

BULLETIN OF THE ROTARY CLUB OF BOMBAY



From the President's Desk



Dear friends,

The smog in New Delhi is a warning to us that we should be paying more attention to our environment. Organizations like the Rotary Club of Bombay can play a significant role in the community, in areas such as the environment, and we should step up to the plate.

I am very happy that the Animal Welfare Committee has completed its phase one of sterilization of stray cats in Colaba and is thinking of phase two now. Efforts like these endear us to the community.

Children's Day is always very special and this time too, schools where the Bhavishya Yaan program is running celebrated it with joy and vigor.

I have always maintained that the Bhavishya Yaan program allows us to say that we celebrate Children's Day every day of the year.

In fact our on-going programs whether it is the HTEC and ADMC at Talwada, the Women's Empowerment Committee at the IWA Clinic, the medical facilities at Cotton Green, the Jal Jeevan project and the Urban Heritage project at the Asiatic are precisely what differentiates our Club and makes it unique. This is not some ad hoc effort. These are well-thought-out, structured and efficiently run programs that are helping make a difference to the lives of people and communities.

While on that note, I am very pleased at the response to our call to take a large group of Rotarians to Talwada for the important event on 26/11.

I am told that some 75 people have registered and I am hoping that many more will sign up to come for this event. I will never tire of repeating that projects like these make us feel proud to be Rotarians.

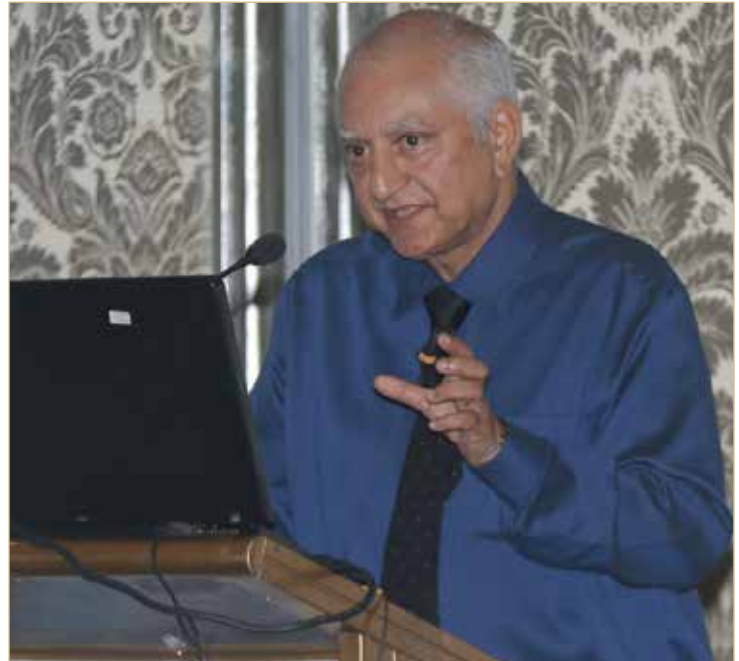
And finally, the President of Rotary International Ian Risely and First Lady Juliet are in Mumbai for just one day (12/12/17) and your Club is the Lead Host for this event. Please do make it a point to attend this one-of-a-kind event.

Warm regards,



Ramesh Narayan

Diabetes: A non-sugar coated tale



When introduced to our fellow Rotarians at the weekly Tuesday meeting, Dr. Nadeem Rais was reacquainted with one of his own teachings - "If you are ever invited somewhere, then you must go if you are earning, learning, or having fun."

Today's Speaker

Raghu Raman on 26/11 and lessons learnt from it



In this Issue

Fellowship by Rotarian Swati Mayekar on November 5th.....	4
Women's Empowerment Committee Update	5
Childrens' Day celebrations at Ambedkar School.....	6
Committee Reports - Environment.....	7
Next Week's Speaker.....	8



Happy Birthday Rtn. Jagdish Malkani!



Happy Birthday Rtn. Freyaz Shroff!



