

BULLETIN OF THE ROTARY CLUB OF BOMBAY



From the President's Desk



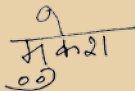
A recent tweet by a socialite who fat-shamed a cop is testimony to the fact that body shaming is common in India. There are many people who have been victims of body shaming because they are underweight or overweight, the latter being more common. Obese people are most often at the receiving end of unpleasant remarks, because unlike other medical conditions, obesity is something that can be seen and thus, invites sarcastic comments and taunts.

Obesity is mostly genetic or due a medical condition. In fact, only 40 per cent of obesity cases are due to unhealthy eating habits and sedentary lifestyle. What it means is that though weight loss is crucial for healthy life, not everyone can lose a desired amount of weight with exercise and diet. Some might need medical treatment. People who are ignorant of this fact end up fat shaming obese people either deliberately or sometimes even unknowingly.

I remember one of my female patients, who suffered from a medical condition called polycystic ovarian syndrome (PCOS) that caused unexplained weight gain in her, once told me, "I deal with instances of fat shaming every day. It's sometimes in the form of unpleasant comments, while some people give unsolicited advice on diet, not with any intention to hurt me but because they think that my weight gain is a result of over eating. However, I know that's not the case. In either ways it is annoying. I feel like telling them leave me alone."

If you cannot help, at least do not hurt. Stop body shaming. Whether you know someone or not, it is none of your business to scrutinize someone's body. Your unpleasant remarks can destroy someone's self-esteem. Dealing with constant negativity can take a toll on their quality of life. People who cannot handle it sometimes take extreme measures like starving or putting an end to their own life.

Remember, your words are powerful. They can either hurt or heal people, and you hold that power. Use it wisely.



The Game of Life



To see the Taj Ballroom filled to the brim with rotarians was a welcoming sight. As the seats found themselves occupied and the room echoed with excited whispers, a sagely but wide-smiling man took to the stage's podium.

"I feel grateful for the opportunity to meet you all," he began. "I have come here to learn from you the right way to serve." The irony was an awakening to all, as rotarians and guests alike admired none other than Spiritual Head of the Sadhu Vaswani Mission, Rev. Dada Vaswani's modesty and humble attitude before he continued. "How true it is that we are here not to make ourselves rich, but to make the world richer."

Today's Speaker

Dr. Muffazal Lakdawala
Topic-Emam Syndrome.



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Thus, he commenced what would be a memorable few minutes for everyone in the room as they learned the rules for what Rev. Vaswani considers "the game of life."

"Much like cricket, football, and hockey are played according to certain rules, in order to play the game of life well, it must also be played according to certain rules." Many of us may have unboxed this game of life already but disregarded its rules, therefore Rev. Vaswani shared with us his life lessons so we may live our lives to our best ability.

"The very first rule is to never, ever, regard anything as belonging to you," stated Rev. Vaswani. Should anything

truly belong to you, you should be able to carry it with yourself when you make an exit from the world. "When my earthly life comes to an end, I can carry nothing with myself; I often say I came into this world empty-handed, but when I leave this world, I leave my hands behind as well," he explained. In a world obsessed with material belongings and often succumbing to a greed that seems so ubiquitous in this day and age, his words were refreshing and revitalising. Reminding us all of what truly remains in the end, he ended this point on a poignant note - "I am attached to nothing, I am attached to no one."

Moving on, he told us a story of Rabindranath Tagore's visit to Japan



in 1913. During his visit, a Japanese man asked Tagore to visit his "small house." When Tagore obliged his request and did in fact make the visit, he noticed how his house was not small at all - it should have been called a "small palace" instead. After seating Tagore upon a palatial gold chair and serving him a variety of refreshments on silver plates, the Japanese man made a small request of the renowned poet: 'You have taught us to gather treasures of the spirit; bless me, so I may gather some of those treasures.'

Bringing us back to the present, Rev. Vaswani asked, "What may we do to gather these treasures of the spirit?" He suggested, as his second rule of life, developing an intimate and devotional relationship with God. As most of us believe 'God' is simply a word and are yet to enter a loving relationship with Him, he earnestly requested that we "make Him real in



our daily lives," and once we do, "we will find many of our problems being solved." Take for example, another anecdote Rev. Vaswani was kind enough to share with us.

