

## BULLETIN OF THE ROTARY CLUB OF BOMBAY

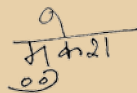
### From the President's Desk



This week's talk by Sanjay Bhatia was truly an enlightening one. So often we look for answers, which are not only difficult to find, but also affect us deeply at a soul level. And if meditation can be a means to achieving those answers, then we certainly have a golden key.

Also, as we begin this festive season, let us take note of all those underprivileged people whose lives we aim to touch, and especially those who are a part of our lives. For as Rotarians, we promised to make it better for them.

Therefore, with a little more focus and inspiration, let us achieve the impossible. And in doing so, know in our hearts, that we've done ourselves a favor by brightening someone else's life!



## 'How Meditation Changed My Life'

As the Chairman of the Mumbai Port Trust and a bureaucrat who has had one of the most distinguished careers in public service, Sanjay Bhatia's journey into the spiritual realm has been a rather testing one. However, his desire to seek the truth and to find the true purpose of his life, have helped him achieve all that he has today.



Mr. Sanjay Bhatia, Chairman, Mumbai Port Trust

In an autobiographical manner, this unassuming master explains how meditation changed his life, the people around him, and the various organizations where he introduced this practice.

"Like most IAS officers, I was a highly competitive person with an A+ personality (wherein B is introvert, A is extrovert, and I was an extreme extrovert) with a lot of ego. To me, life at 40 meant work, party, again work and some sports."

"Both, my wife, Anuradha and I are in civil service, and we were posted in Delhi at that time. This was 15 years back... Suddenly a few deaths took place and they shook us completely. My perspective of what life was had been completely shaken. I started reading a lot of books on what happens after death,

and they all concluded that if you want to understand the purpose of life and its reality, you must meditate."

"On inquiring, I was introduced to transcendental meditation by one of my wife's colleague. He took me to his guru, who gave us a mantra and I started following it. I did that for about six months. Whenever I would sit for meditation I would feel peaceful, but I was not getting any answers."

"Then someone told me about Vipassana. So I went for the 11-day Tapasya

**Today's Meeting** Citizen of Bombay Award to be presented to Mr. Raghuram Rajan, Ex-RBI Governor

### Forthcoming Events

- Sept 13, 2016 Mr. Ajit Ranade, Chief Economist, Aditya Birla Group - GST
  - Sept 20, 2016 Meeting will be held in the evening at the Asiatic Society  
Mr. P Sainath, Senior Journalist and Magsaysay Awardee
  - Sept 27, 2016 Live Angioplasty Demo by Dr. Ashwin Mehta - Jaslok Hospital  
Talk on 'Increasing Heart Ailments' by Dr. Ashish Contractor
- This will be a joint meeting with RC of Mumbai Mid-town

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## Having Practiced Meditation For 10 Years, Here Are The Changes Experienced By Mr. Sanjiv Bhatia

### Work Life:

**- My concentration has improved tremendously** - Unlike in other meditations, in this one, you do not concentrate on anything, and improved concentration is a result of this meditation.

**- Improved efficiency through intuition** - Normally, we try to attain wisdom, which is a combination of knowledge and our years of experience. However, there is something even beyond, and that is intuition. Once the intuition is sharpened, it results in tremendous improvement of work efficiency.

### Family life:

After practicing transcendental meditation for 2-3 months, my wife, Anuradha had stopped doing meditation, and had in fact started hating it. However, once I started doing this meditation, she saw the changes in me, and was inspired to meditate, and with it my family life also changed.

Slowly even my children started doing meditation, and you'll notice that when the entire family starts meditating, the whole atmosphere or energy of the house becomes very charged.

### Social Life:

Before, I used to drink. So whenever I would go to another country, I would get a bottle of alcohol for my collection back at home. Also as a Punjabi, I was a pure non-vegetarian. But after doing this meditation, without making any efforts, both these habits went away. In fact now the bar is full of meditation books.

(Unfortunately, I do have friends who refuse to practice meditation, as they don't want to change these aspects)

### Personal Life:

**- Purpose of life or why you are here becomes clear** - And when this happens, your thought-process changes completely. I changed the whole priority of my life. I am a changed man.

