

## BULLETIN OF THE ROTARY CLUB OF BOMBAY



### President's Pick

#### Shankar Mahadevan at Ananda Yaan on June 12th



June 12th. will be a red letter day for Ananda Yaan. Alok Sekhsaria Chairman Ananda Yaan Committee said "During the fantastic Shankar Mahadevan show to raise funds for Bhavishya Yaan last July, President Ramesh Narayan had publicly said that Shankar Mahadevan had been very impressed with the concept of Ananda Yaan and had promised to visit a centre.

Well, firstly the Shankar Mahadevan Music Academy provided a very meaningful activity through April and May for our elders at the Ananda Yaan Centre at Dadar Sealink. They were exposed to a series of activities around music.

And on the 12th. June at 6pm they will travel to our Byculla Ananda Yaan Centre and show us all what they have learned.

And Shankar Mahadevan will keep his promise to President Ramesh and be there with us.

Sweet Music to the ears!!!

All members are requested to join in. A great opportunity to see the day care centre and listen to some great music.

### *The Man with the Money and the Heart*



**D**espite being the Managing Director of Bain Capital and a board member of Tata Sons Limited, Amit Chandra's business acumen and knowledge of banking and equity is not what awed the Rotarians last Tuesday; it was Chandra's incessant drive to

Today's Speaker **Vandana Shiva**



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Rtn. Ulhas Yargop interacts with the guest speaker



Joint Secretary Bimal Mehta introduces the guest speaker

give and better the world that brought the assembly to applause throughout the meeting.

When asked about where his inspiration stems from, Chandra emphasised the importance of starting young, "Giving in many ways should begin before one has got a lot." He began his noble endeavours when he got married to his partner (and support system): funding education for children even when their income was just about enough to cover rent and daily expenses. Chandra stated, "It is not about giving when you have a lot. You should start giving as a habit when you have whatever you have." As they progressed in their careers, they started contributing in terms of a

percentage of their income along with absolute amounts.

By the age of thirty, Chandra had hit his career goals of becoming a managing director and a millionaire. This brought forth a period of contemplation and reflection within him. He started questioning his purpose, how he should be using wealth more purposefully, started reading more, did a course of vipassana, and contemplated deeply upon Guru Nanak, Bill Gates, and Warren Buffet's philosophies to understand what the purpose of wealth and time was. That was when he started engaging even more in social causes.

One of the many defining moments in his life transpired when he realised he needed

a reset. Thus, he made the shift from banking to equity, giving himself more time to work on his social endeavours. Many of his contemporaries and mentors did not agree with the decision, but Chandra was determined to take control of his time and gave his former workplace, DSP Merrill Lynch, a two-year notice. Chandra realised that the rush he felt while helping the less fortunate was similar to what he felt when closing deals at DSP. Consequently, he started building teams to lead projects, get on the field, and interact with the people he was trying to help, rather than just sitting behind the desk and signing cheques. From dedicating a mere twenty-five percent of his time to the social causes he was passionate about, to going to



Rtn. Dr. Rohini Chowgule asks a question



Rtn. Pulin Shroff asks a question

the office only twice a week, he had completely redesigned his life to focus on social wealth.

In this journey that he calls 'evolution' came a time when Chandra and his wife practiced an exercise. "Let's actually define how much wealth we really need to live our lives without expanding our material needs," they had said. Completing this exercise with a friend and a financial advisor, they transferred the decided amount to his wife's account. From this point on, the income was divided into small amounts that would go towards daily expenditure - and the rest was donated to social causes. This gave them the ability to start building universities, schools, and hospitals, giving away over a hundred crores. Chandra elaborated, "Once you cap your financial needs, and the

rest of it you start giving away, you can just give endlessly. Whatever you earn, whether someone gives you X, you can give away X, someone gives you 10X, you can give away 10X. It doesn't matter, it just becomes a number."

