

# The Gateway



BULLETIN OF THE ROTARY CLUB OF BOMBAY



VOLUME 66, ISSUE NO. 18, NOVEMBER 05, 2024  
HTTP://ROTARYCLUBOFBOMBAY.ORG/ FOR PRIVATE CIRCULATION



## THIS TUESDAY

Former Indian Ambassador to the US, Taranjit Singh Sandhu, on the US elections and their impact on India and the world.

## COMING UP

November 10<sup>th</sup>, 2024:  
RCB Table Tennis Fellowship. Details inside.

November 12<sup>th</sup>, 2024:  
Dr. Natasha Bijlani Khubchandani on Stress Busting Strategies

November 19<sup>th</sup>, 2024:  
Renowned columnist, author & global thought leader, Fareed Zakaria, host of Fareed Zakaria GPS on CNN.

November 26<sup>th</sup>, 2024  
Paralympic Gold Medalist Harvinder Singh to be felicitated Rotary Club of Bombay Arvind Jolly Award for Excellence in Sports

*RCB wishes you all  
a Happy Diwali*



## Noted senior lawyer Majeed Memon in conversation with Rtn. Zulfiqar Memon on five decades of evolution in criminal law practice, challenges, and rewards.



- When I entered the profession, it was a significant turning point in my life. I had a strong desire to be a lawyer because I saw how top lawyers contributed to Indian society and how this profession could serve society.
- The greatest quality in a lawyer is their manner of expression. Mastering the language in which you are expected to address and seek justice is essential. Over the years, I have observed that judges can be influenced by how a case is presented. You may have a case with weak facts or law, but your presentation contributes significantly.
- Generally, I must tell you that the legal profession is perhaps the best profession in a civil society governed by the rule of law. In civil society, if you permit me, I'll just elaborate: a country's civilisation can best be measured by the effectiveness with which its criminal justice system functions. The Constitution of India, under Article 21 — just a one-line Article — captures the spirit of the whole Constitution. We have the privilege of having the longest written Constitution in the world, which has been functioning for almost 75 years. It has been elaborated by various decisions, expanding on every word from each Article.
- But I am only talking about, due to the paucity of time, Article 21, which states in one line, "No person shall be deprived of his life and personal liberty except by a procedure established by law," which has to be fair. Now, this right to life has been elaborated by a series of decisions over the last half-century, which hold that the right to life does not mean mere existence. It is not that you are biologically alive, breathing, and therefore enjoying the right to life — no. A civil society governed by the rule of law, like ours, would mean that the right to life includes the right to live happily, with a sense of security and dignity. Now, all these qualities — living in dignity, living happily, and living with a sense of security, without fear — constitute the true enjoyment of life. That is Article 21.
- The question, therefore, arises that every person in our society, whether rich or poor,

RCB ONLINE:



INSTAGRAM



LINKEDIN



FACEBOOK



YOUTUBE



X (TWITTER)

privileged socialite or someone confined to a humble hut, every citizen of this country where this Constitution operates has to be assured that they are living without fear, with dignity, and happily. It is the duty of the state. Unfortunately, it doesn't happen, and people are not conscious of their rights. "What is my right to liberty? If I'm not living with a sense of dignity, if I'm living with fear, then my right under Article 21 is violated," which is the spirit of the Constitution. Therefore, you see, liberty lies in the hearts of men and women. When it dies there, no Constitution, no law, no court can save it. No Constitution, no law, no court can do much about it. You have to, within yourself, seek the sense of liberty and its importance. This applies to everyone — downtrodden, beggars, unemployed, helpless, poorest. Every individual enjoys this constitutional assurance, which unfortunately is not widely felt or implemented. Neither the state cares, nor do individuals themselves seem concerned about it. Somehow, they are merely living to earn two square meals a day, just existing. That is not the privilege of a civil society. Our privilege is to enjoy our right under Article 21.

- 
- Of course, society changes. Fifty years is a long time — half a century. A progressive society must certainly advance, stepping upwards and improving over time. Now, the best Constitution in the world is one that is neither too rigid nor too flexible. We have a Constitution that is rigid where necessary and flexible where required, as society's needs change over time. You see, what may be relevant today may not have been relevant 50 years ago. Therefore, with the changing needs of society, laws need to be revised accordingly. And thus, at times, the

Constitution requires amendments because what was needed in the 1950s may not be a priority in 2024.

