THE GATEWAY

Rotary Club of Bombay

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PRESIDENT'S MESSAGE



Dear Friends,

Very Warm Greetings! Last Tuesday, we were fortunate to have with us Rtn. Jennifer Jones, Trustee of The Rotary Foundation. It was a delight to listen to Jennifer. During her speech, she recalled Steve Jobs' address at the graduation

ceremony at the Stanford University titled, 'How To Live Before You Die' and this, she applied to us Rotarians and to the work we do. Jennifer's experiences in her journey as a Rotarian are very impressive and touching, and the line said by her younger brother, which she shared with us - 'In order to live in the kind of society you want, you have to help build it,' stayed in my mind.

Also last Tuesday, India ended its regional 'South Asian Games' campaign with a best-ever medal haul of 312, continuing its undisputed domination in this regional multi-sporting event, by finishing on top for the 13th time in a row.

The Indian sports contingent collected a tally of 174 gold, 93 silver and 45 bronze, after 10 days of competitions in the 13th edition 'South Asian Games' to surpass the 309 (189 gold, 90 silver and 30 bronze), it had won in the previous edition in Guwahati and Shillong in 2016. This is a very commendable and laudable effort by the Indian sports contingent.

However, it is unfortunate that this important and heartening news was nowhere on the front pages or subject of media attention, except in the passing. Isn't there excessive focus on politics, political parties and politicians, and in sports on cricket and the Indian cricket team, and on Bollywood and its stars? Similarly, also, isn't there much focus on negative and depressing news in our media?

When it comes to other sports, there is very little recognition of other achievements when, as Indians, we should be really proud of the Indian sports contingent.

While one does understand the importance of TRP ratings and the concept of what sells as news, it is equally important for us, as Indians, to recognise and appreciate the achievements of sports persons from other disciplines in sports, including in regional events.

Everything doesn't have to be at blockbuster events and levels like the Olympics or World Championships. These small beginnings, when recognised, may lead to creating international champions.

Don't we, as a people, need to change our mindset, recognise, appreciate and encourage these young sports persons into becoming the national pride and icons? All it will take from us as people is some recognition, appreciation and encouragement for these sports persons to soar higher, become big achievers and be an immense credit and pride to our nation





President Preeti Mehta with TRF trustee and the day's speaker Jennifer Jones and PDG Rtn. Gulam Vahanvaty

THE ROTARY STORY

TRF Trustee, Rtn. Jennifer Jones addressed the Rotary Club of Bombay on Rotary in the global context

JENNIFER JONES was the Rotary International Vice President 2016-17 and, currently, is Trustee of The Rotary Foundation, 2019-23. She is the President and CEO of Media Street Production, Windsor. She is currently the co-chair of End Polio Now, Make History Today campaign to raise US\$ 150 million. She is one of The Rotary International's recognised communicators.

"This is a wonderful opportunity," Jennifer said to members. "Gulam has shared that the Past Rotary International President took it upon himself to declare that this is the best club in the district, then I believe his words were perhaps 'the best in the world'. So, a great applause for the work you have been doing, in water and sanitation; I saw the museum, illuminated, last night. Thank you for all of your efforts and hard work." "Let me begin with a couple of things: you did not have to own an iPad or iPhone to feel and respect the passing of the company's founder, Steve Jobs. So, when he was diagnosed with a terminal illness, he was asked to address the graduation ceremony at the Stanford University. His address was called: 'How To Live Before You Die'. Three stories from his life, no big deal, and that is because Steve Jobs not only understood how to create great products but also understood the power of harnessing a great story. This is so fundamental for a great institution like us so share the great work that we are doing so that other like-minded people can join us."

