

the gateway

Rotary Club
of Bombay



SERVE TO
CHANGE LIVES

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

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TODAY
RCB PRESENTS
THE SHYAM
MUNSHI LIFETIME
ACHIEVEMENT
AWARD IN ARTS
TO SUDHIR
PATWARDHAN

AT TAJ MAHAL
HOTEL, 1 PM

NOTE FROM PRESIDENT SHERNAZ VAKIL



NEW BEGINNINGS

Saturday, June 11 will be a very special day for us at RCB this year.

Not only would we be inaugurating some of the final 12 villages in our Integrated Village Development initiative, but we would also be

honouring one of our most committed Rotarians at Talwada doctor PP Dr. Rumi Jehangir as well as Dr. Anil Deshpande.

The inauguration of the Bhakta Adarsh villages at Sawade and Gadhade are the result of the concerted efforts of the Project Chirag team together with the support received from the Bhakta family through PP Preeti Mehta.

Once again, we would have provided help to over 2000 rural citizens. In Sawade, We have provided

- 2 solar-powered lift irrigation systems of 12.5 HP and 10HP which draw water from the River Deherja to farmlands of 9 villages in Sawade. This would provide access to year-round irrigation for over 80 acres of farmlands. This also provides access to domestic water for the hamlets.
- A 1HP solar pumping system provides access to drinking water Guravpada, while Guravpada, and Kobadpada have received ultrafiltration units for community filtration. 7 hamlets in Sawade have received individual filters as they have access to perennial borewells and 'housds' constructed under this project, providing clean and pure drinking water to all.

- An assembly hall has been reconstructed with a 3.2KW off-grid solar system for the Computer Lab & Digital technology such as computers and Smart TVs for the Computer Lab at the Kobadpada ZP School, providing access to engaged, digital learning to 274 students.

- 350W solar system for the ICDS will provide access to lights, a fan, and a projector/TV point for the ICDS centres in Guravpada and Kobadpada.

In Gadade, we have:

- The constructed and developed a novel Bhakta Women's Livelihood Centre, an entirely solar-powered [8 KW] centre of 400 sq. ft. that can provide training and a livelihood opportunity to the over 100 women in the village. They will have access to sewing machines, computers, agro-ancillary machinery and, above all, an opportunity to become empowered and productive members of their community; the change makers, one would say, laying the foundation for the future of the young women of the village.

In the afternoon at Talwada, as we honour our dearest PP Rumi, we acknowledge his lifetime of service to the villagers around Talwada and the thousands of operations that he has completed over the years.

We will name the operating theatres after this compassionate and dedicated doctor.

In addition, we will acknowledge and felicitate Dr. Deshpande for his years of service to the villagers of the area.

Urge all Rotarians and especially new members to join us on Saturday and to be part of two very special projects of our Club.

~ **President Shernaz Vakil**



Writer **Aparna Piramal Raje** on her new book
Chemical Khichdi: How I Hacked My Mental Health



Rtn. Tara Deshpande: Congratulation on the book. It is candid, insightful but, most of all, it is a hopeful book. Reading it, there are so many great hacks for everyday life. it is a must read for anybody and everybody.

So, what is bipolar disorder? How is it different from depression and other kind of mental disorders?

I have lived with bipolar disorder for 22 years; it first happened to me in my 20s. I was about to go to Harvard and there was a lot going on in my professional and personal life. My parents were surprised to see the way I was changing before their very eyes and none of us could understand what was going on. I had so many thoughts in my head, I couldn't sleep.

I had lots of energy, I had plans of wanting to change the world and it was not clear whether this was a personality change, or was this happening because of trouble in my parents' marriage, or was it the excitement of going to Harvard?

