

# THE GATEWAY

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Rotary Club  
of Bombay



IMAGINE  
ROTARY

12<sup>th</sup> March, 2023

## March 18<sup>th</sup>, 2023:

Saathi, NGO Mela organised by Rotaract Club of Atlas Skilltech, 5 pm. Please contact Rtn. Akhil Sanghi.

## March 25<sup>th</sup>, 2023:

Inauguration of Transformation Salon in Prabhadevi at 10:30 am. Please contact Rtn. Ratna Sharma / Rtn. Ptn. Nirmala Banaji.

## March 26<sup>th</sup>, 2023:

Inauguration of 3 Villages in Palghar, at 10 am. Please contact Rtn. Mihir Mody.

In my previous article, I pondered that cultivating authenticity and letting go of what people think is critical to finding who you are and what is your original self so that you can lead a truer life.

The more we are stuck in giving attention to what people think about us the less likely we are to be our true, remarkable, authentic and original selves. And we are easily influenced by others and their views because we are all desperate to find ways to operate from a place of worthiness. We have started believing that when we say what others want to hear, when we do what others want us to do, when we think what others would like us to think, then, we are operating from a place of worthiness, greater acceptance, and social inclusivity.

What we sacrifice when we push ourselves to look worthy from someone else's point of view is the opportunity to live a life from a place of wholeness. We reject the idea that each one of us was born as an original version of the allness. Each one of us is a unique spark of the divine. And the reason we are unable to let go of that almost compulsive feeling to please others is because our attempts to truly express ourselves have, or are likely to, come up against our culture, family norms or simply the opinions of others about ourselves.



PRESIDENT VINEET BHATNAGAR'S ARTICLE CONTINUES ON THE NEXT PAGE

We have all experienced the pressure to live up to other people's expectations. Because we want to be accepted, because we are striving to be perfect.

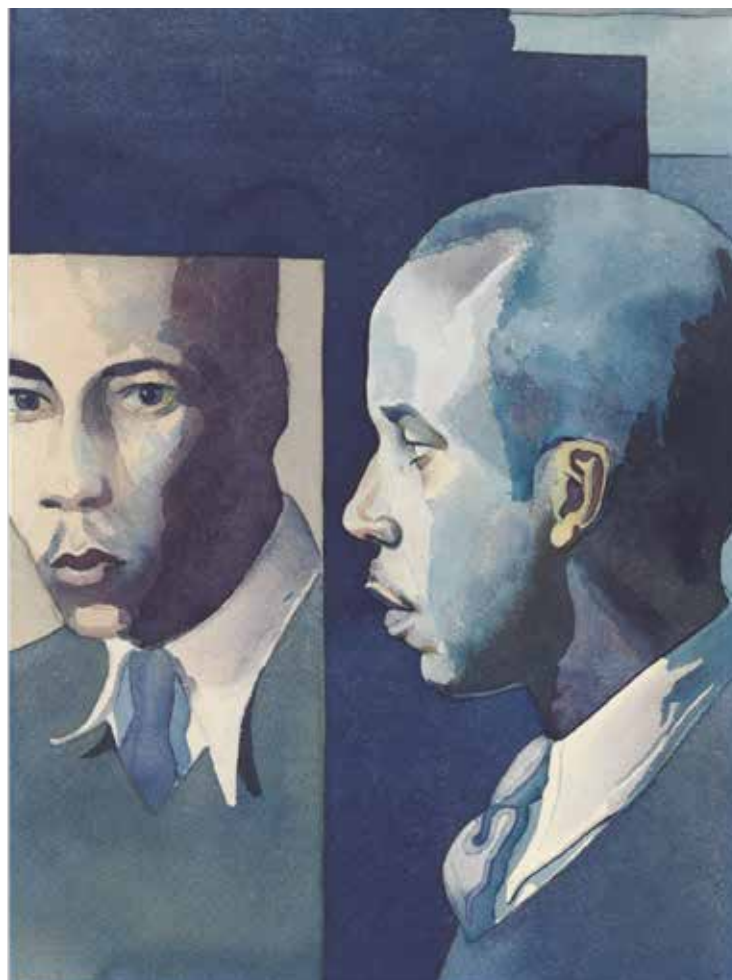
For many of us - **“PERFECTION IS THE IDEA THAT IF WE LOOK PERFECT, LIVE PERFECT AND DO IT PERFECTLY THEN WE WILL AVOID THE FEELING OF BEING JUDGED AND BEING ASSOCIATED WITH FAILURE AS THESE TAKE US TO A PLACE OF SHAME AND ISOLATION.”**

