

THE GATEWAY

Rotary
Club of Bombay



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Volume No. 61 Issue No. 15, October 22, 2019

PRESIDENT'S MESSAGE



Dear Friends,
Very warm greetings.

Diwali or Deepavali is known as the Festival of Lights and based on various Hindu mythology, Puranas, skandas is celebrated to honour Ramachandra. The mythology and epic of Ramayana have it that Lord Ramachandra was the seventh avatar (incarnation) of god Vishnu and probably existed between 5,000 BCE or 1,250 BCE. It is

believed that on this day Lord Ram returned to his people and kingdom of Ayodhya after 14 years of exile, towards the end of which he won a battle against the king of Sri Lanka, Ravan.

Diwali is celebrated across quite a few countries world over including Nepal, Sri Lanka, Fiji, Trinidad and Tobago, obviously due to the presence of people of Indian origin or settled Indian diaspora.

Diwali is considered the most important of the Hindu festivals in India, as also in Jainism, Buddhism and Sikhism. It is also a post-harvest festival.

The important days of this festival are 'Dhanteras' worshipping Lord Ganesha and Goddess Laxmi; 'Naraka Chaturdashi' (also known as 'chhoti Diwali') which marks the killing of Narakasura by Lord Krishna (worshipped as the eighth avatar of Lord Vishnu); 'Laxmi Pujan' day or 'Diwali' that is last day of the Hindu calendar year; followed by the New Year. The day following the New Year too is an important day of 'Bhai Dujj' or 'Bhau-Bheej' which celebrates the bond between brothers and sisters.

The festival celebrates the Hindu New Year with new beginnings, the victory and triumph of good over evil and, overcoming of light over darkness. People look forward to worshipping Goddess Lakshmi and celebrating the festival with *diyas*, music, traditional sweets, meeting and bonding with family and friends, and seeking the blessings of elders.

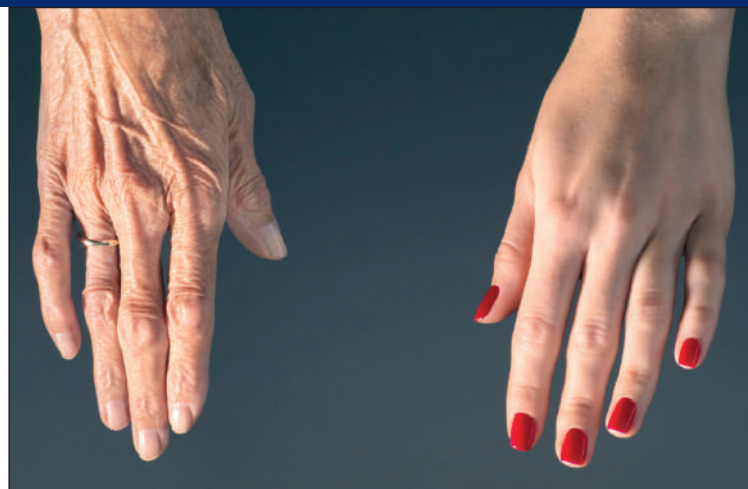
Looking forward to seeing you all at our Diwali Nite on October 23rd organised by the Fellowship Committee headed by Rtn. Ashok Jatia.

While we celebrate this festival of lights, I am delighted to share with you that our Club has been instrumental in spreading 'light and joy' to the people of Gumbadpada, a village near Nashik, by inaugurating an Integrated Rural Development Project encompassing elements of (a) solar power for domestic use, e-learning, water filtration plant; (b) water for domestic use and irrigation (c) construction of toilet blocks; and (d) mogra, mango and cashew tree and saplings plantation. I am thankful to PP Rtn. Ramesh Narayan for suggesting this Project and connecting RCB with Mrs. Pratibha Pai and her 'Chirag Rural Development Foundation'. I am also grateful to the Board of Directors for supporting this Project, and to Rtn. Madhusudan Daga, Chairman of the Environment Committee, for heading the Project.

