



Rotary

ROTARY CLUB of GARGIS KOLHAPUR

VOICE OF GARGIS 2019-20



**ROTARY
CONNECTS
THE WORLD**



Rtn. Mark Daiel Maloney
R.I. President 2019-20



Rtn. Dr. Girish Masurkar
District Governor 2019-20



Rtn. Meghana Shelke
President 2019-20



Rtn. Yogini Kulkarni
Secretary 2019-20

Rtn. Laxmi Shirgaokar Treasurer 2019-20
Rtn. Madhulika Jagdale Bulletin Editor 2019-20

Bulletin No. 1

Date : 10-09-2019

27th June, Installation Ceremony & Charter Night



Installation and Charter Night was celebrated on 27th June at Residency Club. We had DG Rtn. Ravikiran Kulkarni as our guest of honor and DGN Rtn. Sangram Patil as our Installing officer. Both AGs Rtn. Abhijeet Kale and Rtn. Prakash Jagdale were also present. President Rtn. Sujata Lohia, Secretary Rtn. Kavita Ghatge and Treasurer Rtn. Priti Marda handed over their charge to Rtn. Meghana Shelke as President, Rtn. Yogini Kulkarni as Secretary and Rtn. Laxmi Shirgaonkar as Treasurer. Many PDGs and other Rotarians graced the Ceremony.



10th July, Tree Plantation



We had tree Plantation program at Kolhapur Public School with our SAMARPAN Rotract and Maitreya Interact.

13th July, Felicitated 14 Doctors

On the occasion of Doctors day we felicitated 14 doctors from Nerli Tamgaon for their services on Rural area.



23rd July, Installation of MAITREYA

We had installation of our Maitreya Interact club of Kolhapur Public School at the hands of Rtn. Dr. Satish Irkal.



23rd July, **Installation of SAMARPAN**



We had our installation of SAMARPAN Rotract club of Sarojini Clg of Pharmacy at the hands of Rtn. Vikrant Kadam.

7th August, **Distribution Food Packets & Blankets**



Distributed food packets and blankets to flood affected people of Kolhapur and nearby villages.



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9th August, Medical Checkup & Distribute Medicines

We volunteered with Rotary Movement along with the ambulance with two doctors to offer medical checkup and distribute medicines to flood victims.



7th August, Distribution of Sitting Mattress & School Bags



Distributed of sitting mattresses, school bags and food packets to Vidyamandir school, Kogil a very remote area school



21st August, 1st Club Assembly

We had a pre DG visit assembly at hotel pearl.



28th July, **Rotary Rain Run 2019**



Participated and completed the Goa Rain Run 2019 marathon event for 5kms.



20th August, **Installation RCC Club of Kandalgaon**



We installed RCC club of Kandalgaon at the hands of installing officer DCC of RCC Rajendra Warnulkar.

He guided the ladies for vocational training and self sustaining projects through their village.



31st August, **Dental Checkup Camp**



Dental check up camp with Kore dental institute and research students and blood group detection camp by our Rotaractors of Samarpan. More than 200 girls and boys of Nerli Vidyalaya were given free check up and advised for further follow up at a very concessional fees



STAY HEALTHY, LOOK HEALTHY!!!

The history of beauty is as old as mankind. Aesthetic surgery, popularly known as Cosmetic Surgery has developed and become very popular in the last decade. Because of increasing awareness and desire for self-improvement the demand for Cosmetic surgery, Cosmetic procedures, hair transplant is very high nowadays.

In today's world we see men and women working together in almost all fields. The world today has become very demanding, stressful and competitive. Every field demands a self-confident, smart personality. But contrary to the demands we nowadays see that premature greying of hair, loss of hair (baldness), dark circles around eyes, dry, lusterless, blotchy skin, acne, acne scars, obesity etc has become very common. All this leads to negative body image, loss of self-confidence, loss of self-esteem, psychological negativity in a person, be it a male or female. Considering this the strive for a perfect skin, perfect hair, perfect face and body is continuously increasing. And so has the demand for Cosmetic surgical and nonsurgical procedures. Let's discuss the common cosmetic (Skin and hair related) problems. Once the cause is known management becomes very easy.