The fundamental and moot point is that all of us are cognitively, emotionally, physically and perhaps even spiritually hard wired to experience love and belonging. And when we don't, we break. When we go through our lives pleasing, performing, proving and perfecting we end up saying YES when we mean NO and at times saying NO when we are desperate to say YES. This process is exhausting as internally we are resenting our own actions and words. It also takes us farther and farther from our true selves and simple joys of life.

Can we tell ourselves that “I am willing to choose discomfort over resentment. I am OK to live with the discomfort of not being what others want me to be because I don't want to lead a depreciated life where I resent my own actions”? To lead a life with less resentment requires that we set boundaries that stop others from influencing our original selves and allow us to remain authentic. It requires the courage to be imperfect, vulnerable, and set boundaries.

This requires some inner working to identify who we really are and then work upon being the best version of what we believe

**PRESIDENT VINEET BHATNAGAR'S ARTICLE CONTINUES  
ON THE NEXT PAGE**





we truly are. This is almost a spiritual exercise and one that is very likely to take you to a place of greater joy. I had outlined in an earlier article that authenticity is cultivating the courage to be imperfect.

One of the ways to operationalise this could be to begin by making a “Want List” and a “Joy List”. **COME UP WITH A LIST OF THINGS THAT YOU WANT - WHETHER TO PROVE YOURSELF PERFECT OR TO BE THE RIGHT IMAGE IN OTHER PEOPLE’S EYES. THEN MAKE A LIST OF THINGS OR EVENTS THAT GAVE YOU JOY BASED ON YOUR OWN EXPERIENCES AND EVIDENCE - ONES THAT LEFT YOU TRULY SPIRITED WITH CHILD-LIKE JOYS.**

The one thing that many of us struggle with is to understand that worthiness has no pre-requisites. We all need to find a way to say that “I am enough.”



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# WHAT'S THE GOOD WORD WITH RTN. SABIRA MERCHANT



WINNERS



# RCB CHECKS IN WITH GALE

## PND BIMAL MEHTA REPORTS ON RCB'S VISIT TO GALE ON MARCH 5<sup>TH</sup>, 2023

Rtn. Vinti Gajree, Rtn. Miral Shah, Rtn. Ptn. Seena Sanghi and I visited Gale Village to review projects undertaken during the year. Rahul Tiwrekar, founder of Diganta Swaraj, and his team were also present.

Our first stop was the Anganwadi where we met the sarpanch and the farmers. We have recently installed 25 drip irrigation pumps and distributed seeds for rabi crops. We were pleased to hear that our agriculture initiatives made a positive impact and would also significantly increase farmers' incomes this year. Many mentioned that they expected their earnings to increase by three or four times because of the year-round water availability.

Our next plan of action is:

- Kisan cards for farmers.
- Crop insurance.
- Training to improve crop yields and agricultural productivity.
- Regularise land records for farmers.
- Marketing initiatives to help farmers get a better price for crops.

We will facilitate some of these through the agriculture ministry, Government of Maharashtra.

RCB also spoke to a women's group to understand their issues and requirements as it was their responsibility to fetch water from the river. Before the lift irrigation







project, they spent three to four hours daily and walked approximately 5 km to fetch water. With water now available within 100 metres of their homes, the women have more time for other productive work. Many of them help men in the fields. The construction of individual toilets has also made a big difference to their lives from a safety and health perspective. We have built and renovated 55 toilets and hope to complete the balance 21 toilets within a month.

