

## PRESIDENT'S MESSAGE



**Fellow Rotarians,**

Very Warm Greetings!!!

Last Tuesday, it was a delight to meet and listen to the flying journey of Aaroahi Pandit, the well-deserved recipient of the Uma Jain Award for Young Women Achievers. Aaroahi has made all Indians proud and on behalf of our Club, I wish her all the best in achieving greater heights, flying even higher and finding her own glory.

In today's fast paced world, there are still the traditional class of Mumbaikars whose afternoon meals depend on Dabbawallas who deliver hundreds of thousands of meals each working day throughout the city – this is Mumbai's very own food delivery system and has been so for the past 130 years.

I am not sure how many of us know that in 1890, Mahadeo Havaji Bachche, started a lunch box/tiffin service with a group of about a hundred men, to deliver lunch from people's homes straight to their work place. It was adopted as a professional business in the 19th century when Mumbai's rapidly growing population, especially the middle class, emerged, who preferred home-cooked meals.

After collecting lunch-boxes ("dabbas") from their customers, Dabbawallas, over the next few hours, crisscross the busy city multiple times, delivering home cooked meals to hundreds of thousands of office-goers in time for lunch and return back the empty boxes to that customer's residence again. The complex series of exchanges of these lunch boxes relies on an esoteric alphanumeric code scrawled on each lunch-box – designed to be easily understood only by Dabbawallas. Their entire ecosystem depends on teamwork, co-operation and meticulous timing.

Despite tight schedules, Dabbawallas appear surprisingly relaxed most of the time, joking and chatting as they sort out their dabbas. But when the next stage of the process nears, there is sudden heightened activity with Dabbawallas racing around corners on bicycles, and rushing into office buildings.

Dabbawallas are iconic and an inherent part of Mumbai for the job they do, with such precision and timeliness, they command such respect that no work force has ever received. No wonder Dabbawallas are waved through by the public and police alike.

These men who have invested in two bicycles, a wooden crate for the tiffins, white cotton kurta-pyjamas, and white trademark Gandhi topi, are part of a co-operative as equal partners, with elected Mukadams, and following strict rules with utmost professionalism.

The Dabbawallas belong mostly to the Vakari community, which worships the Hindu God Vithala, who regards giving food as one of the greatest donations.

The Dabbawallas' service even has its own website which says that (i) Forbes Global has in 1998 rated them Six Sigma efficiency; (ii) It is ISO 9001:2000 registered; (iii) IIM Ahmedabad in 2005 featured them in case study on management perspectives of logistics. One cannot forget their association with the House of Windsor and Prince Charles, as also, with Sir Richard Branson of Virgin group.

In the last few years, online food-delivery companies have brought specially-prepared food to your desks, and this seems like the height of app-based luxury. But Mumbai's Dabbawallas have been doing this for about 130 years and that too, home cooked food. The new digital rivals are certainly no competition. There's only one Mumbai Dabbawala!!!



President Preeti Mehta



## FLYING HIGH

**Captain Aaroahi Pandit, a 23-year-old pilot from Mumbai, became the world's first woman to cross the Atlantic Ocean solo in a Light Sports Aircraft (LSA) last year. She spoke of her experiences at the Rotary meeting last Tuesday**

Rotarians gave a rousing welcome to the 23-year-old pilot Captain Aaroahi Pandit who smashed multiple world records as she flew across the Atlantic Ocean in the light sports aircraft Mahi. Along with her was Lynn D'Souza (head of Social Access, a not-for-profit communications firm which organised the expedition); if Capt. Aaroahi was the face of the expedition, Lynn was the soul of this dream and who conceived this expedition.

In conversation with Lynn D'Souza, Capt. Aaroahi Pandit took the Rotarians through her journey. Lynn shared some of the breathtaking pictures from the record-breaking expedition which were astounding, thrilling and frightening. Capt. Aaroahi flew 6000 ft. upon the Pacific Ocean alone, trained in Iceland and it was an experience worth noting.

"Capt. Aaroahi is part of the We! Women Empower Expedition, which is an attempt to be the

first all-women team in the world to circumnavigate the world in a Moto rider for a lightweight sports aircraft, it is almost like a scooter in the sky," said Lynn.

