



THE GATEWAY

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Rotarians queue up to walk barefoot on glass

A UK-based motivational guru of Indian origin performed a rare feat at the last meeting – he made dozens of Rotarians walk barefoot on glass.

He had a little rug thrown on the dais near the head table and his assistants spread out a multicoloured collection of broken glasses, beer bottles and other shards on it.

Once the first two persons – Mahakhurshid Byramjee and PP Harry Singh Arora – had taken the four or five steps needed to walk over this glass-bed, there was a sudden rush of newly-confident members, spouses, guests and others towards the dais.

Soon, a queue was formed and dozens of smiling, unshod people were walking over glass, with those who still lacked confidence standing in the aisles and straining to get a better look.

Not a single scream was heard, not a drop of blood was shed; no cuts, no abrasions were reported. And several of those who walked on glass were neither slim nor trim.

Was it mass hypnosis? Was it mass suspension of disbelief? Or was it a

powerful demonstration of the power of mind over matter?

As if all this was not enough, the man who helped members to achieve this “impossible” feat claimed with a disarming smile that he had made hundreds of ordinary people walk over a 40-foot-long bed of burning coals.

Mr. Arfeen Khan, the guest speaker at the last meeting, was introduced by the Sheriff of Bombay, (Dr.) Indu Shahani, who said she had been requested by Programme Chairman Nanik Rupani to fly down from Delhi to do the honours for Mr. Khan and also to walk on glass.

No one believed that anything unusual was likely to happen. Even Indu’s introductory comments did not raise expectations. To top it all, Mr. Khan appeared to be an unlikely motivator without the ability to rouse anyone to do something they would never dream of doing.

But he did it. And how!

After speaking about physiology, focus and language for close to 20

minutes, Mr. Khan mingled with the audience and finally, after much ado, chose Mahakhurshid and Harry to lead the glass-walk.

He asked them to take off their footwear and socks and then made them walk up to the bed of glass. Once there, he asked them to focus not on the glass but on some other goal, on some other objective.

And this is what he said to Mahakhurshid as he guided her over the bed of glass:

“What is wonderful about this lady is that she is nervous but she is smiling. You are not nervous now? You were nervous earlier? Very good!

“Okay, as you walk, focus on something on the other side, on some goal, some outcome, on something else.

“When you walk, walk slowly, don’t look down, look straight ahead and go with the flow. Take a nice deep breath, focus on something good... I’ll stand on this (the opposite) side. Focus! Take a nice deep breath and walk slowly, re-

ally slowly... And you have walked across! Give her a big round of applause!”

Mahakhurshid broke into a wide grin as she did what she had thought was impossible.

And then it was the turn of Harry. He took two steps – and then halted in the middle of the bed of broken glass to do the twist! But Mr. Khan firmly told him not to dance and a completely unscathed Harry finished the glass-walk.

What followed was an unprecedented scene. Several members and spouses, both male and female, Visiting Rotarians, guests and others made a beeline for the dais and formed an orderly queue to await their turn to walk on glass. And they all did.

A rather sceptical doctor wondered whether the glass was real. He had someone walk up to the bed of glass and pick some shards. They turned out to be genuine pieces of glass; a splinter from one of them nearly injured the man who had pinched the pieces.

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The man who made the impossible look so easy and simple. Mr. Arfeen Khan, UK-based motivational guru of Indian origin, who helped dozens of Rotarians to walk on glass at the last meeting. At left is Mahakhurshid Byramjee, who was the first to walk barefoot across the bed of glass pieces

Forthcoming meetings

July 28, 2009

Mr. Pritam Doshi on “A top of the world experience”.

August 4, 2009

Ms Shaina N.C. to address the subject of “Fashion and politics”.

August 11, 2009

Honorary member Mr. Ajay Piramal to speak on “The power of giving”.

August 18, 2009

District Governor T.N. Raju Subramanian to address the Club as part of his Official Club Visit.

August 25, 2009

A presentation on wine tasting and wine-making by Reveilo Vintage Wine.

Walking on glass is a metaphor for getting rid of belief systems that prevent us from moving ahead, says motivational guru

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The nattily-dressed Mr. Khan (*see introduction on Page 5*) started his presentation on “How to break the fear barrier by walking barefoot on glass pieces” by saying that it was a challenge for him to compress his 40-hour seminar into a 30-minute talk – and to show results, too. But he was confident that he would be able to do it.

The purpose of his talk was not to make people walk on glass but to convince them that change was possible and that all the things that came to their minds could actually become a reality.

