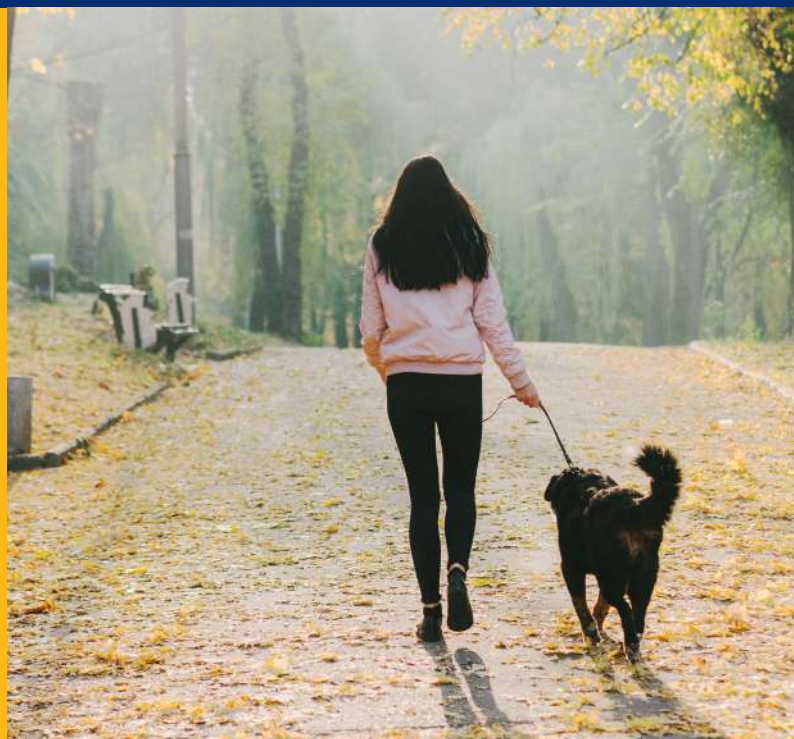


# THE GATEWAY

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Rotary  
Club of Bombay



## PRESIDENT'S MESSAGE



**Dear Friends,**  
Very Warm Greetings!  
It is said that William

Wordsworth — called a 'poet of nature', whose poetry is filled with tramping up hills, through dales, forests, around lakes, and along public roads, walked as much as 180,000 miles in his lifetime i.e. an average of about six and a half miles each day, starting from the age of five. Probably a real 'Johnnie Walker'!

Next time someone says: 'take a walk', smile with positivity and say 'thank you, I certainly will' and here's why:

It is said that walking stimulates one's thinking and writing skills. The scientific reason for this is that it changes our body chemistry. Walking boosts energy and causes the heart to pump faster, circulating more blood and oxygen not just to the muscles, toning and strengthening leg muscles and

alleviating or easing joint pains, but to all our organs, including our brain. It is also supposed to increase the volume of the hippocampus (the brain region crucial for memory), thereby improving memory and preventing the deterioration of brain tissue as we age. It is said to elevate levels of molecules that both stimulate the growth of new neurons and transmission of messages between them, thankfully, quite unlike our present erratic mobile signals and coverage issues in Mumbai. Studies after studies have shown that those who adhere to a regular walking programme show significant improvements in blood sugar levels and blood pressure, slowing of resting heart rate, improved breathing, burning calories and hence reduction of body fat and body weight, reduced cholesterol, boosting the immune system and functions, improved digestion, improved mood, reduced depression and anxiety with better quality of life, increased measures of stamina and endurance and even better sleep quality. Many experiments have evidenced that soon after or during exercise, people perform better on tests of attention and memory. Walking

delays onset of varicose veins, reduces risk of dementia and Alzheimer's and slows down mental decline. And, moreover, it is zero calorie compared to a glass of wine or a piece of dark chocolate

Other studies have shown that walking increases creative output substantially which researchers have labelled as "divergent thinking". It 'clears the head' and helps creative thinking. According to some studies, "walking opens up the free flow of ideas, and it is a simple and robust solution to the goals of increasing creativity and increasing physical activity." Since we don't have to devote much of our conscious effort to the act of walking, our attention is free to glaze, to overlay the world before us with an array of images. This kind of mental state seems to be linked to innovative ideas — the 'Eureka moments'.

