

# THE GATEWAY

Rotary  
Club of Bombay



Bulletin of the Rotary Club of Bombay | For private circulation only | [www.rotaryclubofbombay.org](http://www.rotaryclubofbombay.org)  
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## PRESIDENT'S MESSAGE



Dear Fellow  
Rotarians,

Very Warm  
Greetings!

Hope all of you and  
your near and dear  
ones are safe and  
well.

The world, as we know it, is currently going through a serious existential and humanitarian crisis. This grim situation has brought to light some important aspects of our lives which we seemed to have missed out or hitherto ignored - 'family time' and 'me time'. We now witness the chirping of birds, dolphins returning to our sea shores, sighting of rare birds, empty spaces, clean air and silence. One hopes that mankind will now consciously value these and nature and environment in general.

One thing that gained significance and attention in the past few months is the way we Indians greet – our '*Namaste*'. In the current situation, this may have been from a health and safety perspective (to greet without physical contact), but there is a spiritual and scientific significance to the gesture, unlike the 'hand shake' or the 'high fives' gesture, which involves palm-contact between two persons.

In Sanskrit, the word is '*namah*' + '*te*' = '*Namaste*', which means 'I bow to you' – my greetings or salutations to you. The word '*namaha*' can also be literally interpreted as '*na ma*' (not mine).

Not only is *Namaste* a beautiful word but more profoundly important is the gesture of '*Namaste*'. When we greet one another with *Namaste*, it means, 'may our minds meet'.

To perform *Namaste*, we place the hands together at the heart chakra, to increase the flow of Divine love, close the eyes, and bow the head. Bowing the head and closing the eyes helps the mind surrender to the Divine in the heart. It can also be performed by placing the hands together in front of the third eye, bowing the head, and then bringing the hands down to the heart. Although, at times, the word '*Namaste*' is spoken in conjunction with the gesture, it is not necessary to mouth aloud the word while joining the palms, since the gesture itself signifies '*Namaste*'.

A deeper spiritual significance is that it



Israeli PM Benjamin Netanyahu



Above, L to R: Actor Pierce Brosnan with the Prince Charles, Canadian PM Justin Trudeau with his family on an India visit in 2018, US President Donald Trump with Irish PM Leo Varadkar



Deepak Mittal, Joint Secretary, MEA, does a Namaste in response to an offer of handshake by Anwar Mansoor Khan, Pakistan's Attorney General in 2019



recognises the belief that the life force, the divinity, the Self or the God in me is the same in all. Acknowledging this oneness with the meeting of the palms, we honour the God in the person we meet and see His divinity in every person.

When we remain aware of this significance, our greeting does not just remain a superficial gesture or word but paves the way for a deeper communion with another in an atmosphere of love and respect.

There is a scientific aspect to the gesture of '*Namaste*'. Our palms have a lot of nerve endings, – something that modern medical science has since discovered. The moment one places one's hands together, our dualities, our likes and dislikes, our cravings and aversions, are levelled out. There is a certain oneness to the expression of who we are. The energies are now functioning as one.

*Namaste* is widely used in Asia and beyond. It is part of daily greetings in India. One would often get to see this gesture in various Indian classical dance forms, in everyday religious rituals and yoga postures.

With so much being talked about China, one may recall a famous image of Hieu

Tsang (Xuan Zang) the Chinese Buddhist monk greeting Emperor Harsh Vardhan with '*Namaste*' during his visit to India in the medieval times.

Coming back to the present, a recent video of Prince Charles preferring to join hands and bowing slightly to others in greeting, instead of the usual handshake, is doing the rounds on social media.

Also, President Trump in his tweet gleefully explains how he and the Irish Prime Minister joined their respective palms when they met. He referred to a recent visit to India where he did not shake hands with anyone. According to him, India and Japan, where they bow to each other, were 'ahead of the curve'.

Centuries' old Indian influence had earlier spread this form of greeting to Southeast Asia, Indonesia and Thailand. *Namaste* has now gone global.

Stay safe, stay healthy.

Namaste!

