

BULLETIN OF THE ROTARY CLUB OF BOMBAY



From the President's Desk



Dear friends,

Diwali is the biggest festival in India. Let it be a festival of giving and sharing. With minimum noise and air pollution.

I am very glad the Environment Committee is taking on the Bay View Marina Park at Cuffe Parade as an example of what a truly Green park

should be. It's not just about the foliage and grass, which is of course important. This is about converting the park into a symbol of green solar energy.

The two pumps which water the park also guzzle power and end up presenting large electricity bills to the citizen's group.

Now these will be converted into solar pumps. And the bright sodium vapour lamps will be converted into LED lamps.

The Cuffe Parade Residents Association has been maintaining this Park really well. Now the Rotary Club of Bombay will play its part in making it green in every way.

This is a great example of how Rotary should play its critical role in the community. Partner with residents associations and serve the community in a meaningful way.

I congratulate Chairman Rajesh Shah, Director Madhusudhan Daga and CPRA Secretary General Rotarian Padmakar Nandekar for making this happen.

I believe this will not just help the community but also position Rotary Club of Bombay in the right way. As a Club that cares.

A significant development was the installation of an X-Ray machine by the Women's Empowerment Committee at the IWA Clinic. Many thanks to Shekhar Bajaj, Shernaz Vakil and everyone else who contributed to this. This clinic, just opposite Excelsior cinema can really do much more to serve the community. We need everyone in the Club to spread awareness about this excellent initiative and help increase foot falls.

Happy Diwali and best wishes.



Ramesh Narayan

Monk or Thespian?



10th October, 2017. From a distance, Gaur Gopal Das Prabhuji looked like a thespian playing a monk. It was the intricately painted bindi, saffron attire, and shaved head that gave such an impression. Upon taking a closer look, another detail was revealed. Prabhuji was wearing an Apple Watch! Somehow, this detail discredited the entire get-up because monks aren't supposed to wear Apple Watches, are they?



In this Issue

Radiology Department opening at IWA Clinic	4
Personal Passion by Vandana Daga.....	5
ADMC Report - September 2017	6
Next Meeting	8



PP Sandip Agarwala announces the good news about PDG Gulam Vahanvaty's appointment as Trustee TRF

The weekly meeting took place at the Rendezvous, a venue that is housed on the 15th floor of the Taj Hotel. It has always encouraged an intimate interaction between rotarians and the speaker. The staff drew the curtains upon the room's windows as soon as the speaker was summoned to address the audience. When they did so, the colours of the room

you are already happy?" Many more in the audience raised their hands. To this he jokingly suggested, "Why don't you speak, and I listen?" He then discussed his concept of the "Happiness Quotient."

To arrive at the concept, he used a series of metaphors. The first one was the experience of flying- airplane flying. "The take-off is beyond us, the landing is beyond us, and the turbulence is beyond us." Similarly, our birth was beyond us, our death is beyond us, and the turbulence in our journeys, from birth to death, will always be beyond us. However, "I've always said that the choices that we make are within our control."

Well, this is probably what a twenty-first century monk looks like. Unless, just like an amateur thespian he, too, had forgotten to consider the minor details of getting into character.

began to settle to their deeper hues, until the chandelier lit up. Prabhuji then began chanting in Sanskrit.

Such doubts preceded the interaction.

After that he asked, "How many of you would like to be happy?" Only a few raised their hands. So he asked, "How many of

According to Prabhuji, "by default" we are going to face hurdles in our lives, but we have





PDG Gulam Vahanvaty accepts the distinguished honor with modesty.

the choice of either wading through the dull moments or sailing through them. "Whether it is a relationship crisis, a personal crisis, or a taxation crisis, we are shaken up, and what is within comes out easily." He used a can of soda and a bottle of water to explain the underlying facet of "making the right choice."

In his opinion, "the purpose of spirituality is to bridge the gap between being a can of

soda and a bottle of water." And if that is the first step towards living a happy life, the second, as suggested by Prabhuji, comes after we correct our equation for arriving at happiness.

Happiness is not inversely or directly proportional to what we have because "the rich are crying in their Lamborghinis and the poor are crying for a piece of bread. And the middle-class are shuttling back and forth in a

local train to make ends meet. So who is happy?"

