

## BULLETIN OF THE ROTARY CLUB OF BOMBAY

### From the President's Desk



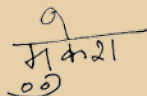
**M**y hearty thanks to the sports committee for helping to organise a successful fund raising housie competition at the start of the new year for the aid of the

Senior citizen committee's planned day care centres for the elderly at Alibaug and Lonavala in Maharashtra. The spirit of camaraderie and fellowship was in full play as the committees went out of their way to help each other organise a fun filled event that does good selflessly for the community.

The spirit of serving humanity was writ large on the faces of our members all of whom purchased at least one housie ticket to help the cause. In fact several members such as Rotaryanne Anita Patel were seen with a whole sheet of housie tickets.

Similarly I would like to take this opportunity to thank our prize sponsors Rtn. Rahil Shah of NM Medical Centre, Rtn. Biswajit Chakraborty, General Manager Sofitel Bandra Kurla Complex; Dr Batras' Foundation, Rtn. Mohit Jain of Girisons, Rtn. Renu Basu, Vice President Sales, The Indian Hotels Company for generously sponsoring the gifts for our lucky housie winners.

It's this spirit of togetherness that can and will make a difference that differentiates RCB and places us amongst the top clubs in India and across the Rotary universe. I take this opportunity to wish all of you and your families a wonderful 2017 and many active years of a mutually rewarding Rotary experience.



## Housie for charity

**T**he start of the year is always a good time for auspicious beginnings and what better way to start calendar 2017 then by combining the Rotary ideals of fellowship with the ideal of serving humanity. The 3rd January meeting of RCB at the Taj Crystal Central saw a charity benefit housie game being organised to raise funds for the planned day care centres at Alibaug/Lonavala. The tickets priced at Rs 200 each were bought like hot cakes fresh out of the oven by Rtns. and Rotaryannes keen to lend their might to this novel project. "We thought this is a great way to start the new year," said incoming RCB President Ramesh Narayan.

Welcoming members to the meeting Hon Treasurer Manish Reshamwala said RCB was holding a Parsi nite on 10th February 2016 at an agiary and was looking for sponsors for



the same. "Like the government, RCB too has an amnesty scheme where members in default of their meeting attendance can sign up for Discon 2017 and get credit for two missed meetings. Those facing a shortfall can take this opportunity," said Rtn. Reshamwala.

Rtn. Ashish Vaid, chairman of the Senior Citizens Committee at RCB then

**Today's Meeting:** Dr. Chintan Chandrachud-"70 years to the Indian Constitution-the road ahead".

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briefed members that their club has been helping old age homes in and around Mumbai by renovating kitchen and dining areas of an old age home in Ambernath apart from helping this home with purchase of white goods or defraying the cost of laying a new drainage line. "I would invite members to visit the old age home there. I can assure you that you will get the most delicious Maharashtrian breakfast there. In fact I love the batata wadas they serve," said Rtn. Vaid.

Rtn. Vaid recounted how in the US in cases of families where both spouses work the parents of either spouse are often alone at home and feel lonely and upset at having no one to talk to. This is why the concept of elderly



day care centres has sprung up. Here people can drop off their elders on their way to work and they get to enjoy the company of other elders play board games, carrom or watch a movie. In other words their social interactions get taken care of and they get infected with a bubbly enthusiasm that makes them excited about each day.

"Now I thought to myself that we all have aged parents at home. and often when they are alone, they get funny ideas. I think all illnesses start in the mind. So I spoke to Dr Batra and we agreed that it would be a great idea for RCB to look at setting up such a facility here," said Rtn. Vaid. However given the price of real estate in a landlocked city such as Mumbai the economics of setting up such a facility here,

simply doesn't work. Most Rtns. tend to have holiday homes in Lonavala and Alibaug so Rtn. Vaid who has his own real estate business decided to approach the civic bodies there to see their response to the RCB proposal.