One day, when he visited the owner of a well-known company, he was sat in his office. He noticed there were two desks - at one desk, sat the proprietor, while the other remained empty. He noticed that the empty desk was much larger and its accompanying seat much more comfortable, which made him curious. So Rev. Vaswani asked him, "for whom are these bigger table and chair meant?" The owner replied, "they are for my senior partner," much to his confusion, as he had believed that the owner was the sole managing director of the company. The owner said, "God is my senior partner. Whenever I find myself in a difficult situation, I simply pass on the file to this table, [and] I get the answer within a few days!" As Rev. Vaswani narrated, the audience broke out into wide smiles, understanding all the ways in which "entering into some intimate and devotional relationship with God" could help them find solutions to their problems, but more importantly, peace and harmony.

Then, he introduced us to rule number three: "Everything happens according to the will of the Lord," and explained this point to us with the story of a furniture merchant. After building his store and products through years of hard work, the merchant decided to take a holiday. Once he returned, he realised that there had been a conflagration, burning everything to shambles in his absence. "He was a man of faith," said Rev. Vaswani, "he took a bamboo, fixed a cardboard piece to it, and stuck it in the ground, writing the following words on the cardboard - 'house burnt, shop burnt, furniture burnt, but faith not burnt. Shall restart tomorrow.'" As the audience erupted in applause, it was evident that the power of faith had made an impression on all those who were present.



They then curiously waited for the fourth rule, wondering what Rev. Vaswani would teach them next. Appeasing their inquisitive minds, he stated the next rule is to "never neglect our daily appointment with God; we keep a number of appointments everyday, but we miss out on the most important appointment." Therefore, everyday, at the same time and place, it is imperative to "engage yourself in an intimate, loving conversation with God, as He is not a distant, far-off figure dwelling on a star." God may seem like a celestial being, with whom we are incapable of holding friendly or affectionate dialogue with, but "God is wherever we are; he is here, he is now. All we have to do is close our eyes, call him... And here he is, in front us," explained Rev. Vaswani.

Though our fellow rotarians hoped for time to slow as he imparted his teachings, he quickly moved on to rule five as he noticed his time was rapidly running out. "Rule number five," he stated, "is to recognise that love is why we are here." He noted that we quite often ask what the point of life is, and why we are here, born into this world. As we are only human, it is natural to seek answer, purpose, and truth in the vast expanse of life, and Rev. Vaswani delivered all three to us with one simple phrase. "We are here to give and receive love. Love is not just a feeling. In every thought we think, and every word we utter, and every action we perform, let

us kindle the light of love." Perhaps it is accurate to say that love is our greatest gift, and to be able to both receive and give it, is a blessing to us all.

Continuing to the sixth rule, Rev. Vaswani explained that "each one of us must do our duty sincerely, earnestly, honestly, and faithfully, as it is not what we do that matters, but the way we do it." Though our duties are all varied and different, an honest day's work can propel us to successes and "portals of perfection" unimaginable to us, despite our backgrounds. Reciting a shloka from the Bhagvad Gita in which Lord Krishna talks with his devotee Arjuna, he quoted, "Arjuna, remember, even if your duty be an ignoble one, and the duty of another be a nobler one, you must not renounce your duty and attend to the duty of another." To do so, is dangerous, as the great cosmic drama of life unfolds each and everyday, and it is our duty to play our roles in this drama well. Remembering an Annual Day play as a scout from many years ago, Rev. Vaswani narrated a scene in which he played the military leader Napoleon, only to switch roles to a servant in the following scene. In this particular scene, he was sharply told to bring his master a glass of water, when he was tempted to tell him, 'only five minutes ago, I was an emperor and you were my soldier. Is this any way to speak to your emperor?!' As the audience burst into laughter, he continued,

"I am happy I did not give in to the temptation, otherwise the whole drama would have been spoiled." Thereby, he drove his point home. It is in our best interest, both personally and as a community, to play our roles well, to the best of our ability, in order to ensure that the grand play of life remains an Oscar-worthy performance.

Lastly, he explains his final rule for the game of life: "you must develop a sense of humour." Giggles sprouted across the room like growing buds, faint but understanding, as Rev. Vaswani continued. "Humour is at once a mental, emotional, and spiritual tonic," he said, demonstrating his point with a comical tale of Adam and Eve. One day, Adam asked God why he made Eve so beautiful. "So that she could love you," God replied. In response, Adam asked Him why He made her so stupid, and God retorted, "so that she could love you!" The room suddenly overflowed with uproarious laughter, as the rotarians allowed Rev. Vaswani's memorable teachings become ingrained in their minds.

Concluding his speech, he opened the house to questions from our fellow rotarians, the first of whom asked what we should do during our most stressful times. "Pray," he responded, "it will make your mind



calm. Then, he was asked how he would relate the several religions present today with secularism and one's individual spirit. "Man likes variety - he is not happy with one choice," he humorously replied, as the audience burst into laughter once again.

