

the gateway

Rotary Club
of Bombay



SERVE TO
CHANGE LIVES

BULLETIN OF THE ROTARY CLUB OF BOMBAY | FOR PRIVATE CIRCULATION ONLY |

VOLUME NO. 63 ISSUE NO. 17 OCTOBER 19, 2021

WWW.ROTARYCLUBOFBOMBAY.ORG

FOLLOW RCB
ON THESE
SOCIAL MEDIA
CHANNELS.
CLICK ON THE
LINKS BELOW



[FACEBOOK](#)



[TWITTER](#)



[INSTAGRAM](#)



[YOUTUBE](#)



[LINKEDIN](#)

TODAY

**D. SIVANANDHAN,
RETIRED DIRECTOR-
GENERAL OF POLICE,
MAHARASHTRA, AND
FORMER POLICE
COMMISSIONER OF
MUMBAI**

**ON ZOOM AT
1.45 PM**

**MEETING ID:
883 2518 8279**

NOTE FROM PRESIDENT SHERNAZ VAKIL



IN SUPPORT OF IWA

I'm not sure how many of our members realise or remember that our Club supports a medical clinic right in the centre of town. This is the free clinic serving the underprivileged that was started by a group of generous and caring women from the international community,

some years ago.

Today, our very own Rotarians are office bearers of the International Women's Association and diligently run and support the clinic through donations received from various well-wishers.

Some weeks ago, I sat with Rtn. Arin Master and Rtn. Ptn. Pervin to discuss how we could continue to support the good work they do and ensure the clinic's continued sustainability.

Since the lockdown, the number of patients has dropped, and it is important to once again publicise the good work that is being done and increase the footfall. The clinic has doctors in general medicine, dentistry, homeopathy, etc. The clinic is now open for longer hours and as the IWA newsletter states, is "blessed with excellent and dedicated doctors."

There is an excellent X-ray department whilst a child specialist, skin specialist and gynaecologist come in once a week.

We need to send more needy patients to ensure the clinic is used to its full potential. Presently, the general IWA's clinic timings are from 11.30 am to 3.30 pm but could surely be extended based on need and funding.

We need to support this initiative to ensure once again that a legacy of the past survives to support the future. ~ **President Shernaz Vakil**

12. LAST 10. TUESDAY'S 21. SPEAKER

PADMASHREE DR. S. NATARAJAN,
ADITYA JYOT EYE HOSPITAL, ON THE
PROBLEM OF RETINAL DETACHMENT



How can you prevent retinal detachment? The answer is: you cannot. Retinal detachment is often caused by aging, so there's often no way to prevent it. But you can lower your risk of retinal detachment from an eye injury by wearing safety goggles or other protective eye gear when doing risky activities, like playing sports.

If you experience any symptoms of retinal detachment, go to your eye doctor or the emergency room right away. **Early treatment can help prevent permanent vision loss.**

It's also important to get comprehensive dilated eye exams regularly. A dilated eye exam can help your eye doctor find a small retinal tear or detachment early, before it starts to affect your vision.

Educating the patient and the family is the most important. It is important to counsel them as well.

Retinal detachment may cause you to lose vision. Depending on your degree of vision loss, your lifestyle might change significantly.

Some myths and facts:

According to one school of thought, it was considered advisable to restrict myopic patients from bending down, reading in excess, seeing television and carrying heavy weights to prevent retinal detachment and this is a myth.

No such restriction is required; direct trauma should be avoided and the person should

periodically have their eye checked. **Retinal detachments occur due to abnormal vitreo retinal relationship rather than due to reading, watching television, carrying weight or bending down.** These could be just due to coincidence. A retinal detachment on the other hand, can occur even during sleep. Restrictions, if any, are laid temporarily before and after surgery. Following that, the person can lead a normal life.

Rotarians ask

You have said that there is nothing one can do to prevent it. Is there anything nutritionally, like in vitamins or supplements, that one can do for the vitreous?

No. Even Vitamin A which is given to a growing child is only beneficial in the developmental stages and after that it doesn't have a role. **Vitamin A has a role in the body for other things but there are no nutritional supplements for preventing RD.** It is pure physical. Detachment is not hereditary. But be aware. The idea is to be self-aware. Be vigilant and think positive. There should be a yearly eye-check up after a certain age, just in case.