There were certain triggers, obviously, but it was only later that we found out that there

are certain psychological triggers that cause chemical balances. **As the name suggests there are two aspects to bipolar disorder, one of being very high which is called mania and then there is an aspect of being low which we all know as depression.**

Typical symptoms of mania are decreased need for sleep, feeling energetic despite less sleep than usual, increased or faster speech, uncontrollable racing of thoughts or quickly changing ideas and thoughts while speaking, distractibility, restlessness, risky behaviour and some of us maybe had gone all through this when working on a deal or project and we have experienced these ideas ourselves but when it goes on for too long and becomes extreme is what happens in the disorder.

People like Manjeet have seen me in my extremely productive and creative state and, also, in losing control over myself. **Typically, then, these ideas then come to crash and then you hit this whole phase of depression, sadness lasting most days or nearly every day,** great loss of interest or pleasure in almost all activities that you once enjoyed,

sudden change of appetite, insomnia, restlessness, feeling worthless of self, guilty, frequent thoughts of death, trouble in making decisions.

So, again, these are things that have happened to me. This is the outline of the extremes. It doesn't happen all the time. But it takes time to deal with it before and after, and that can take away a big chunk of your year and result in lost time, potential and productivity. That is why I wrote the book, to help people deal with their mental health.

You said it started about 20 years ago. That was the first time we met in Boston, and I had no idea. I thought it was hard enough for me, having no friends, lonely, dealing with the city. I can't imagine how much harder it must have been for you. how did you cope?

I had to teach myself to enjoy my own company even though I had friends. I remember a weekend when all my friends had gone out, we were sharing a house and I had a knife in my hand and I said, it is going to take too long if I cut myself. So, instead of taking my life, I found a book that I really enjoyed. I remember telling my friend that it was the worst weekend of my life but ended up being the best because I found a book I enjoyed. So, I didn't enjoy Harvard Business School that much, but I had a good group of friends, we travelled a lot, and I also enjoyed my own company whether it was going for a yoga or creative writing class outside the campus. So, you have to start looking inward to find joy, you can't depend on the outside world.

In his writings on psychotherapy, Freud

TO READ THE REST OF THE TRANSCRIPT, [CLICK HERE](#)

has stated that melancholia is generally a traumatic event or continuous period of trauma that triggers these chemical imbalances. Did you experience such incidences? Do you feel that if you hadn't, bipolar disorder may have not come into your life?

Bipolar is genetic and hereditary, from what I understand. This is not to say that my children will necessarily be, too; the chances are higher but a lower percentage overall. But once it gets triggered, it is difficult to stop. There were triggers in my personal and professional life in the early 20s, and it is hard to say if those triggers wouldn't have happened something else would have happened, that is a bit speculative. A better way to look at it is how you develop the resilience that you need to cope with triggers so that there are fewer episodes. It is how you increase the distance between them. The last time I was manic was about four years ago. Can I go five years and more without being manic? That is the way I look at it.

On page 237, you list simple, clear techniques to cope with the triggers and circumnavigate them. Will you share some with us?

It's a list for anyone with a mental health condition. So, talking to somebody is important. The hardest part is telling people that you have a vulnerability and telling them how you feel. You may not feel like telling a therapist directly, but you can talk to someone close and, over time, if you are ready to talk to a professional, that is important.



Committee News ROTARIANS SLUG IT OUT ON THE PITCH



Tight fielding kept for star batsman PP Dr. Mukesh Batra at the RCB Box Cricket Challenger 2022



PP Dr. Batra steals a run



And, the Best Batsman of the RCB Box Challenger 2022 goes to Rtn. Jaidev Merchant



Rtn. Satyan Israni



PP Dr. Mukesh Batra and Rtn. Sanjiv Saran Mehra, Chairman, Sports Committee, RCB, hand over the Champions Trophy of the RCB Box Challenger 2022 to the RCB Legends team



Best Batsman Trophy for Rtn. Jaidev Merchant & the Best Bowler Trophy for Rtn. Mehul Sampat



Rtn. Anand Dalal



Rtn. Farrokh Balsara

The Annual Rotary Club of Bombay – RCB Box Cricket Challenger 2022 – lived up to its reputation of being one of the most exciting and fun-filled sporting events with a nail-biting finish, with victory being achieved only of the last ball in a cliff hanger. The newly set-up amazing indoor cricket facility of the Western Railway served as the perfect venue for this most awaited event which was last held two years ago.

