

## BULLETIN OF THE ROTARY CLUB OF BOMBAY



### From the President's Desk



Today, ready-to-eat meals & junk food have replaced homemade food; Television has replaced outdoor sports; frequency of eating out has increased and old grandmother-tales and bed time stories have been replaced by iPads. No wonder that despite health implications of obesity being well-known, it continues unabated in adults and children as well.

Worldwide, the number of obese people rose to 641 million in 2014 from 105 million in 1975, according to a news in Wall Street Journal. India is the third most obese country in the world. There were 20 million obese women in India in 2014 and 9.8 million obese men. Severe obesity was observed in an additional 4 million Indian women. It has been estimated that one-fifth of adults worldwide will be obese by 2025. The sudden and sharp rise of obesity in children and adolescents is more concerning; it has shockingly gone up by 400% over the past 30 years.

However, obesity needs to be treated, as carrying a lot of weight has its own harmful effects in the long run. Some of the potential complications of obesity include Type 2 diabetes, high cholesterol, high blood pressure, stroke, depression, heart diseases, osteoarthritis, infertility, irregular menses, impaired quality of life, sexual problems, social isolation and embarrassment.

Considering the health risks of obesity and the number of people suffering from it, it won't be obviously incorrect to call it an epidemic.

Dr Nikhil V. Dhurandhar, a fellow homeopath who migrated to America to do research on obesity, has been involved with obesity treatment and research for over 30 years. Today, we have the privilege of learning from his experience and expertise on the subject.

His wife, Dr. Emily Dhurandhar's research on impact of eating breakfast on weight loss prompted the US surgeons to change their recommendations on breakfast.

'Eat breakfast like a king, lunch like a prince, and supper like a pauper.' Enjoy your princely lunches at Rotary!

## Christmas celebrations with the RCB family



Fellowship is the glue that binds together Rotarians and helps people from diverse walks of life unite under the banner of Rotary to carry out its mission of doing good for the community. To unite for the larger task it's very essential for leaders to help bring about not just a sense of purpose but also fraternity and camaraderie. Towards this RCB undertakes several initiatives such as assimilation by the assimilation committee & talks by the in camera committee. To end this calendar year renewing these bonds of friendship the fellowship committee under the leadership of its chairperson Rtn. Ritu Prakash Desai organised a gala Christmas nite for members and their better halves on 20th December 2016 at the Sofitel at Bandra Kurla Complex in Mumbai. "It is very important for Rotarians to have a feeling of Fellowship and friendship with each other ,

### Today's Speaker

Dr. Nikhil V. Dhurandhar, Prof. - Texas University  
"Key to Successful weight loss: Facts v/s Fiction".



### In this Issue

Yoga Committee	5
Bhavishya Yaan updates	6

and evenings such as these act as a catalyst creating bonds and friendship," said Rtn. Ritu.

The event offered a nite of live music, dance & cocktails followed by dinner. "The Fellowship committee is always looking for interesting venues for the Fellowships. Rotary has had a long relationship with the Sofitel Hotel as the General Manager Rtn. Biswajit Chakraborty is a member of our Rotary Club. The Sofitel has always been very cooperative and happy to have Rotary events here," said Rtn. Ritu.

This was the second Xmas nite event held by RCB at the Sofitel. "Since this event is held after work, Rtns. don't have any issues driving here post office hours. Our chefs also go all out to create a no compromise menu of Indian and International cuisine with a Christmas touch to allow Rotarians to enjoy themselves," said Rtn. Biswajit. Rtn Biswajit first fell in love with Rotary when he was posted in Kathmandu. His initial tryst with Rotarians was in his previous role as Director Sales and Marketing for the Oberoi. "On my return to India I was very keen to resume my involvement with Rotary. I enjoy going to RCB. They are very kind and supportive people. I help out members when they are travelling overseas and similarly they have helped me out at the Sofitel here," said Rtn Biswajit.

It took a couple of appeals at the weekly Rotary meetings to put together sponsors for the event. "It was a challenge getting sponsors in a short time, but we have very generous members. Rtn. Director Mudit Jain was extremely proactive in putting the word out for Xmas sponsorships," said Rtn. Ritu. The sponsors for the event include President Rtn. Dr Mukesh Batra; Treasurer Rtn. Meera Alreja; Rtn. Tara Deshpande, Rtn. Renu Basu, Rtn. Paul George, Rtn. Ashwin







Thakkar, Rtn. Pranay Vakil, Rtn. Harkin Chatlani, Rtn. Pashupati Advani, Rtn. Ashish Vaid, Rtn. Joseph Koshy, Rtn. Subhash Sagar, Rtn. Anuj Arena, Rtn. Haresh Jagtiani, Rtn. Sunny and Rtn. Partha Ghosh "By rotation members contribute for such events. Rtns are very generous and usually come forward and as a practise all club expenses are borne out of members fees and sponsorships," said Rtn. Meera.