I'm not an A+ personality anymore. That ego too is somewhere down there - you can ask me to clean toilets and I'll do so without any issue. So when you start doing this meditation, the extremes of behavior go away and you remain in a much-balanced state.

**- The realities of life starts being revealed** - Through these revelations, I was introduced to the spiritual concept of Invertendo. This principle states that many things in this world are just the opposite of what they appear to be.

### Organisational Change:

When I became Commissioner of Sales Tax, I started training and encouraging people to meditate. In doing so, I saw people changing from within, especially on things like corruption, which they were not able to do it. In fact, when I joined the collection was 24,000 crores and when I left the collection was 65,000 crores.

Even at CIDCO, which was known as a hugely corrupt organization, I have seen the real change happen and when this takes place, the organization also starts changing. And I attribute all of it to learning this meditation.

a number of times and learned it completely. However, even after six years I felt that there was something lacking in me."

"In my search, I met Justice M L Dudhat, who used to teach Bramhavidya. I learned that from him, but could not move ahead as he passed away. In fact, there was a time when I was doing nine different types of meditation, feeling

crazy and praying to God for guidance."

"Having read the Secret, I started putting out a positive thought that I have found a guru and the purpose of life, and I'm doing the correct form of meditation. So while this was happening, strange scenarios were developing in my life. I got shifted from MSEB to head the training academy in Pune.

There I had a lot of spare time, so I started meditating twice. Although, I was not seeing any results but the positive thought was going on."

"The chief secretary too was quite annoyed so I was sent to Bagpat as an election observer. As soon as I reached there, something inside me said that I would find what I was looking for here."

"At the dinner hosted by the Collector, I asked him if there was a spiritual guru in Bagpat. The Collector who was younger than me, laughed and said, '*yahan to sirf ganna ya makkhan milta hai, ye aap kya maang rahe ho?*' Continuing further he said, '*ye aap ke baju mein jo Superintendent of Police behthey hain, wo kuch kuch karte rehtein hain.*' On enquiring, the SP informed about his meditation technique in which he received transmission."

"Eager to find out the 'transmission' he was talking about, we decided to meet the next day. When Mr. Mishra arrived, I asked him to show me his method. He sat down in front of me and said, 'sir, you have to close your eyes, and give a thought that there is divine light in the heart'. So I asked him, what else, as I was used to doing a lot of things. He said, just sit down with this thought and do not concentrate, even if other thoughts come, do not pay attention to them and let them pass."

"During that time, something started happening inside me. So once it was over, I asked him what happened. He said 'sir, you were receiving transmission and your cleaning process was taking place. If I had not experienced something, I would have laughed at him, but I had. I did about 3-4 sittings with him, and each sitting was a separate experience. Then, within 18 days, I found my heart telling me this is it. That's when I started doing this form of meditation and left everything else completely. It's been 10 years now and my whole life has changed."

"What is unique about this meditation is that you don't need to believe anything that I say, you have to experience it yourself, and that will



# Winners Of The Jamshedji Kanga Moot Court Competition

The prizes to the 43rd Sir Jamshedji Kanga Memorial Government Law College Intra-College Moot Court Competition organized by the Moot Court Association of

Government Law College in association with the Rotary Club of Bombay, ALMT Legal, Economic Law Practices and SD Israni Law Chambers being distributed during the last meeting.



**Best Speaker** - Aishwarya Wagle



**Best Team** - Shinjan Alok, Prashansa Agrawal and Nitika Bagaria



**2nd Best Team** - Zaid Sufi Wahidi, Tanay Chopra and Bahavna Srinivasan

tell you everything. This meditation is based on Yogic Transmission. And in that before the transmission starts, cleaning takes place and then you get connected to the source. And once that connection is established you don't need to do anything."

## Q & A

**What is the average time that it takes for an individual to understand how to meditate and for that impact to come?**

If you do this regularly, within three months, you will see the complete impact, but that is only if you do so regularly, otherwise it can take longer.