Lynn then shared some of the details of the expedition. "She left Patiala, India on July 31st where they had been trained for two months by the Patiala Aviation Club. The Punjab government took care of them free of cost and the Maharani of Patiala flagged them down. From there they, Capt Aaroahi and Keithair Misquitta came down and exited India from Bhuj to Karachi and, again, the very first light sports aircraft – Indian registration VT to land in Karachi since Independence, by two girls!"

They flew up to Scotland – that was a record in itself. Then came a part of flying over the oceans in the northern latitudes where Capt. Aaroahi flew alone, without any military training, for her love of flying. She did the Greenland



Rtn. Farhat Jamal, PP Ramesh Narayan, Ms. Lynn D'Souza, Rtn. Ptn. Indira Kotak, Ms. Aarohi Pandit, President Preeti Mehta, Rtn. Suresh Kotak, PP Arun Sanghi and Rtn. Manish Reshamwala



Rtn. Nanik Rupani, PP Pradeep Saxena, Rtn. Prakriti Poddar and Ms Simran Bagga



Rotarians Manish Reshamwala, PP Ramesh Narayan, President Preeti Mehta, Tarjani Vakil and Farhat Jamal



Ms Lynn D'Souza presents Ms. Aarohi Pandit's journey to the Club



Ms. Aarohi Pandit with PP Harry Singh Arora



President Preeti Mehta wishes Rtn. Ulhas Yargor for his birthday



Rtn. Ashok Jatia, Rtn. Farhat Jamal, Ms. Aarohi Pandit, President Preeti Mehta, Ms. Lynn D'Souza and Rtn. Manish Reshamwala

Icecap, a big achievement because there is no search and rescue available on the Icecap. So she was flying at 80,000 feet, so if anything had happened to her, that would have been the end of it. Then she entered Canada, and flew all the way to Alaska. There were 54 stops and finally they ended up in far-east Russia at which point the Pakistan Air force was closed to them; Iran was closed too. So they were talking to the Russians to do something but in the interest of safety, brought Aarohi and the plane back. The expedition will now be completed in the summer.

### **Lynn: What made you undertake this mammoth task?**

Capt. Aarohi: Flying is love and passion and I don't take it as a job or workload, I take it as freedom. So when you brought it to me, I was excited to fly in a two-seater plane. With my co-pilot Keithair Misquitta, back then, it was exciting to have the opportunity.

### **What made you like flying?**

My dad is in a tours business, he takes school and college trips and industrial visits. I have been traveling with him since I was four-years-old, right up till the age of 16. I was at Cochin airport, taking a flight from Kochi to Bombay and it was a connecting flight from Cochin-Bombay-London. Back then, we did not have women commandos in Air India or any other airlines for that matter. I remember seeing a female co-pilot, the uniform was so sparkly back then, the thing that caught my attention was that she got all the attention in the room because everyone was looking at her – nobody was looking here and there; people were following her instructions –

that is what attracted me. I decided that this is the only thing I want to do.

### **What did you feel flying over the Atlantic and Pacific? It must have been tough – what were your thoughts and emotions as you were all alone?**

My first time over the Atlantic Ocean was my first time ever over an Ocean. I did not think whether it was going to be good or bad, I just prepared my flight plan like I did for every other flight. The only thing I did was wake up every two hours the night before to check the weather and prepare myself. But I did not think about emergencies. The first thing I saw on my first flight was a beautiful rainbow over the Atlantic Ocean. So the start was very good but my flight was five hours 49 minutes long, from Scotland to Iceland. The Atlantic is so massive that the weather changes every 30 to 40 minutes. I did get into bad weather, I did get into dark clouds, there was turbulence which was pushing my plane up and down and left and right, I spilled my coffee, my food was going everywhere. But it was worth it.

### **Aarohi, you have seen climate change first-hand; you have flown in July 2018 and July 2019, you have flown in winter as well as summer and you have seen the ice melting, haven't you?**

Yes, I did. So I won't say a lot about it because I haven't seen the entire world but yes, I believe my generation is the last generation who can do something about it. If we take it for granted, there is no turning back. And I think nobody has suffered climate change worse than us because everywhere we went we faced early summers, early winters, we



**“I have seen climate change in a nook, I saw a polar bear right in the middle of the ocean floating on a little bit of ice and who had to be rescued later.”**

couldn't fly for weeks. My plane was such a small soul, we still pushed her limits. But I have seen climate change in a nook, I saw a polar bear right in the middle of the ocean floating on a little bit of ice and who had to be rescued later.