President Preeti Mehta



# FOOD, MEDICAL EQUIPMENT

## PROJECT #1: Free Wellbeing Helpline

**Stress, Anxiety or Fear?**

**FREE COUNSELING HELPLINE**

1-800-121-0980

+91-99997-20986

\*International Dialers, Standard rates apply

Don't let stress, anxiety and fear lock you down.

MAKE THAT FREE CALL TO TALK TO OUR WELLBEING VOLUNTEERS



Rotary Club of Bombay

Rotary District 3141

WELLBEING VOLUNTEERS UNITED

*Ear for you*

From 8am to 8pm

• English, Hindi, Gujarati, Marathi

Over 500 volunteers enrolled and trained and more than 50 professional counsellors in English, Hindi, Gujarati and Marathi. They are available daily from 8 am to 8 pm.

**WVU**

Wellbeing Volunteers United

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Timings: 8am - 8pm



**WVU**

Wellbeing Volunteers United

**तनाव, चिंता, और डर, क्या यह सब आपको परेशान कर रहे हैं?**

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फ्री हेल्पलाइन:

**1800-121-0980** (टोल फ्री)

**+91 99997 20986**

(अंतर्राष्ट्रीय कॉल के लिए मानक दर लागू होंगे)


**कॉल करें 8am से 8pm के बीच**

घबराहट मत, हमारे पास 450 प्रशिक्षित स्वयंसेवकों हैं जो आपकी मानसिक स्वास्थ्य का ध्यान रखेंगे

भाषा: हिंदी, इंग्लिश, मराठी, गुजराती



**Amazing Job!**



On 30 March, Rotary Clubs of Mumbai Versova, Bombay and Mumbai Western Elite, with help from the Municipal Corporation of Greater Mumbai, supplied over 15,000 free meals to the needy.

PP Sandip Agarwalla

Rotary Club of Bombay

## PROJECT #2: Distribution of free meals

The Rotary Club of Bombay, in a joint project with the Rotary Club of Versova has served over 100,000 meals at the time of going to print with almost 18,000 meals daily. We have planned free distribution of meals until April 30th. In addition, RCs Bombay, Mumbai Versova, Mumbai Western Elite are applying for a combined GG for \$45,000 today (Sunday, April 5th) for meal distribution.

## PROJECT #4: Installation of handwash stations in Palghar



# & HOPE: THE ROTARY WAY

## PROJECT #3: Donation of medical equipment



Our Club has donated a total of 15 ventilators to Government of Maharashtra so far at a total cost of Rs 61 lakh.



## PROJECT #5: Distribution of ration bags

In conjunction with YMCA and Helping Hands, the Rotary Club of Bombay has already distributed this to 850 families and smaller packages to 550 families.



10 HWS are being installed in areas where a large footfall is recorded like vegetable markets etc in Palghar District. The first HWS was installed by the Rotary Clubs of Bombay and Palghar on April 4th. In the picture, Kelvaroad gram panchayat near vegetable market.





