Rotarians learn about the ill effects of cell phone radiation

In last week’s meeting, Dr. Davis expressed her concerns on the effects of radiation on human health.

Dr. Devra Lee Davis, M.P.H., Ph.D., is recognised internationally for her work on environmental health and disease prevention and is an award-winning scientist and writer.

A Presidential appointee and the recipient of a bi-partisan Senate confirmation, Davis was the Founding Director of the world’s first Center for Environmental Oncology and currently serves as President of Environmental Health Trust, a non-profit organisation devoted to researching and controlling environmental health threats.

Davis thanked Rotarians for their presence at the meeting despite the oncoming festive season. She said that on her brief tour of the country, she discovered that people in India not only understand the severity of the issue, but also has a devoted group of scientists and engineers who are working towards making a change. She said, “A child’s brain absorbs twice as much radiation as an adult’s. Men with the heaviest use of cell phones have the lowest sperm count. You may not appreciate this but India has been doing significant work in this field. The Indian Medical Research Council has a major study underway, examining a number of bio-markers and chemical indicators of health in people who are light, medium and heavy cell phone users, taking in account the exposure they get from the microwave radiation. I know Rotarians extend their support to a lot of significant things and I hope that you will do the same for these scientists.”

While radiation is a dangerous thing, Davis said that she is not anti-technology. She said, “I have a phone myself but there are ways of using it safely. Let me explain to you how this works – the electromagnetic spectrum goes all the way from gamma x-rays to the microwave. A cell phone has damaging effects because the nature of the cell phone signal is irregular and this irregularity over dozens of years causes biological damage. So no matter how you have been using your phone until now, you can start putting them on airplane mode here on, unless you are on a call. Keeping your phone switched off for long intervals and using it only as an answering machine gives you control over your privacy as well as your...
health as there is no radiation being transmitted to your device when it’s switched off or on airplane mode. These solutions may seem too drastic to you right now, but they are much better to implement now, than suffering from something serious at a later stage in life.”

She went on to explain how constant exposure to radiation can damage hearing, increase the risk of brain cancer and a number of other things. “One of the things to be aware of is that unfortunately, there is not a lot of research done in this field. All the safety standards for today’s phones are 18 years old. The simplest advice I can give you is that distance is your friend. All the data about cell phone safety standards generated so far have been by the companies making these devices and we need to have independent laboratories certify such reports which also stands to be a tremendous business opportunity”, she said.

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“Unfortunately in India, you have transmission antennas on buildings that are not the tallest in their areas and because of this, you are facing the exposure 24 hours a day, four days a week for years and years. If you are located close to a cell phone tower, you may get unsafe exposure too”, she added.

Although the government officially recommended antennas on the tallest buildings in every area, these recommendations are not being considered in India. Davis said that Rotarians could play a constructive role in bringing this to the light of the day and ensure that technology can develop safely and with lesser side-effects.

She said, “We support research in developing countries because you can do so much more in developing countries. A cell phone should not be held against your body for hours at a time. You have in Mumbai, a very distinguished otolaryngologist, Dr. Divya Prabhat, who has reported several cases of young men with permanent hearing loss from having used their phones for several hours a day. Phones contain warnings to avoid exposure to the pregnant abdomen but seldom do people pay heed to such warnings. Keeping the phone in your shirt or pant pockets gives you four to eight times more exposure than when it is in use!”

In closing, Davis requested Rotarians to take her advice very seriously. She said, “The Israeli’s used to be the world’s heaviest users of cell phones in the 1990s and their government reported a very unusual kind of cancer caused because of the excessive usage. These are the warnings that have been showing up only now and we must learn to use our phones as wisely as possible. I urge you to share this information with your family members and anyone else whose brain you care about!”
Monthly report of the Interact Committee and Interact schools

The monthly meeting of Interact Schools was held on October 10 at the Cathedral & John Connon Senior School where President Shailesh Haribhakti was the keynote speaker.

Interact Committee is promoting cleanliness drives amongst all Interact Schools who have been invited to organise short skits promoting cleanliness. The best skits will be performed at “Art in the Park”, to be held on November 22-23 at Priyadarshini Park in Malabar Hill.

The schools in attendance spoke about some of their activities. Scholar School discussed their visit to Tata Memorial Hospital and a toy drive organised by them where they collected about 150 toys from across the city.

Gopi Birla School reported on the cleanliness drive initiated by them, following the Ganpati festivities. They also undertook a project called Helpers League where they helped school peons with cleaning before and after school hours. Cathedral & John Connon High School spoke on the 4C conference to be held on December 13 at the school, their upcoming cupcake sale project and a music concert to be organised in April at NSCI.