The manner in which we move our bodies further changes the nature of our thoughts, and vice versa. Psychologists specializing in 'exercise music' have determined what many of us probably already know: listening to songs with high tempos motivates us to run faster, and the swifter

we move, the faster we prefer our music. When we stroll or meander along gingerly, the pace of our feet naturally vacillates with our moods. We can actively change the pace of our thoughts by deliberately walking more briskly or by slowing down.

Where we walk matters as well. Some studies have shown that students who strolled through botanical gardens performed better on a memory test than students who walked along city streets. Likewise, many studies suggest that spending time in 'green spaces' (gardens, parks, forests) can rejuvenate the mental resources that man-made environments easily deplete.

Even then, urban walks do offer unique advantages for the mind. A walk through a city provides more immediate stimulation — a greater variety of sensations for the mind to play with. But, if we are already at the brink of overstimulation, we probably require turning to nature.

So let's all 'take a walk'.

**President Preeti Mehta**



**As DG Harjit Singh Talwar congratulated the Rotary Club of Bombay for a job well done these past years and outlined the path ahead, an air of pride and determination dominated RCB's Tuesday meeting last week**



## ‘WE ARE THE CHAMPIONS’

**AT THE OUTSET,** let me congratulate and compliment all the Past Presidents of this Club, 90 years' service to the community, guidance and support to the leadership of the Club and all incoming team members. They are the strength who have noted, guided, inspired and ensured that the Club stands tall today not just in District 3141 but in the world of Rotary International. My compliments to all Past President and incoming leaders of this Club.

Friends, over the last 10-10½ months, if the District has been administered effectively and efficiently it is not because of the District Governor or the District core team it is because of the people who have volunteered to give their time and talent towards the effective functioning of the District. Due to paucity of time, I will not read out the names but at least 15-18 people from your Club represent in the District. My

gratitude and thanks to them for helping us to do what we have done in the last 10 months. Abhinav, Abhishek, Alok, Freyaz, Gul, Kalpana, Mukesh, Nandan, Nirav, Paul, Pradeep Gupta, Pradeep Saxena, Ramesh, Sandip, Manish, Vijay, Sunita, I think I have read all the name if I have missed out any, please excuse me but **a big thank you to all of you for the support in administering the District in the last 10 and half months.**

We had wonderful, interactive, closed-door meeting about half an hour before the meeting with the board of directors, both the current ones and a few incoming ones. I must compliment all the directors for the wonderful presentation they gave of their respective avenues which give a true insight into the great work that has been done by all of you in the first 10 and half months of Rotary year.

Rotary Club of Bombay is an institution. In the Rotary World, District 3141 has a pride of place and people look up to us in awe and inspiration for what we do. Taking that further, Rotary Club of Bombay has the pride of place in District 3141 for the great work it does in touching lives. My compliments to all the directors who did the wonderful presentations. I'll just touch upon a few important aspects.

One matter of concern was the average age of members in the Rotary Club of Bombay which most agree needs to be younger and possibly take them as a group so that they bond well with the seniors in the Club. A good catchment area for this could be your Rotaractors, especially from the community-based Rotaract Clubs. You can try to give them special incentives by way of discounts in their membership in the first few years of membership.

I would like to compliment

and congratulate a few people from your Club for their tremendous support: Sandip Agarwalla, group Avenue Head for the Teach vertical looking at literacy under the Rotary India literacy Mission. He has provided tremendous leadership and surpassed all the targets given to us; my congratulations and compliments to Sandip. In addition to that, he has also pioneered the water sanitation projects in the District. Not only has he taken the global brands, as mentioned by Preeti, head on in the Rotary Club of Bombay, he has also been a support to other partner clubs and taken the global grants forward. Thank you very much, Sandip, for your efforts.