The two teams RCB Legends (captained by Rtn. Hiranmay Biswas (Moy)) and the RCB Veterans (Captained by PP Dr. Mukesh Batra) were well balanced. RCB Veterans won the toss and decided to bat first. Useful contributions by Rtn. Satyan Israni (14 runs retd.), Rtn. Akhil Sanghi 13 runs retd.) and Rtn. Sanjiv Saran (9 runs retd.) set up what was first thought was a competitive target of 66 runs which could

have been higher but for some tight bowling by Rtn. Mehul Sampat (Maiden wicket over). Chasing the target of 67 runs RCB Legends faltered in the beginning though there was some good batting by Rtn. Anand Dalal (19 runs). Just when the RCB Veterans smelled victory, some excellent batting by Rtn. Jaidev Merchant (26 n.o.) and Rtn. Mehul Sampat (11 not out) put up a great show. With two runs needed

of the last ball for an outright win, both Jaidev and Mehul strategised the win, stealing two precious runs before the RCB Veterans could realise what was happening. A finish rarely witnessed even in IPL matches. Rtn. Jaidev Merchant was adjudged the Best Batsman and Rtn. Mehul Sampat was adjudged the Best Bowler. The event ended on a grand note

with gifts for every participant. It was a great evening well spent on the cricket pitch and what was most important was the great fun and camaraderie and fellowship which the event generated. All members of the Sports sub-committee need to be complimented for the great effort put in to make this event a grand success. Three Cheers to RCB.

TEAMS AND THEIR MEMBERS

TEAM RCB LEGENDS

Hiranmay Biswas (Moy) – Captain, Advay Sanghi, Anand Dalal, Farhat Jamal, Jaidev Merchant, Satyan Israni, Mehul Sampat, Hriman Batra

TEAM RCB VETERANS

Dr. Mukesh Batra - Captain, Ajit Lalwani, Akhil Sanghi, Farrokh Balsara, Harsh Tulsyan, Jamshyd Vazifdar, Mihir Mody, Sanjiv Saran Mehra

Committee News

PP RAMESH NARAYAN HEADS TO AMBU WITH RCB DONOR

PP Ramesh Narayan accompanied our part donor Nelum Gidwani to Ambu village near Talegaon yesterday. The portable home lights were presented to some beneficiaries by Nelum Gidwani.

Streetlights have been ordered. Trenching for the irrigation system was done, the solar installation was up, the pump at the water source was being installed. The village is in three clusters so piping will take a little time. Also, the water filter is awaited any day now.

The entire development project will be ready for a formal launch in about 12 to 14 days.



*Please join
President Shernaz Vakil
for a special Saturday on June 11th, 2022*

The inauguration of the Integrated Village
Development Programmes in
12 villages at Vikramgad Taluka, Palghar.
Time: 9 am

Visit our flagship project at Talwada to felicitate
PP Dr. Rumi Jehangir and Dr. Anil Deshpande
Time: 1 pm

Confirm your presence with Rashmi at the Rotary Office

Rtn. Mihir Mody, Chairperson,
Rural Development Committee

**Rotary Club
of Bombay**



Committee News



Rtn. Siddharth Bhimrajka visited the Rotary Club of Singapore recently. RC Singapore was formed in 1930 and has a 200+ member strength. The club meets every Wednesday at the Tanglin Club. President Louis Lim welcomed him, and the club raised a toast to RC Bombay and Rotary International. We exchanged club flags. The club

discussed the four-way test and had an interactive session. One of their senior-most members shared a story when many years ago someone asked him what good is a Rotarian if he cannot have a daily meal with the family. This inspired the member to write down a “Guide to Daily Living”. It was wonderful meeting the members of RC Singapore.



