

BULLETIN OF THE ROTARY CLUB OF BOMBAY



From the President's Desk



Mumbai, the city that was once known for its disciplined driving, has today become a driver's nightmare. Being stuck in traffic for hours has become a part of our life. Interestingly, Mumbai is the only city in the world where distance is measured in minutes and not in kilometers, because it's the traffic here that decides how much time you will take to reach your destination.

Over the past five years, the number of vehicles in Mumbai have grown from two million to three million, making travel worse for the commuters. Dismal state of roads just adds to our woes, causing needless congestion of traffic.

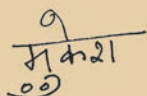
Traffic has not only taken a toll on the personal life of all Mumbaikars, who on an average spend around three hours or more to travel daily from home to their work place, but also on their health. Air pollution due to traffic can have detrimental effects on our hearts and lungs and can cause asthma. It can also cause long-term damage to people's nerves, brain, kidneys, liver, and other organs.

Traffic also gives rise to stress and anxiety, as you cannot reach on time for important events like an interview or reach a hospital on time in emergencies and even for Rotary meetings. Long-term exposure to traffic noise can cause hearing impairment, high blood pressure, irregularity of heart rhythm, irritability, impact our sleep cycle and reduce productivity.

Strengthening public transport can be one of the solutions to stop traffic congestions. Cities like Singapore have developed public transportation so well that people prefer public transport to their own, so why not Mumbai? Several Metro projects undertaken by the government are already underway and hopefully these will make our stress during travel less.

We at the Rotary Club of Bombay are considering joining hands with the RTO to spread awareness on issues related to health hazards through increasing vehicular congestion. We would also educate children through our Interact & Rotaract clubs and our Bhavishya Yaan schools on the dangers of pollution and its ill-effects on the lives of citizens.

Mumbai is the highest tax paying city in India. Let's hope that in the near future Mumbai will get a strong public transport system, and pollution free air to breathe.



From Breakthroughs to Breakdowns, with Sameer Dua



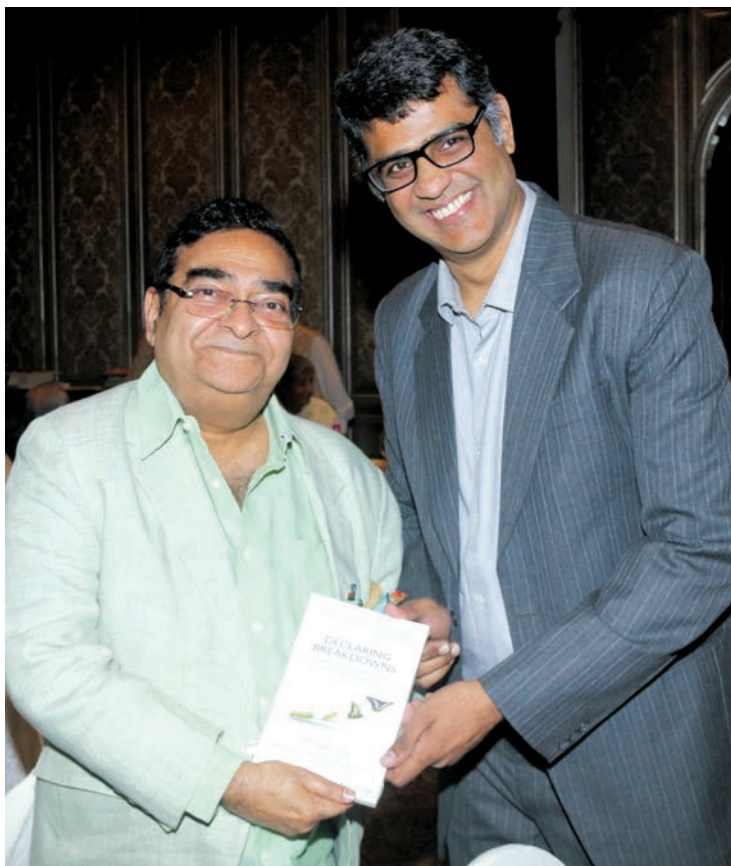
How many times have we drowned ourselves in the complexities of our life's problems and tried to suppress their effects, rather than using them as stepping stones on the path to a better future? In a world where we often hide our dilemmas and troubles, Sameer Dua showed us how to turn our "breakdowns into breakthroughs" through active awareness and consistent commitment.

