

THE GATEWAY

Rotary
Club of Bombay



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PRESIDENT'S MESSAGE



Fellow Rotarians,
Very Warm Greetings!

Most of us are confined to the comforts of our homes, working from our homes and limiting our travel for essentials, while

on the other hand, there are those many who are expected to do, and are doing, exactly the opposite - yes - the doctors, healthcare workers, police, sweepers and waste pickers, delivery boys, kirana walas, provision stores, local chemists, restaurants, bakers, farmers, bank employees, social workers, NGOs, journalists, etc. to name a few. There are others who are trying to make life easy for us to help us get over 'boredom'. Also, we see an increased sense of community living.

Medical staff are overwhelmed and facing physical and mental exhaustion, the torment of difficult decisions, the pain of losing patients and even colleagues, all in addition to the infection risk. Alongside concerns for their personal safety, health-care workers are anxious about passing the infection to their families.

Then there is the police force. The cops too are working abnormally long hours and tirelessly to make sure that people do not step outdoors for their own safety. Recently, some have come up with innovative ways of spreading the message of staying indoors, practising proper hygiene, and following government directives. Some

seen to be dancing in the street in comical coronavirus helmets, or singing a song of hope, using humour to spread the message of tackling the novel coronavirus.

There is a silent group of people who work tirelessly to ensure sanitation and hygiene. It is our army of safaiwalas, sweepers and garbage collection staff who are working hard to keep localities and city roads clean. It cannot be overlooked that the sanitation workers, waste pickers and other informal waste collectors too are our frontline of defence against the spread of coronavirus and are at par with doctors, healthcare workers, policemen and others.

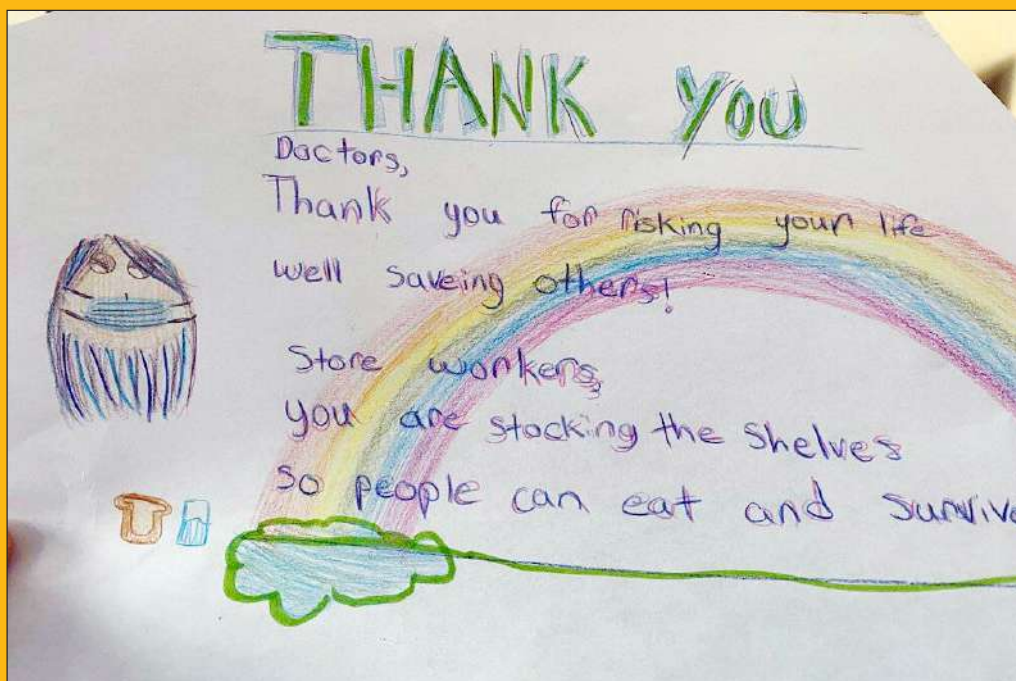
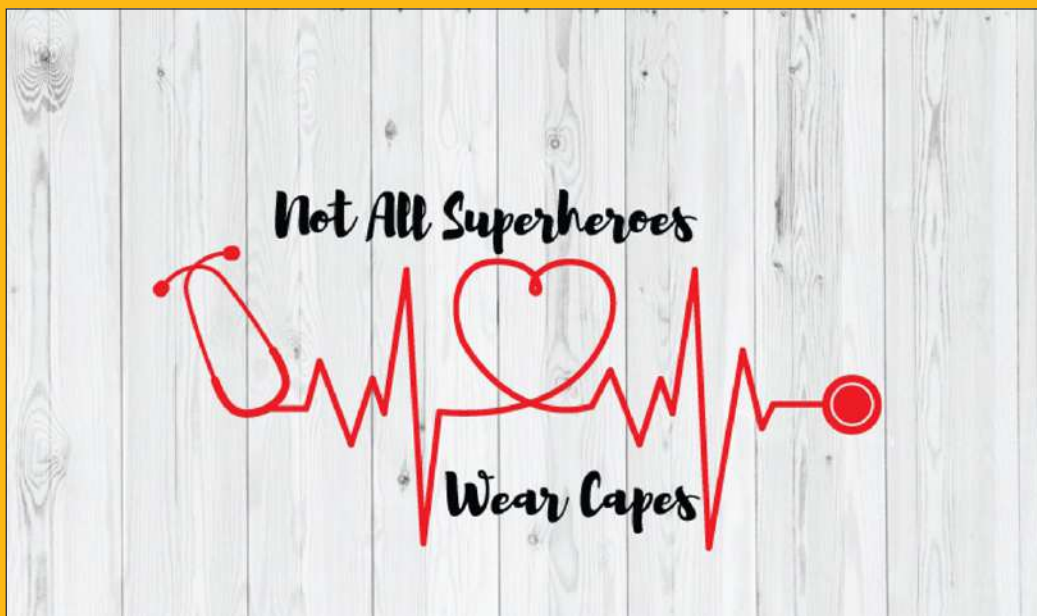
When all are staying inside their households fearing infection, there are some people who never fail to provide you what you require to eat from time to time. Were it not for this fearless army of delivery boys, life would have been even more difficult for most of us.

