

# THE GATEWAY

Rotary Club  
of Bombay



BULLETIN OF THE ROTARY CLUB OF BOMBAY | FOR PRIVATE CIRCULATION ONLY | WWW.ROTARYCLUBOFBOMBAY.ORG  
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## PRESIDENT'S MESSAGE MY MONSOON MENU



Have you ever changed your diet to protect your body from the onslaught of the burning heat or the bitter cold? Probably not. And what about the monsoons? Do we examine our tiffins (instead of our tyres) to see if they will get us through the slush and rain? Certain dietary strategies can help you enjoy optimum health in the rainy season and the effort is minimal.

The most common complaint is the formation of extra gas in the body during this season. Ayurveda explains that the digestive system undergoes a great deal of movement (just

as there is a great deal of activity in the environment) and hence this temporary bloating.

Whilst the monsoon season is a hotbed for the spread of infections, since the moisture-laden air is an excellent carrier of bacteria, 'tis the season to indulge (just a wee bit) as the body can tolerate a slightly higher amount of oil and hearty food.

So let's bring on the bhajias and chai!

I simply love a plate of crispy fried bhajia and I don't have a favourite. Yes, I devour them all - onion, potato, patta, you name it and not to mention a steaming cup of masala chai.

History tells us that spring was the time when the locals enjoyed eating fried pakoras, kachoris, puris, all kinds of pakwans (batter fried or fried foods), and thus they decided to batter-fry veggies when it was cool outside.

Although my favourite bhajias are from a roadside stall at Fountain, just outside my office it will be awhile until I can enjoy those greasy morsels of heaven. So, as I salivate whilst writing this article, do join me when the city opens up for a cup of chai and a plate of bhajias!

President Framroze Mehta

### #tuesdaythoughts

"Sunshine is delicious, rain is refreshing, wind braces us up, snow is exhilarating; there is really no such thing as bad weather, only different kinds of good weather."- John Ruskin

### #numbercrunching

17.84 mt

The amount of vegetable oil India will require by 2050 to meet the nutritional requirements of a projected populace of 1685 mn people. Mt is equivalent to 1 bn (10<sup>9</sup>) kg.

### #caughtintheweb



War and Peace



Rtn. Manjeet Kripalani in conversation with Shobhaa De on Lockdown Liaisons, her new book that explores the question: what did you do during the lockdown?

**MANJEET: SHOBHAA DE'S NEW BOOK LOCKDOWN LIAISONS CHRONICLES SOCIETY AND ITS CHANGES DURING THE LOCKDOWN. WHAT TRIGGERED THE IDEA OF THIS BOOK?**

Shobhaa De: These stories reflect all that we have been going through. We have our coping mechanisms; some people cook, some people acquire new skills, some people have joined online classes, some bake, some whip up Dalgona

coffee. The voices in the book range from a migrant worker leaving Mumbai to two housewives trapped in their homes with their spouses after many years of not having that kind of togetherness.

Sharing these voices was a satisfying experience because as a writer of fiction and non-fiction, it's important to chronicle what is going on. This is something I have had the discipline of doing as a

columnist anyway as I have been doing three to four weekly columns for the last 45 years.

What I heard during lockdown, however, on different platforms, became a fictionalised part of the voices I heard. Every single story was narrated in first person. So you are actually listening to a person who is saying what they felt and said, and remembered, rather than in a third person voice because every

**TODAY: ARTIST, SCULPTOR & SOCIAL ACTIVIST ROUBLE NAGI ON TRANSFORMING MUMBAI'S SLUMS**



Rtn. Manjeet Kripalani

fiction writer needs to bind a connection of short stories together. They can't be just random voices that do not hold together or acknowledge you. I was lucky that Simon and Schuster were willing to step in immediately and publish it right away. It was launched last week with an official launch on August 5, by Sonali Bendre's book club which has a fabulous following with informed readers who connect with writers and engage with book reading in a meaningful way. It is, as of now, available on Amazon.

