

BULLETIN OF THE ROTARY CLUB OF BOMBAY



From the President's Desk



So what makes for a good outstation fellowship?
What makes a Rotary trip memorable?
Is it the choice of the destination?
Is it the hotels and logistics and food?
Or is it even the quality of guides and the busses?

I guess it's a little of all this.

And if it is, the RCB trip to Burma scores high all all these parameters. But didn't a wise man say that it's not the destination that important, it's the quality of the journey? Or words to that effect? Yes. So what has made this early part of the trip special for me is people.

Sandeep and his deep voice made even more baritone by a throat infection, overseeing everything, Chris and his strong arms working hard to make sure every evening was set to perfection.

Malti who seemed to be everywhere, always solicitous and caring.

Vrinda worrying about what the three vegans in the group would eat the next day or calling ahead to make sure the menu was just right.

Arun Sanghi standing and making sure that everyone got hot food before eating himself.


Sweta carefully collecting all the mountains of snacks that people ate and left on the tables.

And I name just a few. The ladies on this group really took charge of details. To me these are things that no tour operator can organise.

Because these are things that come from the heart. And I thank each and every Rotarian from the bottom of my heart for adding several little things that made the total so much greater than the sum of its parts.

And then you add the company of friends and you realise what a Rotary trip is all about.

Warm regards



Ramesh Narayan

The Elavian Dictums



Dr. Shernaz B. Elavia, last Tuesday's speaker, believes that stress is nothing but an illness, and it can be avoided altogether if we learn to "manage our emotions." For those grappling with their emotions, she says, "I have certain rules, which I call dictums." These are the same rules that have been followed by her clients (employees of Air India, Tata Services Ltd, and Johnson &

Today's Speaker

Mr. Adi Godrej is Chairman of the Godrej Group



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Johnson Ltd, amongst others on an esteemed list of private and public sector companies), who she has served for over 30 years as a consultant and counsellor.

"The first dictum, which will ensure that negativity will not get embedded in the mind, is do not allow factual problems to become emotional problems for yourself and others." The speaker highlighted her first dictum by sharing a confession once made to her. "One wife, crying, came and told me that her husband wouldn't say a word when the tea was good, but if it was bad, he made a point to humiliate her in front of all his guests." By way of this example, the speaker points out the wife's dilemma: "Why can't he just tell me the facts? Whether the tea is too sweet, too strong, or has been over-boiled." The couple ended up in a divorce.

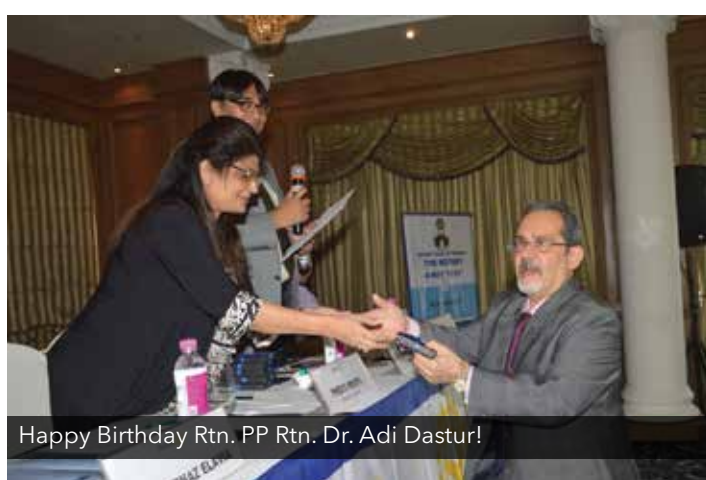
The second dictum is as follows: "Do not allow external problems to become internal problems, and your internal problems to become external problems for others." This dictum has been



Rtn. Rhea Bhumgara introduces the guest speaker

inspired by all those who have faced their superior's wrath, and unconsciously set off a chain reaction by passing it on to their juniors. In the words of one of her clients, the fact of the matter comes to light: "Most of the time when my superior gets angry, I get agitated. I then take out my agitation on my spouse, and she goes and fights with my child." To those guilty of such a blunder, the speaker concludes, "Remember, external problems are bound to happen, but they are temporary."

To assert the impermanence of our problems, she says, "Sometimes we get a simple feedback about our actions, but in our minds we convert it into an emotional issue, instead of accepting the criticism if it applies to us, or ignoring it if it is of no value to our growth." Therefore, most of the time, because "we get so clouded by our emotions, our ability to reason diminishes." For that matter, even getting applauded for our achievements can form an emotional dimension over a period of time, "giving rise to





Happy Birthday Rtn. Arin Master!



Happy Birthday PP Rtn. Haresh Jagtiani!



Happy Birthday Rtn. Ratan Tankha!



