



President's Message

Dear Friends,

We have a couple of events lined up this week. The Maneckji and Shirinbai Neterwala Foundation has generously donated 20 new computers to our Vocational Training Centre at YMCA, Mumbai Central. I invite everyone to participate in unveiling the same on May 21st at 5.30 pm.

We will also inaugurate various departments at Masina Hospital as part of our new initiative; please attend the opening ceremony on May 24th at 10.30 am at Byculla.

On Sunday, May 26th, our Club will conduct a medical camp for the Mumbai Police Force at 9:30 am across NM Medical Centres. Also, RCB will co-host the Yeh Dil Maange More District Seminar on Sunday, at Club Emerald, Chembur, at 7.45 am. I urge you all to attend.

Lastly, I request you all to save the date in your calendar – June 25th will be our last meeting for the year 2018-19. Please do join us at the Regal Room, Trident Hotel, from 7 pm onwards.

Thank You!



Rtn. Vijay Jatia
President

TODAY'S SPEAKER: ADVAIT DIKSHIT



TOPIC:
Mountaineering experiences and his ambition to scale Mount Everest.

SERVING ENDORPHINS



"Why do we need to laugh? We need to laugh for our health. When we laugh, we release small protein molecules called endorphins. These endorphins energise our brain and are supposed to be anti-aging. So, if you laugh for 15 minutes a day, perhaps you could live up to 300 years of age," joked **Dr. Quresh Maskati** at the Rotary meet last Tuesday. Dr. Maskati's topic was: Humour in Medicine.

As laughter energises the brain, the chances of developing Alzheimer and other such diseases reduces. Additionally, Rotarians have a motto of Service Above Self.



So, if you live longer, you serve longer, said Dr. Maskati. He then shared some of his laughter lessons. He said, "You crack jokes for your own benefit, not necessarily for someone outside. Every one of us is capable of cracking jokes. I hear people say that

they can tell a joke to a single person but not in front of a crowd. This means that you have not chosen the right audience. Everything come with practice so when you start telling jokes, it is good to practice on your grandchildren – I am assuming that most of us here have grandchildren. Go to the grandchildren before they begin to understand your jokes. They laugh because you laugh – they love you. So, two things are necessary: a good audience and a good hand grip.

Continued on Pages 2 and 3



Continued from Page 1

Your grip, initially, when you are practicing should be strong. I learnt this from my friend Vihang Vahia who was a psychiatrist. He would bump into me in hospitals and, every time, he would hold my forearm with a firm grip and say: 'Quresh, have you heard of this one?' Chances are that he had a repertoire of five jokes and I had heard that one. But I could not escape because of his grip."

"The worst thing is that because he had short-term memory loss, five hours later, in another hospital, he would repeat the same hand-grip, and ask, 'Quresh, have you heard of this one?' I would say it was the same one he had told me at Breach Candy. And he would laugh, say it was different and start again. So, a good hand-grip is important. The other thing I learned from Vihang was to tell the same joke multiple times in a day. Vihang would tell you the same joke three times. So, by the time he got to tell it the fifth time, hopefully to somebody else, he would actually be good at it."

Dr. Maskati shared his first day at the GS Medical College, when a professor started talking about the human body. "He asked, 'Do you know which part of the human body when aroused or excited expands to 10 times its size?' One of the students was a girl from Beed, Maharashtra, who was offended. She got up and said, 'Sir, we come from a small town and we are good girls. We are not used to being asked such shameful questions!'"

"Without batting an eyelid, the professor said, 'Young



lady, there are three things wrong with you: one, you have now entered medical college where not a single body part is shameful – you have to learn every part of it. Secondly, your knowledge of anatomy and physiology is extremely poor; I was talking about the pupil in the eye. And the third is that lady, you are going to be disappointed when you get married."

"I was then living with my father in a building facing the sea and we were on the 11th floor. Early morning, I used to get up to do Yoga and exercise. I stretched my arms out of the balcony and thanked the lord for the beautiful day and suddenly felt something falling into my hand. It was a glass eye. I looked up and saw a neighbour from the 13th floor in a transparent negligee looking down. I was already a Rotarian so I ran up to the

13th floor to return whatever was in my hand. Part of the four-way test. I rang her doorbell. She opened the door and said, 'Come in, what will you have? Coffee? Tea? Or?' I chose the 'or' option. One thing led to another and time just flew by. I said, 'I must leave now, I have a surgery at 9 am but tell me, are you this hospitable to all your neighbours?' She said, 'No! Only to those who catch my eye'."

