



THE GATEWAY



BULLETIN OF THE ROTARY CLUB OF BOMBAY



From the President's Desk



As we think about our resolutions for 2017, people usually focus on unfinished agendas and new milestones to accomplish. Sadly many resolutions tend to be truisms which get repeated from one year to another but are forgotten just as soon. However, there are some resolutions that Rotarians should consider for implementation in 2017.

1. Time: Take out time from their busy schedules to serve humanity.
2. Treasure: Donate some money.
3. Talent: Use our talents for the betterment of society.

RCB, with its multi-faceted mix of over 300 members comprising a high performance cross-section of Mumbai's successful business people and professionals, has over 50 different committees of which over 20 are dedicated to community service. The wide range of social service activities carried out by the committees allows members of every persuasion to find something that interests them. Every rupee that we spend reaches the beneficiary multiplying several fold as it leverages, in addition to the money, the value of the time spent by Rotarians and their partners in service.

As individuals who are institution builders, we are always thinking of leaving a lasting legacy for our loved ones and the society at large. RCB through its community outreach initiatives, allows us to leave a lasting legacy that does good. I would, therefore, urge my fellow Rotarians and Rotaryannes to consider donating a small part of their wealth to RCB, the club that has nurtured us. Such bequests can help the club to start a corpus with this wealth and support a cause of your choice. In doing so, we shall live on even after our deaths, earning good deeds in the hereafter.

Thanks to bequests and donations made in the past and ongoing ones, RCB directly benefits several thousand men, women and children every year, impacting lakhs of lives.

Let's continue and amplify the good work.

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Keeping the obesity disease at bay



RCB was privileged to have hosted Professor Dr. Nikhil Dhurandhar, Department Chair at the Department of Nutritional Science, Texas Tech University at the 27th December weekly meeting held at the Taj, Colaba. Professor Dhurandhar, is a past President of the Obesity Society (North America chapter) and a homeopathic practitioner who immigrated to the USA from India. "We are privileged to have Nikhil, his wife, daughter in law, son and grandson to join us today," said Dr. Mukesh Batra, President, RCB. As a physician and nutritional biochemist, he has been involved with obesity treatment and research for over 30 years and has treated over 10,000 patients for obesity using lifestyle

Today's Meeting: Housie



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therapy as well as pharmacological approaches. An editor of the International Journal of Obesity, Dr. Dhurandhar has published over 125 scientific articles, and book chapters.

Professor Dhurandhar made an extremely interesting presentation on 'Fact vs. fiction, the key to successful weight loss' that was followed by a question and answer session that would have gone on much beyond 2.30 p.m. had the chair allowed it. "The talk was very insightful which cleared many misconceptions and this reflected in the level of audience participation despite a hearty lunch,"

said Rtn. Mudit Jain.

"The key to obesity management is to manage the disease in toto including side-effects of therapy," said Professor Dhurandhar. Obesity is a disease like any other, is something that has been declared by the American Medical Association. It has been studied extensively since the 1980s and over 90 contributors have been identified by the Obesity Society as contributing to the disease.

Professor Dhurandhar who has also worked with Aamir Khan to lose weight while gaining muscle mass, for his rippled look in the film Dangal, has worked with a number of

celebrities too in the past.

"There are certain innate factors within you that can predispose you to obesity. These include under nutrition of a foetus while in the mother's womb. We can't do anything about these innate factors," explained the experienced practitioner. Similarly, obesity is also caused by infections through viruses such as Adenovirus 36 that was discovered by Dr. Dhurandhar in the 1980s. However, research has still to produce a vaccine against such infections. "Food doesn't cause obesity. The obesity is already in you and expresses itself in the form of excess fat stored in your body," said Professor Dhurandhar. He gave the example of experiments conducted on sugar consumption in case of diabetic patients and non-diabetics. Research shows that in the case of normal individuals, the body uses coping mechanisms such as increasing the metabolic rate to burn the excess calories while in the case of diabetics, their sugar levels in the blood stream remain elevated.

He also called the bluff on firms who claim to have come up with magic pills and other supposedly hidden secrets to cure obesity. Similarly, he said that a number of techniques promising local



application such as wearing belts etc. or going for sauna/steam baths are not effective in reducing fat from specific body areas such as thighs etc. "The body needs to use the fat by turning it into energy. "Techniques promising spot reduction of fat using local application are absolutely useless," said Dr. Dhurandhar.