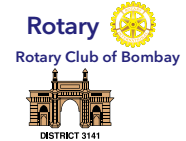
In closing, the Rotarians saw the very reason that Chandra

believes in donating with a name rather than anonymity - it is inspiring. People are often amazed by fancy cars and shiny diamonds. However, occasionally, someone inspires you by sharing their story of generosity and compassion. And that's exactly how he left the audience: inspired!



PP Rtn. Kalpana Munshi asks a question

# Valedictory Function on 21st June 2018 International Day of Yoga (IDY) - Yoga Training 2017-18 in 11 BMC Schools



To conclude "YogYaan" Sessions for the year 2017-18 in 15 BMC Schools, on 21<sup>st</sup> June 2018 Valedictory Functions (IDY) as per the following program schedule is being arranged by **Rotary Club of Bombay**. The activities will be done between 8.00am to 10.30am, along with Kaivalyadhama & BMC (Bombay Municipal Corporation) schools. The Yoga Teacher will be coordinating details of all functions.

S.No.	Particulars	Timing
1	YogYaan practical session	8.00am - 8.45am
2	Welcome the Chief Guest by the Principal Kaivalyadhama representative & representative of Rotary club of Bombay Sharing experiences of Yog Yaan training during the year 2017 -18	8.45am - 9.15am
2.1	Distribution of certificate & Booklet to students for YogYaan practices	
2.2	Of the year 2017 - 18 ( 5 students )	
3	Value of Yoga by the Chief Guest & other dignitaries	9.15am - 9.30am
4	Yoga teacher speak about Yoga and Yoga practices or arrange a skit by the students	9.30am - 10.00am
5	Conclusion & farewell to The Chief Guest	10.00am
6	Distribution of certificates to all other participating students	10.30am

The following details give location of the schools, Names of the Principals, Name of Yoga Teachers, (main coordinators of the functions on behalf of Kaivalyadhama) Name of Chief Guests and Name of the observers on behalf of RCB. All Rotarians are requested to support The Valedictory Functions as per their convenient locations.