"My youngest brother and I had an opportunity to sit and chat. I was preparing for media interviews. One of the best things that you can do is sit and think about the messages that you

Service Above Self

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want to convey, think of the questions in advance and keep the answers prepared. This was an interview I was going to do on humanitarian service. So, I was sitting and chatting with my younger brother, and he said: "In order to live in the kind of society you want, you have to help build it." I loved that, and I asked him, 'who said that?' He said, "I said that." So, indeed, I attribute the quote to him. But it ties hand and glove into Rotary's new vision statement: 'Together, we see a world where people unite and take action to create lasting change across the globe in our communities and in ourselves.' Those last three words are the most important: the change within ourselves. Who, here, is not a better person because you are a part of Rotary, because of the opportunities it has given you to give back, to do service and fellowships?"

"A couple of years ago, my husband and I got an opportunity to travel to a district conference in Ma'an, Jordan. The opening evening was a spectacular event in an open amphitheatre overlooking the sea. There were a few speeches followed by lovely outdoor dinner buffet underneath the beautiful tapestry of stars. I was just about to begin my dinner and the Governor brought a gentleman. Dr Mark Turpentine. He was in the country because he was participating in the 'Gift of Life Mission'. It is an open heart surgery for children who won't be able to access this procedure in any other way."

"Many surgeons are going out of their way, giving their time to Rotary and other generous donations. We are able to help a lot of these children. So we had a lovely chat. Now cut to the end of the week, the Governor came up and said, 'Dr. Mark is starting a surgical rotation today, would you like to go to the hospital and see?' I said, 'Yes of course'. So we got into the car reached the hospital. Seconds later I was in the changing room in hospital greens, seconds later the doors open and into the operating theatre."

"I was standing still and watching as the doctor stitched with great precision. As



President Preeti Mehta wishes PP Rtn. Vikram Kamdar for his birthday



President Preeti Mehta wishes Rtn. Hiranmay Biswas for his birthday



Rotarians PP Vikram Kamdar, Baji Bilimoria and Arif Lokhandwala



Rotarians Ashok Jatia, Ritu Kumar Desai, PP Paul George and Zinia Lawyer



Rotarians Charu Agrawal, PP (Dr.) Mukesh Batra and Shivkumar Israni

I was looking forward, I could see the patient lying on the table completely covered from head to toe with a sheet and only a square opening in the area where the doctor was performing the operation. There was an anaesthetist on one side and a nurse on the other. As he was stitching, every once in a while he would take his hand and put it underneath (the patient) and he would jiggle it, then he would look up to the anaesthetist and he would say, 'warm it up a little', then he would go back and stitch. This jiggle-warming-stitch continued. At this point, he turned and said, 'lennifer when did you come into the room come on here I will show you what I am doing'."

"It was at that moment that he introduced me to the patient, six-yearold Zelma, a Syrian refugee. He stitched and stitched and also chatted about it, and finally he tied it and at that time he really gave a hard jiggle and looked over to the anaesthetist and said 'ok, warm it up'. And, in that moment, little Zelma's heart started to beat... At that moment I got to see her come back to life, what a privilege to see something like that. And then, going back to the hallway and meeting her parents and saying that I saw her heart beat, she is going to be great and a happy little girl. There were happy tears all over. That day I realised I received a very big gift too. I realised I am a better person. The change within ourselves that is what moves us."

"These experiences that we have – like, through the clean water and sanitation projects, and I truly believe that water is life – offer the opportunity for young children to go to school. They allow families to grow healthy and happy. It provides life."

"Tom Ferguson, Past Vice President of our organisation and currently Chief Strategy Officer at the headquarters, Evanston, tells a very small story of when he was in the Dominican Republican, Haiti doing some water projects. He and one of his colleagues went back to check on those projects. His friend came face to face with a woman who said, 'When the well was built, the children

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Rotarians Dushyant Dave, PP Vikram Kamdar, President Preeti Mehta, Ashrafi Matcheswala and PP Nirav Shah

stopped dying'. How profound. It's these moments that help us understand why we are Rotarians and why we, as a collective, have the ability to move the needle in a very big way. No bigger way at the moment than polio eradication."