He offered some practical tips on helping to sustainably control one's diet as an adjunct to exercise, to help fight the obesity epidemic. Often one is told that jogging/ running is better than walking for burning calories or that brisk walking is required. But Dr. Dhurandhar said that as long as the distance covered is the same, it makes no difference which mode of exercise one chooses amongst the above. He also recommends eating a high protein diet in the waking hours of the day when one is more prone to the temptations of bingeing or indulging in high calorie savouries/ pastries/desserts. "Protein has higher satiety value. So eating a big dinner with lots of protein content represents a lost cover of feeling full that could be better used in the waking hours. Move that meal to the day when you are more exposed to temptations," said Professor Dhurandhar.

He recommended a diet that is sustainable and customised to not just the physiology of the person and their health conditions but also for their preferences in terms of food choices. "A sustainable diet is one that is nutritionally complete with adequate amounts of proteins, vitamins, minerals etc. but is low in calories," said Professor Dhurandhar. "There is no magic bullet yet invented that, helps you lose weight without following a professional diet," he added. He urged members to remember



that there is no miracle weight loss technique discovered out there. Even genetic testing only helps identify and correlate body composition to what technique will best aid in weight reduction. Similarly experiments with altering the composition of beneficial bacteria in the gut which seemed to show lot of promise in obesity management in animal trials, have failed to show results in human trials.

He also urged Rtns. not to be influenced by results of celebrities they idolise and try to compare their own journey to fitness with that of their idols. "You need to be very dedicated and focussed and an exemplary patient to achieve film star-like results." By setting the bar very high, normal individuals risk setting

themselves up for failure," said the Professor. He said weight loss directly correlates to the calorie content of what you eat. "Pick a diet and it will benefit you." said Dr. Dhurandhar.

He cautioned women who at times get obsessed with achieving a size zero figure that losing too much body weight and fat can stop ovulation and menstruation.

Here are Professor Dhurandhar's four golden rules for weight loss:

- 1) Lapses happen. Don't give up on a diet because you over-indulged on a vacation or at a party or a wedding. "Don't let the lapse progress to a relapse that results in a collapse of your diet plan."
- 2) The way your body responds to a weight loss program may be different from the way your friends do. Don't compare your journey and get disheartened.
- 3) The diet that works the most is the one which you can stick to, for a long time.
- 4) Practise polite ways to say no at social functions where everyone expects you to eat heartily and may be offended if you don't. "For instance, if you take food in your plate then no one will bother you and since you are in control of what is best for your body, you needn't finish your plate."



The Gateway presents an interview with Professor Dhurandhar

The Gateway (TG): Fat represents stored energy in our body. So people with excess fat shouldn't feel hunger pangs as their body should instead be burning their excess fat to provide energy for their needs. Why do overweight and obese people feel the need to eat more, instead of their bodies using up stored energy reserves?

Nikhil Dhurandhar (ND): There can be multiple factors leading to obesity. One possible cause is the inadequacy of the protein Leptin in the body. Leptin is made by the fat cells. This protein tells the brain how much fat is stored and this helps the brain send the signal to reduce hunger pangs and/or increase the metabolic rate to burn more calories. The deficiency of Leptin in a person which acts as a messenger to the brain aids obesity.

A normal person's body has controls in place to manage their weight in a range of values. But a breakdown of this self regulation can happen due to a variety of reasons. The Obesity Society has outlined a list of 90 possible contributors to this condition.

TG: Often overweight people who are prescribed an exercise regimen feel ravenous after a work-out and tend to binge eat thereafter. How can one guard against this tendency that can undo all such gains?

ND: Exercise by itself has no role to play in weight loss unless its combined with a diet. Yes exercise helps build muscle and helps the cardio vascular system. But for weight loss it needs to be accompanied by dietary restrictions. Strategies are needed to cope with temptations. For instance, an individual could work out right before dinner so as to ensure he or she eats home cooked food when hungry. Eating dinner at home, post the workout, is one way to avoid bingeing. Another option is to eat a protein bar post a workout if there's a long time interval between the workout and the main meal. The key here of course is to eat a measured amount.