To his question, how many were prepared to walk on broken glass with bare feet, just a few hands were raised. This, he said, showed that the thought uppermost in the minds of most people was that they would cut their feet and start bleeding. But, he pointed out, “I’m not a crazy trainer to get people to walk on glass if they’re going to cut their feet”.

So what was his objective? It was to show that a majority of people in the world had belief systems that either prevented them from moving ahead or, if they had gone ahead, prevented them from going to an even higher level.

“Those belief systems will prevent you from finding happiness, love and joy; and if you have already found them, they will stop you from going to a higher level. I met someone who was running a Rs. 2,000-crore company and who said that he had tried everything to take his business to a higher level but had failed.

“I said to him, it’s not a monetary issue, it’s a mind block. We worked on some strategies and, soon enough, once the strategies were implemented, there was a radical shift in the company – after all, everything you do in life is based on the way you think.

“For example, if I say, walk on glass right now! A majority of you will say, bleeding feet! Some would think of it as a challenge; some would say, I just can’t wait to do it! But there will be those who say, ‘I’m going to wait for everybody to do it and then I’m going to do it.’”

This was the approach adopted by most people in the world; they just wanted to see someone else do a thing before they themselves attempted it. But if everybody had taken this line, that is, waited for others to do a thing, or to produce a result, then nothing would ever have been produced in the world.

Mr. Khan emphasised that every person who had brought about change in the world had been the one who had taken the first step.

In one of his programmes, people walked on a 40-foot bed of burning coals and nothing happened to them. In another, he made people bend a metal bar with their throats. None of these “feats” involved magic or tricks. These examples only proved that “change is available – instantly”.

Approaching the subject from another angle, he told members to think of two skyscrapers of 155 floors each, with a plank connecting the two. If asked to walk this plank from one building to the other, would anyone take the challenge? Only one hand was raised.

But “if the building is on fire and your family is on the other side”, how many would walk the plank? Many hands were raised. This meant that the decision to walk the plank had nothing to do with fear but the existence of a powerful reason for doing so.

Having trained over 200,000 people all over the world, including some of the most successful business persons, sports personalities, celebrities and so on, he could say with all the emphasis at his command that their achievements had nothing to do with luck or chance but with a certain mindset that had enabled them to do it.

Mr. Khan said there were the famous examples of the late Mr. Dhirubhai Ambani, who went from being a petrol pump attendant to a multi-billionaire, and of Mr. Shah Rukh Khan, who rose from a weak background to become a mega movie star.

Their success had nothing to do with chance or coincidence but with their ability to take extraordinary de-

isions because they were able to manage their emotions.

He said he would offer a three-step system that would help a person change everything in his/her life. All that was required was to set aside all preconceived notions of life and to accept the fact that it was possible to change things.

This three-step process would help achieve “peak performance” mentally. “If what I am going to offer you doesn’t work for you, throw it away, no problem. But until you try it, don’t negate it.”

Mr. Khan said people made the best decisions when their minds and emotions were in balance. But when they were angry, their decisions were very bad. Thus, it was a must to manage one’s emotions and to keep them in check.

If a person was angry, he or she couldn’t remain angry for hours on end. It was best to get rid of anger in, say, five minutes. Similarly, if a person was depressed, there was no point in remaining depressed for weeks, months or years. It was best to get out of depression as soon as possible.

And if a person was confused, frustrated or in a challenging relationship, then it was best to get out of that situation before long.

“I am going to show you what I believe is the foundation of change. If you understand this basic principle, then forget glass-walking you can truly walk life because life is far more difficult and complex than glass-walking. In glass-walking you may cut your feet, in life you may break your heart, you may damage your mental state... life is far crazier than glass-walking.

“Does the mind control the body or does the body control the mind? I believe that it’s both. Every champion in any form of life, every one who has achieved absolute excellence in life, has a phenomenal physiology, a physiology of excellence.

“When you see Tiger Woods coming on to the golf course, you know that a tiger is coming on to the golf course. He doesn’t drag his clubs in. He walks in as if he is a tiger, ready to win, ready for victory. In the movie *Gladiator*, when the gladiator walks into the arena, he doesn’t walk as if he’s going to lose, he walks with the physiology of excellence.”

Similarly, those running the 100-metre sprint in the Olympics walked in as if they had already won, which meant that their physiology played a huge role in their performance. All truly successful people had a physiology of excellence.

On the other hand, a depressed person would have drooping shoulders and would always be looking down while speaking because that was the physiology of disempowerment.