Second is Ramesh Narayan: this man's passion is unparalleled. The kind of work he has done regarding PR of Rotary in the last year is incomparable. We started with our association with the International Advertising Association wherein we developed a special campaign to sensitise our youth towards the need of our elders, a very successful campaign with the culmination of the awards function at Andheri where I was present. That the campaign received so much mileage that many of my Co-Governors from as far as Assam called to congratulate me and asked how much money we spent on it. They were not willing to believe me when I said that we had not spent a single penny. My compliments to you, Ramesh, for taking this so effectively, so far, in terms of its outreach.

JUNE 2, 2020

Then we have our TRF ka Badshaah Nirav Shah: the man who eats, drinks, wakes, sleeps, walks Foundation. He has helped the District a great deal in terms of garnering funds for the foundation with his passion. Apart from this, contributing large sums of money to TRF to celebrate the weddings of Rotary children was a wonderful move, Nirav. Thank you very much Nirav. The pride of TRF, Gulam Vahanvaty who is a TRF Trustee from our District. It is a matter of immense Pride for me to have two of our stalwarts, Gulam and Dr. Bharat Pandya as RI director donning important positions in the Rotary International and Rotary Foundation.

All of this plus over Rs four and a half crore on various response projects to Covid-19, be it medical supplies, awareness, ventilators, PPE, N95 mask, food packet distribution, grocery distribution, it is phenomenal.

We had a meeting with H'ble Health and Family Welfare Minister Mr. Harshvardhan, the Union Minister, over Zoom, which was presided over by our Rotary International President Nominee Shekhar Mehta; both the directors were there, Gulam was there, all the governors and governor elects, it was a proud moment for District 3141 and with me as a District Governor when the information was shared that as of April 18th, Rotary in India had spent Rs 101 crore in response to Covid. Now the figure must have more than doubled. Out of that, our District has spent more than Rs 12 crore. Imagine, there are

38 Districts in India and our District 3141 alone spent more than 12 per cent of the total amount as of that day. My compliments to all of you.

This is a great opportunity for Rotarians to interact with the governor one on one, unfortunately it's not in person but virtual. Coming to Foundation, I would like to congratulate the Rotary Club of Bombay again for being in the forefront of generous, wholehearted, benevolent contributions to TRF for the last several years. Last year, under Vijay's leadership, we contributed a sum of US\$ 864,000 to TRF.

**Rotary Club of Bombay has a pride of place when it comes to The Rotary Foundation. You have 11 AKS members from RCB and I am given to understand that this is the highest from any single club in the world.**

Coming to Global Grants, I attended many inauguration functions at the Masina Hospital where you upgraded four-five facilities, spent a lot of money through global grants. You have four-five on-going global grants in the process of being closed and you have applied for another four, two directly and two in partnership with other clubs. Your total amount, Preeti, is close to

US\$ 433,000 US dollars and another US\$ 164,000 is to go to the sanctioned global grants towards the Club's contribution.

I also congratulate and compliment donors who contributed more than US\$ 10,000 dollar in this Rotary year; Dilip Piramal, Meera Alreja, Rajas Doshi, Nirav Shah, Jetu Lalwani, Astra Industries, Nandan Damani and, of course, we have more than 30 members contributing generously between US\$1000-3000. Sandip thought of the great idea of multiplying the funds that we receive through HDFC towards the pediatric heart surgery and to reach out to RCB members to contribute small sums of money, in multiples of a thousand dollars, to help children in need of heart surgery. Congratulations.

2020 is very special for the Rotary Club of Bombay and District 3141. First, we have a Trustee, PDG Gulam Vahanvaty who is a member of Rotary Club of Bombay. We are celebrating the 100th year of Rotary in India, which is special to celebrate and commemorate. RCB has 272 Paul Harris Fellows. So, can we take a challenge to make Rotary Club of Bombay a hundred per cent PHF Club? It will be a great honor to achieve it.

