



## President's Message



I would like to acknowledge the efforts of Mudit Jain, Malti Jain, Meenal Patodia, and Mahesh Khubchandani towards the Melting Pot Consular Corps Charity Carnival.

Melting Pot—CCCC, is an event best described as a cultural feast and an amalgamation of traditions, customs and cultures; all under one roof at the Regal Room, Trident Hotel, Mumbai.

It is amazing to see how our Club has not only managed to survive through the past 89 years, but thrive. This is only because of the dedicated efforts that each member of various Committees has put in.

The Child Welfare Committee planted the seeds of the Lighthouse Project in June 2018 by identifying Machhimar Nagar in Cuffe Parade as a hub to teach spoken English to the children of fisher folk there. The project was to commence with 50 students but it's fantastic to see that we already have 96 students at present.

Bhavishya Yaan has planned to start primary sections in all its five schools this year. We will kick-start this project by inaugurating the primary school at Colaba.

I urge members to come forward and participate in these events. For more information with regards to upcoming events kindly check our active social media pages.

Thank You

Rtn. Vijay Jatia,

President

**Today's Speaker** **Rtn. Ashok Jatia & R/anne Vatsala Jatia** Car trip from Bombay to London



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## You Are What You Eat



Guest Speaker Asha Khatau

In today's world, there is not a more universal topic of discussion than that of food and nourishment. This week, 'gourmet queen' Asha Khatau introduced us to a wealth of ideas to help make our meals more nourishing and more delectable. Khatau has run cooking classes for the past fifteen years at Epicure, a brand she established herself. She also has eight cookbooks, numerous awards, and highly acclaimed titles to her credit.

Khatau's talk was founded on the premise, "You are what you eat". She extolled the benefits of healthy eating with the argument that every cell in our body has a shelf life: after every few days, the cell changes. Thus, whatever is on your plate will soon be in your body, affecting its formation at a cellular level. She urged Rotarians to think twice about whether what is on our plates is worth entry into our bodies with the question, "Is this food which is [on] my plate going to form good cells for me inside?" Her resolution





Rtn. Poonam Lalvani introduces the guest speaker

involves building good cells in the body by consuming whole grains, pulses, vegetables, and fruits. Khatau explained, "The nutrients and the food you eat provide the foundation of the structure, function, and integrity of every little cell in your body. From your skin to your hair and from your muscles to your immune system, your body is constantly repairing." A major part of Khatau's talk was devoted to engaging busy entrepreneurs and working professionals. Khatau revealed how working for eight to ten hours daily requires a good energy store in the body and that a headache or upset stomach could be related to an unhealthy diet.

The speaker demonstrated how feeling "brain-fried" is rooted in the brain releasing oxidants, which can be countered by consuming antioxidants such as nuts, fruits, and herbal teas. She advised the working populace, "Eat like an athlete."

Khatau also alerted Rotarians about the detrimental effects of consuming processed foods, plain flours, and sugars, as these induce lethargy and must thus be replaced with foods that instead generate a healthy state of being. Her advice for breakfast entails drinking a sufficient amount of water, followed by a small breakfast right after waking up, and a heavier breakfast comprising of complex carbohydrates, such as whole grain oats, fruits and nuts, right before leaving for work. Protein could also be included in your breakfast meal plan in the form of quinoa (which can be added to upma) as it has a high protein content.

Thereafter, Khatau warned Rotarians about the negative

effects of caffeine. Although it may evoke a 'feel-good' factor, it can quickly reach the bloodstream and make us tired. So if we feel like our bodies need a boost, we may opt to have a cup of coffee in the mid-afternoon.

A great learning from the session was the advice on how we must plan our meals; For example, if you know you will be having a heavy dinner, then choose to have a light lunch, thus ensuring balance within your system. She emphasised the importance of light dinners that should be eaten between seven-thirty and eight pm. Khatau also highlighted the importance of drinking water every hour or so. (Though water intake can be reduced post five pm so as to prevent disturbed sleep.)

A special take-away from this engrossing talk was Khatau's explanation of the power of mental affirmation in the dietary domain, such as mentally repeating "I do not like desserts," and being creative with the mind to alter dietary intake.



Rtn. Mudit Jatia is presented with the Paul Harris Fellow Award



Rtn. Gaurav Nevatia is presented with the Paul Harris Fellow Award



Rtn. Arin Master is presented with the Paul Harris Fellow Award





Rtn. Farhat Jamal gives a vote of thanks



Rtn. Vikash Mittersain is presented with the Paul Harris Fellow Award



Rtn. Ashwin Didwania is presented with the Paul Harris Fellow Award



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 AND YOUTUBE WITH THE HANDLE ROTARY CLUB OF BOMBAY.