**Manjeet: Can you talk to us about the high and lows of relationships between spouses in this lockdown?**

Shobha: It has impacted relationships the most because there are things that we have taken for granted including the people we share our lives with. After years of intimacy and togetherness we discover that we don't know each other at all or have moved apart dramatically while we are busy chasing career goals. Or, one could be engaged with other activities, not necessarily one's partner's life and when that comes to the core in a way as powerful as it did during the lockdown, it leads to tremendous stress, friction and a feeling of being trapped with someone who has suddenly become a stranger.



Rtn. Jagdish Malkani

The focus on relationships is important because that is all that we have. The lockdown has given us the needed force to ask ourselves what is important to us and then move on to share that life, the past, the present and we start worrying a bit, or too much because that is a big question mark. The lockdown has impacted us on so many different fronts and the economic front has impacted the relationship the most, especially for the young people who are dealing with job loss, loss of income, their savings have gone down and they have EMIs to pay. Children are getting on their nerves and couples have had to deal with shared housework. So, all these are definitely a stress in the Covid lockdown.

**Manjeet: The lockdown has put stress on not just ordinary people but extraordinary people and we know, from the apparent death or suicide of Sushant Singh Rajput, this talented actor and it has all come out during this lockdown. Can you tell us about this nepotism?**

Shobhaa: Nepotism was actually raised much before his death, by Kangana Ranaut, on Koffee with Karan and she put it out there on the table and that led to a lot of controversy inside and outside of Bollywood.



Rtn. Arjun Jolly

Sometimes, we get mixed up with nepotism and favouritism. Like a lawyer's child may gravitate towards a career in law, a doctor's child may be interested in medical, an engineer's child will be exposed most to what the parents are doing, engineering as the first option. So, if a parent is encouraging the child to get into a field which the child is familiar with and may have a propensity for, that is not called nepotism.

What happens in Bollywood is slightly different. Of course, a great actor or acting family's child will be giving the first initial break to get into the movies but after that the audience is not going to pay good money to watch a dud. Similarly, if a doctor's child does not qualify for a tough exam, that is the end of the story. You can only nudge someone but you cannot make a mega success of someone who is beyond redemption, particularly in Bollywood. So, to blame all on nepotism is wrong and different to pointing out to favouritism which is blatant and exclusive and a totally different topic on the outsider-insider debate.

A person like Sushant, coming from Patna, with all the talent in the world, can be made to feel diminished by a certain sect in Bollywood which can exclude you from their little cosy club. It happens in any industry, business, across the



Rtn. Ashok Jatia



Rtn. Anand Parikh



Rtn. Bimal Mehta



Rtn. Dushyant Dave



Rtn. Farhat Jamal



Rtn. Hiren Kara

board, journalism; when they don't like you or approve of you, they can try to push you out of their little clubs – in case of Bollywood, there is not a single club, there are many clubs.

Some people are strong enough to push themselves and survive despite it and have faith in the fans and their audience. They become tough and invulnerable and they let their movies speak for them. In case of Sushant, we don't know what it was. Now, a guy who has turned up from Patna to enthusiastically work on the case, has been quarantined. It has become a state vs state and it has become a political tamasha out of which nothing is going to emerge, according to me. Whether he took his own life or something happened, let the agency decide. We will have to meekly and mutely accept whatever they tell us, because we really don't know.

**Manjeet: Shobhaa, we don't see you on TV debates anymore, why is that?**

Shobhaa: I took an informed decision about a year and a half ago that I would not be a part of that circus. I get 10 calls a day but I refuse to participate in what has now become a monumental joke for viewers. It is no longer intelligent TV, it is no longer informed debate, it is no longer about people being able to express their opinion on behalf of citizens which

is my primary objective of being on TV in the first place. Because the regular Joe, the citizen, has no voice in India.

I had other platforms where I could express myself but there is no avenue for the average person to say what they want to say because who cares and who listens? Today, the TV debate is one big shouting match and it is insulting and beyond anything it is ignorant. The anchors are no longer journalists, they are performers. And they are acting all the time in a way that it is so hysterical, it will shame a C grade Bollywood star to see their performance sometime. As for the people who get on board, for some it is important to raise their public profile. For me, that has never been the objective. I don't need to seek validation from anybody. I was doing it for a different purpose and that purpose no longer holds in the current environment, I am not interested. So, I just walked away from TV and I refuse to participate on the panel discussion where all the panel does is shout and insult everybody who is called, that is not called a debate. That is called harassment.

