

BULLETIN OF THE ROTARY CLUB OF BOMBAY



From the President's Desk



Vegans are taking all over! It's becoming trendy and fashionable to be vegan nowadays and many celebrities globally are supporting this trend. However, there is much more to a vegan diet than celebrity endorsements.

There is abundance of scientific research available that demonstrates the health benefits of a natural plant-based diet. Such a diet is rich in fiber, folic acid, vitamins C and E, magnesium, unsaturated fat, and phytochemicals. Vegetarians therefore have a low risk of high cholesterol & blood pressure, obesity and heart disease. Studies also indicate that vegans have a low risk of diabetes and cancer. While moving to a vegetarian diet, some individuals worry about their protein intake. Almonds, chickpeas, broccoli, lentils, spinach and tofu are all rich in proteins.

Furthermore, being a vegetarian can keep you away from many infections. Several microbes that cause ailments in human beings are becoming resistant to antibiotics. One of the reasons for this is an excessive use of antibiotics by the meat industry, which frequently feeds antibiotics to livestock animals from birth to slaughter to promote growth. Also, did you know that animals that you eat aren't fed what they're designed to eat? They are fed something that is cheap and makes them grow fast. Many might not know but animals are sometimes fed boiled and ground up remains of dead and diseased animals. This makes people who eat large quantity of meat products prone to diseases.

Finally, it is only an assumption that because animals have smaller brains, they suffer less than humans, as the ability to suffer is linked to intelligence. Studies indicate that animals too feel pleasure & sadness, excitement & resentment, depression, fear and pain. It is of course a matter of choice to hurt them or not.

By adopting a vegetarian diet, you can gift yourself 'better health'. Also, if we want to reduce the human impact on the environment, eating less meat is the simplest and cheapest thing we can do.

Personally, I turned to a vegetarian diet 11 years ago and feel so much healthier and happier.

Healthy & Happy eating!

A Culture of Excellence in Digital India



"The world will change," began Aditya Puri, the current Managing Director of HDFC Bank, after accepting the prestigious Ramkrishna Bajaj Award for Good Governance.

As the pioneer of HDFC's digital banking services, Mr. Puri was of course talking about Digital India and how technology has changed the way our nation's markets currently function. Before the inception of smartphone apps and online banking, we had what he calls 'physical

Today's Speaker

J.P. Vaswani, is an Indian Non-Sectarian Spiritual Leader



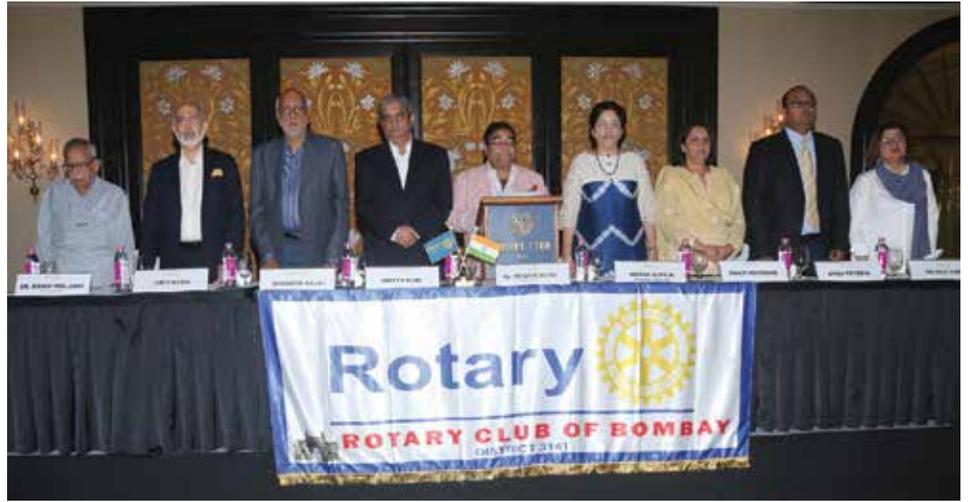
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networks' - roads and streets that worked as the "life and blood of e-commerce." Then, we developed 'invisible networks', which comprised of telecommunication lines, from satellite to radio.

But now, we exist in the age of 'info-networks', a period of time where "everybody is connected with everybody" through the advent of the internet and smart technology. But how does this change the way businesses operate?