Happy Birthday Rtn. Farhat Jamal!

a certain ego." And in this way, those in the field of psychiatry have come to the conclusion = that a human being's failures and achievements can and do get enmeshed with their personality.

The third dictum, Dr. Shernaz B. Elavia states, "Do not allow the negative aspects of your life to spill over into positive aspects of your life when you are looking at your life and others'." As for this dictum, here is the example that overflowed from the closed doors of this counsellor's clinic into her speech: "I was introduced to a young boy, through his teachers and parents, who complained that he was weak in languages without mentioning that he was

excellent with his numerical ability and abstract reasoning." Instead, on solving the puzzle of his weakness' real cause, the speaker reported, "The child was indeed weak in languages, but had begun to lose interest even in maths and sciences because of being constantly reprimanded about his weakness."

Lastly, "friends, learn to take many things in your stride." This was the last dictum, which



Happy Birthday Rtn. Gaurav Nevatia!

did not need a clinical case to support it. However, the plights of the wife living with a tea connoisseur for a husband, the child who lost interest in his positives, and the several other nameless clients, could very well be us should we not learn from and practice The Elavian Dictums.

Cancer Aid Committee Report

Cancer Aid committee of Rotary club of Bombay decided in the beginning of the year to do 10 early detection camps. By the mid-year they have organised 5 such camps. One such awareness and early detection camp on 10 January in slum area at Kajupada-Kurla. This time many people came ahead in pre registrations and thus instead of 100 the camp was held for 180 people with bigger team. The CPAA team of technicians and Doctors set up private screening enclosures for women and men and efficiently did the following: Gynaec check up, Blood test, BP check up, Pap smear, Breast examination, Prostate check up, ENT check up, General physician check up

This camp proved to be very helpful for them as they would have not taken initiative to go for the checkup.

Total no. of people : 180

All follow up cases were counselled & advised timely follow-up at our centers. All the above will receive reminders in advance to come for checkup at our Naigaon OPD center. All ladies were taught self breast examination by our gynecologist and were given pamphlets of the same to practice once in the month regularly.

Tobacco habituates were counselled and given tips to quit tobacco.

Checkup Data

- Total no. of people screened for cancer: 180
- Total no of male: 106
- Total no of female: 74
- Anaemia [low haemoglobin] : 8
- Tobacco habit: 47
- High blood pressure: 29
- Usg & psa for prostate: 8
- Bilateral sonomamography: 4
- Usg pelvis: 13



The Rotaract Club Report

On the 4th of January the Rotaractors Of H.R College attended a seminar which was a conversation between Shri Amitesh Kumar, IPS and Shri Satish Sahastrabudhe who is the Transport Commissioner of Maharashtra. the Topic was : 'Let's Work Together to Make Mumbai's Roads Safer'.



It was an unforgettable experience for the Rotaractors. They never thought that they could get such a breathtaking opportunity to be around one of the most reputed people in the society. All of them could smell the sense of responsibility in the atmosphere. Post the session the Rotaractors felt much more responsible towards the society. The session has truly brought a change in their thought process.

They came across a very dispirited side of our city which needs to be changed. They were briefed with the ongoing traffic conditions and the problems that our city faces. Just like the speakers made the people aware about the situation, The Rotaractors too are looking forward to make their friends and relatives aware about the same. They are very keen to help the Mumbai traffic police even in the smallest way possible.

They are really thankful to The Rotary Club of Bombay for providing them with a great opportunity. They believe that the youth of today can bring about the desirable change in the society. They look forward to attend such constructive and informative campaigns.

Makar Sankranti Celebrations at GK Marg

Children came in coloured clothes and understood the importance of de-cluttering. They were told how new things are celebrated and enter when you do away with old that you do not desire.

The children were explained the significance of Sakranti by a creative skit and different facts of sakranti like the festivities associated with Makar Sankranti are known by various names such as

Lohri by North Indian Hindus and Sikhs, Sukarat in Central India, Bhogali Bihu by Assamese and Pongal by Tamil and other South Indian Hindus.

They made their own

- 1 Kites
- 2 Wrote essays on their favourite teacher
- 3 Saw a movie "The Greatest Teacher" (Gautam Budha)
And
A short film on Makar Sakranti and activities related to it
- 4 They enjoyed the til laddoo given to them on the as traditionally had on this festival day



LIFE AFTER CANCER IS FULL OF FUN AND GAMES



One day, Sarang had breathing problem. Soon his nose was bleeding. Biopsy indicated Burkitt's Lymphoma, a form of childhood cancer. His parents brought him to Sir H. N. Reliance Foundation Hospital. A highly effective chemotherapy protocol under Paediatric Oncologist **Dr. Sweta Bansal** was completed in six months. Follow up scans showed complete resolution of the disease. Sarang is now back to a playful healthy life.