Second is the Paul Harris Society Recognition, given to an individual who contributes one thousand dollars and pledges to contribute \$1,000 every year. Many members



generously donate much larger sums of money in the RCB but are still not recognised as Paul Harris society members. That is why I would like to highlight this special recognition. It will be a great pride for the Paul Harris society if members join from your Club. We have today more than 300 Paul Harris society members from our District and out of this 101 new society members have been added this year. The need of the community is increasing, we have been utilising funds from the Foundation every year so it is also our duty to contribute generously year after year. My appeal, to begin with, is to the 30 large-hearted donors who have contributed towards the paediatric heart surgery global brand upon the appeal made by Sandip Agarwalla, Nirav Shah and Preeti Mehta to come forward and pledge to continue this contribution every year and become member of this Paul Harris Society.

We have a club in our District where out of 180 members, 53 are members of the Paul Harris Society that is the Rotary Club of Mumbai Queen's Necklace. We have another club where we have 33 Paul Harris Society members. Amongst the new Paul Harris Society members, a one-year-old club Rotary Club of Mumbai Western, where I had an OCV just three days back, with just 42 members, 9 have agreed to be the Paul Harris Society members. So Rotary Club of Bombay – it will be a great achievement. The third is EREY-Every Rotarian Every Year Club is also feasible. Having said that, the OCV is also an opportunity for members to interact one on one with the governor.

While it is great to have such strong bonds amongst yourself, they are preventing people from joining District fellowships and participating in District fellowship events. I understand and appreciate that it may not be possible for too many of you to join District events but may I encourage you in the years to come, to look out for some representation of your members in District events. I have mentioned that you are an institution in yourself but

at the same time we wear the same common pin. So you have to be part of the mainstream.

I am also glad, proud and elated that I have 33 lady Presidents in the District and Preeti is a shining example of woman power leading one of the biggest clubs in the District. The leadership that she has provided is exemplary, leading with distinction, charisma, taking the Club to greater heights in 2020 by way of administering, involving and the great projects that the Club has done in the year 2020. I compliment and congratulate directors and members to support her in these endeavours and I have no hesitation in saying that you continue to be one of the best Clubs in the District.

This is the reality of what we are facing in the times of COVID-19:

**Ghar gulzaar, sheher sheher  
Basti basti mein kaid har  
hasti hogayi  
Ghar gulzaar, sheher sheher  
Basti basti mein kaid har  
hasti hogayi  
Doston, aaj phir zindagi  
mehngi  
aur daulat sati hogayi...**



**The Rotary Cancer Aid Committee conducted a camp for cancer awareness education and screening for wives of serving soldiers on March 12th at Powai. Around 60 women were screened at this camp.**



## Food for street dwellers

On May 15, Rotary Club of Bombay in association with Salaam Baalak Trust distributed essential ration and basic hygiene supplies to 24 families of street children. Parents of these children, who have lost their livelihood and find it difficult to make ends meet, are being supported by the Child Welfare Committee of RCB. These are the beneficiaries of Salaam Baalak Trust who have worked with street children in Mumbai since 30 years. The Child Welfare Committee of our club has been regularly doing a summer camp for these children wherein the children are taught English and given exposure to various extracurricular activities. The street children attend their day care centre at Chowpatty where they get their daily meals which is supported by RCB's Child Welfare Committee. However, the day care centre has been shut for the past many days due to the government's lockdown notification. The families who live off the streets of south Bombay had to move to areas in Virar and Nalasopara. We thank Mr. Milind from Salaam Baalak Trust for reaching out to each one of them and organising the distribution.