- The change I have seen, however, is unfortunate. I am sorry to share this with you, but the decorum of the court, the dignity, and the sense of respect held by litigants and lawyers 50 years ago has certainly diminished. The quality of judges and the quality of justice, rather than improving, has notably declined. One instance I recall is when a lawyer was addressing the court. He took the liberty of not dressing properly — this was in the 21st century. He was not properly dressed, his behaviour was inappropriate, and his language was equally improper. The learned judge, after tolerating this for a few minutes, said, "Mr. Counsel, don't behave in an unparliamentary way." Immediately, the lawyer retorted, "Sir, I must behave in an unparliamentary way. If I behaved in a parliamentary way, I'd throw shoes at you, throw papers at you. That's how our Parliaments are functioning now. I am not throwing chairs or behaving violently, so please don't tell me not to behave in an unparliamentary way. I'm all right." This is the unfortunate state of our courts today.
- The calibre of judges, I am sorry to say, has also declined. I have had the experience of appearing before the highest court of the land and the lowest magistracy courts in the districts and other places. The quality of judges, for various reasons, has declined considerably. The process of appointment, the criteria for selecting judges, and nepotism within the judicial appointment process — from the lower courts up to the High Court and Supreme Court — have allowed influence to play a significant role. Critics point out that if you look at the Supreme Court list of judges, you'll see how many from the same families have held positions over the last 50 years. Naturally, there are several reasons for this decline in the quality of judges and, consequently, the quality of justice. We have encountered cases where the judges write in such poor English that appellate courts struggle to understand their judgements. This is deeply unfortunate, and there is a pressing need to address this issue.



**PhillipCapital**  
Your Partner In Finance

**SOMETIMES YOU PRECISELY  
HAVE 30 SECONDS TO WIN  
OR A LIFETIME TO TRY.**

Winners aim for nothing less than Gold.  
The same mindset can add the gilt edge to your portfolio.


45 years | 15 countries | 1.5 Million clients

USD 47 billion assets

Talk to us on 022 2483 1919 | Toll free no.: 1800 221 331 | [contact@phillipcapital.in](mailto:contact@phillipcapital.in)

EQUITIES | CURRENCY DERIVATIVES | INTEREST RATE FUTURES  
CORPORATE BONDS | PMS | SLB | INVESTMENT ADVISORY

Investment in securities market are subject to market risk,  
Read all the related documents carefully before investing  
For registration and detailed disclaimer, kindly visit [www.phillipcapital.in](http://www.phillipcapital.in)



FOR A  
COMPLETE  
TRANSCRIPT  
OF THE TALK  
**CLICK  
HERE**



# Exploring Green Building Initiatives: NM Joshi Marg Alumni Take a Tour

On the morning of 26th October, 28 alumni of NM Joshi Marg School participated in an enlightening visit to Mahindra Alcove, an under-construction green building in Andheri. They explored the intricacies of sustainable construction, gaining insights into rooftop solar installations, waste water treatment systems, and more.

This hands-on experience is part of Sustainability Shala, a dedicated programme for Bhavishya Yaan alumni under the Rotary Club of Bombay's Leadership Program. Special thanks to mentor Jaya Prasad for guiding the students on this inspiring journey towards sustainable innovation and leadership.



**MILTON**

**Sleek, stylish, and always by your side**

Carrying your water bottle has never been this stylish. Explore our range of colourful stainless steel bottles at your nearest store or log on to [www.milton.in](http://www.milton.in)

**treo**  
by MILTON

**Stack, Serve, Celebrate!**

This Diwali preserve your love and warmth in our range of Treo Glassware. Get it at your nearest store or log on to [www.milton.in](http://www.milton.in)

# TUESDAY MEETINGS AT ROTARY CLUB OF BOMBAY



President Satyan wishes Rtn. Bipin Kapadia on his 80th birthday



President Satyan wishes Rtn. Aditya Somani for his birthday



Rtn. Ptn. Vandana accepts Rtn. Ajay Kakar's birthday present from President Satyan