Our Club is blessed to be able to 'bring smiles and joy' to others less privileged and I am, indeed, delighted that the people of Gumbadpada village will also celebrate the festival of lights with more joy due to our efforts. I would like to specially thank our donors Godrej Consumer Products (through our Hon. Rtn. Adi Godrej) and Rtn. Manoj Murarka for their generous donations.

Wishing you all a Very Happy Diwali and, a healthy, happy, bright and prosperous New Year! May this Diwali light up new dreams, kindle fresh hopes, open undiscovered avenues and vistas, in service and fellowship, offer different perspectives, and everything bright and beautiful, fill your days with pleasant surprises and moments. Rejoice on this blessed occasion by spreading and sharing joy and cheer to the not so privileged.

President Preeti Mehta



FOUNTAIN OF YOUTH

Health and well-being instructor, **Mickey Mehta** shared the secret of age reversal at the Tuesday meeting with Rotarians

AGE REVERSAL may be a controversial subject but that does not mean one cannot work towards mitigating the effects of ageing. Last Tuesday, **Mickey Mehta** addressed the Rotary Club of Bombay on being Mickeymized.



Mickey shared his ideas on body, spirit and mind, in his own inimitable way. Do we become eternal? "In body, certainly not; in spirit, yes. But the promise is that you don't die to disease. The promise is that you don't land up on a hospital bed with pins and needles. The promise is that you don't have to go through surgeries and the promise is that you don't have to take tons of medicines in one lifetime. The promise is that you have a good night's sleep, the promise is that you have a good sexual life till 75-80," says Mickey.

Mickey, who is 58, says, "Even at 58, it is not too late. You can

start now, if you wish. Modern science validates that intention alone can cause you to change; so start the transformation right now. Thought is an energy molecule. Start improving your digestive system, immunology, the strength in your bones and muscles, coordination, cognitive strength, alertness, quick reflex and agility: just with intention." He continues, "A little more coordinated effort with the body can take you to the sky; paying attention to the food you eat can take you beyond the sky, and giving attention to recreation, laughter, spa-

TODAY'S SPEAKER: URVASHI BUTALIA ON 'THE WOMAN'S QUESTION IN CHANGING INDIA AND FEMINISM THE WAY FORWARD!'

therapy and regular massages can take you to space.”

“It is heartening to see people devoting their life to wellness. And that is the key!” said Mickey. “This whole thing is about wellness and not weight loss. Weight loss is the smallest denomination, *kitna khaya, kitna piya, kitna ghata.*”

“Don’t be accountants to yourself: don’t count your calories, your reps, your hours of sleep, or how many morsels of food you ate. Live with intelligence and bio feedback. Live with a deep understanding of your being and constitution, who you are, what you are and what you are capable of. We, human beings, are at the pinnacle of creativity with consciousness as a part of us. We can create, produce, write, sing, dance, cry, laugh, we can be full of joy, we can sympathize, empathize, internalize, eternalize – we can get Mickeymized.”

Human beings can change the landscape of their health. “Consider this as your own field. Being a part of this magnetic field can make you transform and transcend the simple laws of living. So, the ladder of evolution takes you from fitness to health, health to wellness and wellness to well-being. Fitness can give you strength, stamina, agility, body fat ratio, tenacity, resilience and endurance. Fitness can’t give you anything more so fitness is a small ‘a’ in the A to Z of wellness. As you go higher up the ladder of evolution and reach well-being, it’s all about knowing and seeing.”