S.No	Schools Name & Address	Principal's Name & Contact Number	Yoga Teachers Name & Contact Number	Name Of Chief Guest	Coordinator / Observer Of RCB
1	Colaba Municipal Madhyamic, N.A. Sawant Marg, Colaba, Mumbai-400 005	Shri. Ambarsing S Magar,	Rasheeda Kazi, 9892955262	Principal to decide	Rtn (Dr) Aashish Contractor 9821348943
2	N. M. Joshi Marg Municipal Madhyamic, Behind Harharwala Bldg., N. M. Joshi Marg, Mumbai - 400 011	Shri. Choudhary, 8485858177	Sachin Dixit, 9004565826	Rtn. Satyan Israni	Ms. Pranjali (Vidhya teacher)
3	Byculla (E) Municipal Madhyamic, Hospital Compound, E.S.Patanwala Marg, Mumbai - 400 027	Shri. Birambole, 9967416682	Khadija Patanwala, 9969815102	Rtn. Rajesh Shah	Mrs. Rashmi Bapna 9819916999
4	Dr. Babasaheb Ambedkar Municipal S.S. Amritwar Marg, Worli, Mumbai - 400 013	Mr Mane, 9967504757	Darshana Wadegaonkar, 9967655815	P P Arun Sanghi	Rtn/Anne Aavaan Vakharia 9820184508
5	G. K. Marg Municipal Madhyamic, Lower Parel, Ganpatrao Kadam marg, Lower Parel, Mumbai-400013	Mrs. Mangal Patil, 9819601394	Sonal Thakkar, 9870098931	P E Vijaykumar Jatia	Rtn/Anne Ekta Shah 7738760230
6	Sant Kakaya Marg Municipal, Dharavi, Jasmill Mill Compound, Mahim, Mumbai - 400 017	Shri. Chandrakant Pimple, 9028128068	Pushpalata Chavan, 9892906805	Rtn. Ramesh Mehta	School Teacher
7	K. D. Gaikwad Municipal Prarthamic, Sardar Nagar, Scheme #4, Sion(e), Mumbai - 400 022	Shri. Vishnu satpute	Sneha Shikhare, 7045479496 / 24023525	Rtn. Moy Biswas	School Teacher
8	Kavle Math Municipal, Kawale Math, Banganga, Mumbai-400 026	Mr. Pravin Gargote, 92232 40656	Supriya Tengshe, 7506377273 / 23801819	Rtn. Rahil Shah	School Teacher
9	Globe Mill passage Municipal Secondary, Dhokarsi Jivraj Bldg., Pandurang Budhkar Marg Elphiston, Mumbai 400 013	Mr More, 8097021414	Pramod Rane, 8652321400	Rtn. Subash Gogia	School Teacher
10	New Mody Street Municipal, Fort, Mumbai 400001	Ms Shahia Khan, 8879088030	Vaishali Rane, 8082432440	Rtn. Tara Deshpande	Sanjay Mohite 7400269822
11	Prabhadevi Municipal Secondary, Muncipal School Bldg., Chawari Galli, Prabhadevi, Mumbai 400 025	Shri. Kevale, 9869187798	Prashant Gujar, 9029222950	Rattandeep Vij	Sun Jewels Representative
12	New Sion Municipal Secondary, Sion Muncipal School Bldg., Plot no 161, Road no 24 Mumbai	Shri. Rajendra Pratap Tripathi, 9987120778	Akshay Chavan, 8976472809	Sun Jewels Representative	Bharat Khuman 9930141846
13	Goshala Municipal Madhyamic, Goshala Marg, Mulund ( W ), Mumbai - 400080	Ms. Subhangi Thakur, 9820092606	CV Zarekar, 9867083108	Shri. Suhas Pandit	Shri. B. L. Haldankar 96198 63173
14	Marol Municipal Prarthamic, Marol Maroshi Road, Marol Naka, Andheri ( E ), Mumbai - 400 059	Ms. Shainaz, 9004858087	Dinesh Tripathi, 9769749745	Sun Jewels Representative	Sun Jewels Representative
15	Vileparle Municipal Sanyas Ashram, Near Sanyashram, Vile Parle ( W ), Mumbai - 400 056	Shri. Shivkumar Yadav, 9768224372	Sheetal Mestry, 9820242699	Shri. Shishir Nevatia	Rtn. Gaurav Nevatia 98210 19173

Any further details or information, please contact following persons.

• Dr. Nutan Pakhare - 9821842424 • Bharat Khuman - 9930141846 • Sanjay Mohite - 7400269822



**IN CAMERA MUSICAL EXTRAVAGANZA**

*An enthralling evening of musical performances By our very own Rotarians!!!*

Wednesday, 27<sup>th</sup> June  
At 7 PM  
Followed by Cocktails & Dinner

*Hosted By*  
*Sweta & Pranay Vakil*

At  
702 Shanudeep Apartments,  
10 A, Altamount Road, Mumbai - 26

RSVP  
Rekha Tanna – 98210 22987  
Vrinda Rajgarhia – 98201 28480

Limited Seats. Please Register in Advance.

**“Feeding six animals was a struggle. Cultivating Azolla improved the quantity and quality of the milk**

- Padala Krishnamurthy, Godavari, Andhra Pradesh



Reliance Foundation introduced Padala to Azolla and its nutritional benefits, and even taught him how to cultivate it. In less than a month, his Azolla unit started producing sufficient fodder for his cattle, saving him heavy expenses.

*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.



**ROTARIANS MAKING WAVES**

Dr. Prakriti Poddar was awarded the Iconic Woman of The Year - 2018 for Excellence in Social Services at the Navbharat Times Iconic Woman of the Year awards.