Guest, speaker Rtn. Zulfikar and Rtn. Ptn. Suzanne Memon, Rtn. Mahesh Khubchandani and Rtn. Peter Born



Rotarians Rajyalakshmi Rao and Peter Born



Rotarians PP Arun Sanghi and Albert Almeida



Rotarians Dushyant Dave and Ujjwala Singhania



Rotarians Dr. Nisheeta Agarwala, President Satyan and Rina Deora



Rotarians Rina Deora and Mahesh Khubchandani



PP Ashish Vaid introduces new Rotarian Puneet Wadhwa



President Satyan inducts new Rotarian Puneet Wadhwa



Rtn. Ateeq Agboatwala with speaker Majeed Memon and Rtn. Mahesh Khubchandani



President Satyan with new Rotarian Puneet Wadhwa



Speaker Rtn. Zulfikar Memon, Rtn. Sunny Pariyaram, speaker Majeed Memon, PP Arun Sanghi, President Satyan and Rtn. Rina Deora.jpg



President Satyan thanks speaker Majeed Memon & Rtn. Zulfikar Memon for their time spent with us



Rtn. Mudit Jain asks a question



Audience at the Tuesday meeting



# PRESIDENT'S MONTHLY MUSINGS

Dear Friends,

Let me begin by wishing you and your family members a Very Happy Diwali and a Happy, Healthy and Prosperous New Year!

As the festival of lights illuminates our lives, so too does the spirit of service and camaraderie within our club. In October, we were fortunate to witness the collective efforts of our members, transforming lives, brightening communities and also letting their hair down.

We had another month full of glorious speakers and awardees. We began with the father-son duo of Dr. Mukesh Batra and Dr. Akshay Batra, discussing on 'Homeopathy in a Modern World'. Then we had the exuberant and energetic Shiamak Davar being conferred with the Kalpana Sham Munshi Lifetime Achievement Award in Performing Arts. His conversation with Rtn. Ptn Yasmin Divecha was particularly endearing as she was able to extract delightful and insightful nuggets from him. We had speakers like the renowned branding and marketing expert Lulu Raghavan; the CMD of Rustomjee Group, Boman Irani; and senior advocate & former MP Majeed Memon. They all shared their life stories and gave us their mantras for success. The highlight of the month was social media sensation Orry, in conversation with our member Rtn. Priya Tanna. He had his own special take on life and this meeting was particularly enjoyed by the Gen Z in the audience. Numbers don't lie and we had a turnout of 186 people that day who came just to witness the phenomenon that is Orry!

Our Diwali celebrations were more than just festivities. This year we decided to celebrate Diwali with the Jawans on our borders. In true Rotary spirit, in just over two/three days, we were able to organise 2,400 mithai boxes (Rs. 12 lakhs) for the Jawans and it

brought unimaginable joy and cheer to the soldiers manning our borders. We also donated 50 wheelchairs and two trauma trolleys sponsored by the Rotary Club of Bombay, along with five HFNC machines sponsored by Philip Capital to Tata Actrec for the benefit of cancer-stricken patients.

It was unfortunate to learn of the passing of our Honorary Member Rtn. Ratan Tata. His association with the Rotary Club of Bombay has been a source of great pride and inspiration for all our members. He was an Arch Klumph Society member of The Rotary Foundation. His values of service, ethics and compassion align perfectly with the Rotary and our club ideals. We remain forever grateful for his guidance and support over the years. On behalf of the club, we placed a wreath as a token of our condolence at the foot of his mortal remains. May his soul rest in peace!

This month we also witnessed our club's first Club Assembly for the Rotary year 2024-25. It was quite well attended, where all the committees presented their reports of the work that has been done so far and plans for the rest of the year.

The Sports Committee kicked off its activities with a Bridge Fellowship at the historic Yacht Club. It was a warm and cosy event. All those who attended enjoyed the fellowship and camaraderie.

Our dedication to community service continued unabated. Through our various committees, we organized medical check-ups and awareness programs on various health issues. These efforts directly impacted the well-being of countless individuals, showcasing the power of collective action.

We also had the graduation ceremony of 30,000 underprivileged adults at Palghar,



who underwent functional literacy. It was heartening to see the fresh graduates exuding self-confidence, sharing how their lives have transformed, how they now feel empowered, and also how they have created new bonds with their family members.

