

PRESIDENT'S MESSAGE POWER OF MUSIC



Maya Angelou said: "Music was my refuge. I could crawl into the space between the notes and curl my back to loneliness."

Music moves all of us. In different ways.

Whether you passionately enjoy music or just listen to it as a filler or background white noise, we all have a favourite song. It is the song you relate to as the best expression of you. It's your personal mantra, the version of you that you hope people see. It may be the beats of the song or the

words that have meaning to you.

But you also have songs you listen to when you're sad, happy, lonely, anxious, exercising, cooking, lazing, driving, hiking, etc. and those are your anthems. They make you happy. They motivate you. They calm you. They move you. Listening to soothing sounds to sleep or meditate is also a type of music.

But music is not just a sedentary activity. Just like listening to music helps our emotional, physical, social and cognitive needs, so does playing an instrument, writing songs, drumming, humming, singing.

This is the power of music.

Similarly, music therapy has proven beneficial for children, adolescents, adults, and the elderly with mental health needs, developmental and learning disabilities, Alzheimer's disease and other aging-related conditions, substance abuse problems, brain injuries, physical disabilities, and acute and chronic pain. At times it is the best therapy for mothers in labour.

So take some time for yourself, sit back and rejoice to the sounds of melodies. Trust me, it will invigorate you.



President Framroze Mehta

#tuesdaythoughts

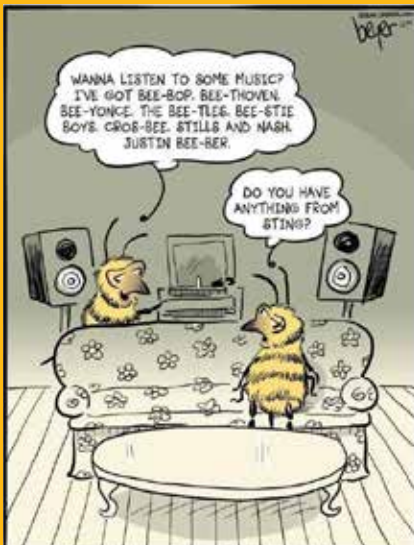
"Music is the language of the spirit. It opens the secret of life bringing peace, abolishing strife."
- Kahlil Gibran

#numbercrunching

US\$ 12.2 billion

The revenue provided by recorded music in US in 2020 (source: Recording Industry Association of America's annual year-end report). This was an increase by 9.2 per cent.

#caughtintheweb



INDIAN PLAYBACK SINGER SUDHA MALHOTRA, RECIPIENT OF THE SHYAM MUNSHI AWARD FOR LIFETIME ACHIEVEMENT IN THE ARTS, ON HER MUSICAL CAREER

I STARTED SINGING WHEN I CAME TO BOMBAY AND WAS INTRODUCED TO A POPULAR MUSIC DIRECTOR IN THOSE DAYS CALLED ANIL BISWAS – I MUST HAVE BEEN 14-15 YEARS OLD.

He heard me sing and he gave me my first song in a film called Arzoo. That was the beginning of my film career. Before that, I used to sing on AIR Lahore before Partition. In fact, when the riots were on, they would send a van and police escort to pick me up at the house, I must be around seven or eight years old, to come and sing for the children's programme.

I also remember a big Red Cross function. I must not have been very tall, very short, so they put me up on the table, with an orchestra behind me. A fan sent a picture of that, a little girl sitting on the table with the orchestra behind me.

After Pakistan and Lahore, we came to Delhi and I also sang on AIR Delhi and did lots of shows etc. After that first film song in Bombay, I got really serious about music. Thanks to my parents, I had been doing pretty well earlier, too, but now I put my heart and soul into the music. I practiced late in the afternoons, did

recordings and all kinds of hard work that anybody who has to do something in life, has to do. All artists start early. There is a time when you can mould yourself and start doing what you have to and have the energy to practice and take it forward. This is what I was trying to do in the best way. God was really giving me rewards for everything.