To illustrate the process of instant change in physiology, Mr. Khan said he would walk around the hall and try to pick someone who would be the first to walk on glass.

As he walked around and approached people, he said there would be those whose hearts would beat faster, whose breathing and blood pressure would change because they didn’t want to be selected. And as he passed them by, they would heave a sigh of relief – all these were instant changes in physiology.

(The best way to relax was by changing one’s breathing pattern, especially when there was an element of fear, he said.)

Of course, there would also be those who would want to be picked first to walk on glass – and those who would not even make eye contact with him, afraid that he would “catch” them. The important thing to note was that a person’s physiology changed. And the quickest way to change one’s state was to change one’s physiology.

Pointing out that most people liked dancing because it involved motion and because motion created emotion, Mr. Khan said that a person would not enjoy a party if he or she sat glum in a corner. But if that same person moved around at the party, he or she would come away a happier person because there had been a change in physiology.

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Autograph, please. Mr. Arfeen Khan autographs a copy of one of his best-selling books for President Nandan Damani. At right is Rachna Agarwal



They're all toppers. Vice-President Paul George, IPP Ashish Vaid and President Nandan with some of the students who topped the SSC examinations in schools located in different sectors of the city. The educational scholarships that the students received were established at the initiative of veteran Haso Thadani who donated Rs. 5 lakhs last year to establish a corpus for the purpose

Birthdays donations

President Nandan thanked several members at the last meeting for making birthday donations.

Jehangir Dubash had donated Rs. 15,000; Farouk Chinoy Rs. 12,500; Pradeep Gupta and Dara Mehta Rs. 5,000 each; and Framroze Mehta Rs. 3,001.

Nandan thanked all of them for their generous donations.

H.R. Rotaract project makes waves

A unique project of the Rotaract Club of H.R. College continues to make waves. It is called "Tasveerein" and involves paintings made by deaf-mutes from the various special schools for them located all over the city.

The paintings made by them are collected by the Rotaractors and exhibited at the meetings of various Rotary Clubs, to be sold at a standard rate of Rs. 150 each. The amount raised from the sale is then given to the institution from where the paintings were collected.

At the beginning of this new Rotary year, the Rotaractors arranged the "Tasveerein" programme at a meeting of the Rotary Club of Bombay Bay View held at the WIAA Club on July 3.

The record for the highest number of paintings sold was set at this particular exhibition. The members of that Club showed their generosity and picked up a total of 41 paintings.

After tallying the accounts the Rotaractors will forward their funds collected to the various institutions from where the paintings were sourced.

Well done, Rotaractors. Keep it up.

Educational scholarships for SSC top rankers

Educational scholarships were presented at the last meeting to the students who topped the SSC examinations in schools located in different sectors of the city.

It was the veteran Haso Thadani who had initiated these scholarships for meritorious students during the last Rotary year when he donated Rs. 5 lakhs to establish a corpus for the purpose.

Unfortunately, Haso could not attend the last meeting; President Nandan requested IPP Ashish Vaid to join him as he presented a gift cheque and a Certificate of Appreciation to each one of the following top rankers:

Ms Sonali Chavan of Saraswat Secondary Marathi High

School, Naupada, Thane, who scored 96.46%;

Ms Shefali Mhadalkar of Saraswati Vidyalaya High School, Rabodi, Thane, who scored 96.30%;

Mr. Sanket Patil, St. Anthony School, Koliwada, Vasai, 96.30%;

Ms Nishigandha Kerure, Balmohan Vidya Mandir, Dadar, 96.30%;

Ms Sonal Singh, Canossa Night High School, Mahim, 84.15%;

Mr. Navneet Mehoor, V.N. Sule Guruji English Secondary School, Dadar, 94.61%;

Ms Anjali Jadhav, A.B. Goregaonkar English High School, Goregaon, 95.84%.



And what are they looking at? Dr. Marek Dziki, Shailesh Patkar and Girdharilal Vaid (from left in the first picture) are certainly not looking into the second panel, which has captured IPP Ashish Vaid with Nanik Rupani's daughter Reena

At the last meeting

(Held on July 21, 2009)

PRESIDENT Nandan called the meeting to order and welcomed the guest speaker, the visiting Rotarians, Rotaryans, guests and others.

BIRTHDAYS

Members and Rotaryans celebrating their birthday during the week were felicitated.

CONDOLENCE

To Poonam Lalvani whose mother passed away in the week gone by.

ATTENDANCE

Members	159
Visiting Rotarians	6
Spouses/Rotaryans	7
Guests	25
Total	197
Svc. box collection	Rs. 6,115

Donations for projects

Dinesh Lal has made a double donation for Club projects.

