly enjoyed with food, drinks, music and laughter.



Committee News

HEALTH & HYGIENE FOR SALAAM BAALAK CHILDREN

Rotaractors of HR College (RCHR) took a session on health, hygiene, cleanliness, and yoga/fitness at Salaam Baalak's Chowpatty centre supported by the RCB's Child Welfare Committee.

The session included spelling revision, a Zumba session, and more on the importance of health and fitness and how to do it all in a fun way. During the game session, the kids were shown photos of objects of hygiene and asked to pair them together (e.g., toothbrush-toothpaste, soap-hands etc). The Rotaractors explained them the importance and meaning of each, and then asked them to find the pairs.

RCHR played Four Corners with the children. They named the four corners as Hygienic, Unhygienic, Calm, Angry. They told them the meanings of all the words and then gave them situations and asked them to run to a corner which represented what they would do/feel. And whenever they went to the wrong corner (e.g., angry) they would get out and the Rotaractors would explain why that was wrong. The day ended with a small meditation session and the children promised to try to be calm, not fight and always stay clean.



AY HEADS OFF FOR A PICNIC

An anonymous donor organised a day in the great outdoors for Ananda Yaan members. Our senior citizens spent March 28th, 2022, at Manas Resort in Karjat, bonding over



water rides, food spreads, garden visits and all the usual chitchat. Worry lines were swept away as they queued up to partake of the day-long delights planned for them. They returned in high spirits and expressed their gratitude to the donor who had made their revelry possible.



In other news

Rtn. Peter Born was at the World Expo 2020 in Dubai recently and visited the office of Rotary International on March 11th, 2022. Peter wrote, “During this visit I handed over the banner of our Rotary Club of Bombay in exchange of the official RI World Expo banner which I presented at today’s meeting.”

“As Co-Chair of our International Committee, **I encourage our Club members to visit Rotary Clubs abroad on their travels through the world** and to exchange, as RCB ambassadors, our Club banner which is available with Mr. Irani and Rashmi at our office. It’s always a wonderful experience to meet Rotary Clubs in other countries!”



BOOKS FOR A CAUSE

A one month long book drive for mini libraries for underprivileged children and senior citizens! Help us by dropping off your old books to donate across NGOs in Mumbai as part of an initiative by RCB Satellite Club!

DONATE



TODAY

Please donate books in Hindi, English and Marathi
Open to all types of books - Text books, fiction and non fiction books, illustrated books, and even comic books
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In other news

World Citizen James Wheeler Davidson (1872 – 1933)

By Dr. Robert Lampard

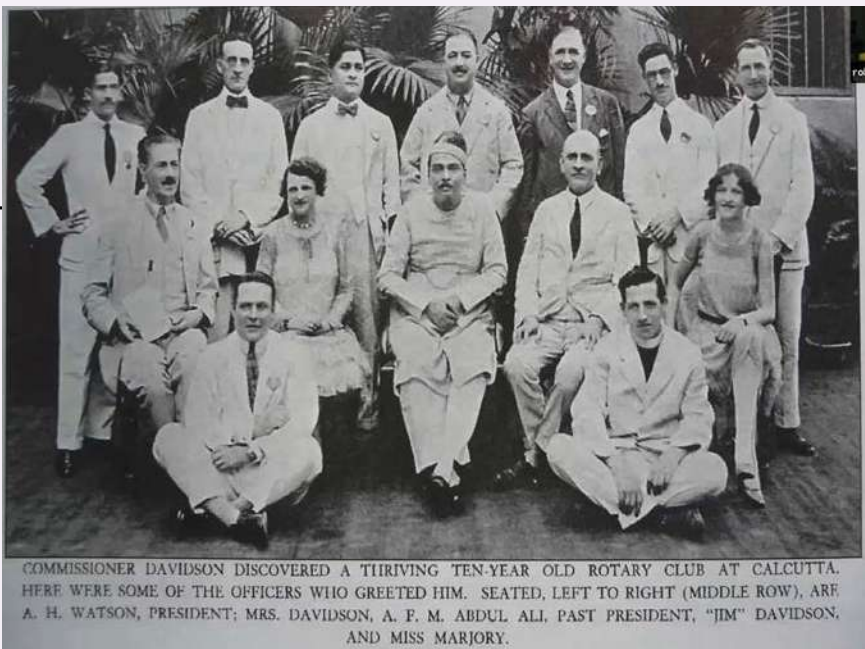
When Rotary founder Paul Harris wrote his last article for the Rotarian in 1947, he identified three Men of Rotary. The first was the 30-year Executive Secretary of Rotary, Mr. Chesley Perry. The other two were Halifax lawyer J. Layton Ralston and Calgary businessman James Wheeler Davidson.

The latter two, together with Doug Howland of the Calgary Rotary Club chartered 47 Rotary Clubs in 18 different countries in 1921, 1923/4 and from 1928-34.

Together with the Winnipeg Rotarians who formed the first Club outside the United States in 1910, these three Canadian Rotarians completed the circumnavigation of Rotary around the world by chartering Clubs from Greece to New Zealand.

James Wheeler Davidson

As recorded in 75 Years of Service, the History of Rotary in Australia, the 1921 “choice of Canadians for the assignment is significant. It was decided (by whom is not known) that Canadians should be involved in the attempt...I would have been aware of those close ties of Empire...Rotarians from a sister Dominion could be assured of a warm welcome...the Americans were friends and



allies; Canadians were family...whatever the reasons for their selection, the Australian Rotarians owe them and the Rotarians of Canada a debt a gratitude...”