"The Lonavala Municipal Corporation has promised us around 1,000-2,000 square metres of land but this has yet to fructify," added Rtn. Vaid. Simultaneously, RCB also approached the Sarpanch of Awas village around







of this, we will invite you to visit the centre and will request you also to dip into your pockets to help fund this," concluded Rtn. Vaid.

Incoming President Rtn. Narayan hoped that Mumbai too would soon see a similar day care centre for the elderly. The Housie session was ably organised by Rtn. Jamshyd Vazifdar with Rtn. Pradeep Saxena officiating as the Master of Ceremonies as, "Our President is rehearsing for the musical soiree he organises every year," jested Rtn. Saxena.

A number of prizes were up for grabs in the competition. However it was a long time before anyone got a single prize after which the dice rolled somewhat faster. The four corners of



10 minutes from Mandwa jetty in Alibaug who has promised the Senior Citizens committee around half an acre of land adjoining the municipal school free of cost to set up the proposed elderly day care

centre there.

"We are planning to set up a 2,000 square feet day care centre for gents and ladies with a common recreation area at an expected cost of Rs 35 lakhs. Once we start construction

the housie ticket prize which was a gift hamper from Dr Batra's went to Rtn. Abhin Alimchandani. while the prize for the first line which was vouchers for a full medical check up at NM Medical Centre was bagged by Rtn. Khorshed Mobedji.

The prize for the 3rd row consisted of a gift voucher from Girisons was bagged by Dr Anand Somaya. The full house gift voucher for the two nights stay at the Taj at Amritsar or Corbett was bagged by Rtn. Vijay Saxena who chose to go to Corbett.

Rtn. Anita Patel was the star of the evening bagging two prizes, a meal for two at the Sofitel BKC for the third line and another prize for the second full house. This was a weekends night stay for a lucky couple also at the Sofitel.



## AJMERA RAJ



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**Wedding Date** : 15 December, 2005 **Blood Group:** A+  
Non Excused | Non Vegetarian



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**Wedding Date** : 12 February, 1996 **Blood Group:** B+  
Non Excused | Non Vegetarian



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Non Excused |



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**Wedding Date** : 29 January, 2011 **Blood Group:** AB+  
Non Excused | Non Vegetarian



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| Non Vegetarian



## Bid adieu to back pain

The In camera committee recently held a talk on Safeguards against Back & Joint Problems by Dr. Rumi Fardun Beramji of Beramji's Hospital on 14th December 2016. The function which was graciously hosted by Rotaryanne Divyaa & Mayank Kummar also saw Dr. Beramji distributing an illustrated booklet on spinal exercises and a CD on how to avoid backache to all Rtns. at a subsequent weekly meeting.

Dr. Beramji is one of the few qualified allopathic doctors who not only believes in alternative and holistic forms of healing but has actually completely given up his allopathy practise to focus on acupuncture.

Dr. Beramji who is an MD in Acupuncture relies on a host of alternative therapies to help patients get relief without the use of pain relief drugs which have their own side effects or expensive surgery. "Backache is the most common ailment in the world today. 80% of human beings sometime or the other will suffer from backache," said Dr. Beramji. He explained how the changing occupations have given a shot in the arm to this ailment which didn't even figure in the top 20 in India, 50 years ago. "Backache as an ailment has growing and today is the second ranked problem in the country thanks to change in lifestyle due to white collar work," said Dr. Beramji.

Today even school kids want motorised transport to traverse half a kilometre whereas earlier distances of 3-4 kilometres were considered proximate enough to walk to," said Dr. Beramji. He also said that the growing use of tablets and mobile phones have contributed to the higher frequency of backache problems especially amongst those under the age of 30 years. "We will have more patients than Drs available to treat them at this rate

turning us into a country of young old people," he added. The amount of slip disc cases have gone up because youngsters who are ready to work out in the gym are not being guided to invest time in flexibility training techniques such as Yoga.