The sarpanch told us that all the villagers had opened bank accounts and obtained Aadhar cards. This will allow them to avail of various government schemes; the Diganta Swaraj team will facilitate this.

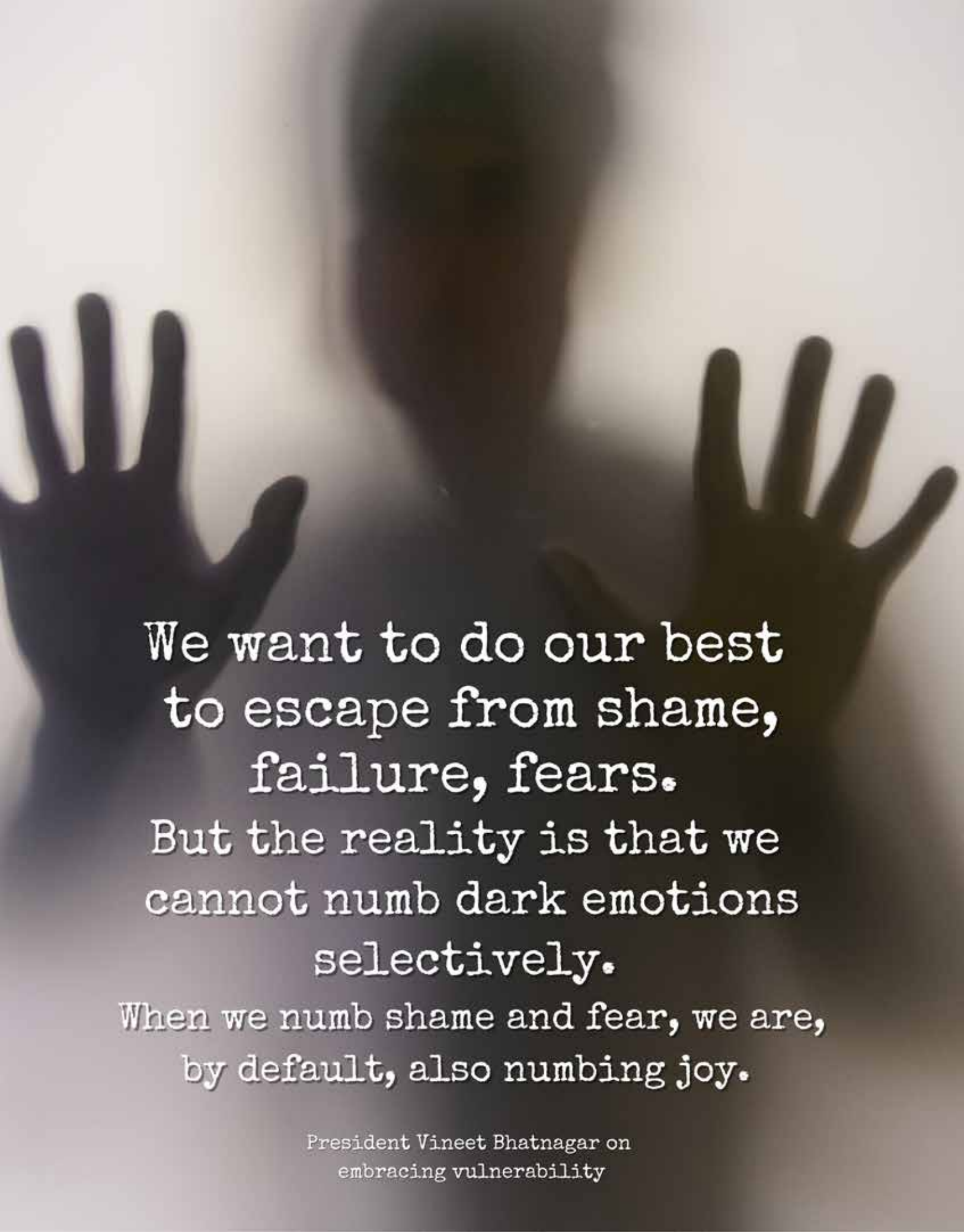
Construction of the Livelihood Centre is progressing well. We hope to finish construction in 45 days. The women will primarily run the Centre and we used this opportunity to discuss their ideas on how to run the centre. It has been decided to install ground nut processing and patrawali rice plate machines. The group will internally discuss what third activity they want to pursue and decide what kind of machine to procure. It was also decided to form a committee to monitor the progress of the activities and facilitate the marketing of the products. A representative of the Rotary Club of Bombay will be part of this committee.

