



President's Message



Dear Friends,

This has been an action packed week and I am happy with the momentum picking up.

We started with the inauguration of the Water Purification System by the Water Resources Committee at the Anjuman-I-Islam group of Schools at Kurla which will benefit more than 8500

students and teachers. This was followed by the Bhavishya Yaan Annual Day. I would like to applaud the efforts of Avaan Vakharia, Rashmi Bapna, Jaya Prasad, Ekta Shah and Beena Yargop, because of their dedication we had such a wonderful ceremony. A special thanks goes out to Priti and Pradeep Gupta too, for bringing back the movie fellowship night.

Our medical centre, PRVEC at Talwada will be completing 40 years this month. We have planned a visit to Talwada on Sunday, 2nd September 2018. Kindly do join in large numbers.

I am sure each of you has received a communication from the Public Awards Committee. We hope to be more inclusive and look forward to receiving the names of nominees for various award categories from you all.

We have initiated a new award as well - HERO OF MUMBAI Award. It would be bestowed upon anyone who has shown valour and accomplished any heroic feat.

We encourage open participation from everyone and hope you interact and attend the forthcoming events planned.

Thank You,

Rtn. Vijay Jatia, President

Today's Speaker **Ms. Asha Khatau**
You Are What You Eat



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The War Against Cancer



Cancer is currently the big bad wolf in our world. Director of the Tata Memorial Hospital in Mumbai, Dr. Anil D'Cruz, spoke to us about the facts and myths about cancer and where we stand in our fight against it.

Currently, there are about 14 million cases of cancer worldwide. Two-thirds of those cases are in the developed world and the remaining one-third, in the rest of the world. However, according to Dr. D'Cruz, the pendulum shall swing by the year 2030, flipping the statistics in disfavor of developing nations. He emphasised on the inequity of cancer treatment due to income, telling us Rotarians, "Where you live matters on how well you do with cancer [because those suffering from] cancer in high income groups has better [chances of] recovery than cancer in low income groups."





Rtn. Gul Kripalani introduces the speaker

The mortality to incidence ratio of cancer in developing countries is 0.69, which means that out of every three people diagnosed with cancer, two will die, compared to developed countries wherein two out of three people diagnosed will survive.

So where are we in the war against cancer? Dr. D’Cruz answered this question, reminding Rotarians about the efforts of the 37th President of the USA, Richard Nixon. Nixon began the legislation of the National Cancer Act of 1971, declaring that he would conquer cancer. The war still continues and was renewed recently by Joe Biden, the 47th Vice President of the USA. Each day, 1650 people die because of cancer worldwide.



Rtn. Dilip Piramal is presented with the Paul Harris Fellow Award



Rtn. Bimal Mehta making a few announcements

We have conquered polio, tuberculosis, and HIV, but are still not able to conquer cancer because, as Dr. D’Cruz stated, “It is not one disease, it is a heterogeneous group of disorders; every cancer is different and everybody’s immunity responds differently to cancer.”

India sees a hundred cases of cancer out of a hundred thousand compared to developed countries which see three hundred cases of cancer.

There is an anticipated increase in the cases in India, especially considering the increase in life expectancy from fifty years in 1947 to eighty now, due to factors like rapid modernisation, change in lifestyle, and the modern diet.

On a slightly more positive note, Dr. D’Cruz informed Rotarians that the cases of cervical cancer are decreasing, owing to access to clean bathrooms for women. However, cases of lung cancer, breast cancer, and ovarian cancer are increasing. These numbers also vary across different parts of

the country. For example, Mizoram has the highest incidence of cancer (more than two hundred per hundred thousand) because of the high amount of smoking, smoked and preserved food, and the ban on alcohol which leads to the consumption of low quality alcohol.

Reiterating the importance of a healthy lifestyle, Dr. D’Cruz said that 70% of cancers are lifestyle-related whereas only 30% are genetic (and caused by other factors). 40% of cancers that are lifestyle-related are due to tobacco consumption, 10% are related to diet and obesity, and 20% are infection-related. After cautioning Rotarians about the reality of cancer, Dr. D’Cruz spoke about the four factors to take care of in order to beat cancer, prevention is always better than cure.