*Please join us with your partner for the last meeting of  
the Rotary year 2017-18.*

*And for cocktails and dinner thereafter  
Guest Charges Rs.4000/- per head*

**Venue:**

Presidential Ballroom, Hotel Taj Vivanta (President)  
Cuffe Parade, Mumbai 400005.

Date: 25th June 2018 • Time: 7pm. • Dress: Formal.

**Devi and Ramesh Narayan**  
(President Rotary Club of Bombay)

RSVP Eruch Irani:- [rotaryclubbombay1@gmail.com](mailto:rotaryclubbombay1@gmail.com)

## Forthcoming Events

- 19<sup>th</sup> June 2018  
Guest Speaker: Shri Subodh Tiwari
- 25<sup>th</sup> June 2018  
7pm Last Meeting of Rotary Year 2017-2018 followed  
by drinks & dinner at the Presidential Ballroom, Taj
- 26<sup>th</sup> June 2018  
No Meeting
- 27<sup>th</sup> June 2018  
In Camera Musical Extravaganza  
hosted by Sweta & Pranay Vakil

## Expert's Corner : Dr. Ashish Contractor

### Simple heart tips:

Taking care of your heart is as simple as ABCDEs.

**A: ACTIVITY.** It's important to be as physically active as you can throughout the day. Try and get in 10,000 steps. Simple tips: use the stairs instead of the elevator, park the car a little further away, and stand more often during your office hours

**B: BLOOD PRESSURE.** This is known as the silent killer, since you rarely get any symptoms if the values are high. Get it measured-don't assume it's normal. An ideal BP is less than 120/80 mmHg

**C: CHOLESTEROL.** This is the fat in our blood stream which clogs up in the heart arteries. Keep your total cholesterol less than 200 mg/dl, and your LDL (bad) cholesterol less than 100 mg/dl

**D: DIABETES.** Rotarians are sweet people, but make sure you keep your blood sugar under control. An ideal non-diabetic fasting blood sugar is less than 100 mg/dl.

**D: DIET.** Eat in moderation from all food groups-avoid fad diets. Adjust your caloric intake to maintain a healthy weight (BMI-body mass index, less than 25 kg/m<sup>2</sup>)

**D: DO NOT- smoke.** Smoking and tobacco consumption greatly increase your risk for heart disease, stroke and cancer.

**E: EXERCISE-** Aim to get in 30-60 minutes of exercise per day, such as a brisk walk. Please remember, this is in addition to being physically active through the day. Many of us go to the gym, but spend the other 23 hours being as sedentary as possible.

**S: STRESS AND SLEEP-** Aim to get in 8 hours of sleep at night and work at keeping your stress under control. Fellowships with Rotarians have shown to be highly effective means of reducing stress and leading to happiness.



**Dr. Aashish Contractor**

Head: Dept of  
Rehabilitation and Sports  
Medicine

Sir HN Reliance  
Foundation Hospital

Author: The Heart Truth

## MY YEAR, MY RCB

Dear Ramesh,

A Rotary Year par excellence. How else could I describe a year full of scaling so many new and higher peaks and, raising the bar even higher?



Our Rotary Club witnessed one of the most spectacular fund raisers (Shankar Mahadevan nite), followed by the launch of Anand Yaan, expansion of existing projects e.g. the Cotton Green Medical Centre and the Museum Solar Power. Importantly, keeping the long term and the future of RCB in mind, but at the same time setting high benchmarks and new trends in fund raising. This also was a year when our RCB received lots of media attention and bytes.

A usually difficult task but managed so very well, the lining up of excellent speakers, made our Tuesdays so interesting and to look forward to.

And between all this terrific and high powered good work, we enjoyed the very many excellent fellowship events and trips.

Having had the opportunity to be part of your team and watching you first hand was indeed a great and learning experience. Your dedication, clarity and focused approach has made Rotary year 2017-2018 indeed a memorable one for a long long time.