It is difficult in our field of work to get good staff. One time, I was interviewing a male secretary for the job. We always tell them not to tell the other interviewees what they were asked inside. But job aspirants always surround the person coming out of the interview room. The same happened with this person. He said, 'The interview was easy and going smooth, I was answering everything

correctly. Then they asked me one thing and I think I made a mistake. They asked me to show my testimonials and I think I showed the wrong thing."

One great rip-off is our concept of five-star and seven-stars hospitals having executive health check-ups. An executive who has absolutely nothing wrong with him, pays a good amount of money to the hospital, which then runs a series of tests on him, to then tell him, at the end of the day, that there is nothing wrong with him. This is a racket that goes on and on. Mr. and Mrs. Shah, both in their 60s, went for an executive health check-up. They were seen by the doctor and the doctor then said, 'Mr. Shah, everything is alright, you are perfectly fit, do you have any questions for me?' He said, 'Yes, since you asked, as you said we are perfectly fit, though in our 60s we do enjoy sex but the problem is that the first time I have sex, I feel all cold and clammy and the second time I have sex I feel hot and sweaty; I don't understand why. The doctor asked Mr. Shah to leave and looked up Google but couldn't find the symptoms. He called Mrs. Shah and asked her about Mr. Shah's complaint. She said, 'He is a stupid fool. We have sex in January and July!'"

"In medicine, there is no shortage of humour. Once, as college students, we were on a train from north Bombay to south Bombay. There were four or five of us from Elphinstone to Churchgate. A pretty young girl got in at the next station and saw us staring at her and said, 'If you all give me Rs 5 each, I'll lift up my skirt a little higher.' We all gave the money and

she did lift her skirt a little higher. We thought it was great. One station went by, and we were still staring. She said, 'If you give me Rs 10 each, then I'll show you where I had my appendix removed.' Being medical students, we knew where the appendix scar is. So, we were thrilled. We gave her the last of our money and asked her to show us where her appendix was removed. She showed us Saifee Hospital!"

"Sometimes, no matter what we advise, patients take advice from elsewhere. A patient went to Vihang and said that he couldn't sleep at night, he dreamt he had monsters under his bed and that they would eat him up. Dr. Vihang said, 'You will have to go under a long treatment and medication and it will cost so much money. In about 12 sessions, I'll be able to cure you.' Of course, the patient never came back. Dr. Vihang met him on the street one day and asked what had happened. He said, 'No, I went to the pub that day as I was depressed and I told the bartender my problem and he gave me a ten-dollar solution. After that I had no problem. He simply told me to shave off the legs of the bed. End of problem!"

One of my classmates went abroad as a doctor and made millions. He decided to get married for which he came back as it had to be a Gujarati. He came back and met about 15 girls and selected one. Married, they went back not knowing much about each other. He had a lovely palatial home with a big TV that could have dish antenna to watch a cricket match. The new bride walks up to him and says:

Wife: One of the steps is a little loose, I might trip.

Husband: Do you think I have ACME hardware written on my head? Don't disturb me.

At the drinks interval, she told him about a bulb fused in the kitchen and asked him to fix it.

Husband: Do you think I have Phillips written on my head? Don't annoy me. She waited till lunch and for the third time, she told him about the loose gasket of the refrigerator, and asked for help to fix it.

Husband: Do you think I am a GE mechanic? I am so annoyed with you! I am going to the pub to watch the match

MAY 21, 2019

there. He left and an hour passed by. He felt that perhaps he had been a little too harsh. So, he went back a little guilty only to find that everything had been fixed. He was amazed and worried and turned to his wife and asked what had happened within that one hour? Wife: When you were gone, I was crying and our kind neighbour Mr. Smith passed by. He asked why I was crying and I narrated everything. Now the husband was sweating a little.

Husband: And then?