The old kirana stores are taking the coronavirus battle head on as large supermarket chains and online grocers are struggling to resume operations and cope with demand in the lockdown situation. Once again, they have become the main and unending suppliers of daily goods to urban Indian families through the length and breadth of the land. The transition from malls to the local kiranas might not be a happy one for every urban and privileged Indian, but let's accept that if it hadn't been for them, we would forever be stuck in long queues outside departmental stores for the simplest of items. And the same with the local chemists.

In this situation, we all need a little something to keep us smiling. Most entertainment channels and houses are providing plays, concerts and shows on the electronic media, while the Taj chefs have shared their secret recipes through videos and cook book.

Let's express our deepest gratitude to, and salute, each of these and many more, who are contributing to our safety and well being as 'givers and providers' in this pandemic.

President Preeti Mehta





CLIMBING EVEREST...

◆◆◆ And the life lessons I learned: entrepreneur Aditya Gupta at last Tuesday's meeting

ONE night, at the Everest base camp, we started climbing higher. One typically started at around 1 o'clock in the night and climbed for about three hours into the Khumbu Icefall which is one of the most dangerous parts of Everest. There is ice, under which is water, and my whole left leg plunged through the ice and into the freezing waters. One leg was still above it and I screamed for help. Some people helped me to pull it out but it was -25 degree and my whole leg was soaked. I was completely out of energy. I could not pull myself up and it was hard to climb even a small slope. I asked the sherpa if he could take me back down. He said that was not possible because the equipment was such that you could only go up, not come down. Another time, we were nearing camp 4, two days before Summit, at about 26,000 feet altitude and on our supply of supplemental oxygen. My sherpa left for camp and I was climbing alone. Suddenly, my oxygen

cylinder was finished. I still had another hour to go but no oxygen.