Today's Speaker: Ashwini Bhide - MD, MMRCL
'Mumbai Metro'



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Using a personal example, Dua described his process of "declaring his breakdowns" and developing a new future. As he pulled up a picture of his family, the smiling faces of his "gorgeous wife and daughter" appeared. In summary, he chronicled his life: how he married his wife in 2002 after a six year long relationship, moved to Bangalore, and brought their first child into the world. However,

but for determined and inspired Dua, this was the first step to a new life.

After moving back to Pune, he "decided he needed a structure of powerful people." Not 'powerful' in the traditional sense, but "people who decide their future... powerful because they had choice." Joining what he called the "5 AM Club," he would wake every morning at 5 AM and affirm his goals for the day, week, or even a year. And that is how he "designed and generated some crazy futures." 20 months after his wife left him, he brought her back home (willingly, of course). A year later, they had two adorable additions to their family - a pair of twins.

"How did this happen?" He asked the crowd. He claimed that it all began with asking himself three very important questions. "What does he really care about, what future is really meaningful to him, and is it meaningful to him to move on?" He divided his life into four segments, or four "cares" as he calls them: his career, his non-profit organizations, his family, and lastly, himself. Again, he asked himself the revolutionary question... "What is the future I want to design?"

The "common sense of our understanding," he began, "is that breakdowns are bad." Many of us are probably familiar with this concept and have been conditioned to believing this is true, but he stated that "breakdowns give you an opportunity to take a pause and design a new future."

in 2011, things took a turn for the worse. Not only did his wife walk out of his life with their daughter and file both civil and criminal cases against him, but after a change in policy by the UK government, Dua was forced to shut down his college and liquidate his business in London. To most of us, this sounds like a living nightmare,

Then, "despite all the opposition," he decided that if something mattered



to him, it would be worth his while to disrupt his current "flow of life," instead of ending up in his "default future," the future is almost certain, but still only probable. The default future is what is guaranteed to us if we continue living in the flow that we are currently in, rather than rebuilding it into something that we can appreciate. Stating that "this future does not work for me," he made the declaration that he would "work towards a new future and get his wife back."

So how do we do the same? "We must stop and recognize" the future that we want to have and "open our eyes" to our present predicaments. As Dua said, "you are the source of and the future, your actions are designing the future." Therefore, becoming more aware of our lives and the steps we need to take in order to reconstruct them helps us achieve the futures that we want to have.

Ending with a rather charming anecdote about his two and a half year old son, Dua illustrated how his son seems to have "a complaint with gravity." When he falls down, he quickly grows angry with the idea of falling, and gravity as a whole, though he knows nothing of the scientific concept. Thereby, he asked "does gravity not impact you because you

don't know of gravity?" And continuing, stated, "no, gravity doesn't care. Its impact is there whether you like and accept or not."

"Like gravity, you're creating a future - all the time." He explained. So, what future do you want to create?

The Rotary Club of Bombay was also lucky enough to share a few moments with Sameer Dua and ask him a couple of questions, allowing us to gain insight into his strategies for designing new futures.

Though Dua used a personal example to highlight his ideologies on life, he is also a leadership advisor for many businesses. Therefore, when asked about how to get employees to take ownership of their companies and jobs, Dua responded by expanding upon his concept of "shared cares." He stated that "80% of people in the US are doing work they don't enjoy," which is why the employer must



connect with their staff members, but more importantly, create shared cares, in which both parties care about the same elements of their workplaces and careers in order to develop a mutual vision.

Moreover, he also highlighted how it is important to recognize our cares, "the big piece," and then "shift commitments" when asked about the unpredictability of life's circumstances. Ultimately, it is our cares that determine our futures and help us achieve the lives we want to have.



Mumbai's Town Hall Comes to Life Again!

Mumbai's Town Hall, resplendent in all its restored glory, was the venue for the Club's fundraiser 'Tondal Durbar' on February 26. Chief Minister Devendra Fadnavis inaugurated the Central Hall that very morning and this was the first function to be held thereafter at the venue.

It was a fitting venue since one of the Club's important projects is a multi-pronged partnership with The Asiatic Society Library, which is housed in the Town Hall, one of Mumbai's cherished heritage structures.