**The circumnavigation that we planned to do in eight months, took us two years because of climate change. There were forest fires in Canada and we had to reroute her, forest fires in Russia and we had to turn her back. It was disastrous. Tell us about the people you met.**

I made a lot of friends all over the world. I was in Kulusuk Island in Greenland with a population of 200 and I am pretty sure I know all of them because I was there for a pretty long time due to the weather. They gave me a nickname, the Indian Princess. Usually, when we fly we are in contact with the ATC tower and instead of calling my name they used to call me Indian Princess because he could not say my name. So yes the people were sweet and amazing. I have had free pickups and free food.

**So, Aarohi, can you tell us the difference between the aviation in India and globally?**

The major difference is that compared to India, there is much more freedom globally. Like, as basic as I hold two licenses: one is the commercial license and the other is a sporting license. But according to Indian rules I cannot fly a commercial and a light on micro light at the same time. I have to give a limited amount of break. Whereas in the other countries that I have flown, there is a lot of freedom, I think they get their



Rtn. Farhat Jamal, PP Ramesh Narayan, Rtn. Ptn. Malti Jain, Ms. Aarohi Pandit, Rtn. Ashok Jatia and PP (Dr.) Mukesh Batra

flying license before their driving license, because I have met so many pilots. But India is much safer because we have laws. So I think we should have much more freedom so that more and more people can get into aviation.

**Rotarians ask 22 countries, 52 stops, where do you see yourself in five years?**

To be honest, I don't even know about five months from now but for sure flying somewhere up in the air and doing something different.

**Who took care of the finances?**

It was taken care by WE expedition. In phase 1, we had sponsors like Colors network and Mahindra had sponsored Aarohi's stay. In phase 2, we did not have sponsors so we had to fund it on our own. We also had a lot of donors who came forward with safety equipment or some other work. But for phase 3, which is return from Russia to India, we are looking for benevolent people who want to




President Preeti Mehta with Visiting Rotarian from NY Flora Parekh and her husband Paresch Parekh

contribute or support. We don't have a title sponsor for that.

**You have travelled to so many countries, how do you handle the food?**

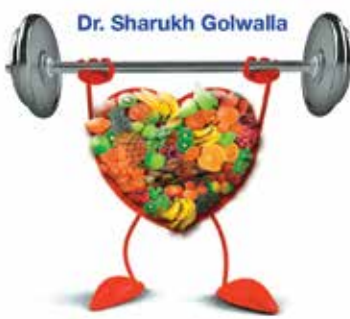
I guess I was an animal because I ate whatever I got. I had duck in Iran, they call it bakhtyar kebab and I ate it because I thought it was chicken. And potatoes, you get potatoes everywhere. My nickname is Aaloo.



**IN CAMERA**

**HOW TO BE HEART SMART**

**Dr. Sharukh Golwalia**



**Dr. Sharukh Golwalia** is a practicing cardiologist for 35 years. Attached to Breach Candy Hospital & Research Center, Jaslok Hospital, Sir H. N. Reliance Foundation Hospital and the Parsi General Hospital. Sharukh will discuss relevant issues in cardiac health at an interactive evening.

**Hosted by Rtn Anil and R/Anne Honey Harish**

7.00pm on Thursday, 13th February, 2020  
13, CCI Chambers, Dinshaw Wacha Road  
Churchgate, Mumbai

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

# WATER IS LIFE

## LAL BAHADUR SHASTRI HIGH SCHOOL IN MANOR



The Rotary Club of Bombay's Water Resources Committee member Rtn. Abhin Alimchandani visited Loyola Ashram School in Dahanu and Lal Bahadur Shastri High school in Manor, and inaugurated the two Jal Jeevan Safe Drinking Water facilities installed there by the Committee under a Global Grant.



Abhin enjoyed the visit and appreciated the excellent work being done by the RCB. He addressed the school children on the importance of water for and in human life.



In the Loyola Ashram School – 950 students and in the Lal Bahadur Shastri School – 3500 students will benefit daily. Abhin said, "It was great to see the happy smile of gratitude from the teachers and students. Hope we implement many more projects like this." Kudos to the efforts of Rtn. Vineet Suchanti for the culmination of this project.



Many thanks to Bhagwan Patil and RC of Palghar for identifying the LBS School and coordinating the site preparation and facilitating the installation of the plant!