Announcing this at the last meeting, President Nandan said that Dinesh had donated Rs. 15,000 for the proposed Talwada Junior College and an equal amount for the Vocational Training Centre that was taking shape at Goregaon in Bombay.

Further, Kamal Bulchandani had made a birthday donation of Rs. 15,000 for the Hasanali Tobacco-wala Eye Centre at Talwada.

Nandan added that Rotaryann Sumitra Kothari had given Rs. 250 for the Community Service projects of the Club.



(Continued from Page 2)

A similar feeling of well-being occurred when one returned from a gym after a workout, again because there had been a change in physiology.

The best way to end a person's depression was to make him or her stand in front of a mirror and to smile for two minutes a day. The depression would go away in 21 days, once again because of the change in physiology. "How many people actually smile more than two minutes a day? Think about it. It works."

Therefore, the quickest way to get into peak state was to change one's physiology.

Focus was the second most powerful instrument in a person's arsenal because focus was what helped create the future.

When he had asked them to walk on glass, the first thing most people had done was to focus on bleeding feet. That focus on bleeding feet had changed their physiology and their minds had immediately said no to the idea of walking on glass. But some others had focused on the challenge of walking on glass.

This was a clear example of the power of focus. While one set of people was repulsed by the activity, another saw it as a challenge. "It has got nothing to do with what you're going to do but with what you're going to focus on. And your focus comes from a simple thing – asking the right questions."

When a woman stood in front of a mirror and asked why was she fat, she was likely to get only negative answers (such as, you are lazy or you eat too much). But if she stood in front of a mirror and asked how she could become thinner, the answers she would get would be empowering.

This could only mean one thing, viz., that it was the quality of questions one asked that determined a person's focus in life.

Of course, Mr. Khan said, he was not advocating the cause of positive thinking (he felt it was a waste of time), especially at a time of global economic recession when things were bad for almost everybody. Positive thinking would not achieve anything in this scenario.

"But, if I ask good questions, I'll get good answers. If I say to you, walk on glass, you may say, why should I walk on glass? Some may say, it's silly and childish, I don't need to walk on glass; however, there will be those who will say, maybe glass-walking is really hard to do, but if I do this it also means that there are many more things in my life that I am not doing that I could be doing. So it's a metaphor for me.

"I know that in this room, no matter how successful you may be, no matter how rich or powerful you may be, everybody has something that they want to change in their lives... There is always something that somebody wants to make better, it could be your health, your relationships, but your focus will determine how powerful is your life experience."

If one chose to wear "the glasses of negativity", then even Mother Teresa would appear to be bad. On the other hand, "the glasses of positivity" would throw up redeeming features even in villainous characters.

Thus, everything depended upon focus. By changing the quality of questions that one asked, it was possible to change one's whole world.

A popular saying was that "the outside reflection of your life is the reflection of what you think". If a person was in a bad relationship, his

When a few small steps turn into giant strides of self-confidence. Most of the men wore beatific smiles as they strolled across. From left to right in this panel are
Vandana Kanoria a

THE QUICKEST WAY TO GET INTO PEAK STATE IS TO CHANGE YOUR P

or her thoughts on relationships were bad; if a person was in poor health, his or her thoughts about health were bad; if one was going through a financially bad situation, then that person's individual thinking about finance was bad.

By changing the questioning, a person's life would change – and with radical results.

Continuing with his metaphor about walking on glass being a reflection of one's approach to life, Mr. Khan said that if a person stood in front of the glass and focused only on the glass, saying, "Oh, my God! I'm going to walk on glass!" he or she would not be able to do it.

"Some people are so focused on their problems in life, that all they can see is the glass. They ask, why is my life so bad? It's because all that they see is glass. But when you stand away from your challenges and look at them, then all of a sudden you see a complete world around them, which allows you to focus on other things.

"But someone who is depressed or consistently angry and upset is focusing only on that challenge. The moment he or she shifts away and focuses on other things, the challenge becomes a cakewalk – or a glass-walk! It's as simple as that.

"So when you stand here (near the glass), do it without any feeling of shock. Don't stand here and say, 'Oh, my God, I'm going to walk on glass!' That's not going to work because it's

not an empowering physiology. Stand without shock and focus."