"Samuel, one of our senior colleagues. made an incredible statement. He said. 'If we had gone to Rotarians and asked them to raise US\$ 1.9 billion and immunise 2.5 billion children and said that it would take 30 years to eradicate polio, would we have done it?' Probably not. But we don't think small, we are Rotarians. We know that we can tackle the world's most pressing challenges and we are going to cross the finish line. In August, Nigeria came out with an endemic list, which means in the spring, there will be a certification process where they are taken out of the endemic list meaning that the entire continent of Africa will be polio free with only Pakistan and Afghanistan remaining. There have been hurdles but the Pakistani government and Health Minister are working more closely with us than ever before. In Afghanistan, they have banned one of the best techniques that we had been using in the field, that is mother to mother, door to door saying, 'Can I immunise your child? Can I give them the two life-saving drops.' But, three weeks ago they lifted the ban and said, 'no more door to door but now we will allow in health clinics'. So now, our challenge is getting children and their families to the health clinic. We need to harness this opportunity and bring down the numbers to zero. We have to get rid of this disease once and for all."

"Some exciting news to share – in the



Rotarians Gulam Vahanvaty, DG-Elect Sunnil Mehra, Jennifer Jones, President Preeti Mehta, Manish Reshamwala, PN Shernaz Vakil and PE Framroze Mehta



Rotarians PP Nirav Shah and Kalpana Munshi



President Preeti Mehta thanks Jennifer Jones for addressing the Club

October Trustee's Meeting, we decided that the environment is something that needs to be prioritised for our organisation. There are children in this world with a louder voice than our organisation, collectively. Well, for us it means that we are taking a study group to look at how we include environment in our areas of focus. Do we add to one of the six? Or create a separate? I think it is very exciting and Rotarians are already putting forth their efforts towards change. When you harness 1.2 million members to do individual tasks, we can change the world. We can."

"So, when I was going to become the District Governor, travelling back and forth across the border between Canada and the USA frequently, I pulled up to a custom's officer who was not having

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Rotarians Jamshyd Vazifdar, Abhinav Aggarwal and Satyan Israni

a good day. He looked at me, crossed his arms and barked, 'Citizenship?' I said, 'Canadian'. He said, 'Where are you going?' I said, 'I am going to a Rotary meeting'. He asked, 'What is Rotary?' I asked him, 'long version or short?' He just said, 'Tell me what it is'. I told him. 'We are a humanitarian service organisation of 1.2 million men and women united under the motto of Service Above Self, doing good work in our own communities and around the world.' He said, 'What do you really do?' So I told him about my own club, the fund-raisers, the kinds of projects. He wanted more. So I told him about health and sanitation, clean water projects, about hunger and polio. He said, 'Polio? Polio is gone'. I said, 'Yes, sir, from many countries in the world but it remains endemic. Countries and Rotarians are working tirelessly to ensure that these two life-saving drops are placed in the mouth of every child so that this disease can be eradicated from the face of the planet.' At this point, he started to change; he asked, 'What else do you do?' So I told him about other things, like our work with malaria, tuberculosis and others. Then he paused and said, 'You mean to tell me that there are that many people with so much free time?' I said, 'No sir, there are that many people with no time in their hands who are committed to this incredible work'."

"And he said, 'You have made my day!' I said, 'No Sir, you have made mine.' He had tears in his eyes, and he said, 'Please thank the people!' So, thank you to each and every one here for what you are doing to make our world a better place, for understanding that you are the leaders of our organisation." **14**. THE BULLETIN OF THE ROTARY CLUB OF BOMBAY

BANGANGA WALK COMING UP



What: An organised tour of the sacred water tank, Banganga, followed by a local breakfast.