Firstly, with regards to tobacco, it is evident that merely banning it does not help. Whilst tobacco consumption was prominent among a quarter of Bhutan’s population despite a tobacco ban, France and South Africa observed a drastic decline in its consumption after introducing a tobacco tax. Therefore, Dr. D’Cruz urged Rotarians to consider policies that increase taxes on carcinogenic substances rather than just banning them.

Analysing the synergetic relationship of alcohol with tobacco, Dr. D’Cruz warned Rotarians that the effects are not simply additive but twenty-fold when both these products are regularly consumed. Though less



Rtn. Christopher Bluemel is presented with the Paul Harris Fellow Award



Rtn. Farhat Jamal is presented with the Paul Harris Fellow Award



Rtn. Abhishek Sharman is presented with the Paul Harris Fellow Award

harmful than smoking, alcohol consumption must be moderated.

Further, discussing the effects of a healthy diet, Dr. D’Cruz told Rotarians to go for as colourful a plate as possible to ensure consumption of vitamins A, C, and E. These vitamins are chemopreventive and are often found in colourful fruits and vegetables.

Lastly, talking about infections whilst referring to oro-pharyngeal and tonsillar cancers, Dr. D’Cruz informed Rotarians their causes: multiplicity of partners, abnormal sexual practices, and high practice of oral sex. These cancers are quickly becoming the most frequent in the world.

In conclusion, Dr. D’Cruz shed a new light on the status quo of cancer; not only did the talk urge our fellow Rotarians to make lifestyle changes, but also introduced them to ways to help make cancer prevention more equitable.



Rtn. Dr. Ian Pinto gives a vote of thanks

ORISSA : THE JUGGERNAUTS

We are off on a trip to Orissa state from 3 December, 2018 to 8 December, 2018 ! The trip will be a beautiful mix of archaeological delights (some dating back to 3 BC), historical temples - Jagganath temple in Puri and Lingaraj Temple in Bhubaneswar, beach and sand art, the famous Konark and its Sun Temple (also known for its erotic sculptures), the largest lake in Asia - Chilika where we will see migratory birds and dolphins and some time for shopping of local arts and crafts, a sound and light show, a rickshaw tour of old Puri and above all we will be able to see the Dance Festival in Konark which is held only in this time of the year.

The weather will be pleasant and the brief itinerary will be as under :

- 1) Puri : 3 and 4 December at the Mayfair Waves Resort
- 2) Chilika Lake : 5 and 6 December at the Swosti Chilika Lake Resort
- 3) Bhubaneswar: 7 December - Hotel to be announced

The trip promises to be a revelation and the properties we are staying in are among the best in India. The cost includes hotel stay, all meals, transportation by Innova cars, a guide, entrance fees to most places and all sightseeing. Air fare is extra and I will advise you regarding which flights are available in order that you can book directly.

Cost pp ₹ 53,000/- pp (on double occupancy basis)

Cost pp ₹ 90,000 pp (on single occupancy basis)

We have managed to get only 15 rooms on a first come first served basis. We will reserve spaces against payment of : ₹ 26,500 pp for double occupancy basis and ₹ 55,000 pp for single occupancy basis.

Please send your cheques favouring “ Rotary Club of Bombay” to Rashmi in the Rotary office.

Sandip Agarwalla



Water Purification System Inauguration

President Vijay Jatia inaugurated the installation of a 1000 litre UV Water Purification System at the Anjuman-I-Islam Kurla High School on the 25th July 2018. The Kurla School is part of the Anjuman-I-Islam Foundation that runs 80 such schools in Mumbai and educates over 1,00,000 students. The water purification system will directly benefit over 8,500 students and faculty members. The students were very enthusiastic and put up an excellent show at the inaugural ceremony.



This project has been completed by the Water Resources Committee of the Rotary Club of Bombay in association with Eureka Forbes Institute of Environment.