Finally, we are kickstarting our impact assessment with a third-party agency in April.

While we are happy with the progress, much more remains to be done to make Gale a model village.





A blurred background image showing three hands reaching upwards against a light, hazy backdrop. The hands are dark and out of focus, creating a sense of reaching or yearning.

We want to do our best  
to escape from shame,  
failure, fears.

But the reality is that we  
cannot numb dark emotions  
selectively.

When we numb shame and fear, we are,  
by default, also numbing joy.

President Vineet Bhatnagar on  
embracing vulnerability



# GULAAL AND MORE FOR RCB AT THE ANNUAL HOLI PARTY











# AY Mazgaon plays Holi with RCHC

The team Partners-In-Service of the Rotaract Club of Hinduja College (RCHC) organised AY Ki Holi for the seniors of RCB's Ananda Yaan at Mazgaon.

RCHC Rotaractors conducted games and interactive activities for our elders and applied gulaal to them. The event concluded with music and dance.

## AY BYCULLA GOES ON ANNUAL PICNIC



Ananda Yaan members of Byculla enjoyed their annual outdoor picnic to Palghar district on February 24<sup>th</sup>, 2023, Friday. The seniors began with the famous Mahalaxmi temple of Dahanu where they enjoyed a darshan and then their breakfast in the verdant surroundings. The main attraction came next at the Govardhan Eco Village near Wada, where members reached just in time for lunch.

Our members excitedly explored this mini Vrindavan with dioramas of Vrindavan Dham, Barsana Dham, Gokul Dham and Mathura Dham created from eco-friendly material.

## AY CELEBRATES WOMEN'S DAY WITH RCHR

The Rotaract Club of H.R. College (RCHR) celebrated International Women's Day

with the Ananda Yaan ladies at Worli last week. The project was called Dil Se Dil Tak and included lively sessions full of love and laughter on this special day.

The programme began with an icebreaker which divided the seniors into two groups. Every pair had to balance a balloon either on their stomach or back and walk till the finishing line. Our Rotaractors also gave them a canvas to paint or colour something that represented them individually or women as a whole. Lastly, everyone made flower rangolis and played Holi. The session ended with a session on the importance of celebrating women's day and a cupcake!



# 4 BY alumni felicitated for service to their alma mater

On February 21<sup>st</sup>, 2023, President Vineet Bhatnagar felicitated four NMJ school Bhavishya Yaan (BY) alumni: Shraddha Dilip Babar, Sayali Suresh Dakare, Vedant Chandrakant Kadam, and Vaibhav Dnyaneshwar Patil for their service to their alma mater. They were all given certificates in recognition of the same.

Our BY alumni are doing very well since graduating.

Shraddha Dilip Babar, Bachelor of Engineering (B.E.) in Information Technology (IT), is a product engineer at LTI Mindtree.

Sayali Suresh Dakare, M.Com, is a teacher at Kidos Play School and Nursery.

Vedant Chandrakant Kadam, B.E. in Electrical Engineering, is a graduate trainee at Lumens Technologies.

Vaibhav Dnyaneshwar Patil, B.E. in Electronics and Telecommunication, is a systems engineer at French multinational company ATOS.