LIGHTHOUSE GETS “LIT”

To help young minds appreciate literature, Siddhant Gvalani, a young science student, aspiring to pursue mechanical engineering will bring Project SPEAD - Speech & Drama to young kids at Lighthouse from June 11th, 2022. He will teach them to use appropriate forms of expressions in articulating and enacting different pieces of literature. This will enhance their understanding and appreciation as well as pique the interests of young minds towards creative works.



New parents enrolling their children

RCB SUPPORTS INDIAN HERITAGE; TOUR TODAY

In 2015, The Indian Textile and Costume Gallery, the first in the city of Mumbai, was established at the Chhatrapati Shivaji Maharaj Vastu Sangrahalaya (CSMVS). CSMVS has a modest but significant collection of around a thousand textiles which can best be termed an interesting mix of historical and representative textiles. Textile traditions of India have changed immensely in the past 150 years. Our lifestyle in cities no longer accommodates textile beyond comfort or fashion. However the textiles preserved in museums provide a glimpse of traditional Indian textiles.

CSMVS also houses an institutional collection for research and study. The nucleus of the collection was formed with the purchase of Sir Purshottam Mavji Collection in 1915. The oldest pieces in the collection are remarkable fragments of block printed cloth, dated to the 9th to the 17th centuries CE, which were exported from Gujarat to Fustat in Egypt. The Museum’s collection has been built over the years through purchases and gifts, and continues to grow even today. Displayed in a state-of-the-art climate-controlled gallery at CSMVS, these historical collections are among the most popular with CSMVS’ visitors. The CSMVS Indian Textile and Costume gallery has been graciously adopted by the Rotary Club of Bombay for a period of two years (2022 and 2023).

Chhatrapati Shivaji Maharaj Vastu Sangrahalaya (CSMVS), Mumbai & Urban Heritage Committee of RCB cordially welcomes the members of Rotary Club of Bombay

FOR A TOUR OF THE INDIAN TEXTILE AND COSTUME GALLERY AT CSMVS

MAINTAINED BY RCB FOR TWO YEARS (2022 AND 2023)

THE FLOW OF EVENTS:

3.00 pm:

Meet and greet at the Coomaraswamy Hall, CSMVS, with Mr Sabyasachi Mukherjee, Director General, CSMVS, and Mrs Manisha Nene, Director (Galleries and General Administration), CSMVS.

3.10 pm:

Proceed to the Indian Textile and Costume Gallery for a guided walkthrough.

3.30 pm:

Regroup at the Coomaraswamy Hall for a short informal address by Mr Sabyasachi Mukherjee, followed by Tea/Coffee.

TIME & VENUE:

Tuesday, 7th June 2022, at 3.00 pm, at the Coomaraswamy Hall, Chhatrapati Shivaji Maharaj Vastu Sangrahalaya (CSMVS), 159-161 Mahatma Gandhi Road, Fort, Mumbai 400023.

Rotary Club of Bombay

THE MUSEUM



In other news



H.E. Guðni Bragason, the Ambassador of Iceland to India, on collaborative opportunities between the two countries

Our PP Gul Kripalani, who is the Honorary Counsel General of Iceland, sprung a pleasant surprise on RCB members when he brought along H.E. Guðni Bragason, the Ambassador of Iceland to India, to the Tuesday meeting.

H.E. Guðni Bragason said: Sustainability and renewable energy are important themes in Icelandic-Indian discussion.

Iceland has the longest experience in geo-thermal energy. We have a project with ONGC in Ladakh in producing electricity and this will be renewable energy production 24x7. Another project in Himachal Pradesh strengthens the security and livelihood of fruit-producing farmers. **We have introduced potential new methods to store carbon in a rock. This rock formation is found in some parts of India and might be interesting to business people there.**

Our agency Business Iceland focusses on six areas – thermal, innovation and new technology, creative arts and culture, tourism and travel, fisheries, and specialised products. Innovation is very important in this respect and both our countries have strong technical infrastructure, research and development institutions and, first and foremost, people with ideas.

