

BULLETIN OF THE ROTARY CLUB OF BOMBAY



From the President's Desk



The nuclearisation of families is a trend that has been in vogue not just in the West but also in India of over the past few years. Apart from higher education levels, increased mobility of the workforce, rural to urban migration and brain drain to developed countries are all factors that are leading to nuclear families and their adjuncts - homes with empty nests. This poses a peculiar problem for Indian society which has traditionally relied on the joint family system and grown up children looking after seniors.

In many cases the problem isn't even financial; seniors have often saved up their own nest egg not be financially reliant on their children for their upkeep. But they experience feeling of living alone when either spouse has died or that of being abandoned by the children for whom they sacrificed their youth. These emotional scars are often difficult to heal and this is where the concept of Old age homes piloted by the Senior Citizens committee come into vogue. These centres not only provide an infrastructure for elders to be looked after but also to engage with our silver citizens meaningfully even during the day.

Two years ago, an Old Age home at Ambernath was renovated by our Club and a separate wing was built. It cost us Rs.60 lakhs. There are more than 80 inmates in the facility now. RCB is now planning to construct day care shelters for the aged, which will help families where children working through the week cause elders to feel like they are imprisoned and have a life only on weekends.

In the spirit of giving RCB requests members to open their hearts and their purse strings to support this cause. We need approximately 30 lakhs to build the first day care centre at Alibaug. A plot of land has been promised to us on lease by the authorities at Alibaug. The project which is being led by PP Rtn Ashish Vaid will also see a similar day care centre being built at Lonavala. The land acquisition at both of these places is presently under process and we hope to start work on these in the new Rotary year.

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Jai 21
09

Tap Away Into The Divine

Members were in for a surprise when they attended the RCB meeting on 17th January with guest speaker Seema Mehta - an expert practitioner and performer of Kathak Yoga. The sound of ghunghroos filled the space while President Nominee Rtn. Jagdish Malkani started the meeting with announcements covering the upcoming events, birthdays of the week, thanking members for their donations and asked the president of Rotaract Club of Jai Hind College to introduce their annual event CHEEKH - a voice against women trafficking and violence against women.



The tone was set by a moving video giving an insight

Today's Meeting: **Bhushan Gagrani, IAS**
-Vice Chairman & Managing Director, CIDCO



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into the challenges and tribulations faced by the women of today, questioning the attitude towards their dreams and aspirations. Complementing the video, two students broke into a monologue voicing the strong emotions and concerns of the independent woman of today. Another format the students used to spread awareness were flash-mobs to bring about the surprise element and thus, gain attention. They ended it with a call for support from members for this worthy cause, towards the future of our nation's women.

Rtn. Malkani then requested director, Rtn. Mudit Jain to do the honours of introducing the dynamic speaker of the day. Rtn. Jain mentioned that his wife Malti had the chance to train under Seema's guruji during one of their holidays. He went on to tell us about Seema's background, having lived in Belgium, San Francisco and now Mumbai that she calls home, Director of Chhandam Nritya Bharati-



India where she teaches over 100 students in Mumbai and Kolkata and the social work she has done with Aakanksha and SMILE Foundations in Mumbai. She now runs her own

organization called HAPPY FEET through which she has worked with the children of Kolkata's red light areas to empower them through the dance form. Rtn. Jain also took this



opportunity to introduce world-renowned tap dancer Jason Samuels from New York who had accompanied Seema for the meeting and was performing with her at the NCPA on 21st January in the form of "jugal-bandi".

The room was filled with silence and with bated breath upon hearing the sound of ghunghroos becoming louder as Seema made her entrance. She started off with a note of thanks and a special one going out to Rtn. Poornima Advani whose daughter was her student. She went on to express her appreciation towards all the members who took out time to contribute towards the community via different programs and initiatives.

When she said "I know that a lot of people look at dance as entertainment, but there is something that is a lot deeper and powerful within this dance form and I will let my art speak for itself," we did not expect to be mesmerized by the sound of her ghunghroos, feet tapping along with beats sung by her for over 5 minutes. Her dance did more than speak for itself; it left the audience wanting



more and gave them a taste of the benefits of spreading this art form to bring about change. She stressed upon the importance of infusing and interweaving dance as a part of the curriculum in schools vs. an extra curricular activity after a long day with other subjects.