One has to be vigilant as the amount of calories burnt by exercise isn't very much. For instance a 1.6 kms. walk will burn around 100 calories. If u eat a single bhel puri



you are putting on 225 calories while an egg gives you 75 calories

Appetite is regulated by the hormones Ghrelin and PYY. When Ghrelin levels rise in the body, you feel hungry and when PYY levels rise you feel satiety. People with obesity often have delayed onset of PYY and therefore need more time before their brain signals that they are full. This is one example of how physiology influences one's food intake.

TG: In the Indian context we find that one cause for excess weight gain especially amongst women is when they get pregnant. That time conventional wisdom has it that they should eat a lot of fattening food to gain weight. Similarly post childbirth, the lactating mother is often fed a rich diet ostensibly to help the development of the child. How do women deal with these situations?

ND: The first thing to remember is that women need to control their weight gain during pregnancy. An increase of 20-25 pounds is normal but if its way over that, then efforts to reduce must be made then. Lactating mothers need to consume adequate amounts of protein and water to ensure production of breast milk. Excess consumption of rich food is not a pre requisite for lactation.

A movie poster for 'The World Before Her' featuring a portrait of Nisha Pahuja. The background is dark blue with glowing film strips.

In Camera Committee
Invites you to
A Film Screening of
The World Before Her
By
Nisha Pahuja
On
Thursday, 19th January
At 6.30 PM
Followed by
Cocktails & Dinner
Hosted By
Amita & Ravi Sheth
At
Ocean House,
134-A, Dr. Annie Besant Road,
Worli, Mumbai - 400018
RSVP
Rekha Tanna - 98210 22987
Vrinda Rajgarhia - 98201 28480
Limited Seats.
Please Confirm in Advance.

The end of the year is a time when most people like to do some good deeds. The beginning of a new one is also a time to be pensive and contemplate on the unfinished agenda of the year gone by and setting of targets for the new year.

Rotarians and Rotaryannes can take pride that the Little Hearts programme that provides for funding heart surgeries of needy children has expanded in a big way with a number of Rotary Clubs now participating in the programme, lending more heft to this yeoman service to humanity and the community.

This mega programme supported by healthy contributions from Rotary Clubs across the district have helped save the lives of over 154 children in less than six months in the latter half of calendar year 2016 at a total cost of Rs. 2.62 crore. Of this the Rotary network contributed the majority at Rs. 1.48 crore while another Rs. 1.13 crore was

contributed by external sources.

In all, 103 children were operated at Kokilaben Dhirubhai Ambani Hospital & Medical Research Institute in Mumbai suburbs at a total cost of Rs. 1.88 crore. Of this Rs. 1.09 crore was contributed by Rotary Clubs while another Rs. 79.52 lakh in external funding, helped defray the cost of these paediatric surgeries.

Twenty nine children beneficiaries were operated in Wockhardt hospitals at a total cost of Rs. 58 lakh of which Rotary organisations contributed Rs. 35.5 lakh. Rs. 22.55 lakh in external funding was received for surgeries of children conducted in that chain.

Another 10 children were operated at Jupiter hospitals at a total cost of Rs. 15.62 lakh of which Rs. 4.1 lakh was contributed by the Rotary network while a majority of Rs. 11.52 lakh came from third party donors.

RCB has contributed towards 26 'Little Heart' surgeries which have been successfully carried out, of the 100 that they had committed.

VISIT DISCON 2017 @ SAHARA STAR

Date: Jan 7-8 2017

ONE DAY PASS

Jan 7 - Evening Pass @ Rs.5,000 for SPOUSE/GUESTS

Inclusions:

- Archana Kochhar Show
- DJ Taher Night
- Cocktail & Dinner
- LOreal Gift Hamper

FULL DAY PASS

Rs. 6,000 for SPOUSES and GUESTS

FULL DISCON EVENT

Jan 7-8 @ Rs.10,500 with Blazer

Added Attractions: Eminent Speakers, Bollywood & Sports Persons, Top Models, Lucky Draw and much more

DON'T MISS THE BIGGEST EVENT OF DIST 3141

Contact For Passes:
Suman @ 9987696262


Dear Fellow Rotarians,

The 1929 Club is meeting in Colombo, Sri Lanka on 26th February 2017. In this connection, they have invited our Club to participate and have also included two proposed itineraries for members who would like to visit Sri Lanka. Those interested may let me know.