We also have a company exploring collaborations in turning carbon-dioxide to methanol fuel. This technology can have huge applications in India's industries. So, ideas like these can help achieve India's target of carbon neutrality.

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Rotary
Club of Bombay

DISTRICT 3141

PAIX

"Nuit de gratitude"

President Shernaz Vakil
&
Firoze Vakil
request the pleasure of your company
for a
Parisian Evening
as we give thanks for the past year.

6.30 pm
Friday, 24th June, 2022
Taj Mahal Palace Hotel
Apollo Bunder, Mumbai
followed by cocktails & dinner

Rsvp : Rashmi [+919769140141](tel:+919769140141)

Rotary
Club of Bombay



SHERNAZ VAKIL

PRESIDENT (21-22)

AND

THE BOARD OF DIRECTORS

OF

THE ROTARY CLUB OF BOMBAY

REQUEST THE PLEASURE OF THE COMPANY
OF YOUR PARTNER AND YOURSELF

TO THE INSTALLATION OF
SANDIP AGARWALLA

AS

DISTRICT GOVERNOR OF DISTRICT 3141

AND

VINEET BHATNAGAR

AS

PRESIDENT OF ROTARY CLUB OF BOMBAY

IN THE AUGUST PRESENCE OF

ROTARY INTERNATIONAL PRESIDENT (21-22)

SHEKHAR MEHTA

AS CHIEF GUEST

SUNDAY, 3RD JULY, 2022,

AT 10.00 AM FOLLOWED BY LUNCH

REGAL ROOM, TRIDENT HOTEL

NARIMAN POINT, MUMBAI

RSVP: RASHMI [+91 97691 40141](tel:+919769140141)

Rotary
District 3141



Alpha
22-23



IMAGINE
ROTARY

ROTARIAN BIRTHDAYS



JUNE 7

Rtn. Sidhant
Jatia



JUNE 8

Rtn. Anuj
Arenja



JUNE 8

Rtn. Shekhar
Bajaj



JUNE 11

Rtn. Vineet
Kedia



JUNE 12

Rtn. S. V.
Prasad



JUNE 13

PP Gul
Kripalani

ROTARIAN PARTNER BIRTHDAYS

JUNE 7

Hon. Rtn. Ptn. Anuradha
Mahindra

JUNE 10

Rtn. Ptn. Noshir Desai

JUNE 11

Rtn. Ptn. Gulrez Contractor

JUNE 12

Rtn. Ptn. Firoze Vakil

JUNE 13

Rtn. Ptn. Rachita Dalal

ANNIVERSARIES

JUNE 9

Rtn. Ptn. Vaidehi & Rtn. Rohit
Dhoot

JUNE 12

Rtn. Ptn. Mayuri & Rtn. Alok
Sekhsaria

JUNE DESIGNATION IS



**ROTARY
FELLOWSHIPS
MONTH**

*"What binds Rotarians together is a unity of desire and a unity of
purpose to serve society and to serve mankind...a unity in diversity."*

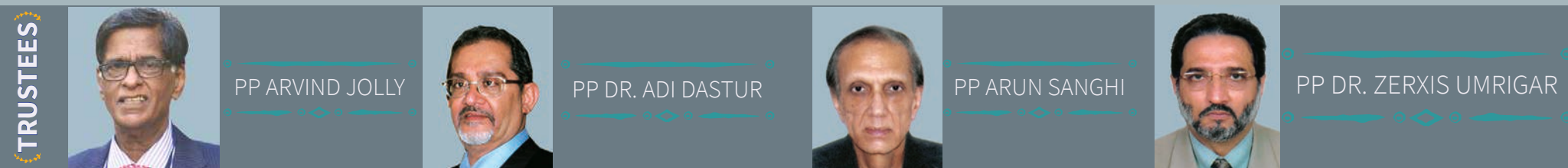
Past RI President C.P.H. Teenstra 1965-66

Rotary



TAKE ACTION: Join Rotary, Get Involved

ROTARY CLUB OF BOMBAY 2021-2022



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

| | | | | |
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