Dr. Aashish Contractor introduces the guest speaker Dr. Nadeem Rais

Dr. Rais is one of the leading diabetologists in Mumbai and his independent practice is credited with having treated over 100,000 patients in the last 33 years. He was also appraised as The Master Clinician in Diabetes at the ENDO 2012 (Houston) and 2013 (San Francisco). Last week, he took to the dais to discuss the lesser-known aspects of diabetes, while repeatedly emphasising the

importance of mind over matter in not just one's emotional and mental life, but also in the treatment and reversal of a physical ailment such as diabetes.

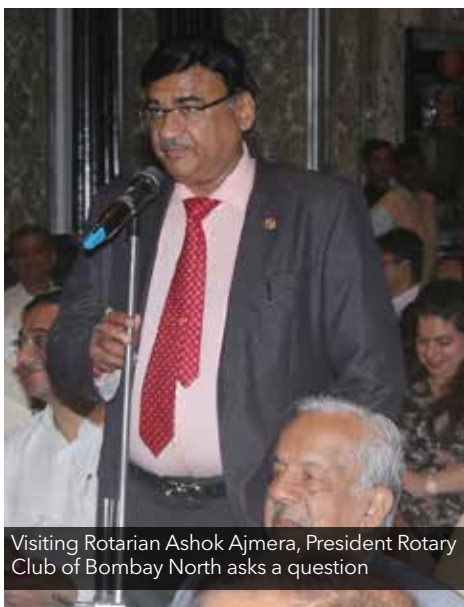
Diabetes can be attributed to food intake, inactivity, stress, infection, and drugs. Dr. Rais quoted a Scandinavian study that suggested that low stress-resilience, the art of bouncing back from difficulties, often



Audience interacts with the guest speaker during his speech



Visiting Rtn. PP Darshana Doshi from Rotary Club of Bombay Cuffe Parade is asks a question



Visiting Rotarian Ashok Ajmera, President Rotary Club of Bombay North asks a question



Rtn. Ajai Kumar is asks a question

contributes to the development of diabetes.

Two problems that Dr. Rais raised were, firstly, that 60 to 80 million people are expected to be diabetic by 2030, and the fact that our country is not yet prepared for a pandemic of this nature. Secondly, there is almost a 20-year drop in the onset of diabetes. This means that Generation Y (born after 1985) is expected to develop diabetes as early as the age of 28, as compared to Baby Boomers (born before 1950), who have been known to typically develop diabetes at the age of 57. One of the main causes for this is lack of stress-resilience, which builds during an individual's teen years.

Dr. Rais thus called out to the parents in the audience to focus on better teen years for their children. "Stress-management," he said, "is one of the most important parts of maintaining long-term health and preventing diabetes." Overcoming difficulties comes from acceptance of the difficulty, and then giving meaning to one's life.

After this begins the process of overcoming the fear that surrounds these difficulties, which comes through courage; "Courage isn't the absence of fear, it is mastery over fear, and this mastery can be achieved through mindfulness."

Dr. Rais then went on to talk about his success stories with patients, from different fields

in life, who have managed to not only treat their diabetes, but also reverse it. These patients were from different backgrounds: doctors, housewives, old, young, under and overweight. "The most powerful tool to manage diabetes is your mind," said Dr. Rais. By using the mind as an instrument to change one's lifestyle, one can create a positive impact on their overall health as lifestyle management is key.

The three main aspects to keep in mind when managing one's lifestyle are food, activity, and stress. As we all know, prevention is always better than cure. It's definitely a much cheaper option and it is also better in the long term. Dr. Rais then stressed, again, on the importance of a good lifestyle for the prevention of diabetes.

To conclude, Dr. Rais pointed out the differences between Dr. Google and a real doctor. Dr. Google has not much to offer other than a vast bank of information. However, it is the real doctor who has the knowledge, a profound thought process, compassion, and a cool temperament.

Dr. Rais ended his talk on a humorous note, stating the importance of a real doctor: "an ass with a pile of books on his head is still an ass." As the audience burst into laughter, it was evident that Dr. Rais had delivered something that our Rotarians could take back as a fun learning experience.

Fellowship by Rotarian Swati Mayekar on November 5th

November kicked off with a delightful Maharashtra themed Fellowship on the 5th evening, hosted by new Rotarian Swati Mayekar and her dazzling celebrity dentist Rotary Andy Dr. Sandesh at their beautiful Bandra Bandstand bungalow.

