

THE GATEWAY

Rotary
Club of Bombay



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Volume No. 61 Issue No. 9, August 27, 2019

PRESIDENT'S MESSAGE



Dear Friends,
Very warm greetings.
"13 Steps to Bloody Good Health" co-authored by our PP Rtn. (Dr.) Mukesh Batra (a man of many talents) along with Ashwin Sanghi is a

must read for all age groups. We were fortunate to get a first-hand account of these two celebrities' experiences in authoring this book. As the authors stated, "It is tragic that we get old too soon, and wise up to life too late. There's so much we could-and should-have done to get to this point in better shape." Let us do a course-correction by following these simple steps to BLOODY GOOD HEALTH!!!

The grave damage and disruption to life and property caused by incessant heavy rains and floods in our state's districts of Kolhapur, Sangli and Satara have left lakhs of people homeless, stranded, hapless and a way back to normal life for them seems distant. Our District 3141 is extending its support to the affected people. I once again appeal to you and to your friends, relatives and contacts to extend your financial support and help our brethren in affected areas. Please send in your contributions favouring "Rotary Club Bombay Charities Trust No 3" towards the "Humanity Calling" District project.

In an economy presently said to be riddled with poor or weak sentiments, it becomes somewhat more difficult, but certainly not impossible, for us to raise funds for our various club projects, which needless to say have to go on and grow. This simply requires commitment from each of our Rotarians and Rotary Partners, some more effort and, possibly more hands on the job. I would sincerely urge and request each and all our members to join in and contribute with 'Time, Talent and Treasure'. Philanthropy and charity in economic adversity has a different joy and flavour of caring and sharing.

Thank you to all those who have extended their support for our fund raiser show – 'Sonu Nigam – Live in Concert' on Tuesday 27th August 2019 – looking forward to an enjoyable evening and seeing you all there in large numbers to make it a memorable event for our Club.

President Preeti Mehta



LET THERE BE LIGHT!

Rtn. Tara Deshpande talks with author Ashwin Sanghi and co-author PP Rtn. (Dr.) Mukesh Batra on their book 13 Steps to Bloody Good Health!

Tara: Ashwin, tell us more about the title.

Ashwin: I hold the world record of most rejected authors in the world; 47 publishers rejected my first book and I was very depressed. My father's friend once asked me 'beta kya hua, you look depressed!'

I said, '47 publishers have rejected me'. He said, 'Toh kya hai, ek do aur ko apply kar lo'. I told him, 'uncle, there is no one left'. So then he said, 'beta, life mein it is 99 per cent about good luck.' So, I asked, 'but what about that 1 per cent?'

He said, 'that 1 per cent is bloody good luck!' It was there on mind that I would write about bloody



good luck at some point. Ten years later, when I had become a best-seller, my publishers asked me to write another book and '13 Steps To Bloody Good Luck' seemed like the natural title. After luck, came wealth. Then I received an email from Doc (Dr. Batra) saying that health is more important than wealth. So I told Doc I am a good storyteller,

I'd be happy to do the storytelling but the book would be essentially his.

Mukesh: I told Ashwin, 'if you don't have health, you need luck and wealth both to keep yourself alive'. The other challenge was that all this while he had been writing fiction, now he would have to write the truth. He took the challenge very well.

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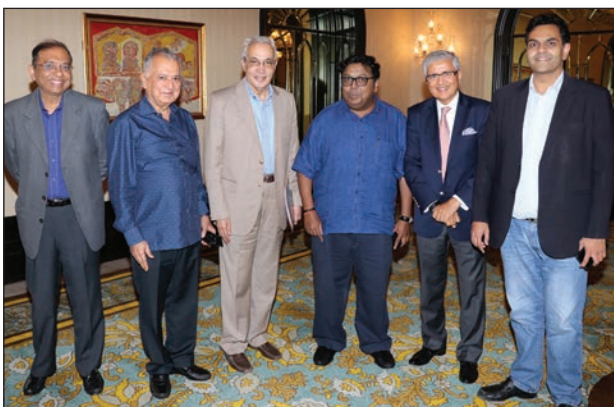
President Preeti wishes PP Rtn. Rajnikant Reshamwala for his birthday



President Preeti and Rtn. Manish Sampat



President Preeti wishes Rtn. Dushyant Dave for his birthday



Rotarians Ashok Jatia, Nanik Rupani, Pankaj Baliga, Farhat Jamal and Akshay Batra with guest speaker Ashwin Sanghi

Tara: Three authors – Chetan Bhagat, Amish Tripathi and you – have brought business back to books. Comment.

Ashwin: We are good friends. With Amish, especially, it is not only just the business of books but also thoughts, ideas and philosophies. We both started at around the same time. The only difference was that Amish started under his own name while I started with a pseudonym.