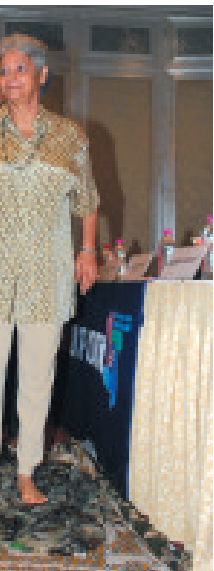
The second stage of his three-step process was focus. Mr. Khan said it would pay to ask, what would walking on glass mean to one? It could mean anything. Therefore, it made sense to give the glass-walk a meaning – and to convert it into a life-walk.

Walking on glass could mean that when a person returned to his or her business, he/she could try something that was previously thought impossible.

"It's amazing what a glass-walk can teach you. It can be very powerful if your focus is right. But if your focus is negative, it's never going to create change. Look at every successful person. Sachin Tendulkar is a phenomenal cricketer. The one thing he says in his interviews is, 'When I go out, the only thing I can see is victory, the only thing I see is a result, the ball and the boundary'. His focus is so powerful!"

Thus, anybody could become a champion – provided his or her focus was good; and the best way to get a good focus was to ask the right questions.

Mr. Khan said the third step of his three-stage process was language. Calling it the "intensifier" of the experience, he said a person taking a bunch of flowers and saying "Happy birthday, darling", was no patch on the one who said, "Darling, you are the most incredible person on this



members who walked on the bed of glass laid out on the dais at the last meeting
PP Harry, Sheriff Indu, Khurshed Poonawala, Roda Billimoria, Manoj Israni,
and Parvesh Mehra

INTO 'PEAK PERFORMANCE' PHYSIOLOGY: ARFEEN KHAN

planet and when I drop dead I hope I find you in heaven again”.

The experience would be vastly different because language was the “intensifier” of the experience.

A depressed person’s language usually gave him or her away. Such a person would be saying things like, “Why is life so terrible, so awful? Why is it so catastrophic?” The words used would be dramatic. But an empowered person would use a different language and say, “That’s not a problem, that’s a challenge!”

One’s language changed one’s entire experience of life. Therefore, while walking on glass, said Mr. Khan, the only thing one had to do was to stay focused and to say, “This is like a walk in the park”.

As for those who did not want to do it, they had to ask themselves the question why. And also ask, “What are the other things that I am not doing that I should have been doing?”

Mr. Khan said that those who walked on glass would develop a new approach to the challenges that they would face in any sphere of life. They would think, “I have walked on glass which I thought was never possible, now I want to have a go (at this challenge)”.

Those deciding against walking on glass could be doing so because of three reasons: one, their physiology was not strong; two, their focus was on the wrong things; or three, their language was poor.

“Which is the easiest one to change? Physiology. If you are feeling sad and sitting down, what can you do? You can stand up and walk and say, yes! That’s change... your physiology changes. If you go for a little jog, you change. I have a trampoline in my office. Every time I feel low, I have a jump on my trampoline. I change my physiology. And it changes my mindset.”

Focus, on the other hand, was more difficult to change. But if one changed one’s questions, then going

through this process for 30 days would ensure a dramatic change in the way one felt.

Mr. Khan then proceeded to go round the Crystal Room and finally chose Mahakhurshid Byramjee and PP Harry Singh Arora to be the first to walk on glass.

As they proceeded towards the dais, he asked the rest of the audience to focus not on their feet but on their faces – they would see lovely smiles on their faces.

Further, he added, it was worth pondering over another fact – what if Mahakhurshid and Harry had not been there? “What if you were alone in the challenge of life and you had to do something, you had to make a choice? That is where personal power comes in, that is where change comes in.”

This time, when Mr. Khan asked how many people were willing to walk on glass, a large number of hands were raised.

He then asked those who would never walk on glass, come what may, to raise their hands. As soon as the hands went up, Mr. Khan pointed towards Khurshed Poonawala and announced, “So you are going to come next!”

Khurshed was flummoxed. But like a good sport he hitched up his trousers – and he walked on glass to loud applause.

And so, as a steady stream of Rotarians, spouses, family members, guests and others queued up to walk on glass with Mr. Khan guiding them along, the meeting came to an end with Arjun Jolly proposing the vote of thanks.

And just who is this man Arfeen Khan?

Mr. Arfeen Khan is a UK-based motivational guru, corporate trainer and author who has reportedly achieved international renown.

He claims to be the only “peak performance coach” in India who guarantees radical results through a strategic approach. He uses the latest available tools and technology through NLP (Neuro-Linguistic Programming), thus ensuring “instant and permanent change” through a series of self-development programmes that he has designed.

His firm, Peak Performance Seminars Pvt. Ltd., also based in the UK, started off as a corporate training company and has trained over 140 corporate

houses and hundreds of thousands of people in the last decade.