As for my film career, some of the songs which you may have heard, in the 1960s: Kabhi kabhi mere dil me khayal aata hai, a very popular number. But I got married. I chose between my career and home and I



President Framroze Mehta



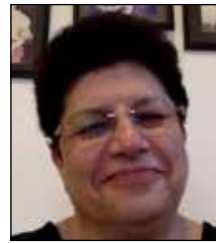
PE Shernaz Vakil



IPP Preeti Mehta



PP Vijay Jatia



Rtn. Arin Master



PP Kalpana Munshi

thought I wanted to get married in to a family whom I knew well. My husband is Girdhar Motwani, my father-in-law is Nanik Motwani, all Rotarians. I thought I had done enough from childhood till 25 so, I thought I would settle down a bit. I continued to sing: doing my practice, bhajans, going around the world doing shows, I just gave up singing for the films because that is a lot of hard work and I can't do both. So, that is the answer I gave everybody.

Eventually, Raj Kapoor heard the ghazal I sang for Jagjit Singh in Pune, and this was much after I had given up my film career. He said I had to sing for him. I said, 'Raj ji I don't sing for anyone anymore'. He persisted but I kept quiet. Some time passed. My husband and I came to America on work, and I got a call from Raj ji. 'You have to come and sing for me; I am coming to pick you up just now!'

I said, 'Wait, let me talk to my husband and see if he agrees.' Of course he agreed because he was a great fan of Raj Kapoor and couldn't say no and I didn't want to say no because I was dying to sing. So, I sang the song in Prem Rog – 'Yeh pyaar tha ya kuch aur tha'. It is a very pretty song and it came out very well. He was the greatest artist of all time, I think he could bring out the best in any artist.

I sang many songs for him but this one of them. Thereafter I sang ghazals for Jagjit Singh and Marathi Bhavgeet –and I sang Vande Mataram when Nehru ji came to Sanchi to inaugurate the Stupas. He asked Mr. Shankar Dayal Sharma who was the little girl singing. I was introduced to him and he was very happy to

meet me. In fact, at one point, Mr. Shankar Dayal Sharma, Chief Minister of Bhopal in those days, offered me a seat in politics in Congress. I said 'no, thanks, I am happy with my music and my home, I am not joining'.

The Padma Shri also came as a surprise to me. I didn't think I would get it. I got a phone call early in the morning, 'Mrs. Sudha Malhotra?' I said, 'Yes'. They said they were calling from the Ministry of Broadcasting and Information and that I had been offered a Padma Shri. I thought it was a joke. So, I asked for their telephone number and called them back to verify. I was grateful to the whole nation, the President, and everybody. Finally, I got an award.

My most famous songs, the qawwali, 'Ishq Ishq' was popular, everyone liked it very much. I sang a couple of bhajans like 'Darshan do Ghanshyam', and then my most popular song, 'Tum mujhe bhul bhi jao to yeh haq hai tumko'. Now that song, there is a little story. The music director in that cast fell ill and couldn't compose anything, so, the lyricist Sahir Sahab gave me this song and said, 'Sudha ji you have to compose it'. I said, 'I have not composed anything in my life.' He insisted I do it. I took the lyrics home, tuned them overnight, and recorded it the next day. And that is my most famous song. So, God has helped me in many ways and I am so grateful to him. I am so happy that all of you old and young remember me.

[Sudha ji sings a few lines of the songs]

ROTARIANS ASK
Who were your favourite male playback singers?

All of them. Rafi, Kishore, Mukesh, Mahmood, they were all wonderful. They respected me, gave me courage because I was new and young, and they were all seasoned singers. Actually, Talat and I almost started together. They give me a lot of moral support, whoever sung with me was my favourite, I can't choose.

Any incident that you probably remember about the three superheroes, Dilip Kumar, Dev Anand, Raj Kapoor? One of your first songs was in a Dilip Kumar film.