“Health is about conserving your body and preserving your breath or preserving your body and conserving your breath – let everything flow inside you outside of you. The dha-ra becomes ra-dha and comes inside and that is the connectivity. Understanding of wholeness that wholeness leads to wholeness, wholeness taken away from wholeness still remains wholeness. So the larger understanding of aham brahmasmi, tatva masi, and yatha pind tatha brahmande is all about connectivity and wholeness. And that is about healing and well-being. So, at the level of well-being, where everything is



President Preeti Mehta exchanges flags with a visiting Rotarian



Rotarians PP Ajay Kanoria, President Preeti Mehta and S K Mitra



Rotarians PP (Dr.) Rumi Jehangir, PP Rajnikant Reshamwala and Subhash Sagar



Rotarians Ujjwala Singhania and Dushyant Dave



Rotarians Vikash Mittersain, Pranay Vakil and Vikram Daiya

about the rhythm of life, from circuiting rhythm to the rhythm of your heart, endocrine system, nervous system, ying and yang, everything is about evolution.”

What happens with this rhythm? “Empathy, sympathy, compassion, benevolence, philanthropy, vision – confusions dissolve and clarity arises. With vision comes creativity and with creativity comes vision, they complement each other and then productivity and leadership happen. They build character and personality. So fitness, health, wellness and well-being translate into evolution of mankind. That ends up building character and personality but I go two steps forward and what I currently do in my life is, age reversal, excellence in sports, I use the mind and the spirit potential, I use the potential of the nervous system, your heart, rhythm, meditation and affirmation and most importantly I work which terminally ill patients. And for those who fall in line with whatever I have to say which is nothing but part of the ancient wisdom tradition, there is a 99 per cent chance that they could save their life. I don’t do anything, I simply facilitate. I simply show them the path. I have worked very closely with HIV and cancer patients and I have seen good results.”

“We work very closely with all colleges and modern science, but we complement it very well. I have seen people with paralysis having their graph improved by 60 per cent. We do a lot of challenging things, simple using the law of physics.”

“So if you want to be young, eat healthy and stay vegetarian!” says Mickey. “Sensible eating, ethical eating and intelligent eating – don’t eat like animals, don’t exercise like animals. We are all human ‘beings’, we are not paranoid humanoids. There is room to change. Even if you can’t walk straight today, there is room to change.”

“Please trigger that change, be enthusiastic with self-love, be filled up with self-motivation, inspirational. You don’t need a Mickey Mehta to come

FACT: Rotary Clubs in Spain ceased to operate shortly after the outbreak of the Spanish Civil War. Clubs were disbanded across Europe as follows: • Austria (1938) • Italy (1939) • Czechoslovakia (1940) • Estonia, Latvia, Lithuania, Poland and Luxembourg (1941) • Hungary (1941/2) In The Netherlands, Rotary was forbidden after the occupation by the German troops in 1940 and could only be reinstalled after its liberation in 1945.



Rotarians Farhat Jamal, President Preeti Mehta, Manish Reshamwala and Manjeet Kripalani with speaker Mickey Mehta

and inspire you. It beats me when the world goes to a nutritionist ki kya khau kya piu? In our Hindu sanatan dharma’s system of eating, there is a taste of sweet, salty, tangy, pungent, bitter and astringent. If all these six tastes are available to you in the most natural form, you are having the most nutritious food. Don’t eat till the food reaches the wall of your stomach. Leave some room, allow the stomach to move in and out freely. That is the way you get reoriented and restored and immunity begins to increase.”

“Remember, health comes more out of opening up, strength comes more out of closing. But healing happens when you allow to flow, making room in the body, which is what yoga is all about. One side you stretch, one side you contract, and the most important is that your mind comes in the here and now, and you begin to get patient holding a posture. Your core recruits and engages with your entire being outside and learns to be whole and wholesome. So tolerance, patience, resilience, tenacity and you find joy in the moments of that being asana. And if, in that, your breath forms into rhythm, then there is an atomic dance in your body. All cells come alive. Blood, nitrogen, oxygen reaches your smallest of cells. And you come alive.”

