



Lions Club of Baroda (Main)

Dist. 323F1 Club No. 026 186
Indent No. 5381 Chartered on 23-1-1957



Bulletin 2016-17

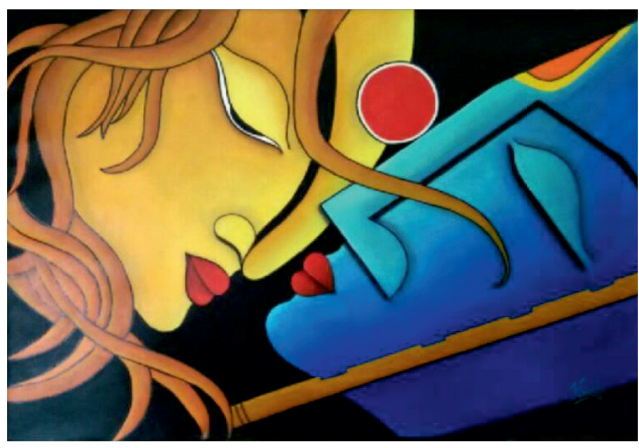


Installation Ceremony, D.G. Visit, Diamond Jubilee Celebration



Pragna Chakshu Music, Cricket, Chess, Brail Reading Tournament at Blind Home





Symbol of Love (Radha-Krishna)
Painting by : Ln. Dr. Himanshu Shah



Induction New Member



Independent Day



Zaverchand Meghani Celebration



Teacher's Day





Lecture by H.S. Patel



Lecture by Dr. Banker



Money Demonisation Lecture by Ln. Milin Mehta



Food for Hunger



Garba Celebration



Garba Celebration



Padra Programme



Peace Poster



Peace Poster



Peace Poster

Eye Check-up, Tree Plantation & Umbrella Donation



Medical Checkup Camp At Savli & Mota Fofalia and Toilet Block



Lecture Series, Cycle - Dustbin Donate, Independence Day.



EDITORIAL



From The Desk Of Club Bulletin Editor

Dear Fellow Lion Members,

The Cycle of living is clear. To create. To Develop. To Build. To Give. You must give more than what you get in order to get more than what you give.

The New Team of Board of Members of 2017-18 is here, and New Year comes With new Goals, new Hopes and New Dreams. The New Year stands before us, like a chapter in Book, waiting to be written. We Can help write that story by setting Goals. This opportunity will never come again. In fact it is dual opportunity, our LCI Centennial year & completion of 60 years of our Lions Club of Baroda Main; Celebrating yearlong festival of services to community.

Our focus this year should be on member satisfaction & meeting community Needs. Let's do it together. Every member of our club must feel proud of being part of one of the most Prestigious club of District 323F1 with most respectable service Permanent Projects. There cannot be greater success than a club successfully managing Projects that benefit society year after year.

The purpose of the Bulletin is to Showcase activities of our club and create Bridge between fellow Lion Members, well-wishers, districts & International Lion Dignitaries.

I request you all to use our club bulletin as effective tool to showcase our best Programs and activities.

I thank Board Members for giving me this opportunity to present this bulletin to you and thank fellow lion members & editorial members, who have contributed for success of this bulletin.

Lion Ketan Parikh
3rd Vice President
Lions Club of Baroda Main
Club No 026 186, Dist. 323 F1.

❧ ————— ❧
Club President
Ln. Kirti Shroff
Welcome Address
❧ ————— ❧



Dear Brothers & Sister,

Your Diamond Jubilee President welcomes District Governor Year 2009-2010 MJF LION KRUSHANG REWAR HIS BETTER HALF LION AMI REWAR, all invitees, dignitaries from the district and all the diamond jubilee members of my club .

Year 2016-2017 has passed so fast at bullet train speed because our club has been very vibrant and has done more than 60 social activities during the year symbolic to our 60 years of Lionism .

It has been a year when we could do many legacy projects during the year which will give perpetual benefits to the society till the club enters its centennial year .We constructed state of the art toilet blocks at Ganpatpura ,Village Darjipura and 2 more at Devgadhbaria are ready for use we have been working hand in hand with Lionism and Nationalism Lionism says We Serve and nationalism says Swachh Bharat, Swastha Bharat we did toilet block projects for swachh Bharat and many medical camps for needies and that too in the rural areas where thousands of citizens got benefitted by the services of eminent doctors of our club and they also got post check up facilities by surgeries .

We are proud that we could save vision and lives of hundreds of citizens by this camps under our SIGHT FIRST Lions Motto I fondly remember a boy at Savli camp was on verge of losing sight for both eyes as he was detected with stone type of cataract and our Sight First Chairman Lion Dr. Mital Patel and Lion Dr. Nirav Patel took all care and your club could gift his eye sight back with very complicated surgeries we also worked on many other ailment treatments with the help of Medical Committee Chairman Lion Dr. Rakesh n.Shah .Lion Dr. Ashwin Shah ,Lion Dr. Bibhash Shah ,Lion Dr. Iyengar provided medical ambulance with all heart equipments at Savli ,Lion Dr. Sunil Thakkar ,Lion Dr. Rakesh J.Shah ,Dr. Parul Shah ,Lion Dr. Yogesh Shah ,Lion Dr. Sanjay Natu a special mention for Lion Dr. Jignesh Pandya and Dr. Jigisha Pandya for fantastic arrangements at Savli at their hospital .Past President Lion Jitendra Patel and Meghnaben made excellent arrangements at Mota Fofalia for the medical camp for pre screened patients we also provided spectacles to hundreds of patients for eye ailments .A special mention for camps at THE BARODA ASSOCIATION FOR THE BLIND and medical services provided there where more than 10000 footprints of needies are satisfied by providing all types of medical facilities and equipments for the handicapped ,fractured patients and bed ridden patients .

We did Lions Quest programs with training and practical camps by the trained teachers we provided Lions Quest books and Lion Jagdish Shukla took the initiative for this very useful camps.At the BARODA ASSOCIATION FOR THE BLIND more than 500 Divyangs have benefitted with our various activities may it be OPEN GUJARAT CHESS AND BRAIL READING TORUNAMENTS ,5 STATE SINGING AND CRICKET TORUNAMENTS ,we are proud that with the support of your club in training the divyangs the inmates of our own THE BARODA ASSOCIATION FOR THE BLIND WON IN CHESS, BRAIL, SINGING AND CRICKET

COMPETITIONS TOURNAMENTS which is a record of its own kind in its history of last more than 50 decades .

Top most dignitaries Shree Rajendra Trivedi sports ,cultural and youth minister of Gujarat State ,Member of Parliament Smt Ranjanben Bhatt ,Shree Bharat Dangar Mayor of Vadodara ,MLA Shree Jitendra Sukhadia ,Shree Bhupendra Lakhawala and Shree Ketan Inamdar inspired us with their presence in various interstate events at various venues and inspired by our Service Above Self they even donated blankets and money for camps isn't it amazing when we work hand in hand with the administration and government.

We could generate and support employment by our very innovative projects we donate bicycles to needies suggested by club members and they were gardeners ,workers ,cooks ,cobblers or street vendors symbolic to our LIONS CLUBS INTERNATIONAL we donated 100 plus bicycles .We also supported for Akshaya patra and provided food at many food camps and providing food the hungry.Symbolic to our Diamond Jubilee celebration we again involved club members and donated very useful all weather umbrellas with our club name Lions symbol to vendors ,cobblers ,food courts of Vadodara city we donated 60 umbrellas .

We did many such types of projects and our past presidents viz. CA LION KISHOR PARIKH ,LION GAURANG PANDYA ,LION G.D.ZALANI ,LION MAHESH SHAH ,LION DEVENDRA PAREKH ,LION KSHITISH DIVETIA ,LION DR. YOGESH SHAH ,LION JAGDISH SHUKLA ,LION MADHAV VINCHURKAR ,LION DR. SAJNAY NATU ,LION DHIRU MISTRY THE TOILET BLOCK MAN ,LION ATMADIP DHAMI ,LION PRABHUDAS PATEL LION DR.S.R.IYENGAR were my guides and philosophers and my initiators and driving force.

I also congratulate all our permanent projects chairmen a special mention for BARODA LIONS CLUB EDUCATION TRUST for having a world wide recognition for its education initiatives .

I sincerely thank all my board members for their constant support and guidance and special thanks to the program committee for giving a variety of programs to the club which have been educative ,informative ,entertaining and very useful to the members and society as a whole .

I thank office staff for the support and our faraskhana suppliers for free services in all our projects throughout the year .

Financially it has been a very successful year when gross revenues are also crossing the diamond jubilee lacs with very efficient and disciplined team of finance and my helping hands .

All our committee chairmen did wonderful jobs with meticulous planning and executions .

I also take this opportunity to extend my best wishes ,support and guidance to YOUNG ,DYNAMIC AND VERY ENERGETIC LION DR. ASHWIN SHAH AND HIS TEAM 2017 -2018 and assure that coming year will be more vibrant .

I thank my Spouse Lion Daksha Shroff and family for full support and giving me enough freedom to work for Lionism and helping the society for which I am in this country .

I met all my supporting Lions members as unknown ones .Now I have you all as my friends I hope we meet in our next walk of life where friendship never ends .I may not be the most important person in your life .I just hope that when you hear my name you will smile and say

‘THAT’S MY FRIEND’.

I JUST WANT TO SAY THANK YOU ALL MY FRIENDS

Jai Hind ,Jai Lionism ,Jai Shree Krishna

Yours in Lionism Lion Kirti Shroff

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Hon. Secretary Report Lion Vasant A. Jani

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**Activity Report for
Lionstic year 2016-2017 by Secretary**

Club President Ln. Kirti Shroff, Installation Officer ,all dignitaries on the Dias off the Dias, my fellow lion members and invitees.

It is a matter of great pride and privilege to present activity report of this great lions club for the lionstic year 2016-17.

This year was full of service activities and club activities. This year was full of joy since it was lions club International Centennial year and our club Diamond Jubilee year, have completed 60 years of service . This Centennial year we won three awards at District level for centennial service activities of Sight First ,Youth , Hunger and Environment. We had three Mega Medical camps also. Our club donated 105 bicycles to the poor and needy , marking the Centennial year, this was unique activity in our District.

Interstate Competition for Pragnachakshu for Music, Cricket, Chess and Brail reading was arranged . Toilet blocks were completed for school students .

All weather shelter umbrella were distributed to road side vendors. Grand Celebration of Diamond Jubilee year of the Club. Our activities were noted by media and Dignitaries like State Government invitee also remained present.

The Activities were as follows-briefly-

1. We started our activity for Lionstic year 2016-17 with sight first program/ eye vision testing of school students of Haribhakti School Vasna road, more than 300 students were checked.
2. Mega Medical camp at blind home on 10-07-2016 (eye checkup, homeopathic, physiotherapy) free checkup and treatment 225 patients, spectacles were given to needy person at nominal rate.
3. Tree plantation also done at blind home.
4. General meeting dignitary was ex commissioner Vadodara Mr. H.s. Patel
5. Donation of Girls toilets block at Umarava School ,Taluka Nandod , District Narmada.
6. Musical songs of Gujarati singer Avinash Vyas by Piyush Parmar and Himali Vohra group.
7. SFA implementation program for students of Baroda High School 50 students participated.