Publishing agencies still do give people an easy break. It is almost an *agnipariksha*. There is an old saying that writers can write a book faster than publishers can write the cheque; that is the problem.

Things are changing in that we are no longer just writers but we also know the business. You need to be shameless to sell your book. In 2008, when *The Rozabal Line* had just come up, I went to the Crossword near Kemps Corner, Mumbai. They had three copies in a corner no one went to. I picked them up, dusted them, brought them to the front and put them on the bestseller rack. This is what distinguishes people like Amish or myself or several others, that we are shameless.

Tara: There is a lot of non-fiction available online. Do you think this affects sales?

Ashwin: Ten or 15 years ago, if you wanted to write in India, you either wrote a book on how to make the best biryani or you wrote a saga which had literary merit like Amitav Ghosh or Arundhati Roy. The idea that an Indian can be a commercial thriller writer in a fictional genre! If I went to a publisher and said, hey, listen I have written this theological thriller on the possibility that Christ lies buried in Kashmir, they would feel I am crazy. That is no longer the case.

Tara: You talk about stress and depression in your book. Tell us

more about it, Mukesh.

Mukesh: According to the World Health Organisation, India is the most depressed country in the world. It has the highest number of suicides amongst young people in the world. I also do a web series in which my first episode was on depression. It got 2 million views on social media.

When researching, we also tried to translate this into other languages. To our surprise, the highest search was in Tamil. The second highest is Telugu, followed by Hindi and then English. It is so common today but nobody wants to talk about it or recognise it.

The second challenge is that people suffering from depression do not want to be treated. It has the poorest patient compliance among all diseases. Patients take prescriptions from me and throw them into the dustbin on their way out because they don't want to be classified as mental health patients.

Tara: The British broadcaster, Clement Freud, said, 'If you resolve to give up smoking, drinking and loving, you don't actually live longer; it just seems longer.' In similar lines Henry Youngman said, 'when I read about the evils of drinking I give up reading'.

Ashwin: The golden rule is: take everything in moderation, including moderation.

ROTARIANS ASK

Do you have a ghost writer?

Co-writing is a great way to reach out to a wider audience. The 13-step series is a step towards that direction because there are so many people who have vertical domain expertise. For example, Dr. Batra might be an expert in health but may not know how to go about presenting it in a smart and witty manner, which is where my skills come in. The Bharat series I am famous for, the

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Rtn. Mudit Jain gives the vote of thanks



Rotarians Aziz Javeri, SK Mitra, Kirit Kamdar, Nanik Rupani and Pradeep Chinai



Rotarians PP Kalpana Munshi, Naresh Kumar Jain and Rekha Tanna



Rotarians Satyan Israni, Rohini Chowgule and Gautam Doshi



Rotarians Vivek Himatsingka and Akhil Sanghi

historical and theological stories, are books that I live with and craft for almost two years. I have a team of people who help me research, translate, understand manuscripts etc. It is almost like making a movie.

Every book of yours is a representation of myths; how much of this do you think is true?

My biggest nightmare is that the world heads for an apocalypse and all books get destroyed except for one by Ashwin Sanghi which becomes the de facto history for future generations. History is a version of events.

As George Santayana, novelist and philosopher, said, history is a pack of lies about events that never happened and written by people who were never there. So you are just presenting a perspective.

I don't have a problem with existing theories but what I propose is to give alternative

theories. I do not believe in rewriting but in extra writing which means that we need more words. I work with history to the extent that it becomes a mystery.

People are always more curious about the 'What ifs'. For example, we have a temple of Amitabh Bachchan in Kolkata where people do Puja and there is an Amitabh Chalisa, a prayer book.

I thought to myself, that if I am knocked out at this very moment and am born a thousand years later. And, the cult of Amitabh Bachchan has really caught on. Now, there isn't one but lakhs of temples of Amitabh.

Someone taps on your shoulder and asks, do you think Amitabh was a real man? Today, this question is foolish because we know the reality, but it may not be foolish a thousand years later. That is precisely the question we are asking about Ram, Krishna and the others.



Rtn. SK Mitra asks a question



PP Rtn. Arvind Jolly asks a question

PARSI NIGHT FELLOWSHIP



The family that celebrates together...
Rotarians at the Parsi Night fellowship



Rotarians Aliakbar Merchant, Aziz Javeri
and Jagdish Malkani



Rotarians IPP Vijay Kumar Jatia, Mudit Jatia
and Ashok Jatia



Rotarians Jamshed Banaji, Aditya Somani,
Sameer Tapia and Arjun Jolly



Rotarians Ritu Desai, PE Rtn. Framroze
Mehta and Jamshed Vakharia with Rtn.
Ptn. Avaan Vakharia



Rotarians Ritu Desai, PN Rtn. Shernaz
Vakil, PE Rtn. Framroze Mehta, PP Rtn.
Kalpana Munshi and Zinia Lawyer