It is now an international “life transformation coaching company” with a presence in the UK, India and Dubai.

“We are the most popular and the fastest-growing company in the industry with the largest pool of national and international trainers,” claims its website.

Mr. Khan is the author of two best-selling books. The first is *You Can, You Will, It’s your Choice!* (which is a holistic approach to leading a better life). And the second book is *The Secret Millionaire Blueprint* (in which he explains how everyone is equipped with a unique monetary blueprint that is re-

sponsible for his/her financial success or failure).

He conducts a two-day workshop, “The Secret Millionaire Blueprint Intensive Seminar”, at which he makes his audience go through the process of understanding and rewriting their financial blueprint in such a way that they overcome all fears and stumbling blocks and move forward towards monetary success.

Mr. Khan shares the secret psychology of wealth creation and wealth management from his years of research, learning and implementation. These time-tested insights have been used by aspiring millions. The book and the seminar have helped thousands of people, he adds.

The 'Bhavishya-Yaan' project gathers steam and takes off

The *Bhavishya-Yaan* programme, which was launched during the last Rotary year as a pilot project, has grown by leaps and bounds. Not only has it been recognised as one of the pioneering initiatives of the Rotary Club of Bombay, it has also won acclaim from the Club and the District.

It started as a simple enterprise to impart basic computer education to students of the Dr. Ambedkar Municipal School at Worli which has been adopted by the Club.

But from a handful of 30 students of the Eighth, Ninth and Tenth Stan-

dards, it has now grown into a large umbrella.

In its second season, which began in mid-July, the programme has taken under its wings 135 students attending classes in computers, in art, English and mentoring that are conducted six days a week in the "Rotary Room" in the school premises.

PP Arun Sanghi, who helped give birth to the project as Chairman of the Education For All Committee in the last Rotary year, has yielded place to his Joint Chairman Alok Sekhsaria (who is the Chairman this year) but

remains a valued member of the Committee.

This year, the Committee has been rechristened Education – Values & Ethics and has also been declared a "District Thrust" area.

New "partners" have come forward to assume the responsibility for various modules, with the popular Davar's College of Commerce taking up the English classes thanks to the good offices of Darabshaw Davar. The college has deputed one teacher.

The computer classes (with two teachers) are being handled by Info-

Cooper, Madhusudan Daga, Ashwin Didwania, Preeti Mehta, Ramesh Narayan, Manoj Patodia, Priyasri Patodia, Manish Reshamwala and Mehul Sampat.

An update on the "Art Camp" (first reported in last week's issue of *The Gateway*)

The programme, titled "Art and Creative Thinking", is a month-long venture (from July 10 to August 10). It is being jointly conducted by the Education – Values & Ethics Committee along with the Committee for the Promotion of Arts, Music and Dance.

Both areas of work have been designated "District Thrust" areas and Priyasri Patodia is the Chairperson of the Committee for the Promotion of Arts, Music and Dance.

As already reported, the guest speaker on the first day was Dolly Thakore. She asked the children to introduce themselves, helped them to shed their inhibitions and to speak out about their career plans and ambitions.

She told them that if they spoke freely and gave voice to their innermost thoughts, they would be able to start thinking creatively. To help them sharpen their concentration, she made them play some mind games.

One of the highlights of the evening was her idea of forming "human installations". She told the children to get together and to give form to an unusual "creation", whether it was an object, a scene or a monument.

So while some children got together to create the "image" of a bullock cart, others tried their hand at the Taj Mahal, a lotus flower and even a computer. The children enjoyed the opportunity to unleash their creativity and came up with excellent "installations".

Dolly told them about two of India's legendary painters, M.F. Husain and Tyeb Mehta, who came from extremely humble backgrounds. As youngsters, when they went to a restaurant for tea and realised they did not have enough money for two cups, they ordered just one and shared it. Now, their paintings sold for crores of rupees.

The children were wonderstruck as she narrated the story of the two artists. Dolly left after signing autographs and promising to return.

Following her departure, the team of art volunteers, including Supriya Shah, Hemant Dhane and Urvi Shah, took over and made the children do some drawing exercises. They explained that creativity was not restricted to becoming a painter or an artist – it was about the entire creative process, including writing, designing, advertising, hoardings, designing cities and so on.



Silence, class in session. The 'Bhavishya-Yaan' project at the Dr. Ambedkar Municipal School, Worli, conducts classes in computers, English, art and mentoring

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troopers under the aegis of the Bharatiya Vidya Bhavan; while professional artists are taking up the art classes, the mentoring programme is headed by a Committee member supported by 18 volunteers, including members of the Club and their friends.