TO WATCH THE REST OF DR. S. NATARAJAN'S TALK, [CLICK HERE](#)

TO READ A COMPLETE TRANSCRIPT OF DR. S. NATARAJAN'S TALK, [CLICK HERE](#)

RCB tackles e-waste



Each of us has that one box, drawer or shopping bag in a closet filled with old cell phones, obsolete chargers, broken tablets, defunct MP3 Players which is our own personal pile of electronic waste.

One of the initiatives of RCB's Environment Committee e-waste disposal.

These piles are getting bigger, forcing us to consider why e-waste disposal is necessary. It is also necessary to keep the e-waste out of landfills as it is dangerous when improperly disposed of.

The problem seems magnified when we give a thought to the e-waste which is lying in our own offices. Rotary Club of Bombay, in association with our project partner Ecotech Recycling, had two successful e-waste collection drives from the offices of our fellow Rotarians.

The committee has also been instrumental in coordinating collection drives from two housing societies in south Bombay.

We request Rotarians to spread the word and take advantage of the initiative. **Members can approach the Environment Committee which would be happy to organise a collection drive from your office or for your housing society in association with project partner Ecotech Recycling.**

**GIFT SOMEONE
THE FUTURE TODAY**

- » ASSIST FAMILIES WITH A MONTH'S RATION
- » FEED SNACKS TO CHILDREN FOR A MONTH
- » GIFT VOCATIONAL TRAINING TO A CHILD
- » DONATE SEWING MACHINES TO VILLAGERS
- » SUPPORT A FARMER'S LIVELIHOOD BY PLANTING FRUIT SAPPLINGS
- » TREAT ANANDA YAAN ELDERS TO LUNCH
- » SPONSOR ANANDA YAAN ELDERS TO A PICNIC OR OUTING

IF NOT NOW

When?



[CLICK HERE TO DONATE](#)

Committee News

The District Legal Services Authority, Mumbai, conducted four sessions on legal awareness, exclusively, for

RCB's members of Ananda Yaan (in collaboration with Dignity Foundation).

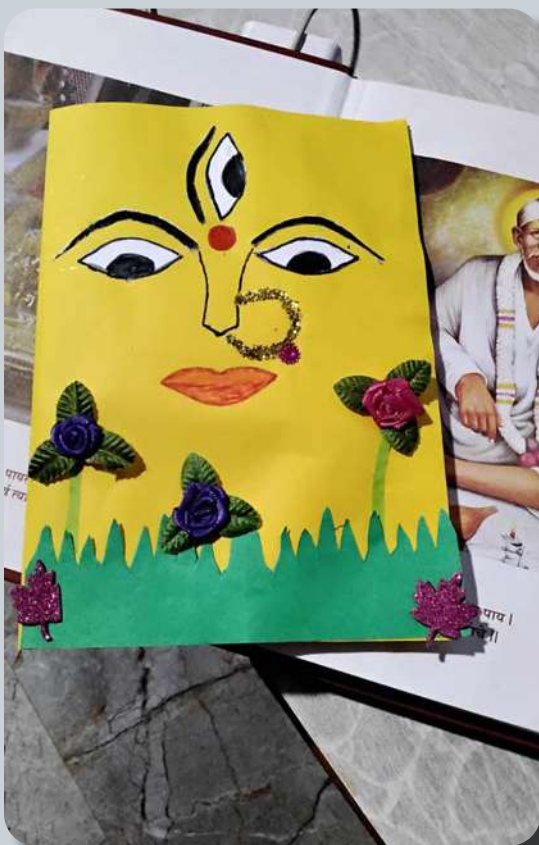
Rtn. Satyan Israni invited former judge Advocate Hitendra Wani, and Secretary and Advocate Aileen Marques from the District Legal Services Authority, Mumbai, to conduct legal awareness sessions for our Ananda Yaan elders.



Through their sessions they explained Acts pertinent to the elderly, to over 350 senior citizens. These Acts are: the Maintenance and Welfare of Parents and Senior Citizens Act, 2007 and Domestic Violence Act, 2005.