8. Centennial Service Activity (sight first program) Eye vision testing at Pragati Vidhyalaya Bhayli and Gurukul Ashram Shala Khatambi , Vododara more than 700 students were checked.
9. Centennial Service Activity (Environment & Food) Tree Plantation at Blind home Subhanpura & Spice as well as food kit distributed to blind and needy person.
10. 15th Aug :- Celebration of Independence day at BHS and Blind Home Saubhanpura.
11. Donation of medicine to needy and poor patients at Gotri General Hospital.
12. Teachers felicitation was arranged on teachers day .
13. Centennial Service Activity (Youth) Zaverchand Meghani & Kavi Narmad Kavya Gan Spardha was organized , more than 250 students of of 22 schools participated.
14. Lecture on “How to keep your Heart Healthy” by Dr. Darshan Banker.
15. Centennial Service Activity (Environment) We donated 20 dust bins to Gotri General Hospital as well as (8x3 seater) steel benches for O.P.D. patients.
16. Centennial Service Activity –Food for Hunger Food distribution to poor needy persons at slum area.
17. Eye Vision testing and laser surgery of 18 patients.
18. 2nd Oct :- Centennial Service Activity (Environment) It was a different program on the occasion of Gandhi Jayanti, we paid a true tribute to the father of Nation Gandhiji and Distributed 105 bicycle to poor and needy persons .
19. Centennial Service Activity (Eye Vision) Eye checkup of oil tankers drivers of Bharat Petroleum at Karchiya with Lions Club of Sakhi .
20. Centennial Service Activity (Youth)Essay competition & Parisamvad on Kavi Zaverchand Meghani with All India Democratic students organization.
21. Centennial Service Activity (Eye Vision)Eye checkup of students of various schools at Padra Rural 674 students were checked.
22. Participated and sponsored Science environment exhibition of various schools of Padra Rural at Gitanjali Vidhyalaya Padra.
23. Garba celebration along with blind inmates at club lawn.
24. Pre-Diwali celebration and Karaoke competition.
25. Centennial Service Activity (Food for Hunger) Food distribution to poor needy persons at slum area.
26. Lecture on “How to remain young and fit at any age “ by Dr. Bhagwati Ojha.
27. Peace poster contest was organized.
28. 18thNov :- Donation of toilets block at Dajipura village school Taluka Vadodara, District Vadodara.
29. Lion Quest (SFA-TTW) was arranged by club. 28 teachers participated program.
30. Awareness lecture on breast cancer by Dr. Rakesh shah at BHS Danteshwar for teachers & Ladies staff.
31. Centennial Service Activity (Eye Vision) eye vision testing of school student of Primary school Samlaya and M.B. Thakkar school Padra Rural 454 students were checked.
32. D.G. awarded club for Centennial service week 2016 excellence service activity award.
33. Electronic training on smart phone with smart stick to blind at Blind home Subhanpura Trainer were Central Government Officer.
34. 25th Dec :- Mega Medical camp at Savli . More than 650 patients got benefit of camp. 60 surgery was planned
35. Lecture on Demonetization by Lion CA. Milin Mehta and CA Chetan Dedhia.

36. Essay competition for students of Baroda High School Primary and Secondary Section.
37. Open Gujarat Divyang Chess and Brail Reading competition.120 Divyang participated.
38. 20thJan:- Lions District 323 F1 Centennial celebration and award program .
39. 23rd Jan:- Club “ Diamond Jubilee” celebration on charter day. Chief guest was past International director Ln. Pravin Chhajer and all past district governor of Dist 323 F1 were invitee .
40. 26th Jan :- Flag Hoisting at BHS Danteshwar and Blind home Subhanpura.
41. (28th-29th) Jan:- 5 States Divyang Music and Cricket competition for men & women. 550 Divyang participated.program was inaugurated by Hon'ble Minister Shri Rajendra Trivedi , Mayor Shri Bharat Dandekar and cricketer Nayan Mongia ,MLA Shri Jitendra Sukhadia and Shri Lakhawala were also present.
42. Lecture by Dr. Purvi Mehta on “Celebrating India” for Lion Vishwajit Mehta Memorial Lecture Series.
43. Pragnachakshu musical program with Hariom Seva Trust at Blind Home Subhanpura.120 Pragnachakshu participated.
44. Distributed (60 Nos.) all weather shelter Umbrella to vendors on road sides.
45. Medical camp at Karjan with Lions Club Santkanvar.
46. Mega Medical camp at Mota fofalia. More than 250 beneficiaries.

These Activities are till March end 2017.

Permanent Project activities were also carried out at Blind Home , Kashiba Children Hospital and Pilol village. During the Lionstic year our club membership rose up by four members.

All these activities could be carried out only due to the support and co-operation of all Board Members, Past Club Presidents , Club Members and office staff.

We are thankful to all.

With Lionstic regards.
Jai Hind, Jai Lionvad.





Installing Officer Bio Data

*MJF Ln. Krushang Rewar
District Governor (2009-10)*



Date of Birth	: 21st June 1974
Place of Birth	: MUMBAI.
Qualification	: B.E. (Civil)
Business	: Builders and Developers
Spouse Name	: Lion/Lioness Ami Rewar
Children	: Two daughters Helly and Zalak and One Son Jaitra
Home Club	: Lions Club of Baroda Central New century
Home District	: Lions District 323 F 1

Lionistic Carrier:

- ✓ 2009-2010 District Governor
- ✓ 2008-2009 Vice District Governor
- ✓ 2007-2008 D C Leadership Chairman
- ✓ 2006-2007 D C Lions Quest
- ✓ 2005-2006 Region Chairperson
- ✓ 2004-2005 Charter Zone Chairperson
- ✓ 2003-2004 D. C. Associated Leo Chairman.
- ✓ 2002-2004 Charter President of Lions Club of Baroda Central New Century
- ✓ 1996-1998 Charter Leo Region President (Chairman) in Leo District Cabinet.
- ✓ 1994-1996 Charter President of the Leo club of Baroda Karelibaug.
- ✓ 1992-1994 Charter Vice President of Leo Club of Baroda Stadium

Lionistic Awards & Achievements:

- ✓ Best District Chairman Of the District (2007-08)
- ✓ Best District Chairman Of the District (2006-07)
- ✓ Best Region Chairman (2005-06)
- ✓ Most Enthusiastic & Distinguished Zone Chairperson (2004-05)
- ✓ Out Standing District Chairman (2003-04)

New Horizon Award

- ✓ Outstanding club award
- ✓ Outstanding Lion President (2002-03)
- ✓ 5 Awards to Club in Presidentship
- ✓ Best Leo Region President(Chairman) in Leo District
- ✓ Best Leo President and 100 % President's Award

Multiple Level Appreciation Awards :

- ✓ Received Award for Implementing Lions Quest SFA Programme among 3800 Students in Dist. 323 F-1 by the worthy hands of PIP Lion Rohit Mehta (2006-07)
- ✓ Received Best Club award for the Youth Outreach Activities & Youth Activities at Multiple level by the worthy hands of PID Lion Pravin Chhajed (1995-96)
- International Appreciation Awards:
 - ✓ Two International President Medallion
 - ✓ Ten International Presidents Certificates of Appreciations
 - ✓ Five International Directors Appreciations
 - ✓ Leo Excellence award(1995-96)

Other Achievements:

- ✓ Faculty in schooling & seminars of other districts of multiple 323.
- ✓ First Time in the history of Dist 323-F-1 commenced a Leadership Institute in our District
- ✓ Arranged Four Leadership Seminars & 1 Leadership Work shop (2007-08)
- ✓ Participated actively in Regional Leadership Institute & MERLO Institute
- ✓ Attended twice ISSAME area Forum & many Multiple Conventions
- ✓ Faculty in District Schooling for Club President for three times.
- ✓ 3 Lions Quest Seminar & 3 Teachers Training Work shop (2006-07)
- ✓ Implemented 3800 Lions Quest Books in different schools (2006-07)
- ✓ Chairman District Conference of 2005-06 which was grand success (Registration more than 1300 delegates)
- ✓ Key in Organisation of Golden Jubilee Celebration Programme (2005-06)
- ✓ Key in Organisation of Garba-Ratri B 4 Navratri Four Times
- ✓ Organised Region Conference-Dil Se Mil Dil (2005-06)
- ✓ Started Four new Lions Clubs & two new Lioness clubs in Region as a Region Chairman (2005-06)
- ✓ Organised Zone Social-Runanubandh (2004-05)
- ✓ Hosted a District Conference Leo Milan.
- ✓ Founder of Leo District 323 F (1995-96)
- ✓ Best Drug Awareness Rally & Seminar (1995-96)

Publications:

- ✓ 2007-08 : Leadership Times (4 Issues)
- ✓ 2007-08 : My Organizer (Planner)
- ✓ 2006-07 : CD On Lions Quest
- ✓ 2006-07 : Book On Lions Quest
- ✓ 2005-06 : RC- Dil Se Mile Dil
- ✓ 2004-05 : ZC- Runanubandh
- ✓ 2002-04 : Resonance (Three Bulletins)
- ✓ 1995-96 : Blood Donors Directory
- ✓ 1995-96 : Book On Drug Awareness

Social Activities:

Chairman : Founder Chairman of Lions District 323 F1 Charitable Trust
: HAK-V Charitable Trust

Life Member : The Maharaja Pratapsinh Coronation Gymkhana
: The Hind Vijay Gymkhana
: ISKCON
: The Architects & Engineers Association
: Civil Defence
: Baroda Management Association

Board Of Director : Credai : Confederation of Real Estate Developers Associations
of India Gujarat
: Indian Red Cross Society, Vadodara

Committee Member : The Maharaja Pratapsinh Coronation
: Gymkhana
: Customer Cell, Life Insurance Company, India

Business Profile:

A successful Businessman as a Builders & Developers.
He has completed successfully many Residential & Commercial Projects.

Incoming President
Lion Dr. Ashwin Shah
Bio Data



Qualification : M.S, FMAS [Laparoscopic Surgeon]
Date Of Birth : 16th July 1960
Address : 29,30 Purshottamnagar society, B/h Ganga Jamna Society,
Subhanpura,Vadodara-390023
Work : Ganga Jamna, Multispeciality Hospital-Laparoscopic Center,
Subhanpura, Vadodara-23
Phone No : (0265) 2395117, 2395009
[M] 9824067166
Email Id : gangajamna2000@hotmail.com
Website : www.gangajamnahospital.com

President Of Baroda Surgeon Association. 2016-18.
Executive Member Of Gujarat Surgeon Association. 2016-18.
President Of Racecourse North Medical Association of Consultant.
Tabla-Academy-SAMANVAY-Core Committee Member.
Vice President Of Dasha Mehmdavad Vanik Caste-2017.
Teaching faculty of Clinical Surgery-Mahalaxmi Homeopathy College.

FAMILY DETAILS:

- ✓ Wife : Dr.Parul A Shah MBBS, DGO [Laparoscopic Surgeon]
At GANGA JAMNA MULTISPECIALITY HOSPITAL,Subhanpura
- ✓ Member of Baroda Gynecology Society [Managing committee]
- ✓ KARAN SHAH: Elder Son – pursuing Internal Medicine residency at V.S
Hospital Ahmedabad.
- ✓ KANVAL SHAH: younger son -Will Commence INTERNAL MEDICINE
[MD],Residency at UMMS-Baystate,USA from June 2017

Hobbies : Swimming, Travelling, Reading, Movies and Social Work.

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*Incoming President
Lion Dr. Ashwin Shah
Acceptance Speech*

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To my fellow brothers and sisters,

Lions club of Baroda (Main) is one of the oldest and most prestigious clubs of Gujarat. I am extremely fortunate and humbled by this opportunity to serve as the club's next president. I strongly believe with the Lions Club motto: We Serve in our hearts and consistent efforts of all my fellow members, we will be able to work for the betterment of our community.

I am a practicing Laparoscopic surgeon since 27 years now. Having completed my MBBS and MS from SSG hospital I have developed an innate ability to connect and work for the betterment of the underprivileged. I have been involved in serving the sick and needy at Savli community hospital for several years. Utilizing Lions club as a platform, I have undertaken multiple free surgical camps in rural parts of Gujarat. I sincerely hope to build on the strong foundations set by my predecessors and continue Lions club of Baroda's legacy of serving humanity.

• This club has various permanent projects, which I will strive to maintain and strengthen. I wish to undertake several new initiatives to further our cause. In accordance to our global president's vision, awareness and screening activities for Diabetes will be a major project. Keeping in mind "Swachh Bharat", I hope to increase plantations and greenery at our existing projects and spread awareness regarding cleanliness and hygiene. Increasing our focus on preventable causes of blindness will also be a key initiative.

I accept this position with the utmost humility and responsibility. I would like to call upon all members to help me build a stronger club and in turn a stronger and better society.

Thank you!