She stressed this point further by explaining how any art form when pursued becomes the eye that helps you look within yourself, a gateway of knowledge to know your body,

mind, and who you are. Once you achieve this, you can then help spread the message and happiness onto others. The members were happy to learn a little about her practice, which started off with an invocation followed by a short "kramalaya tatkar" basic footwork of kathak where you see the mathematics of the dance. This consists of four elements that one can apply to life as well, tayaari - readiness and preparation, lehakari - understanding the rhythm, khoobsoorti - beauty within and outside and finally nazakat - the delicacy of that beauty you have discovered and how you preserve it. She explains how Kathak - Yoga was innovated by her guruji Pandit Chitresh Das, a technique which takes Kathak into the realm of spiritual practice, requiring the practitioner to bring mind, body and spirit into unified focus. Keeping it within the tradition, the dancer performs rhythmic composition through footwork, movement and expression while simultaneously reciting the underlying rhythmic structure (theka) and singing the corresponding rhythmic melody (lehara). In short, she called it MEDITATION IN MOTION.



Cancer screening camp held at Nagpada police station

To raise awareness on cancer and its early detection, Cancer Aid Committee, along with Cancer Patients Aid Association (CPAA), held a camp at Nagpada police station, where 95 police men and women were checked and screened for oral, prostate, breast and cervical cancer.

CPAA is a registered, charitable organization that works towards total management of cancer patients from awareness to rehabilitation. In addition to the patient care activities, CPAA plays an important role in propagating "Prevention through Early Detection" by holding screening camps for healthy individuals at work places, mills, factories and other places. CPAA has also introduced a unique Cancer Insurance Policy.

The camp was conducted on 12th January 2017. This camp proved to be extremely helpful for all those 50 men & 45 women who were screened for cancer, as they would not have otherwise gone for the checkup.



All follow up cases were counseled & advised timely follow-up at our centers. They receive reminders in advance to come for checkup at our Naigaon OPD centre.

Apart from the screening, all ladies were taught self breast examination by our gynecologist and were given pamphlets to practice the same once in a month regularly.

Rotaryanne Ekta Shah and Priyanka Jatia were present in the camp to assist and inspire the policemen to leave tobacco. Through professional counseling team of CPAA, 7 policemen signed the form to go tobacco free and leave the habit in one year.

A team of professional doctors and surgeons from CPAA and the cooperation of the police station made the camp effective and successful.



Check Up Data

Total no of people screened:	95
Males:	50
Females:	45
Tobacco addiction	19

RI Theme for 2017 - 2018

In 2017-18, we will answer the question "What is Rotary?" with the theme Rotary: Making a Difference".

"However each of us chooses to serve, we do it because we know our service makes a difference in the lives of others. Whether we are building a new playground or a new school, improving medical care or sanitation, training conflict mediators or midwives, we know that the work we do will change people's lives – in ways large and small – for the better. Whatever motivation each of us had for joining Rotary, it is the satisfaction we find in Rotary that causes us to remain, the satisfaction of knowing that week by week, year by year, we are part of "Rotary: Making a Difference".



TRADITIONAL PARSİ BHONU

The Fellowship Committee and our Parsi Hosts have great pleasure in inviting you for a **PARSİ NİTE** on Friday 10th February 2017, 7 p.m. onwards at Saher Agiary, Breach Candy

Enjoy the unique experience of having traditional Parsi bhonu, both non-vegetarian & vegetarian, at an evening with fellow Rotarians!

Members are requested to register in advance as this will be a sit-down dinner & the capacity at the venue is limited.

Dress Code : A Parsi touch will be appreciated

RSVP : Ms. Rashmi at the Rotary Office
Tel: 22024089 / 22882495
Email: rotaryclubbombay.rashmi@gmail.com

(Please specify whether you are vegetarian or non-vegetarian)

Valet parking available

Hosted By:- IPP Rtn.Dr.Sonya Mehta, PP Rtn.Dr.Adi Dastur, PP Rtn.Dr.Rumi Jehangir, PP Rtn.Nowroze Vazifdar, Rtn.Anita Patel, Rtn.Arın Percy Master, Rtn.Dilnavaz Sam Variava, Rtn.Dr.Aashish Contractor, Rtn.Dr.Darius Soonawalla, Rtn.Dr.Hoshung Mobedji, Rtn.Dr.Mehernosh Dotivala, Rtn.Dr.Phiroze Soonawalla, Rtn.Dr.Sharukh Golwalla, Rtn.Dr.Sorab Javeri, Rtn.Framroze Mehta, Rtn.Freyaz Shroff, Rtn.Homi Katgara, Rtn.Hormazdiyaar Vakil, Rtn.Jamshed Vakharia, Rtn.Jamshyd Vazifdar, Rtn.Jimmy Pochkhanawalla, Rtn.Karl Divecha, Rtn.Khurshed Poonawalla, Rtn.Khurshed Thanawalla, Rtn.Nanu Daruvalla, Rtn.Roda Billimoria Desai, Rtn.Shernaz Vail, Rtn.Zeenia Percy Master, Rtn.Zinia Lawyer, Rtn.Natasha Treasurywalla



Forthcoming Events

• Jan 31, 2017

Speaker - **Keki Mistry ***
- VC and CEO HDFC Ltd

"The future through the budget lens".