**Compared to the various other meditations, this is the only one that**

**involves cleansing. Is this what increases the anti of the meditation?**

You know the cleaning process is also there in Vipasana. All meditations follow the same path, the reason why cleansing takes place is because of the deep impressions that we carry from this life (or if you believe in various lives, then from there), get removed in the cleansing process. And the flow is established. I am a preceptor now who is like an assistant teacher, and I can actually sense what is happening, whether the flow is established or not. So it's a beautiful experience.

**Is there a change in frequency, which causes this? Is the transmission from**

**the Preceptor to the recipient or is it from the universe?**

No transmission is not from the preceptor. The preceptor acts as a conduit and the transmission is coming from the source.

This transmission is not like energy or electricity, so there is no frequency in this. When I studied it, I came to know that it is actually a flow of love. When love flows in, it helps in cleaning and healing the other person. And that love is coming from the source.

That is why you having to be willing to do meditation, that is all. Once you're willing and want to spend three months on it, yes things will happen!



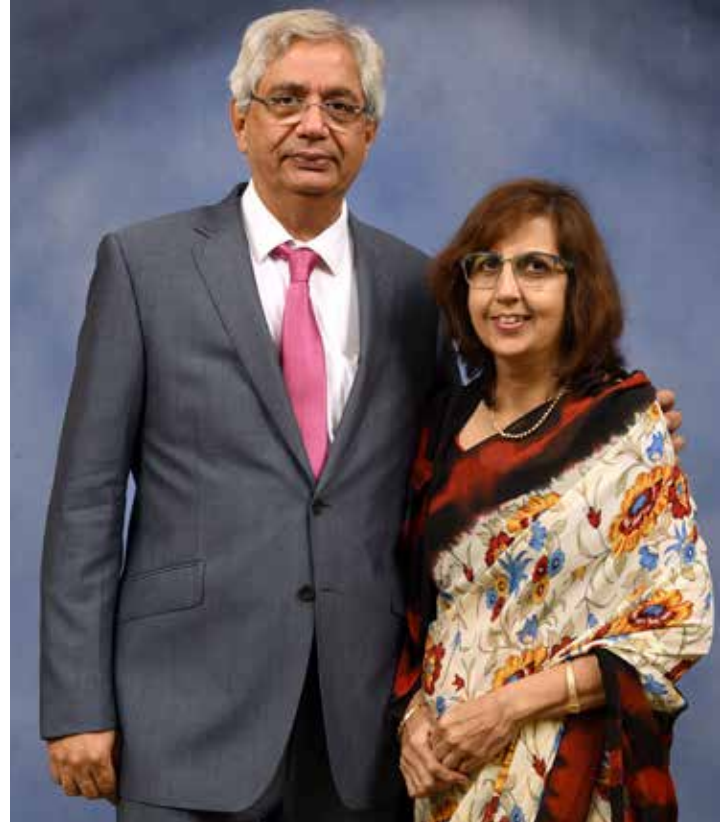
# Know Your Rotarian - Hoshang Billimoria

Having qualified with the Institute of Chartered Accounts of England and Wales, Rtn Hoshang Billimoria served with M/s. Whinney Murray & Co., now Ernst & Young. In the CA examination, he was twice awarded a winner of the Deloitte Pleinder prize. As a professional, he has served S B Billimoria & Company, Chartered Accountants for 10 years as partner. He then worked with the Tata Group for 15 years, including 14 years as Managing Director, and subsequently, as the Vice Chairman & Managing Director of Tata Infomedia Ltd. He then started Next Gen Publishing Ltd with support from the SP Group and HDFC, and is currently the Chief Executive Officer of Next Gen.

Additionally, Hoshang serves on the Boards of Companies as non-executive director. He has been a non-executive director of companies like Thomas Cook, Baroda Rayon, Tata Unisys, etc. He is currently a non-executive director of HDFC Asset Management Co Ltd and Fenner Conveyor Belting Ltd.

Speaking about his inspiration to join Rotary, he says, "The inspiration came from two sources. I was inspired by Rotary's Four Way Test, and also with the dedication of previous Rotarians and Presidents like Naval Ardeshir and Baji Colabawalla."