Incoming Secretary
Lion Gaurang Pandya
Bio Data




Know your Honourary Secretary
Lion Gaurang B. Pandya

Profession : Owns a company which is Marketing and Technical Consultant for Petroleum .Aluminium and Specialised packaging of major Indian Companies

Family Spouse : Lion, Lioness Asha Pandya is Director in the company and is past president of Lioness club Of Sayajinagari

Elder Daughter Dr. Mirali Pandya is a dentist and is persuing Doctorate at A&M Texas University Baylor College of Dentistry and her research papers are published worldwide in dental journals and is invited in world dental seminars for her research presentations

Younger Daughter Khushali is a Commerce Graudate and is persuing her Final Chartered Accountancy

Stay in joint family with parents

Hobbies : Sports ,Music Socialising fellowship and helping the needies

Journey of Lionism

- 1) Club Honourary Secretary years 2008-2009,2009-2010
(Awarded Best Secretary of District 323 F1 years 2008-2009, 2009-2010 also awarded Hero of the Year by Multiple Lions District 323 year 2008-2009 and Certificate Of Aprpreciation of Multiple District 323 year 2009-2010and also Recipient of Certificate of Excellence by International President Lion Al Brandel as secretary (Awarded Certificate of Appreciation as Vice-President of District 323 F1 year 2013-2014 by District 323 F1)
- 2) Club President 2014-15 awarded By Lions International President and also by LCIF Chairman "SUPPORTING SERVICE WORLDWIDE" for unique legacy project of toilet blocks and Eye Check Up Tablets
- 3) 3 times recipient of Lions International President awards and membership Growth Special pin.

Other Social Activities

Served as Honourary Secretary at THE BARODA ASSOCIATION FOR THE BLIND for many years

Served as President of Rotary Club Of Baroda and received Rotary International Presidents recognition for Polio Eradiction and awarded for immense contribution to FIVE DISTRICT SERVICE PROJECTS year 2011-2012 also awarded for achieving of over 100% in total contributions to The Rotary Foundation and also receipt of International President Presidential Citation for contribution to Rotary.



LIONS CLUB OF BARODA (MAIN)

Club No. 026 186, Dist. 323 F1

BOARD OF DIRECTORS 2017-18

President

Lion Dr. Ashwin Shah

Secretary

Lion Gaurang B. Pandya

Guiding Lion	:	Lion Dr. Vilas Bidaye
Immediate Past President	:	Lion Kirti L Shroff
1st Vice President	:	Lion Ketan Parikh
2nd Vice President	:	Lion Dr. Mital Patel
3rd vice president	:	Lion Dr. Rakesh N. Shah
Hon. Treasurer	:	Lion Dr. Sunil Thakkar
Joint Secretary	:	Lion Neelima Shukla
Director for 2 years	:	Lion Dr. Jignesh Pandya
Director for 2 years	:	Lion Dr. Bibhash Shah
Director for 1 year	:	Lion Jaydev parekh
Director for 1 year	:	Lion Samir Shah
Membership Director	:	Lion Dr. Sanjay Natu
Lion Tamer	:	Lion Shailesh Bhogani
Lion Tail Twister	:	Lion Dr. Jagdish Gohil

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Incoming Treasurer
Lion Dr. Sunil Thakkar
Bio Data

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Name Dr. Sunil R. Thakkar

Education M.B.B.S. From gov. medical college Baroda
D.G.O. From gov. medical college Baroda

Practicing as a gynaecologist since 1987
Suvidha Maternity Hospital
Opp. Ellora Milk Center, Ellora Park
Vadodara 390023

Joined lions club of Baroda Main in 2008
Previously member of lions club of Gorwa

Also Associated with

Life Member of Baroda Medical Association
Member of Federation of Obstetric and Gynaec. Society of India
Member of Baroda ob.& GY. Society

Wife **Neeta Thakkar**
B.A From Usmania University Hyderabad

Daughter **Dr. Khyati Thakkar**
M.B.B.S From gov. Medical college Baroda
M.D. Anaesthesia From Gov. Medical College Baroda

Son **Jigar Thakkar**
B.Tech in comp.sc. & eng. From Inter national Institute of Technoloy
Hyderabad At present working as software eng. In Flipkart at Banglore

LIONS CLUB OF BARODA (MAIN)

Sr. No.	Permanent Service Project
1	Baroda Lions Club Education Trust: Established & Managing School at four Location in Vadodara (1) Alkapuri (2) Bagikhana (3) ONGC (4) Danteshwar (5) Baroda Lions School -Alkapuri
2	The Baroda Association for the Blind Rehabilitation Centre at Subhanpura, Vadodara
3	Diabetes Association of Baroda AT Bombay Shopping Centre Race Course, Vadodara
4	Mother Milk Bank At. Kashiba Children Hospital Karelibaug, Vadodara
5	Shaktikrupa Charitable Trust (R.K.Patel Eye Centre) At Mota Fofalia
6	Shirkaidevi Seva Trust (Health Care Centre) At Pilol Village
7	B.G. Kothari Homeopathic Clinic At Subhanpura , Vadodara
8	Physiotherapy Clinic At Subhanpura , Vadodara
9	SFA Lions Quest Program
10	A Guide to Medical Services in Baroda City (Published every 2 years)
11	late Lion Vishwajit Mehta Lecture Series for Vadodara City
12	Traffic Circle - AT Jyoti park. Makrand Desai road, Vadodara
13	Visions Testing Tablets for students
14	Toilet-Blocks
15	Eye Clinic At The Baroda Association for the Blind
16	Inter State Annual Music & Cricket Competition for the Blind
17	Late Lion Vishwajit Mehta Lecture Series for Vadodara City



LIONS CLUB OF BARODA (MAIN)

Club No. 026 186, Dist. 323 F1

OUR PAST PRESIDENTS WHO ARE CURRENT MEMBERS

Sr. No.	Year	President	Secretary
1	1962-63	Lion K. J. Divetia	Lion S.c.parikh
2	1979-80	Lion Mahesh Shah	Lion Y.n. Vinchurkar
3	1983-84	Lion G.D. Zalani	Lion Ashwin Shah
4	1985-86	Lion Prabhudas S. Patel	Lion Dr. S.r. Iyengar
5	1989-90	Lion Dr. S. R. Iyengar	Lion Dr Mayank Bhatt
6	1997-98	Lion S. N. Waghela	Lion J. C. Patel
7	1999-00	Lion Jagdish Shukla	Lion Dilip Gupte
8	2000-01	Lion Dr. Vilas Bidaye	Lion Dr. Ajay Bhandarkar
10	2001-02	Lion Dr. Yogesh S. Shah	Lion Dr. Sanjay Natu
11	2004-05	Lion Madhav Vinchurkar	Lion Ghanshyam Patel
12	2005-06	Lion Jitendra Patel	Lion Jagdish Antani
13	2006-07	Lion Dr. Sanjay Natu	Lion Jagdish Antani
14	2007-08	Lion Devendra Parekh	Lion Vinod Ojha
15	2008-09	Lion Dr. Ajay Bhandarkar	Lion Gaurang Pandya
16	2009-10	Lion Dr. Himanshu Shah	Lion Gaurang Pandya
17	2010-11	Lion Ghanshyam G. Patel	Lion Ramesh Zalani
18	2011-12	Lion Dhiru Mistry	Lion Girish Joshi
19	2012-13	Lion D. K. Gupta	Lion Kishor Parikh
20	2013-14	Lion Bipin Parekh	Lion Dr. Rakesh J. Shah
21	2014-15	Lion Gaurang B. Pandya	Lion Tushar Vakil
22	2015-16	Lion CA Kishor K. Parikh	Lion Ketan Parikh
23	2016-17	Lion Kirti L. Shroff	Lion Vasantkumar A. Jani

અંધશાળામાં વર્ષ ૨૦૧૬-૧૭
દરમ્યાન યોજાયેલ પ્રવૃત્તિ અહેવાલ.



૧. આંખનું દવાખાનું : વર્ષ દરમ્યાન ૧૦૦૦ થી વધુ દર્દી તપાસ તેમજ ૨૦૦ થી વધુ દર્દીઓનું મફત મોતીયાનું ઓપરેશન અને ૧૦ દર્દીઓને મફત આંખની છારી નિકાલ.
૨. હોમિયોપેથિક દવાખાનું : વર્ષ દરમ્યાન ૧૦૮૦ થી વધુ દર્દી તપાસ તેમજ ચામડી, વાળ અને સ્ત્રી રોગોમાં અસરકારક સફળતા.
૩. ફિઝિયોથેરાપી સેન્ટર : વર્ષ દરમ્યાન ૩૦૦૦ થી વધુ દર્દીઓની તપાસ તેમજ પેરાલીસીસ (લકવા) ફેકચર અને વા ના રોગોમાં સફળતા.
૪. પ્રજ્ઞાચક્ષુ સંગીત સ્પર્ધા અને ક્રિકેટ ટુર્નમિન્ટ ૨૦૧૭ તા. ૨૮ અને ૨૯ જાન્યુઆરી ગુજરાત સહિત પાંચ રાજ્યોના ૫૫૦ થી વધુ પ્રજ્ઞાચક્ષુઓએ ભાગ લીધેલ હતો. તેમજ પ્રજ્ઞાચક્ષુ ક્રિકેટ ટુર્નમિન્ટ-૨૦૧૬ નું ૨૪ થી વધુ ટીમો સાથે સફળ આયોજન.
૫. પ્રજ્ઞાચક્ષુઓ માટે તા. ૮-૧-૨૦૧૭ ના રોજ પ્રજ્ઞાચક્ષુ ચેસ સ્પર્ધા - ૨૦૧૬ અને બ્રેઇલ વાંચન સ્પર્ધાનું આયોજન કરાયેલ હતું. તેમાં ૧૫૦ થી વધુ પ્રજ્ઞાચક્ષુ ભાઈ-બહેનો એ ભાગ લીધેલ હતો.
૬. પ્રજ્ઞાચક્ષુ ઇ-ટ્રેનીંગ પ્રોગ્રામ ૨૩-૧૨-૨૦૧૬ ના રોજ તે અંતર્ગત સ્માર્ટ મોબાઇલ ઓપરેટીંગ ટ્રેનીંગ સ્માર્ટ સ્ટીક ઓપરેટીંગ, ઇ-બેંકીંગ, પેટીએમ ઇ વોલેટ વગેરે અંગે વિસ્તૃત માહિતી આપવામાં આવી હતી.



મંત્રી
શ્રીમતી ડૉ. મિતલબેન એન. પટેલ



LIONS CLUB OF BARODA (MAIN)

LIONS INTERNATIONAL DISTRICT 323F1



Thalassemia is a blood disorder passed down through families (inherited) in which the body makes an abnormal form of haemoglobin. There are many forms of thalassemia. Each type has many different subtypes. Both alpha and beta thalassemia include the following two forms: Thalassemia major Thalassemia minor You must inherit the defective gene from both parents to develop thalassemia major. Thalassemia minor occurs if you receive the defective gene from only one parent. Persons with this form of the disorder are carriers of the disease and usually do not have symptoms. However, if two carriers get married, their children are likely to suffer from Thalassemia Major, which is a deadly disease. Thalassemia can cause significant complications, including iron overload, bone deformities and cardiovascular illness. The normal expenditure to keep such a child alive is around 20-25 lakhs during this period. This not only is very traumatic for the family but it also ruins the family financially. Unfortunately, in Gujarat, we have such 10,000 Thalassemia Major children. As you can readily see, the easiest way to prevent any more births of such children, is to screen every marriageable person for Thalassemia Minor trait and if found to be a carrier advise him NOT GET MARRIED TO ANOTHER CARRIER. Therefore, our club decided to take up MISSION THALASSEMIA CONTROL as a permanent activity. We have sought the help of Indian Red Cross Society who has very kindly agreed to collect blood samples and test them for Rs. 100 each against the normal market cost of Rs. 600-700 each. Our population is M.S.U. Students, Children of various schools and colleges and students in the rural adivasi area. At each institute, our team first explained the importance of this screening programme with a lecture, charts and CD. We carried out almost 75 such precounselling sessions because at some institutes the number was too large. After collecting the blood samples, Red Cross sent us the reports within 2-3 weeks which were delivered to the institutes. While delivering the reports, we gave each one a copy of explanatory statement for the report. Post counselling meeting were also held at each institute Our club has screened more than 75,000 students in the last 5 years. Looking at our work, Governor of Gujarat awarded an appreciation certificate to our club. This year, M.S.U. has agreed to make THALASSEMIA SCREENING mandatory for all new entrants. We shall continue to work towards our goal of eliminating births of new thalassemia major children.



Ln. Mahesh Shah
Vice District Governor - 2 (Elect)

BLCET Since 1961



Life Skills Education for School Effectiveness and Improvement



During the 21st century, life, globally, is undergoing significant transition and change. Among the most affected are the adolescents. Technological advances have made the world a global village. Technology also has made adolescents more dependent on the parents economically than in the agricultural era. Certain inbuilt buffers of the society (both as support and control) are no longer available to the adolescents of today (for instance: extended family system, the smaller community that is personal and closed – be it a village or religious community, uniform culture - in the smaller circle of living, traditional ways of thinking, behavior with very little individual need to exercise choices.