Every student is supposed to attend two days of computer classes, two days of English and one day each of the mentoring and art classes.

The computer classes are conducted in four batches of an hour and a half every day for six days; the English classes are held in two batches of two and a half hours each for five days a week. As for mentoring, once again there are two sessions of two and a half hours each, but only on Fridays and Saturdays.

To give a brief background, the Dr. Ambedkar Municipal School at Worli has over 2,000 students. It conducts classes in seven different languages (or media of instruction), including Marathi, Hindi, Urdu and Kannada.

So far, the project is only picking students of these four languages. However, the medium of instruction for all *Bhavishya-Yaan* classes is English.

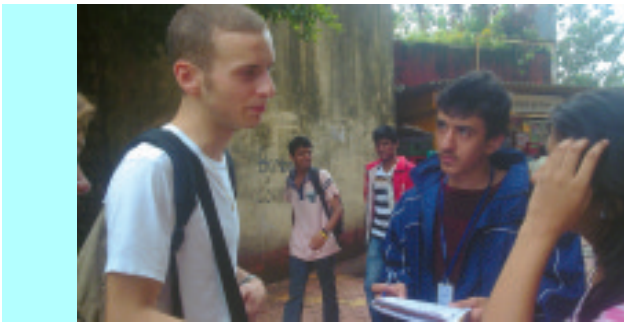
The Club's Education – Values & Ethics Committee has the following members: Alok Sekhsaria (Chairman), PP Arun Sanghi, Anuj Arenja, Rashna



Members of the Rotaract Club of Jai Hind College interact with a police-man in the course of their programme on July 11, 'World Population Day'



Signing off in style. The last multi-discipline medical camp of the last Rotary year was arranged by the Club's RCC Committee at Dharavi on June 28. About 400 patients were seen at the day-long camp. Among those present were Chairman Ratan and Preeti Tankha



Another interview with another student. The Rotaractors conducted their survey at two colleges and at Churchgate railway station



A dedicated team of young volunteer doctors patiently examined the patients. They were offered expertise for ophthalmic, dental and general ailments. Those with acute eye problems were examined in the well-equipped medical van sent by the Impact India Foundation

Jai Hind Rotaractors conduct a survey on population explosion

A team of 12 members of the Rotaract Club of Jai Hind College, led by Avenue Director and Project Chairperson Khodayar Khosravi, conducted a simple survey on one of the most ignored subjects in the country, viz., the population explosion.

The aim of the survey, which was conducted on July 11 to coincide with "World Population Day", was to find out whether people in the city were aware of the dangers that the growing population could pose in course of time.

The Rotaractors approached students at their own college and at Hinduja College and also interacted with commuters at the bustling Churchgate railway station.

Describing the idea behind the survey, the Rotaractors said that they were attempting to compile the views

of the educated people versus those of the uneducated; they were also trying to help the common man to understand the dangers of the population boom if it was left unchecked.

While Dhaval Shah is the President of the Rotaract Club of Jai Hind College, its Secretary is Saksham Mendiratta.



Sunny Pariyaram was among those who attended the camp. With him are social worker Sudhakar Ingawale and office-bearers of the Dharavi RCC. The Committee has thanked PP Dr. Rahim Muljiani, Toby, Alok Saxena and Dr. Sorab Javeri for their help in making the camp a success



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R.I. President urges Rotarians to Happy Birthday make the world a better place

Rotary International President John Kenny urged Rotarians to take steps towards making the world a better place during a visit to the Rotary Club of Chicago on July 7.

He addressed the Chicago Club, the birthplace of Rotary, as one of his first official acts, a long-standing tradition for incoming R.I. Presidents.

“We know how to take that step,” said John. “We will take that step through our Rotary emphases. We will take it through projects in water, health and hunger, and literacy; through Club and District projects; and with the help of our Rotary Foundation.”

During the luncheon, which served to install Club-Officers and to recognise Paul Harris Fellows and other donors, he reiterated his conviction that individual Rotarians would play the biggest role in the future of Rotary.

“The future of Rotary is, to a great extent, in the hands of our incoming Officers, who will have so much new responsibility in the year ahead,” said John who is a member of the Rotary Club of Grangemouth, Scotland.

“It is in the hands of outgoing Officers... who will continue to serve as a guide and resource for others. And it is, most of all, in the hands of every member of every single Rotary Club. I have said before that I believe it is time to give Rotary back to the Rotarians,” he added.