"Power shifts from the producer to the consumer," explained Mr. Puri. "Businesses have to deliver what the customer wants, how, when, and where he wants it," which leads firms to restructuring, reorganising, and redeveloping their business models and strategies. Therefore, markets are "now formed with the customer



at the centre," catering to their needs and wants in ways never before seen within the non-digital world.

After all, "why would you want to go to a bank when you can do... everything *sitting at home*?" Asked

Mr. Puri, pointing out that the "point of technology... is to take the hassle out" of tedious, everyday tasks that would otherwise require consumers to waste time and money travelling to, and waiting in, a place of business for hours on end.



"With the click of a button... a loan that used to take ages, can be issued in 10 seconds," continued the well-decorated banker, allowing the audience to delve into his 'Digital India' and observe the benefits of a world constantly adapting to modern technology.

However, this raised a few concerns, as an audience member asked about the negative impacts of digitising the availability of loans; "Have we forced ourselves into this mess through these advancements?" She questioned. But Mr. Puri was quick to put our worried rotarians at ease, responding with the strict procedure that online loan allotments follow. "We scrub the client's name with civil, analyse their financials against our model, and create a portfolio" with their required details and fiscal probabilities. "Don't forget - a banker only hands you an umbrella when you don't need it," he remarked humorously, proving that this statement stands the testament of not only time, but digital prowess as well.

Another hot topic during the talk was that of demonetisation. Though Mr. Puri had touched upon it lightly, questions about its effects still remained. "Was it really necessary?" He was asked.

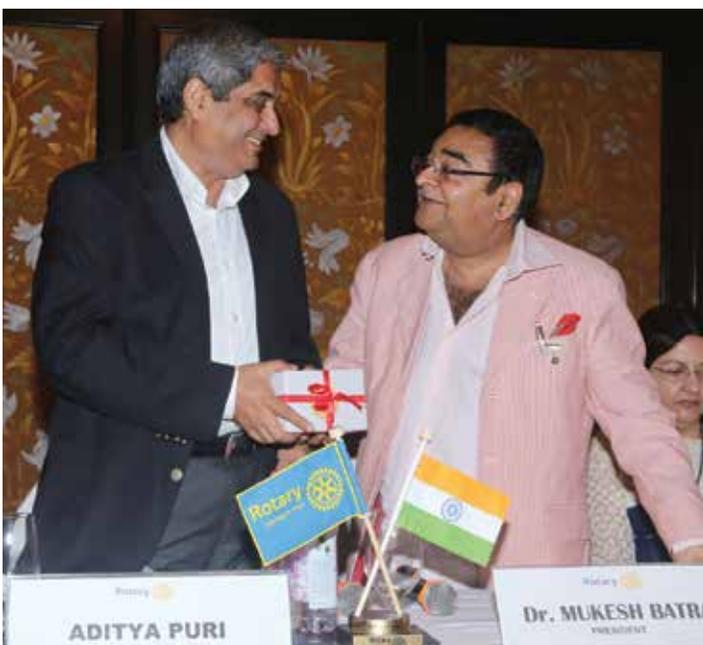


The question was one that echoed the sentiments of others, as haunting flashbacks of long ATM lines and worried bank managers appeared in the minds of the rotarians present. Bringing them back to the present, Mr. Puri replied, "The initial concept was good, but the execution was poor... Nonetheless, it's come out alright." As the room nodded in silent agreement, they recognised, as the saying goes, the need to crack a few eggs in order to make an omelette.

Ultimately, our nation is on its way

to cooking up some extraordinary and game-changing things. Through offering world-class digital services and generating experienced and forward-looking leaders such as Mr. Puri, "India is a bright spot in the world economy, and we will see a change geopolitically and geoeconomically."

"Fundamentally, we are growing," stated Mr. Puri. And soon, our tree of success will bear the fruits of 21st century innovation and calculated strategy.



RCB Tennis Tournament

7:30am is early for a Sunday, let alone a Sunday bang in the middle of a long weekend. Our Rotarians sure are enthusiastic! 15 players took part in the Club's 6th annual tennis tournament on 30th April at the CCI.