Rapidly changing social, moral, ethical and religious values have ushered in certain 'life styles' in the present society especially among the youth. The stress faced by the adolescent in such a current situation is enormous. This is reflected by raising suicide rates and growing crime among young persons. There is an urgent need to provide today's youth with a new set of ways and systems to deal with the demands of life. Since the 'individual' rather than the 'system' is recognized as the basic unit of the society, it is essential that the youth be helped to develop skills inherently to handle a wide variety of choices, changes and stressors. The values of a stable society and the family have to be strengthened with the skills of the individual, which would enable him/her to be stable amidst rapid transition.

History has shown that values can change and vary according to time, culture and period. Even if one does not subscribe to all aspects of living style of a particular culture, it is necessary to be aware of it, address it critically with the larger society in mind; work with it to bring about positive changes which are integrated rather than working against it creating strong resistance from all fronts. What is acceptable in one culture may not be so in another. Today's children and youth are the 1st generation to have access to many things which was not so easily available to their parents. The importance of learning life skills in elementary school is often over looked by the general public. However, life skills should and need to be taught early in a child's life for him or her to become a well-rounded educated individual. Many children will learn the academics in school, although without life skills will not be able to apply what they have learned to their everyday life. Life skills are taught from the time a child is born, teaching these skills must continue to be taught throughout their academic learning experiences. Growth and development are the two important tasks of childhood. Growth is physical and mainly observed as increase in height, weight and appearance of age related changes in the body - For example, secondary sexual characteristics in adolescence. Development on the other hand, is more complex and involves mastering those characteristics and tasks, which help one to grow into an adult who has good self -esteem, is socially integrated, faces changes and challenges, copes

and adapts to conflicts and stress. She/he is independent but still is connected with others in the family and society. To be able to achieve this, the development has to take place in various areas — intellectual, social skills, communication and language abilities, emotional adjustment and moral values. A child develops mastery over tasks in the various areas mentioned in overlapping stages. Hence these stages are called development phases. Such a development occurs continuously throughout childhood and adolescence (also in adulthood). It is a dynamic process where both the child and environment play an active role in learning or not learning a particular skill. Both 'nature' and 'nurture' play a significant role in the psychological maturity to be able to go through the developmental processes. Often the environment - parents, friends and teachers stimulate and maintain the particular task. Thus skills are developed by the person by various methods - trial and error, modeling, correction & reinforcement in an interactive manner. Certain developmental tasks are given more importance and relevance than others. Specific methods are used to nurture them. Universally intellectual tasks and acquisition of knowledge are given premium and schools are established as means to achieve them. Language and communication are stressed due to the day — to — day needs. Both of these are universal. Development of moral values and emotional adjustment are often considered innate and cultures differ vastly in promoting them in their children.

Life Skills occur over the developmental period of one's life. Manners are a big part of "Life Skills" and should be in the forefront of all things; without them, even an "A" student will not be successful in life and with them, even a "D" student can go far! Saying "please" or "thank you" does not qualify for "having total manners", for there is so much more involved, but it surely is a prelude of what can still come. If a child says "thank you", then it could almost be guaranteed that he will be a courteous driver, and wave when someone lets him pass. He or she will radiate kindness towards others whether he is in a coffee shop and says, "thank you sir", respectfully, or waves to an officer directing traffic. You see an offshoot of manners and kindness is respect towards others.

Helping children both in and out of school learn how to better take care of themselves is what life skills is all about. Most children have learned how not to talk to strangers and to not get in cars and how not to be lured into houses when on the street without their parents; in the classroom these skills are reinforced. "Respect" is an abstract word that is hard for little ones to understand, but the term can be integrated and modeled by the teacher. When a child cooperates and obeys, he is showing respect, a certain life skill that will bring him far when he needs to take constructive criticism well from a superior.

Health and nutrition classes in general can be listed under life studies. Not washing hands after using the toilet or being careless about cleanliness in general is life- threatening. It is never too early to learn the basic skills one needs to get along in this world. Dashing across a busy street without first looking is something all children are taught not to do. Another life skill is the art of learning study habits. While they can be isolated as a separate subject in any given grade, this skill can be intertwined daily, whether children are encouraged to clean out their desk, or write their homework in a pad. When a test is coming up, a teacher can show or teach what to do four or five days ahead. They are taught this when they first begin to walk; yet, in their youthful enthusiasm it is often forgotten.

Lion Jagdish Shukla
President - BLCET

CATARACT



It is a medical condition in which the lens of the eye becomes progressively opaque resulting in blurred vision.

Cataracts are the most common cause of vision loss in people over age 40 and is the principle cause of blindness in the world.

What Causes Cataracts?

Cataract develops when protein builds up in the lens of the eye and makes it cloudy. This keeps light from passing through clearly and causes blurred vision. There are different types of cataracts. They include:

- ✓ Age-related. These form as you get older.
 - ✓ Congenital. They are present since birth caused by infection, injury, or poor development in the womb. Or, they can form in childhood.
 - ✓ Secondary. These happen as a result of other medical conditions, like diabetes. They can also result from being around toxic substances, ultraviolet light, or radiation, or from taking medicines such as corticosteroids or diuretics.
 - ✓ Traumatic. These form after an injury to the eye.
- Other things that can raise the chances of getting cataracts include cigarette smoke, air pollution, and heavy drinking.

What Are the Symptoms?

Cataracts usually form slowly. One might notice:

- ✓ Vision that's cloudy, blurry, foggy, or filmy
- ✓ Nearsightedness (in older people)
- ✓ Changes in the way you see color
- ✓ Problems driving at night (glare from oncoming headlights, for example)
- ✓ Problems with glare during the day

Double vision

- ✓ in the affected eye
- ✓ Black spots in front of the eye
- ✓ Distortion of images
- ✓ Trouble with eyeglasses or contact lenses not working well

Cataract Treatment

Surgery for cataracts involves removing the clouded lens of the eye (the cataract). The lens is replaced with an artificial lens called an intraocular lens implant (IOL). Today the procedure of choice for cataract surgery is Phacoemulsification.

What is a phaco surgery?

Phacoemulsification cataract surgery is a procedure in which an ultrasonic device is used to break up and then remove a cloudy lens, or cataract, from the eye to improve vision. The insertion of an intraocular lens (IOL) usually immediately follows phacoemulsification.



LION DR. BIBHAS SHAH

Consultant Eye Surgeon
Lalbaug Eye Hospital
Manjalpur, Vadodara

Peri & Postmenopausal Problem



IN YOUR 40'S AND ABOVE

This is the Perimenopausal age & it Comes with a Different set of Problems It May Be

1. Mentrual Problems & Utrines Tumers & Cervical Cancer.
2. Breast Problems & Cancer.
3. Hormanal Problems.
4. Psycho-Sexual Problmes.
5. Bone Problems.

It Is Important Not to Neglect a Single Symptoms.

1. **GUARD AGAINST – CERVICAL CANCER.**
 - Go For PAP SMEAR.
 - Cervical Biopsy & Pelvic Sonography.
 - Even Advise Young Daughter For Cervical Vaccine-[11YRS TO 45 YRS]
 2. Go For Regular Check up –Can Pick Up Early Cancer.
 3. Prevent Breast Cancer ,One Of The Most Commonest Cancers In Women Over 40. Every Woman After 40, Must Have Regular Memographies. & If Family History Then It Shoud Start Early.
 4. Tackal Excessive Bleedings & Fibroids & Uterines Masses.
Rx.-With Hormonal Theraphy
 - Baloon Ablation
 - Surgery Etc.
 5. Get Rid Of Incontinence-Many Womens Suffer From Involuntary ,Leaking Of Urine While Coughing & Sneezing-Rx. Treat SUI With 10 Minites Viginal Surgery.
 6. For Reduced Sex Drive.
 - Improve By Positive Reinforcement
 - Reassurance
 - Hormonal Medication & Lubricants
 7. Take Care Of Bones Some Womens Suffer From Arthritis, Take
 - Calcium
 - Exercize
 - Physiotherapy
 - Weight Bearing Exercize
- So Please At 40 & Above –
- A. Regular Pap Smears,
 - B. Sonography
 - C. Mamography
 - D. Start Calcium Supplements
 - E. Exercize, Heart Evulution
 - F. Annual Gynacological & Medical Check Ups
 - G. Continue Contraception.
 - H. Regular Yoga, Diet, & Proper Sleep

STAY HEALTHY & HAPPY

DR. PARUL A SHAH
[GYNECOLOGIST]
LAPAROSCOPIC SURGEON
GANGA JAMNA HOSPITAL
SUBHANPURA, VADODARA-23

BREAST CANCER : WHY SHOULD IT BE A HYPE



Let me start with the main risk factor about breast cancer so the readers can know if this article is worth your precious time or not. So the main risk factor seen in 100% of breast cancer victims is

FEMALE SEX

Yes. So if you are a female or have a woman in your life you care about, then I think you should spare a few minutes and read this information.

I will not go into the statistics about the prevalence of breast cancer. Let's just say that it's more common than you think. And because if detected early it can drastically improve the prognosis, it is important to know the early signs.

First and foremost: 99% of breast cancers are painless. So mild pain in breast occurs normally in certain phases of the menstruation cycle. So that is not a major concern.

A lump or swelling in the breast is the most persistent sign of a breast cancer. So for that, you need to self-examine your breast and undergo Mammography examinations at certain intervals. Recommended regimens are:

Regular self-examination to start from age of 20 yrs

Annual check-ups / consultation with family doctor or gynecologist after 30 yrs of age

Regular mammograms : either yearly or alternate years, MAY BE AFTER 40 TO 45 YRS

Self-examination

- ✓ It allows to get familiar with normal appearance of your own breast
- ✓ Three different ways to examine of your own
- ✓ Examine during taking shower : because hands move freely over wet skin & makes it easy to see for any unusual lump, nodule or thickening
- ✓ Second is examine in front of mirror : keeping hands above the head, see for
- ✓ Shape
- ✓ Change in nipples
- ✓ Any swelling or depression
- ✓ In lying down position : put a pillow on the side you want to examine, which will spread the breast tissue evenly on your chest to palpate for small nodular lesions.
- ✓ You can also press the nipple gently & see if there is any discharge from it
- ✓ When should we do self-examination ?
- ✓ Make a protocol as follows :
- ✓ Menstruating woman : after a week of menstruation
- ✓ Menopausal woman : 1st of every month
- ✓ THEN COMES REGULAR CHECK UPS :
- ✓ Try to consult your family doctor at least once in a year
- ✓ Then comes investigations
- ✓ Let your family doctor decide, whether you need to undergo investigation or not
- ✓ MAMMOGRAM IS THE ONLY PROCEDURE APPROVED OFFICIALLY BY FOOD & DRUG DEPARTMENT OF USA FOR SCREENING PROGRAMS
- ✓ It is a simple procedure where X-rays are taken of breast tissue with a simple machine.
- ✓ No injection is given
- ✓ No anesthesia
- ✓ Usually done by female trained technicians only (when sonography is done, it is done by Radiologist)
- ✓ About 10 to 15 minutes procedure
- ✓ So to conclude, I would like to tell you that undergo self-examination between the age of 20 to 30 yrs
- ✓ Between 30 to 40 / 45 yrs, you can advocate self-examination and family doctor consultation
- ✓ After 45 at least one mammogram in two years, if you don't have any family H/O, otherwise every yearly

Dr. Harsh Rakesh Shah

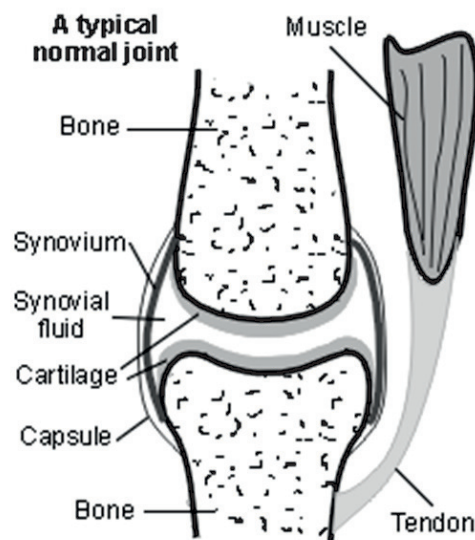
OSTEOARTHRITIS OF KNEE JOINT



Dr. Sanjay Natu
M.S. (Ortho)

Arthritis means inflammation of the joints. Osteoarthritis (OA) is the most common form of arthritis affecting 60% population in India OA mainly affects the joint cartilage and the bone tissue next to the cartilage.

