



President's Message

Dear Friends,

Next Tuesday, we will present the Shyam Munshi Lifetime Achievement in Arts Award to artist Laxman Shrestha. We will also honour former Mumbai Police Commissioner Julio Ribeiro with the Citizen of Mumbai Award.

We are a month away from the final meeting of the year.

Our journey for 2018-19 will be celebrated on June 25th at the Trident Hotel, Regal Room, Nariman Point at 7 pm.

Do join us as we bring the year to a close and showcase the effort our Club members put in and the work that was achieved.

Thank You!



Rtn. Vijay Jatia
President

TODAY'S SPEAKER: AVNI BIYANI



TOPIC: The future of the food business in India.

Avni Biyani is an entrepreneur and serves as

the Concept Head of Foodhall. The idea behind starting Foodhall was to target well-travelled, urban, Indian consumers who love to experiment with global cuisines and expose them to the next level of food retailing. Avni will be presented with the Uma Jain Young Achievers Award for the year 2018-19.



This photo of a serpentine queue on Hillary Step, a well-known choke-point close to the summit of Mount Everest, is going viral. It shows a long line of trekkers walking along a precarious cliff waiting to fulfil their dream. The route was clogged as 250-300 people marched in a single-file, reportedly taking up to three hours to summit. The photo has triggered a stormy debate about over-crowding atop the mountain.

Summit to talk about

Working with corporates, doing change management and addressing international conferences – this is what the front end of Advait Dikshit's life looks like. The meat, muscle and bone of it is made up of 'adventure projects' ranging from gynaecology to mineralogy and psychology to architecture.

By adventure projects, Advait means assignments that take him out of his comfort zone. "These are projects that allow me to test systems, processes, frameworks and theories that I have learnt and heard from people. That way, I can validate them for myself and



Last Tuesday's speaker Advait Dikshit talks about the road to summiting Mount Everest and his challenges with diabetes

internalise them. Whatever the success and failure I have in my projects, I bring them back to my professional work; that is how I complete this virtual cycle – that is my trip and life."

Advait's talk was divided into four sections: adversity, adventure, demonstration and contribution. His topic: 'Sugar to snow: backpacking from adversity to adventure'.

Continued on Pages 2 and 3





Continued from Page 1

One of the expeditions that Advait shared with Rotarians was of cycling from Kanyakumari to Kashmir, all by himself and with luggage that weighed 30 kg.

The real story, however, starts upon his return from the expedition, when he found out he had diabetes. "I actually howled at a rock cliff and then blamed my parents. Both my maternal as well as paternal grandmothers died of diabetic trauma. So, yes, that is my lineage!"

"After spending a month in semi-depression, I resolved I could not go on like that any longer. My life could not be about continual monitoring of blood sugar, medication and all the stress that goes with that. Life gets constricted!"

"I didn't want that so I decided to turn this adversity into adventure! How about becoming healthier? Not to survive diabetes or control it but to actually go to the next level in terms of performance. I shared this with all my friends on Facebook and once you do something like that, you are trapped. There is no going back."

"I said to myself, how about summiting Everest? I'm 55-years-old, diabetic, without any medication, and I want to climb to 9000 metre and summit the Everest. A woman I met on my cycling expedition inspired me to do this. So, I called her up and thanked her."

One of the earliest challenges towards preparation was fasting. He decided to go three days on water. "Day 1 went by. Somehow, I stayed away from food by watching TV. By the afternoon of the second day, I was going crazy. I landed up at Starbucks. There is something destructive in me, I always end up where I shouldn't be. So I was at Starbucks with a blueberry cheesecake in front of me. All I wanted was that cheesecake. Then there were two voices in my head, one of which was an admonishing parental voice saying, 'What about your declaration? What about going to the Everest? Two years of training and this is just the first step.' Then there was another voice: 'Don't be so hard on yourself, it's okay!'"

"Finally, I told myself: 'Advait, it is okay to have that cheesecake. Relax. The battle is over. You can have the cheesecake. Suddenly I felt the energy coming back, the focus coming back. I was not even looking at the



cheesecake anymore because now I could have it, right? The space that got generated in my head from the absence of the conflict allowed a creative thought to come in. And it said, 'Advait, you can have the cheesecake but you know what, why don't we go on YouTube and see videos of some other people who have done a three-day fast.' I thought that was a good idea."

He did not find any videos of people who had done three day fasts but stumbled upon several of people who had done 20-day fasts and more. He read articles on people who had done 362-day fasts on just water. "I found myself looking at the people who had done the 20-day fasts and saying to myself, 'If this moron can do it, so can I.' I kept listening to them and turning them into my mentors. I ended up fasting for 20 days on just water. I broke it at the Yacht Club on the 26th of December, out of boredom. I had two oranges."