John Kenny’s message and the 2009-10 R.I. Theme, **The Future of Rotary Is In Your Hands**, resonated with the attendees.



Rotary International President John Kenny addresses the Rotary Club of Chicago as one of his first official acts

Noting that the world faced immense challenges, he quoted the Chinese philosopher Lao-tzu, who said, “The journey of a thousand miles begins with a single step”.



Arif Lokhandwalla
July 31



Yudhishtir Khatau
August 3



Hon. Rtn.
Ajay Piramal
August 3



Sabira Merchant
August 4

Spouses/Rotaryanns

Kanchan Mehra
July 30
Hanwantbir Sahney
August 1
Avan Vakharia
August 2

Visiting Rotarians

(On July 14, 2009)

Bombay Cuffe Parade: PP Darshana Doshi; **Bombay East:** PDG Manibhai Doshi; **Stockton, USA:** Ashok Chinali.

(On July 21, 2009)

Bharuch: Sarosh Ginwalla; **Bombay Cuffe Parade:** PP Darshana Doshi; **Bombay East:** PDG Manibhai Doshi; **Bombay Suburban:** Chandulal Mehta, K.J. Shah.



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ROTARY CLUB OF BOMBAY

FOUNDED 19 MARCH, 1929
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OFFICE-BEARERS 2009/10

PRESIDENT NANDAN DAMANI
Imm. Past President Ashish Vaid
President-Elect Pradeep Saxena
Vice-President Paul George
Honorary Secretary Shivkumar Israni
Joint Hon. Secretary Nirav Shah
Honorary Treasurer Ishraq Contractor

DIRECTORS

Roda Billimoria Vikram Daiya
Rita Dalal S.K. Mitra
Ramesh Narayan Suhail Nathani
Pranay Vakil Nowroze Vazifdar

CLUB SERVICE - New Members

Pradeep Saxena to oversee
Director Rita Dalal
Classifications PP Dr. Adi Dastur
Membership PP Sandip Agarwalla
Member. Dev. & DisCon Paul George
Information & Assimilation PP Harry Singh Arora

CLUB SERVICE - Fellowship/Meetings

Director Pranay Vakil
Fellowship & Sports Madhusudan Daga
Programme Nanik Rupani
Sergeant-at-Arms Bipin Kapadia
Attendance Arvind Agarwal
Bulletin & Website PP Arun Sanghi
Public Relations Manoj Patodia

COMMUNITY SERVICE - I; Medical

Director Nowroze Vazifdar
Chairman Emeritus, Talwada PP Dr. Rahim Muljiani
HTEC, Talwada Dr. Mitul Patel
Ajit Deshpande
Medical Centre PP Dr. Rumi Jehangir
Oral Health Dr. Sorab Javeri
Control of TB Dr. Rohini Chowgule
Hepatitis & Polio Immu. Ashwin Didwania
Heart Brigade Dr. Anand Somaya
Cancer Aid Farokh Balsara

COMMUNITY SERVICE - II; Non-Medical

Director Ramesh Narayan
RCC Sunny Pariyaram
Global Warming/(Dist. Thrust) Green Vision Jagdish Malkani
Differently Abled (Dist. Thrust) Shyyamniwas Somani
Old Age Home/ Senior Citizens Naresh Kumar Jain
Women Empowerment Poonam Lalvani
Welfare of Animals Framroze Mehta

COMMUNITY SERVICE - III Youth

Paul George to oversee
Director Vikram Daiya
Interact Mehul Sampat
Rotaract Deepak Kapadia
Night Study/Voc. Training Centres Jacob Abraham

COMMUNITY SERVICE - IV; Education

Director Roda Billimoria
Educational Loans and Scholarships Arjun Jolly
Management Education Poonam Kumar
Education - Values & Ethics (Dist. Thrust) Alok Sekhsaria
TEAC Junior College IPP Ashish Vaid

VOCATIONAL SERVICE

Director Suhail Nathani
Rotary Public Awards Nelum Gidwani
Legal Aid Akil Hirani
Four-Way Test Subash Gogia

INTERNATIONAL SERVICE/DISTRICT THRUST

Director S.K. Mitra
R.I. Programmes PP Rajnikant Reshamwala
Rotary Foundation PP Arvind Jolly
Fund-Raising Manoj Israni
Promotion of Arts, Music and Dance Priyasri Patodia
Disha (Dist. Thrust) PP Kalpana Munshi
Water Management (R.I. and Dist. Thrust) Suresh Goklaney

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CD being sent to the press