The answer lay in the last slide of Prabhuji's presentation, and its revelation was the highlight of the interaction that put all doubts to rest: The monk was but a thespian playing his part on the stage called life.

The slide read: Happiness has nothing to do with what you have, it is an internal state.



Happy Birthday Director Homi Katgara.



Rtn. Mudit Jain asks a question

Radiology Department opening at IWA Clinic

Supported by the Women's Empowerment Committee, the IWA Clinic introduced a new service with a soft opening of their Radiology Department on Friday, 6th October. Rtn. Arin Master, Rtn. Tanya Sood, Rtn. Natasha Treasurywala (also members of IWA) and Rtn. Framroze Mehta were present and Tanya did the honours of being the first, by bravely "toe"ing the line and having an X-Ray taken of her foot.

The cost for digitally displayed X-Rays has been majorly subsidized to Rs. 150/- and in the event that a patient wants a physical copy of the X-Ray, it would be supplied at an additional cost of only Rs. 50/-.

The X-Ray equipment has been generously donated by Rtn. Shernaz Vakil. Renovation of the Radiology Department and installation of some allied equipment has been undertaken by The Rotary Club of Bombay, out of generous donations given by Rtn. Shekhar Bajaj.

Besides the newly opened Radiology Department the IWA Clinic offers Gynaecology, Dentistry, Paediatric and General Practice services to the underprivileged at very subsidized rates.



Tanya Sood, Fali Mehta, Arin Master, Natasha Treasurywala



PERSONAL PASSION by Vandana Daga



Vandana Daga is not just gifted with a lilting voice. She is one of those rare individuals who is happy to lend the magic of this voice whenever anyone requests it.

Let's see what she has to say, with great modesty of course, about this wonderful passion.

- Ramesh Narayan

I have always treated my voice as a gift of God and have done my best to nurture it to the best of my abilities.

I was fortunate to be born into a family of music lovers that recognized my passion by providing me with formal training in Hindustani Classic Music. At the age of 18 I had acquired the degree of Sangeet Visharad. Though I have not been able to continue my Riyaaz as often as required, I have and still do take as much effort as possible to practise and sing as often as I can.

I enjoy singing songs from multiple musical genres such as Semi Classical, Rajasthani Folk, Bhajans and Hindi Film Music. Various institutes have provided me with platforms and given me many opportunities to sing. I hope to continue pursuing music as it is an integral part of my soul.



Reliance Foundation Fact Files

"Their helpline number was my only hope for survival."

- Kesavan, Nagapattinam, Tamil Nadu



Reliance Foundation Information Systems saved Kesavan, who was stranded at sea, as well as his family, who had rowed out to rescue him. They received life-saving information and support through the helpline.

These stories testify to Reliance Foundation's undying zeal to create equal opportunities for growth and prosperity in India.



Touching over 12 million lives with support for Rural Transformation, Health, Education, Sports for Development, Livelihoods, Disaster Response, Arts & Culture, and Urban Renewal.

ADMC Report - September 2017

Rtn. Dr. Sorab Javeri and Rtn. Dr. Mehernosh Dotivala visited Ajit Deshpande Medical Centre (ADMC) Talwada on 8th October 2017. The photographs itself show the number of patients who were present both for general medical OPD managed by Dr. Bhusara and dental OPD managed by Dr. Kamath, Dr. Gupta, Dr. Kolge and rotractors of Government Dental College.

Dr. Rohini Chougule and Dr. Bijoy Apte who visit the centre every first and fourth Sunday takes care of Pulmonary OPD & Pediatric OPD respectively.

All the services rendered at ADCM are free of cost to the patients.

Following are the statistic for September 2017.