Finally, and perhaps most controversially, he was asked why humans continue to kill animals for so many products which we do not really need, despite being so compassionate. "We are not really compassionate," he answered. "I think, if you were taken to a slaughterhouse, and you see the conditions of the animals about to be slaughtered, you would also give up meat... We don't think of the cruelty

involved." He then described how students in his schools are taught of the atrocious ways animals are bred for their meat, after which they themselves convert to vegetarianism and influence their parents' eating habits as well. "It is because we eat meat as a matter of course."

As Rev. Vaswani's time with the Rotary Club came to a close, there is no doubt that our fellow rotarians have learned valuable lessons to last their lifetimes and pass on to future generations. It was an honour to have spent a few minutes with the distinguished spiritual leader, and we hope to carry forward his teachings as we continue to play the invigorating game of life.



New Rotarians

PATODIA ANUJ

Classification : Real Estate Developer
Company : Prime Urban Development India Ltd.
Designation : Managing Director
Address : 54, Free Press House, Free Press Journal
Marg, Nariman Point, Mumbai - 400 021.
Phone : +91 22 616 45000
Mobile : +91 70 450 28555
Email : anujj@ptlonline.com
Residence : 61 Mount Unique, 62/A, Peddar Road,
Mumbai - 400 026.
Phone : +91 22 238 89918
Birth Day : 24 February, 1973
Joined Rotary : 24 April, 2017
Wedding Date : 30 January, 1996
Blood Group :
Non Excused



Spouse/Partner : POTODIA MEENAL
Company :
Designation :
Address :
Phone :
Mobile : +91 98206 11132
Email : meenalpatodia@gmail.com
Birth Day : 16 March, 1973
Blood Group :



9th Assimilation Committee Mini-Fellowship



The 9th Assimilation Committee Mini-Fellowship Cocktails & Dinner was graciously hosted by Rtn. Mrs. Sheila Bulchandani at her splendid Malabar Hill home on the evening of 4th May 2017.

The setting was warm and wonderful. The evening started with the choicest cocktails and delicious hor'douvres, over sit down conversations as the invitees arrived being personally greeted by our wonderful "hostess with the mostest" as one of the Rotarians referred to her, and grew to a full house of members of all vintages with the presence of Sabira Merchant, the first lady member of our Club, to Swati Mayekar, our latest lady member inducted on Tuesday this week.



In attendance were Roda Billimoria and spouse Ratnakar Desai, Sabira Merchant, Ashok & Vatsala Jatia, Shernaz & Firoze Vakil, Ritu Prakash Desai & spouse Noshir, Zinia Lawyer, Chris & Sushmita Bluemell, Abhin & Vasudha Alimchandani along with Mahesh Khubchandani & Sherebanu Baldiwala of the Assimilation Committee, and a whole host of newer Rotarians - Rhea Bhungara, Gautam Doshi, Anand & Purvi Shah, Murad & Niloufer Currawalla, Pulin & Amisha Shroff, Kasimali & Samira Merchant, all very well looked after by our most attentive host Sheila and her lovely daughter Sunaina.

The main course was preceded by cake cutting to applaud our host Sheila, followed by a round

of self introductions by all the newer members, which was a very informative interaction.

The evening was concluded with a soulful classical vocal performance by our new Partner Purvi Shah followed by a formal vote of thanks proposed and delivered by our new Rotarian but otherwise Rotary stalwart Kasimali Merchant.

The Assimilation Committee offers its warmest thanks to Rotarian Mrs. Sheila Bulchandani for hosting such a fabulous and memorable mini-fellowship which all attendees thoroughly enjoyed and appreciated.



E-Learning Center

The Rotary Club Of Bombay e-learning Center at the Colaba municipal school was inaugurated by President, Rtn. Dr. Mukesh Batra.



This e-learning facility has been equipped with the latest ssc syllabus from the 1st standard to the 10th standard with all subjects. The endeavour is to reach out to the 4000 students of the colaba school who can take advantage of this e-learning facility and get an additional tool to



help them succeed in their exams. The municipal teachers are expected to make full use of the e-learning facility. The bhavishya-yaan committee will assist in ensuring that the facility is used to its optimum capacity by the school.