Bhavishya Yaan Annual Day celebration



Actor Iqbal Khan with Mentors of BY

Dr. Babasaheb Ambedkar School at Worli hosted the Bhavishya Yaan Annual Day for 2018 on the 27th of July. The Annual Day function is mainly to felicitate the BY students who have topped the SSC board exams. This year BY alumni who excelled in the HSC were felicitated too. The topper of the year was Priya Muthe from Colaba Municipal School with a score of 89.6% and in second place was Gauri Salunki from Byculla School with an overall score of 89% and 90% in English. Five toppers from each of the schools received special prizes from the Rotary Club of Bombay. Five HSC toppers too received special prizes.

The theme for this year's event

was "The Hazards of Plastic" a burning issue in the world. The event started with each of the schools putting up a performance. There were presentations, street plays, dances and skits all relating to the topic with around 75 students who participated on stage.

It was wonderful to see the children speak with confidence and conviction in front of such a large audience.

The highlight of the evening was the handsome Chief Guest Mr. Mohammed Iqbal Khan a television actor. Iqbal was a hit with the audience. The charming actor presented the prizes to the children and took the initiative to speak to each and every child.

After the prize distribution the children surrounded the actor and had several photographs taken with him. Teachers too were bowled over by the sporting actor and took

several selfies with him.

The evening ended on a happy note with the children going home laden with gifts.

Gifts were donated by Rtn. Alok Sekhsaria, Rtn. Mohit Jain and Rtn. Madhup Vaghani.

Mr. Mohammed Iqbal Khan was very happy to attend the Annual Day and left a comment on the RCB Instagram account saying "Thank you for this great evening with awesome kids." He even shared pictures of the Annual Day on his Facebook page which reached more than 12,400 people.



Actor Iqbal Khan with Rotarians at the Annual Day at BY

Night Study Centre Visit

The Night Study Centre Project provides the students a secure and quiet environment to study, which they are often unable to get at home. These centres are set up near their homes and localities.

At the centres, RCB and the YMCA provide books, an evening snack and a tutor (to guide the students with their homework).



The cost for almost everything is shared between the Rotary Club of Bombay and the YMCA. Rotary Club of Bombay also gives scholarships to students securing a high percentage in board exams.



WE ARE ACTIVE ON SOCIAL MEDIA WITH MORE THAN 2000 FOLLOWERS. FIND US ON FACEBOOK, TWITTER AND INSTAGRAM WITH THE HANDLE @RCB1929. FIND US ON LINKEDIN WITH THE HANDLE ROTARY CLUB OF BOMBAY. PLEASE FOLLOW US AND LIKE/SHARE THE POSTS.



The Child Welfare Committee of The Rotary Club of Bombay invites you to its latest community initiative **RCB Lighthouse**. Let the light shine on the young minds and guide them towards a brighter future.

Please join President Rtn. Vijay Kumar Jatia at the inauguration of the Centre on Thursday - 9th August, 2018 from 5:00 - 6:00 PM at

Macchimar Nagar,
Balwadi,
Gate No.3, Bhai Bandarkar Adresha,
Capatin Prakash Pethe Marg,
Opp. Lovely Home Building
Cuffe Parade, Mumbai - 400 005

RCB
Lighthouse

Rotary
Club of Bombay



Back to School Drive

Education is the most powerful weapon that can change the world.

On the 14th of July we, Rotaractors from HR College conducted a Back to School Drive at the Colaba Municipal School. The basic concept of the project is to educate the students further and prepare them for the future. So we test them on various topics like Maths, Grammar, Spellings, General knowledge and their vocal skills.

We ask each one of them a question on each topic and if they

successfully answer our question we give them a Back to School Drive buck which helps them buy gifts from the stall we set up.

We got more than 600 gifts from



the Crawford Drive that was held with help of our members. We conducted this project with the 8th and 9th graders. We tapped upon 210 kids and each kid had 2 or more gifts to take home. Every child left with a smile on their face.

The Principal and the teachers of Colaba Municipal School are very happy with our work and have asked us to visit again. We plan to conduct one Back to School Drive every month with even more variations.

- Rotaract Club of HR College

Appeal from the Rotaract Committee

In our endeavour to strengthen relations with our Rotaractors, we would want Rotaractors to participate in our projects.