PLEASE FOLLOW US AND LIKE/SHARE THE POSTS.

## ROTARIANS MAKING WAVES

The 2018 Indian Business Leader of the Year Award was conferred on Rtn. Dilip Piramal by the Global Visions Community Horasis at their India Meeting 2018 held in Malaga in Spain earlier this year.



President Vijay Jatia presented Hon. Rtn. Rajshree Birla with a plaque for her unstinted support at the Melting POT CCCC 2018.





**Rotary**  
Club of Bombay  
*Celebrating 90 Years of Service*

**THE FELLOWSHIP COMMITTEE  
CORDIALLY INVITES YOU TO THE  
PARSI NITE  
WITH MUSIC, COCKTAILS & DINNER  
7.30 PM ONWARDS  
THURSDAY, 23RD AUGUST, 2018  
THE CORONATION  
IMPERIAL CLUB HOUSE, SOUTH TOWER  
TARDEO, MUMBAI**

HOSTED BY

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DRESS: PARSII ATTIRE / SMART CASUAL

MEMBERS AND THEIR SPOUSES ARE OUR HONOURED GUESTS

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### AN INFORMATIVE SESSION

Dr. Anup Khatri, MBBS, DNB (Ortho) from Global Hospital held an interactive session on 31<sup>st</sup> July for our Ananda Yaan members.

He discussed the causes of Osteoarthritis, its symptoms and treatment options. He also suggested measures to prevent it.



The elders found it very useful and asked many questions after the session was over.



### DBS BANK QUIZZES ANANDA YAAN MEMBERS ON BOLLYWOOD

An interesting event was organised by the employees of DBS Bank and ConnectFor on 27<sup>th</sup> July at Ananda Yaan, Byculla centre. They spent an afternoon with senior citizens making them laugh and play.

The elderly were seated in ten groups. 25 volunteers joined our members in each groups for fun games such as a Bollywood quiz, dumb charades and housie.



They also distributed snacks and taught them how to fill feedback forms.



### Inner Wheel Club of Bombay donates to KEM Hospital

Inner Wheel Club of Bombay donated an ophthalmoscope to the paediatric wing of KEM Hospital. The Dean and Head of Department are seen with Rtn. Dr. Rumi Jehangir and IWC members.



## Interact Symposium

Our first step towards becoming responsible Rotaractors is trying to instill the same values in the young Interactors.

It is an effort to make each one of them into responsible youth of tomorrow.

So we, at RCHR conducted a project called 'Interact Symposium' on the 19<sup>th</sup> of July with the Interact Club of Fort Convent School.

After giving them a gist about the basics we conducted various leadership activities and highlighted the importance of being a good leader.

We also helped them conceptualise new projects through our 'Plan Your Project Activity'.

As the Rotary Club of Bombay guides and encourages us throughout the year, we, the Rotaract Club Of HR College also

wished to be a beacon of light for the young Interactors.

This symposium was held in order to identify the core areas and initiatives that the Interactors will take up. It ended with the students recognising the great platform that they have access to in order to serve the society at a very young age.

**'Service above Self'**

- Rotaract Club Of HR College



We hosted an array of interactive training sessions to enlighten them about the global movements of Rotary, Rotaract and Interact.




\*Conditions apply.

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## Melting Pot CCCC

The Melting Pot Consular Corps Charity Carnival is the signature event of our Diplomatic Community.

This year this cultural charity fundraising event saw 24 different Consulates of different countries in Mumbai showcasing their traditions, customs and culture through cuisine, dance, song and contributions towards a noble cause by setting up stalls in the Regal Room. Cultural performances, a live band, and an open bar were other highlights of the evening to raise funds for select worthy causes.

This very popular event gives the various participating Consulates of different countries a great opportunity to present their traditional foods, drinks and

specialties and introduce visitors to their rich heritage. This year the event created a great spirit of bonhomie, bringing together the expatriate and local communities for a worthwhile charitable cause, while celebrating culture, cuisine and tradition.

The India stall was set up by RCB. The menu consisted of chai and toast, Kolkata moori, pav bhaji, samosa, veg biryani & raita, Rajasthani peda and aam papad.



RCB India Stall



## Rotary Privilege Card

Rotary district 3141 is happy to offer a Rotary Privilege Card to Rotarians, Spouses, Parents and grown up Children.

These cards are honoured by hundreds of business establishments in and around Mumbai, all the way upto Dahanu, who give substantial discounts on their products and services to Rotary Privilege Card holders.