Backaches, according to him are either physiological or pathological. Half of all physiological cases (manmade) are the result of bad posture or lack of proper exercise. Doing wrong exercise is worse than no exercise. Similarly getting prosperous around the waist too is damaging for the spine as is stress.

Every pregnant woman at some time or the other too experiences back pain due to the effects of carrying the weight of the baby in the womb. "Pregnant women need healthy food not fat laden rubbish food that causes a bulge and messes up their spine," said Dr. Beramji. Post pregnancy too a proper diet and exercise regimen is needed to restore one's body structure.

Pathological causes of backache include things such as congenital birth defects, vitamin deficiency leading to rickets or osteoporosis especially amongst women, or TB of the spine, injuries to muscle or ligaments.

Some tips that Dr. Beramji gave:

- 1) When you sit on a chair make sure your buttocks are touching the back of the chair.
- 2) Don't bend down when lifting an object from the ground. Instead put a knee down and you can balance better and get up more comfortably.
- 3) Don't use soft pillows into which your head sinks. Use a firm pillow made of cotton or foam which will give proper support to your neck. Don't use synthetic pillows as these cause cervical slip discs.
- 4) When exercising ensure that your muscles for the front of the body and



the back and right as well as left side of the body are exercised in such a way that all develop equally to maintain balance in the body.

5) The best mattress is to put a blanket on the floor and go to sleep. If not make a 3 inch cotton mattress with box pleats. Don't go in for memory foam or a spring mattress. Lower down in terms of desirability is a 3 inch high density coir mattress with 1 inch 50 density hard foam.

6) Since husband and wife's weight are often different, it's a good idea to exchange the mattresses either one is sleeping on, weekly to ensure proper balance is maintained.

7) Calcium and Vitamin D intake has to be balanced in the right proportion so as to ensure that you neither have a situation of a leaking bucket neither do you end up with a problem of gallstones or kidney stones.

8) Fit a rod in your bedroom and give yourself a good stretch by hanging from it as often as you can.

# Making Christmas A Memorable One For Bhavishya Yaan Kids



**B**havishya Yaan Committee cannot thank Rotarian Suresh Agrawal enough for organizing a grand Christmas party for all 750 Bhavishya Yaan children from across the city. The party was organised by the Entertainment Committee of the Cricket Club of India, which is also headed by Mr Agrawal. The event also gave an opportunity to the Bhavishya Yaan kids to celebrate Christmas with 2000 other underprivileged kids.

The kids thoroughly enjoyed the games that included rides, water boat, train, bungee jumping, slides, balloon shooting, giant wheel, air hockey, tattoo,

inflatable slides and many more. They also relished popcorn and candy floss served at the venue. An exclusive DJ station was created for them where the song requested by the kids was played and they danced on their favorite music. Mr Agrawal himself joined the kids on the dance floor with other CCI members. Kids also got return gifts from CCI Entertainment Committee members

- a school bag with pencil box and notebook.

This Christmas, Suresh ji was nothing less than Santa Claus for all the kids, as in addition to all the fun they had at the party, he also gave them and the teachers who accompanied them a silver plated coin as a blessing for the coming year.

As a wonderful gesture, Bhavishya Yaan children from GK Marg Municipal School made a thank you card with a Christmas theme for Suresh ji and CCI authorities.

The party was also attended by coordinator Rashmi Bapna, Rotary anne Jaya Prasad, Avaan Vakharia and Rinku Suchanti.