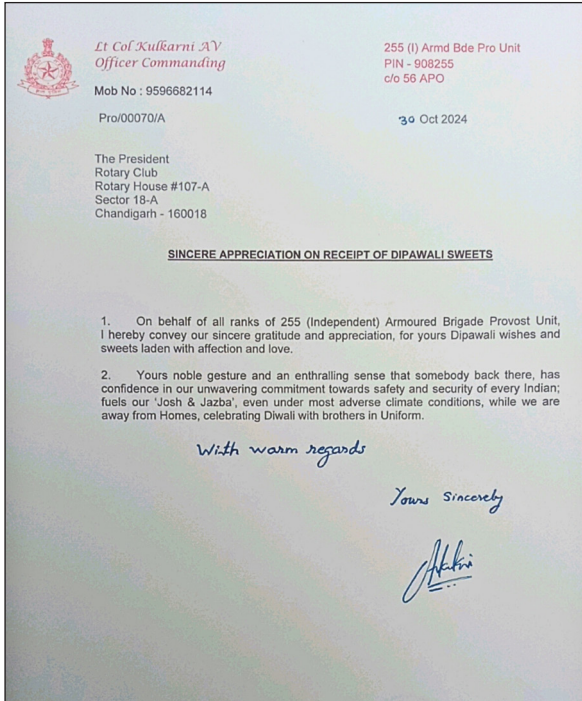
The month culminated in our Diwali Fellowship at the Turf Banquets. It was an evening of fun, delicious food, foot-tapping music, laughter and camaraderie. The members came in large numbers and thoroughly enjoyed themselves.

As we conclude this eventful month, we're filled with gratitude for the dedication and passion of our members. Your tireless efforts have made a significant difference in the lives of many. Let us continue to inspire and empower, spreading light and hope in every corner of our community.

**Happy Diwali once again and a Very Happy, Healthy and Prosperous New Year!**



# RCB celebrates Diwali with our Soldiers



Message received from Col. Digvijay Singh from high altitude forward areas

Jai Hind Sir,

Your thoughtful gesture has been deeply appreciated by everyone here. Knowing that you and your colleagues remember us strengthens the commitment of our soldiers even more.

Wishing you a very Happy Diwali!

Warm regards

Digvijay.

Location and appointment can't be disclosed due to Official Secrets Act



**Rotary**  
**Club of Bombay**  
*Celebrating 95 Years of Service*



**THE SPORTS  
COMMITTEE**  
of Rotary Club of Bombay  
presents

**7<sup>TH</sup> TABLE TENNIS  
TOURNAMENT**  
**SUNDAY 10TH NOVEMBER, 2024**



**AT THE YMCA, COLABA, AT 9 AM**

**OPEN TO OUR ROTARIANS  
AND THEIR FAMILY MEMBERS**

**Please Register with Rtn. Jamshyd Vazifdar**

**☎ 98214-35558 ✉ jamshydv@gmail.com**



# RCB MEMBERS' TRIP TO THE LAND OF THE RISING SUN

- Japan has always been a land of contrasts. On one hand, there is the rich tradition of an ancient culture; on the other, we encounter some of the most cutting-edge, futuristic technologies and experiences.
- In 10 days, we packed in both. We saw beautiful countryside unchanged for centuries and took part in the latest and most advanced experiences.
- From Tokyo's open-air museum and immersive art exhibits to the majestic sight of Mount Fuji from Hakone, and the historic shrines of Kyoto, we glimpsed Japan in all its facets.
- Every day, our delightful guide Kanae greeted us with a morning song, having us chant "Ohiyo" like schoolchildren.
- Moving from one incredible experience to another, with Khurshed's witty (and sometimes corny) humour, we quickly developed a camaraderie typical of all our Rotary trips.
- Kyoto, with its Buddhist temples, Shinto shrines, and the enchanting Arashiyama bamboo groves, transported us to traditional Japan.
- Seeing Sheila and Zinia in old-fashioned rickshaws pulled by strong young men felt like stepping back into another era. The bullet train sped us smoothly from city to city, finally bringing us to Osaka—a vibrant, electric city blending modernity with Japanese charm and the warm humility of its people.
- Hiroshima, however, moved us the most. In the museum, some of us were brought to tears by the devastating impacts of political decisions on humanity.
- The Peace Memorial Park stands as a powerful symbol of resilience and a call for nuclear disarmament.
- Our spirits lifted on the scenic Miyajima Island with its floating Torii gates, which we reached on a pirate ship.
- This spot, famous for its giant oysters, was a delight for Zinia! Japanese cuisine was either loved or left, as many vegetarians discovered, although everyone enjoyed making their own okonomiyaki pancakes. For those who relish umami, from omakase to the tenderness of wagyu and the delicacy of sashimi, it was paradise found.
- This trip gave us a taste of Japan and its people, and an urge to return for a more leisurely exploration.