## LOYOLA ASHRAM SCHOOL IN DAHANU



## ISRO SUMMER CAMP

If any of your kids or relatives in the 9th or above standards are interested in science and space, they may take part in a summer camp organised by ISRO under the name YUVIKA from May 11- May 22. You can enrol online from February 3 to 24. For further details, visit [www.isro.gov.in](http://www.isro.gov.in). If selected, the kid may opt to report at ISRO centres located in Ahmedabad /Bengaluru / Shillong/ Trivandrum.



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# R-DAY AT BY



N M Joshi Bhavishya Yaan students brought in a mini Republic Day Parade celebration to the school last week, inspired by the Parade in Delhi. Big floats were not possible so a few contingents or groups were made.

Of course, the flavor of the groups was local: 1) Defence Services & Scouts 2) Maharashtra 3) Amchi Mumbai 4) School Sports achievements and 5) Benefits of Bhavishya Yaan. It was a good mix of commentaries, speeches given by ninth standard students. Students from 5th to 9th standards participated in cultural dances such as Koli, Lazim, Lavani and farmers dance. Not to forget Shivaji, Sambhaji and Tanhaji of Maharashtra and, of course, the Bollywood Industry of Amchi Mumbai.

Our students did a superb job. We distributed snacks while the BMC teachers enjoyed the show and appreciated the effort.



## Chess tournament for BY kids

"No one will regret the time dedicated to chess, as it will help in any profession" – Tigran Petrosyan

This Republic Day, five students from G K Marg engaged in a battle of minds by participating in the 3rd Inter -UCF Chess Tournament. This was a first-time participation for these students in a tournament where around 40 kids from different centres and schools took part and was held at JLT TA-Hub-Juhu.

These five were selected from a group of 20 students of

GK Marg school who have been receiving personal training from Mr. Amit Soman and Ms. Amruta of Universal Chess Foundation for more than six months now. All the kids played five intense rounds for four hours with a lot of enthusiasm and concentration, using problem solving skills and tactics taught to them. They thoroughly enjoyed the refreshments given to them. This participation has not only boosted their confidence but also instilled, in them, an urge to play, practice and achieve more!







## Ananda Seva brings joy to Rtn. Sherebanu



Lady members of the Ananda Yaan Byculla Centre (a joint venture between Dignity Foundation and Rotary Club of Bombay) celebrated Haldi-Kumkum on January 21st, 2020. A live dosa counter was setup at the Byculla Centre. Rtn. Sherebanu Baldiwala organised special south Indian snacks at the centre and along with Rtn Charu Agrawal participated in the Haldi-Kumkum celebration. Over 60 female senior citizens took part in this beautiful ceremony. Women applied turmeric (haldi) and vermilion (kumkum) on each other's foreheads, dabbed perfume (attar) on their forearms, sprinkled rose-water over them and offered a sweet, a flower, a coconut and a small gift.

The senior citizens shared, that every year, they look forward to celebrating Haldi-Kumkum with their fellow members at the centre; over these years they have bonded so well with each other, they are like family now.

Sherebanu, who celebrated her birthday with our members, shared that she had the most amazing afternoon at Ananda Yaan Byculla Centre. She was overwhelmed with the love and affection and was showered with so much blessing that she was actually speechless. She and Charu truly loved participating in the Haldi-Kumkum ceremony with the members. While leaving the centre, Sherebanu said that the joy that they brought to her life today will remain in her heart forever.



## Cancer detection camp for traffic police

The Rotary Club of Bombay, in collaboration with the Cancer Patient Aid Association, conducted an early detection cancer screening camp on January 23rd, 2020 at the Traffic Police headquarters in Worli. At the camp, more than a hundred traffic police personnel were screened and educated on cancer

awareness. Cancer specialist Rtn. (Dr.) Ian Pinto was also present at the camp. With the rising rate of cancer cases, RCB has focused on increasing cancer awareness through talks, screening camps and providing funds for treatment of cancer to the underprivileged.