HAIR DISORDERS



Foremost and commonest problem is hair loss and hair related complaints. Besides the skin, hair equally contributes in the perception of oneself and projection of an individual's self confidence and personality. Both excessive hair and loss of hair often lead to social embarrassment. Also with an increase in life expectancy and an increasing awareness to

look youthful, there is a growing concern of greying hair and baldness amongst most people, irrespective of age and sex.

The most common causes of hair loss and other hair related problems are nutritional deficiencies, vitamin deficiencies, alcohol, smoking, excessive sun exposure, hormonal imbalances, PCOS, lack of sleep, stress etc. Nutritional deficiencies are very commonly found in females even from high socio economic status.

So when we think of hair loss and its treatment, it is imperative that first the cause of hair fall has to be identified. Most of us get carried away by the attractive advertisements of different types of oils, shampoos etc. So consultation with a specialist is a must. Blood investigations like full blood count, Vit B12, Vit D levels, Thyroid function tests and other endocrinological tests if required have to be done to rule out any deficiencies or hormonal imbalances. The root cause of hairfall has to be identified.

Treatment includes first and foremost correction of nutritional deficiencies. Proper correction of all deficiencies has to be done in a systematic way. Various medicines are available to be taken orally as well as to be applied on scalp. Other treatments are Low light laser therapy, injection of hair growth factors and platelets rich plasma (PRP) to promote hair growth. All these treatments taken under proper guidance of a specialist definitely prevent hairfall and improves hair density and hair thickness in majority of men and women.

Some select patients are recommended hair transplant surgery which is an excellent option. Hair transplant has to be done by a fully qualified, trained surgeon in a proper operation theatre setup taking all sterile, aseptic precautions. Hair transplant is a very gratifying surgery. If done properly patients not only get the fresh crop of hairs they always wanted but also get their self-esteem and confidence back. As in any other surgery there is lots of science in the whole procedure. It requires the knowledge of science and

techniques of a good transplant surgery. As a qualified Plastic and Cosmetic surgeon I always advice people not to fall prey to false advertisements and centres who promise nonrealistic results.

SKIN DISORDERS



Look Good, Feel Good has become the new mantra for all sections of the society. The desire to achieve and maintain a youthful appearance is universal and hence there is an increasing demand for procedures for cosmetic enhancement. Rapid advances are taking place in field of cosmetic dermatology mainly in fields of anti ageing, hair restoration, skin lightening. Many newer and newer techniques are emerging.

Skin problems are also equally common and arise mainly due to faulty eating habits, fad diets, faulty life style, nutritional deficiency, hormonal /metabolic disturbances , exposure to sun, pollution etc.

Some of the common skin problems we see are acne (pimples), post acne scarring, hyperpigmentation(darkening of skin) , premature skin ageing, dull, lusterless skin, undereye dark circles, melasma, stretch marks etc. Nowadays these problems are seen from very young age in both boys and girls.

Though skin problems cannot be classified as disease per se, it can be definitely be a manifestation of some underlying health issues. So all the above mentioned problems need a proper scientific, clinical approach. The underlying cause has to be identified and treatment given accordingly. Most of us fall prey to all the glamorous advertisements and spend on the cosmetic products with no results.

Most of these dermatological problems can be managed very effectively by medicines and

nonsurgical cosmetic procedures. The technologies that have gained popularity in aesthetic medicine are Lasers, Radiofrequency and ultrasound technology. Newer technologies are emerging which are giving good satisfactory results.

- 1) **LASERS:** Lasers have a wide range of application especially in aesthetic medicine. Lasers are useful in Permanent Hair Reduction which is basically a noninvasive, totally pain free procedure for hair removal from any part of body and is very popular in both males and females. Lasers are also useful in lightening of skin in pigmentation, treatment of acne and acne scars, stretch marks, tattoo removal etc.
- 2) **FACE REJUVENATION/ NON SURGICAL FACELIFT:** Fine wrinkles, mild sagging of facial and neck skin can be reduced using radiofrequency, thread lifts thereby giving face a youthful look and glow.
- 3) **MICRONEEDLING RADIOFREQUENCY:** Commonly used for treatment of acne scars, stretch marks and any other superficial scars. Vampire Facials are very popular in Hollywood.
- 4) **CHEMICAL PEELS/MESOTHERAPY/PRP:** Different types of chemical peels are useful in various indications like acne, pigmentation, melasma etc. Mesotherapy has many applications and can be done as per indication using different products which are infused into the skin. Similarly PRP is very effective modality in hair problems and over face for rejuvenation.
- 5) **BODY CONTOURING:** Obesity is also a major concern nowadays. Radio frequency and ultrasonic waves are used for fat removal, circumferential reduction and body shaping. It is very useful for reduction of localized fat deposits over abdomen, thighs, love handles, bra handles etc.