“So what typically happens is that the modern science says it takes seven days to change your stomach lining for new, it takes 30 days for your skin change to new, it takes 90 days for your muscular skeletal structure change and renew and it takes almost 365 days for your whole being to change for new. This is provided you keep pace with cellular health. If the cell lives longer, you live



Rotarians Vikram Daiya and Shailesh Patkar with Mr. Kishan Daiya



Speaker Mickey Mehta with Rtn. Ptn. Malti Jain

longer. If the replacement of the cell is instant, you live longer. If there is a lag in the replacement of the cell, you are prone to disease, which translates into an ailment, acute, chronic, decay, death. Death has no right on life, it is the culmination of disease and disease is the culmination of your doing and choices.”

“At any given point of time we are confronted with two choices: choice of evolution or choice of entropy. Entropy is nothing but time, matter, space, light, position, effect and gravity which kills you, if you don’t learn how to counter it. If you want to counter it, yama, niyama, asana, pranayama, pratihara, dhyana, dharna, samadhi and the list goes on. Our yoga and ayurveda have so much knowledge. Yoga is internalizing your well-being. It is about calming down.”

Mickey has worked with prisoners of Maharashtra and Goa and also with BMC sweepers on health programmes. “Just a smile can change the landscape of your wellness. Smiling changes your endocrine behaviour and laughter takes it to another height. We do a lot of emotional and psychological training because you can’t do physical fitness everyday.”



Rtn Manjeet Kripalani gives the vote of thanks

Rotarians ask:

Do you attract younger people or older? We attract people, human beings, for a simple reason, leading the example, getting motivated, getting people inspired, that is the way of doing it. And when the community does it, it grows because there are so many happy people coming, it is a celebration of life. Yoga is congruence and confluence of mind, body and spirit. It is about absolute integration.

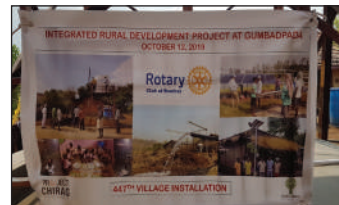
Why did you say that we should cut out meat?

Optionally intelligent, ethical and sensible way of eating is what I said. There is no paper to prove that meat has healing attributes towards medical issues. On the other hand sprouts, vegetables, fruits, dry fruits, nuts, roots, condiments and spices have therapeutic value in terms of health. Meat has zero therapeutic value in terms of health, but in terms of strength, yes. Does meat nourish you? No. If the orientation is calories, the answer is meat. Also meat eating translates into your thought process. You are what you eat. You can be beyond it too, provided you are eating well within reason, complementing it with antioxidants, juices. All vegetables cleanse you, all fruits heal you, all dry fruits fortify you. I don’t know what meat does to you, if you eat meat please accompany it with lots of salad.

What about egg and liquor?

Eggs come in gray area, they have good amino acid chains. Liquor, in Ayurveda, alcohol is used in a lot of Kadhas because it tranquilises your mind and stops physical and mental interference of your being in the recovery process of ailment.

IT TAKES A VILLAGE



RCB commits to the Integrated Rural Development of village Gumbadpada

A few months ago, PP Rtn. Ramesh Narayan suggested an interesting and unique project – the Integrated Rural Development of a village. RCB President Preeti Mehta and the Board of Directors took a momentous decision to adopt Gumbadpada village, a hamlet about 3 & ½ hour's drive from Mumbai (towards Nashik in Maharashtra). The project was carried forward and implemented under RCB's Environment Committee headed by Rtn. Madhusudan Daga.

Gumbadpada village, from which generations of farmers are forced to work as coolies and construction labor in Bhiwandi while their lands lay fallow due to paucity of water, is also home to 365 tribals and Dalits. Their children are stunted due to malnutrition and they spend most of their nights in darkness due to frequent load shedding. Teenage girls walk barefoot, about four km daily, to get to school and eventually give up.

The women here still carry multiple pots of water on their heads simultaneously and trudge up and down steep hills several times a day be it under the heat of the burning sun or the slipperiness of the heavy rains.

On October 12, 2019, the Rotary Club of Bombay, along with our partner in this project 'Chirag Rural Development Foundation', brought succour and hope to these villagers and changed a



grim situation to one of hope and a better tomorrow.