Rotarians and guests at this sold out event, ascended the red carpeted stairway of The Town Hall, flanked by tall durbans and by models wearing Satya Paul sarees that draped meters of fabric onto the stairs. In elegant costumes representing both Indian and Western evening wear, guests were greeted at the top of the stairs before entering the magnificently restored Central Hall. Painstakingly restored under the supervision of architect Abha Lambah and the Public Works Departments Rotarians were proud to turn their gaze upwards and see the 3 period chandeliers donated by their club.

The evening's entertainment was provided by House of Waters, a new wave international jazz group, featuring Max ZT on hammered dulcimer. There was lots more to

engage the guests – a Satya Paul sari display complemented by 18th century textile folios; a display of ancient books restored through generous contributions of our Rotarians; a silent auction of enticing holidays and artefacts; and a photography stall to capture memories of the evening. A lavish dinner themed on "Foods of the Empire" featuring Burmese, African, English, Indian cuisines was laid out in the Durbar Hall, another historic room at the Asiatic.

Rotary's Urban Heritage committee has been working over the last two years to restore and digitise the Asiatic's valuable collection of irreplaceable ancient books and manuscripts. Alongside, the Book Conservation Centre is being expanded at a cost of approximately Rs. 30 lakhs. Special cabinets have been provided for housing rare maps. In addition, RCB also sponsors cleaning and maintenance of the Asiatic premises.

The Tondal Darbar combined beautifully the committee's objectives -- to raise funds and create greater awareness of the Library and its magnificent collections.



We thank members of our club and large-hearted corporations like JSW Steel, Raymond, Phillip Capital, Genesis, Edelweiss and Forbes Facilities Management who have supported our urban conservation initiatives.

Look out for Rotary's next event at the Asiatic... it's coming your way in April!

We would like to thank
Rtn. SUBHASH SAGAR

*Pransukhlal Bros,
for his generous donation of a
Sterling Silver Bowl*





The 7th Mini Fellowship of RCB



Vineet & Rinku Suchanti, Rekha Tanna of our Committee & Gaurav Nivetia, being assimilated with new Rotarians Mudit & Priyanka Jatia, Raj Ajmera, Gautam & Ushma Doshi and our gracious hosts for the evening Vivek & Amisha Himatsingka.

The evening turned out to be a lively one with a live band playing and all present had another enjoyable Rotary get together with the Club's drinks, starters, Chinese main course and dessert on offer generously provided by our most attentive hosts.

The Assimilation Committee sends its warm and appreciative thanks to Vivek & Amisha for their kind and welcome hospitality, and encourages Club Members to come forward to host small groups for stronger bonding among our RCB family.

The 7th Mini Fellowship of RCB was hosted by our New Rotarian Vivek & Ptn. Amisha Himatsingka in February 22nd 2017.

The venue for a fun evening of Cocktails & Dinner was the Ground Floor Bar at the Bombay Gymkhana Club.

In attendance were President Dr. Mukesh Batra, PP Paul George,

In Camera Committee
Invites you to

A Talk on

**Health
in
Your
Hands**



By

Reyna K. Rupani

On

**Thursday, 30th March
At 6.30 PM**

Followed by

Cocktails & Dinner

Hosted By

Malti & Mudit Jain

At

**Shikhar Kunj, Carmichael Road
Mumbai - 400026**

RSVP

**Rekha Tanna - 98210 22987
Vrinda Rajgarhia - 98201 28480**

**Limited Seats. Please Register in
Advance.**

In Camera

23rd February, 2017

*'Photos of In Camera Ms. Krupa Ghandhi'
Hosted by Rtn. Ramesh Mehta*



Fellowship Committee - Parsi Nite

The Rotary Club of Bombay held a Parsi Nite on 10th February 2017. It was an authentic Parsi evening in a Parsi Baug, Saher Agiary, conveniently located off Breach candy and was attended by around 150 Rotarians & spouses dressed in Parsi attire. The sylvan setting with twinkling fairy lights on the trees and beautiful Parsi toran on the gates along with the glorious weather added to the wonderful atmosphere.

The evening commenced with cocktails and delicious appetizers with lovely music from the '60s & '70s in the background. Members enjoyed getting their photos clicked at the vintage photo booth set up at the baug; the framed sepia prints will be given to the members later on as a beautiful memento

of this occasion. The highlight of the evening was the traditional sit down Parsi bhonu with a fabulous array of authentic Parsi dishes including Patra ni macchi, Salli chicken, Mutton Pullao, Dal, Lagan nu custard and more. The vegetarians were delighted to partake of a wide range of vegetarian Parsi food specially arranged for them. It was an unique opportunity for our members to enjoy an authentic Parsi meal in a traditional setting.