**Manjeet: So, Shobhaa, you have been subject to harassment, you had 24x7 police security and now, in addition to that, there has been a transfer of this kind of harassment through social media**

**through trolling. How does one handle that, because even in a smallest thing, if you make a comment that people don't really like, there are many ignorant or non-ignorant people who jump at you. How does one handle that?**

Shobhaa: I put it very simply, if you can't stand the heat of the kitchen, you don't get in it at all. The heat has never bothered me. I have lived with controversy all my professional life and it doesn't faze me. Nothing and nobody can scare me. So, bring it on, whether it is people at our doorstep, threatening to blacken my face or kill me, death threats, rape threats all are routine. I get them every single day. My response is more important than trolling. The trolling is just an anonymous crowd of cowards, they don't even put their names for the views that they put, they are illiterate, sometimes I just laugh at the comments because to even come up with those words and especially when a woman is concerned, it is always a sexual threat.

Now this is something that women across the world are dealing with. Either you let that get to you or say I will continue to say what I say and the trolls can continue to do what they want to do and that has been my attitude throughout. So, it doesn't bother me because I simply

do not engage with that. The minute you engage with trolls, with anybody on Twitter, you get the chain of ugly words, it's no purpose at all. I have said what I had to say and I am happy to defend it in every way at any platform in a legal manner but I will not engage with the trolls who are anonymous.

**Manjeet: So, your response is, just don't respond?**

Shobhaa: Never, because you descend to their level if you do that and it is not worth it. And the words of Queen Victoria always comes back to me, and I have always lived by that: 'Never explain – never complain. You do what you have to do, live with your decisions.' And the police protection was such a big joke. I finally went to the Cuffe Parade police station and told them to let the two gentlemen from SPG do something more worthwhile than hang around with me because I am really nobody and there are far more worthwhile people in the city to protect and the city itself is hidden with so many issues that require policing. I should be the least of your concern; I am more than capable of handling myself whatever the threats are and, mind you, this is before the Gauri Lankesh murder and a person actually publishing the names of five women, including me, threatening us with serial assassinations and so on. But what can anybody



IPP Preeti Mehta



Rtn. Jayesh Jhaveri



PP Kalpana Munshi



Rtn. Khurshed Poonawala



PP Dr. Mukesh Batra



President Framroze Mehta



Rtn. Shailesh Haribhakti



Rtn. Suresh Jagtiani



Rtn. Partha Ghosh



Rtn. Pradeep Chinnai



Rtn. Purnima Sheth



PN Vineet Bhatnagar



Rtn. Mudit Jain

do, what will those guys do if that happens? Actually, you have no protection, if you ask me. If someone is out to get you, will you be living with that fear 24x7? That's not me! And I never prefer that.

**Manjeet – getting back to cities, we are hoping that this Coronavirus will get the government to think of moving people out of the slums and actually providing affordable housing in the city. Shobha how do you see? Do you think this will change? Can we be hopeful or should we just continue to worry?**

Shobhaa: We should always be helpful because the vote is in our hands. Whoever is not performing should be voted out. What you are talking about has happened in the city, the affordable housing for the underprivileged, more than 20-25 years ago. Instead we have had a situation of government that have looted the city and grabbed the land and no accountability, a corrupt BMC, corrupt people in power who have no concern for the underprivileged at all.

All the pockets that we see around in the area we are in are all created by the vote banks by politicians, so unless we are in a position to take on the parties and people and whoever is responsible for looting this wonderful city of ours for marginalising

thousand and billions of people, for exploiting the migrant workers. We have seen what has happened with the exit of migrant workers, the city has virtually come to a standstill. Yesterday I was at the Colaba market, which could have remained opened but it is not open, the small vendors and shops are not open because there is nobody to man those shops. It's only the owners that are left and everybody has gone back to their villages and nobody is in a hurry to get back to Mumbai except on construction sites. They are going to continue to grab and destroy our coastline and mangroves and in the meantime we will sit there passively, we can write and speak and tweet and do whatever I want but I am not a street fighter. I cannot take on the gundas. I cannot be out there as an activist or protesting something that is taking place. So housing is and then education is not only the duties of politicians to provide but they are every citizen's rights to a better quality of life. But who is providing it? It's not Maharashtra, all of India is suffering.w