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THE BULLETIN OF THE ROTARY CLUB OF BOMBAY

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# MEGA HEALTH CAMP

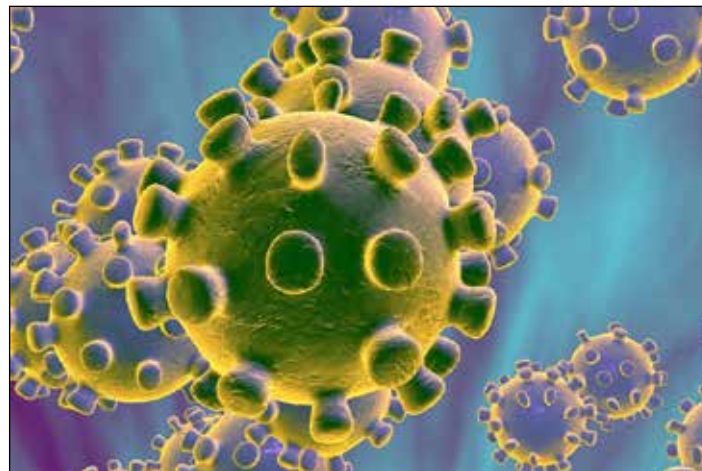


Mega medical camp of RI Dist. 3141, held on January 18 and 19, 2020, at the Phoenix Mills Compound. The camp was attended to by medical doctors and yoga teachers from Kaivalyadham Lonavla and Mumbai

## Coronavirus – The state of our current knowledge

By Rtn. (Dr.) Ashok L. Kirpalani

The Coronavirus (aka 2019-nCov) has spread from Wuhan, China all over the world and is very similar to the SARS outbreak which occurred in 2002 from China and the H1N1 Influenza outbreak which started in 2009 from Mexico. The virus is carried by Bats, which are often eaten by Snakes and apparently Chinese population eat such wild animals unlike other countries. The initial cases were food-borne. Approximately, 1 in 1000 of patients may die unlike SARS, in which about 9% of patients died but the disease did not become a pandemic like the H1N1, which had spread all over the world. In 2019-nCov infection, it takes about 4 to 5 days for symptoms to appear after exposure. Initially, it was thought that the virus does not spread from human to human, but it appears that there are cases now where human to human



transmission is confirmed. It is most likely that the droplets from phlegm, snort and saliva spread by coughing and sneezing are the method of spread. These droplets falling on inert objects will contain the virus and touching of the object on which the virus has fallen, even after the droplet has dried up, and then bringing it to the nose and mouth will cause infection. Spreading is possible even by infected persons who have no symptoms. Transmission by air travel is most likely and

therefore screening at airports is likely to be set up soon once it is clearly established that human to human transmission is confirmed.

There is no vaccine available at present. **The most susceptible are those:**

- Asthmatics.
- Smokers.
- Those with chronic bronchitis.
- Elderly and infirm.
- Those who are naturally

immunosuppressed such as diabetics and chronic kidney disease patients.

Those who take immunosuppressive agents such as transplant patients, people taking steroids for any disease particularly rheumatological diseases.

Those on anti-cancer agents. Children.

Therefore, these are the ones need most protection. The WHO has released very good recommendatory article on the link below, most useful for the above population but also universally adoptable by everybody.

I strongly recommend that everyone reads these recommendations carefully.

Please do not neglect symptoms of cough, cold and fever. Report to your doctor immediately.

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>



## Forthcoming events

- February 5:** Cricket match: Bhavishya Yaan vs RCB Rotarians at PJ Hindu Gymkhana ground, 10 am to 1 pm.
- February 8-9:** DISCON 2020
- February 11:** Guest speaker Adm. Robin Dhowan India's Ex Chief of Naval Staff.
- February 18:** Guest speaker Amit Chandra, Bain Capital.