Rotarians Ritu Desai, Ramesh Mehta,
PP Rtn. Ajay Kanoria and PE Rtn. Framroze
Mehta



Rotarians SK Mitra, Farhat Jamal, Meera
Alreja, Peter Born, Preeti Mehta, Jimmy
Pochkhanawalla, Rekha Tanna and
Rtn. Ptn. Navaz Pochkhanawalla



Rotarians Sabira Merchant, Ritu Desai,
Tanya Sood, Meera Alreja and Anar Shah



Rtn. Pravin and Rtn. Ptn. Sarmi Bhansali,
Rtn. Ramesh Mehta, Rtn. Shyamnivas
Somani, PP Rtn. Kalpana Munshi and
Rtn. Naresh Kumar Jain



Rtn. Aziz Javeri, Rtn. Ptn. Samira Merchant,
Rtn. Kasimali Merchant, Rtn. Ashok Jatia
and Rtn. Manoj Patodia



Rotarian Partners Rachna Agarwal, Navaz
Pochkhanawalla and Vatsala Jatia

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FELLOWSHIP ALBUM CONTINUED



Rtn. Ptn. Nayna Chinai, Rtn. Ashok Chinai,
Rtn. Tanya Sood and Rtn. Sameer Tapia



Rtn. Ptn. Pervin Jehangir, Rtn. Suresh
Lulla, PP Rtn. Rumi Jehangir, Rtn. Sunny
Pariyaram and Rtn. Ptn. Lovey Pariyaram



Rtn. Ptn. Rashna Cooper, PP Rtn. Harry
Singh Arora and Rtn. Aziz Javeri



Rtn. Ptn. Soonnu Balsara, Rtn. Aliakbar
Merchant, Rtn. Ptn. Nirmala Banaji, Rtn.
Jamshed Banaji and Rtn. Dushyant Dave



Rtn. Ptn. Vasudha Shah, Rtn. Rahil Shah
and Rtn. Ptn. Priyanka Jatia



Rtn. Sherebanu Baldiwala, Rtn. Ptn.
Rachna Agarwal and Rtn. Ptn. Kashmiri
Dalal

LIGHTHOUSE CELEBRATES I-DAY

The **Child Welfare Committee** organised an Independence Day celebration on August 15th, 2019 for Lighthouse students from classes 3 to 5. Held by the *machimaar* community, Rtn. Charu Agrawal and Ms. Manisha Ahuja from Vidya, our project partners, attended the celebration to encourage the children and the community.

Around 300 people from the community gathered and, since the inception of Project Lighthouse, in addition to hoisting the flag they have also introduced performances



and speeches by children trained by Vidya teachers.

A third standard student began the segment with a rousing speech on patriotism. This was followed by recitation of patriotic poems, in English, by children from classes 3 and 4, which had listeners tearing up. The event ended with students from class 5 performing a short skit underlining the message of 'Unity in Diversity.' All the items put up by the Lighthouse class were greatly appreciated by the committee and community members.



We are active on social media with over 6,500 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.

RAKSHA BANDHAN AT ANANDA YAAN



THE Rotaract Club Of Hinduja College held an event named Ashirwaad on August 14th, 2019. This was a one-day project to celebrate Raksha Bandhan with **Ananda Yaan** members. Rotaractors tied *rakhis* to every member with a traditional *aarti*, and sought their blessings.

Their very own director Rtr. Yash played the National Anthem on a guitar and



sang songs to a retro theme. Ananda Yaan members also joined him in singing. He was felicitated by RCB's Rtn. Charu Agrawal.

Rtr. Shruti encouraged members to dance by pairing each senior citizen pair with a Rotaractor. She was felicitated by Mr. Dilip from our project partners, Dignity Foundation.

Twenty-Five Rotaractors played housie



with them and gave gifts to all the winners. We thank the Rotaract Club of Hinduja College for organising refreshments for all the members.

The vote of thanks was given by Rtr. Qavee Gupta. Rtn. Charu Agrawal thanked the Rotaract committee and Rtn. Akhil Sanghi for getting this rocking celebration organised for the Ananda Yaan Centre at Byculla.



RAKSHA BANDHAN, THE BRAHMA KUMARI WAY

THE Rotary Club of Bombay celebrated Raksha Bandhan at both our **Ananda Yaan** centres in Byculla and Dr. E. Moses Road. The event was conducted by followers of the Brahma Kumari movement and coordinated by our project partners, Dignity Foundation.

The speakers explained the true meaning of Raksha Bandhan and how it is not necessary for just the brother to protect the sister.

One does not need to have


a social relationship to tie a rakhi. The thread is not just a thread; it becomes a relationship. It makes the relationship stronger. The most important part of the ritual is tying the thread and giving each other blessings. Gifts are not necessary.