Advocates Wani and Marques explained how and where to use these Acts in non-legalese and all doubts were addressed. The sessions were conducted on four days from October 8th to 19th, one day for each of the four Ananda Yaan centres.

Advocate Hitendra Wani has been Civil Judge Senior Division and Additional Chief Judicial Magistrate. He serves as Secretary, District Legal Services Authority, Mumbai. Aileen Marques is an advocate who works with the District Legal Services Authority, Mumbai.



A five-day online Dussehra event was organised for children of the Lighthouse Project. The theme for students from classes 3 to 6 was Dussehra celebrations across India.

From the famous Bengali Durga Pujo to the lesser-known Hyderabad Bathukamma, the kids were introduced to unique celebrations across seven Indian states. They marked maps, took turns to speak on a celebration of their choice, and design Durga face masks.

Meanwhile, senior kindergarteners enjoyed dancing to garba music, made Durga cards and coloured the villainous Ravana.

PRESIDENT SHERNAZ AND FIROZE VAKIL

INVITE YOU TO

Diwali Nite

ON FRIDAY, 29TH OCTOBER, 2021
FROM 7 PM - 10 PM

AT THE MINI-CLUB HOUSE LAWNS, RACE COURSE,
RWITC, MAHALAXMI

HOSTS:

Arvind Agarwal
Sanjay Agarwal
Sandip Agarwalla
Abhinav Aggarwal
Charu Agarwal
Siddharth Bhimrajka
Madhusudan Daga
Nandan Damani

Rohit Dhoot
Vivek Himatsingka
Mudit Jain
Vineet Suchanti
Ashish Vaid
Pritam Sanghai
Akhil Sanghi
Ajit Surana
Ujjwala Singhanian

Mohit Jain
Ashok Jatia
Vijay Jatia
Swati Jajodia
Vineet Kedia
Manoj Patodia
Priyasri Patodia
Abhishek Saraf

Due to COVID restrictions:

- Maximum 125 registrations on a first come first served basis.
- We will have to vacate the venue at 10 pm.

RSVP via phone or WhatsApp to Rashmi +91 97691 40141.

Rotaract Chronicles



Aashayein - Adopt a Village is a social initiative of the Rotaract Club of H.R. College that works for the holistic development of villages in central Maharashtra. *Ek Nayi Aasha* was a public relations campaign organised in collaboration with the Community Service Team to raise awareness for this project.

We organised a flash-mob and other activities outside Churchgate Railway Station to generate awareness and solicit contributions. We also promoted sanitation and cleanliness, a key aspect of Aashayein, under the dais of District 3141's *Swacchta Abhiyaan*.

Team Partners-In-Service of the Rotaract Club of Hinduja College organised **'Raas Garba with AY'** on October 9th, 2021, for the elders of Ananda Yaan (in collaboration with Dignity Foundation) at Byculla.



Members were welcomed by Rotaractors. After an *aarti* to Durga, senior citizens and Rotaractors played *garba* and *dandiya* to various songs, learning new steps from each other and clicking pictures together.



Team Partners-In-Service of the Rotaract Club of Hinduja College conducted **'Dil Toh Baccha Hai Ji'** on October 5th, 2021 for Ananda Yaan members to celebrate the International Day for Older Persons.

The Rotaractors played a guessing game with the seniors. Elders had to pick up a chit to complete the dialogue written on it and guess the name of movie. The winners of the top three teams were awarded gift hampers. Our AY members enjoyed sharing their own college days and the movies they had watched with their friends.

On September 25th, 2021, Rotaractors of H.R. College got together to **clean up Chowpatty beach**.



Together, they cleaned 2.5 tonnes of waste. The Rotaractors collaborated with Change Is Us, an organisation that helps clean beaches efficiently, and with all precautions and proper planning.

A huge banner at the venue made people aware of the initiative. The event was featured in various newspapers and online media which reach out to a broader platform and spread awareness.

Rotaract Chronicles



Team Partners-In-Service of the Rotaract Club of Hinduja College successfully conducted 'PRACISE' (PRA: Prayer + CISE: Exercise) on September 25th, 2021, for the children of Lighthouse and Salaam Baalak.