Dilip Kumar and I travelled by train many times together. This goes back to the '50s when he was not as great an actor and I don't think he could afford a car. So we travelled first class local train together to our respective destinations. But he was an extremely knowledgeable man and actor. He knew a lot of Urdu ghazals, shayaris and was very talented, educated and good-looking. That is what I remember of him, wearing a white shirt and white trouser and looking so handsome. I fell for him like everybody else.

Dev Anand was so handsome, Dharmendra was also my favourite and he told me once, 'Sudha ji you need me to speak about you anytime anywhere, just call me and I will speak for you'. I must have been lucky to have these

super people and actors around me.

What would you suggest to young aspiring singers before they jump into rap and Bollywood music? Would you recommend giving more stress on riyaz and classical and then break into further forms?

Absolutely. When I started singing, it was classical singing. Riyaz is the foundation, you have to practice as much as you can and then get onto stage. Children who come and sing on platforms such as Indian Idol work very hard. They sing so well and they have to work hard. I have stopped riyaz due to my age but when I used to sing, my voice used to be in the air and I could pick up a note from anywhere.

Children today are lucky to have platforms. In my days it was pure hard work, we had to record a song for the film and then go to Pheroze Shah Mehta Lane to record it again, one mistake and you had to do it all over again. It was very tough. Now there are many opportunities but the foundation has to be there.

Who were your favourite music directors of your time?

Roshan came with lots of good songs. Jaydev, Burman sahib, OP Nair, Madan Mohan, Shankar Jai Kishan, the best part is that they used to sing and I had to put my little bit, mould my voice according to that. I think it comes naturally after you know who are you singing for. That was great and I enjoyed that.

Do you follow modern music and do you have any favourite music composers or singers?



Rtn. Chris Bluemel



Rtn. Meera Alreja



Rtn. Mihir Mody



Rtn. Rekha Tanna



Rtn. SV Prasad



Rtn. Samir Tapia

There are some very good ones but I can't follow 90 per cent of

them. However, the 10% that I do follow, are excellent. AR Rehman,

and more. They are excellent, they have to go with the time, the fast

singing, dancing music. It doesn't stay for too long because my time's music stays even today. Indian Idol youngsters sing them even now. I am not saying the music directors are not doing good, they are going with the time. You have to change with time and I am so glad that youngsters are taking it ahead.

I would like you to share the story of when you were discovered by Ghulam Haider in the famous show in Ferozepur. Tell us something about that.

I was too tiny to remember everything but I remember it is not that he discovered me to that extent, he talked about me, he said there is a child prodigy who is going to do very well in the future and thanks to my parents, they took it very seriously and they took an effort to see that I would go in this line and do my best. They were my everything, guided me, otherwise I would have just been in school, eating and doing math and not doing music at all.

I was too tiny, people could not see me, I don't remember much now but yes, he did discover me that time. Later for films, it was Anil Biswas who gave me the first song in Arzoo, filmed on Sashikala.

How many hours did you spend a day on riyaaz and were there any dietary restrictions?

When I was recording, say about three-four hours, and when not recording, six-seven hours. I would wake up at 7 am. My sitar would be in my room, my staff would wake me up, I would get ready and start singing. No dietary restrictions to take care of my throat but I was always allergic to cold due to sinuses but, otherwise, things like pickles were ok.



Celebrate special days in a meaningful way.

Ananda Seva

Ananda Seva is a new initiative from Ananda Yaan whereby you can sponsor any activity with our elders in either or both of our Ananda Yaan centres at Byculla or E. Moses Road.
If you want to celebrate any special occasion like a birthday, anniversary or death anniversary and want a specific activity too we are happy to help you curate it.