While there, you are consumed with the expedition, and climbing and saving yourself, you are not able to get to grips with what is going on. But god was kind to me and the mountain was kind to me and I got back in good shape. It is afterwards that the expedition keeps on playing in your head and it is at that time that I arrived at my takeaways from this lifetime of an expedition. When I went through these situations, they became tattooed upon my brain. It is not your business under threat or something else that you can get back later but your life itself. The stuff that works when your life is on your line, that is the stuff I transfer to life and business in general, and, like the pandemic that we are in the middle of right now.

First, passion plus preparation lead to performance. Often,

we say we are passionate about something but are we preparing enough? Or, if we are preparing enough, are we passionate enough that when things go wrong, or don't work out, we still keep on performing because of our passion? The learning is: **PREPARATION ALONE IS NOT ENOUGH AND PASSION ALONE IS NOT ENOUGH. WHEN THE TWO COME TOGETHER, THAT IS WHEN WE PERFORM.**

There is a physical and mental part of preparation. Typically, for an expedition like Everest, for a person like me, I have to prepare for at least a year in advance. You can prepare for the physical side of it, you can lose weight and build capacity. But the biggest game is mental, and it is not something that you can prepare in a year or two. It is about who you are and it will not change all of a sudden due to some pressure situation.

Unless you are passionate

enough, that mental strength will not happen. Passion and preparation lead to performance and this is what we see in various aspects of our life. Rotary does projects and you have seen that it takes both things.

Second, do not be scared of scale. Scale of ambition or plan should not scare us. Things can be very large when we plan an expedition like Everest. The first time you see Everest is about 40 days before you start climbing to the top, after three days of trekking in Nepal from Namche Bazaar. You see a little peak in the sky and you are fascinated. Over the next few days, step by step, you keep going closer. Then, on the final day when you are in camp 4, you live for the Summit, it is still out there in your face -- it's massive. So the scare is that it is easy to get demoralised. Many people quit because they are not prepared for the scale of what it is, the danger of what lies ahead. But I am saying that

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the scale should not scare us and I am linking it to life and business; **THERE CAN BE PROJECTS OR GOALS YOU ARE TRYING TO PURSUE AND NATURALLY THEY HAVE TO BE IMPORTANT ENOUGH THAT YOU DEDICATE YOURSELF TO THEM BUT THEIR SCALE SHOULD NOT SCARE YOU -- IT SHOULD MOTIVATE YOU.**

Third, the power of focus. In some places I climbed on ladders and delicate footholds with hardly six to nine inches of space for my feet. If I were to look to my left or right or down at that time, it would be hard to be able to walk. Your eyes have to be focused only on where you should stand. If your eyes go to the left and right, the danger of it will demoralize you. Connect this back to life: **THERE ARE MANY NEGATIVE SITUATIONS THAT RUN PARALLEL WITH THE POSITIVE.** It is very easy to see what is happening now in the country. If I am not focussed on what I can do and what I should do, and if I keep looking at how I am going to lose money, how my business is going to go

bad, how things are going to go wrong, it is going to be hard for me to be productive and to carry on doing what I need to do. The power of focus on Everest happens by focusing only on the spots that you are supposed to look at and not keep processing all the dangers of the time but process what needs to be done and do that.

Similarly, a business adventure has a lot of parallels in life. There are Olympic athletes used by business training organisations who will tell you the same things in different words: **IT IS ABOUT PREPARATION, PASSION, FOCUS, AIMING AT SOMETHING HIGH ENOUGH AND KEEP GETTING ON WITH IT.**

Fourth, the power of one step at a time. You might have heard it many times but I connected it back to Everest; it's massive and dangerous and over 45 days, there are many situations where it becomes really hard to put just one step ahead of the other. On the night of the climb, from camp 4 to top,

every single step that you're taking -- there are five to eight deep breaths between each single step -- it is like this for the whole night, 13 hours from the camp to the Summit. But the point is to keep taking those steps and not think how much is left and how will I ever get there.