Where: Walkeshwar Temple, Malabar Hill On: Sunday, January 12, 2020. At: 8.30 am

Cost: Rs 500 per person **Note:** Members are requested to sign up immediately as limited slots are available (for 16 persons only). Legend states that Hindu god Ram paused here on his way from Ayodhya to Lanka in pursuit of the demon king, Ravana, who had kidnapped his wife, Sita. When advised to worship a Shiv lingam, Rama constructed the original lingam of sand, after getting tired of waiting for his brother, Lakshman, to bring an idol. The name Walkeshwar etymologically derives from the Sanskrit word for an idol made of sand, Valuka Iswar, an avatar of Shiva.

Lakshman Prabhu, a minister in the court of Silhara dynasty kings in Thane, built the Tank in the 1127 C.E. Rama Kamath donated money to the Walkeshwar temple to rebuild the tank in 1715 C.E.

VOLUNTEERING IS A WIN-WIN!

THE ROTARY CLUB OF BOMBAY thanks students from H R College and ITM for volunteering for a month and sharing their skills and love with the Machchimar community through Project Lighthouse.

The Lighthouse programme believes in providing personalised attention to each student to enable him or her to reach full potential. That is exactly how the volunteers are helping – by coaching the children on diction/ pronunciation during speaking activities and providing support and guidance while reading.

The volunteers are a boon to Lighthouse as they help the staff create a more enriching environment / experience for young learners. Over the last few months, volunteers have been actively involved in aiding the teachers in a number of classroom activities, be it digitizing attendance records/ test results, conducting oral tests, doing the classroom display



or preparing props for role plays and skits.

While they came with a thought of teaching the children they, themselves, learnt a lot and shared their feedback:

1) "It is always joyful to play with kids, learning new things about child psychology, teaching, the working of an NGO and above all coordination and management. Preparing for the upcoming sports day honed my event management skills.

- Shreyasi Sharma

H.R. College of Commerce & Economics

2) "I consider myself really lucky to work with Vidya under the guidance of Manisha ma'am who is a lady of substance and, with her zealous attitude, does her best to brighten the children's future. Kudos to the teachers and the NGO for carrying out this amazing work as well. Vive Vidya!!

- Vallabhi Matanhelia

H.R. College of Commerce & Economics

3) "Working with Lighthouse brings out your hidden talents and provides exposure to enhance your skills. It is different from other NGOs because learning here is fun and one always gets a positive vibe from the teachers, specially Manisha ma'am.

-Darshana Singh

H.R. College of Commerce & Economics

4) "Through these days, I learnt patience and am grateful for what I have. The teachers were helpful. Their dedication to their professional life has given me a different perspective on how to look at work.

- Tanishq Jain

ITM, Kharghar





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ANANDA SEVA CONTINUES

ABOUT 110 members of Ananda Yaan (Byculla & Dr. E Moses) (a joint initiative of Dignity Foundation and Rotary Club of Bombay) visited the Varadvinayak Ganapati Temple at Mahad (Khopoli district) on December 11.

The Varadvinayak Mahad Ganapati Temple is the seventh Ganesha temple among Ashtavinayak to be visited during the Ashtavinayak Darshan yatra/ tour. There are a total of eight temples. This was the first ever joint programme of both centres. Over 90 per cent of the senior citizens who visited shared that this was their first visit to an Ashtavinayak temple. Almost all had heard about these famed eight temples. However, they never imagined that they would actually visit them.

Ananda Yaan members reached comfortably by around 9.30 am and started





their darshan an hour later. We had specifically chosen a week day, which would see fewer crowds. All AY members did a long and comfortable darshan; there was no pushing or jostling. After the darshan, the members attended the temple langar for their lunch.

Members of Byculla and Dr. E Moses chatted with each other well and shared stories about their centres as they ate and while relaxing in the temple premises before leaving. They shared that they were most grateful to Dignity Foundation and the Rotary Club of Bombay for this rare opportunity.

While returning, the members were played Hindi and Marathi music to which they danced and sang in the bus. All the members felt invigorated and happy as they reached back home.

BE COUNTED

In a unique initiative, the Marcom industry, Indian Merchants Chamber, Rotary Club of Bombay and others are coming together as one to see that something positive can be done to mitigate violence against women.