We urge you to give generously.
For it is in giving that we receive - St. Francis of Assisi

ACTIVITIES YOU CAN SUPPORT

1) Snack	Rs. 5000/-	5) Festival Celebration	Rs. 8000/-
2) Bhajan and Satsang	Rs. 5000/-	6) Health Check Up	Rs. 8000/-
3) Activity (Laughter Therapy, Origami etc.)	Rs. 5000/-	7) Cultural Program	Rs. 10,000/-
4) Lunch (Chaat, Dosa, etc.)	Rs. 8000/-	8) Picnics and Outings	Rs. 30,000/-

To book any of the above please contact:
 • Vrinda Rajgarhia - **982 01 284 80**
 • Ekta Shah - **773 87 602 30**
 Cheques to be made in favour of:
Rotary Club Bombay Charities Trust No. 3




SUGAR-COATED TABLETS FOR BY



2020 COULD HAVE BEEN A COMPLETE WIPE-OFF FOR OUR BHAVISHYA YAAN STUDENTS, WHAT WITH PERSONAL CELL PHONES, TABS, UNLIMITED RECHARGE FACILITIES ETC. NOT BEING READILY AVAILABLE TO RUN ONLINE CLASSES FOR OUR STUDENTS. HOWEVER, DESPITE ALL ODDS, WE HAVE MANAGED TO RUN OUR ENGLISH BY ONLINE CLASSES THROUGH THE ACADEMIC YEAR.

Our deepest gratitude to Saurashtra Trust which donated Samsung Tablets 295 (8" Tab A LTE) to some of our senior students across all BY schools.

This generous donation was especially useful to those students who are taking their SSC exams this year. They attained the advantage and freedom to study and not just attend BY classes but also their online BMC classes independently, instead of waiting for their parents and/ or siblings to share their mobile phones with them.

The Rotary Club of Bombay's Bhavishya Yaan Committee also procured 50 tablets and distributed the same to the children so as to enable them to carry out their studies and extra-curricular work.



Rotary Holiday Destinations!

Exciting ideas for our destination fellowships in India post lockdown

*Suryagarh, Jaisalmer
Narendra Bhawan, Bikaner*

*Raas Devigarh / Raas Chhatrasagar, Nimaj
Malabar House, Cochin / Purity (Backwaters)
Windermere, Munnar*

*Karan Mahal, Srinagar
Khyber Hotel, Gulmarg / House boat*

*Ladakh:
Apricot Tree. Nurla
Stok Palace, Stok / Lchang Nang, Nubra*

*Reni Pani Resort, Satpura
Bhopal / Sanchi*

*At 7.00 pm at your home on Zoom
Thursday, 15th April, 2021*

*Hosted by the In-Camera Committee
in co-operation with Holidays@Leisure*

LIGHTHOUSE'S VIRTUAL VISIT TO DISNEY WORLD



SCHOOL'S OUT AND SUMMER IS HERE, SO IT'S TIME FOR FUN! A SUMMER CAMP WITH PLENTY OF EXCITING ACTIVITIES WAS ORGANISED FOR LIGHTHOUSE STUDENTS IN APRIL.

Despite the pandemic restrictions on offline classes, Lighthouse staff worked hard to plan stimulating activities online. The theme of this year's summer camp was Disney.

During the K.G. camp which commenced on April 2nd, 2021, the tiny tots were briefly introduced to Walt Disney and popular Disney characters through fun games. During the six-day camp, they enjoyed creative colouring (Disney characters), making a Mickey/Minnie Mouse headband and painting Nemo the fish, and, of course, watching cartoons.

Children were first acquainted with Walt Disney and how he began making cartoons. Thereafter, each day, the focus was on a different character - Winnie the Pooh, Moana and the Disney princesses.

The children immediately identified with Moana, the Polynesian girl who lives in a seaside village just like them. Through storytelling sessions, crafts, word puzzles and speaking games, the students learnt more about their favourite cartoons. At the end, they were given a video tour of Disneyland.

Don't miss the special surprise the little ones are preparing for the finale on April 24th, 2021.