Understanding joints



A joint is the term for where two bones meet. Joints allow movement and flexibility of various parts of the body. The movement of the bones is caused by muscles which pull on tendons that are attached to bone.

Cartilage is a hard, smooth tissue that covers the end of bones. Between the cartilage of two bones which form a joint, there is a small amount of thick fluid called synovial fluid. This fluid lubricates the joint, which allows smooth movement between the bones.

The synovial fluid is made by the synovium. This is the tissue that surrounds the joint. The outer part of the synovium is called the capsule. This is tough and helps to give the joint stability. Surrounding

ligaments and muscles also help to give support and stability to joints.

What causes osteoarthritis?

All normal joints and joint tissues are constantly undergoing some form of repair. This is because of the wear and tear that is placed on them through our daily activities. However, in some people, it seems that this repair process becomes faulty in some way. This occurs perhaps because of severe wear and tear to the joints or a problem with the repair process, and osteoarthritis (OA) develops.

In joints with OA, the joint cartilage becomes damaged and worn. The bone tissue next to the cartilage can also be affected and bony growths can develop around the joint edges. These growths are called osteophytes and may be seen on X-rays. The joints and the tissues around the joints can also become inflamed. This inflammation is called synovitis.

Factors that may play a role in the development of OA include:

- ✓ Age. OA becomes more common with increasing age.
- ✓ Genetics. There may be some inherited tendency for OA to develop in some people.
- ✓ Obesity. This is because there is an increased load on the joints and a potential for more joint damage.
- ✓ Your sex. Women are more likely than men to develop OA.
- ✓ Previous joint injury, damage or deformity. Previous joint infection, a previous break (fracture) in the bone around a joint, or a previous ligament injury that caused a joint instability.

- ✓ Occupational overuse of a joint. More common in elite athletes and elbow OA may be more common in people working with pneumatic drills.

What are the symptoms?

- ✓ Pain, stiffness, and limitation in full movement of the joint are typical. The stiffness tends to be worse first thing in the morning. It then tends to loosen up after half an hour or so.
- ✓ Swelling
- ✓ Deformity
- ✓ No symptoms may occur.
- ✓ Difficulty in sleep for some people

Do I need any tests?

X-ray

What are the aims of treatment?

There is no cure for osteoarthritis (OA) but there are a number of things that can be done to ease symptoms. For anyone with OA, the aims of treatment should be:

- ✓ To reduce any pain and stiffness.
- ✓ To maintain or improve the mobility of your affected joint or joints.
- ✓ To limit any joint damage.
- ✓ To minimise any disability that may result from your OA.
- ✓ To minimise any side-effects from medicines used as treatment.

Remember, something can usually be done to help. OA is more common as you become older but it isn't just part of getting older. You don't have to live with pain or disability. Various treatments may help and are discussed below.

General measures to help treat osteoarthritis

Exercise

This helps to strengthen the muscles around affected joints, to keep you fit and to maintain a good range of joint movement. Swimming is ideal for most joints; however, any exercise is better than none. Many people can manage a regular walk.

Weight control

If you are overweight, try to lose some weight, as the extra burden placed on back, hips and knees can make symptoms worse. Even a modest weight loss can make quite a difference.

Shoe insoles and other devices

- ✓ Wearing a knee brace.
- ✓ Using shoe insoles.
- ✓ The use of a special sticky tape which pulls the kneecap inwards.

Walking aids

Walking stick. Hold it in the hand on the opposite side of the body to the affected joint. This takes some pressure off the affected joint and helps to ease symptoms in some cases.

Physiotherapy

Sometimes advice or treatment from a physiotherapist is helpful - for example:

- ✓ to strengthen the muscles above the knee (quadriceps muscles) For advice on how to keep active and fit.
- ✓ For advice on shoes, insoles, knee braces, taping to the knee, and how to use walking aids properly (to make sure you have one of the correct height).

Other therapies

Transcutaneous electrical nerve stimulator (TENS) machines

- ✓ help to ease pain from OA. A TENS machine delivers small electrical pulses to the body via electrodes placed on the skin.

- ✓ Hot or cold packs on the affected joint(s). This is also called thermotherapy. You can use a hot water bottle filled with either hot or cold water and apply it to the affected area. Or, special hot and cold packs that can either be cooled in the freezer, or heated in a microwave, are also available.

Medicines used to treat osteoarthritis

Paracetamol

Paracetamol is commonly used to treat osteoarthritis (OA). However, a surprising recent study found that, on its own, it provided little in the way of pain relief for this condition.

Anti-inflammatory painkillers

Topical preparation of an anti-inflammatory painkiller that you rub on to the skin over affected joints is helpful. This include ibuprofen gel and diclofenac (topical). Compared to anti-inflammatory tablets, the amount of the medicine that gets into the bloodstream is much less with topical preparations. There is also less risk of side-effects (see below).

Anti-inflammatory painkillers that are taken by mouth :

Ibuprofen, Diclofenac, Eterocoxib, Piroxicam

An injection of steroid medicine

An injection directly into a joint may be an option if a joint becomes badly swollen (inflamed).

Herbal creams and gels

There is not a great deal of evidence from studies to show that herbal remedies are effective:

- ✓ Arnica gel
- ✓ Comfrey extract gel probably improves pain.
- ✓ capsicum extract gel is effective for reducing osteoarthritis (OA) pain.

Food supplements as a treatment

In particular, glucosamine and chondroitin supplements have become popular in recent years. Glucosamine and chondroitin are chemicals that are part of the make-up of normal cartilage. The theory is that taking one or both of these supplements may help to improve and repair damaged

Surgery for osteoarthritis

Most people with osteoarthritis (OA) do not have it badly enough to need surgery. However, OA of a joint may become severe in some cases. Some joints can be replaced with artificial joints. Hip and knee replacement surgery has become a standard treatment for severe OA of these joints. Some other joints can also be replaced.

Joint replacement surgery has a high success rate. However, like any operation, joint replacement surgery is not without risk.

What is the outlook (prognosis)?

A common wrong belief is that osteoarthritis (OA) is always a progressive and serious disease. The severity of symptoms varies. In many people, OA is mild. It does not become worse and does not make you any more disabled than expected for your age. However, in some people, the severity of OA and the disability it causes are out of proportion with their age. One or more joints may become particularly badly affected.

Symptoms often wax and wane. Sometimes this is related to things such as the weather. Symptoms often improve in warmer months. A bad spell of symptoms may be followed by a relatively good period.

Know your eye.



Dr. Mital Patel

1) What is inside of your eyes?

Most of the eye is filled with a clear gel called the vitreous. Light projects through your pupil and lens to the back of the eye. The inside lining of the eye is covered by special light-sensing cells that are collectively called the retina. It converts light into electrical impulses.

2) Where is the cornea located and what is its function?

The cornea is the transparent front part of the eye that covers the iris, pupil, and anterior chamber. The cornea, with the anterior chamber and lens, refracts light, with the cornea accounting for approximately two-thirds of the eye's total optical power.

3) Why do you think it is important that the cornea is clear and free of blood vessels?

Since there are no nutrient-supplying blood vessels in the cornea, tears and the aqueous humor (a watery fluid) in the anterior chamber provide the cornea with nutrients. ... It absorbs nutrients and oxygen from tears and conveys it to the rest of the cornea. Splash water inside your eye is not advisable. You may wash your eyes from outside after closing the eye lids.

4) What is the iris of the eye?

The iris is a thin, circular structure in the eye, responsible for controlling the diameter and size of the pupil and thus the amount of light reaching the retina.

5) Why is the pupil of the eye black?

The pupil is a hole located in the centre of the iris of the eye that allows light to strike the retina. It appears black because light rays entering the pupil are either absorbed by the tissues inside the eye directly, or absorbed after diffuse reflections within the eye that mostly miss exiting the narrow pupil.

6) What is the lens of the eye made of ?

The lens is a transparent, biconvex structure in the eye that, along with the cornea, helps to refract light to be focused on the retina.

7) What is cataract?

When natural transparent lens of the eye gets opacity, it is known as cataract.

8) Do we intraocular implant is compulsory in cataract surgery?

Yes , if we don't implant then we need to wear a thick glasses. And implant in cataract surgery is permanent. One need not to change it. Now a days we have unifocal and multifocal implants available.

9) How an image is formed on the retina?

Because light rays diverge in all directions from their source, the set of rays from each point in space that reach the pupil must be focused. The formation of focused images on the photoreceptors of the retina depends on the refraction (bending) of light by the cornea and the lens

10) How do we see things through our eyes?

Light enters our eyes. Light from the sun, or an artificial light, travels in a straight line, bounces off objects and into our eyes through the pupil. Depending on the amount of light, the iris changes the size of the pupil to let more or less light in.

11) What is a refractive eye disorder?

In refractive disorders (refractive errors), light rays entering the eye are not focused on the retina, causing blurred vision. The shape of the eye or cornea or age-related stiffness of the lens may decrease the focusing power of the eye. Objects may appear blurry when far away, near, or both. The main types of refractive errors are myopia (nearsightedness), hyperopia (farsightedness), presbyopia (loss of near vision with age), and astigmatism

12) Can refractive error be cured?

There is not adequate scientific evidence to suggest that eye exercises, vitamins or pills can prevent or cure refractive errors. Wearing eyeglasses is an easy method to correct refractive errors. One may use contact lens or undergo surgery after certain age.

13) What is myopia and hyperopia?

The most common types of refractive errors are myopia, hyperopia, presbyopia, and astigmatism. Myopia (nearsightedness) is a condition where objects up close appear clearly, while objects far away appear blurry. With myopia, light comes to focus in front of the retina instead of on the retina. . Hyperopia (Farsightedness) is a condition where, light comes to focus behind the retina instead of on the retina.

14) How does astigmatism affect you?

An irregularly shaped cornea or lens prevents light from focusing properly on the retina, the light-sensitive surface at the back of the eye. As a result, vision becomes blurred at any distance. This can lead to eye discomfort and headaches.. Slight astigmatism usually doesn't affect vision or require treatment.

15) Can astigmatism get better?

Wearing or not wearing your eyeglasses will not make your astigmatism better or worse. If your astigmatism worsens, this will occur whether or not you wear your glasses. At present, there is no known medicine that can reduce astigmatism. ... Also, even mild uncorrected astigmatism often causes headaches and eye strain.

16) Can you go blind from an astigmatism?

Astigmatism means the lens in one or both eyes is not perfectly round, so it doesn't focus things quite right. Eye glasses can be made to reverse the distorting effect, thus improving your vision. You are not going blind because of a minor imperfection in the shape of your lenses

DIABETES

- Dr. S. R. Iyenger



Diabetes Mellitus is also commonly called Diabetes.
Diabetes is a disease in which blood sugar remains high.
Diabetes is due to the disease of pancreas.
There are mainly two types of Diabetes.

Diabetes type 1: It is due to failure of pancreas to secrete insulin.

Diabetes type 2: It is due to

- (1) Decreased Insulin Secretion.
- (2) Increased resistance to the action of insulin

Gestation Diabetes : This occurs during pregnancy and mostly disappears after delivery.
Most prevalent over 90% is type II Diabetes seen in adults.

Diabetes : Symptoms

- (1) Increased urination
- (2) Increased thirst
- (3) Increased hunger
- (4) Weakness, exhaustion
- (5) None of the above in large number of cases.

Diagnosis : Fasting blood sugar over 126mg.

Post g lucose two hour sugar over 200mg/.

Hb'A 1 c of over7.

Almost 16 to 19% of urban population in India has Diabetes.

Diabetes can be prevented, postponed or controlled by life style modification.

Prevent

- (1) Over weight or obesity
- (2) Diet control sugar intake increase fiber and whole grain.
- (3) Exercise about 5to7 km walk daily.
- (4) No Tobacco intake.
- (5) Avoid high calory diet.
- (6) Avoid snacks with high sugarand oil content
- (7) Don't take canned fruit juices as they contain more sugar.
- (8) Eat fresh fruit or fresh juicemade at home.