JOIN US! ON DECEMBER 19, 2.30 PM, IMC BUILDING, CHURCHGATE. BE THE CHANGE.



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SENIORS DO TAI CHI AT ANANDA YAAN

MEMBERS of Ananda Yaan, Byculla (a joint initiative of Rotary Club of Bombay and Dignity Foundation) have been practising tai chi for eight months. Tai chi, an ancient Chinese martial art, involves graceful, meditative, light, and natural movement which relaxes and stimulates every part of the body.

This moving meditation is set in motion by the constant interplay of two vital energies: Yin – the passive principle – and Yang – the active principle. Tai chi is especially valuable for its ability to strengthen and improve health. With a history that can be traced to 5,000 years ago, tai chi is considered the highest form of all martial arts and is a combination of physical exercise, breathing technique and meditation. Its slow, relaxed and flowing movements, of opening and closing forms, advance and retreat, attack and defence, channelises energy and the body's natural movements to attain a high degree of fitness, both mental and physical.

Tai chi is about balance and harmony. Some members shared that they have been experiencing a unique and deep sense of calmness since they have started practising this technique.



ROTARIAN BIRTHDAYS

ROTARIAN BIRTHDAYS



RTN. ANAND

DECEMBER 17

DECEMBER 17

DECEMBER 18

DECEMBER 19

DECEMBER 22

DECEMBER 17

DECEMBER 19

DECEMBER 20

DECEMBER 22

RTN. PTN. HEENA SHETH

RTN. PTN. KANAN FOTEDAR

RTN. PTN. MEGHAL HAVERI

RTN. PTN. SHEILA KRIPALANI

RTN. PTN. KOMAL ISRANI

RTN. PTN. GAUTAM MEHTA

RTN. PTN. RAJIV LUNKAD

RTN. SANIIV MEHRA

RTN. RAJYALAKSHMI RAO MEKA

ROTARIAN PARTNER BIRTHDAYS

RTN. SHAILESH PATKAR

RTN. ANAND DALAL

RTN. ALIAKBAR MERCHANT

DALAL





DECEMBER 17 DECEMBER 17 **R**TN. **A**LIAKBAR MERCHANT

RTN. SANJIV MEHRA



DECEMBER 22 DECEMBER 19 RTN. RAIYALAKSHMI **RAO МЕКА**

ANNIVERSARIES

DECEMBER 17 HON. RTN. PTN. SMITA & HON. RTN. DEEPAK PAREKH RTN. PTN. SANDRA & RTN. ALIAKBAR MERCHANT RTN. PTN. BLOSSOM & RTN. (DR.) IAN PINTO RTN. PTN. SWETA & RTN. PRANAY VAKIL DECEMBER 18 RTN. PTN. USHMA & RTN. GAUTAM DOSHI **DECEMBER 19** RTN. PTN. MITA & RTN. (DR.) AMBRISH DALAL RTN. PTN. NILIMA & RTN. GAUTAM TRIVEDI RTN. PTN. DELNA & RTN. JAMSHYD VAZIFDAR RTN. PTN. BEENA & RTN. ULHAS YARGOP **DECEMBER 21** RTN. PTN. SAHAR & RTN. ATEEQ AGBOATWALA RTN. PTN. PHIROZA & RTN. (DR.) AASHISH CONTRACTOR RTN. PTN. DHVANIKA & RTN. ASHWIN THAKKAR RTN. DR. VANADANA & PP RTN. ARJUN BULCHANDANI

Forthcoming events

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"

ortincomm	ig events
December 19	9: Mitigate violence against women. Be the Change. At 2.30 pm, IMC building, Churchgate.
December 23	3: Christmas Fellowship/ Dinner and meeting. No Speaker.
December 31	I: No meeting.
January 7:	Next Tuesday meeting.
January 12:	Banganga walk at 8.30 am at Walkeshwar Temple, Malabar Hill.

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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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DECEMBER 18 RTN. SHAILESH PATKAR