Sixteen Rotarians and their Partners – President Preeti Mehta and Rtn. Ptn. Gautam, PE Rtn. Framroze Mehta, Chairman of Environment Committee Rtn. Madhusudan Daga and Rtn. Ptn. Vandana, PP Rtn. Ramesh Narayan, Chairman Bhavishya Yaan Committee Rtn. Jimmy Vakharia and Rtn. Ptn. Avaan, Chairman of Ananda Yaan Committee Rtn. Ashok Sekhsaria, Chairman Child Welfare Committee Rtn. Rajesh Shah, Chairperson ADMC Committee Rtn. Tara Deshpande, Rtn. Anand Parikh and Rtn. Ptn. Rajul, Chirag Rural Development Foundation represented by Mrs. Pratibhai Pai watched agog how a little funding, some support and meaningful assistance changes things overnight. The Prime Minister's dream of 'Nal se Jal' was realised by us in one remote village before our very eyes and, as Pratibhai Pai, the founder of Chirag Rural

Development Foundation, said, "RCB has changed the lives of at least three generations of Gumbadpada village."

Solar power through high quality solar panels installed will bring electricity – (i) to run the submersible pump; (ii) provide lighting and also run fans; (iii) provide power for 'e-learning' facility installed; and (iv) run the filtration plant for drinking water.

The water from the river/ water body will provide (i) irrigation water for agriculture; and (ii) drinking water through community taps.

The villagers participated through hard labour 'Shramdan' in invaluable man hours to lay pipes, electricity cables and construction work.

The project also entailed building 'common toilet blocks' for villagers.

OCTOBER 22, 2019

Quick question: Why does the Rotary year begin on July 1?
SMS your answer to 8291925423



The villagers came out to greet all of us, their hospitality and gratitude was overwhelming. Some of us were gifted with and sported the white "Gandhi topi". The men performed a beautiful 'dhol' (drum) dance for their visitors among whom were also locals from neighbouring villages, who came to petition President Preeti to give them similar amenities and facilities. It was obvious to all of us, how basic and great their needs were and how easily we could make far-reaching changes to the lives of people in rural India.

Diwali has come early this year for the residents of Gumbadpada. First, a dam was constructed across a rivulet, a thousand metres of pipeline installed to pump water up the hill into overhead tanks that would then irrigate their fields and, also, provide water into a filtration plant installed in the main village square for making potable water available to the villagers through community taps installed. High quality array of solar panels were installed in a field and suddenly, as if

by magic, the fans and bulbs of every home, the primary school and anganwadi lit up.

Two of the local farmers Mr. Ambadker and Mr. Amol Patil selflessly donated a portion of their valuable land towards the project. PP Ramesh donated 350 mango trees, mogra plant and cashew tree saplings for planting. President Preeti, PE Framroze, Rtn. Jimmy Vakharia, Rt. Ptn. Vandana Daga and Rtn. Tara Deshpande planted some of these with great joy and enthusiasm.

With the availability of water around the year, the expected crop of mogra flowers alone will bring in an annual income of Rs three lakh to the villagers. Also, in later years, income will be generated from the 'cashew' harvest.

The hospitality, warmth and excitement of our village folk has to be experienced. They served us a simple, but very basic and delicious meal of homemade bhakris (made

from nachni flour and rice flour), 'pithla', vangi batata vegetable, dal and rice and that all potent green 'thecha' made from their famous jungle chillies. We could not help but feel how lucky we were to be able to do this kind of work and enjoy this level of hospitality and genuine warmth.