The players were Anand Dalal and his daughter Naisha, Bipin Vazirani,

Ishraq Contractor and his son Raed, Jaidev Merchant, Jamshyd Vazifdar, Kirit Kamdar's two sons Pranay and Jeet, Mehernosh Dotivala, Mehul Sampat, Raj Ajmera, Sameer Kaji, Satyan Israni and Vivek Himatsingka, who were cheered on by Moy Biswas, Kirit Kamdar and PP Nowroze.

After 2 hours of fun and a rather

intense competition, the winning pair was Bipin & Jamshyd. Special prizes were also given to Naisha Dalal, Raed Contractor and to Pranay and Jeet Kamdar.

A quick breakfast added to the bonhomie of an enjoyable morning. The Sports Committee would like to thank Bipin for arranging the tournament at CCI, and Mehul for his great support before and during the event.



Another 'First' from the Sports Committee

On a pleasant evening, a dozen Rotarians turned up at the NSCI on 28th April for 'Underarm Cricket' under floodlights. The event took us back to our childhood days of cricket in gardens and compounds.

Caught up as we were in the spirit of those youthful times, we could be forgiven for the patently exaggerated appeals and other tomfoolery that we did before we learnt to live by the Four-way Test. Four short, intense matches were enthusiastically contested, with two of the matches seeing the chasing team snatch victory off the last ball!

The teams comprised Satyan Israni, Murad Currawalla, Ajit Lalvani, Ashwin Thakkar, Mahesh Khubchandani and Sohrab Khushrushai in one team, and Anand

Dalal, Moy Biswas, Mehul Sampat, Raj Ajmera, Mehernosh Dotivala and Jamshyd Vazifdar in the other team. President Mukesh, PP Nowroze and RotaryAnne Nilofer Currawalla dropped in to encourage the players.

After 2 hours of great fun, trophies were distributed, and Sports Committee Chairman Jamshyd Vazifdar thanked all the participants and also Satyan, Moy and Mehernosh for superbly organizing the event.



Rotary Club of Bombay & Bombay YMCA Vocational Training Centre - Certificate Distribution Programme

The Certificate Distribution Programme of the Rotary Club of Bombay and the Bombay YMCA Vocational Training Centre was organized on Friday 28th April 2017 at YMCA International House and Programme Centre, Mumbai Central.

The programme started with welcome and introduction followed by different cultural programmes performed by the students of various courses. The highlight of the evening was the skit based on the theme of 'Women Empowerment' emphasizing the need and importance of women education, economic empowerment, need for change in the perception and attitude towards women. It was a well





delivered performance which grabbed the audience's attention, who responded with a thunderous applause. Another highlight of the programme was a poem written and recited by a student of the Tailoring Class on the theme Khawab/Dream capturing the deep desire of an individual to succeed.

A fashion show with student models displaying the intricate designs of dress making was put up by students of the Fashion designing course. It was a pleasant sight to witness a mother as a designer walking with her daughter as a model displaying her works.

Stalls and counters of various Vocational Training courses such as Mehendi, Beautician, Nail Art, Tailoring, and Embroidery were showcased for the guests and audience.



In his brief remarks, Chief Guest, Dr. Mukesh Batra emphasised the need for economic empowerment of women for the overall development of society. He appreciated the skit terming it as 'confident acting, well scripted scenes with a profound social message.' Present on the occasion were Rtns. Sunny Pariyaram, Bipin Kapadia and Pradeep Gupta, Paul George along with Partners Jaya Prasad. Mr. Jacob Koshy.



President of the Bombay YMCA acknowledged and placed on record the deep sense of appreciation to the Rotary Club of Bombay for its generous support over the years.

Approximately 300 guests, students, parents and staff attended the programme.



रोटरी चॅरिटेबल मल्टी-डायग्नोस्टीक क्लिनिकचे काँटन ग्रीन, मुंबई उद्घाटन

मुंबई, (वैश्विक) : भारतीय वार्षिक सकल घरेलू उत्पादन (जीडीपी)च्या ५ टक्के भाग आरोग्यनिगेकरिता खर्च करतात. हा टक्का जगातला सर्वाधिक कमी टक्का मानला जातो. भारतात साधारणपणे आरोग्यावरील ८०% खर्च हा खासगी आउट-ऑफ-पॉकेट आहे, काही भारतीय घरापर्यंत तर आरोग्य सेवा पोहोचतही नाहीत. ही दरी समजून डॉ. मुकेश बत्रा आणि सुरेश कोटक यांनी काँटन ग्रीन येथे रोटरी चॅरिटेबल मल्टी-डायग्नोस्टीक क्लिनिकचे उद्घाटन केले. या माध्यमाद्वारे गरजूंना मोफत कर्करोग निदान घरणे आणि अनुदानित आरोग्य सेवा देण्याचा दृष्टीने निर्मिती करण्यात येत आहे.