This experience crystallised certain principles for him. These were principles he had learned from Alcoholics Anonymous, being an addict for 14 years. They were:

1. Be a contrarian: Find the different out of the ordinary. He explains, "When I was struggling with my addiction, if I had gone to my relatives or doctors, they would have said: 'Control, Advait! Get

control of yourself.' But the control thing didn't work well for me and I landed up in Alcoholics Anonymous. They told me the exact opposite. They said, 'Give up control.' In fact, the first step of Alcoholics Anonymous is to admit that we are powerless over our addiction and our life has become unmanageable. It seems completely counter-intuitive to go to get power or control and to be told that what you had to do was give it up. Even merely desiring to believe it incites fear in me. About 99 per cent of contrarian thoughts are contrarian because they don't work but if you can find the one that does, then that's the breakthrough. So, keep searching for alternative points of view which are criticised, denounced or laughed off. In that haystack, you may find the one gem that will take you to the next level."

2. Stick to winners: "If I identify one contrarian thought, who is the champion of that thought? That person is the winner. Stick to that person, hang around with that person. Identify role models and follow them. Keep your brain aside for a while and follow that person until you get creative."

3. Hang around with peers: "These are your equals, your community. When I was struggling with the

cheesecake, who was with me in the videos? My community! I hung around with these friends and not with the Starbucks friends, and so I could fast for 26 days.”

4. Contribution: “Can I actively seek out people who are few steps behind me? Can I teach them my success, failure and my struggle?”

Coming back to Everest, Advait was a novice when he began. He says, “I had never trekked, cycled, stayed away from lunch for more than two hours. So, I began with a decision to go stay amidst mountains. I went to Ladakh. Then I failed and realised I needed to have a world-class coach with the same principles as me.”

“I found Steve House, an elite mountaineer. I was very excited and he heard me patiently for 30 minutes. Then, he said, ‘There is no glory on Everest, Advait! If you want to find glory, find a cure for cancer or feed the hungry! That’s where the glory is.’ Later, in an email, he wrote: ‘The day you learn to love the process and forget all about actual scaling, that’s the day you will be a mountaineer.’ I am beginning to love the process. To learn about oneself, to learn about the environment, that’s the game. More than process, it’s also about contribution. Maybe I have not summed this last part well, but the process has begun!”

While in Ladakh, he read a line in a Buddhist philosophy book: ‘When you die, you will not be asked why you were not a Buddha, you will be asked, ‘Why were you not Advait?’

“Suppose something goes wrong at the Everest Summit,

if I am lying down and I have no energy to get up and go down. I have to ask myself, ‘Were you Advait?’ The answer will be, ‘No’. There will be a hint of regret. So what can I do now so that the chances of that regret reduce by May 2020. My answer is that is where sugar to snow is. This journey started with me discovering a problem that I have, sugar, which I have to survive. I discarded this to actually summiting the Everest to demonstrate that my performance can actually go to a level better than before I had diabetes. That journey has to be shared with people. It is in the contribution of sharing the journey with people and not in summiting the Everest that my fulfilment will be found. Most of the time I don’t believe in this, and that’s the breakthrough.”

“I want to reach out to people above 35 and 45. My idea is that India is going to be the diabetic capital of the world, it needs to hear this message. Lifestyle changes can reverse this and, even better, please don’t change your lifestyle just because you got money. That is a bigger message, that’s the contribution I want to make. I want to demonstrate that one can thrive with any kind of lifestyle disease.”

“That’s my project, that’s what I am up to. Before I end, this is what I’d like to tell Steve, ‘I am a little closer to understanding what you said two years ago. It is not about the Everest, there is no glory there. If possible, contribute. That’s where the joy is. If it ever happens that you are up there and you can’t return, there is one thing you won’t have, ‘Regret!’ Then, I can die answering ‘Were you Advait?’ with: ‘Yeah!’”



MAY 28, 2019

TWENTY NEW COMPUTERS TO HELP JOB SEEKERS



The Maneckji and Shirinbai Neterwala Foundation generously donated 20 new computers to RCB'S Vocational Training Centre at YMCA, Mumbai Central. The inauguration took place on May 21st at 5.30 pm.

The Vocational Training Centre has touched the lives

of close to 50,000 people since its establishment in 1993 at Agripada Municipal School. Last year, approximately 2000 students enrolled for various courses at VTC at Agripada.

The project is expected to benefit females in the age group of 15-40 years, most of

whom not literate enough to earn for themselves and their families. They live below the poverty line.