Sir H. N.



RESPECT FOR LIFE

A testimony to our commitment to bring the best globally available health care to Mumbai and India.

Emergency No.: 022-61305005 | www.rfhospital.org | Toll Free No.: 1-800-221-166



Postcards from Myanmar



Sunset over Bagan



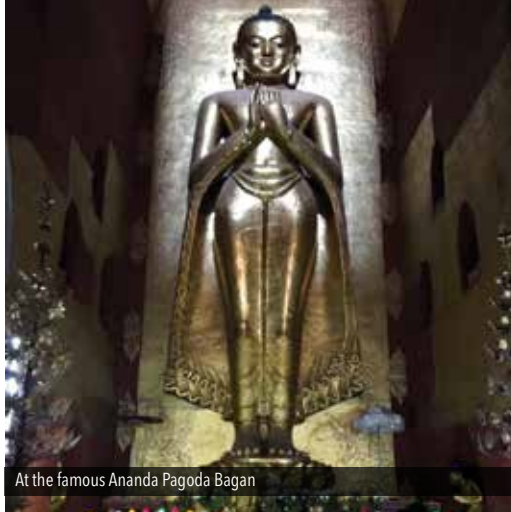
A golden Pagoda in Mandalay



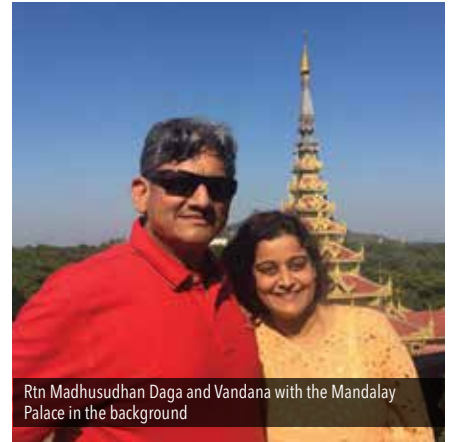
Jumping with joy - Rotaryanne Sushmita Bluemel, Bagan



Rtn's Mudit Jain and Vrinda Rajgarhia with Malti Jain



At the famous Ananda Pagoda Bagan



Rtn Madhusudhan Daga and Vandana with the Mandalay Palace in the background



PP Arun Sanghi with PP Sandip Agarwala at dinner in Mandalay



A birthday party for Rtn Pranay Vakil. Seen with Sweta



Rtn Chris with the local sun screen on his cheek.

PP Ashish Vaid in a reflective mood at Bagan



Rtn Rajas Doshi with Rtn Vrinda in the background



Floating down the Ayerawaddy River



The group at a Pagoda in Bagan

- Pics by President Ramesh Narayan

Project Report

The Rotary Club of Bombay associated with the Mumbai Police and VCan to spread awareness about the need to observe traffic discipline. Boards are being set up at prominent locations and the public are being motivated to choose one of the pledge cards, take a picture with it and these are uploaded onto a micro site. An one mall, 40 people had pictures taken with pledge cards in 30 minutes. And it's just beginning. Yet another community welfare project from the Rotary Club of Bombay.