### ROTARIAN BIRTHDAYS



**FEBRUARY 4**  
RTN. MADHUSUDAN  
DAGA



**FEBRUARY 6**  
RTN. ASHOK  
GOKAL



**FEBRUARY 7**  
RTN. RAVINDRA  
FOTEDAR



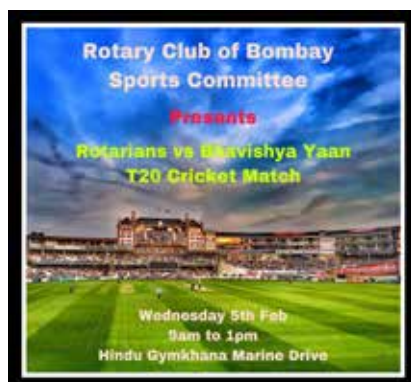
**FEBRUARY 10**  
RTN. MAYANK  
KUMMAR

### ROTARIAN PARTNER BIRTHDAYS

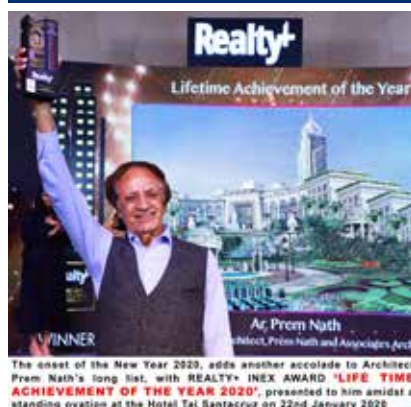
- FEBRUARY 4**  
RTN. PTN. SANGEETA MANSHARAMANI
- FEBRUARY 6**  
RTN. PTN. UMMEHAANI BAGASRAWALA
- FEBRUARY 7**  
RTN. PTN. ZARINE DAVAR
- FEBRUARY 9**  
RTN. PTN. HONEY HARISH
- FEBRUARY 10**  
RTN. PTN. SUNIL SOOD
- FEBRUARY 10**  
RTN. PTN. DILNAVAZ MEGHANI
- FEBRUARY 10**  
RTN. PTN. JOHN FRANKLIN

### ANNIVERSARIES

- FEBRUARY 4**  
RTN. PTN. NANDINI & PP RTN. VIKRAM KAMDAR
- FEBRUARY 5**  
RTN. PTN. KAMAL & RTN. SAM KATGARA
- FEBRUARY 6**  
RTN. VARSHA & MR. CHETAN DAIYA
- FEBRUARY 8**  
RTN. PTN. DR. NARGES & RTN. DR. SAM MAHALUXMIWALA
- FEBRUARY 9**  
RTN. PTN. KAVITA & RTN. ANAND DALAL
- FEBRUARY 9**  
RTN. PTN. VATSALA & RTN. ASHOK JATIA



## ROTARIAN IN THE NEWS



## GIVE, TO RECEIVE

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"

### ROTARY CLUB OF BOMBAY 2019-2020

#### TRUSTEES 2019-2020

PP Rtn. (Dr.) Rahim Muljani	PP Rtn. Arvind Jolly
PP Rtn. (Dr.) Adi Dastur	PP Rtn. Arun Sanghi

#### OFFICE BEARERS 2019-2020

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Immediate Past President	Rtn. Vijay Kumar Jatia
President-Elect	Rtn. Framroze Mehta
President-Nominee	Rtn. Shernaz Vakil
Honorary Secretary	Rtn. Manish Reshamwala
Hon. Jt. Secretary	Rtn. Satyan Israni
Hon. Treasurer	Rtn. Jagdish Malkani

#### SPECIAL DIRECTOR PP RTN. SHAILESH HARIBHAKTI

#### DIRECTOR-IN-CHARGE PE RTN. FRAMROZE MEHTA

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Fellowship & Assimilation	Rtn. Ashok Jatia
Animal Welfare	Rtn. Priyasri Patodia

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Sergeant-at-Arms	Rtn. Hoshang Nazir
Interact	Rtn. Jaymin Jhaveri
Rotaract	Rtn. Zeenia Master

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Public Awards	Rtn. Suresh Kotak
Young At Heart	Rtn. Ramesh Mehta

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Environment	Rtn. Madhusudan Daga

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Sports	Rtn. Sanjiv Saran Mehra
Yoga	Rtn. Manoj Patodia
Vocational Training	Rtn. Varsha Daiya
Night Study Centre	Rtn. Jamshyd Vazifdar

#### DIRECTOR-IN-CHARGE RTN. PRADEEP GUPTA

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

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

Talwada Projects	PP Rtn. (Dr.) Rahim Muljani
Phiroze R. Vakil Eye Centre (PRVEC)	Rtn. Homi Katgara
Ajit Deshpande Medical Centre (ADMC)	Rtn. Tara Deshpande
Cancer Aid	Rtn. (Dr.) Ian Pinto
RCB – Medical Centre	Rtn. Manoj Patodia

#### DIRECTOR-IN-CHARGE RTN. VINEET BHATNAGAR

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The Rotary Foundation & Global Grant	PP Rtn. Pradeep Saxena
Gender Equality	Rtn. Arin Master
Skill Development	Rtn. S. V. Prasad

#### DIRECTOR-IN-CHARGE RTN. MEERA ALREJA

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