# ROTARY GETS COVID-READY

## RCB HAD ITS FIRST-EVER E-MEETING NEEDED IN TODAY'S SOCIAL DISTANCING TIMES

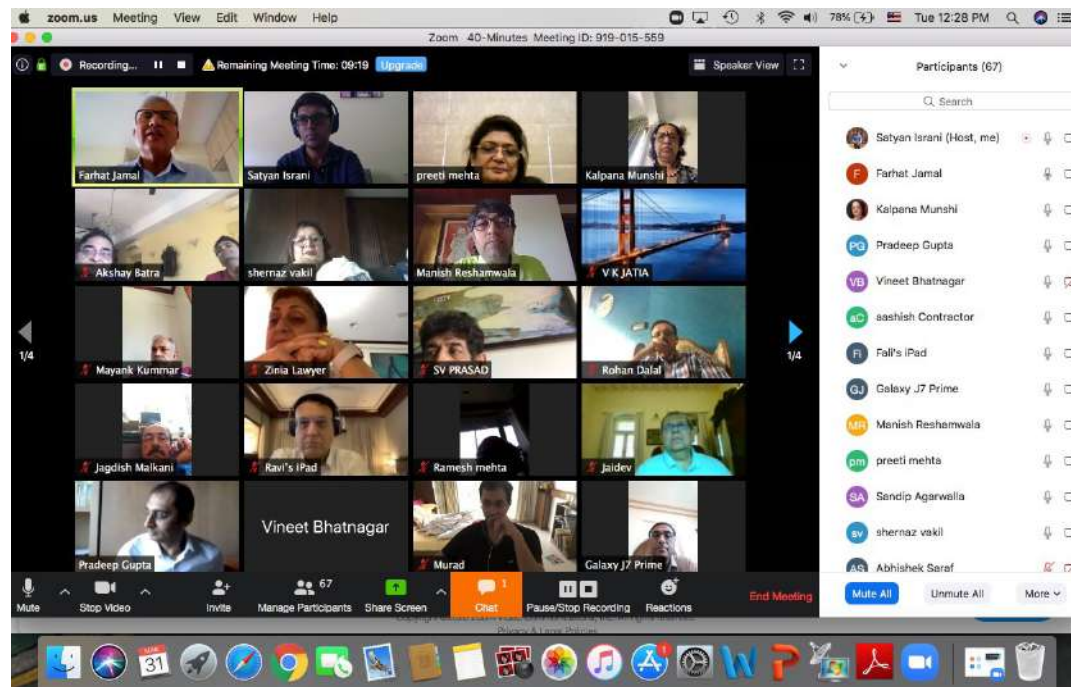
**PP RTN. SANDIP AGARWALLA**

I am a part of the Government of Maharashtra's CSR-Medical Equipments and Supplies group as well as the GoM Food group. Every now and then we receive messages that food supplies are not reaching this corner and that corner. I am happy to share that the group is headed by the Principal Health Secretary and a lot of prominent officials as well as lot of CSR donors and supply vendors and large aggregators.

So what are we looking at in food? One is operate kitchens where in Rotary Clubs in our district, mainly the Rotary Club of Mumbai, Versova, and, of course, our Club has been giving a lot of support to these activities. I believe, this morning, RCM Queens Necklace and RCM Western Elite have also joined in.

**TOGETHER, EVERY DAY, WE (RCM VERSOVA AND RCB) DISTRIBUTE OVER 15,000 MEALS FREE OF CHARGE. THANKS TO THE CONTRIBUTION OF VARIOUS DONORS ALL OVER – ROTARIANS AS WELL AS NON-ROTARIANS**

– we have been able to run different centres across Mumbai. The cost of a meal can be anywhere between Rs 20-25. It's a simple khichdi, the minimum weight of which is 225 gms. The khichdi comes in four varieties and is