On the other hand, I have to think about how much I have already covered. And I am keeping at it, I will keep walking, crawling, whatever, but I will go. Obviously, we have to bear in mind that if something is getting too dangerous one has to use one's judgement to gauge when it is the right time to return. It is a balance between how determined I am but at the same time not crossing the line. Most of the deaths happen because people did not turn around at the right time. Sometimes the overzealous approach to something, completely ignoring what you are feeling inside, but at same time you can't keep giving up. So, one step at a time, but obviously with a positive frame. It got me to the top of Everest. I am a very ordinary business

person, ordinary level of fitness, no big athlete or whatever. But had it not been for the one step at a time mentality, I would have given up 10 times during the whole expedition.

Fifth, expect that you will have to deal with the unexpected. We can plan and have our equipment, training, teams and most capable people. However, **WE CANNOT PREDICT EVERYTHING THAT WILL HAPPEN DURING LIFE, EXPEDITION OR BUSINESS.** I should not be panicking because I know that things will not run exactly like planned. You have to accept to deal with it so the first thing in my mind is to not panic.

Look at the Coronavirus situation and look at all these five lessons. The power of focus: I am focusing on what I can do. We are doing a lot of training videos, we are doing work in our company which we can use when we start operating. We are using all the time to create training videos and training content which we can use better when



we begin operating. We are able to focus on what we are able to do and keep that in mind instead of worrying that we can't do anything in the lock down.

Similarly, I am taking one day at a time because every day we have things going on, if you are investors, a job person, your business you don't know when will open, so that one step at a time is very applicable. Totally applicable lesson if I am expecting to deal with something unexpected happening, I am not going to panic.

Another important lesson on Everest is the value of time. The amount of oxygen that you have is fixed. Most accidents and deaths happen because of the traffic jams on Everest. The big deal about traffic jams is that you have stopped, there is traffic, but your oxygen is constantly on. At some point, you will

be out of oxygen and you don't want to be at 27,000 ft when that happens. **THAT OXYGEN TANK IS LIKE THE TIME AVAILABLE FOR US IN OUR LIFE. REGARDLESS OF WHAT WE ARE DOING, OUR TIME IS RUNNING OUT. TIME IS EQUIVALENT TO THE OXYGEN TANK ON EVEREST.**

**Rotarians ask
Please share your experiences of being so close to death and see dead bodies around you.**

There is no such thing as not being scared; fear is a good thing -- the issue is how do you feel about fear itself. We have to be intimate with fear. One time, when we were coming down from the Summit, I heard someone calling me, 'Aditya Sir'. It was a Kashmiri woman whose camp was close to ours. She was crying on the ridge that her oxygen had finished and her sherpa had gone.



This was at 28,000 feet! My sherpa and I talked over what to do but she was collapsing every two minutes. And this is the harsh reality, you feel you could not be walking away from somebody who is dying and needs your help but after sometime I could see that I couldn't help her anymore.

Again and again in stories, you have to help people but sometimes you can't do anything. Don't forget your oxygen is running out too. After 10-15 minutes, I had to ask her to wait for someone from her team and when we came back, I heard that one of the women from that camp had died. I was scared that it was her. Later, it turned out to be someone else. This girl actually came back to camp from 28,000 feet without an oxygen tank. Death and fear are scary but it's about attitude.

COVID AND THE ROTARY WAY



11 ventilators installed at the Thane Civic Hospital – all contributed by the Rotary Club of Bombay. The Covid-19 outbreak resulted in the curtailment or restrictions on patients going to nearby towns for dialysis. To alleviate their suffering and danger to the life of these patients, the

Rotary Club of Palghar recently established the Rotary Dialysis Center at Astha Hospital, Manor, Dist Palghar. The Rotary Club of Bombay donated a Fresenius Dialysis machine to the centre which was commissioned today. Another example of Rotary Clubs of RID 3141 in action together!



The Lighthouse Committee organized food supply to 450 people from 105 needy families of Fisherman Community in Mumbai during COVID 19 lockdown. Thanks to President Preeti Mehta, Rtn. Dilip Dalal & Rtn. Sunita Mandelia for taking an immediate decision to transfer the required funds to supply 105 ration packets.