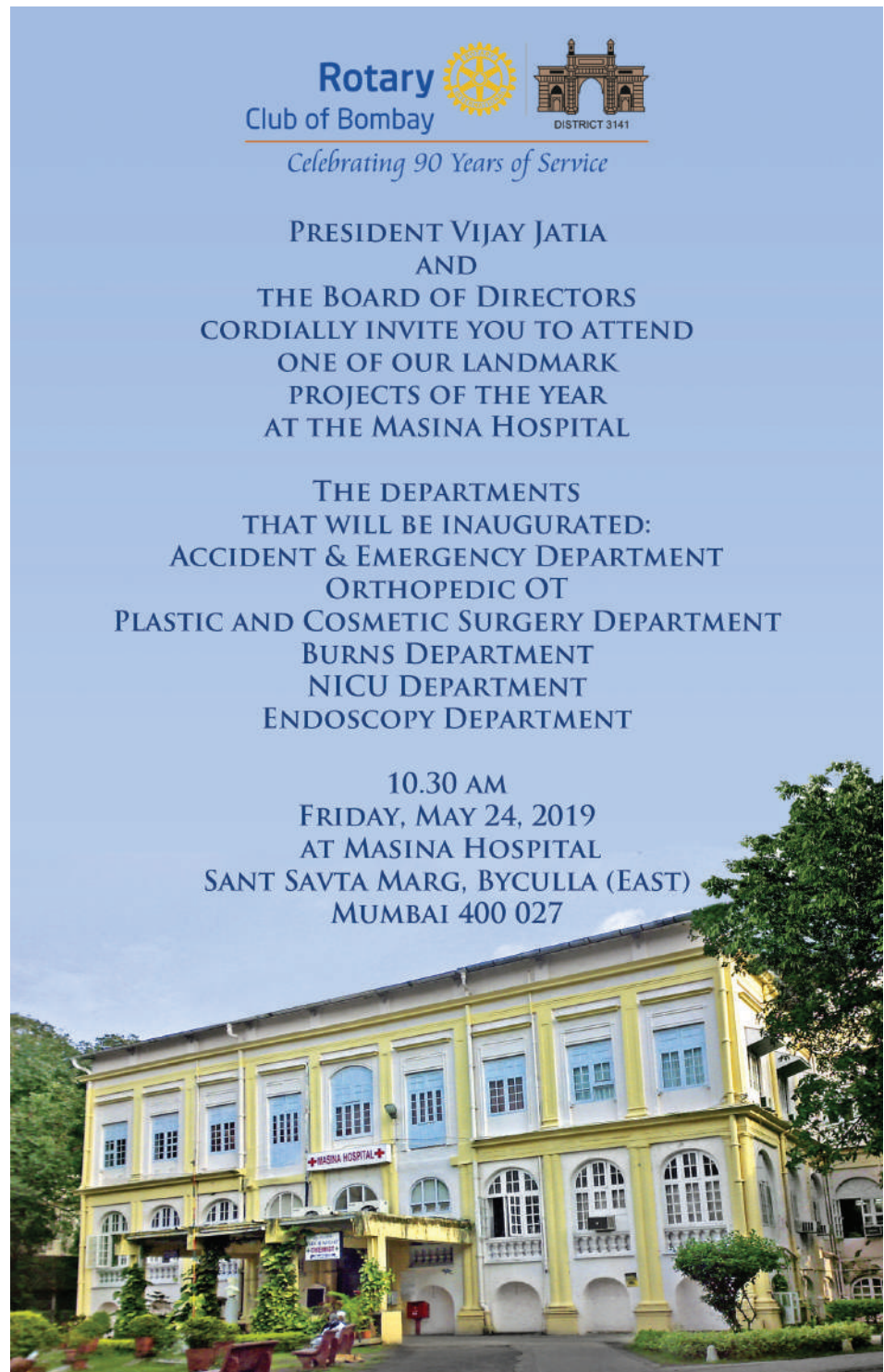
Wife: Mr. Smith was kind enough to fix everything for me.



Husband: And what did you have to do for it?

Wife: Well, Mr. Smith said, 'Either you can give me wild and passionate sex or you can bake me a cake.'

Husband: What cake did you bake for him?

Wife: Do you think I have Mongini's written on my head?