• Feb 05, 2017

Sports - District level Tennis Tournament at the MSLTA

• Feb 07, 2017

Speaker - **Mr. Rishi Kapoor**
Lifetime Achievement Award

• Feb 10, 2017

Parsi Night

• Feb 14, 2017

Valentine Day special

Debate by Rotarians
'What's Life without Love'

• Feb 21, 2017

Speaker - **Pankaj Udhas** -
'30 Years of Chithi Aayee Hai'.

• Feb 23, 2017

In Camera - 6:30 p.m
Krupa Ghandhi

- 'How to take good pictures on your mobile phone', hosted by Rtn. Ramesh Mehta

• Feb 26, 2017

Fund raiser for Asiatic Society

• Feb 28, 2017

Speaker - **Sameer Dua** - Author
"Creating a future that matters".

• Mar 6-13, 2017

Fellowship to Bhutan

• Mar 7, 2017

Speaker - **Ashwini Bhide** - MD,
MMRCL

'Mumbai Metro - The project that would change the life of Mumbaikars'

*To be confirmed

Fellowship triumphs at the Tenth Annual Golf Tournament

History was created when ten years ago, on January 12, 2008, 17 Rotarians teed off at the United Services Club for the First Annual Golf Tournament of the Rotary Club of Bombay initiated by Moy Biswas. Since then this tournament has been held every year and its ever-growing appeal has led to a roster of no less than 32 competitors.

On January 14, 2017, the Tenth Annual Golf Tournament for the Trophy instituted by the Biswas family in 2008 was held once again at the Willingdon Sports Club.

President Dr Mukesh Batra officially began the tournament with a ceremonial tee-off at 8.55 am. Then the serious business started, pitting participants of ages ranging from 17 to 75 years, who played in the following groups:

Pradeep Chinai, Anand Shah, Rajan Dalal and Dinesh Lal; Madhup Vaghani, Kush Shah, Abhiram Sheth and Rishi Dalal; Darious Irani, Rohini Chowgule, Sushil Jalan and Ajay Kanoria; Mohit Jain, Don Gardner, Subroto Mitra and Bhavya Jain; Dev Thukral, Arvind Jolly, Anil Goyel and Ashok Advani; Brinda Shah, Padma Lal, Ragini Desai and Bharti Purkar; Bimal Mehta, Suresh Goklaney, Gautam Agarwal, Satyen Israni and



Moy Biswas.

While the camaraderie among players was excellent, their competitive spirit was high, with all the golfers playing to the best of their abilities. The eagles, birdies and pars (as well as some unwanted bogeys) kept

coming. Fortunately, the weather was excellent, with a cool winter morning to lighten the golfers' exertion.

Although the game was highly competitive, it was played in a spirit of friendliness which was facilitated by the meticulous planning and faultless execution of the indefatigable Moy Biswas. Exciting and electrifying as the tournament was, the fellowship that followed was equally engaging and exhilarating, what with the presence of several stalwart Rotarians and family members.

While Past President Arvind Jolly was out on the greens awaiting the outcome of the tournament, at the Cabbage Patch were PPs Arun Sanghi, Ajay Kanoria, Sandip Agarwalla, Rumi Jehangir, Nandan Damani, Nowroze Vazifdar and Nirav Shah.



After a group photograph with maximum number of Rotarians and family members ever present in this event, the presentation ceremony began with Moy with his usual sense of humour. He thanked Pradeep Chinai for facilitating the arrangements at the WSC as well as hosting the breakfast for the players. He also thanked Mohit Jain of Jain family, Gautam Agarwal of Agarwal family, Bimal Mehta and Suresh Goklaney for their generous contributions.

Moy was overwhelmed by this year's sponsor Madhup Vaghani for his generous contributions and sparing no efforts for making the fellowship most enjoyable. He also mentioned that Madhup has sponsored this fellowship earlier and this is his second time.

Pradeep Chinai then came on stage and lavished praise on Moy who was single-handedly responsible for introducing and nurturing this event



and converting it into the showpiece sports event of the year.

Pradeep requested the President to read out a Citation which has been composed by the Rotary club of Bombay and this was followed by

President Dr. Batra, handing over the trophy to Moy with the citation inscribed on it.

On behalf of the Sports Committee, Moy then presented a special present to President Dr. Mukesh Batra for his constant motivation and encouragement.

In appreciation for the non-participating ladies who have been present year after year for motivating and encouraging the participants a lucky draw was organised and eventually the lucky lady was, Rotaryanne Samira Merchant.