- PP Shernaz Vakil





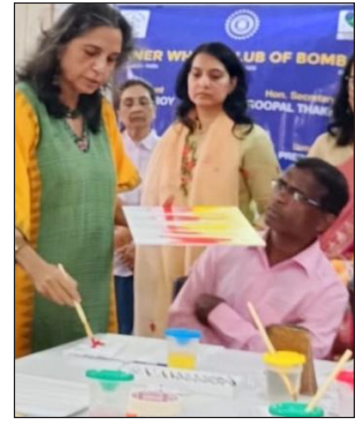
# PRE-TEACHER'S DAY CELEBRATION WITH S.E.C. TEACHERS: A CREATIVE, THERAPEUTIC WORKSHOP

On September 3<sup>rd</sup> 2024, ahead of Teacher's Day, the Rotary Club hosted a special Pre-Teacher's Day celebration with the dedicated teachers of the Society for the Education of the Challenged (S.E.C.), recognising their invaluable role in shaping futures for children with special needs.

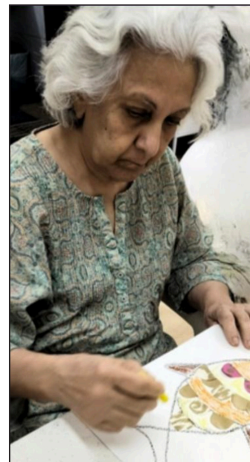
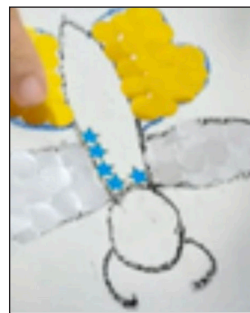
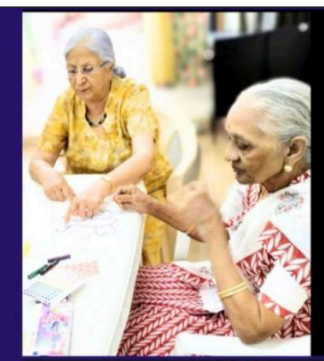
In a surprise workshop, each teacher was given a drawing board, acrylic paints, and brushes, which initially led to some apprehension. However, artist Shital Mehta soon eased their

doubts, guiding them through a beautiful, hands-on session themed around Birch Trees. Her inspiring illustrations brought out hidden talents, turning the workshop into a joyful and reflective experience. By the end, each teacher proudly held a personal creation—a therapeutic outlet and a lovely keepsake.

This creative session offered a refreshing break for the teachers, supporting their well-being and emotional health as they continue their essential work with renewed enthusiasm.



# PRE-TEACHER'S DAY CELEBRATION AT THE DEMENTIA DAY CARE CENTRE



Continuing our Pre-Teacher's Day celebrations, we visited the Dementia Day Care Centre of the Dignity Foundation on 4th September 2024, highlighting that teaching extends far beyond the classroom. This remarkable centre engages individuals who have lost their memory, providing them with essential care, stimulation, and companionship. Their dedicated efforts ensure that those affected by dementia remain mentally active in a supportive and compassionate environment.

Our Executive Committee member, Paragi Mehta, led a thoughtfully designed art session themed 'Wings and Fins'. Participants enjoyed creating butterflies and fish, using glitter for butterfly wings and cardboard for fish fins. Such activities not only foster creativity but also offer a sense of accomplishment, helping to reduce anxiety through simple, repetitive tasks.

To conclude the session, snack boxes were distributed. This project reinforced our commitment to building a compassionate society where empathy and kindness are at the forefront of all we do.