Rotary
Club of Bombay
Celebrating 90 Years of Service

PRESIDENT VIJAY JATIA
AND
THE BOARD OF DIRECTORS
CORDIALLY INVITE YOU TO ATTEND
ONE OF OUR LANDMARK
PROJECTS OF THE YEAR
AT THE MASINA HOSPITAL

THE DEPARTMENTS
THAT WILL BE INAUGURATED:
ACCIDENT & EMERGENCY DEPARTMENT
ORTHOPEDIC OT
PLASTIC AND COSMETIC SURGERY DEPARTMENT
BURNS DEPARTMENT
NICU DEPARTMENT
ENDOSCOPY DEPARTMENT

10.30 AM
FRIDAY, MAY 24, 2019
AT MASINA HOSPITAL
SANT SAVTA MARG, BYCULLA (EAST)
MUMBAI 400 027

EXCELLENCE AT SCHOOL

THE School Excellence Program (Teacher's Training) for a hundred Municipal schools in Thane was launched by PP Rtn. Nirav Shah, Rtn. Mudit Jain, Rtn. Hiren Kara and Rtn. Anar Shah on September 1st, 2017. The programme was undertaken by the Rotary Club of Bombay and the Rotary Club of Colombo with the help of Kaivalya Education Foundation (KEF), the cooperating organisation. While the project was initially estimated to take a year, it has now come to completion.

The total project cost was Rs 1.83 crore or US\$ 285,000. Amit Chandra (non-Rotarian) donated US\$ 200,000 while US\$ 85,000 was funded by The Rotary Foundation (Evanston, USA). The programme was executed via global grant which is sustainable and measurable as per TRF norms.

THE OBJECTIVE FOR THIS GLOBAL GRANT WAS TO IMPROVE THE SCHOLASTIC OUTCOME OF OVER 24,000 UNDERPRIVILEGED STUDENTS STUDYING IN THANE'S MUNICIPAL SCHOOLS. THIS WAS DONE BY:

1. Building leadership and managerial capabilities of school principals and education officers.
2. Enhancing subject knowledge and teaching abilities of teachers.
3. Engaging local community members in the school development process.

Through this project, 100



school principals, 200 school teachers and 10 education officers benefited. Improving teachers' abilities improved students' academic performances. This intervention is expected to have a long-term effect since teachers in the public education system stay in the system for long periods of time and can teach different sets of children every year more effectively.

RCB had short-listed some organisations that work with teachers to improve the public education system and met different types of people across vital verticals such as operations and strategy teams. Kaivalya Education Foundation (KEF) was chosen as the cooperating organisation.

Kaivalya Education Foundation (KEF) is a change management organisation founded in 2008 that supports Public Education System leaders to improve student's learning outcome in public schools by developing leadership, improving processes and deploying

technology.

KEF has developed three flagship programmes: School Excellence (SEP), District Transformation Program (DTP) and State Transformation Program (STP) to reform the education scenario and The New Millionaire Program (TNMP) to build a cadre of nation builders.

Since its inception, KEF has partnered with many government, private and educational institutions to impact more than 1400 schools under the School Excellence Program in Rajasthan, Gujarat Maharashtra, Haryana and Uttarakhand. The District Transformation Program is currently being implemented in three districts: Jhunjhunu, Surat and Kheda, transforming over 3000 schools. The State Transformation Program is currently being implemented in Jammu and Kashmir, Haryana, Assam, Jharkhand, Odisha, Madhya Pradesh, Andhra Pradesh, Rajasthan, Gujarat and in the National

Capital Region of Delhi, impacting over 57 million students studying in more than 500,000 public schools.

KEF projects are presently being funded by United States Agency for International Development (USAID), Michael and Susan Dell Foundation (MSDF), Porticus, Central Square Foundation, The Hans Foundation, EdelGive Foundation, Tata Communications Limited, HSBC, Kapadwanj Kelavani Mandal and Millennium Alliance.

KEF's board members include Ajay Piramal (Chairman, Piramal Enterprise Ltd.) and Aditya Natraj (CEO, KEF). The senior management team of KEF includes 12 core team members with a combined experience of over a hundred years from across the fields of education, youth leadership, banking, media, corporate and legal consulting, psychology and manufacturing.

KEF envisions transforming India's public education system to improve the life chances of 100 million students studying in India's public schools.

The Rotary Club of Thane Hills, R.I. District 3142 was KEF's local partner and assisted in overseeing the project. An NOC was obtained from Dist. 3142 for the same.

Rotarians from The Rotary Club of Bombay and the Rotary Club of Thane Hills worked closely with the KEF team to ensure regular reporting of the project's progress. They also visited the school regularly to monitor the project and ensure its smooth running.