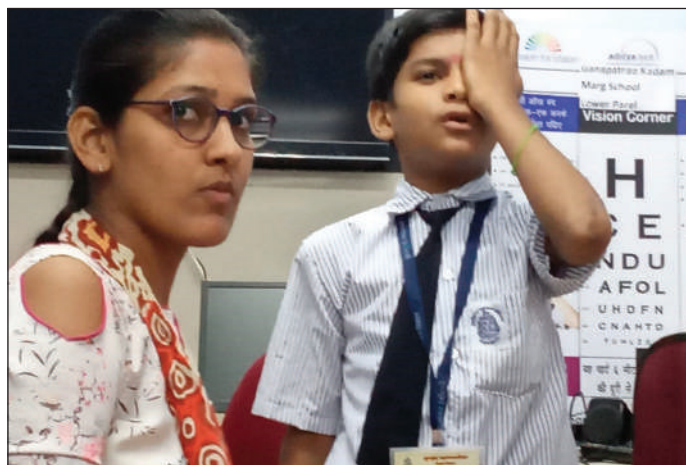
President Preeti spoke to the audience eloquently, in Marathi, not only commending them for their efforts and encouraging them but also advising and cautioning them to use these amenities carefully and make them really work for them in the long term.

Rtn. Ashok Jatia generously offered a 'learn and earn hospitality management programme' to train village youth at his reputed Lonavala hotel and resort – 'Rhythm'. It was indeed a heart-warming experience.

Our Club is blessed to be able to 'bring smiles and joy' to others less privileged.



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.



EYE, EYE, CAPTAIN



“Few things are hidden from a quiet child with good eye sight” – Terry Pratchett.

A comprehensive eye check-up for 200 children at GK Marg was done on October 3rd to make sure their eyes were healthy and they had no vision problems. Free spectacles will be given to all who need them.

We thank Dr. Radhika Krishnan, Chief Executive Officer, Aditya Jyot Foundation, for doing this every year for RCB free of cost and Mr Sagar for coordinating the team of doctors.

Aditya Jyot Foundation For Twinkling Little Eyes, a Guinness Record-holding NGO established for the eradication of blinding diseases and to provide access to quality eye care at an affordable cost.

We are grateful to Mission For Vision for giving free prescription spectacles to children who have been detected with a number in this camp.



Statistics of the meeting held on October 15, 2019

Members: 90, Rotarian Partners: 01, Visiting Rotarians: 02, Guests: 00, Rotaractors: 04, Total = 97, Service Box Collection = Rs. 1250

OCTOBER 22, 2019

ANANDA YAAN MAKING WAVES! Senior citizens break the Internet

A post liked by 1.1 k people, 61 comments and 27 shares. We thank Shankar Mahadevan, the famous Indian singer and composer who is part of the trio of musicians Shankar-Ehsaan-Loy

for posting about Ananda Yaan on his social media handle.



Learning new tricks

Debashree DasGupta, a music teacher/ consultant at the Shankar Mahadevan Academy had a wonderful time teaching, learning and sharing experiences in music. She taught the elders of Dr. E Moses Road centre a new song – ‘Kal Ho Na Ho’ – to perform in the Fall Prevention event. Participants were very supportive, courageous and inspiring. Our heartfelt gratitude to each one involved in this project of Shankar Mahadevan Academy to reach out and contribute.



The Fellowship & Assimilation Committee
Cordially invites you & your Spouse / Partner to celebrate

Diwali

With Cocktails & Dinner
On Wednesday, 23rd October, 2019
At Flamboyante, World Trade Center
Cuffe Parade, Mumbai

8.00 pm onwards

Hosted By
Charu Agarwal, Abhinav Aggarwal, Meera Alreja, Harry Singh Arora,
Contractor Family, Dilip Dalal, Anil Harish, Satyan Israni,
Mudit Jain, Naresh Kumar Jain, Ashok Jatia, Vijaykumar Jatia,
Mahesh Khubchandani, Ajit Lalvani, Sunita Mandelia, Preeti Mehta,
Sudha Motwane, Gaurav Nevatia, Vrinda Rajgarhia, Mehul Sampat,
Abhishek Saraf, Nirav Shah, Rahil Shah, Sohel Shikari,
Ujwala Singhanian, Pranay Vakil, Bipin Vazirani