# Ananda Yaan: A Heart-Warming Musical Evening for Elders

Ananda Yaan, the widely acclaimed Elder Day Care Programme by the Rotary Club of Bombay, hosted a memorable musical evening yesterday at its Byculla centre. Fourteen talented professionals from The Times of India, known not only for their musical flair but also for their commitment to social responsibility, performed for an enthusiastic group of elders. The air was filled with joy, as the elders participated

wholeheartedly in the celebration.

This event was a perfect blend of community welfare and corporate social responsibility, highlighting the compassion of professionals and the support of a corporation dedicated to giving back.

Our heartfelt thanks to all who made this gathering possible. A non-Rotarian friend, who chose to remain anonymous,

generously provided refreshments, while another friend donated napkins to each Ananda Yaan member.

As one Editor and performer beautifully expressed, "This is indeed more gratifying than meeting any CEO or breaking any news! Immense gratitude from our side to you all!"



## A Vibrant Day of Bonding and Creativity at GK Marg

On 25th October, our 15-member team joined 50 enthusiastic schoolchildren for an unforgettable day at Colour Carnival. We dived into the art of tie-dye, turning simple caps into vibrant masterpieces. The air was filled with laughter, music, and games, creating a joyful atmosphere. This colourful journey fostered self-expression, teamwork, and meaningful connections. The day wrapped up with cherished memories captured in photos and videos, leaving everyone with a sense of happiness and fulfilment.

A special thanks to Rtr. Shikha Shah, Rtr. Devansh Chhabria, and Rtr. Kriya Shah of the Rotaract Club of H.R. College for leading this wonderful workshop.





## String and Sparkle: A Heartwarming Community Service Project



On 19th September, the Rotaract Club of H.R. College teamed up with Rotary to present “String and Sparkle.” Over 40 elderly ladies joined our members for a joyous two-hour session, creating handmade bracelets that highlighted intergenerational teamwork and connection. The afternoon was filled with laughter, a lively game of “Pass the Parcel,” and a spontaneous dance-off that lifted everyone’s spirits. The project’s mission to share quality time, raise spirits, and spread smiles was beautifully fulfilled.

Special thanks to Rtr. Shikha Shah, Rtr. Devansh Chhabria, and Rtr. Kriya Shah of the Rotaract Club of H.R. College for their dedication.



# NAKSHATRA DANCE FESTIVAL: AN ENCHANTING EXPERIENCE AT THE NCPA

The Nakshatra Dance Festival at the NCPA, Nariman Point, was a spectacular display of artistry and storytelling. Audiences were captivated by mesmerising performances, including the portrayal of the Pandavas and Narsimha, as well as the enchanting Rasleela of Krishna, Radha, and the Gopikas.

Beyond the beauty of Kathak, the programme imparted a deeper spiritual understanding, connecting viewers to the tales of the Pandavas and Lord Krishna's Raslila. The NCPA hall itself added to the evening's elegance.

A heartfelt thank you to Jaya Ma'am for providing this wonderful opportunity to the teachers and students of N.M. Joshi School.

"The Nakshatra Dance Festival on October 26<sup>th</sup> at NCPA was a mesmerising experience for the audience. The performances, including The Game of Dice and Bahurang—featuring the captivating Raasleela—were rich in culture and deeply engaging. Each performance was a stunning display of fluidity, grace, and focus, inspiring the youth to cherish and preserve our classical dance traditions.

Heartfelt thanks to the organisers for inviting us to witness this extraordinary celebration of artistry. It was truly an unforgettable evening."