Selfless service rendered from the time lockdown was imposed:



These four have been taking out time on weekends, holidays and whenever else possible to teach BY students.

It began during Covid when they digitally reached out to the kids in their neighbourhood to help them with online learning. They soon extended this to BY kids of 2021 whose education was also being hampered. Studies apart, the four also engaged the kids by playing chess with them and doing sudoku puzzles together. This made studying fun. Our alumni realised that they were enjoying the process they had started to help others.

Post-Covid, they decided to dedicate their days off by continuing the support offline. They now help children from

4<sup>th</sup> to 10<sup>th</sup> standards with Maths and Science, spending a good three to four hours every Saturday and Sunday.

Shraddha thanked RCB and Mentor Rtn. Ptn. Jaya Prasad on their behalf for all the guidance. Shraddha also revealed that teaching the students had been a two-way learning process of growth. It also brought back many memories.

She remembered how, during their student days, they would chitchat whenever the teacher turned his/ her back to write something on the board. They have smiles when they see students today doing the same when she and the others are teaching them.

This is truly an inspirational, humbling story.



## RCB arms BY kids with SSC kits



Our Bhavishya Yaan students, having gone through their syllabus carefully and solved enough past papers, are all ready to ace in their SSC exams.

Like every year, RCB has given SSC kits to 85 students across all schools. Each folder contains a pencil, long ruler, hard board, and a geometry box for mathematics.

BY has held a hundred per cent passing percentage over the last decade. We wish our children luck!



## IWA visits BY

On March 9th, 2023, RCB's IWA (International Women's Association) Clinic conducted a health check-up for 42 Primary children of Bhavishya Yaan, GK Marg.

Their height and weight were noted down along with a physical exam and dental examination. Almost 90 per cent of the kids were revealed as having dental problems and anaemia.

The teachers were told to let the parents know that if they wanted a follow-up treatment for their child, they could come with the child to the IWA Clinic.

The children were also given free toothpastes and toothbrushes by IWA. The Bhavishya Yaan Committee thanks the visiting doctors: Dr. Shashikumar Dube (paediatrician), Dr. Rasika Satpute (dentist), Dr. Suresh Doshi (GP), Dr. Aspi Mehta (GP) and the IWA Committee: Rotarians Arin Master and Pervin Jehangir, and IWA's Zenobia Kekobad for organising this essential service to our children.

WISH YOU ALL  
THE BEST!

# Rotarian kid celebrates birthday with Lighthouse children



Master Samaksh Israni celebrated his 9<sup>th</sup> birthday with his young friends at RCB's Lighthouse Project. He organised a nutritious



treat of south Indian cuisine topped with cold drinks and a music learning session for the 90 children.

His baby steps are tenderly



moving to fill the big shoes of his graceful grand-dad Rtn. Shivkumar Israni and his super dynamic dad PN Satyan Israni.

## Vaidu women taking strides ahead in creating their own identity

The Adult Literacy Programme (ALP), started by RCB for Mumbai's Vaidu tribal women in association with TCS, aims to provide education.

This month, we invited officers from the Municipal Corporation of Greater Mumbai (MCGM) to share information with our learners on making documents

like Aadhar card and Pan card.

An MCGM officer also explained many useful government schemes to them like the Pradhan Mantri Jan Dhan Yojana etc. They further clarified that to take the benefit of such schemes, the applying beneficiary must have documents like Aadhar card, PAN



card etc.

With basic literacy being a given, our Vaidu learners are

now motivated to take this next step to create their own identity.



# Cruise to Spain, France and Italy coming up



Ship Details

## Ship facts

Entered Service:	2010
Country of Registry:	Bermuda
Guest Capacity:	2,081 lower bed 2,547 maxi capacity
No. of Crew:	911
Length Overall:	964.5 feet
Width:	106 feet
Draft:	25.9 feet
Passenger Deck:	12
Tonnage:	90,901 GT

## Inside



Inside (IA, ID, IE, IF)  
2 beds and shower (from 152 sq. ft.)