Stay tuned for more updates until then!

RAISE TO THE FINISH

RCISME HELD A FUNDRAISER FOR THE NARGIS DUTT FOUNDATION ON MARCH 13TH, 2021. DUE TO PRESENT DIFFICULTIES, THE TEAM CHOSE TO DO A NIMBU-PANI DRIVE WHICH WOULD BE AN EFFICIENT WAY OF OFFERING HELP TO A LIMITED NUMBER OF PEOPLE.

The Rotaractors met at a

member's place and prepared the lemonade. Each glass was sold at Rs. 15 and three or more for Rs. 10 each. They sold over 200 glasses before calling it a day.

On their journey of raising funds, they came across another Rotaract club, RC Mumbai Royales. They had a fun painting session going on at

the beach with a few members of their team. They invited us over to paint with them and a few people from our club sat down with them and painted on tiny canvases.

Meeting another club became a fun coincidence. They also turned out to be customers for us and bought six glasses of lemonade from us. Being a

project in the Rotaract Week, spirits were already high and the number of sales we made was a cherry on the top. We sold over 200 glasses of lemonade and raised Rs. 1,390. We received an overwhelming response from the general public and they loved our handmade lemonade.



@thegoodquotes

I AM NO LONGER
ACCEPTING
THE THINGS I
CANNOT CHANGE.
I AM CHANGING THE THINGS
I CANNOT ACCEPT.

ANGELA DAVIS



#GETVACCINATED

IF YOU ARE ELIGIBLE FOR THE
COVID-19 VACCINE,
PLEASE TAKE IT.
SHOT BY SHOT, YOU ARE
SAVING OUR WORLD.



DISTRICT 3141
Rotary Club of Bombay

MILTON

Comfort in the new office
with the same home-fresh meals!

#StartFreshWithMilton



Enjoy fresher and healthier meals with Milton's vacuum insulated Glamour tiffins which make lunch look even better with their premium jacket and strap!
Buy now at a store near you.

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Spice it up with Treo!



Treo Cube Jars are a must-have for your spice rack!
The transparent lids with steel finish prevent any spice mix-ups and add to the charm of your kitchen. Head to your nearest stores to buy now!

Apr 20th Club Meeting



Prof Vispi Balaporia

President, The Asiatic Society of Mumbai



**Cultural Institutions :
A struggle for survival**

Venue : Online at zoom.us

Time : 1:00pm

ROTARIAN BIRTHDAYS



APRIL 13
Rtn. Nilesh Parekh



APRIL 14
Rtn. Dr. Darius Soonawalla



APRIL 16
Rtn. Puneet Chhatwal



APRIL 16
Rtn. Dr. Sanjay Desai



APRIL 16
Rtn. Vibhay Sinha



APRIL 18
Rtn. Manish Reshamwala



APRIL 19
Hon. Rtn. Mukesh Ambani



APRIL 19
Rtn. Suresh Agarwal

ROTARIAN PARTNER BIRTHDAYS

APRIL 14: Rtn. Ptn. Rashmi Jolly
APRIL 14: Rtn. Ptn. Manjula Sanghai
APRIL 15: Rtn. Ptn. Neeraja Birla
APRIL 15: Rtn. Ptn. Avadhesh Mandelia

ROTARIAN ANNIVERSARIES

APRIL 13: Rtn. Ptn. Rachna & Rtn. Arvind Agarwal
APRIL 14: Rtn. Ptn. Aavaan & Rtn. Jamshed Vakharia
APRIL 15: Rtn. Ptn. Sudha & Hon. Rtn. Keshub Mahindra
APRIL 17: Rtn. Ptn. Anisha & Rtn. Arjun Jolly
APRIL 19: Rtn. Ptn. Swati & Rtn. Yogesh Mahansaria

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ROTARY CLUB OF BOMBAY 2020-2021

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PP Dr. Adi Dastur	PP Arun Sanghi

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