It is a request to all committees to let us know if they need volunteers or any additional help with any current and upcoming projects.

Further if you feel there is a way we can get the Rotaractors more involved with your committee then please do let us know.

Chairman Murad Currawalla & Vice Chairman Rhea Bhumgara



ROTARIAN MAKING WAVES

The International Advertising Association (IAA) Business Leader of the Year Award being given to our Hon. Rtn. Ajay Piramal at the hands of our IPP Ramesh Narayan who is the current President of IAA.

MOVIE FELLOWSHIP



Rotarians at the screening of the movie "Karwaan"

Rotary Club of Bombay brings back Movie Fellowships with a bang!

Thanks R/anne Priti Rathi Gupta (Producer of the movie) and Rtn. Pradeep Gupta for a fabulous and fun evening.

What a preview screening at an awesome venue!

ATTENDANCE COMMITTEE SEEKING INVOLVEMENT

An email has been sent to all from the Attendance Committee seeking your involvement in our Club's activities. A response to it would be appreciated.

Visit to Talwada

Fellowship Committee along with the Talwada Phiroze R. Vakil Eye Centre (PRVEC) and Ajit Deshpande Medical Centre (ADMC) Committees have arranged a fellowship-cum-service trip to Talwada on Sunday, 2nd September 2018.

The trip is mainly arranged to celebrate the 40 years of our eye hospital and also to inaugurate an installation of 5 dental chairs and a digital X-Ray machine at the Dental and T.B. departments of ADMC.

Please do register your names with Ms. Rashmi at the Rotary Office for us to make proper travel arrangements, fellowship and lunch at Talwada.

Rotary Club Awards

We are pleased to inform you that this year the Rotary Public Awards Committee has undertaken an innovative exercise to include the members of the Club in the selection process of the Awardees.

All the members are being given an opportunity to nominate awardees for this year in any of the categories, who they believe deserve to be recognised for their contribution in their respective field of public life.

We hope to receive your love and support for the initiative.

Donations Received for the Week: ₹ 1,60,000

Rtn. Charu Agarwal

Rtn. Ashish Vaid

PP Dr. Mukesh Batra

Rtn. Hoshang Billimoria

President Vijay Jatia



Menu (Parsi)

14th August 2018

SOUP

Mix Veg Broth
Assorted Bread Rolls & Butter

SALAD BAR

Potato & Dill Salad
Veg Crudités with Cheese Dip
Currimbhoy Egg Salad

VEGETARIAN MAIN COURSE

Patra Ni Paneer
Veg Stew
Khara Papata
Baked Vegetable Princess
with Macaroni

NON VEGETARIAN MAIN COURSE

Patra Ni Macchi
Salli Chicken

ACCOMPANIMENTS

Veg Dhansak Dal
Brown Rice
Assorted Bread
Papad / Pickle / Kachumber

DESSERTS

Lagan nu Custard
Croissant pudding With Vanilla Ice-cream

“The quality of our produce improved so much that the price increased by six times in the market!”

- Chellapandi, Theni, Tamil Nadu



Pests and diseases had destroyed betel farmer Chellapandi’s livelihood. At that time a representative from Reliance Foundation visited his village. He now routinely gets information from mobile advisories, trainings and toll-free helpline number.

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



Touching over 20 million lives with support for Rural Transformation, Health, Education, Sports for Development, Livelihoods, Disaster Response, Arts & Culture, and Urban Renewal.

Forthcoming Events

- **August 5th 2018 Melting Pot**
Consular Corps Charity Carnival at the Regal Room, Trident
- **August 7th 2018 Speaker: Ms. Asha Khatau**
You Are What You Eat
- **August 9th 2018 Inauguration of RCB Lighthouse**
at Macchimar Nagar, Cuffe Parade
- **August 14th 2018 Speakers: Rtn. Ashok Jatia & R/anne Vatsala Jatia**
Car trip from Bombay to London
- **August 23rd 2018 Parsi Nite**
The Coronation, Imperial Club House from 7:30pm onwards