ROTARIANS MAKING WAVES

CONGRATULATIONS TO OUR 9TH AKS MEMBER



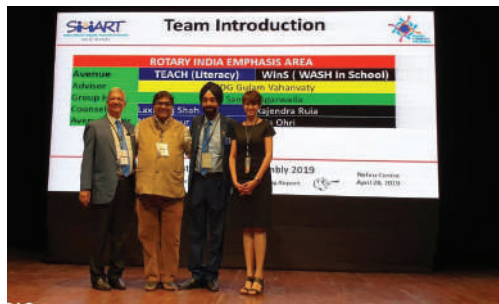
Rtn. Jetu Lalvani has become the 9th AKS member from our Club – the highest number of AKS from any single club in the world. Jetu is the son of PP Rtn. Taru Lalvani who was a very popular and active member of the Club. He too contributed generously toward The Rotary Foundation. Following in his illustrious footsteps, Jetu (a member of our Club for 32 years) and Rtn. Ptn. Emma have contributed US\$ 250,000 to TRF, entitling them recognition in the Rotary Hall of Fame in Evanston, Illinois, USA and membership of the prestigious Arch C. Klumph Society. We salute their generosity and congratulate them.

CONGRATULATIONS TO RTN. SITARAM SHAH



Our congratulations to Rtn. Sitaram Shah on receiving the Certificate of Honour for completing the Bhagavad Gita Course examination in November 2018. Sitaram received a Grade 'O' obtaining 87 per cent through a webinar by Chinmaya International Foundation (CIF) by Swami Advayananda, Acharya, CIF at Chinmaya University on May 9th, 2019 in Cochin.

RCB @ District Training Assembly



Rtn. Kalpana Munshi, PP Rtn. Sandip Agarwalla and PP Rtn. Pradeep Saxena addressed the District Assembly this year. Kalpana addressed the District Assembly as the Head Avenue Chair for the Year 2019-20 on Vocational Service, Consumer Awareness/ Protection, Indian Journalism/ Ethics and Values and the Four-Way Test. PP Rtn. Sandip Agarwalla addressed the District as the Group Head on the topic Wins and Teach. PP Rtn. Pradeep Saxena addressed the District on CSR.

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RTI-PIL PANEL DISCUSSION



The much-awaited Panel Discussion on Right To Information and Public Interest Litigation took place on April 23rd, 2019, organised by the Club Service Avenue V – Legal Literacy and Consumer Awareness of RI District 3141.

A galaxy of legal luminaries attended the Panel Discussion including: Retired Supreme Court Judge B. N. Srikrishna, Shailesh Gandhi (former Chief Information Commissioner), Dr. Milind Sathe (Senior Advocate, Bombay High Court), Rahul Wadke (Special Correspondent with The Hindu's Business Line) and Jamshed Sukhadwalla (Engineer and RTI Activist). Moderating the panel discussion was Rtn. Jimmy Pochkhanawalla (Senior Advocate of the Bombay High Court).

The evening was anchored by Rtn. Satyan Israni (Avenue Co-Chair) and began with the customary singing of the National Anthem. Opening remarks by RCB's partnering organisations followed: IMC Chamber of

Commerce and Industry and The Chamber of Tax Consultants. Rtn. Virendra Widge (Group Chief Avenue Head) gave a speech that provided a glimpse of the Rotary movement to over 135 members in the audience.

Rtn. Ashok Shetty (Avenue Chair) then introduced the Chief Guest for the evening, Justice (Retd.) B. N. Srikrishna who was presented with a memento at the hands of Rtn. Bharati Marfatia (Avenue Coordinator).

Satyan then introduced each of the panellists and the moderator, before the moderator took over the evening's events and conducted the discussion.

It was an enthralling and lively panel discussion with each panellist putting forth his opinion eloquently. While each panellist had his own take on the usefulness of the RTI Act and its role in society, they all agreed that there was a rising trend of misuse of information availed under the RTI Act to settle scores, or for extortion, especially by using such

information to file PILs and such motivated PILs needed to be weeded out of the system.

After the panel discussion, Rtn. Virendra Widge, Rtn. Ashok Shetty and Justice (Retd.) B. N. Srikrishna acknowledged the organisers' efforts and the host clubs which were the Platinum Sponsor – Rotary Club of Bombay, Gold Sponsor – Rotary Club of Bombay Mid-Town and Silver Sponsors – Rotary Clubs of Bombay Seacoast, Mumbai Malabar Hill, Mumbai Shivaji Park and Bombay West.