HVB School spoke about their program on eco-friendly Ganpatis and encouraging pre-primary children to make Ganpatis out of clay or paper.

Donors to the Rotary Club of Bombay Charities Trust No. 3 (2014-15)

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<tr>
<th>NAME</th>
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<td>Rtn. Farokh Bulsara</td>
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On 17th July, 1928, the Bajaj family’s Laxminarayan temple in Wardha became the first temple in India to be opened to ‘Dalits’. No threat could stop Jamnalal from doing so.
Equality

“All castes should have equal rights to self-development in the society.”

- Jamnalal Bajaj

Jamnalal Bajaj was strongly opposed to any discrimination based on caste, creed, and gender. He felt it was imperative that basic human rights were not denied to the so-called ‘untouchables’, and all temples or schools were open to them. Walking the talk, he opened his family’s Laxminarayan Temple in Wardha and the adjoining well to the dalits in 1928.

www.jamnalalbajajfoundation.org

Jamnalal Bajaj Foundation strives to serve the ideals to which Jamnalal Bajaj had dedicated his life and promotes the kind of Gandhian constructive activities in which he himself was deeply involved during his lifetime.
Visit to Devi Haso Thadani Community Centre

Past Dist. Governor Lata Subaraidu and PP Kalpana Munshi arranged for three past presidents (2013-14) of the Rotary Club of Bombay to see the Devi Haso Thadani Community Centre and 121 low-cost shelters called *kutirs*. The visit was made along with managers from Habitats for Humanity who implemented the project.

The visit to Shilonde, located near Dhanu village and Talvada Medical Centre, lasted for over 12 hours during which, all present appreciated the sustainability of the project implemented by Munshi on behalf of Dist. 3140 (140 clubs).


IPD G Lata Subraida’s name plate at the entrance of the community centre


IPP Nirav Shah and Rtn. Shyamniwas Somani at the shelter site
99 year old Rtn. Haso Thadani had donated ₹26 lakhs for this project.

20 houses, each costing ₹80,000 were built at a total cost of ₹16 lakhs. The cost of the Devi Haso Thadani community centre was ₹10 lakhs completed on September 1, 2014. Medical camps and other activities are to be conducted in the premises from October 2014 onwards.

Rotary Club of Bombay was represented by three people namely PP Kalpana Munshi, IPP Nirav Shah and Rtn. Sham Somani. District 3140 was represented by PDG Lata Subaraidu.

Two ACE Presidents (2013-14) namely Mr. Sanjiv Mehta and Mr. Rajesh Shroff were also present at the premises. Habitat for Humanity was represented by Ms. Georgena and her managers.
HAPPY BIRTHDAY

Seema Makhija  October 28
Dr. Navya Dastur  October 29
Suresh Dempo  October 29
Raksh Ajmera  October 30
Devendra Saksema  October 30
Tarjani Vakil  October 30
Dr. preesh Ichhaporia  November 1
Anita Patel  November 1

Jehangir Katgara  November 3
Madhup Vagahi  November 3
Bipin Kapadia  November 2

SPOUSES

Snehal Jalan  October 28  Kusum Mahadevia  November 1
Reshma Shikari  October 30  Namrata Agrawal  November 2
Dr. Narges Mahaluxmivala  October 31  Neelima Patkar  November 3
Nita Ambani  November 1  Vandana Daga  November 4
Nirmala Jain  November 1  Sarmi Bhansali  November 4

FORTHCOMING SPEAKER: KUMAR MANGALAM BIRLA

On November 11, Kumar Mangalam Birla, Chairman, Aditya Birla Group will address the Club

Kumar Mangalam Birla is the Chairman of the multinational Aditya Birla Group. He chairs the boards of major companies in India and globally, such as Novelis, Grasim, UltraTech, Idea, and Aditya Birla Retail. An commerce graduate from the Mumbai Business School, Birla took over as Chairman of the Group in 1995, at the age of 28. As Chairman, he has accelerated growth, built a meritocracy and raised the Group’s turnover from $2 billion in 1995, to $40 billion today. Birla has acquired manufacturing plants in Canada, China, Indonesia, plantations in Laos and set up new plants in Egypt, Thailand and China.

Hira and his wife, Neerja Birla, have three children, Ananya, Srichy, and Ahira.

(As stated on the official website - http://adityabirla.com/About/kumar-mangalam)

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