The word 'gratitude' was taught to them and also a prayer so that the children could begin to feel and count their blessings. The poem had words that added to their vocabulary. The



next segment included a few new exercises to keep the kids fit and improve degrading body structures because of increased screen time.

RCB's Child Welfare Committee would like to thank Rotaractors Palin and Sakshi of Hinduja College and Lighthouse teachers Ivaz and Faika for coming together to organise the session.



MILTON

Super charge
your immunity

Hydrate safely, by choosing the goodness of copper, all year long!
Add Milton Copper bottles to your daily life and give your body the health it deserves. Buy now on Amazon!

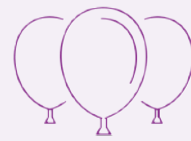


treo
BY MILTON

This is what
comfort looks like

Make the best of the monsoons!
TREO is here to help you enjoy the rain and relax.
Buy now from Treo's serveware range, available at stores near you.

ROTARIAN BIRTHDAYS



OCTOBER 19
Rtn. Kirit
Kamdar



OCTOBER 20
Rtn. Jimmy
Pochkhanawalla



OCTOBER 21
Rtn. Dr. Mehernosh
Dotivala



OCTOBER 21
Rtn. Dipan
Mehta



OCTOBER 25
Rtn. Feroze
Patch

ANNIVERSARIES



OCTOBER 21
Rtn. Ptn. Ummehaani &
Rtn. Huzaifah Bagasrawala

OCTOBER 21
Rtn. Ptn. Marzban &
Rtn. Anita Patel

OCTOBER 24
Rtn. Ptn. Ruby &
Rtn. Feroze Patch

ROTARIAN PARTNER BIRTHDAYS

- OCTOBER 20: Rtn. Ptn. Jalaj Dani
OCTOBER 20: Rtn. Ptn. Silvia Salins
OCTOBER 22: Rtn. Ptn. Rajul Parikh
OCTOBER 22: Rtn. Ptn. Pratiksha Mody
OCTOBER 24: Rtn. Ptn. Nikesh Shah



**Umang Bedi, Co-Founder,
VerSe Innovation
(Dailyhunt & Josh
Apps), on 'Building
a unicorn start-up
and transformation
of personal and
professional journeys.'**



**MEETING ID:
883 2518 8279**

**OCTOBER 26TH, 2021
1.45 PM, ON ZOOM**

**NEXT WEEK'S
SPEAKER**



Umang Bedi is the Co-Founder of VerSe Innovation, a content technology platform company and India's first tech unicorn. VerSe is focussed on local languages whose algorithms power Dailyhunt, India's largest content and news discovery platform across 14 Indian languages and Josh, India's leading short video app.

An entrepreneurial business leader, Umang has previously served as Managing Director at Facebook India, Adobe Inc., and Intuit Inc., building and growing digital businesses in the region. Umang is an alumnus of Harvard Business School and an engineering graduate from the University of Pune.

ROTARY CLUB OF BOMBAY 2021-2022

TRUSTEES



PP DR. RAHIM MULJANI



PP ARVIND JOLLY



PP DR. ADI DASTUR



PP ARUN SANGHI



TRF TRUSTEE GULAM VAHANVATY



DGE SANDIP AGARWALLA



ADDITIONAL DIRECTOR:
PP DR. MUKESH BATRA



PRESIDENT SHERNAZ VAKIL, IPP FRAMROZE MEHTA, PE VINEET BHATNAGAR, PN MANOJ PATODIA, HON. SECY. DR. AKSHAY BATRA, JT. HON. SECY. NATASHA TREASURYWALA, HON. TREASURER KIRIT KAMDAR