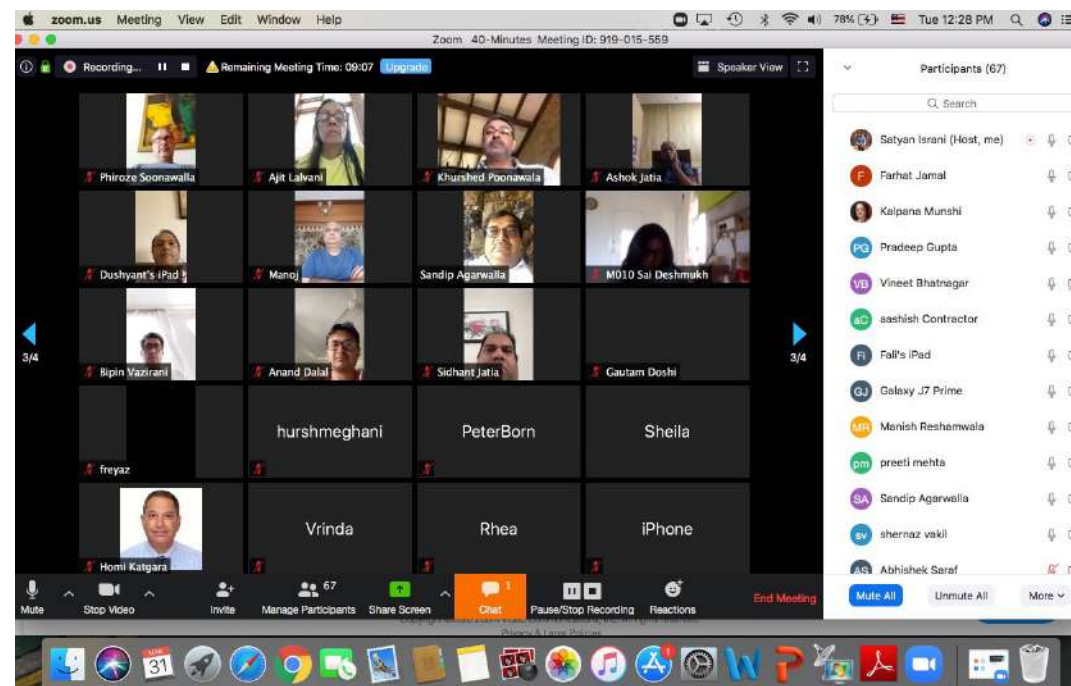


made by rotation under the most hygienic standards in a well-equipped kitchen.

We do not use make-shift arrangements. We use good

kitchens that we supervise and the food is distributed by BMC officials. We take the help of the BMC and the Police who pick up most of the food and take it away to

distribute. We do not go out and distribute the meals. The demand constantly increases everyday and we are upping the quantity by a thousand meals.



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THE BULLETIN OF THE ROTARY CLUB OF BOMBAY 05



IN ACTION: COPS DISTRIBUTE ROTARY'S DAILY MEALS

We have just started a new kitchen in South Mumbai from tomorrow at the Hindi Vidya Bhavan School. We are starting with 500 meals each for lunch and dinner, and again it's going to be khichdi. Then the second part of the food is rations which are being initiated also by our Club. More details will be probably shared by Deepali Paul and Shernaz as to how and where rations are being sent to the needy. Either they are pre-packed or given to centres in bulk which can then be distributed in each home, as required.

### PRESIDENT PREETI MEHTA

We have received commitments from several Rotarians. We have tied up with two NGOs, our old partners, YMCA through Rtn. George Paul. There, we are giving a fixed amount and at the rate of Rs. 700 per family, they will be able to distribute a package of rice, dal, wheat flour and sugar – the basic essentials for the

family which will last four to five days. We are starting with smaller amounts and then we will see whether the government is stepping in, whether we need to revise this or extend it. We will take it forward from there.

The second NGO which Rtn. Shernaz Vakil has been able to tie up with called Helping Hands.

### PN SHERNAZ VAKIL

There is a gentleman called Bilal who is handling it and he is going to widows' homes, children's homes, slum dwellers, wherever he is able to deliver with his little van. Unfortunately, he is yet to get money from our side, we are hoping to give it tomorrow.

### PRESIDENT PREETI MEHTA

The YMCA has started the work right away and they are giving support to people in slums and below the poverty line. Maybe tomorrow they will start the distribution on our behalf.

**PP RTN. SANDIP AGARWALLA**

The next thing I would like to talk is about medical supplies and medical equipment. This is a huge issue and there is an acute shortage. One day something is available and another day it's not. I know this first-hand – I have been placing orders which are being reneged on because someone else is giving a higher price for the supplies. Suppliers make up other stories but one knows what is going on.

What is required, firstly, is to move with speed on these items once they are decided. It is also required to get the Maharashtra Government's approval for every single item because they have very rigid certification norms and we don't want to contribute something which is not going to be used by them. What the Government of Maharashtra has done for medical equipment and supplies is centralise all deliveries to the

IF YOU  
CAN'T FEED  
A HUNDRED  
PEOPLE,  
THEN FEED  
JUST ONE.

MOTHER  
TERESA

Haffkine Institute which will decide on the distribution to hospitals across Maharashtra depending on their need. One cannot dictate as to where one's equipment should be directed. Haffkine Institute will decide based on the urgency and requirement of the hospitals of the Government of Maharashtra as to where it shall all go. Although we can put in a word to give it to so and so hospital if it is possible, they'll do it only if it is feasible for them. Otherwise, they will divert it elsewhere.