**Rotary Club of Bombay**  
Celebrating 90 Years of Service

**OUR COVID-19 RELIEF ACTIVITIES**

**Rotary Club of Bombay has collected till date over INR 41,500,000 towards COVID19 relief activities and so far we have carried out the following activities:**

- 1** Supply of **52 ventilators** to hospitals run by the Government of Maharashtra
- 2** Supply of **11,250 PPEs** to various hospitals in Mumbai, Chennai and Bengaluru
- 3** Distribution of free cooked and packed meals to more than 1,100,000 persons so far @**30,000 meals** every day from kitchens operated and supervised by us to the homeless, migrant workers and daily wage earners
- 4** Supply of **40,000 packets** of ready to eat food packets of Upma and Poha to the curfew stricken people of Malagaon (4 hours from Mumbai). In addition we are distributing free cooked and packed meals currently @ 1000 meals every day until 17th May, 2020
- 5** Supply of **1150 N95 Respiratory Masks**
- 6** Supply of **contactless digital thermometers and Oxymeter Pulse machines** to various hospitals in Mumbai
- 7** Supply of **1200 Face Shields** to the Sanitation workers who maintain various Community toilets in the slums of Mumbai. Supply of **5000 Sanitisation** Hand wash bottles to various agencies
- 8** Supply of **coffee/tea vending machines** to various Police Stations
- 9** We have also set up a toll **free counselling** helpline (all India) with over 600 trained volunteers and counsellors helping callers who are either distressed, disturbed or anxious about their mental health in view of the ongoing situation. In addition the helpline endeavours to help those persons who need dry rations anywhere in India.
- 10** Supply of **2,500 COVID 19 testing kits** costing over Rs 20 lakh to Tata Memorial Hospital. We are continuing to raise funds and will keep on adding to our tally of service activities continuously.
- 11** We are committed to run all our food distribution activities in Mumbai @ **30,000 meals** daily till the end of the lockdown period ending on 31st May, 2020.

**We are continuing to raise funds and will keep on adding to our tally of service activities continuously.**

**DONATE NOW** For more details e-mail us on [contact@rotaryclubofbombay.org](mailto:contact@rotaryclubofbombay.org)



JUNE 2, 2020

## NEXT WEEK:

- **DR. LAXMAN SINGH RATHORE ON EXTREME WEATHER PATTERNS**
- **PRATIBHA PAI ON THE ALCHEMY OF SOCIAL SERVICE**



**VENUE: ONLINE AT ZOOM.US (MEMBERS ONLY)**

**TIME: 12 NOON**

## ROTARIAN BIRTHDAYS



JUNE 4  
RTN. VIKASH  
MITTERSAIN



JUNE 5  
RTN. MURAD  
CURRAWALLA



JUNE 6  
RTN. PREM  
NATH



JUNE 7  
RTN. SIDHANT  
JATIA



JUNE 8  
RTN. ANUJ  
ARENJA



JUNE 8  
RTN. SHEKHAR  
BAJAJ

### ROTARIAN PARTNER BIRTHDAYS

JUNE 2  
RTN. PTN. DEVINA  
SHAH  
JUNE 4  
RTN. PTN. HASMINA  
KHAN  
JUNE 6  
RTN. PTN. ERIKA BORN  
JUNE 7  
RTN. PTN. ANURADHA  
MAHINDRA

### ANNIVERSARIES

JUNE 2  
RTN. PTN. NITI & RTN.  
(DR.) SANJAY DESAI  
JUNE 5  
RTN. PTN. LATA & PP  
RTN. VITHAL PALEKAR  
JUNE 6  
RTN. PTN. SUSHILA &  
RTN. CHIRANJILAL JOSHI  
RTN. PTN. SUSHIL & RTN.  
MEERA KUMAR

## ROTARY CLUB OF BOMBAY 2019-2020

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

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

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

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Urban Heritage	Rtn. Natasha Treasurywala
Environment	Rtn. Madhusudan Daga

### DIRECTOR-IN-CHARGE RTN. HIRANMAY BISWAS

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Yoga	Rtn. Manoj Patodia
Vocational Training	Rtn. Varsha Daiya
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

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

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The Rotary Foundation & Global Grant	PP Rtn. Pradeep Saxena
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