- Pooja Gujar





# ROTARY CLUB OF BOMBAY DIALYSIS CENTRES

Sr.No.	Centre / Location	Address	No. of Machines	Charges for Poor Patients
1	Aastha Hospital, Manor	First Floor, Rais Arcade, Palghar-Wada Road, Manor District Palghar 401403	3	Free
2	Platinum Hospital, Mulund	Neptune Colorscape, Dumping Rd, Siddharth Nagar, Mulund West, Mumbai 400080	2	Free
3	Sukh Sagar Hospital, Dahisar (Rotary Dialysis Centre)	Lokmanya Tilak Rd, Mhatre Wadi, Dahisar West, Mumbai 400068	2	800
4	Shatabdi Hospital, Govandi (Rehbar Foundation)	Rehbar Foundation Malik Rakia Khatoon Dialysis Centre, 1st Flr. Shatabdi Hospital, Centenary Building, WTP Marg, Deonar, Govandi East, Mumbai 400088	3	Free
5	Shatabdi Hospital, Kandivali	Swami Vivekananda Rd, Kandivali, Fateh Baug, Kandivali West, Mumbai 400067	2	Free
6	Samarpan Dialysis & Thalassaemia Centre, Ghatkopar	Aaradhya Edu-Health Centre, H-wing, 3rd Flr., Aaradya One Earth, Naidu Colony, Pant Nagar, Ghatkopar East, Mumbai 400077	14	300
7	Lifeline Medicare Hospital, Charkop	Near Rustomjee Meridian, Charkop Gaon / Village, Kandivali West, Mumbai, 400067	15	300
8	Dr. M.L. Dhawale Memorial Trust Hospital, Palghar	Boisar Rd, Opp. S.T Workshop, Industrial Co-Op Estate, Palghar 401404	2	250
9	K.J. Somaiya Hospital & Research Centre, Sion, Mumbai	Somaiya Ayurvihar, Eastern Express Hwy, Sion East, Mumbai 400022	10	Free
10	Acharya Shri Ramesh Dialysis Centre, Andheri East, Mumbai	316 B-Wing, Dattani Plaza, near Safed Pool, Sakinaka, Andheri Kurla Road, Andheri(East), Mumbai 400072	10	Free
11	Mallika Hospital, Jogeshwari	Sharma Estate, S V Road, Jogeshwari west, Mumbai Maharashtra 400102	4	Free
12	Symbiosis University Hospital & Research Centre, Pune	Pune Dnyan Marg, Mulshi Rd, Lavale, Maharashtra 412115	8	Free
13	Swami Shraddhanand Hospital, Vasai	Near Shankaracharya Samadhi Mandir Navale, Nirmal, Vasai (W, Vasai-Virar, Maharashtra 401304	6	Free

To know more reach out to:

**Rtn. Swati Jajodia +91 9821028587 swati@spentose.com**



# Diwali nite

Dear all,

Naveena joins me in thanking all of you for making our Diwali Nite a grand success! It was a delightful evening filled with fun, delicious food, and great company. Hearing such lovely feedback from so many of you has been truly heartening and uplifting.

I would like to extend a special thanks to the dedicated team who planned and executed Diwali Nite, very ably led by PP Vineet Bhatnagar, including Rtn. Ptn. Rangita Bhatnagar, Rtn. Ptn. Ushma Doshi, Rtn. Ptn. Madhavi Sanghi, Rtn. Rhea Bhungara, and Rtn. Akhil Sanghi.

Thanks also to our member, Rtn. Aditi Shah, for providing us with such a beautiful venue and a mouth-watering array of food and drinks.

To all those who couldn't attend, we missed you dearly!

Looking forward to seeing you at the next big one – the Christmas Sundowner on Saturday, 14th December at the US Club!

Happy Diwali











 **CLICK  
HERE  
FOR MORE PICTURES**

# NEXT WEEK:

Dr. Natasha Bijlani Khubchandani on Stress Busting Strategies



Dr. Natasha Khubchandani is a distinguished consultant psychiatrist with over 25 years of experience treating adults with a broad range of mental health issues, including depression, anxiety, addiction, and insomnia. A graduate of St. Bartholomew's Hospital Medical College, University of London, Dr. Natasha earned her MRCPsych in 1993, later achieving Fellowship with the Royal College of Psychiatrists in recognition of her significant contributions to psychiatry. In 2006, she transitioned to private practice, consulting at The Priory Hospital Roehampton, where she also oversees inpatient care. Dr. Natasha specialises in Assertive Community Treatment and has expertise in women's mental health. Approved under Section 12(2) of the Mental Health Act, she provides expert assessments and treatment for patients detained under the Act. With a commitment to reducing stigma around mental health, Dr. Natasha is active in public education and regularly speaks to healthcare professionals, enhancing awareness and understanding of mental health issues.