The fellowship began with the warm hosts Swati & Sandesh and their daughter Saloni receiving all 23 attendees including President Ramesh Narayan in their tastefully furnished first floor sprawling living room with a sea facing front balcony and a cosy back garden with eye catching art and artistic rangoli at the entrance.

Introductions were followed by conversations over choicest cocktails and savoury snacks both Maharashtra veg and non-veg with the guests being spoilt for choice.

Then came the exciting entertainment which was a 30 minute energetic ethnic Maharashtra Lavni

performance over popular tracks by the talented danseuse Vidya. She was gracious and glamorous in her gleeful movements and held the



audience mesmerised by her swaying, whirling and gyrating routine. What a lovely gesture by the hosts to organise such a visual treat.

Dinner followed the dance, which was an exceptional variety and



sumptuous buffet of veg and non-veg Maharashtra fare with wide choice to satisfy one and all. Desserts were also the main Mumbai local favourites which left all feeling sweet and satiated.

The Fellowship Committee offers its warmest thanks to Rotarian Swati Mayekar and her charming husband Dr. Sandesh for a most memorable evening of Rotarian bonding, indulgence and enjoyment.

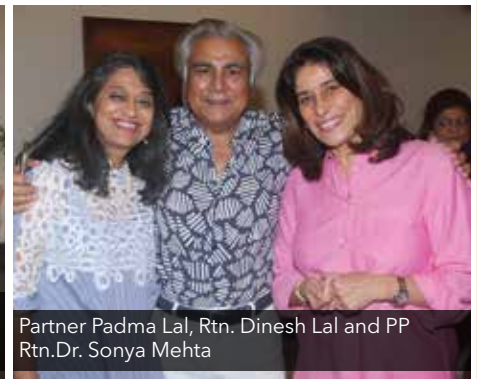
RCB Sindhi Fellowship Coverage



Partner Preeti Tankha, Rtn. Roda Billimoria, Partner of Rtn. Suresh Goklaney, Rtn. Sabira Merchant, Partner Sheila Kripalani



Rtn. Gaurav Nevatia, Rtn. Freyaz Shroff, Rtn. Roda Billimoria, President Rtn. Ramesh Narayan, Rtn. Jimmy Pochkhanawalla



Partner Padma Lal, Rtn. Dinesh Lal and PP Rtn. Dr. Sonya Mehta



Members enjoying the live music from Kaajal Chandiramani and her group



Rtn. Vrinda Rajgarhia and First Lady Devi Narayan



From (L to R) - Partner Susmita Mitra, Partner Blossom Pinto, Rtn. Dr. Ian Pinto, Rtn. Satyan Israni, Rtn. Mahesh Khubchandani, Rtn. Shivkumar Israni, Rtn. Vandan Shah, Partner Ekta Shah, PP Rtn. Sandip Agarwalla

Women's Empowerment Committee Update



One of the objectives of the Women Empowerment Committee is outreach. In August of this year 30 Rotaractors of HR College completed a 5-day training course on Gender Sensitisation conducted by Laadli/Population First. 23 Rotaractors successfully completed the program and are now beginning their outreach work in teams of 10 across municipal schools and other such similar institutions.

On November 11, 2017, the first set of trained Rotaractors, supervised by Rtn. Freyaz Shroff and R/Ptn. Rashna Cooper, conducted a session on Patriarchy at the Anjuman I Islam John Cassum Night School. The session was attended by 40 students (all boys) from the night school's 8th, 9th & 10th standards. The students were engaged in role plays which included topics such as eve-teasing, domestic violence, dowry and peer pressure to tease or mistreat girls.

The three hour session was well received by the students and the teachers of the night school. The principal has invited the Rotaractors to return for another session and says that this work has given her a platform to open the discussion on gender related issues with her students.

This first outreach session also impacted the Rotaractors profoundly, as it exposed them to different processes of thought on women's issues.

The Women Empowerment Committee hopes to also partner with other RCB programs to increase its outreach work.



Thank you Shernaz Vakil and Shekhar Bajaj for your donation to set up the Radiology Department at IWA

Reliance Foundation Fact Files

“The Village Association changed our lives.”