The project provides a platform to girls and women who risk being exploited due to their low economic status. The centre is located in an area that is approachable

and accessible. Services provided under this project are planned so as to be affordable to the community.

This project helps the beneficiaries to be economically and socially strong and also enhances their self-esteem and self-confidence.

YOGA FOR BY KIDS

The Yoga Committee of RCB is training children in 10 BMC schools. A heartening case study is that of eighth standard student Sahil who seemed to have enjoyed it the most. He gave it his best, insisted he wanted to learn more and said that yoga should be taught every day.

Meha, who volunteers at GK Marg, knew Sahil as he had stood out for his sincerity in learning English as well. She found it surprising that he had a passion for yoga at such a young age. This motivated her to collect funds from her friends and cousins thus enabling Sahil to do an advanced certified yoga course for 20 days and make his dream come true.

Not only did Sahil spend



50 hours learning yoga this summer, he also came first in his course.

Sahil, whose father is a tailor, is now certified for Surya Namashkar, Yogic diet, Asana theory, Yoga Anatomy, Asthanga yoga asana, and Asana Alignment.

HELPING KERALA'S NEEDY

The Rotary Club of Bombay thanks everyone who contributed towards the Kerala relief fund. A free medical camp was recently conducted by IMA in Chengannur and 131 patients were referred to St. Thomas Hospital for ultrasound scanning. Ten patients have already been scanned and appointments have been fixed for the remainder. "Our sincere thanks to RCB in enabling us to serve the needy," said Dr. Charlie Cherian, Director, St. Thomas Hospital.

CORRIGENDUM

With reference to 'Youth Education Fund turns 10 with RCB', published in The Gateway dated May 14th, 2019, Chairman of Yoga Committee, Rtn. Sitaram B Shah, has clarified that there is no Youth Education Fund either in Rotary Club of Bombay or in Kaivalyadham. The Rotary Club of Bombay has Yoga Science Fund (YSF) while Kaivalyadham has Yoga Education Fun (YEF).

There is a synergetic partnership between Kaivalyadham and the Rotary Club of Bombay for Yoga Activities between the two institutions – i.e Rotary Club of Bombay (RCB) and Kaivalyadham, Lonavala (YEF) for activities related to Yoga. Rtn. Ptn. Veena S. Shah was also present on behalf of Rotary Club of Bombay for the 10th anniversary function of YEF. This name was inadvertently missing.

MASINA GETS RCB TREATMENT



On May 24th, 2019, around 30-35 Rotarians gathered to witness the inauguration of several departments of Rotary Club of Bombay's landmark project at the 109-year-old Masina Hospital, Byculla, Mumbai. A spend of over Rs 400 lakh makes this the largest in RCB's 90-year history.

Masina Hospital is a 270-bed facility that specialises in General Medicine, General Surgery and Paediatric, and several multi-facility departments. It was Managing Trustee Rtn. Homi Katgara who proposed that the Rotary Club of Bombay help upgrade facilities.

DG Rtn. Shashi Sharma, DGN Rtn. Rajendra Agarwal and two other Rotarians from the Parnel Club were also present. RCB thanks Arvind Poddar and Vijaylaxmi Poddar who donated Rs. 1,80,00,000, against which we received a Global Grant

of US\$ 3,42,500 in (INR 2,45,59,997.13), Varunn Mody, Hindustan Composites, for a donation of Rs. 53,00,000, against which we made a Global Grant application and received US\$ 1,13,973.11 (in INR 81,85,000.95). The total Global Grant received was US\$ 4,56,473.11 (in INR 3,27,44,998.08). Total funds donated by Rotarians was INR 2,33,00,000.

A big thanks to Rtn. Gaurav Nevatia for executing the project, PP Rtn. Sandip Agarwalla for his guidance, and Dr. Vispi Jokhi, Medical Director, Masina Hospital for his cooperation. Lastly, RCB thanks its Global Grant partner, the Rotary Club of Ramlah, Israel.

We shall be upgrading the ENT department further at an outlay of Rs. 1 crore for which Rtn. Ashok and Yogesh Mahansaria have already contributed towards the Global Grant.

Departments inaugurated: Accident & Emergency department, Orthopaedic OT, Plastic and Cosmetic Surgery department, Burns Department, Endoscopy Department and NICU Department.



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SUMMER CAMP ENDS AT AMBEDKAR SCHOOL, WORLI



Thirty-seven children of Ambedkar School, Worli, visited the CSMVS museum on Friday, May 17th. Thanks to Rtn. Priyasri Patodia and President Vijay Jatia, everyone was well looked after at the museum.