Currently, I believe there are five hotspots in Maharashtra as of yesterday: Sangli, Pune, Nagpur, Mumbai and Thane.

**SO, WHAT DO WE NEED IN MEDICAL SUPPLIES? WE NEED DISINFECTANTS, MASKS BOTH 3-PLY AS WELL AS N95.**

We need PPE – Personal Protection Equipment, which the doctors need to wear while examining patients in COVID-19 wards. I don't know how many of you know that the fourth to seventh floor of the new wing of Breach





We are active on social media with over 8,500 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.

Statistics of the meeting held on March 31, 2020  
Members: Over 60.

## FEEDING THOSE IN NEED

### A COOKED MEAL DISTRIBUTION INITIATIVE

BY



The Rotary Clubs of Bombay and Mumbai Versova have been providing meals to the migrant labour, daily wage earners and homeless of Mumbai City.

**TOTAL MEALS: 1,00,000 +**  
**DAILY MEALS: 15,000 +**

#### AREAS OF INTERVENTION



All 24 Municipal Wards in Greater Mumbai.  
Also in Kamathipura, Alexandra Cinema Area - Byculla, Agripada, Nagpada

Saffron Hospitality Services  
Marol Naka, Andheri (E)

Hindi Vidya Bhavan School  
Marine Drive



#### FIND OUR KITCHENS

#### SUPPORTING KITCHENS



SRSS College- JB Nagar, Andheri  
JJ Trust- Malad East  
Reay Road  
(RC Mumbai Queens Necklace)

BMC | NGOs  
RC of Bombay Bandra  
RC of Mumbai Downtown Sealand  
RC of Bombay Chembur West  
RC of Mumbai Western Elite  
RC of Bombay West  
RC of Bombay Peninsula



#### PARTNERS

### DONATE NOW!

Rotary Club Bombay Charities Trust No. 3 | HDFC Bank Ltd.

**Branch Address:**

HDFC Bank Ltd., 101-104 Tulsiani Chambers, Free Press Journal Marg,  
Nariman Point, Mumbai 400 021

**Branch:** Nariman Point

**Branch Code:** 0001

**Account Type:** Savings Account

**Account Number:** 00011000043340

**IFSC Code:** HDFC 0000001

CONTACT FOR MORE DETAILS: VIJAY JATIA +91 98200 95782 | SANDIP AGARWALLA +91 98210 10417

Candy Hospital has been emptied and is being converted into an isolation ward or treatment ward for COVID-19, in addition to wards in the charitable Godrej wing. All the doctors have to wear PPE.

### THE MOST ADVANCED PPE IS NOT AVAILABLE BUT ACCEPTABLE PPE ARE BOOKED FROM CHINA AND OTHER PLACES.

What is available in India is for Rs 1500-1800 and is not exactly what the PPE should be but we have to make do with whatever we get and, currently, it is the best that we can get.

There are companies making hazmat suits for use in pharma labs or chemical labs which are also approved by the Government of Maharashtra because something is better than nothing. Gloves will also be needed.

To give you an example, N95 masks are available in bulk with a minimum quantity of 20-25,000 and upto a lakh in quantity. They are available – they are being made in India and they are available between Rs 120-150 plus GST per mask.

The gloves are obviously much cheaper. The 3-ply masks are generally Rs 10 per mask and again they have to be bought in bulk. There are various types of 3-ply masks, one can get some in Rs 7 but let's not get into that. Let's stick to what GoM has approved. I can share the certification if anyone is interested. As far as the medical equipment is concerned, they require various things including BPaPt machines, respirators etc but by far the most important is the ventilator.

I don't know how many of you know why the ventilator is so important. The ventilator is very important because as Covid-19 is a

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respiratory disease, it gets into the lungs. The patient then requires ventilator support to breathe. It is only with this support that they can regain strength to recover and get back on their feet. Ventilators are in a big shortage and I am in touch with various suppliers. There are ventilators available for as high as Rs 16 lakh. What is really scary and this shows how serious the situation is – the Government of Maharashtra has approved the use of refurbished ventilators which are now available in the market. They are coming with a six-month warranty and donors, of course, are usually balking and not agreeing to support such items.