Rtns had turned up smartly outfitted with some donning Santa's cap, some sporting reindeer antler look-alikes and some wearing the Santa gown. "It's the festive season and this event is about camaraderie. People are helpful and contribute to fellowships as all these events are for members itself. The sponsors gave us funds readily as they believe in the Rotary spirit of doing good in the world and enjoying ourselves too," said Rtn. Jain.

Hosting the event at Sofitel was also made possible by the Sofitel quoting competitive rates for the prestigious event. The Xmas nite and Diwali nite are perhaps the largest fellowship events in terms of member attendance. The fellowship Committee also organises other signature events such as the Parsi nite and the Bohri nite.

The birthday felicitations on the day too were Christmassy with Hon. Secretary Manish Reshamwala insisting all those celebrating their birthdays must say Ho-Ho when receiving their gifts. He also outlined the programme for the week ahead including a lecture on Weight loss. "Those who haven't yet lost their wallets weight may do so now," said Rtn Manish.

The Gateway presents a photo feature of the Xmas nite.







## Bhavishya Yaan students help spread cancer awareness amongst BEST employees

After the completion of a successful workshop conducted in Byculla Municipal School, Salaam Bombay Foundation and Rotary Club of Bombay (RCB) decided to further strengthen the partnership by entering into partnership for conducting sessions and activities of the Super Army programme. The programme is an in school prevention of tobacco use through leadership and life skills development (The Super Army Model) and has been first piloted in the



students to lead tobacco control activities in their school.

Super Army Students visit various BEST depots across Mumbai and meet the employees of BEST, to sensitize and create awareness among them. It has been observed that more than 60% of the BEST employees are under the use of tobacco and

run a high risk of suffering major diseases such as cancer. Through this BEST depot activity Super Army students enhance their skills such as self confidence, communication skills and other interpersonal skills. These students act as change agents as the community level for tobacco control.



Byculla school adopted by our Bhavishya Yaan programme. This intervention enables the students to build the necessary skills to stay away from tobacco whose consumption is widely prevalent in lower economic classes, as well as provide them with life skills. Two Sessions and activities have already been conducted with 7th, 8th and 9th standard students of The Byculla school. A school level balpanchayat has also been formed wherein leaders have been chosen among the

CELEBRATING

THE ROTARY FOUNDATION

**ATLANTA 2017**

ROTARY INTERNATIONAL CONVENTION

Go to the following link to register for the convention.  
<http://www.rotaryconvention2017.org/>

# Exercise and heart disease

I think it would be safe to say that if you have bought this book and read it this far, I don't need to convince you about the benefits of exercise for heart disease. Exercise has both direct and indirect benefits in reducing heart disease risk. Through exercise, most of

the modifiable risk factors can be better controlled. It helps lower your blood pressure, diabetes, cholesterol and body weight, which is how it indirectly helps in reducing heart disease. Besides these, exercise has a direct effect on the functioning of the heart, and allows it to work more efficiently over a longer period of time. With regular exercise, your heart rate at rest is reduced, but the amount of blood pumped during each beat actually increases. In simple words, your heart pumps more efficiently. Besides this, regular exercise causes your blood to become 'less sticky', which is beneficial in preventing a clot (thrombus) which leads to a heart attack. It also modifies the release of some hormones such as adrenaline, and conditions your heart to better deal with emergencies arising out of abnormal heart rhythms.

Dr. Carlton Pereira is a young ENT surgeon whom I know well, and when I saw him after a gap of a year, I could barely recognize him.

Earlier, he was on the heavy side, and now he looked like a lean, mean fighting machine. I was curious as to why and how he had lost weight, so I asked him. 'I did a lipid profile and my triglycerides were over 600 mg/dl, 631 to be precise. That was about a year ago, and it frightened the hell out of me.

I was advised to start medication, but I was determined to get the values under control through exercise,' was his answer. Triglycerides should ideally be below 150mg/dl, and levels over 600 are clearly dangerous. If he were my patient, I would have insisted that he start medication and continue lifestyle modification simultaneously, but then as the saying goes, 'Doctors



"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"

never make good patients.'

Carlton embarked on a serious exercise program, where he jogged four times a week, for 40 minutes each, and in a span of six months he lost about 10 kg. His triglycerides showed an improvement, and this spurred him on further. He took up running in a big way, and over the last six months had completed four half-marathons, and was feeling on top of the world. In total, he lost more than 15 kg, and what's more impressive is that his triglycerides dropped a massive 400 plus points, and were now 215 mg/dl.

Exercise is very potent in reducing triglycerides, as well as raising the good HDL cholesterol levels. In the Indian setting that's very important, since we have a tendency to have low HDL levels and high triglycerides. It's safe to say that Dr Pereira is now a lifelong runner and preaches it to all of his patients, whether they come for a sore throat, a nasal polyp, or an ear infection!

- Excerpts from Dr Aashish Contractor's book 'THE HEART TRUTH'



"The doctor told my husband to double his daily exercise, so now he changes channels with both hands!"