Rtn. Rajyalakshmi Rao



Rtn. Ramesh Mehta



Rtn. Rituprakash Desai



Rtn. Sabira Merchant



Rtn. Vineet Kedia &amp; Rtn. Ptn. Megha



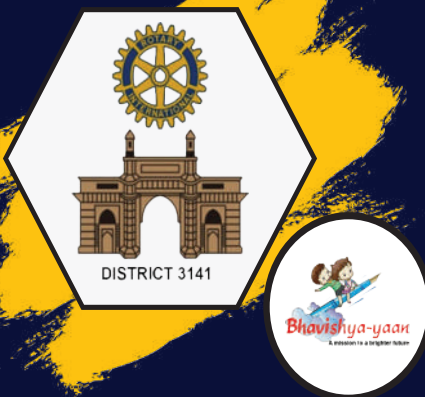
Rtn. Satyan Israni

# Congratulations, BY!

It is said you must first know how to identify a line and be able to paint within it before you can decide how much you are willing to paint outside it. Education plays a similar role in children's lives. Giving them boundaries and structure to grow into their own before they can branch out into the world. This is what one of our star projects, Bhavishya Yaan, strives to do.

It is with great pride that Bhavishya Yaan announces cent per cent results in all our schools. Giving due credit to all the children for their hard work, we would also like to thank all the mentors, teachers, and support staff for their single-minded dedication and absolute belief in the programme.

## Rotary Club of Bombay



### SSC Results Summary 2020

%	Ambedkar	NM Joshi	G K Marg	Colaba	Byculla	Prabhadevi	BY Schools total
Above 90	1			1			2
80-89	5	3	1	8	6		23
70-79	4	9	2	8	7		30
60-69	4	4	5	5	6		24
50-59	3	3		3	2		11
40-49	1						1
35-39							0
Below 35							0
Total	18	19	8	25	21		91
School Pass%	100	100	100	100	100		100

## Rotary Club of Bombay



### English Marks Summary

No. of students							BY Schools total
	Ambedkar	NM Joshi	G K Marg	Colaba	Byculla	Prabhadevi	
% marks							
Above 90		1					1
80-89	6	3	1	7	7		24
70-79	5	5	2	7	9		28
60-69	4	4	5	7	2		22
50-59	2	3		3	1		9
40-49	1	3		1	2		7
35-39							0
below 35							0
Total	18	19	8	25	21		91
School Pass%	100	100	100	100	100		100

## OBITUARY



**PP Rtn. Arjun Bulchandani**

*30 June 1927–3 August 2020*

Members of the Rotary Club of Bombay offer their condolences and prayers to the bereaved family and friends of PP Rtn. Arjun Bulchandani.

PP Rtn. Arjun Bulchandani joined Rotary in 1970. He was a Senior Active Rotarian for the last 50 years. He was passionately committed to the Rotary cause and loved his Rotary Club and his fellow members. He served as President in 1986, a distinguished tenure marked by many successful initiatives. All knew and appreciated his warm and generous nature, and his affability and openness to all.

He was focused, determined and committed to his many activities. After taking a less active role in his highly successful business career, he devoted himself to public causes like his support of the Red Cross, and to his love of Indian history, politics and world affairs. He was devoted to his wife Rtn. Vandana Bulchandani, his children and grandchildren and his family. He was truly appreciative of the finer things in life and his generosity, kindness and loving presence will be deeply missed by his family and many friends.

**The Sports Committee  
&  
The Programme Committee  
Present**

**Integrated Amrita  
Meditation Virtual Workshop**

**Date: 15 - 17 Aug  
Time: 6.30am**

**Meditation, Yoga, Pranayama**

**Register on  
rotaryclubbombay.rashmi@gmail.com**

A three day Stress Management Virtual Workshop using the Integrated Amrita Meditation Technique which is a combination of Yoga, Meditation and Pranayama.