It was a beautiful moment at the centre as members tied rakhis to one another. Ladies tied rakhis to other ladies and took vows to protect each other. Few eyes were left dry as members wiped away tears too.


THERE ARE DIFFERENT TYPES OF PROTECTORS: A SOLDIER PROTECTS THE NATION, A PARENT PROTECTS THEIR CHILD, A SISTER PROTECTS HER SISTER AND A NEIGHBOUR CAN PROTECT ANOTHER NEIGHBOUR.

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IN CAMERA



IRAN BY ROAD




Persepolis, near Shiraz, Iran

A talk on a once-in-a-lifetime drive through the heart and soul of Iran in a convoy of six Mahindra SUVs. Get a taste of the culture, breathtaking landscapes, stunning architecture and rich history of a widely misunderstood country whose hospitable people will bowl you over.

Talk by Hormazd Sorabjee
Hosted by Rtn Arin and Rtn Zeenia Master
 7.00pm on Thursday, 29th August, 2019
 Sterling Tower, 25th floor
 off Laburnum Road, Gamdevi, Mumbai

Rsvp:
 Zinia Lawyer, Chairperson 9820034460
 Ritu Desai, Vice - Chairperson 9820049520
 Limited Capacity of 30 persons





JALNA TRIP
 28-29 August, 2019

The inauguration of 3 villages in Jalna with the **Jal Jeevan Safe Drinking Water** facilities has been fixed for 29th August. Please join us to experience this very worthy project first hand. Stay overnight in Jalna hotel. We will travel by taxi from Aurangabad to Jalna (app 1 hour) and return next day. Everyone to bear own expenses. Kindly confirm if you wish to join.

Flight details :
 Mumbai - Aurangabad
 28 Aug Air India AI 442 dep 1525 hrs
 Aurangabad - Mumbai
 29 Aug Air India AI 441 dep 2020 hrs

All those interested may contact Rashmi Kotian at the Rotary Office +91 9769140141

MILTON



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treo

Store and heat the tastiest leftovers



Buy the borosilicate mixing bowls on **BigBasket.com**

NEW INITIATIVE

There is no better deed than to feed a hungry person, especially a child. So to mark the event of each member's birthday the club will feed a child in your name.

If you wish to feed more children or for a longer duration, then the charges for feeding a child nutritious food is Rs. 500 per month per child.

Members (and/or their friends and relatives) wishing to continue beyond their birthday month can donate in multiples of Rs. 500 specifying the term or the number of children to the Rotary office.

The cheques would be required in the name of "ROTARY CLUB BOMBAY CHARITIES TRUST NO. 3"

ROTARIAN BIRTHDAYS



AUGUST 27
RTN. RANJIT
SINH



AUGUST 31
RTN. VIJAY
MEGHANI



SEPTEMBER 1
RTN. RAJAS
DOSHI

ROTARIAN PARTNER BIRTHDAYS

AUGUST 27
RTN. PTN. NEELIMA BALIGA
RTN. PTN. NEERAJA TAPARIA

AUGUST 28
RTN. PTN. USHA AGARWAL
RTN. PTN. SUJATA MANOHAR

SEPTEMBER 1
RTN. PTN. SUDHA NEVATIA

SEPTEMBER 2
RTN. PTN. AMISHA HIMATSINGKA

ANNIVERSARIES

AUGUST 27
RTN. PTN. SHOBHA & RTN. HARESH JAGTIANI

SEPTEMBER 2
RTN. PTN. ARUNA & RTN. SURESH JAGTIANI

Forthcoming events

AUGUST 28-29:



Rotary Club of Bombay heads to Jalna to inaugurate Jal Jeevan Safe Drinking Water in 3 villages. All interested in joining contact Rashmi Kotian on 9769140141.

AUGUST 29: In-camera event: Talk by Hormazd Sorabjee on Iran By Road. Hosted by Rtn. Arin & Zeenia Master at Sterling Tower, Gamdevi, at 7 pm.

SEPTEMBER 3: Club meeting: Development vs Environment, A Fine Balancing Act, Mumbai's Coastal Road and more.

SEPTEMBER 17: Madhav Nalapat on Geo Politics and US, China and India Power Shifts.

SEPTEMBER 24: Zulfikar Memon on the Evolution of White Collar Crime and the Legal Practice

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ROTARY CLUB OF BOMBAY 2019-2020

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PP Rtn. (Dr.) Adi Dastur	PP Rtn. Arun Sanghi

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Hon. Jt. Secretary	Rtn. Satyan Israni
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Attendance	Rtn. Bipin Kapadia
In-Camera	Rtn. Zinia Lawyer

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Ajit Deshpande Medical Centre (ADMC)	Rtn. Tara Deshpande
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RCB – Medical Centre	Rtn. Manoj Patodia

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