– J. Layton Ralston

The man at the centre of the Rotary Extension programme was James Wheeler Davidson.

Paul Harris acknowledged that his international reputation was already established before he joined the Calgary Rotary Club in 1914.

By then, the man from Austin, Minnesota had been a North Pole explorer, a syndicated Far East journalist, a war

correspondent, and a US Consul General in Shanghai before he came to Calgary with his new wife Lillian in 1907.

In Calgary he developed CPR lands northeast and southeast of Calgary, rapidly syndicated the Crown Lumber company into 52 branches with 200 employees, helped start the Calgary Symphony, initiated the Calgary Mawson Report and successfully invested in the Turner Valley Oil Fields.

Next week: James Wheeler Davidson – joining Rotary and the trip down under



ROTARIAN BIRTHDAYS



APRIL 6

Rtn. Suresh Goklaney



APRIL 6

Rtn. Kalpana Singhania



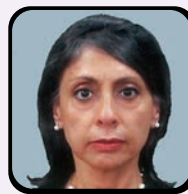
APRIL 7

Rtn. Shanta Chatterji



APRIL 7

Rtn. Ghanshyam Sheth



APRIL 8

Rtn. Manjeet Kripalani



APRIL 10

Rtn. Ramesh Dhira



APRIL 11

Rtn. Dr. Rohini Chowgule

ROTARIAN PARTNER BIRTHDAYS

APRIL 5

Rtn. Ptn. Vrishali Pispati

APRIL 9

Rtn. Ptn. Mehroo Bali

APRIL 9

Rtn. Ptn. Vandana Sinh

APRIL 11

Rtn. Ptn. Rachna Agarwal



NEXT WEEK: SPORTS WRITER AYAZ MEMON IN CONVERSATION WITH AUTHOR KHALID A-H ANSARI



APRIL 12TH, 2022
AT OBEROI HOTEL, LOTUS ROOM, 1 PM

Rotary Club of Bombay

IN 2012, PADMA SHRI KHALID A-H ANSARI RETIRED as founder-chairman of Mid-Day Multimedia Ltd., which published *Mid-Day*, Asia’s leading afternoon newspaper, *Sunday MIDDAY*, in two languages from Mumbai, New Delhi, Bangalore and Pune. The *Inquilab*, an Urdu daily, was started by his late freedom fighter father Abdul Hamid Ansari in 1937. Mr. Ansari also started *Sportsweek* magazine, which went on to become India’s leading sports magazine.

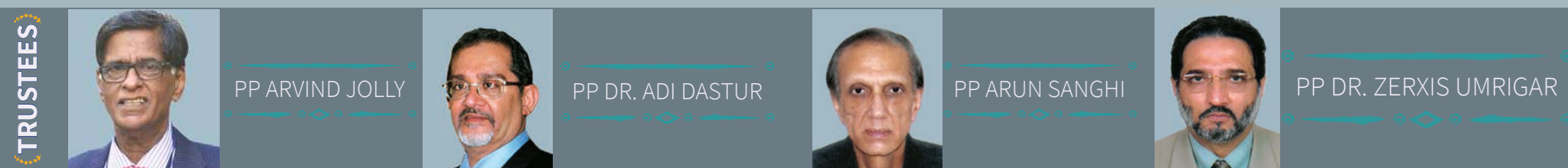
He covered the Kargil war in 1999, the Fiji coup in 2000, the NAM conference in Harare and CHOGM summit in the Bahamas, in 1985, and various foreign visits of presidents A.P.J. Kalam, Giani Zail Singh and Fakhruddin Ali Ahmed and prime ministers Rajiv Gandhi and Atal Bihari Vajpayee. He also covered the Olympic Games in Munich ’72, Montreal ’76, Moscow ’80, Los Angeles ’84, Seoul ’88, Atlanta ’96, Sydney 2000, Athens ’04 and Beijing ’08.

AYAZ MEMON IS AN INDIAN SPORTS WRITER, journalist, columnist, author and TV commentator. A graduate in economics and law from Bombay University, he started his career as sports writer and went on to edit newspapers like *Mid-Day*, *Bombay Times* and *DNA* apart

from being editor of *Sportsweek* magazine and sports editor of *the Times of India* and *The Independent* at various stages. His passion for cricket influenced his decision not to follow in his father’s footsteps as a lawyer. He is now a columnist with *Hindustan Times*, *Mint*, *Mail Today*, *Deccan Chronicle* and, occasionally, *The Times of India*.

In the course of his career Ayaz has covered over 300 Test matches and more than 400 One-Day Internationals all over the world. He has also covered 9 Cricket World Cups, the 2006 FIFA World Cup, the 1988 Olympics, Wimbledon in 1991 and 1993, the 1998 and 2010 Commonwealth Games and the 1990 Asian Games. He also covered the 2015 Cricket World Cup Final for *Huffington Post*. Ayaz has authored and co-authored several books such as *The Wills Book of Excellence on One-Day Cricket* to coincide with the World Cup, *Wills Book of Excellence on One-Day Cricket* again for the World Cup, *Thunder Down Under*, about the 1991-92 World Cup, *The Best in the World: India’s Ten Greatest World Cup Matches*, co-authored with actor and cricket enthusiast, Tom Alter, 2003. He recently brought out an anthology on Indian cricket called *Indian Innings*.

ROTARY CLUB OF BOMBAY 2021-2022



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