### THE VENTILATORS COME AND GO, TO AND FROM THE MARKET, FAST, EVEN A HUNDRED VENTILATORS GET SOLD IN A MATTER OF HOURS. VENTILATORS ARE THE MOST IMPORTANT ITEMS REQUIRED IN THESE CIRCUMSTANCES.

#### PE FRAMROZE MEHTA

We haven't got any details yet but Sandip and I can coordinate and see to it that we stick to right suppliers and of course it has to be through the Haffkine Institute so once the funds are in our account, it goes forward.

#### PP RTN. SANDIP AGARWALLA

It's not through the Haffkine Institute as such. Haffkine decides where the equipment should go. We have to pay suppliers directly. Of course, it will all be under the Rotary Club of Bombay banner, and funds collected will be paid directly to suppliers – this is just cutting the chase and sparing a lot of heartburn.

Similarly, in whatever food activities we have undertaken so far, we have either paid suppliers directly or the other club is taking it under their trust account directly. So it's entirely up to you how you want to go about, but I think that is the best thing to do.

#### VOTE OF THANKS BY RTN. FARHAT JAMAL

THE BULLETIN OF THE ROTARY CLUB OF BOMBAY

AT THE END OF THE DAY, IT'S NOT ABOUT WHAT YOU HAVE OR EVEN WHAT YOU'VE ACCOMPLISHED.

IT'S ABOUT WHO YOU'VE LIFTED UP, WHO YOU'VE MADE BETTER.

IT'S ABOUT WHAT YOU'VE GIVEN BACK.

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Serve your best delights in Milton's sleek **Fiesta casserole** that keeps food warm for hours! Now available on **Amazon.in**

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Don't let dusty windows and windscreen ruin your drives. clean them up with Spotzero's **Car Glass Cleaner**. Now available on **Amazon.in**

# Apr 7<sup>th</sup> Club Meeting

Rotary  
Club of Bombay



## eMeeting with Rtn. Shariq Contractor



## Govt. Policies During COVID Times.

Venue : Online at zoom.us (members only)

Time : 12:00pm

### ROTARIAN BIRTHDAYS



APRIL 2  
RTN. RAVI  
SHETH



APRIL 3  
RTN. ADI  
GODREJ



APRIL 6  
RTN. SURESH  
GOKLANEY



APRIL 6  
RTN. KALPANA  
SINGHANIA



APRIL 7  
RTN. SHANTA  
CHATTERJI



APRIL 7  
RTN. GHANSHYAM  
SHETH



APRIL 8  
RTN. MANJEET  
KRIPALANI



APRIL 10  
RTN. RAMESH  
DHIR



APRIL 11  
RTN. (DR.) ROHINI  
CHOWGULE



APRIL 12  
RTN. MAHAKHURSHUD  
BYRAMJEE



APRIL 13  
RTN. NILESH  
PAREKH

### ROTARIAN PARTNER BIRTHDAYS

APRIL 2  
RTN. PTN. AMITA MALKANI  
APRIL 4  
RTN. PTN. URVASHI MINAWALA

APRIL 5  
RTN. PTN. VRISHALI PISPATI  
APRIL 9  
RTN. PTN. MEHROO BALI  
RTN. PTN. VANDANA SINH  
APRIL 11  
RTN. PTN. RACHNA AGARWAL

### ANNIVERSARIES

APRIL 3  
RTN PTN RESHMA AND  
RTN SURESH GOKLANEY

APRIL 10  
RTN PTN FOUZIA  
AND PP DR RAHIM  
MUJIANI

APRIL 12  
RTN PTN ZARINA AND  
PE FRAMROZE MEHTA

APRIL 13  
RTN PTN RACHNA AND  
RTN ARVIND AGARWAL

### 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   |

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| 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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| 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  |

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

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| Anand Yaan / Elder Care   | Rtn. Alok Sekhsaria   |
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