Dress Code : Traditional Indian

Please register with the Rotary office at the earliest
RSVP: Ms Rashmi Kotian +91 9769140141
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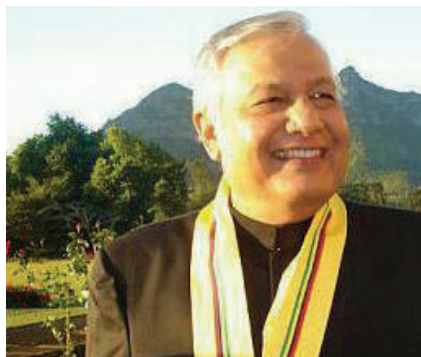
Spirits

treo



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ROTARIANS MAKING WAVES



The 2019 Pfizer Surgical Volunteerism and Humanitarianism Awards has been conferred upon **Rtn. (Dr.) Devendra Saksena** for his contribution to the profession and to humanity. Devendra has received the prestigious award from the Board of Governors of Surgical Volunteerism and Humanitarian Award Workgroup.

The ACS/Pfizer Surgical Humanitarian Award is given "In recognition of those surgeons who have dedicated a substantial portion of their career to ensuring the provision of surgical care to underserved populations without expectation of commensurate reimbursement."

This award is intended to honour an ACS Fellow who has dedicated a significant portion of his or her surgical career to full-time or near full-time humanitarian efforts rather than routine surgical practice.

This effort may reflect a career dedicated to "missionary surgery", the founding and ongoing operations of a charitable organization dedicated to providing surgical care to the underserved, or a retirement characterized by surgical volunteer outreach.

Forthcoming events



OCTOBER 29: MD & CEO of KKR, Sanjay Nayar, on private equity giants like KKR and their crucial role in India's economy.

November 9 & 10: Model UN for Rotarians at the Bombay Stock Exchange.

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ROTARY CLUB OF BOMBAY 2019-2020

TRUSTEES 2019-2020

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

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President-Nominee	Rtn. Shernaz Vakil
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Night Study Centre	Rtn. Jamshyd Vazifdar

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Attendance	Rtn. Bipin Kapadia
In-Camera	Rtn. Zinia Lawyer

DIRECTOR-IN-CHARGE RTN. (DR.) ASHOK KIRPALANI

Talwada Projects	PP Rtn. (Dr.) Rahim Muljani
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Ajit Deshpande Medical Centre (ADMC)	Rtn. Tara Deshpande
Cancer Aid	Rtn. (Dr.) Ian Pinto
RCB – Medical Centre	Rtn. Manoj Patodia

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Skill Development	Rtn. S. V. Prasad

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Child Welfare	Rtn. Rajesh Shah
Anand Yaan / Elder Care	Rtn. Alok Sekhsaria
Scholarships	Rtn. Roda Billimoria

ROTARIAN BIRTHDAYS



OCTOBER 23
RTN. (DR.) VIKRAM
LELE



OCTOBER 25
RTN. FEROZE
PATCH



OCTOBER 26
RTN. SAMIR
MOGUL



OCTOBER 26
PP RTN. ASHISH
VAID



OCTOBER 27
RTN. (DR.) VANDANA
BULCHANDANI



OCTOBER 27
PP RTN. AJAY
KANORIA



OCTOBER 28
RTN. SEEMA
MAKHIYA

ROTARIAN PARTNER BIRTHDAYS

OCTOBER 22
RTN. PTN. RAJUL PARIKH

OCTOBER 26
RTN. PTN. MILONI SAMPAT

OCTOBER 27
RTN. PTN. NILOFER CURRAWALLA
RTN. PTN. BOMI FRAMROZE

OCTOBER 28
RTN. PTN. SNEHAL JALAN

ANNIVERSARIES

OCTOBER 24
RTN. PTN. RUBY & RTN. FEROZE PATCH

OCTOBER 28
RTN. PTN. KOMAL & RTN. SHIV KUMAR ISRANI