There is 58% reduction of Diabetes in very early stages by life style modification as mentioned.
Diabetes increase the risk of death by 50% if not controlled well.

Diabetes can lead to

- (1) Death by heart attack
- (2) Chronic renal failure requiring Dialysis.
- (3) Cerebral stroke , causing paralysis needing help in later life.
- (4) Neuropathy causing pain and mobility disorder.
- (5) Decreased peripheral circulation and in extreme cases requiring amputation.
- (6) Retinopathy, causing vision problems and in some cases serve vision loss.

Please wake up my dear friend,

- (1) Change your diet.
- (2) If over weight reduce you weight to normal for your age.
- (3) Please do exercise every.

Charlie Chaplin said to happiness is in enjoying good health.

Work for good health.

Nothing ios free in life including health.



LIONS CLUB OF BARODA (MAIN) Club Committees (2017-18) under All 3 Vice Presidents

Building Committee

Chairman :- Ln. Prabhudas Patel

- 1 Ln. Dr. S.R. Iyengar
- 2 Ln. S. N. Waghela
- 3 Ln. Devendra Parekh
- 4 Ln. Dr. Yogesh Shah
- 5 Ln. Gaurang Pandya

Fund Raising Committee

Chairman :- Ln. Mahesh Shah

- 1 Ln. D. K. Gupta
- 2 Ln. Vinod Ojha
- 3 Ln. CA Utsavraj Bhandari
- 4 Ln. G.D. Zalani
- 5 Ln. Sameer Shah
- 6 Ln. Jaydeep Modi
- 7 Ln. Utsavraj Bhandari

Education/ Youth Grooming/ Lions Quest (SFA) /Sports Committee

Chairman :- Ln. Jagdish Shukla

- 1 Ln. Atmadeep Dhami Co-Chairman
- 2 Ln. Neelima Shukla
- 3 Ln. Madhav Vinchurkar
- 4 Ln. Rohit Shah
- 5 Ln. Prashant Saxena
- 6 Ln. Bharti Parekh
- 7 Ln. Dr. Himanshu Shah
- 8 Ln. Mahesh Shah
- 9 Ln. Ramesh Zalani
- 10 Ln. Girish Joshi

Medical Committee

Chairman :- Ln. Dr. Rakesh N. Shan

Co-Chairman :- Ln. Dr. Jignesh Pandya

- 1 Ln. Dr. Satish Shah
- 2 Ln. Dr. S.R. Iyengar
- 3 Ln. Dr. Sunil Thakkar
- 4 Ln. Dr. Jagdish Gohil
- 5 Ln. Dr. Hemant Sant
- 6 Ln. Dr. Shashi Mishra
- 7 Ln. Dr. Himanshu Shah
- 8 Ln. Dr. Nirav Patel
- 9 Ln. Dr. Sanjay Natu
- 10 Ln. Dr. A. P. Nawathe
- 11 Ln. Dr. Rakesh J. Shah
- 12 Ln. Dr. Shivam Parekh

Finance, Legal, Internal Audit, Constitution And Budget Committee

Chairman : Ln. CA Kishor Parikh

Co-Chairman : Ln. Devendra Parekh

- 1 Ln. Kishor Boda
- 2 Ln. CA Milin Mehta
- 3 Ln. CA Mayur Swadia
- 4 Ln. Gaurang Pandya

Membership Committee

Chairman : Ln. Dr. Sanjay Natu

- 1 Ln. Gaurang Pandya
- 2 Ln. Kirti Shroff
- 3 Ln. Devendra Parekh
- 4 Ln. Samir Shah
- 5 Ln. Dr. Ajay Bansal
- 6 Ln. Urvashi Shah
- 7 Ln. Nilima Shukla

Program Committee

Chairman : Ln. Devendra Parekh

Co-Chairman : Ln. Dr. Himanshu Shah

- 1 Ln. Mahesh Shah
- 2 Ln. Kirti Shroff
- 2 Ln. Dr. Rakesh J. Shah
- 4 Ln. Ln. Jagruti Parikh
- 5 Ln. Dr. Mittal Patel

Club Committees

Greetings Committee

- 1 Ln. Neelima Shukla
- 2 Ln. Urvashi Shah
- 3 Ln. Dipti Vakil
- 4 Ln. Asha Pandya
- 5 Ln. Jagruti Parikh
- 6 Ln. Bharti Parekh

Public Relations,

- 1 Ln. Dhiru Mistry
- 2 Ln. Atmadeep Dhama
- 3 Ln. Dr. Yogesh Shah
- 4 Ln. Devendra Parekh
- 5 Ln. Rohit Shah

International & Club's Existing Permanent Projects, Development Committee

Chairman: Ln. Dr. S.R. Iyengara

- 2 Ln. Jagdish Shukla
- 3 Ln. Asha Pandya
- 4 Ln. Dr. Yogesh Shah
- 5 Ln. Devendra Parekh

Sight First Program Committee

Chairman : Ln. Dr. Mittal Patel

- 1 Ln. Dr. Bibhas Shah
- 2 Ln. Dr. Vilas Bidaye
- 3 Ln. Dr. Nirav Patel

Faraskhana committee

- 1 Ln. CA Kishor Parikh
- 2 Ln. Kirti Shroff
- 3 Hon. Secretary 2018-19
- 4 Hon. Treasurer 2018-19
- 5 Ln. Ketan Parikh
- 6 Ln. Dr. Sunil Thakkar
- 7 Ln. Gaurang Pandya
- 8 Ln. Devendra Parekh

Gardening & Layout Committee

Chairman: Ln. Shailesh Bhogani

Co-Chairman: Ln. Gaurang Pandya

- 1 Ln. Jignesh Pandya
- 2 Ln. Dr. Jagdish Gohil

Centenary Celebration Committee

All Past Presidents will be Members of this Committee to be headed by Club President

President & Honourary Secretary will be members of all Committees

All Past Presidents are eligible to propose any projects except above committees upto Rs.50000 p.a.

All committee chairmen have to call meetings before 10 July 2017 and submit budgets to finance committee

List of Club Members as on 31-3-2017

No.	Member No.	Name & Address of Member	Spouse	Member & Spouse Birthday/Anniversary	Contact No.	E-mail
1	1291186	Ln.DR.AJAY BHANDARKAR 15, VISHWAS COLONY, B/H ALKAPURI PETROL PUMP, VADOARA - 390 005	DR.SUSHM BHANDARKAR	M.B. : 25TH SEPT S.B. : 09TH JAN. ANNI :12TH DEC.	2355152 [O] 2640201 [R] 982530022	ajaybhandarkar@hotmail.com
2	1301932	LN.DR.AJAY JUNNARKAR 20, UDAY PARK SOCIETY, JETALPUR RAOD, VADODARA	LL.PALLAVI JUNNARKAR	M.B. : 18TH NOV. S.B. : 02ND JUNE ANNI : 07TH NOV.	2342996 [R] 9376214081	avnaj2000@yahoo.com
3	1291185	LN.DR.AJAY KUMAR BANSAL C/7, BANSURI FLATS, PASHABHAI PARK, RACE-COURSE, VADODARA - 390 007	LL.RAMA BANSAL	M.B. : 17TH SEPT S.B. : 14TH NOV ANNI :23RD JUNE	2352561 [R] 9662011315	ajayhbansal@yahoo.co.in
4	2693900	LN.DR.ASHWIN H. SHAH "GANGA - JAMUNA" HOSPITAL ELLORA PARK, VADODARA	DR. PARUL SHAH	M.B. : 16TH JULY S.B. : 01ST MARCH ANNI :05TH DEC.	2395117 [O] 2395649 [R] 9824067166	gangajamana2008@yahoo.com
5	1296559	LN.ATMADIP DHAMI 3,PITAMBER SOCIETY, OLD PADARA ROAD,VADODARA-15	LL.LISA DHAMI	M.B. : 16TH JULY S.B. : 14TH JAN. ANNI : 05TH OCT.	9537799111 9427602577 9824098777	apcimedipo@hotmail.com
6	1307305	LN.DR.AVINSH PNAWATHE A-2, DEVIKANANDAN PARK, NEAR SHRIKANT PARK,GOTRI ROAD, VADODARA - 390 021.	DR. SUDHA NAWATHE	M.B. : 19TH NOV. S.B. : 25TH FEB. ANNI : 05TH FEB.	2413626 [O] 2390286 [R] 9426025612 9427055012	sudhanawathe@gmail.com
7	3078859	LN.DR.BIBHAS SHAH LALBAUG, EYE HOSPITAL , OPP. SHREYAS HIGH SCHOOL, VADODARA	LL.ALPA SHAH	M.B. : 04TH DEC. S.B. : 22ND JUNE ANNI : 27TH JAN.	2386701 [R] 2642282 [O] 9409564440 9825565564	drbibhas@gmail.com

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No.	Member No.	Name & Address of Member	Spouse	Member & Spouse Birthday/Anniversary	Contact No.	E-mail
8	1307307	LN.BIPIN M. PAREKH 203, VRUNDLAY APPT., 21/1, ARUNODAY SOCIETY, ALKAPURI, VADODARA - 390 007.	LL.BHARATI PAREKH	M.B. : 07TH OCT. S.B. : 12TH APRIL ANNI : 09TH MAY	2356359 [R] 9375238257 9376236598	bipinparekh1@yahoo.in
9	1301927	LN.D.K. GUPTA 76 - RUTUVILLA, OPP. YASH COMPLEX, OFF GOTRI ROAD, VADODARA - 21	LL.RANJANA GUPTA	M.B. : 31ST OCT. S.B. : 28TH AUG. ANNI : 26TH DEC.	2370437 9601551869 9898316869	dkg3122@gmail.com
10	1307308	LN.DEVENDRA R. PAREKH "SHRI KRISHNA KUNJ" 9, MANGALDHAM SOCIETY, OPPCITIZEN SOCIETY, VADODARA - 390 023.	LL.MEENA PAREKH	M.B. : 15TH NOV. S.B. : 24TH OCT. ANNI :26TH APRIL	2394132 [R] 2333142 [O] 9426721505	drparekhtaxadvocate@yahoo.com
11	4297129	LN. DHARMENDRA G.PATEL 37-38, SHREENATHJI PARK NR. MOTHER'S SCHOOL GOTRI , VADODARA	LL. PARUL PATEL	M.B. : 24th OCT S.B. : 31ST JAN. ANNI : 26TH MAY	2331492[R] 3205396 [O] 9377663972	dharmesh59@yahoo.com
12	1307303	LN.DHIRU MISTRY 201-SHREE RADHE FLATS, 35,PURSHATAM NAGAR, BARODA PRODUCTIVITY ROAD, VADODARA -390 007.	LL.KUSUM MISTRY	M.B. : 09TH MAY S.B. : 22ND SEPT. ANNI : 22ND JUNE	2351576 [R] 9727555331	dhiru_mistry@rediffmail.com
13	1318059	LN.G.D. ZALANI 21, GAUTAM NAGAR, RACE-COURSE, VADODARA - 390 007.	LL.SAVITRI ZALANI	M.B. : 15TH NOV. S.B. : 01ST FEB. ANNI : 24TH NOV.	2336658 [R] 9825405503	