Adding further he explains, "The beauty about Rotary is that it creates and sustains relationships, and most of these are non-opportunistic and non-business related. Also the Rotary project that fires me up the most is Talwa-



Rtn Hoshang Billimoria with wife, Rotaryanne Beenaifer

da, where Dr. Rahim Muljani and his colleagues had done, and continue to do, fantastic work."

## President-Elect Ramesh Narayan Takes On As IAA's Global VP

Rtn Ramesh Narayan recently accepted an invitation from the International Advertising Association (IAA) global president Felix Tataru to join the multi-industry body's executive committee. He has been co-opted into the executive committee and will take on the mantle of VP - global, overseeing internal communications of the association. The IAA counts senior representatives from corporates, agencies and media owners, organizations and associations, and the education sector, among its members in 76 countries.



Prior to this, he has also been appointed as chairman of the Awards Governing Council of Goafest 2016 as well as the Chairman of the Abby Awards Committee twice. In fact, he is also the first Indian to judge the Effie Awards finals in New York, and the only person to have been conferred the Lifetime Achievement Award by the AAAI and to have been inducted into the International Advertising Association's Hall of Fame.



### Just For Laughs

I was at the customer service desk, returning a pair of jeans that were too tight.

"Was anything wrong with them?" the clerk asked.

"Yes", I said. "They really hurt my feelings".

After hearing a sermon on Psalm 52:3-4 (lies and deceit), a man wrote to the IRS, "I cant sleep knowing I have cheated on my income tax. Enclosed is a check of \$150. If I still can't sleep, I'll send the rest.

A woman noticed her husband standing on the bathroom scale, sucking in his stomach. "Ha! That's not going to help", she said. "Sure, it does", he said. "It's the only way I can see the numbers."



# RCB Makes An Impact At The TRF Seminar



August 28th was a proud day for RCB and President Dr. Mukesh Batra, as they were honored for the Arch C Klumph Society Membership of Hon Rtn Ajay Piramal during the TRF Seminar at Sunville, Worli.



This very generous contribution of USD 200,000 to The Rotary Foundation was facilitated through the efforts of PP Rtn Nirav Shah.

**Next: Chief Guest - RRF and PDG Kamal Sanghvi with PP Sandip Agarwalla**

**Left (L to R): Mudit Jain, PP Paul George, PP Sandip Agarwalla, DG Gopal Mandhania, Chief Guest - RRF and PDG Kamal Sanghvi, President Dr. Mukesh Batra, PDG Gulam Vahanvaty. Standing behind are PP Nirav Shah and Rotaryanne Malti Jain**

## BY Students Say 'Ganpati Bappa Morya!'

Keeping with the spirit of the Ganpati festival and understanding its finer nuances, Sanskar India Foundation organized an eco-friendly Ganesha sculpting workshop at Colaba, NMJ, Byculla and GK marg schools.

It started with educating the BY students about the harmful effects of immersion in today's scenario. Traditionally, Ganesh

idols were made of earth, which dissolved easily in the water during visarjan. Over time, as the magnitude of celebrations grew, mud and clay were replaced by Plaster of Paris, that degrades very slowly. Also instead of the vegetable dyes that were traditionally used to color idols, chemical-based coloring agents and lead-based paints become popular. These paints leach toxins into the water causing serious health hazards.



Thereafter, Sadu clay was distributed and students were guided on the process of making the idol. Students sculpted the statue with full enthusiasm and vowed to make significant difference this year.

They also promised to educate others on how the Eco-friendly Ganesh idols made from mud have lot of importance through rituals and for our environment. These Ganesh idols dissolve in water within 10 hours. The participants felt that the idol sculpted by them was a true reflection of what this festival meant to them.



# How Deeply You Touch Another Life, Is How Rich Your Life Will Be

Invitation to join Rotary came to us not because of our titles or financial strengths, but because of our behavior towards the community. When you walked into the lives of underprivileged people, as a Rotarian, you promised to make it better for them. With a little more focus, balance and inspiration, The Rotary Foundation can achieve miracles. Rotarians can lie down at night knowing in their heart that they have made someone's day just a little better. And in doing so, they know they had a good day.