General Medical OPD	2143
Pulmonary OPD	64
Dental OPD	100
Pediatric OPD	38
Pathology Test	95
Total Number Of Patients	2440





Diwali Fellowship Lunch

complimentary for Rotarians and their partners

Tuesday, 17th October

from 12.45 pm onwards

Lunch at the

Taj Mahal Hotel ,

at our regular meeting venue

Hosted by:

Rtns. Jamshed Banaji, Renu Basu, Sherebanu Baldiwala,
Samir Chinai, Ashwin Didwania, Dilip Dalal, Vijay Dhawan,
Ravi Fotedar, Vivek Himatsinghka, Farhat Jamal,
C S Lodha, Preeti Mehta, Rajeev Narvekar, Pratap Padode,
Manish Reshamwala, Mehul Sampat, Ashwin Thakkar

Dress: Traditional Indian/Festive

Guest Charges Rs.3000 per person

Registration Compulsory

Please RSVP Rashmi on +91 22-22024089
email at rotaryclubbombay.rashmi@gmail.com

Recipe Corner



Tara Deshpande



BEETROOT HALWA

Beetroot adds color to any Diwali table. Its gorgeous hue is enhanced by a touch of silver or gold dust. I prefer to use thickened milk to make Halwa because it speeds up the cooking process. In hot October weather, milk can sometimes split when overcooked.

SERVES 8-9

INGREDIENTS

- 1 kg Red Beets, washed
- ½ to ¾ cup Sugar (to taste)
- 2 tablespoons Ghee
- ½ cup Rabdi at room temperature
- 100 grams Mawa
- ½ teaspoon green cardamom seeds, powdered garnish
- 2-3 tablespoons lightly toasted Cashew and Almond pieces
- Gold or Silver foil (optional)

METHOD:

- Steam the beets about 20 minutes until tender.
- Cool them and peel. Grate the beets using a grater on a medium plane.
- Heat ghee in a large non-stick skillet on medium heat. Add beets and saute 3-4 minutes. Add ½ cup sugar and continue to saute 10 minutes until liquid begins to dry up and mixture reduces in volume.
- Taste beets for doneness. They should be soft. If not add some water and continue cooking.
- Lower flame, add rabdi and stir well.
- Cook another 7 minutes on low heat until mixture begins to thicken.
- Switch off flame. Adjust sugar to taste.
- Stir in cardamom. Stir in mawa. Mash the mawa into the halwa using a fork. Taste again for sugar.
- Garnish with nuts and gold foil. Serve warm

Forthcoming Events

• October 24th 2017

Dr. Darius Mirza the eminent International surgeon speaks about How to Gift Life in this Season of Giving. Organ Donation. Everything you wanted to know about this precious gift that only you can give. Our District Governor will also grace the occasion.

• October 31st 2017

Things will go better with coffee. The Club will be addressed by **V. G. Siddhartha**, Chairman Cafe Coffee Day. The man who took coffee culture across the country and also set up a chain of fine hotels as well.

ROTARY CLUB OFFICERS

TRUSTEES 2017-18

Rtn. Dr. Rahim Muljani
Rtn. Arvind Jolly
Rtn. Arun Sanghi
Rtn. Dr. Adi Dastur

OFFICE-BEARERS 2017-18

President	Ramesh Narayan
Immediate Past President	Dr. Mukesh Batra
President-Elect	Vijay Kumar Jatia
President Nominee	Preeti Mehta
Honorary Secretary	Manish Reshamwala
Joint Hon. Secretary	Bimal Mehta
Hon. Treasurer	Shiv Kumar Israni

DIRECTOR: VIJAY KUMAR JATIA

Classifications, Membership & Information (CMI)	PP Nowroze Vazifdar
Corporate Social Responsibility (CSR)	Ishraq Contractor
Global Grant Committee	Vineet Suchanti

DIRECTOR: MUDIT JAIN

Fellowship	PP Sandip Agarwalla
Outstation Fellowship	Anar Shah
Assimilation	Jamshed Vakharia
Sergeant-at-arms	Roda Billimoria
In-camera	Rekha Tanna

DIRECTOR: PRADEEP CHINAI

Fund raising	Vineet Bhatnagar
Programs	Poonima Advani
Social Media & Website	Mehul Sampat
Sports	Jamshyd Vazifdar

DIRECTOR: ASHOK JATIA

Bhavishya Yaan	Satyan Israni
Legal Aid	Natasha Treasurywala
Skill Development	Pradeep Gupta
Scholarships	Zinia Lawyer
Rotary Public Awards	Shernaz Vakil