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No.	Member No.	Name & Address of Member	Spouse	Member & Spouse Birthday/Anniversary	Contact No.	E-mail
14	3094193	LN.G.H.SHIVAKUMAR 401, GUWAHATI RESIDENTIAL LALBAUG SOCIETY MANJALPUR, VADODARA	LL.LATHA SHIVAKUMAR	M.B. : 19TH AUG. S.B. : 08TH OCT. ANNI :03RD JUNE	2660594 [R] 9376231209	gnprofile@gmail.com
15	2469499	LN.GAURANG B. PANDYA "GAYATRI " BUNGLOW, 16, ANUPAM, SOCIETY, ALKAPURI, VADODARA-390007	LL.ASHA PANDYA	M.B. : 04TH JAN. S.B. : 22ND OCT. ANNI :22ND FEB.	2342890 [R] 9426300879	vmbplg@gmail.com
16	1307314	LN.GHANSHYAM G. PATEL 37, SHRI NATHAJI PARK, NEAR MOTHER'S SCHOOL, VADODARA - 390007.	LL.KAILASH PATEL	M.B. : 12TH APRIL S.B. : 01ST OCT. ANNI : 28TH APRIL	2331492 [R] 9376219886	ggpate12004@yahoo.com
17	2469497	LN.GIRISH S. JOSHI A-2/208, ASHWAMEGH -3, AKOTA MUJMAHUDA ROAD, VADODARA - 390 020.	LL.VASUDHA JOSHI	M.B. : 07TH JAN. S.B. : 22ND SEPT. ANNI.: 02ND JAN.	[R] 2327664 9825007664	girishjoshi@yahoo.co.in
18	2895999	LN.DR.HEMANT SANT 94, ASHUTOSH NAGAR, KARELIBAUG, VADOCARA	LL.VARSHA SANT	M.B. : 29TH NOV. S.B. : 21ST SEPT. ANNI. : 19TH FEB.	2488401 [R] 9428877876 9825038201	drhemantsant@yahoo.co.in
19	1312685	LN.DR.HIMANSHU A. SHAH A-5, VISHAKHA PARK, NEAR RAJESH TOWER, OPP. NENE CLINIC, GOTRI ROAD, VADODARA - 390 023.	LL.URVASHI SHAH	M.B. : 24TH SEPT S.B. : 01ST NOV ANNI : 16TH FEB.	2393333 [C] 2390258 [R] 9825168119	dr.himanshushah@yahoo.com

List of Club Members as on 31-3-2017

No.	Member No.	Name & Address of Member	Spouse	Member & Spouse Birthday/Anniversary	Contact No.	E-mail
26	1296560	LN.KSHITISH J. DIVETIA 6, SWAGAT GREEN VILLE, THALTES, AHMEDABAD - 380 059.	LL.BANSARI DEVETIA	M.B. : S.B. : ANNI : 17TH FEB.	079-2929722 [R] 9979264128	divatia@hotmail.com
27	1956207	LN.KISHOR K. PARIKH 31, SHUSHIL CO-OPERATIVE HOU. SOCEITY, NEAR KAILASH PARK, AKOTA, VADODARA	LL.JAGRUTI PARIKH	M.B. : 14TH JUNE S.B. : 27TH FEB. ANNI : 19TH NOV.	2311056[O] 2344808[R] 9825304860	kishorparikh9@gmail.com
28	3908472	LN.KETAN PARIKH A-7, GULAB VATIKA, TANDALJA ROAD, VADODARA	LL.RUPAL PARIKH	M.B. : 15TH MARCH S.B. : 16TH MARCH ANNI : 18TH MAY	2333423 [R] 9824047264	kpketanparikh@gmail.com
29	2984151	LN.KIRTI L. SHROFF 602 /C, AISHWARYA B/H INOX, NEAR AMRAKUNJ, VADODARA -390 023	LL.DAKSHA SHROFF	M.B. : 09TH NOV. S.B. : 21ST AUG. ANNI : 05TH MAY	2386701 [R] 9638408208	Kirti.daksha@gmail.com
30	1296555	LN.KISHOR BODA 42/A, MAHESHWARY SOCEITY, GADAPURA, GOTRI ROAD, VADODARA - 390 007.	LL.RANJAN BODA	M.B. : 13TH MARCH S.B. : 02ND OCT. ANNI : 30TH MAY	2353613[O] 2332926[R] 9537521510	kishorbhaiboda@yahoo.in
31	1318057	LN.MADHAV Y. VINCHURKAR A-702 , ISKON HEIGHTS GOTRI ROAD, VADODARA-21	LL.SWETA VINCHURKAR	M.B. : 19TH DEC. S.B. : 02ND FEB. ANNI :25TH APRIL	6531313[R] 9426410313	madhav2352@gmail.com
32	3580201	LN.MAHESH B. SHAH 17,BALMUKUNDA PARK, VASNA ROAD, VADODARA	LL.SMITA SHAH	M.B. : 16TH MAY S.B. : 03RD DEC. ANNI :03RD DEC.	2253360 [R] 9428489682	

List of Club Members as on 31-3-2017

No.	Member No.	Name & Address of Member	Spouse	Member & Spouse Birthday/Anniversary	Contact No.	E-mail
20	1312690	LN.JAGDISH SHUKLA "NIRMAL" 94,MANGAL MURTI SOCIETY, SHUKLA OPP:MOTHER'S SCHOOL, GOTRI ROAD, VADODARA - 390 021	LL.NILIMA	M.B. : 22ND MAY S.B. : 29TH OCT. ANNI : 19TH NOV.	2326054 [O] 2312144[R] 9824014206 9978914206	jagdishshukla1954@yahoo.com
21	1956205	LN.JAYDEEP R. MODI 402, ADIVISTA, 6- URMI SOCIETY, B/H AXIS BANK, B.P.C. ROAD, AKOTA, VADODARA	DR.SUJATA MODI	M.B. : 26TH SEPT S.B. : 10TH OCT. ANNI : 05TH FEB.	2649210 [O] 2486186 [R] 9825049981 9879290081	sujoy_engg@yahoo.com
22	3078861	LN.DR.JIGNESH M PANDYA F-303, SIDDHI TOWER, SAMRAJYA FLATS, FATEHGUNJ, VADODARA - 390 002.	DR. JIGISHA PANDYA	M.B. : 08TH JAN. S.B. : 30TH SEPT. ANNI : 24TH JULY	2788944 [R] 9426333235 9979144111	dr_jpandya@yahoo.com
23	1307312	LN.JITENDRA C PATEL " SHAKTI KRUPA " KHARIVAV ROAD, VADODARA 390 001.	LL.MEGHANA PATEL	M.B. : 05TH JUNE S.B. : 14TH APRIL ANNI : 01ST JAN.	2429256 9879512041	cap@satyam.net.in
24	3850370	LN. DR JAGDISH GOHIL ALPANA WOMEN'S HOSPITAL SUSSEN TARSALI RING ROAD TARSALI ROAD , VADODARA	DR. ALPANA GOHIL	M.B. : 11TH OCT. S.B. : 16TH JUNE ANNI : 16TH JULY	2641110 [O] 9825151528	jitgohil@gmail.com
25	3850371	LN. JAYDEV Y. PAREKH 701-B, , AISHWARYA APPT. NR. VEG . MARKET, ELLORA PARK , VADODARA -7	LL. AMITA PAREKH	M.B. : 17TH NOV. S.B. : 10TH MAY ANNI : 04TH FEB.	2398808 [R] 2350149 [O] 9824050580	amijay64@yahoo.com

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No.	Member No.	Name & Address of Member	Spouse	Member & Spouse Birthday/Anniversary	Contact No.	E-mail
33	1312681	LN.MAHESH M SHAH NEW VISION LASER CENTERS 1st FLOOR, ATLANTIS-K-10 ABOVE SUBWAY,SARABHAI ROAD 390007	LL.LATA SHAH	M.B. : 22ND OCT. S.B. : 23RD JAN. ANNI : 03RD DEC.	2311253 [O] 9376211289 VADODARA-	mahesh221035@gmail.com
34	2984153	LN.MAYUR SWADIA B/1, DIPMANGAL SOCIETY, NEAR RACE COURSE, VADODARA - 390 007.	LL.PADMAJA SWADIA	M.B. : 22ND MAY S.B. : 27TH SEPT. ANNI : 22ND NOV.	2357157[O] 2314384 [R] 9824032761	mayur_swadia@hotmail.com
35	1301938	LN.MILIN K. MEHTA K.C.MEHTA & CO., 2ND FLOOR, MEGHDHANUSH,NEAR CHAKALI CIRCLE , VADODARA	LL.ARAT MEHTA	M.B. : 08TH SEPT S.B. : 21ST MAY ANNI : 01ST FEB.	5510111[O] 2334995[R] 9824400926 9824400928	milin.mehta@komehta.com
36	3078866	LN.MOHAN S. DERASARI 56, MIHIR PARK SOCIETY, NEAR DOLLAR AVENUE, OLD PADRA ROAD, VADODARA	LL.GEETA	M.B. : 18TH OCT. S.B. : 12TH SEPT. ANNI :22ND MAY	2344219 [R] 9825592820	
37	2984152	LN. DR. NIRAV PATEL 17- SHIVALAYA COMPLEX- 2, OPP. VASANA PETROL PUMP, VASNA ROAD, VADODARA - 390 020	LN.DR.MITTAL PATEL	M.B. : 12TH DEC. S.B. : 23RD SEPT. ANNI : 12TH DEC.	9327412322	mitalaecc@yahoo.co.in
38	1318055	LN.NILIMABEN SHUKLA "NIRMAL" 94, MANGAL MURTI SOCI. OPP.MOTHER'S SCHOOL, GOTRI RAOD, VADODARA 390 021.	LN.JAGDISH SHUKLA	M.B. : 29TH OCT. S.B. : 22ND MAY ANNI : 19TH NOV.	2312144[R] 8238021973	per_ns@ggsfcltd.com

List of Club Members as on 31-3-2017

No.	Member No.	Name & Address of Member	Spouse	Member & Spouse Birthday/Anniversary	Contact No.	E-mail
39	3154862	LN.NITIN TRIVEDI C/2,GANESH KRUPA SOCIETY, CHIKOOWADI, JETALPUR ROAD, VADODARA-390007	LL.NAYANA TRIVEDI	M.B. : S.B. : ANNI :	9427506463	
40	1307311	LN.PRABHUDAS PATEL "NEEL KANTH" B/H KAMDHENU, RACE COURSE, VADODARA	LL.INDIRA PATEL	M.B. : 03RD FEB. S.B. : 07TH JAN. ANNI : 09TH DEC.	2356601 [R] 924040506 9824017335	
41	3850369	LN. PRASHANT SAXENA 12-SAVITA SADAN ,DARPAN APPT. NR. FCI GODOWN B/H. MODEL FARM, SAYAJIGUNJ VADODARA	LL. SMITA SAXENA	M.B. : 14TH OCT. S.B. : 16TH JULY ANNI :27TH NOV.	8238037008	
42	3154394	LN.RAHUL PANDYA 16 ,"SAUNDARYA BUNGLOW" NEAR RANESWAR MANDIR, VASVA ROAD, VADODARA-390 015	LL.PRITI PANDYA	M.B. : 21ST MAY S.B. : 25TH APRIL ANNI :29TH NOV.	02692-227861 2251518 [R] 7572935736 9825805462	rahuishivalay@hotmail.com
43	3003437	LN.DR.RAKESH J. SHAH 42 / B, SHRI NAGAR SOCEITY, PRODUCTIVITY ROAD, VAODARA -390 020.	LL.RINKU SHAH	M.B. : 28TH JULY S.B. : 17TH JAN. ANNI :28TH NOV.	2358244 [R] 9825045424	rira96@yahoo.com
44	1312684	LN.DR.RAKESH N. SHAH 21, SOMESHWAR SOCIETY, B/H LIONS HALL, NEAR PARIS NAGAR VADODARA -390 015.	LL.FALGUNI SHAH	M.B. : 09 MARCH S.B. : 11TH MAY ANNI. : 11TH DEC.	2432243 [O] 2344022 [R] 9824482283	dr_rakesh9358@yahoo.co.in

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No.	Member No.	Name & Address of Member	Spouse	Member & Spouse Birthday/Anniversary	Contact No.	E-mail
45	1318060	LN.RAMESH D. ZALANI A-15, SAHJANAND APPT., TARANG SOCIETY, AKOTA, VADODARA - 390 020.	LL.SHEELA ZALANI	M.B.: 11TH JAN. S.B. : 04TH MARCH ANNI. :23RD JUNE	2353792 [R] 9428820366	
46	4368968	LN. RAVINDRA ABHYANKAR 32-UDAY PARK SOCIETY JETALPUR ROAD VADODARA-390007	LL. SUNANDA ABHYANKAR	M.B. : 26TH NOV. S.B. : 29TH APRIL ANNI. : 07TH JUNE	2332466 [R] 9924276769	raviabhankargarden@yahoo.com
47	1312688	LN.ROHIT SHAH 303-403, VICEROY IMAGE, B/H, ABS TOWERS, O.P. RAOD, VADODARA	LL.USHA SHAH	M.B. : 07TH JAN. S.B. : 09TH FEB. ANNI. :03RD MARCH	2337419 [R] 9377740533	rohitshah1939@gmail.com
48	1301929	LN.DR.SHARAD.C. GUPTA 1, SUWANGAL CHAMBERS, DANDIA BAZAR, VADODARA - 390 001.	LL.SARITA GUPTA	M.B. : 01ST SEPT S.B. :25TH DEC. ANNI.:13TH FEB.	2432302 [0] 9375994544	sharadgupta2@gmail.com
49	1318058	LN.S.N. WAGHELA "BHADARWA HOUSE", 66- ALKAPURI SOCIETY, VADODARA - 390 005.	LL.Vishnukumari WAGHELA	M.B. : 21ST OCT. S.B. : 08TH FEB. ANNI.: 19TH APRIL	6531766 2340496 9825571991	
50	1312689	LN.DR.S.R. IYENGAR 3, TARUN SOCIETY, ELLORA PARK, VADODARA - 390 007.	DR.PADMA IYENGAR	M.B. : 03RD JAN. S.B. :21ST JUNE ANNI.: 14TH FEB.	2282233 [R] 2282111[0] 9824030814	driyengar_52@yahoo.co.in