No one is born a philanthropist. Everyone who became a donor to a cause, learnt how to give. They learned how to love others first before they learned how to give or how much to give. They learned to listen to the needs of the community, and were touched by others who were serving humanity in several ways. This was the first step to becoming a philanthropist. Just like when you bring two lamps close to each other, lamps remain separate but their flames can be used to augment the light. This is how the habit of doing good in the world spreads.

When Arch C Klumph, Rotary's sixth President proposed to create an endowment fund for Rotary at the Atlanta Convention in 1917, he believed in himself, and in Rotarians to create something that salutes the spirit of the Club. The Rotary Foundation (TRF), as it stands today, is based on his belief in our skills and ability to match up to the best standards of fundraising worldwide. Today, with our global presence, TRF has been showing the world that

'yes, Rotarians can do it!'

However, when we talk about development, it becomes essential to measure ourselves against other NGOs who undertake similar activities across the world. To begin with, let us look at the fund raising record of NGOs only in India. The Government of India has reported that a total of 3,068 NGOs in India received funding from various donors abroad to the extent of US \$3.29 billion during 2014-2015. This was 83.3 percent more than what was received during 2013-2014. The total foreign contributions received by NGOs in India alone during the last three years amounts to US \$7.72 billion. The amounts are utilized for rural development, welfare of children, construction of schools and other humanitarian projects.

Similar statistics should be available for every country and this can be a starting point for our training sessions where DGs, RRFCs and DRFCs get to know about the fundraising goals of The Rotary Foundation. Every District Governor and RRFC must identify the NGOs within their State and District that have raised such significant amounts and study how they were able to market their programs across the world. There are some faith-based charities also, but their realm of activity is limited.

We are satisfied that the bulk of the contributions worldwide to TRF, which ranges normally between US \$190 to 220 million annually, come from Rotarians. Of course, there are other donors who choose to contribute to our cause.

This list needs to be expanded every year if we have set bigger targets.

Some of the countries from where huge donations have come to NGOs in India include USA, UK and European nations. War ravaged Yemen and the secretive country North Korea also contributed to NGOs in India. Malawi, Greece, Swaziland, Bosnia and violence hit Afghanistan also contributed. Donors from Nepal and Pakistan also sent funds to NGOs in India!

If the DGs and RRFCs in every country have the statistics of how donors from their place help NGOs elsewhere, they may be able to tap some part of that contribution to TRF in their country. The training program for those willing to serve TRF should include volunteers and Rotarians of standing, who can approach big donors and bring in the needed money to undertake bigger projects. Every country can have a sub-committee of fund raising experts and this should not be restricted to some past RI officers.

It is said that if we keep on doing what we have always done, we will keep on getting what we have always been getting. In order to get to the next level we have to change our fundraising methods. The most valuable real estate is the space Rotarians occupy in other people's heart. When this is achieved, everything else is possible.

**Written by Rtn Ashok Mahajan - Member, Fund Development Committee of The Rotary Foundation (2014-17)**

## Singer Donovan Becomes A Rotary Polio Ambassador

Legendary singer and polio survivor Donovan Leitch, better known simply as Donovan, has joined Rotary in its fight to eradicate the paralyzing disease that afflicted him during much of his childhood.

Donovan contracted polio at age of three in Glasgow, Scotland. The disease weakened his right leg and left it thinner and shorter than the other.



"Having had polio never held me back as I got older. Although having

one leg smaller than the other isn't much fun I could always get about without any trouble," Donovan says.

As an ambassador, he will support the Purple4Polio campaign. "It was very easy to join this campaign because I had polio, and I wanted to tell everybody that it's almost eradicated around the world," Donovan says. "I want to help with that last push, which is always the hardest."



## Live Angioplasty Demo By Dr. Ashwin Mehta: A Must Attend!

Until 1977, there was perhaps only one way of treating blocked coronary arteries and that was through the Bypass surgery. When Andreas Gruntzig discovered Angioplasty, we could hardly imagine that it would grow so immensely, so as to emerge as a suitable option to Bypass surgery.

Angioplasty removes blocks from the coronary artery by expanding the balloon and deployment of metallic spring called stent. In vast cases, results of surgery and Angioplasty are comparable.