On request from Bhai Bunderkar Adarsh Machhimar Vasahat (Fisherman Colony, Badhwar Park, Colaba), the Rotary Club of Bombay came forward and donated grocery (ration) packets on April 21st, 2020.

The Child Welfare Committee acknowledges the effort put in by Bhavishya Yaan Alumni, Abhishek Gupta in this endeavour.

MILTON

SHINY. GLOSSY. GLAMOUROUS.

Browse through the range of Glitz Thermosteel bottles on [Amazon.in](https://www.amazon.in)

treo
BY MILTON

Happiness is a warm hug in a mug

Explore the range of Treo Glass Tea Mugs on [Amazon.in](https://www.amazon.in)

FEEDING THOSE IN NEED

A COOKED MEAL DISTRIBUTION INITIATIVE

BY



UPDATE: 25TH APRIL, 2020

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

TOTAL MEALS: 6,00,000+
DAILY MEALS: 25,000+*

*ALL INDIVIDUALLY PACKED

DONATE NOW!

Rotary Club Bombay Charities Trust No. 3

Bank Details:

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

For remittance in INR from a foreign country, the Swift Code is HDFCINBB

AREAS OF INTERVENTION

Saffron Hospitality Services

Marol Naka, Andheri (E)

HVB Global Academy, Marine Drive

Yashwant Bhavan, Lower Parel

Tilak Nagar, Chembur

All 24 Municipal Wards in Greater Mumbai.

FIND OUR KITCHENS

SUPPORTING KITCHENS

Shri Rajasthani Seva Sangh College,

JB Nagar, Andheri

Roha Group - Goregaon West

Thacker's - Chowpatty

Chef Talk - Andheri

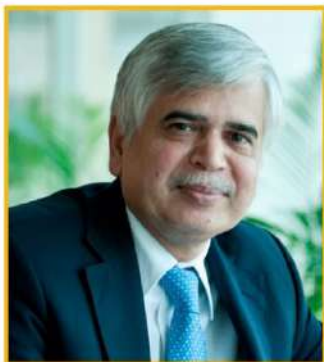
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BMC | NGOs | YMCA | BJYM | Corporations |

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NEXT WEEK'S SPEAKER: RICHARD REKHY



REINVENTING THE FUTURE: BUSINESS CONTINUITY

VENUE: ONLINE AT ZOOM.US (MEMBERS ONLY)

TIME: 12 NOON

ROTARIAN BIRTHDAYS



MAY 1
RTN. ANAND
MAHINDRA



MAY 1
RTN. RAVINDRAKUMAR
RUIA



MAY 3
RTN. ARJUN
JOLLY



MAY 3
RTN. SUHAIL
NATHANI



MAY 4
RTN. SHOM
JAGTIANI

ROTARIAN PARTNER BIRTHDAYS

APRIL 28

RTN. PTN. PRERNA JATIA

APRIL 30

RTN. PTN. KAVITA BULCHANDANI

RTN. PTN. POONAM SURANA

MAY 1

RTN. PTN. PINKY DALAL

MAY 2

RTN. PTN. NANDITA PATODIA

MAY 3

RTN. PTN. SHAFALI DIWANJI

RTN. PTN. KAMAL PANDOLE

MAY 4

RTN. PTN. SAM & RTN. DILNAVAZ VARIYA

ANNIVERSARIES

MAY 2

RTN. PTN. LOVEY & RTN. SUNNY PARIYARAM

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PP Rtn. Arvind Jolly

PP Rtn. (Dr.) Adi Dastur

PP Rtn. Arun Sanghi

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Rtn. Vijay Kumar Jatia

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Rtn. Framroze Mehta

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Rtn. Hoshang Nazir

Interact

Rtn. Jaymin Jhaveri

Rotaract

Rtn. Zeenia Master

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Rtn. Farhat Jamal

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Rtn. Suresh Kotak

Young At Heart

Rtn. Ramesh Mehta

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Rtn. Abhinav Aggarwal

Urban Heritage

Rtn. Natasha Treasurywala

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

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Attendance

Rtn. Bipin Kapadia

In-Camera

Rtn. Zinia Lawyer

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

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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

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