DIRECTOR: TARA DESHPANDE

Chairman Emeritus Talwada	PP Dr. Rahim Muljani
ADMC	Dr. Mehernosh Dotivala
HTEC	PP Dr. Rumi Jehangir
Yoga	Sitaram Shah
Cancer Aid	Farokh Balsara
RCB Clinic - Cotton Green	Manoj Patodia

DIRECTOR: MADHUSUDAN DAGA

Animal Welfare	Bipin Vazirani
Environment	Rajesh Shah
Urban Conservation	Rohan Dalal
Nutrition	PP Dr. Zexis Umrigar

DIRECTOR: RAVINDRA FOTEDAR

Water Resources	Vineet Suchanti
Elder Care Committee	PP Ashish Vaid
Women's Empowerment	Framroze Mehta

DIRECTOR: HOMI KATGARA

The Rotary Foundation	PDG Gulam Vahanvati
Youth Exchange Programs	Peter Born
Ananda Yaan Committee	Chairperson Alok Sekhsaria
	Co-Chair Christopher Bluemel

DIRECTOR : ANUJ ARENJA

Interact	Prakriti Poddar
Rotaract	Murad Currawala
Young-at-Heart	PP Rajnikant Reshamwala

DIRECTOR : PREETI MEHTA

District Thrust Area	Deepak Kapadia
District Coordinator	PP Pradeep Saxena

Regd. No. MCS/091/2015-17; R.N.I.No. 14015/60. WP P
License No. MR/TECH/WPP-89/South 2015

Email : rotaryclubbombay1@gmail.com

NEXT WEEK'S SPEAKER

Prof. (Dr.) Darius Mirza MS, FRCS



Darius is a highly qualified and most experienced HPB and Liver Transplant Surgeon. He has been working in the renowned Queen Elizabeth Hospital, Birmingham, UK (the largest transplant centres in Europe) for over 25 years and became a consultant level surgeon while in his early thirties. He has since been involved in increasingly senior roles including as Head of the Liver Unit there. He specialises in liver transplants for Children as well and is also involved in work at the Children's Hospital, Birmingham.

Queen Elizabeth Hospital recently celebrated completion of 5000 liver transplants since inception of their programme in the early nineties.

Darius has travelled all over the world as a invitee speaker to global conferences on the subject and has also done liver transplant surgeries in a large number of countries to help develop local talent and otherwise.

Darius has now moved to work with Apollo Hospital, Navi Mumbai, as Head of the Liver Transplant Unit but also continues to spend a part of his time every month at the Queen Elizabeth Hospital In Birmingham.



Birthdays & Anniversary Greetings



PP Rtn. Dr. Rumi Jehangir
17th October



Hon. Rtn. Deepak Parekh
18th October



Rtn. Pankaj Baliga
18th October



Rtn. Kirit Kamdar
19th October



Rtn. Jimmy Pochkhanawalla
20th October



Rtn. Dr. Mehernosh Dotivala
21st October



Rtn. Dipan Mehta
21st October



Rtn. Dr. Vikram Lele
23rd October

Partners

17th October - Ptn. Divya Jhaveri
Ptn. Dolly Nanavati
20th October - Mr. Jalaj Dani

Anniversaries

17th October - Rtn. Hoshung & Ptn. Dolly Nanavati
18th October - Rtn. Ratan & Ptn. Preeti Tankha
21st October - Rtn. Huzaifah & Ptn. Ummehaani Bagasrawala
Rtn. Anita & Mr. Marzban Patel
22nd October - Rtn. Arun & Ptn. Manjula Mehta

Printed & Published by President Rtn. Ramesh Narayan on behalf of Rotary Club of Bombay

Editorial Content Design & Layout by ONEUPWORKS -
www.oneupworks.in • ideate@oneupworks.in
+919920473331

Printed at: Indigo Press, Plot No.1C/716, Off Dadoji
Kondeo Cross Road, Between Sussex and Retiwala Ind.
Estate, Byculla (E), Mumbai 400027.
+91 22 23705200 /01/ 02 / 03 • indigopress@gmail.com

Statistics for last week's meeting

Rotary Club Bombay Members	153
Partners	07
Visiting Rotarians	01
Guests	08
Rotractors	06
Total attendance	175
Community Service Box Collection	₹ 6,650/-