ROTARY CLUB OFFICERS

TRUSTEES 2018 - 2019

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

OFFICE-BEARERS 2018 - 19

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President Nominee	Framroze Mehta
IPP	Ramesh Narayan
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Jt. Honorary Secretary	Bimal Mehta
Hon. Treasurer	Shivkumar Israni

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DIRECTOR: PREETI MEHTA

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Legal Aid	Ashwin Thakkar
Gender Equality	Ravi Fotedar

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Attendance	Anand Dalal

DIRECTOR: DR. ASHOK KIRPALANI

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Vice Chairman Emeritus Talwada	Dr. Rumi Jehangir
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Phiroze Ratanshah Vakil Eye Centre	Arin Master
Cancer Aid	Suresh Goklaney
RCB Medical Centre - Cotton Green	Manoj Patodia

DIRECTOR: HOMI KATGARA

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Environment	Priyasri Patodia
Urban Heritage	Natasha Treasurywala
Water Resources & Sanitation - Jal Jeevan	Vineet Suchanti

DIRECTOR: MADHUSUDAN DAGA

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Sports	Sanjiv Saran Mehra
Yoga	Sitaram Shah
Skill Development	S.V. Prasad

DIRECTOR: PRADEEP GUPTA

The Rotary Foundation	Mudit Jain
Corporate Social Responsibility	Swati Mayekar
Fund Raising	Abhishek Sharman

DIRECTOR : HIRANMAY BISWAS

Interact	Zeenia Master
Rotaract	Murad Currawalla
Night Study Centres	Raj Ajmera
Vocational Training Centres	Varsha Daiya
Child Welfare	Rajesh Shah

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NEXT WEEK'S SPEAKER : R/Anne Vatsala & Rtn. Ashok Jatia



Rtn. Ashok Jatia and his wife Vatsala recently undertook a momentous trip by road from India to London in their Toyota Fortuner with Ashok at the wheel and Vatsala

providing full support, covering a distance of almost 17,000 kms and crossing 18 Countries in 49 days.

They were unable to take the shorter route of 12,500 kms via Pakistan, Afghanistan and other such countries since it would mean travelling

through highly disturbed and war torn regions. Hence along with a group of other adventure seekers they chose to start from India's North Eastern town of Imphal, Manipur.

Their epic road journey took them through some of the most exciting and remote places of the Earth as they traced over the Ancient Silk Route and drove the largest land masses of Central Asia. More than 3000 photographs and lots of video clips are testimony to the crisscross of cultures, terrains, scenery and much more that they encountered along the way. They will be sharing a few insights on their most exciting and life changing journey titled, 'The World through our Windshield'.

All Directors and Committee Chairpersons are requested to send their project write ups with high resolution pictures to Rtn. Satyan Israni for publishing in the Gateway at the following email id: rotary.satyanisrani@gmail.com



Birthdays & Anniversary Greetings



Rtn. Darabshaw Davar
7th August



Rtn. Camellia Panjabi
7th August



Rtn. Priyanka Doctor
8th August



Rtn. Hormazdiyaar Vakil
8th August



Rtn. Dr. Sorab Javeri
10th August



Rtn. Nowroze Vazifdar
11th August



Rtn. Venkat Ramaswamy
12th August

Rotaryannes

8th August - R/anne Dr. Rajani Daftary
9th August - R/anne Sunita Saxena
10th August - R/anne Mayuri Sekhsaria
11th August - R/anne Amita Haribhakti
R/anne Nilima Trivedi
12th August - R/anne Vera Umrigar

13th August - R/anne Shalina Advani,
R/anne Kulsum Jamal,
R/anne Mrudula Biswas,
R/anne Aradhana Mehta
R/anne Minal Vaghani

Printed & Published by President Rtn. Vijay Jatia on behalf of Rotary Club of Bombay

Editorial Content Design & Layout by ONEUPWORKS
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

Rotary Club of Bombay, 97/B Mittal Tower,
Nariman Point, Mumbai - 400 021

Statistics for last week's meeting

Rotary Club Bombay Members	110
R/Annes	05
Visiting Rotarians	01
Invitees & Guests	01
Rotractors	7
Total attendance	124
Community Service Box Collection	₹ 4600/-