The longest drive in hole no 01 and nearest to the pin in hole no 06 was awarded to wild card entry Ms. Bharti Purkar.

The runner-up prize was presented to Abhiram Sheth.

Finally, it was time to declare the winner and Bhavya Jain (Son of Mohit Jain) was crowned the winner of the Tenth Rotary Club of Bombay Annual Golf Tournament. Loud applause greeted the announcement and all those present congratulated the champion as President Mukesh, Mrudula and Moy presented the winner's trophy.



ROTARY CLUB OF BOMBAY

Moy

You have been the architect (pun intended) of the Annual Golf Tournament for the Rotary Club of Bombay since 2008. You have introduced, nurtured a most enjoyable event and single handedly converted this into a flagship event not only for the Sports Committee but also for the entire club.

Your meticulous planning, organizing skill and eye for detail has taken this event onto a pinnacle of perfection.

To accommodate the preferences and timings of each of us (difficult to please) is not an easy task and to make changes at the last moment - you have been able to manage all these challenges commendably.

The personal care of each participant during the tournament and thereafter during the Fellowship is outstanding.

The camaraderie and fellowship are unmatched and this annual golf tournament is one of the most eagerly awaited events of the Rotary year.

We all appreciate and admire you having become the de facto chief of all Sports events of the club because of your sincerity, efforts and dedication.

14th January 2017

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

President	Dr. Mukesh Batra
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

DIRECTOR: RAMESH NARAYAN

Membership & Info	PP Nowroze Vazifdar
Membership Development	Pradeep Chinai
Club Trainer	Deepak Kapadia
CSR	Shivkumar Israni

DIRECTOR: MUDIT JAIN

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

DIRECTOR: ANUJ ARENJA

Fund raising	PP Sandip Agarwalla
Program	Poornima Advani
PR	Vineet Suchanti
Bulletin	Hoshang Billimoria
Social Media & Website	Murad Currawala
Sports	Jamshyd Vazifdar

DIRECTOR: ASHOK JATIA

Bhavishya Yaan	Satyan Israni
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Vocational Training	Sunny Pariyaram
Scholarships	Zinia Lawyer
Rotary Public Awards	Shernaz Vakil

DIRECTOR: DR. ASHISH CONTRACTOR

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ADMC Talwada	Dr. Sorab Javeri
HTEC Talwada	PP Dr. Rumi Jehangir
Yoga	Sitaram Shah
Cancer Aid	Madhusudan Daga
RCB Clinic - Cotton Green	Manoj Patodia

DIRECTOR: SAMIR CHINAI

Animal Welfare	Priyasri Patodia
Environment	Manoj Patodia
Asiatic Society	Aditya Somani
Nutrition	PP Dr. Zerxis Umrigar

DIRECTOR: RAVINDRA FOTEDAR

Water Resources	Rohan Dalal
Senior Citizen	PP Ashish Vaid
Women's Empowerment	Dr Rajeev Narvekar

DIRECTOR: SHIV DEV GOROWARA

The Rotary Foundation	PDG Gulam Vahanvati
Youth Exchange Programs	Vijay Jatia
Atlanta convention 16-17	PP Nandan Damani

DIRECTOR: JAIDEV MERCHANT

Interact	Bipin Vazirani
Rotaract	Mehul Sampat

DIRECTOR: JAGDISH MALKANI

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

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CELEBRATING
100 YEARS
THE ROTARY FOUNDATION

ATLANTA 2017

ROTARY INTERNATIONAL CONVENTION

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

Birthdays & Anniversary Greetings



Apurva Diwani
17 January



Hareh Jagtiani
17 January



Ratan Tankha
18 January



Farhat Jamal
19 January



Gaurav Nevatia
19 January



Rohan Dalal
20 January



Meera Kumar
21 January



Ashok Minawala
21 January



Subhash Sagar
23 January

Rotaryanne

21st - Benaifer Billimoria

Anniversaries

18th - Nidhi & Abhinav Aggarwal

21st - Reshma & Sohel Shikari

18th - Swapana & Manoj Murarka

21st - Shama & Devindra Nath Thukral

19th - Anahita & Darius Pandole

22nd - Malini & Sandip Agarwalla

20th - Navaz & Jimmy Pochkhanawalla

22nd - Purvi & Anand Shah

21st - Gulrez & Ishraq Contractor

23rd - Amita & Ravi Sheth

21st - Sunita & Pradeep Saxena

23rd - Minal & Madhup Vaghani

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Email: indigopress@gmail.com.

Statistics for last week's meeting

Members present	101
Rotaryannes	02
Visiting Rotarians	
Guests	02
Rotaractors	15
Total attendance	120
Community Service Box Collection	- ₹1,500/-