**The workshop is open to family members as well.**

**It is a free workshop. However, registration is compulsory due to limited seats. A maximum of 30 participants allowed on a first come first served basis!**

**Venue: The comfort of your home.**

**Zoom details will be shared in advance before the workshop.**

**Schedule:**  
**Day 1: Briefing – 1 hr**  
**Day 2: Training – 2 hrs**  
**Day 3: Guided Practice – 1 hr**



To Celebrate  
Parsi New Year  
the Fellowship Committee  
of the Rotary Club of Bombay  
invites you to a

## "Variety Programme"

6.50pm : Meet & Greet  
Fellowship and Drinks

7.00pm : Parsipaanu  
-a humorous talk by  
Rtn. Jimmy Pochkhanawala

7.15 pm : Elvis the Pelvis  
by Mehmood Curmally

7.30pm : Pretty Boman  
a Parsi Natak by  
Silly Point Productions

Tuesday, August 18, 2020

For the most enjoyable listening experience we  
recommend headphones or connecting  
a Bluetooth speaker to your device

Zoom link will be sent the day before

Hosted By  
Jimmy Vakharia, Shernaz Vakil  
Framroze Mehta, Ritu Desai  
Zinia Lawyer & Khurshed Poonawala

Dress: Parsi Attire



TO CELEBRATE THE FORTHCOMING PARSI NEW YEAR  
R/ANNE AVAAN VAKHARIA HAS SHARED HER FAMILY  
RECIPE OF VEGETARIAN PULAO & MASALA DAAL



### VEGETARIAN PULAO

#### Ingredients

2 onions  
2 cups chopped raw vegetables  
3-4 tab oil  
1 tsp jeera  
Cloves/ Cardamom/Bay leaf/ whole  
Pepper/ Cinnamon  
Saffron  
2 tab ginger garlic paste  
1 tab Dhania pdr  
1 tab Garam masala  
1 tab jeera pdr  
1 tsp haldi  
1 tsp chilli pdr  
1-2 tab biryani masala  
2 chopped tomatoes  
Chopped coriander  
Salt  
3 tsp sugar  
3 tab dahi  
1 tsp Rose water  
1/2 kg rice  
Cashew and raisins

#### Method

Mix a few strands of saffron in hot milk. Fry onions and curry patta in hot oil. Add whole garam masala to hot oil. Add ginger garlic paste and remaining masala. Add chopped tomato and coriander, salt, sugar, dahi and 1 tab oil. Brown all the masala. Now add raw vegetables and allow to cook in masala. Add rose water. Boil water. Cook 1/2 kg rice. Drain rice and layer it on top of vegetable mixture. Add 1/2 cup of rice water. Pour the saffron and add a little red colouring. Put the cashew and raisins on top. Place the vessel on a tawa on the gas. Cover with a lid and place a weight on top. Cook for approx 1/2 hour.

### MASALA DAAL

#### Ingredients

Ginger garlic paste  
Oil  
1 tab jeera  
1 tab dhansak masala  
1 tab Dhania pdr  
1 tab jeera pdr  
1 tsp sambhar pdr  
1 tsp sugar  
1/2 lime  
2 cups tur dal  
Haldi  
Salt

#### Method

Cook tur dal with salt and haldi in a pressure cooker. Heat the oil. Add 1 tab ginger garlic paste and all other dry ingredients. Cook for a few mins. Add lime juice and a little hot water. Pour in cooked dal and dal water. Cover and cook.

## REPORT: INNER WHEEL CLUB OF BOMBAY

Inner Wheel Club of Bombay held an all-important Talk on the Rakshin Project, presented by SMITA BHARTI, Executive Director – Sakshi on 07.08.20. Sakshi works to train Rakshins, specifically in the areas of Child Sexual Abuse, Gender Equality and Women's Empowerment. Smita Bharti is recipient of the Karmaveer Puraskar, and a force behind the Vishakha Guidelines 1997.