President Dr. Mukesh Batra thanked the 30 Parsi hosts for their generous support for this event. A special thanks to the Fellowship Committee-Shernaz Vakil, Ritu Prakash Desai, Anar Shah, Khurshed Poonawalla & Mudit Jain for their enthusiasm and efforts in organizing the Parsi nite.



Forthcoming Events

- **March 13th, 2017**
The Annual Jain Holi Ki Masti
at 44 Ashok Bhavan, 14th Road Khar, Behind Satguru on Linking Road.
- **March 14th, 2017**
District Governor visit to RCB
- **March 19th, 2017**
Fellowship to Talwada
- **March 21st, 2017**
Speaker Parveen Pardesi -
Principal Secretary, Office of The Chief Minister, Maharashtra.
'Return of Tigers to Maharashtra'
- **March 30th, 2017**
In Camera - 7 p.m. Talk by Reyna Rupani - "Health is in your hands".
Hosted by Malti & Mudit Jain @ Shikhar Kunj, Altamount Road
- **April 4th, 2017**
Shri Pravinchandra V. Gandhi Award for Excellence in public life presented to **Nita Ambani** at The Taj Mahal Palace Hotel
- **April 11th, 2017**
Benaifer Kutar - "True Love: The Skills of Parenting and Grand Parenting"

ROTARY CLUB OFFICERS

TRUSTEES 2016-17

Rtn. Dr. Rahim Muljani
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

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

DIRECTOR: ASHOK JATIA

Bhavishya Yaan	Satyan Israni
Legal Aid	Natasha Treasurywala
Vocational Training	Sunny Pariyaram
Scholarships	Zinia Lawyer
Rotary Public Awards	Shermaz Wakil

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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 Vahanvaty
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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NEXT WEEK'S GUEST

Rtn. Gopal Rai Mandhanian – District Governor



The name Gopal Mandhanian has become synonymous with sher-o-shayari in our district. He is also known to convey the points he makes in his speeches, with wit & jokes. But, not many would know that behind this jovialness is a sensitive and compassionate workaholic who is a sure go-getter. Rtn. Gopal Rai Mandhanian is happily married to Seema Mandhanian.

His passion to bring smiles on the faces of people has induced him to do yeomen service for the less

fortunate through Rotary & other organizations. The Rotary values he imbibed through his association with Rotary leaders and connect with grass root Rotarians has made him a much sought after Rotarian, speaker and friend. His voracious reading and efforts by undergoing training programs like NLP, Landmark Forum & Art of Living have honed and refined his leadership skills.

His efforts have seen his Rotary club undertake mega activities and also put the club on the district map by hosting the PETs during his Presidential year. He has the rare distinction of organizing numerous important successful District events including international RYLA, District Picnics, A to Z of Rotary, TRF and various other Seminars. His initiative extended beyond the district when he was instrumental in bringing the batch of DGs of his year (from India, Nepal, Bangladesh, Pakistan & Sri Lanka) together for a memorable meet in Goa in August 2014 which happened for the first time ever in RI Zone 4, 5 and 6A.



Birthdays & Anniversary Greetings



Rtn. Moshin Contractor
8th March



Rtn. Hoshung Nanavati
9th March



Rtn. Dolly Thakore
10th March



Rtn. Dr. Phiroze Soonawalla
11th March



PP Rtn. Shailesh Haribhakti
12th March

Partners

7th March - Ptn. Emma Lalvani
9th March - Ptn. Rukshana Bilimoria
12th March - Ptn. Geeta Rupani

Anniversaries

7th March - Rtn. Renu & Ptn. Subhabrata Basu
Rtn. Farokh & Ptn. Navaz Guzder
8th March - Hon. Rtn. Mukesh & Ptn. Nita Ambani
11th March - PP Rtn. Arun & Ptn. Arti Sanghi
13th March - Rtn. Vasant & Ptn. Sujata Manohar
Rtn. Soli & Ptn. Rashna Cooper

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Statistics for last week's meeting

Club Members	117
Partners	02
Visiting Rotarian	03
Guests	06
Rotaractors	07
Total attendance	135
Community Service Box Collection	₹ 1,650/-