## Oceanview



Oceanview (EB, EC, EF) – Oceanview obstructed (FB, FC)  
2 beds, shower, living area (from 180 sq. ft.)

## Balcony



Balcony (BA, BB, BC, BD, BE, BF)  
2 beds, shower, living area, balcony (from 228 sq. ft.)



QUEEN ELIZABETH

## QUOTATION

Naresh Jain – Senior Citizen Group

Ship : Queen Elizabeth  
Itinerary : 7 Nights Cruise – West Mediterranean – Spain/France/Italy  
Port : Embarkation: Barcelona Disembarkation: Barcelona  
Sailing Date : 02-Oct-2023 to 09-Oct-2023  
Itinerary :

Day 1	02 Oct	Departs Barcelona, Spain
Day 2	03 Oct	At Sea
Day 3	04 Oct	Naples, Italy
Day 4	05 Oct	Rome (Islands from Civitavecchia), Italy
Day 5	06 Oct	Ajaccio, Corsica, France
Day 6	07 Oct	At Sea
Day 7	08 Oct	Palma de Mallorca, Majorca, Spain
Day 8	09 Oct	Disembark Barcelona, Spain

## Costing

Promotional Fares: valid till 15-March-2023 (per person twin sharing)				
Cabin Category	Promotional Fare	Published Fare	Saving	
Inside	€ 640 onwards	€ 58000 onwards	€ 1290 onwards	50% approx
Oceanview (obstructed)	€ 790 onwards	€ 74000 onwards	€ 1224 onwards	35% approx
Oceanview	€ 820 onwards	€ 76000 onwards	€ 1440 onwards	43% approx
Balcony	€ 1050 onwards	€ 95000 onwards	€ 1564 onwards	33% approx

## Includes

Accommodation • All meals • Port Tax • Gratuity  
Deposit on confirmation : € 300 per person (INR 29000 per person approx.)  
Balance payment : on or before 15-July-2023  
• At the time of payment, rate of exchange applied will be as per HDFC Bank Bills Selling (Trade) rate prevailing on the day of payment.  
• 5% TCS will be applicable on total cost as per Government of India regulations.

## Cancellation

Days prior to sailing	Deposit	Additional Information
From Confirmation to 31 Days	50%	• Airfare Economy Class INR 80,000 approx
30 Days to 21 Days	75%	• Schengen Visa INR 12,000 approx
20 Days to 05 Days	100%	• Insurance Upto 80 yrs age – INR 3,500 approx
04 Days or less	100%	

\*Cancellation cum Refund processing fee of ₹ 50 per person will be applicable.



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## Special offer for senior citizens, open only till March 15<sup>th</sup>, 2023:

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Embarkation: Barcelona; Disembarkation: Barcelona

Dates : October 2-9, 2023

Details of the cruise above.

Those interested must register their names with Rashmi at the RCB office at the earliest.  
Payments will be collected next week.



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INVITES



TO

*Saathi*

THE NGO MELA



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राम मंदिर समोर, कॉटन ग्रीन स्टेशन जवळ,  
कॉटन ग्रीन (पु.), मुंबई - ४०० ०३३.  
दुरध्वनी : ०२२ २३७३७३०९

	Tuesday / मंगळवार	Friday / शुक्रवार
 Homeopathy Clinic / होमिओपॅथी दवाखाना	9 to 5 / ९ ते ५	9 to 5 / ९ ते ५
Eye Clinic / डोळ्यांचा दवाखाना	9 to 5 / ९ ते ५	9 to 5 / ९ ते ५
Dental Clinic / दाताचा दवाखाना	9 to 5 / ९ ते ५	9 to 5 / ९ ते ५
GP & Child Care Clinic / जीपी आणि लहान मुलांचा दवाखाना	2 to 5 / २ ते ५	2 to 5 / २ ते ५
Blood Tests / रक्ताची तपासणी	9 to 12 / ९ ते १२	9 to 12 / ९ ते १२