Angioplasty with stent is a simple procedure. It does not require general anesthesia, incision on chest or long stay in the ICU. Procedure is performed from either needle puncture in the groin or wrist in a fully conscious state of the patient.

At the end of the procedure, patient can have light refreshments. He remains under observation in ICCU for 24 hours, and discharged in 1-2 days, resuming normal activities soon after.

At Jaslok Hospital, Angioplasty started in 1988, and the cumulative experience until now, is of over twenty thousand cases.

As part of Jaslok's educational program, there will be real-time, live relay of angioplasty procedures from the Hospital to the meeting room at Taj Mahal Hotel on 27 September, 2016 at 1.00 p.m.

Come witness this unique procedure wherein a fully conscious patient will be talking to the doctors, whilst they are working on his heart!

This will be followed by a talk on 'Increasing Heart Ailments in today's world' by Rtn Dr. Ashish Contractor.

Inviting all Rotarians to be an active part of this weekly bulletin. If you have any feedback, suggestions, news and project updates, please email them to [gateway@rotaryclubofbombay.org](mailto:gateway@rotaryclubofbombay.org). Also, follow us on [facebook.com/rotaryclubofbombay](https://www.facebook.com/rotaryclubofbombay)



## Bohri Thaal Nite

*The Fellowship Committee takes great pleasure in inviting you for a Bohri Thaal Nite on Friday, 23rd September, 2016 8pm onwards, at the Wodehouse Gymkhana, Cooperage, Mumbai.*

*Enjoy the unique experience of eating in a traditional Bohri Style Thaal at an evening with fellow Rotarians!*

*As there is a limited capacity at the venue, we will be able to accommodate only the first 100 registrations. So would appreciate an early response from those who are interested in attending.*

*Hosted by*

*Aliakbar Merchant  
Farhat Jamal  
Huzaifah Bagasrawala  
Sabira Merchant  
Sherebanu Baldiwala  
Suhail Nathani*

*Aziz Javeri  
Gulam Vahanvaty  
Ishraq Contractor  
Shariq Contractor  
Sohel Shikari*

RSVP: Rashmi Dhuri

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(Please specify whether you are Vegetarian or Non-vegetarian)



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## NEXT WEEK'S SPEAKER

# Dr. Ajit Ranade, Chief Economist & Head of CEC, Aditya Birla Group

**D**r. Ajit Ranade has earlier served as an Executive Officer of Financial Technologies India Ltd. and Chief Economist at ABN AMRO Bank. His professional career has spanned academic and corporate assignments, including teaching in universities in India and U.S.



recently in the committee for Fuller Capital Account Convertibility.

Dr. Ranade is a member of the Board of India Today Economists, Chairman of the CII West Zone Sub Committee on Economic Affairs, and the Research Advisory Panel of the Indian Institute of Banking and Finance. He is a member of the Senate and Advisory Council of Indian Institute of Technology, Bombay.

He serves as a Director on the Board of Hindalco Almex Aerospace Limited, a joint venture company of Hindalco and Almex Inc. of USA.

He was Independent Director of Multi Commodity Exchange of India Ltd. He has served on various committees of the Reserve Bank of India, most

of the Senate and Advisory Council of Indian Institute of Technology, U.S.A. He earned a B. Tech in Electrical Engineering from IIT Bombay, a PGDM from IIM Ahmadabad and holds an MA and PhD in Economics from the Brown University, U.S.A.



## Birthday & Anniversary Greetings



**Anand Shah**  
4th September



**Mudit Jatia**  
7th September



**Russi Taraporewala**  
8th September



**Devinder Thukral**  
8th September



**Jamshed Vakharia**  
8th September



**Paul George**  
9th September



**Ashok Jatia**  
9th September



**Ashish Jalan**  
12th September

## Rotaryanne

6th September - Padmini Somani  
7th September - Percy Master  
9th September - Shobha Jagtiani  
9th September - Indu Kothari

## Anniversaries

7th September - Rashmi & Arvind Jolly  
10th September - Sheila & Gul Kripalani

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## Statistics for last week's meeting

Members	123
Guest	05
Rotaryannes	03
Rotaracts	04
Total Attendance	135
Service Box Collection	₹ 2,450