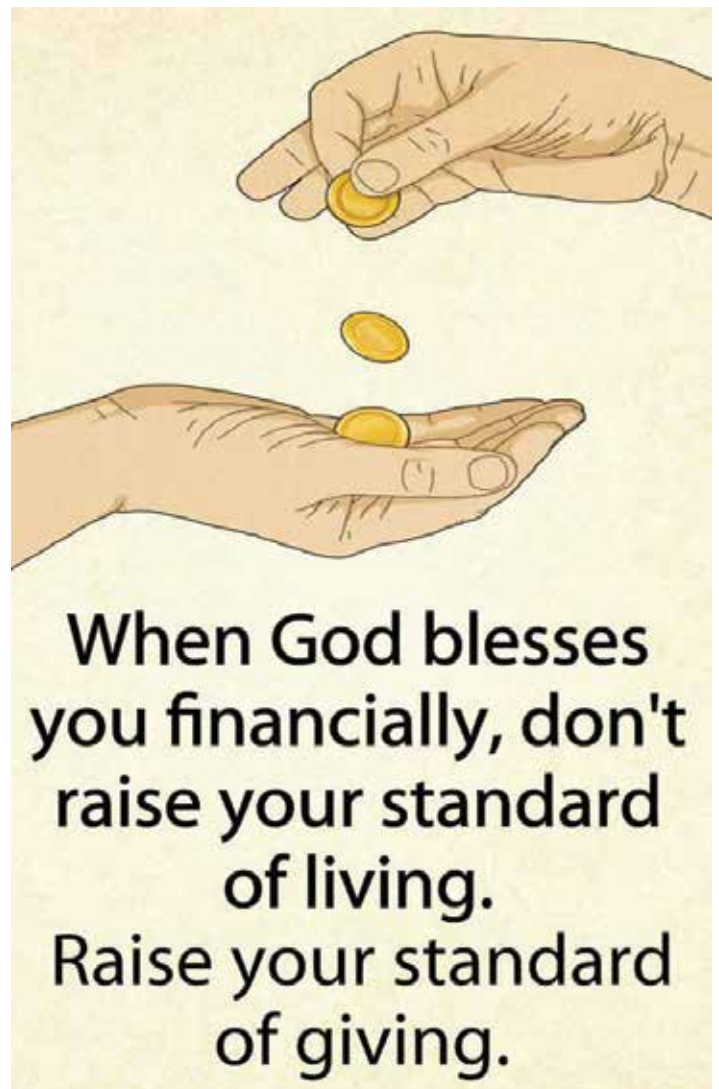


The Interact Club of Bharda New High School visited a rural school at Kultabad



Forthcoming Events

- **January 30th, 2018**
Mr. Khushroo Santook will address the club after receiving an award from the Rotary Club of Bombay.
- **February 11th, 2018**
Family Fellowship Lunch at the Jyran, Sofitel Hotel, Bandra Kurla Complex.



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

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Rotaract Murad Currawala
Young-at-Heart PP Rajnikant Reshamwala

DIRECTOR : PREETI MEHTA

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NEXT WEEK'S SPEAKER - MR. KHUSHROO SANTOOK

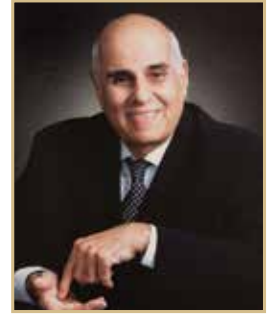
At present the Chairman of the National Centre for the Performing Arts in Mumbai, Mr Khushroo Santook had a distinguished career.

Having graduated in Law, Mr Santook was one of the founders of Bisleri (India) Pvt Ltd, which was an innovative idea of selling mineral water and a daring attempt to sell a product which, in India, was considered unnatural element. He then joined the Tata Group of Companies, where he ended his executive career in the group as President of Tata Services Ltd.

He continued as an independent Director in several Companies until very recently when his involvement in the NCPA took up all his time.

Mr. Santook was also President of the prestigious Council for Fair Business Practices.

His sporting career, both as a tennis player and sports administrator, was distinguished. Mr Santook, a National Standard Tennis player, was the winner of several prestigious titles, including a Triple Crown winner twice of the Bombay University Intercollegiate tournament. Also played internationally and was the youngest Hon Sec of the International Lawn Tennis Club of India, served on the Council of the Bombay Tennis association.



Birthdays & Anniversary Greetings



Rtn. Subhash Sagar
23rd January



Rtn. Vivek Himatsingha
25th January



Rtn. Dr. Akshay Batra
25th January



Rtn. Pradeep Chinai
25th January



Rtn. Sherebanu Baldiwala
26th January



Rtn. Biswajit Chakraborty
26th January



Rtn. Manoj Patodia
28th January

Anniversaries

23rd January - Rtn. Ravi & Ptn. Amita Sheth
Rtn. Madhup & Ptn. Minal Vaghani

24th January - Rtn. Kirit & Ptn. Damini Kamdar
Rtn. Cyrus & Ptn. Manek Guzder
PP Rtn. Nalin & Ptn. Anita Parikh
Rtn. Vineet & Ptn. Rinku Suchanti

25th January - Rtn. Seema & Mr. Prakash Makhija
Rtn. Dr. Rajeev & Ptn. Nandini Narvekar

26th January - PP Rtn. Mahendra & Rtn. Manju Sanghi
Rtn. Pradeep & Ptn. Priti Gupta

27th January - Rtn. Dinesh Kumar & Ptn. Padma Lal
Rtn. Kasimali & Ptn. Samira Merchant
Rtn. Kasturbhai & Ptn. Heena Sheth

28th January - Rtn. Vijay kumar & Ptn. Gauri Jatia
Rtn. Vinay & Ptn. Seena Sanghi
Rtn. Venkat & Ptn. Aparna Ramaswamy

29th January - Rtn. Pradeep & Ptn. Irma Chinai
Rtn. Peshwan & Ptn. Munira Jehangir

Partners

24th January - Ptn. Rangita Bhatnagar

25th January - Ptn. Anahita Pandole

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Statistics for last week's meeting

Rotary Club Bombay Members	93
Partners	01
Visiting Rotarians	00
Guests	00
Rotractors	05
Total attendance	99
Community Service Box Collection	₹ 2,680/-