**Rotary Club of Bombay Midcity**  
(Lead Host Club)  
Organises  
**Protham Joint District 3141 and 3142 Tennis Tournaments**

**Rotary AITA Ranking Under 14 Championship Series**  
Under the auspices of AITA & MSLTA  
on 11th and 12th February 2017

**Rotary Fellowship Tournament**  
For Rotarians, Rotinis, Rotractors  
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**Prize:**  
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**For More details Contact:**

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**RCB is the co-host for this event.**

**Rotarians or their family members wishing to participate may contact Mr Irani at the Rotary office.**



## 5<sup>th</sup> Mini Fellowship

Rotarian Peter Born & Rotaryanne Erika Born held the 5<sup>th</sup> Mini Fellowship of the Assimilation Committee on Thursday, December 22<sup>nd</sup>, at their beautiful, artistic and tastefully appointed home in Oomer Park, Warden Road.

The lovely hosts had an exquisite Christmas setting with bubbly and drinks flowing at this festive time, followed by a 6 course delicious sit down dinner for 13, served with style and panache by the talented and gracious lady of the house Erika.

In enjoyment of the feast were our to be President Ramesh & Devi Narain, PP Rtn. Arvind & Rashmi Jolly, PP Rtn. Nowroze & Niloufer Vazifdar, Mahindra K Sanghi, Aditya Somani, Mahesh & Natasha Khubchandani, Akshay & Farah Batra, all very well looked by the super attentive hosts Peter & Erika Born.

This is the third Assimilation dinner held by Rtn. Peter Born in the past year and the assimilation committee are most grateful to Peter & Erika for their warmest hospitality to fellow members.

Any Member willing to host a mini-fellowship in 2017 may please contact the Assimilation Committee.



## Forthcoming Events

### • Jan 3, 2017

Housie

### • Jan 7- 8, 2017

**DISCON conference** -  
Hotel Sahara Star, Mumbai

### • Jan 10, 2017

Speaker- Dr. **Chintan Chandrachud** '70 years to the Indian Constitution- the road ahead'.

### • Jan 14, 2017

**Sports** - Club Golf tournament at the Willingdon Club

### • Jan 17, 2017

Speaker - **Seema Mehta** -Director, Chandan Nritya Bharati.  
"Indian art a medium of Social change"

### • Jan 19, 2017

**In Camera** - 6:30 p.m  
Film by **Nisha Pahuja** "The World Before Her".  
Hosted by Amita & Ravi Seth at Ocean House, Worli

### • Jan 24, 2017

Speaker - **Bhushan Gagrani\*** -  
MD, CIDCO  
"Vision for Navi Mumbai".

### • Jan 31, 2017

Speaker - **Farad Taraporewalla**  
- "Resent trends in replacement surgeries".

\*To be confirmed

**DISTRICT CONFERENCE '17**  
at Hotel Sahara Star,  
Vile Parle (East) on  
7<sup>th</sup> & 8<sup>th</sup> January 2017.  
To register contact  
**Mr Eruch Irani**

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yptalwalla@gmail.com

At the next weekly meeting  
enjoy a game of

**H O U S I E**

1:30 p.m. onwards

RCB - HOUSIE				
1	25	31	56	70
10	29	40	65	88
4	13	38	59	73

RCB - HOUSIE				
17	23	42	54	85
4	27	30	58	74
8	33	44	62	87

RCB - HOUSIE					
6	28	46	66	71	
9	10	32	50	73	
	14	35	52	77	89



## Birthdays & Anniversary Greetings



Ratan Tata  
28 December



Chiranjilal Joshi  
29 December



Satya Bansal  
1 January



Dr. Dinesh Daftary  
1 January



Nalin Parikh  
2 January

### Rotaryanne

30<sup>th</sup> Dec - Binaifar Nazir  
1<sup>st</sup> Jan - Zarina Mehta  
1<sup>st</sup> Jan - Aziz Zaveri

### Anniversaries

27 <sup>th</sup> Dec - Nasreen & Shariq Contractor	29 <sup>th</sup> Dec - Brinda & Dr. Anand Somaya
27 <sup>th</sup> Dec - Urvashi & Ashok Minawala	30 <sup>th</sup> Dec - Shakuntala & Suresh Lulla
28 <sup>th</sup> Dec - Pervin & Dr. Rumi Jehangir	30 <sup>th</sup> Dec - Devina & Nirav Shah
28 <sup>th</sup> Dec - Dr. Indu & Ranjit Shahani	31 <sup>st</sup> Dec - Natasha Treasurywala & Franklin John
28 <sup>th</sup> Dec - Reshma & Bipin Vazirani	1 <sup>st</sup> Jan - Sangita & Pashupati Advani
29 <sup>th</sup> Dec - Sunaina & Manish Kejriwal	
29 <sup>th</sup> Dec - Sangeeta & Ashwin Ramesh	

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### Statistics for last week's celebrations

Members present

140