आली आहे. हे नवीन रोटरी चॅरिटेबल मल्टी-डायग्नोस्टीक क्लिनिक रोटरी क्लब ऑफ बॉम्बेच्या सहकार्याने आणि डॉ. बत्रा, डॉ. कोटक व डॉ. वेंकटेश मर्चंटस अँड मुकादमस असोसिएशनसोबत स्थापन केले आहे. या रोगाची क्लिनिकद्वारे विशिष्ट सेवा मोफत मिळवून, गरजूंसाठी अनुदानित दराने सुविधा उपलब्ध होईल. या सेवांमध्ये होमिओपॅथी उपचार आणि सर्जिकल डॉ. बत्रा, डॉ. कोटक व डॉ. वेंकटेश मर्चंटस अँड मुकादमस असोसिएशनसोबत स्थापन केले आहे. या रोगाची क्लिनिकद्वारे विशिष्ट सेवा मोफत मिळवून, गरजूंसाठी अनुदानित दराने सुविधा उपलब्ध होईल. या सेवांमध्ये होमिओपॅथी उपचार आणि सर्जिकल डॉ. बत्रा, डॉ. कोटक व डॉ. वेंकटेश मर्चंटस अँड मुकादमस असोसिएशनसोबत स्थापन केले आहे.

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मल्टी-डायग्नोस्टीक क्लिनिक आहे. यात जर आरोग्य विमा नसेल आणि एखादा फलन नसेल तर तातडीची आरोग्यविषयक अपयश्यांसाठी क्लिनिक विलेज आहे तर घराची आर्थिक गिनाई असावयाची गरज नाहीत आणि मोठे आर्थिक बटका बसतो. डॉ. बत्रा, डॉ. कोटक व डॉ. वेंकटेश मर्चंटस अँड मुकादमस असोसिएशनसोबत स्थापन केले आहे.

रोटरी चॅरिटेबल मल्टी-डायग्नोस्टीक क्लिनिकचे उद्घाटन मुंबई, दि.२७ : भारतीय वार्षिक सकल घरेलू उत्पादन (जीडीपी)च्या ५% भाग आरोग्यनिगेकरिता खर्च करतात. हा टक्का जगातला सर्वाधिक कमी टक्का मानला जातो. भारतात साधारणपणे आरोग्यावरील ८०% खर्च हा खासगी आउट-ऑफ-पॉकेट आहे, काही भारतीय घरापर्यंत तर आरोग्य सेवा पोहोचतही नाहीत. ही दरी समजून डॉ. मुकेश बत्रा आणि सुरेश कोटक यांनी काँटन ग्रीन येथे रोटरी चॅरिटेबल मल्टी-डायग्नोस्टीक क्लिनिकचे उद्घाटन केले, या माध्यमाद्वारे गरजूंना मोफत कर्करोग निदान चाचणी आणि अनुदानित आरोग्य सेवा देण्याच्या दृष्टीने निर्मिती करण्यात आली आहे. हे नवीन रोटरी चॅरिटेबल मल्टी-डायग्नोस्टीक क्लिनिक रोटरी क्लब ऑफ बॉम्बेच्या सहकार्याने आणि डॉ. बत्रा, डॉ. कोटक व डॉ. वेंकटेश मर्चंटस अँड मुकादमस असोसिएशनसोबत स्थापन केले आहे.