Forthcoming Events

- **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**
Brunch at PP. Rtn. Ashish Vaid's Alibaug home. Catamaram service from Jetty at Colaba, Opp. Taj Mahal hotel at 8:45 am
Laying of foundation stone of old age home.
- **May 30th, 2017**
Speaker - Rtn. Kalyan Banerjee - Trustee Chair TRF "Joy of Giving"
Taru Lalvani Environment Protection Award to Mr Afroz Shah.
- **June 6th, 2017**
Speaker - Juhi Chawla to be presented the 'Rotary Club of Bombay Social Service Award'
- **June 8th, 2017**
ISDI Design Dhamaka. 5:30 pm. ISDI ACE, Tower 2A, 7th floor, 1- Indiabulls Centre, Lower Parel.
- **June 13th, 2017**
Speaker - Dr A. Herwadkar to receive the 'Rotary Anita Parikh Award' for women empowerment.
- **June 20th, 2017**
Speaker - Varun Gandhi: MP & National General Secretary, BJP "Ideas for a new India"

ISDI | ISDI | WPP | ISME

THE DATE HAS MOVED TO 8TH JUNE 2017

You are invited to
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over High Tea

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INNOVATION
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on 8th June
from 5.30 pm - 7 pm

Confirmations: Sonali Agnihotri at sonali@isme.co.in | +91 9820440922

ISDI ACE, Tower 2A, 7th Floor, One Indiabulls Centre, Lower Parel, Mumbai 400013

f/ISDIACE | t/ISDIACE

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

OFFICE-BEARERS 2016-17

President	Dr. Mukesh Batra
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

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

DIRECTOR: DR. ASHISH CONTRACTOR

Chairman Emeritus Talwada	PP Dr. Rahim Muljani
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
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

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 SPEAKER

Dr. Sekhar Basu : Indian Nuclear Program



Sekhar Basu is an Indian nuclear scientist and regarded by many as the architect of the land based Nuclear Submarine Propulsion Plant at Kalpakkam and the 80 mega watt compact pressurised water reactor commissioned to power the Arihant-class submarine for the Indian Navy.

Basu started his career by joining BARC in their Reactor Engineering Division in 1975 where his initial assignments were in designing fuel for boiling water reactors. In 1988, Basu was transferred to Kalpakkam

as the project Director with the responsibility to build India's first compact Pressurised Water Reactor powered by enriched uranium, which he is reported to have accomplished in 2006.

He continued his work there to commission India's first shore based nuclear submarine propulsion plant. In 2000, he became the Chief Executive Officer of the Nuclear Recycle Board and is reported to have played a vital role in the establishment of nuclear recycle plants in Kalpakkam, Tarapur and Trombay. He is also credited with the establishment of the India-based Neutrino Observatory in Theni, Tamil Nadu. In June 2012, Basu was made the Director of the Bhabha Atomic Research Centre. The Government of India honoured him, in 2014, by awarding him the Padma Shri, the fourth highest civilian award, for his contributions to the fields of science and technology.



Birthdays & Anniversary Greetings



Rtn. Soli Cooper
16th May



PP Rtn. Mahendra Sanghi
16th May



Rtn. Jamshed Banaji
17th May



Rtn. Partha Ghosh
17th May



Rtn. Bimal Mehta
18th May

Partners

16th May - Ptn. Lovey Pariyaram

17th May - Ptn. Damini Kamdar

17th May - Ptn. Shama Thukral

18th May - Ptn. Kiran Bajaj

18th May - Ptn. Mridula Maluste

19th May - Ptn. Fouzia Muljani

22nd May - Ptn. Geeta Dhawan

Anniversaries

16th May - Rtn. Jagdish & Ptn. Anita Malkani

- Rtn. Preeti & Mr. Gautam Mehta

17th May - Hon. Rtn. Kumarmangalam
& Ptn. Neeraja Birla

19th May - Rtn. Joseph & Ptn. Lalita Koshy

19th May - Rtn. Ajai & Ptn. Meenakshi Kumar

19th May - Rtn. Nanik & Ptn. Geeta Rupani

20th May - Rtn. Pradeep & Ptn. Divya Mafatlal

21st May - Rtn. Chetan & Ptn. Niyati Shukla

Printed and published by President Rtn. Dr. Mukesh Batra on behalf of Rotary Club of Bombay, and printed at: Indigo Press, Plot No.1C/716, Off Dadoji Konddeo Cross Road, Between Sussex and Retiwala Ind. Estate, Byculla (E), Mumbai 400027.

Ph: 23705200 / 01 / 02 / 03.

Email: indigopress@gmail.com.

Statistics for last week's meeting

Rotary Club Bombay Members	123
Rotary Club of Bombay Bay View Members	13
Partners	15
Visiting Rotarians	06
Guests	18
Rotractors	06
Total attendance	176
Community Service Box Collection	₹ 6,200/-