These are few of the modalities of nonsurgical treatments. These can be used as a single modality or can be combined with other modalities to give the desired result and look.

Balance, proportion and contour are

fundamental elements of an attractive human form. So demand for cosmetic surgery is also on rise. By performing aesthetic surgeries the body can be moulded to give a desirable look.

Very popular and commonly performed cosmetic surgeries are: Liposuction, breast surgeries, nose surgery etc. These and many more cosmetic surgeries are now performed routinely and are comparatively safe in this new era of advanced technology.

In today's world there is an increasing demand for aesthetic procedures. Research has shown that increased attractiveness has been associated with an increased rate of employment and promotion, a higher average income and social status and increased self confidence and psychological well being. Besides this, our skin and hair are the mirrors of our general physical health. A glowing healthy skin and thick lustrous hair are signs of good health. So any skin or hair problems should not be ignored. Consult a specialist at the earliest and start treatment.

Previously all these advanced treatments were available in bigger cities and were not accessible to common man. They were limited only to film stars and celebrities due to high costs. But today all these

treatments and procedures are easily available in city of Kolhapur and that too at very affordable rates.

Thus, to conclude, healthy glowing skin and hair are signs of a healthy body and healthy mind . Beauty is not skin deep, it also reflects one's inner beauty. So lets **STAY HEALTHY, LOOK HEALTHY!!!**



DR ARCHANA PAWAR

MS, MCh (PLASTIC SURGERY)
CONSULTANT PLASTIC AND COSMETIC SURGEON
CITY COSMETIC, LASER, HAIR TRANSPLANT
CENTRE
RAJARAMPURI, 8TH LANE,
KOLHAPUR
8669800800/ 2537230



**ROTARY INTERNATIONAL
ROTARY'S AREA OF FOCUS**



Peace and
conflict
prevention
resolution



Disease
prevention
and
treatment



Water
and
sanitation



Maternal
and
child health



Basic
education
and
literacy



Economic
and
community
development

Heartiest Congratulations

Rtn. Shobha Tawde



रो. शोभा तावडे यांना कोल्हापूर, सांगली जिल्ह्यातील महापूरमध्ये उत्फूर्तपणे सेवावृत्तीने कार्यरत झालेबद्दल महाराष्ट्र शासन यांच्या जिल्हा आपत्ती व्यवस्थापन प्राधिकरण, कोल्हापूर यांच्याकडून **कृतज्ञता पत्र** प्रदान करून सत्कार करण्यात आला. याबद्दल त्यांचे हार्दिक अभिनंदन...!!!

Heartiest Congratulations

Rtn. Pallavi Korgaonkar

आंतरभारती शिक्षण संस्थेच्या कार्याध्यक्षा व CII कोल्हापूरच्या उपाध्यक्षा पल्लवी कोरगावकर यांची काल दूरदर्शन सहाद्री वाहिनीवर महिला सक्षमीकरण या विषयावर मुलाखत झाली. अतिशय अभ्यासपूर्ण मांडणी हे मुलाखतीचे द्वारे त्यांनी केली. त्यांचे अभिनंदन...!!!



Heartiest Congratulations

Rtn. Dr. Saroj Shinde

Completed Satara Hill marathon 21 kms.
Congratulations... Rtn. Dr. Saroj Shinde



Heartiest Congratulations

Rtn. Unnati Sabnis

Doctor's Day 2019 !
Memorable for life as legendary Pyarelalji attended the programme and got opportunity to perform in front of him on of his classics ! Congratulations ... Rtn. Unnati Sabnis



" Always aim high, work hard & care deeply about what you believe in. And, when you stumble, keep faith. And, when you're knocked down, get right back up & never listen to anyone who says you can't or shouldn't go on."

- Hillary Clinton