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# CELEBRATIONS

## Member Birthdays



**MARCH 14**

Rtn. Swati Mayekar



**MARCH 15**

Rtn. Ram Gandhi



**MARCH 15**

Hon. Rtn. Uday Kotak



**MARCH 16**

Rtn. Siddharth Mehta



**MARCH 17**

PN Satyan Israni



**MARCH 18**

Rtn. Pradeep Mafatlal



**MARCH 19**

Rtn. Anil Harish

## Rotarian Partner Birthdays

**MARCH 14**

Rtn. Ptn. Nasreen Contractor

**MARCH 15**

Rtn. Ptn. Munira Jehangir

**MARCH 16**

Rtn. Ptn. Meenal Patodia

**MARCH 18**

Rtn. Ptn. Bhavani Piniseti

**MARCH 19**

Rtn. Ptn. Navaz Guzder

## Anniversaries

**MARCH 14**

Rtn. Ptn. Jita & Rtn. Bipin Kapadia

**MARCH 17**

Rtn. Ptn. Hemlata & Rtn. Dr. Devendra Saksena

**MARCH 19**

Rtn. Ptn. Dr. Nilofer & Rtn. Rtn. Murad  
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### Achim Fabig, German Consulate General, Mumbai

Achim Fabig has been the Consul General, German Consulate General in Mumbai since July 2022. However, this is not Mr. Fabig's first posting in India.

Mr. Fabig was the Consul General, German Consulate General in Chennai, from July 2014 to July 2018. That posting was a homecoming of sorts for him as he actually began his career with an internship at the Max Mueller Bhavan, Madras, in 1991. This had been followed by an internship at the Indo-German Chamber of Commerce, New Delhi, in 1993.

These were also the years he studied law at University of



Passau and Freiburg, King's College, London (Diploma, 1991 - 1996). He gained work experience as a research assistant at the Max Plank Institute for International Criminal Law, Freiburg (1997 - 1998). A legal internship took place over approximately the same time period (1997-1999) at the Karlsruhe High Court.

His entry into the Foreign Services began as a Foreign Service Trainee from May 2000 to June 2001. He joined the desk of the Federal Foreign Office, Berlin, from June 2001 to July 2003. After this came his first foreign posting when he was made Head of Consular Department, German Embassy Teheran, from July 2003 to August 2006.

Following this, he was sent as First Secretary on a German Permanent Mission to the United Nations, New York, from August 2006 to July 2009. From July 2009 to June 2014, he joined the Federal Foreign Office again in Berlin as Deputy Head of Human Resources (Diplomatic). The Chennai posting as Consul General came immediately after this.

An advertisement for Milton ProCook. It features a black Granito Induction Kadhai with a lid, filled with orange laddoos. The kadhai is on a wooden cutting board. There are also some laddoos in a small bowl and a spoon nearby. The background is a light, neutral color.

**ProCook**  
DESIGNED FOR HEALTHY COOKING

Enjoy home-made laddoos with our Granito Induction Kadhai

FOOD GRADE PFOA FREE

Cook the best laddoos this holi with Milton ProCook's Non-stick Granito Induction Kadhai with Lid! Buy now on Flipkart or Amazon or at your nearest stores.

An advertisement for Milton thermosteel flasks. It shows three flasks in vibrant colors: orange, silver, and blue. The flasks are standing upright. The background is a light, neutral color.

**MILTON**

**GET COLOURFUL WITH THERMOSTEEL FLASKS**

Because staying hydrated is an art!

Get your trendy Thermosteel Flasks in vibrant shades and styles. Buy now on Flipkart or Amazon or at your nearest stores.

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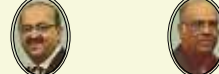
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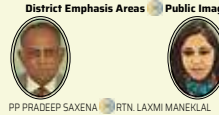
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