## ROTARIAN PARTNER BIRTHDAYS

NOVEMBER 07

Rtn. Ptn. Nayna Chinai

NOVEMBER 09

Rtn. Ptn. Sudha Javeri

NOVEMBER 09

Rtn. Ptn. Pooja Sanghani

NOVEMBER 10

Rtn. Ptn. Dr. Sonia Kothari



NOVEMBER 05  
PP Dr. Sonya Mehta



NOVEMBER 07  
Rtn. Kastur Sheth



NOVEMBER 09  
Rtn. Ratna Kapoor Sharma



NOVEMBER 09  
Rtn. Jagdish Vora



NOVEMBER 10  
Rtn. Natasha Treasurywala



NOVEMBER 11  
Rtn. Mohit Jain

## ANNIVERSARIES

NOVEMBER 05

Rtn. Ptn. Neelima & Rtn. Pankaj Baliga

NOVEMBER 09

Rtn. Ptn. Pooja & Rtn. Uday Sanghani

NOVEMBER 11

Rtn. Ptn. Ayesha & Rtn. Dr. Darius Soonawalla

NOVEMBER 11

Rtn. Ptn. Sushmita & Rtn. Christopher Bluemel

Trustees	
PP Dr. Adi Dastur	ARRFC & PDG Sandip Agarwalla
PP Nandan Damani	PP Ashish Vaid
	Ishraq Contractor
Office-Bearers	
President Satyan Israni	
IPP Manoj Patodia	PE Bimal Mehta
PN Manish Reshamwala	Secretary Rhea Bhumgara
Joint Secretary Akhil Sanghi	Treasurer Mehul Sampat
Additional Director PP Framroze Mehta	
PN Manish Reshamwala	
Classification & Membership	PP Nandan Damani
Information	ARRFC & PDG Sandip Agarwalla
Finance & CSR	Treasurer Mehul Sampat
Director Sameer Tapia	
Attendance	Mahesh Khubchandani
District Thrust Areas	PP Pradeep Saxena
Sergeant-at-Arms	Roda Billimoria
Legal Aid and Awareness	Tahera Mandviwala
Director Venkat Ramaswamy	
Public Awards	Anand Datal
International Programmes	Christopher Bluemel
Taparia College	PP Pradeep Saxena
Fund Raising	PP Vineet Bhatnagar
Director Siddharth Bhimrajka	
Water Resources	Siddharth Bhimrajka
Lighthouse	Vandan Shah
Elder Day Care Alibaug	PP Ashish Vaid
Ananda Yaan	Kaushal Mehta
Trans Salon (DEI)	Ratna Sharma
Director Rahil Shah	
Integrated Village Development with Chirag	Ravindra Fotedar
Panchatattva Gale Village	Vinti Gajree
Urban Nature Habitat	Jamshed Vakharia
Heritage, Art & Culture	Aditya Somani
Animal Welfare	Priyasri Patodia
Director Gautam Doshi	
Bhavishya Yaan	Akhil Sanghi
IT Innovation Labs	Abhishek Saraf
Adult Literacy for Women	Runit Shah
EVS Curriculum	Nikhil Bhatia
Programme	Rina Deora
Vocational Training & Night Study Centre	Vrinda Rajgarhia
Director Renu Basu	
RCB Medical Centre, Talwada	Chairman Emeritus PP Dr. Rumi Jehangir
	Mihir Mody
Cotton Green Clinic	Dr. Mehermish Dotiwala
Cancer Aid	Farokh Balsara
Committee for Neurodivergent Children	PP Shernaz Vakil
Dharamshala	Naresh Pachisia & Miral Shah
Dialysis	Swati Jajodia
Director Mudit Jatia	
Website, Social Media & Public Image	Laxmi Maneklal
Bulletin	Abhinav Aggarwal
Fellowship & In-Camera	Ritu Desai
Assimilation	Vineet Suchanti
The Rotary Foundation	PP Vijay Jatia
Director Jaymin Jhaveri	
Sports / Yoga	Hiranmay Biswas
Paediatric Heart Surgeries	Natasha Treasurywala
Rotaract Clubs	Sidhant Jatia
Satellite Club	Murad Currawalla
Interact Schools	Mudit Jain
Scholarships	PP Preeti Mehta