The evening rounded off with a Vote of Thanks proposed by Rtn. Bharati Marfatia. The Rotary Club of Bombay was the main sponsor of the event and was represented by PP Rtn. Ashish Vaid, Rtn. Jimmy Pochkhanawalla, Rtn. Shivkumar Israni, Rtn. Moy Biswas, Rtn. Mahesh Khubchandani, Rtn. Mehernosh Dotivala, PP Rtn. Kalpana Munshi, Rtn. Ptn. Damini Kamdar, Rtn. Mehul Sampat and Rtn. Satyan Israni.

Project Musical Hour



Volunteers from RC ISME and the Meraki Foundation recently visited an orphanage named Abundant Life Ministries in Goregaon West. Two of the Rotaractors from RC ISME sang songs while one played the guitar. Residents of the orphanage joined in and sang songs along with the student volunteers. Later, everyone was segregated into two teams and musical games were played.

Residents were offered a platform to open up, overcome their stage fear and sing their hearts out. The importance of rhythm was shared with them as also the idea that music, with its positive impact, can help when one is feeling low, and make one feel calm and composed.

The musical hour was like a mini concert for the kids. Each one sang, bonding more with the rhythm as time went by.



THE TAJ MAHAL PALACE
MUMBAI

MENU (PAN ASIAN)
May 28, 2019

SOUP

Tom yum soup, Crispy noodles,
Assorted breads

SALAD BAR

Kimchi, Raw mango salad, Thai
cucumber & peanut salad

VEGETARIAN MAIN COURSE

Vegetables in whole garlic
sauce, Thai veg green curry,
Japanese curry with water
chestnuts, tofu and mushroom
stir-fry

**NON-VEGETARIAN MAIN
COURSE**

Sliced lamb in black bean
sauce, Thai chicken red curry

ACCOMPANIMENT

Crispy burnt garlic rice, Phad
Thai noodles, Chilli sauce, Soya
sauce, Chilli vinegar

DESSERT

Date pancakes, Roasted almond
ice-cream, Freshly cut fruits
platter





May 21: Inauguration
of 20 new computers
at YMCA, Mumbai
Central at 5.30 pm.

May 24: Inauguration
at Masina Hospital,
Byculla (East) at 10.30
am.

May 26: RCB will
conduct a medical
Camp for the Mumbai
Police Force at 9:30
am across NM Medical
Centers

May 26: District
Membership Seminar
and District Literacy
Seminar at Club
Emerald, Chembur,
from 7.45 am to 2
pm.

May 28: Speaker Avni
Biyani on 'The future
of the food business
in India'.

Rotary  
Club of Bombay
Celebrating 90 Years of Service

Save the Date

*Thanks, Gratitude and Recognitions
for the year 2018 -19 gone by*

*See you'll at the final meeting
7.00 pm, Tuesday, 25th June, 2019
at the Regal Room
Trident Hotel*

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Next Week's Speaker : Avni Biyani



Avni Biyani is an entrepreneur and serves as the Concept Head of Foodhall. Avni, 28, graduated in Sociology and Politics from New York University (NYU) in 2011. She is business leader Kishore Biyani's daughter. Avni developed an interest in food after she attended a few culinary classes while in NYU. She joined the premium lifestyle food store chain as the Concept Head and has been serving in that capacity since then. The idea

behind starting Foodhall was to expose modern Indian customers to the finer nuances of food. The format targets well-travelled, urban, Indian consumers who love to experiment with global cuisines and promises to expose customers to the next level of food retailing. Avni will be presented with the Uma Jain Young Achievers Award for the year 2018-19. She will talk to the Club about 'The future of food business in India.'

BIRTHDAYS FROM MAY 21ST TO MAY 27TH, 2019

24th



**RTN. DILNAVAZ
VARIAVA**

25th



**RTN. (DR.) AMBRISH
DALAL**

25th



**RTN. PRITAM
SANGHAI**

26th



**RTN. MEHUL
SAMPAT**

RTN. PTN. BIRTHDAYS

MAY 22

Rtn. Ptn. Geeta Dhawan

MAY 26

Rtn. Ptn. Ritika Arenja

ANNIVERSARIES

MAY 21

**Rtn. Ptn. Niyati & Rtn.
Chetan Shukla**

STATISTICS

FOR THE LAST MEETING

Club Members	93
Visiting Rotarians	01
Rotaractors	01
Rotarian partners	03
SERVICE BOX COLLECTION	₹ 2400



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ROTARY CLUB OF BOMBAY

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Vocational Training Centres	Varsha Daiya
Child Welfare	Rajesh Shah