And above all of this, is Ramesh Narayan the person - a genuine, caring, dedicated and from the heart approach and attitudes. Ramesh, it has been Gautam and my pleasure and privilege to getting to know you even better during the year. You my friend certainly Rock great...

Warm regards,  
Preeti Mehta

Ramesh this was truly your year. In terms of the passion and gusto you brought in to the Rotary and your infectious enthusiasm that enthused all of us to give our best. Way to go Ramesh! Am proud to have gotten to know you and privileged to have had a chance to work with you. You are truly an inspiration to all of us.



Thanks,  
Rtn. Vrinda Rajgarhia

## ROTARY CLUB OFFICERS

### TRUSTEES 2017-18

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

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Sergeant-at-arms	Roda Billimoria
In-camera	Rekha Tanna

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Rotary Public Awards	Shernaz Vakil

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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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Email : [rotaryclubbombay1@gmail.com](mailto:rotaryclubbombay1@gmail.com)

## NEXT WEEK'S SPEAKER - SUBODH TIWARI

Subodh was born in the yogic atmosphere at Kaivalyadhama Lonavla and did his schooling in this hill station. Since a young age he was initiated into the spiritual practices by Swami Digambarji, who at that time was the Director and Spiritual head of Kaivalyadhama. Subodh was initiated into yogic practices at the age of 6 under the guidance of his father Shri O. P. Tiwari, the disciple of the founder Swami Kuvalyananda.



He did his post graduation in law and a PG diploma in human resource management apart from certification in Yoga and advanced certification course in Pranayama.

In 1997 he decided to devote his life at the institute and to serve it.

He has travelled to various countries to conducted workshops on Yoga. He has been invited as a guest speaker in numerous conferences across the world. He is a member of committees of the various Universities and the Government of India with the aim to promote yoga in various spheres such as schools, wellness centres and hospitals.

He pursues his hobby of nature photography with great passion and does all that he can to preserve nature and promote efforts towards a better environment.

At present, he is the CEO at the Kaivalyadhama Yoga Institute. His firm belief is, Yoga is not only 'doing' but 'being', and therefore in broad parameters harmony with nature and discipline, dedication and devotion in life are key to a meaningful life.



## Birthdays & Anniversary Greetings



Rtn. SV Prasad  
12<sup>th</sup> June



PP Rtn. Gul Kripalani  
13<sup>th</sup> June



Hon. Rtn. Kumarmangalam Birla  
14<sup>th</sup> June



Rtn. Jaymin Jhaveri  
14<sup>th</sup> June



Hon. Rtn. Lakshmi Mittal  
15<sup>th</sup> June



Rtn. Shernaz Vakil  
16<sup>th</sup> June



Rtn. Vrinda Rajgarhia  
16<sup>th</sup> June



PP Rtn. Vithal Palekar  
17<sup>th</sup> June



PP Rtn. Sandip Agarwalla  
18<sup>th</sup> June

### Partners

12<sup>th</sup> June - Ptn. Firoze Vakil  
14<sup>th</sup> June - Ptn. Niyati Shukla  
16<sup>th</sup> June - Ptn. Mita Dalal  
18<sup>th</sup> June - Ptn. Sheila George

### Anniversaries

12<sup>th</sup> June - Rtn. Alok & Ptn. Mayuri Sekhsaria  
Rtn. Sitaram & Ptn. Veena Shah  
15<sup>th</sup> June - Rtn. Suresh & Ptn. Usha Agarwal  
Rtn. Dilip & Ptn. Kashmira Dalal  
18<sup>th</sup> June - Rtn. Dilip & Ptn. Shalini Piramal

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

Editorial Content Design & Layout by ONEUPWORKS - [www.oneupworks.in](http://www.oneupworks.in) • +919920473331

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

### Statistics for last week's meeting

Rotary Club Bombay Members	117
Partners	02
Visiting Rotarians	0
Guests	0
Rotractors	02
Total attendance	121
Community Service Box Collection	₹ 1,900/-