- Nishaben, Surat, Gujarat



Nishaben enrolled as a member of her local Reliance Foundation Village Association and launched a Self Help Group (SHG) for women in her village. She led a movement to address drinking water problems in the village and also facilitated the creation of bank accounts for 55 women under the Jan Dhan Yojana.

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.



Bhavishya Yaan - Childrens' Day celebrations at Ambedkar School

Dr. Babasaheb Ambedkar school celebrated Childrens' Day with zeal. Over 150 children from std 1 to std 10 celebrated together. There was excitement all around. The party started with the "Dance for Good" program. The Dance for Good is Victory Foundations' innovative, volunteering program which spreads joy to those in need through the power of dance performance. It encourages people to dance for a good cause and aims at bringing a smile on people's faces, giving them hope and spreading joy. A dance performance by several physically and mentally challenged children along with experienced dancers was staged. The children just loved the show and clapped away. The show was followed by a dance session conducted by an enthusiastic instructor.

Mr. Dev Sanghvi and his family, owners of Spices & Flavours donated over 200 snack boxes and drinks to the children. Four generations of Sanghvi's attended the function and

distributed the food boxes themselves. The children were given a samosa, 2 sandwiches, wafers, chocolate, gulab jamuns, a frooti and a gift from the Sanghvi's. The little primary school children were so delighted with their snacks and gifts, that they took the boxes home to show their families! There were so many snack boxes that even the GK marg school children enjoyed the snacks.

The party wound up with a few games and more dancing with

the HR Rotaractors. All in all it was a wonderful morning for everyone.

Thank you Victory Foundation and Spices & Flavours for putting a smile on the childrens' faces.



Committee Reports - Environment


Second Club Assembly - 11th October 2017.

1. Name of Committee : Environment
2. Director-in-charge : Rtn. Madhusudan Daga.
3. Chairperson : Rtn. Rajesh Shah. Co-Chair: Rtn. Zeenia Master.
4. Name of Committee Members : Rtn. Shorn Jagtiani.
5. Number of Committee meetings held : 2
6. Objective:
 - 1) Promote use of Solar Energy and also substitute Electrical Energy so as to save on energy costs and reduce the use of fossil fuels.
 - 2) Create new toilet blocks as well as renovate depleted toilet blocks for better sanitation.
 - 3) Environment education and awareness programme to be conducted at various Municipal Schools.
7. Number of Beneficiaries:
 - a) Cuffe Parade Resident Association / Marina Bay View Park
 - b) Gokul Township Senior Citizen Mandal, Virar West
 - c) Adarsh Vidhyalaya Bolinj School - Virar West
 - d) Motilal Nehru Nagar, Markdeshwar Nagar and Marianma Nagarat Worli.
 - e) Cluster of villages in and around Talwade.
8. (a) Sanctioned Budget: Rs.25 Lacs (b) Spent till date : NIL
9. On Going Project:

Just recently we have received the sanction from the ROCB Board for Rs.13 lakh to be spend towards our proposal - Solar Electrification and Branding of Marina Bay View Garden at Cuffe Parade, Mumbai.
10. Projects Completed till date : None
11. a) Projects Planned for the rest of the year:
 - i) In partnership and in consultation with Chirag Foundation we intend to provide Solar Power to cluster of houses and villages in and around Talwade.
 - ii) New Toilet Blocks and Upgradation and Renovation of depleted Toilet Blocks at Low cost Housing Colonies, Senior Citizen Centres and Schools in poor locality in Virar West and Worli areas of Mumbai.
- b) Action Plan to carry out the planned project:
 - i) Firm Purchase Orders for materials and equipments are being placed for the Solar Electrification and Branding of Marina Bay View Garden, for which the budget sanction of Rs.13 Lakh is received. We expect to implement and complete this project before end of this calendar year.
 - ii) Regarding the other planned projects we are in various stages of review and negotiation with our partners and contractors. We will be submitting firm proposals soon with the budgeted spend required to the Board for their approval. The same shall be implemented and completed early next year before the end of Rotary Year 2017/2018.
12. In any way the Board can help to expedite the planned projects?

No, not at the moment. However we will approach the Board at a later date if required.