To provide these services, we have tied up with a renowned company QuickPerks. Visit [www.quickperks.co.in](http://www.quickperks.co.in) to know the benefits of the card in detail.

For membership application forms kindly contact Mr. Irani at the RCB office.

## Donations Received for the Week: ₹ 6,30,000

Rtn. Sandip Agarwalla
Rtn. Arin Master
Rtn. Nowroze Vazifdar
Rtn. Dr. Ashok Kriplani
Rtn. Pradeep Saxena
Mr. Badal Mittal

Mr. Praveen Jain
Sanghi Overseas
Steve Bertrand Pinheiro
Korea Trade Center
TC Visa Services (India) Ltd.
Latin Aventuras



### Menu (Mexican)

14<sup>th</sup> August 2018

#### SOUP

Spicy Tomato Soup

#### SALAD BAR

Nachos with Salsa Roja / Salsa Verde / Sour Cream  
Corn & Chili Pepper in Martini Glass  
Black Eye Peas Salad

#### VEGETARIAN MAIN COURSE

Creole Vegetable Stew  
Three Bean Stew  
Stuff Pepper with Almond Sauce  
Baked Enchilada

#### NON VEGETARIAN MAIN COURSE

Chipotle Roast Chicken  
with Mashed Potato and Vegetables  
Fish Veracruz

#### ACCOMPANIMENTS

Steamed Rice  
Assorted Bread

#### DESSERTS

Tres Leches  
Dark Chocolate Mousse

**“My well, which never had water during the dry season, is now filled up to 50 feet.”**

- Laljibhai, Jasdan, Gujarat



Laljibhai sowed cotton and groundnut seeds before the monsoon this year, because pre-monsoon showers filled up a new Common Water Harvesting Structure built with Reliance Foundation support, making the groundwater table rise and recharging the wells.

*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 21<sup>st</sup> 2018**  
**Speaker: Mr. Amit Bhandari**  
Chinese Investment in India's Neighbourhood
- **August 23<sup>rd</sup> 2018**  
**Parsi Nite**  
The Coronation, Imperial Club House from 7:30pm onwards
- **August 28<sup>th</sup> 2018**  
**Speaker: Mr. Anil Dharker**  
Developing the left and right brain together
- **August 29<sup>th</sup> 2018 In Camera Event**
- **September 2<sup>nd</sup> 2018**  
**Fellowship-cum-service trip to Talwada**  
Register in advance with Rashmi at the RCB office

## ROTARY CLUB OFFICERS

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Arvind Jolly  
Arun Sanghi  
Dr. Adi Dastur

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## NEXT WEEK'S SPEAKER : Mr. Amit Bhandari

Amit has worked in business media and financial markets for over a decade.

He started his career with The Economic Times, where he tracked the energy sector. He was a part of the start-up team of ET Now, the business news channel.

Amit was responsible for setting up India Reality Research, a new research outfit within CLSA India, a stock broking firm.

He has also worked with Deccan Chronicle Group as the business editor for their general dailies.

He holds a Masters in Business Administration from IIM - Ahmedabad and a Bachelors degree in Technology from IT-BHU.

Amit Bhandari will be talking about "Chinese Investments in India's Neighbourhood."



**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](mailto:rotary.satyanisrani@gmail.com)**



## Birthdays & Anniversary Greetings



Rtn. Jayesh Jhaveri  
14<sup>th</sup> August



Rtn. Dr. Shailesh Raina  
15<sup>th</sup> August



Rtn. Sunita Mandelia  
17<sup>th</sup> August



Rtn. Sunny Pariyaram  
17<sup>th</sup> August



Rtn. Pradeep Gujarathi  
20<sup>th</sup> August



Rtn. Rajnikant Reshamwala  
20<sup>th</sup> August

### Partners

14<sup>th</sup> August - R/anne Rinku Suchanti

15<sup>th</sup> August - R/anne Sangita Advani  
R/anne Ketayun Irani

18<sup>th</sup> August - Ranjit Shahani

19<sup>th</sup> August - Daniel Tennebaum

R/anne Jyoti Doshi

20<sup>th</sup> August - R/anne Soni Israni

R/anne Ruby Patch

R/anne Navaz Pochkhanawalla

### Anniversaries

14<sup>th</sup> August - R/anne Biba &  
PP Rtn. Harry Singh Arora

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### Statistics for last week's meeting

Rotary Club Bombay Members	98
R/Annes	11
Visiting Rotarians	01
Invitees & Guests	06
Rotractors	7
Total attendance	123
Community Service Box Collection	₹ 2180/-