## ROTARY CLUB OFFICERS

### TRUSTEES 2016-17

Rtn. Dr. Rahim Muljiani  
Rtn. Arvind Jolly  
Rtn. Arun Sanghi  
Rtn. Dr. Adi Dastur  
Rtn. Dr. Mukesh Batra  
Rtn. Dr. Sonya Mehta  
Rtn. Ramesh Narayan  
Rtn. Jagdish Malkani  
Rtn. Meera Alreja

### OFFICE-BEARERS 2016-17

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Immediate Past President	Dr. Sonya Mehta
President-Elect	Ramesh Narayan
President Nominee	Jagdish Malkani
Honorary Secretary	Manish Reshamwala
Joint Hon. Secretary	Framroze Mehta
Hon. Treasurer	Meera Alreja

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Membership Development	Pradeep Chinai
Club Trainer	Deepak Kapadia
CSR	Shivkumar Israni

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Assimilation	Mahesh Khubchandani
Sergeant-at-arms	Roda Billimoria
In-camera	Rekha Tanna
Attendance	Bipin Kapadia

### DIRECTOR: ANUJ ARENJA

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Program	Poornima Advani
PR	Vineet Suchanti
Bulletin	Hoshang Billimoria
Social Media & Website	Murad Currawala
Sports	Jamshyd Vazifdar

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Legal Aid	Natasha Treasurywala
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Environment	Manoj Patodia
Asiatic Society	Aditya Somani
Nutrition	PP Dr. Zexis Umrigar

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### DIRECTOR: SHIV DEV GORWARA

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Youth Exchange Programs	Vijay Jatia
Atlanta convention 16-17	PP Nandan Damani

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Rotaract	Mehul Sampat

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District Coordinator	PP Pradeep Saxena
E-Administrator	Bimal Mehta
Rotary Service Carnival	PP Harry Singh Arora

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## NEXT WEEK'S SPEAKER

# Seema Mehta –Director, Chandan Nritya Bharati

Seema began training under renowned Kathak maestro Pandit Chitresh Das in 2000. As a soloist, she has performed with live musicians at some of the most prestigious venues and festivals in India.

In March 2014, Seema Mehta came together with the renowned thumri singer Dhanashree Pandit Rai where they colored the stage with various songs on Holi, titled Aaj Rang Hai. Seema is an expert practitioner and performer of Pt. Das' innovation- Kathak Yoga. Trained in the Lucknow and Jaipur gharanas of Kathak, she has a strong sense of Layakari.

Seema is the Director of Chhandam Nritya Bharati-India where she teaches over 60 students in Mumbai. She has worked with the children of Kolkata's red light areas, the New Light Project in particular empowering them through Kathak. She taught children from the Akanksha and SMILE Foundations in Mumbai. Currently, she is working on empowering them through dance and training a select few to become teachers. Seema's vision is to touch lives through her work. Seema created an annual property called Happy Feet where her students visit an NGO and perform for them, dance to give them joy.



## Birthdays & Anniversary Greetings



Dr. Adi Dastur  
11 January



Jai Advani  
13 January



Sheila Bulchandani  
13 January



Pranay Vakil  
13 January



Kalpana Munshi  
14 January



Baji Bilimoria  
15 January



Dinesh Lal  
15 January



Chandra Singh Lodha  
15 January



Prakash Jotwani  
16 January



Darious Irani  
16 January



Dr. Ramchandra Lele  
16 January



Arin Master  
16 January



Subrata Mitra  
16 January

## Rotaryanne

10<sup>th</sup> Jan - R/anne. Vera Mehta  
10<sup>th</sup> Jan - Daneesh Khushrushahi  
13<sup>th</sup> Jan - R/anne. Radhika Sheth  
14<sup>th</sup> Jan - Mr. Sushil Kumar

## Anniversaries

10<sup>th</sup> Jan - Kavita & Kamal Bulchandani  
15<sup>th</sup> Jan - Vrishali & Dr. Ameet Pispati  
10<sup>th</sup> Jan - Niloufer & Hormazdiyaar Vakil

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## Statistics for last week's meeting

Members present	81
Rotaryannes	03
Visiting Rotarians	01
Guests	01
Rotaractors	04
Total attendance	90
Community Service Box Collection	- ₹31,500/-