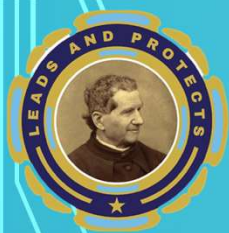




ANNUAL REPORT 2023 – 2024 MATUNGA UNIT

KNOW, LOVE, HELP ONE ANOTHER
AND KEEP UNITED



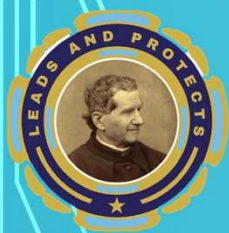
History of Matunga Unit

Don Bosco High School began operating in Matunga in 1941, but the Salesians of Don Bosco started their work in Tardeo, Bombay in 1928.

Talking of Past Pupils of Bombay—the Association was started by Rev. Fr. A. Casarotti sdb in 1955. Past Pupils of Matunga alone today should number over 3000, with several holding good positions in all walks of life, and in public service; or in Association therefore could be a force to reckon with if only our members dedicate themselves to spreading the ideals of Don Bosco imbibed by them during the years spent in their Alma Mater. It is very active and it has a number of achievements to its credit. It gives to its Alma mater its full co-operation.

Current Members stand at ~3500

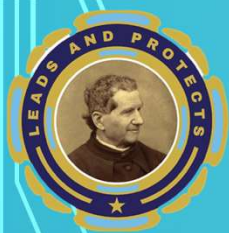
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Current Office Bearers

- Fr Godfrey D'Souza - Delegate
- Tapan Jain – President
- Ghanshyam Nichani – Vice President
- Manish Mevaramani – Treasurer
- Karan Nichani – Vice President GEX
- Eklakh Shaikh – Unit Councillor
- Joel Kiny – Unit Councillor
- Punit Rangras – Unit Councillor
- Deepak Vazirani– Unit Councillor

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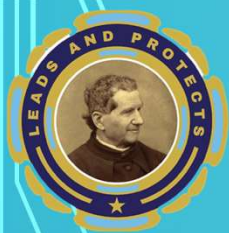


SESSION ON MENTAL STRESS & METHODOLOGY ON STUDY FOR X STD STUDENTS

Stress Management for SSC students held on September 2, 2023, Saturday at 8:45am in Fr Bernands Auditorium in Don Bosco High School Matunga. Mrs Christina Mascarenhas started with a prayer and invited Mr. Tapan Jain, President DBMPP to say a few words and introduce the speakers. Tapan acknowledged dignitaries: Fr Godfrey DSouza, Rector & Delegate, Fr Ajoy Fernandes, Director, Prafula, Ms Anita Philip, Principal, teachers and 300 SSC students. Tapan also introduced 2 doctors - Dr Hussain Gheewala and Dr Hozefa Bhinderwala as our guest speakers for today.

Dr Bhinderwala had a fun filled interactive session with the SSC students on Speed Reading and methodology of study. He insisted that all students need to have a positive attitude in life and assured them that nothing is impossible. Dr Gheewala talked about the causes of stress and how to destress. SSC students had a good an hour and half session with the doctors. Ms Laxmi gave the vote of thanks to the doctors for taking the time to interact with the SSC students. We are sure students have picked many takeaways from the seminar which will help them prepare for the SSC exams.

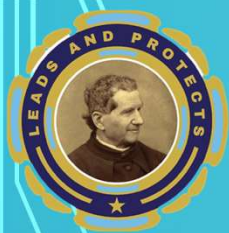
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SESSION ON MENTAL STRESS & METHODOLOGY ON STUDY FOR X STD STUDENTS



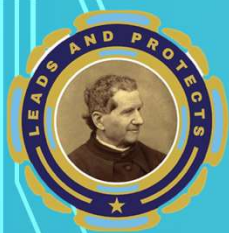
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CPR Training Session

A CPR (Cardiopulmonary resuscitation) training session was conducted for the students of Std 8 on Saturday, 02nd December, 2023 in Fr. Bernard's Hall. The doctors of Saifee Hospital organized a CPR training session for the students to teach them about the use of CPR techniques. The session aimed to equip participants with essential life-saving skills. Dr. Husain elucidated the basic CPR Techniques, the primary goal was to teach the students about the fundamentals of cardiopulmonary resuscitation (CPR), including chest compressions and rescue breaths. He also explained about the emergency Response where the students were instructed on how to assess emergency situations, activate emergency services, and provide immediate assistance until professional help arrives. The session included video presentations, a brief explanation of CPR and its importance in emergencies. The overview of the cardiac and respiratory systems and the recognition of signs of cardiac arrest. A practical training hands-on practice of chest compressions on mannequins was given to the students. Demonstration and practice of rescue breaths were shown to the students. Techniques for using an automated external defibrillator (AED) were also explained. The CPR training session successfully equipped students with fundamental life-saving skills. It served as a crucial step in fostering a community that is prepared and confident in responding to emergencies. The students had a positive learning experience and decided to take up initiatives to help someone in need.

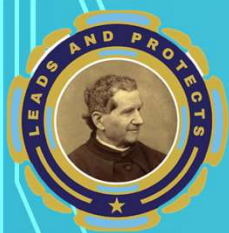
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CPR Training Session



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Future Plans

- AGM 2021 - 2023 on 15th Aug 2024
- Bosco Ras Garba 2024 on 11th Oct 2024
- Bosco RU Day 2024
- GEX Events
- Building Fellowship and working in collaboration
- Increasing Life Members

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