Swati Sandesh Mayekar proposed by PP Dr. Rahim Muljani



Anuj Patodia proposed by Rtn. Dr. Akshay Batra



Forthcoming Events

- **May 11th, 2017**
Inauguration of Bhavishya Yaan E-learning @ Colaba Municipal School. 5:30 pm
- **May 16th, 2017**
Speaker - Dr Muffazal Lakdawala Topic- Emam Syndrome. Joint meeting with Rotary Club of Bombay Pier
- **May 20th, 2017**
Charter Day celebrations of Sister club - Rotary Club Thane Hills @ 7:30 pm, TMA Hall, Wagle Estate, Thane
- **May 23rd, 2017**
Speaker - Dr Shekhar Basu, Chairman, Department of Atomic Energy on 'Indian Nuclear Program' Joint meeting with Rotary Club of Bombay Airport.
- **May 25th, 2017**
Inauguration of J.J. Hospital water project. 5 pm
- **May 27th, 2017**
11 am - Laying of foundation stone of Old Age Home, Alibaug. Brunch at Past Pres. Rtn. Ashish Vaid's Alibaug home.
- **May 30th, 2017**
Taru Lalvani Environmental Protection Award* Kalyan Banerjee - Trustee Chair TRF*

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THE DATE HAS MOVED TO 8TH JUNE 2017

You are invited to

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over High Tea

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21st Century Design Education

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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	Vijay Jatia
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

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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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Bhavisya Yaan	Satyan Israni
Legal Aid	Natasha Treasurywala
Vocational Training	Sunny Pariyaram
Scholarships	Zinia Lawyer
Rotary Public Awards	Shernaz Vakil

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RCB Clinic - Cotton Green	Manoj Patodia

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Environment	Manoj Patodia
Urban Conservation	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

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

DIRECTOR : JAIDEV MERCHANT

Interact	Bipin Vazirani
Rotaract	Mehul Sampat

DIRECTOR : JAGDISH MALKANI

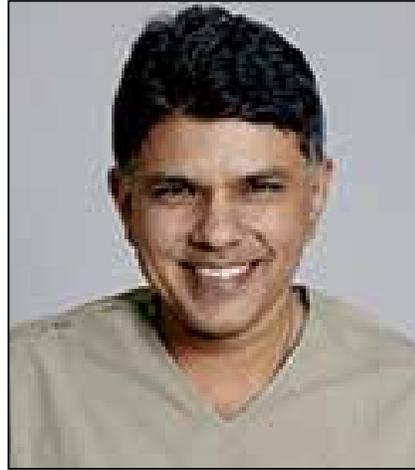
District Thrust Area	Alok Sekhsaria
District Coordinator	PP Pradeep Saxena
E-Administrator	Bimal Mehta
Rotary Service Carnival	PP Harry Singh Arora

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Email : rotaryclubbombay1@gmail.com

NEXT WEEK'S SPEAKER

Dr. Muffazal Lakdawalla on Emam Syndrome



Dr. Muffazal Lakdawala is an obesity surgeon in India. He is also a laparoscopic expert and the founder of the Centre for Obesity and Digestive Surgery (Centre for Obesity and Diabetes Surgery) - a weight loss and weight management centre located in Mumbai. He is the 'Chairman, Dept. of Minimal Access and Bariatric Surgery' at Saifee hospital.

He was awarded the first international centre of excellence designation by the US based SRC (Surgical Review Corporation) Mumbai He has

performed bariatric surgeries on several famous personalities, including the BJP President Nitin Gadkari, NCP's Nawab Malik, State Cabinet minister Nitin Raut, BJP's Vinod Tawde and also the recent surgery of BJP leader Venkaiah Naidu.

He has also performed surgery on Gouri Shanker, Renu Devi - the minister of Sports and Salman Khan's mother. He is involved in a lot of charity work with Health Start, also a charity drive where patients donate their big size clothes, which was flagged off in Jan 2014 by Nitin Raut in Nagpur.



Birthdays & Anniversary Greetings



Rtn. Sam Katgara
9th May



Rtn. Dr. Prakriti Poddar
10th May



Rtn. Hans Khimji
14th May



Rtn. Burjor Poonawala
14th May



Rtn. Christopher Bluemel
15th May

Partners

9th May - Ptn. Thrity Javeri
11th May - Ptn. Firoza Kavarana
12th May - Ptn. Reshma Vazirani

Anniversaries

9th May - Rtn. Suhail Nathani & Ptn. Madhavi
- Rtn. Rajesh Shah & Ptn. Asha
10th May - Rtn. Pritam Sanghai & Ptn. Manjula
15th May - Rtn. Dr. Rajeshwar Bali & Ptn. Mehroo

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Email: indigopress@gmail.com.

Statistics for last week's meeting

Bombay Club Members	109
Partners	07
Visiting Rotarian	01
Guests	02
Rotractors	03
Total attendance	122
Community Service Box Collection	₹ 1,850/-