The children enjoyed the archaeological pit and were delighted with the natural history section, especially with the animals! They saw the Egyptian mummy on display and were awestruck with the armoury section. Most of the children had never visited the museum before.

To end the week of the summer camp, everyone went to McDonald's at Inox and had a super time there. The soft drinks fountain and ice dispenser fascinated the children, who had a great time filling and refilling their glasses!

The children went home with happy memories of their outing.

Workshops to keep street children off the street



Trusting the creative process with the magic and mystery of moving from nothing to something, the Child Welfare Committee of RCB planned outbound learning activities for street children. These children have no homes to keep them away from the heat and no school to go to in summer.

Thanks to the Rotary Club of Bombay, the street children

of Salaam Baalak are now spending their summer months learning new skills to enhance their imagination, through various workshops at the Chhatrapati Shivaji Maharaj Vastu Sangrahalaya.

They recently enjoyed mythological storytelling, story writing, landscape painting and finger painting for tiny tots.





THE TAJ MAHAL PALACE
MUMBAI

MENU (INDIAN)

June 4th, 2019

SOUP

Bhune makai ka shorba,
Assorted bread rolls & butter

SALAD BAR

Dahi bhalla, Palak patta
chat, Amrud chat

VEGETARIAN MAIN COURSE

Paneer pasanda, Amritsari
chole with kulcha, Aloo gobi
mutter, Bhindi Kurkure, Dal
makhani

NON-VEGETARIAN MAIN COURSE

Chicken kalimirsch, Mutton
roganjosh

ACCOMPANIMENT

Saffron pulao, Assorted
Indian breads, Pineapple
raita, Papad/pickle/
kachumber

DESSERT

Jalebi with rabri, Malai kulfi,
Fresh-cut fruit platter



June 4: Speaker Julio
Ribeiro receives the
Citizen of Mumbai
Award.



DONATIONS
TOTTALLING

₹ 14,06,000



Rtn. Mayank Kumar

Rtn. Charu Agarwal

Rtn. Jamshed Banaji

PP Rtn. Nalin Parikh

Rtn. Ptn. Anita Parikh

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

rsup : Rashmi Kotian +91 97691 40141



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Next Week's Speaker : Julio Ribeiro

Julio Francis Ribeiro is a retired Indian police officer and civil servant. In 1987, he was awarded the Padma Bhushan, India's third-highest civilian award, for his services. Since retirement, he has served on corporate boards of directors and performed social work.

Ribeiro joined the Indian Police Service in 1953 and rose to be the Commissioner of Mumbai Police from 1982 to 1985. He was promoted to Director General of Central Reserve Police Force, then to Director General Police of Gujarat.

Ribeiro served as Director General of Punjab Police during its worst years of terrorism in Punjab. The



New York Times reported that in the 1980s, Ribeiro led the Punjab police in a "ferocious crackdown" on Sikh militants, in a policy christened "bullet for bullet" by Arun Nehru.

He held positions such as Special Secretary to the Government of India in the Ministry of Home Affairs and Advisor to the Governor of Punjab.

BIRTHDAYS FROM MAY 28TH TO JUNE 3RD, 2019

28th



RTN. VASANT MANOHAR

28th



RTN. CHETAN SHUKLA

30th



RTN. VARSHA DAIYA

31st

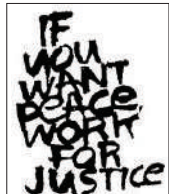


RTN. VINEET BHATNAGAR

1st



PDG RTN. GULAM VAHANVATY



RTN. PTN. BIRTHDAY

MAY 30

Rtn. Ptn. Khorshed Daruvala

JUNE 1

Rtn. Ptn. Nandini Kamdar

JUNE 2

Rtn. Ptn. Devina Shah

ANNIVERSARIES

MAY 30

Rtn. Ptn. Radhika & Rtn. Mohit Jain

MAY 31

Rtn. Ptn. Alpna & Rtn. Samir Chinai

Rtn. Ptn. Snehal & Rtn. Dr. Anish Shah

JUNE 1

Rtn. Ptn. Nirmala & Rtn. Jamshed Banaji

PP Rtn. (Dr.) Sonya Mehta & Rtn. Ptn. (Dr.) Bomi Framroze

JUNE 2

Rtn. Ptn. Niti & Rtn. (Dr.) Sanjay Desai

STATISTICS

FOR THE LAST MEETING

Club Members	81
Visiting Rotarians	02
Rotaractors	01
Guests	01
Rotarian partners	01
Total	86
COLLECTION	₹ 7250



We are active on social media with over 5,000 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

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