I and many others will be going to Bhutan in early March 2017 and hence will be unable to come for this but many of you would be interested. Kindly let me know of your interest at the earliest or Mr. Irani in the Rotary office.

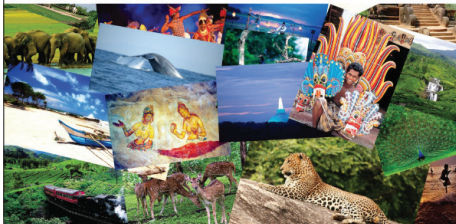
Thanks

Mudit Jain
Director
Fellowship Committee



YOUR ITINERARY
JOURNEYS OF A LIFETIME

YOUR SRI LANKAN EXPERIENCE



03 Nights / 04 Days
"Classical Tour & Wildlife Tour"
FEB 2017

Diet and Heart Disease

Rusi Vimadalal had his angioplasty at the age of 60, and met me with his wife about two weeks after the event. He looked thoroughly depressed, which is not uncommon for those who have recently undergone such a procedure. I tried to reassure him by telling him that the worst was over, and now he would be able to lead a full and healthy life. That's when he blurted out, 'Doctor, it's the future I am worried about. My wife is forcing me to eat all this ghaas-foos; how can I survive on it? And that too, it's all boiled! How is it possible for me to look forward to a life of this torture?'

Rusi was a lifelong non-vegetarian, and grew up looking at vegetables as enemies. After his heart attack, everyone around told him that he needed to immediately turn vegetarian. Those of you who know Parsis well will know that a 'vegetarian Parsi' is a contradiction

in terms, though a few of them do exist. There is a month in the Parsi calendar where believers are enjoined to be vegetarian, but even during that month fish and eggs are fair play! So, it's not so hard to understand the plight of poor Rusi. When I told him that he did not have to be a total vegetarian, the smile came back to his face, and I became his new best friend.

The diet that needs to be followed by heart patients is actually not very different from the so-called normal people. I say 'so-called normal' since many have underlying health issues such as diabetes, hypertension, and even heart disease, which they are unaware of.

When I am counselling patients on diet, it is usual to have their family members sitting with them. The patient usually has a glum

look on his face, since he expects me to add insult to his myocardial injury by giving a long list of things he can never eat. Meanwhile, the family members are looking on, with a look which seems to suggest, 'We have told you to stop eating all the "good" things; now hear it directly from the doctor's mouth.' In such situations it gives me great pleasure to inform them that the patient's food should not be cooked separately. The food that the patient is eating is actually what should be consumed by all family members. This is where a reversal of looks takes place, and the patient finally smiles (with a look

that suggests, 'If I am going to suffer, I am happy you are going to suffer too'). Now, it's the turn of the family members to turn glum. I point out that cooking separately is like saying that the entire family should eat in an unhealthy manner until they suffer from heart disease! Before you begin to turn glum, let me reassure you that the diet I am about to prescribe has many foods that you can eat, and very few that you should restrict.

To keep it simple, I recommend five guiding principles of diet. Under each of these principles I hope to touch upon all relevant aspects of heart-healthy nutrition. I am sure you have a million questions related to food, and all of them will not be answered in one chapter, but I do hope to equip you with enough information to plan a healthful diet for yourself.

The five dietary principles:

1. Eat from all food groups
2. Focus on fruits and vegetables
3. Make it complex
4. Keep an eye on fat intake
5. Size matters control you – portion size and weight control

- Excerpts from Dr Aashish Contractor's book 'THE HEART TRUTH'



Rotary Club of Bombay Midcity
(Lead Host Club)
Organises
Pratham Joint District 3141 and 3142 Tennis Tournaments

Rotary AITA Ranking Under 14 Championship Series
Under the Auspices of AITA & MSLTA
on 11th and 12th February 2017

Rotary Fellowship Tournament
For Rotarians, R/ann, Rotractors
on 9th February 2017

Venue
Maharashtra State Lawn Tennis Association,
185 M. K. Road, Cooperage, Mumbai 400021