### ROTARIAN BIRTHDAYS



AUGUST 11  
Rtn. Nowroze Vazifdar



AUGUST 14  
Rtn. Jayesh Jhaveri



AUGUST 17  
Rtn. Sunita Mandelia



AUGUST 12  
Rtn. Venkat Ramaswamy



AUGUST 15  
Rtn. Dr. Shailesh Raina



AUGUST 17  
Rtn. Sunny Pariyaram

#### ROTARIAN PARTNER BIRTHDAYS

AUGUST 11: Rtn. Ptn. Amita Haribhakti  
AUGUST 11: Trivedi Nilima  
AUGUST 12: Vera Umrigar  
AUGUST 13: Shalina Advani  
AUGUST 13: Rtn. Ptn. Kulsum Jamal  
AUGUST 13: Rtn. Ptn. Aradhana Mehta

AUGUST 13: Rtn. Ptn. Minal Vaghani  
AUGUST 14: Rtn. Ptn. Rinku Suchanti  
AUGUST 15: Rtn. Ptn. Sangita Advani  
AUGUST 15: Rtn. Ptn. Ketayun Irani

#### ANNIVERSARIES

AUGUST 14: Rtn. Ptn. Biba & Rtn. Harry Singh Arora

ROTARY CLUB OF BOMBAY 2020-2021	
TRUSTEES 2020-2021	
PP Dr. Rahim Muljiani	PP Arvind Jolly
PP Dr. Adi Dastur	PP Arun Sanghi
OFFICE BEARERS 2020-2021	
President	Rtn. Framroze Mehta
Immediate Past President	Rtn. Preeti Mehta
President-Elect	Rtn. Shernaz Vakil
President-Nominee	Rtn. Vineet Bhatnagar
Hon. Secretary	Rtn. Satyan Israni
Hon. Jt. Secretary	Rtn. Natasha Treasurywala
Hon. Treasurer	Rtn. Kirit Kamdar
SPECIAL DIRECTOR PP ASHISH VAID	
DIRECTOR-IN-CHARGE PE SHERNAZ VAKIL	
Classification, Membership & Information	PP Nandan Damani
Fellowship, Assimilation & In-Camera	Rtn. Ritu Prakash Desai
Sergeant-At-Arms	Rtn. Hoshang Nazir
DIRECTOR-IN-CHARGE RTN. MEERA ALREJA	
Skill Development	Rtn. S V Prasad
Gender Equality	Rtn. Varsha Daiya
Child Welfare	Rtn. Rajesh Shah
The Rotary Foundation & Global Grants	PP Vijaykumar Jatia
DIRECTOR-IN-CHARGE RTN. RAM GANDHI	
Programme	Rtn. Farhat Jamal
Public Awards	Rtn. Swati Mayekar
Young At Heart	PP Rajnikant Reshamwala
Rotary Vision Panchatattva	Rtn. Poonam Lalvani
DIRECTOR-IN-CHARGE RTN. PETER BORN	
Attendance	Rtn. Mudit Jain
RCB Medical Centre, Mumbai	Rtn. Manoj Patodia
International Service	Rtn. Christopher Bluemel
DIRECTOR-IN-CHARGE RTN. AJIT LALWANI	
Ananda Yaan	Rtn. Madhusudan Daga
Scholarships	Rtn. Zinia Lawyer
Fund-Raising	Rtn. Pradeep Chinai
DIRECTOR-IN-CHARGE RTN. PRATAP PADODE	
Bulletin, Social Media & Website	Rtn. Rhea Bhungara
Water Resources	Rtn. Abhishek Saraf
Bhavisya Yaan	Rtn. Manish Reshamwala
DIRECTOR-IN-CHARGE RTN. DR. ROHINI CHOWGULE	
RCB Medical Centre, Talwada (PRVEC & ADMC)	PP Dr. Rahim Muljiani, Rtn. Homi Katgara
Cotton Green Medical Centre	Rtn. Manoj Patodia
Cancer Aid	Rtn. Dr. Ian Pinto
DIRECTOR-IN-CHARGE RTN. JAMSHED BANAJI	
Urban Heritage	Rtn. Samir Chinai
Animal Welfare	Rtn. Hiren Kara
Environment	Rtn. Priyasri Patodia
Sports	Rtn. Hiranmay Biswas
DIRECTOR-IN-CHARGE RTN. BIPIN VAZIRANI	
Rotaract	Rtn. Murad Currawala
Interact	Rtn. Gautam Doshi
Vocational Training & Night Study Centre	Rtn. Mehul Sampat