To conquer fear is the beginning of wisdom.
Bertrand Russell



In Camera Committee
Invites you to

A Talk on
Conquering Fear

By
Akshay Nanavati
Author of the book Fearvana

On
Wednesday, 22nd November
At 6.30 PM

Followed by
Cocktails & Dinner

Hosted By
Sabira Merchant

At
Darshan Apartments, 11th Floor,
Mount Pleasant Road, Mumbai - 400006

RSVP
Rekha Tanna - 98210 22987
Vrinda Rajgarhia - 98201 28480

Limited Seats. Please Register in Advance.

Forthcoming Events

- **November 22nd, 2017**
In Camera a talk on Conquering Fear by Akshay Nanavati
- **November 26th, 2017**
A day trip to Talwada. Why you can be proud to be a Rotarian. Simply unmissable.
- **November 28th, 2017**
Amer Jaleel on violence against women and the role communication can play

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

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Sergeant-at-arms Roda Billimoria
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DIRECTOR: PRADEEP CHINAI

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Skill Development Pradeep Gupta
Scholarships Zinia Lawyer
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RCB Clinic - Cotton Green Manoj Patodia

DIRECTOR: MADHUSUDAN DAGA

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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

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Rotaract Murad Currawala
Young-at-Heart PP Rajnikant Reshamwala

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District Coordinator PP Pradeep Saxena

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NEXT WEEK'S SPEAKER

Amer Jaleel on "Violence against Women and the role Communication can play"

Amer started his career with Bates (then Clarion) in 1994. He created the iconic 'positive attitude' campaign while still a junior. He then moved on to Mudra in 1999 and worked on McDonalds, Kinetic Auto and Indian Oil. With Lowe Lintas since 2002 as Creative Director, he led brand work on Idea, Bajaj, ICICI Prudential and Tata Tea. 'Jaago Re' for Tata Tea campaign became a case history in India and has won various Effie awards over the last eight years.

In 2010, he turned National Creative Director, and also took on Maruti Suzuki, Micromax, Google, You Tube, OLX, Hindustan Times, Dabur, Havells among others. Amer was the Global Creative Director for Lifebuoy. "Lifebuoy (Help a child reach 5)" has bagged various creative and effectiveness awards worldwide.

He was nominated as a member of the Jury for the 2011 Cannes Lions.

Amer is now Chairman & Chief Creative Officer of Mullen Lintas.

The new Lintas agency has in its debut year bagged 30 brands including Tata Beverages (Tea, Coffee, Tetley, Super Green), Tata Starbucks, Bajaj Avenger, Honda BRV, Vistara, Bajaj Almond Oil, Viacom, Voonik, Ongo, Godrej Natures Basket, Havells, Dabur Portfolio (Vatika, Honey, Real, Hajmola, Jamun, Volo, Yoodley), Gionee, Cleartrip, Himalaya, to name some.

Mullen Lintas was ranked No.7 on the Brand Equity's Agency Reckoner in its first year.



Birthdays & Anniversary Greetings



Rtn. Dadabhai Patel
22nd November



Rtn. Pratap Padode
24th November



Rtn. Farokh Balsara
25th November



Rtn. Anil Goyel
25th November



Rtn. Natwarlal Brahmabhatt
26th November



Rtn. Sameer Kaji
27th November

Partners

23rd November - Ptn. Priti Gupta
25th November - Ptn. Kamal Katgara
Ptn. Lata Palekar
Ptn. Ushma G.Doshi
26th November - Ptn. Sandra Merchant

Anniversaries

23rd November - Rtn. Partha & Ptn. Panchali Rakshit
24th November - Rtn. Manish & Ptn. Rakhee Reshamwala
25th November - Hon.Rtn. Ravikant & Ptn. Madhu Ruia
Dr. Sailesh Hathi & Rtn. Poornima Advani
PP Rtn. Nandan & Ptn. Shreelekha Damani
PP Rtn. Nowroze & Ptn. Niloufer Vazifdar
26th November - Rtn. Aziz & Ptn. Sudha Javeri
27th November - Rtn. Ram & Ptn. Bharti Gandhi
Rtn. Pulin & Ptn. Amisha Shroff

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Statistics for last week's meeting

Rotary Club Bombay Members	133
Partners	03
Visiting Rotarians	03
Guests	04
Rotractors	03
Total attendance	146
Community Service Box Collection	₹ 2,350/-