DIRECTOR-IN-CHARGE
CLUB SERVICE
(MEMBERSHIP)
PE VINEET BHATNAGAR



CLASSIFICATION,
MEMBERSHIP &
INFORMATION (CMI)
PP NANDAN DAMANI



ASSILMENT
PP ASHISH VAID



ATTENDANCE
RTN. MAHESH
Khubchandani



COMPLIANCE
& CSR REPORTING
RTN. KIRIT KAMDAR



DIRECTOR-IN-CHARGE
CLUB SERVICE
(MEETINGS)
RTN. PRATAP
PADODE

BULLETIN,
SOCIAL MEDIA &
WEBSITE
RTN. ABHINAV
AGGARWAL



FELLOWSHIP
& IN-CAMERA
RTN. ZINIA
LAWYER

SERGEANT-AT-ARMS
RTN. HOSHANG
NAZIR



DIRECTOR-IN-CHARGE
MEDICAL SERVICE
RTN. ARIN MASTER

RCB MEDICAL
CENTRE, TALWADA
PP DR. RAHIM MULJANI



MEDICAL CITY - COTTON
GREEN, IWA &
MASINA HOSPITAL
RTN. DR. AASHISH
CONTRACTOR



TALWADA - PRVEC
AND ADMC
RTN. HOMI KATGARA



CANCER AID
RTN. FAROKH BALSARA



DIALYSIS
RTN. SWATI JAJODIA



PAEDIATRIC HEART SURGERY
RTN. JAYMIN JHAVERI



DIRECTOR-IN-CHARGE
NON-MEDICAL
SERVICE I
RTN. JAMSHED BANAJI



ENVIRONMENT
RTN. VARSHA DAIYA



URBAN HERITAGE
RTN. PRIYASRI PATODIA



PANCHATATTVTA
RTN. BIMAL MEHTA



ANIMAL WELFARE
RTN. HIREN KARA



SPORTS
RTN. SANJIV SARAN MEHRA



DIRECTOR-IN-CHARGE
NON-MEDICAL SERVICE II
RTN. JAMSHYD
VAZIFDAR



VOCATIONAL TRAINING
& NIGHT STUDY
CENTRES
RTN. TARA DESHPANDE



INTERACT
RTN. GAUTAM DOSHI



ROTARACT
RTN. MURAD CURRAWALLA



DIRECTOR-IN-CHARGE
DISTRICT THRUST AREAS
RTN. BIPIN VAZIRANI



GLOBAL
GRANTS & TRF
PP VILAY KUMAR JATIA



WATER RESOURCES
RTN. SIDDHARTH BHIMRAJKA



ANANDA YAAN
RTN. MADHUSUDAN DAGA



CHILD WELFARE - LIGHTHOUSE
RTN. RAJESH SHAH



ELDER DAY CARE
PP ASHISH VAID



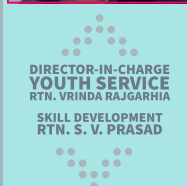
DIRECTOR-IN-CHARGE
YOUTH SERVICE
RTN. VRINDA RAJGARHIA



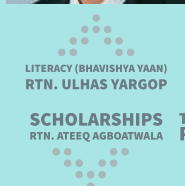
LITERACY (BHAVISHYA YAAN)
RTN. ULHAS YARGOP



MENTORSHIP
RTN. SUNITA MANDELIA



SKILL DEVELOPMENT
RTN. S. V. PRASAD



SCHOLARSHIPS
RTN. ATEEQ AGBOATWALA



TAPARIA JUNIOR COLLEGE
PP PRADEEP SAXENA



DIRECTOR-IN-CHARGE
CLUB SERVICE
(INTERNATIONAL)
RTN. FARHAT
JAMAL

PROGRAMME
RTN. SATYAN
ISRANI



FUND-RAISING
RTN. SWATI
MAYEKAR

INTERNATIONAL
PROGRAMMES
RTN. CHRISTOPHER
BLUEMEL



DIRECTOR-IN-CHARGE
DISTRICT THRUST AREAS
RTN. BIPIN VAZIRANI



GLOBAL
GRANTS & TRF
PP VILAY KUMAR JATIA



DISTRICT
EMPHASIS AREAS
PP GUL KRIPALANI



DISTRICT
THRUST AREAS
PP PRADEEP SAXENA



INTERNATIONAL
PROGRAMMES
RTN. CHRISTOPHER
BLUEMEL



DIRECTOR-IN-CHARGE
DISTRICT THRUST AREAS
RTN. BIPIN VAZIRANI



GLOBAL
GRANTS & TRF
PP VILAY KUMAR JATIA