List of Club Members as on 31-3-2017

No.	Member No.	Name & Address of Member	Spouse	Member & Spouse Birthday/Anniversary	Contact No.	E-mail
51	2896000	LN.SAMIR SHAH NEW VISION LASER CENTERS 1st FLOOR, ATLANTIS-K-10 ABOVE SUBWAY,SARABHAI ROAD VADODARA-390007	DR. RUPAL SHAH	M.B. : 18TH DEC. S.B. : 16TH JUNE ANNI. :01ST DEC.	3058630 [O] 2336275 [R] 9376239644	samir@newvisionindia.com
52	1307304	LN.DR.SANJAY B. NATU 51, "SAMIRAJYA" MUJMAHUDA ROAD, VADODARA - 390 020.	DR.ANGHA NATU	M.B. : 02ND SEPT. S.B. : 12TH OCT. ANNI. : 03RD FEB.	2327146[O] 2327791[R] 9824032646	doctornatu@yahoo.co.in
53	1312682	LN.DR.SATISH N. SHAH C-103, AISHWARYA APPARTMENT, NEAR ELLORA PARK, VEG. MARKET, RACE COURSE,VADODARA 390007.	DR.DAKSHA SHAH	M.B. : 03RD SEPT S.B. : 24TH MARCH ANNI.: 17TH MAY	2391106 [R] 2458909 [O] 9825139824	shilpanshah@hotmail.com
54	2693898	LN.SHAILESH C. BHOGANI 2/B, SARAL SOCEITY, GORTI ROAD, VADODARA - 021	LL.ANJANA BHOGANI	M.B. : 13TH NOV. S.B. : 26TH APRIL ANNI. : 22ND FEB.	3080906[O] 2336339[R] 9376217389	
55	1956204	LN.DR.SHASHI A. MISHRA 16/A, SANJIV NURSING HOME, NEAR AKOTA GARDEN, AKOTA, VADODARA - 390 020.	DR.SONAL MISHRA	M.B. : 31ST AUG. S.B. : 31ST DEC. ANNI.: 12TH FEB.	2314908[O] 2357785[R] 9824096904	mishra_sh@yahoo.com
56	3078865	LN. DR.SHIVAM PAREKH 203, VRUNDLAY APPT., 21/1, ARUNODAY SOCIETY, ALKAPURI, VADODARA - 390 007.	DR. SUCHITA PAREKH	M.B. : 22ND APRIL S.B. : 18TH MARCH ANNI.: 28TH JAN.	2356359 [R] 9913005551 9376236598	bipinparekh1@yahoo.in
57	2693899	LN.DR.SUNIL THAKKER "SUVIDHA" HOSPITAL, SUBHANPURA, VADODARA	LL.NEETA THAKKER	M.B. : 26TH SEPT S.B. : 22ND MARCH ANNI.: 16TH MAY	2228115 [O] 2281383 [R] 9825170878	drsunitthakkar@yahoo.co.in

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No.	Member No.	Name & Address of Member	Spouse	Member & Spouse Birthday/Anniversary	Contact No.	E-mail
58	2895996	LN.TUSHAR VAKIL B-303, SAARATHI FLATS OPP. MADHAV TOWERS RAMESHWAR MANDIR ROAD ELLORA PARK, VADODARA-23	LL.DIPTI VAKIL	M.B. : 09TH DEC. S.B. : 08TH DEC. ANNI. : 23RD OCT.	2392518 [R] 9727717512	tusharvakil1@gmail.com
59	3078863	LN.UTSAVRAJ BHANDARI 204 - MANGALAYA APPT. 79, ALKAPURI SOCEITY, VADODARA	LL.PUSHPA BHANDARI	M.B. : 16TH JUNE S.B. : 08TH AUG. ANNI. : 20TH NOV.	6624824 [R] 9824340688	urbhandari@rebisssmail.com
60	3078862	LN.VASANTKUMAR JANI 12,SUJATA PARK,B/H ASHRAYFLATS, NEAR UTKARSH VIDHYALAY, OFF.O.PROAD, VADODARA	LL.NILA JANI	M.B. : 15TH DEC. S.B. : 08TH MARCH ANNI. : 18TH FEB.	9879722251 9913009203	vajani.1000@gmail.com
61	2617991	LN.VILAS BIDAYE 18, PARSHURAM NAGAR SOCIETY, SAYAJIGANJ, VADODARA	LL. DR.SUDHA BIDAYE	M.B. :26TH NOV. S.B. : 30TH SEPT. ANNI. :19TH MAY	2362730 [R] 9376227116	drvilas@hotmail.com
62	1307306	LN.VINOD OJHA 30, MATRUMANDIR SOCIETY, NR ISKON TEMPLE, VADODARA - 07.	LL.SUDHA OJHA	M.B. : 11TH MARCH S.B. : 26TH JAN. ANNI. :18TH JUNE	2351924[R] 9427838808	
63	2409334	LN.YOGESH M. SHAH 6/A, SHREEJI VATIKA SOCIETY NR. RADIYATBA NAGAR NEW ALKAPURI	LL.SHILPA SHAH	M.B. : 06TH DEC. S.B. : 23RD APRIL ANNI. :31ST MAY	2371193 [R] 2331493 [O] 9825321493	shilp_yog@hotmail.com
64	1312686	LN.DR.YOGESH S. SHAH KHADIA POLE NO. 1 PALACE ROAD, VADODARA - 390 001.	LL.BHARTI SHAH	M.B. : 14TH MARCH S.B. : 12TH DEC. ANNI. : 27TH JULY	2437827 [O] 2413875 [R] 9825154823	yogeshuro143@yahoo.com

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No.	Member No.	Name & Address of Member	Spouse	Member & Spouse Birthday/Anniversary	Contact No.	E-mail
65	3564497	LN.YOGENDRA KUMAR SHARMA A-203, MEGHA FLATS NR. LIONS HALL, RACECOURSE, VADODARA - 390 007.	LL.DR.MADHU SHARMA	M.B. : 20TH JUNE S.B. : 30TH JUNE ANNI.:04TH NOV.	9925208267 9426870997 9377225188	yogendra.sharma@mgvcl.com yksharma1958@gmail.com
66	3170186	LN.ASHA G. PANDYA "GAYATRI " BUNGLOW, 16, ANUPAM, SOCIETY, ALKAPURI, VADODARA - 390 007.	LN. GAURANG PANDYA	M.B. : 21st OCT. S.B. : 04TH JAN. ANNI :22ND FEB.	9427798230 2342890 [R] 9426300879	vmbplg@gmail.com
67	3187241	LN.DIPTI VAKIL 101, SHYAM SAMIP -2, NEAR MALHAR POINT, OFF. O.P. ROAD, VADODARA	LN. TUSHAR VAKIL	M.B. : 08TH DEC. S.B. : 09TH DEC. ANNI. : 23RD OCT.	2392518 [R] 9727715712	tusharvakil1@gmail.com
68	3187242	LN.DR.MITTAL PATEL 17- SHIVALAYA COMPLEX - 2, OPP.VASANA PETROL PUMP, VASNA ROAD, VADODARA -390 020.	LN.DR.NIRAV PATEL	M.B. :23RD SEPT. S.B. : 12TH DEC. ANNI : 12TH DEC.	9327412323	mitalaecc@yahoo.co.in
69	3850856	LN. BHARATI B. PAREKH 203, VRUNDLAY APPT.,, 21/1, ARUNODAY SOCIETY, ALKAPURI, VADODARA - 390 007.	LN.BIPIN PAREKH	M.B. : 12TH APRIL S.B. : 07TH OCT ANNI : 09TH MAY	2356359 [R] 9375238257 9376236598	bipinparekh1@yahoo.in
70	3908474	LN. JAGRUTI K. PARIKH 31 - SHUSHIL CO-OP. HOUSING SOCEITY, NEAR KAILASH PARK, AKOTA, VADODARA	LN. KISHOR PARIKH	M.B. : 27TH FEB. S.B. : 14TH JUNE ANNI : 19TH NOV.	2344808[R] 9913707144	kishorparikh9@gmail.com
71	3170187	LN.URVASHI SHAH A-5, VISHAKHA PARK, NR. RAJESH TOWER, OPP.NENE CLINIC, GOTRI ROAD, VADODARA - 390 023.	LN.DR.HIMANSHU SHAH	M.B. : 01ST NOV. S.B. : 24TH SEPT. ANNI : 16TH FEB.	2390258 [R] 9638826400	dr.himanshushah@yahoo.com

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No.	Member No.	Name & Address of Member	Spouse	Member & Spouse Birthday/Anniversary	Contact No.	E-mail
72	4486450	LN. DR. RAJSHREE ARORA "NISHTHA RETINA CENTRE" 10, RAJNAGAR SOCIETY, B/H. WHITE POTATO RESTAURANT, NR. KALASH CIRCLE, AKOTA, VADODARA	MR. ANUPAM ARORA	M.B. : 4TH JAN. S.B. : 26TH SEPT. ANNI. : 7TH DEC.	2390425 (R) 2323770 (O)	rajshreev4@yahoo.com
73	4490073	LN. DAKSHA K. SHROFF 602/C, AISHWARYA, B/H. INOX, NR. AMRAKUNJ, VADODARA-23.	LN. KIRTI SHROFF	M.B. : 21ST AUG. S.B. : 9TH NOV. ANNI. : 5TH MAY	2386701 (R) 9638408208	kirti.daksha@gmail.com
74		LN. MEENA PAREKH "SHRI KRISHNA KUNJ" 9, MANGALDHAM SOCIETY, OPP. CITIZEN SOCIETY, VADODARA - 390 023.	LN. DEVENDRA PAREKH	M.B. : 24TH OCT. S.B. : 15TH NOV. ANNI. : 26TH APR	234132 (R) 2333142 (O) 9426721505	
75		LN. DR. RUPAL SHAH NEW VISION LASER CENTERS 1ST FLOOR, ATLANTIS -K10 ABOVE SUBWAY, SARABHAI ROAD, VADODARA - 390 007.	LN. SAMIR SHAH	M.B. : 16TH JUNE S.B. : 18TH DEC. ANNI. : 1ST DEC.	3058630 (O) 2336275 (R) 9376239644	

ART FOR LIVING



Ln. Dr. Himanshu Shah

"If I could say it in words there would be no reason to paint."

Edward Hopper

Since the pre-historic era, when man did not know about the vocal language, paintings have been a mode of visual communication. Primarily paintings were for the utility purpose, from showing the directions to depicting the importance of that place. Even today, drawing cartoons in the last seat of the classroom fulfils the same purpose of communication. Later, the purpose of paintings shifted to personal, community, religious, monarchy and several private reasons.

Fine Arts is not only a mode of expressing feelings but also for aesthetic beauty in the modern world. Paintings can convey feelings that cannot be explained and conveyed easily through words, Fine Art has no barrier of language, everybody and everywhere in the world can understand what the artist tries to convey.

I am an art lover and also I love to paint, painting has a very positive impact on personal state of mind. I have been a good artist since my childhood but due to business and getting involved in my personal and professional life I broke off with it. In my second innings, as most of you say, I once again discovered my interest for painting. With this personal experience, I could say that painting has the potential to burst out stress and express feelings that can make you joyous, stress free and also may relief you from depression.

On this last note, I would like to suggest all my friends and the readers that it is important to develop any form of art, may it be painting, writing or music as it gives you new dimensions to life and may change your prospective of living.