Highlights

- Welcome Kit to all Participants
- Prestigious Tournament Location
- All India Ranking Tennis Tournament
- Celebrity Invitee

Note:

- It is mandatory for all Under 14 Players to register with AITA
- Online Entries for AITA Championship Series accepted on www.mslta.org
- For Registration and Payment of Rotary Fellowship Event visit <http://india-sports.com>

Website
www.rcbm.com

For More details Contact:

Rotarian Rajendra Umrikishan
Avenue Club (Co-Host) District 3141
Mobile 9820137566

Rotarian Kishore Pradhan
Rotary Club of Bombay Midcity
98200 13160

Rotarian Satish Kishore
Avenue Club Sports Dist 3142
98200 48456

RCB is the co-host for this event.

Rotarians or their family members wishing to participate may contact Mr Irani at the Rotary office.

Cancer Aid Committee



The Cancer Aid Committee organized an Anti-Tobacco Drawing Competition for 7th class students at Byculla Municipal School on 26th December 2016. This was done to raise awareness of harmful effects of tobacco on health.

The committee gave exciting prizes to the participants and the top three winners will be given a chance to make the upcoming poster for Salaam Bombay - a foundation that works tirelessly towards this cause.



Forthcoming Events

• Jan 7- 8, 2017

DISCON conference -
Hotel Sahara Star, Mumbai

• Jan 10, 2017

Speaker- Dr. **Chintan Chandrachud** '70 years to the Indian Constitution- the road ahead'.

• Jan 14, 2017

Sports - Club Golf tournament at the Willingdon Club

• Jan 17, 2017

Speaker - **Seema Mehta** -Director, Chandan Nritya Bharati.
"Indian art a medium of Social change"

• Jan 19, 2017

In Camera - 6:30 p.m
Film by **Nisha Pahuja** "The World Before Her".
Hosted by Amita & Ravi Seth at Ocean House, Worli

• Jan 24, 2017

Speaker - **Bhushan Gagrani*** - MD, CIDCO
"Vision for Navi Mumbai".

• Jan 31, 2017

Speaker - **Dr. Farad Taraporewalla** - "Resent trends in replacement surgeries".

*To be confirmed



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

Cancer Aid Committee

The 3rd Screening for around 100 people will be held at - Nagpada Police Station.
Dr. Anandrao Nair Marg, Near Sagar Hotel, Nagpada Junction, Byculla
Date: 12th January 2017
Time: 9 a.m. - 1 p.m.
Do join us.

ROTARY CLUB OFFICERS

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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

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License No. MR/TECH/WPP-89/South 2015

Consulting Editor : Yassir Pitalwalla

yitalwalla@gmail.com

NEXT WEEK'S SPEAKER

Dr. Chintan Chandrachud

Dr. Chintan Chandrachud is an Associate at the London office of Quinn Emanuel Urquhart & Sullivan LLP, a leading international law firm. He holds a PhD from the University of Cambridge, graduate degrees from Oxford and Yale, and a law degree from the Government Law College. He is the author of 'Balanced Constitutionalism: Courts and Legislatures in India and the United Kingdom' (Oxford University Press 2017). He writes frequently for Indian newspapers, including The Hindu and The Indian Express. He was the Chairperson of the Cambridge Pro Bono Project and an Executive Committee member of Oxford Pro Bono Publico.



Birthdays & Anniversary Greetings



Arvind Agarwa
6 January



Dr. Suhas Shah
8 January



Hoshang Nazir
9 January

Rotaryanne

3rd Jan - Gauri Jatia

6th Jan - Sushmita Bluemel

3rd Jan - Dhvanika Thakkar

9th Jan - Vaidehi Dhoot

5th Jan - Asha Shah

Anniversaries

6th Jan - Natasha & Mahesh Khubchandani

8th Jan - Hasmina & Dr. Mirza A.K.Khan

7th Jan - Sheila & Paul George

8th Jan - Geetu & Ramon Kirpalaney

7th Jan - Naveena & Satyan Israni

9th Jan - Zainab & Arif Lokhandwalla

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Email: indigopress@gmail.com.

Statistics for last week's meeting

Members present	101
Rotaryannes	08
Visiting Rotarians	01
Guests	08
Rotaractors	07
Total attendance	125
Community Service Box Collection	- ₹2,150/-