

Rotary



For Private Circulation

Vol 51 • Issue 07 • JANUARY-MARCH 2019

MID-TOWN

Bulletin



R. I. President | **BARRY RASSIN**

District Governor | **SHASHIKUMAR SHARMA**

Club President | **DR. DEEPAK GARG**

**THE ROTARY CLUB OF BOMBAY MID-TOWN
DISTRICT 3141 | CLUB 15496 | MUMBAI, INDIA**

THE FOUR-WAY TEST

of the things we think, say or do

4. Will it be **BENEFICIAL** to all concerned?

3. Will it build **GOODWILL & BETTER FRIENDSHIPS?**

1. Is it the **TRUTH?**

2. Is it **FAIR** to all concerned?



From the President's desk...



Dear Friends,

Happy New Year—yes, it's April now—Happy New Bulletin—Happy New financial Year!

The last three months has kept us engaged actively across all areas of the club. A memorable fellowship to begin the year was held at my terrace—a great fun-filled evening. Members, spouses and families made it a special fellowship. The weather, music, singing and food added to the wonderful evening. The other two fellowships were held at Wodehouse Gym and a new venue, Cricket Club of India—both of which were well attended.

Chetan Shah, a well-known cyclist rode us through his journey on how passion makes one achieve one's goals. A great visual journey of videos and photographs kept us all attentive. His cycling journey started after he had a heart attack and his story just goes to show how anything and everything is possible no matter what.

Mr Majeed Memon, Rajya Sabha member and an expert legal counsel, spoke on 'Rule of Law & Civil Society'. Of course, he spoke eloquently about the topic but what struck me was that he mentioned the responsibility that we have as citizens. We have rights and we expect many things from the government but we have certain responsibilities towards being citizens of this country.

Neeraj Shah, a business coach, from Titan Masterminds spoke about a designed life. Not a drifting life and not a driven life but a designed life. He told us how he has designed his life and by doing this has become healthier, more focused, productive and efficient.

Mr Krishna Prakash IPS spoke about his work and also about his running. How he completed his Iron-Man, the first IPS officer to do so and how anyone can achieve things that they set their mind to do. He, in fact, told me that I could easily do an Iron-Man because he thought I looked fit.

With several new members added to the Mid-Town family, an innovative way of getting to know each other was conducted as a Panel Discussion which was exceptionally well facilitated and managed by Akhil Shahani and four panellists who were our new members—Dr Simon Currim, Dr Svetlana Toshniwal, Dr Aligiya Bapayi and Vinod Mirchandani. I do believe this was an important meeting because new members bring in massive energy and enthusiasm into the club's activities. As older members, it is our duty to make them feel at home and welcome them. We have to encourage them and hand-hold them till they take on more responsibilities of the club's activities.

Dr Farokh Contractor, a previous invitee to our club, returned as a speaker to a joint meeting with Rotary Club of Bombay Hills South & us. His presentation was on India Globalisation followed by a lively interaction. His talk was fascinating.

The Third Club Assembly was held on March 13th where members were informed about the status of all the projects our club had undertaken at the start of the year. President-elect Rtn Abuzar led a planning session for the Rotary year 2019-20. He mapped out the team for 19-20 and key activities and dates were discussed and set. This type of an event was started last year and I do believe that this helps in building momentum for the planning of the club's activities in the coming Rotary year.

Our own Dr Ashwin Mehta, an eminent Cardiologist, made the last meeting for the quarter a healthy one—Understanding All About a Heart Attack. As always he spoke very well and spoke to us about the risk factors and what is needed to be done when one gets a heart attack. Bottom line is that it is not easy to help an individual if he does not get medical care very very soon.

Kudos Team Bulletin for starting ahead of term and progressing rapidly to achieve deadlines and Looking at this with a new lens!

Wishing you and all your families a Happy Summer – Stay Cool.

**Yours in Rotary,
Pres. Rtn. Dr. Deepak Garg**

PROJECT HOPE PROVIDES HAND PUMPS TO PARCHED VILLAGES IN MAHARASHTRA

I am happy to inform our Mid-Towners that our much awaited Project Hope—A Hand Pump Project finally got inaugurated on Monday the 11th of March 2019.

For many of us, clean water is so plentiful and readily available that we rarely, if ever, pause to consider what life would be like without it.

We launched our programme with the inauguration of two hand pumps out of the 30 hand pumps which we have committed. These two pumps were sponsored by **Project Rise**.

The hand pumps have been installed at Waghachiwadi and Dhodani villages. Waghachiwadi has an approximate population of 1400 people and Dhodani has an approximate population of 1800 people. From our club, Rtn. Suruchi Chand and Rtn. Jigisha Parikh attended the project inauguration along with a team of Project Rise, not to forget the two hard-working soldiers of Nirbhay Jain ji's EmpowHER India – Khushboo and Anamara.

These two small villages and many more around them on the outskirts of Mumbai, some 80-90 Kilometres away have come to

be defined by one common characteristic – an acute shortage of clean drinking water. As groundwater levels continue to recede year after year, fresh drinking water has become an increasingly elusive commodity for the residents of these villages.

According to a recent report by Groundwater Surveys and Development Agency, groundwater levels in almost 14,000 villages in Maharashtra have fallen below the five-year average. The GSDA has also estimated that around 11,487 villages in 167 talukas are struggling to gain access to water.

Taking these factors into consideration our club launched **Project Hope** and donated 30 hand pumps to the water scarce villages of Waghachiwadi and Dodhani plus another 10 villages which are around 20 kilometres away from Panvel in Maharashtra.

The act of providing water to those in need is the most noble deed of all. It is extremely pertinent to conserve natural resources, especially water, while striving to aid those who do not have access to it. In keeping with these traditions, the **Rotary Club of Bombay** Mid-Town under the **Project Hope** banner, endeavours to raise and





uplift marginalised sections of society by creating awareness and providing access to clean water, sanitation, proper nutrition and medical care. The inauguration of the hand pumps coincided with this year's World Water Day theme, **'Leave no one behind'**.

Our Club undertook this project with the support of its sponsors and **EmpowHer India Foundation** team who collectively engaged with local communities to install these pumps which will provide clean drinking water to over 3500 locals living and working in the area of these two villages at the moment. The balance 28 pumps yet to be installed should be benefitting about 50,000 people

As Suruchi and Jigisha just shared with us, it

was great seeing the happiness on the faces of the village folk in Waghachiwadi and Dhodani.

Khushboo and Anamaria from EmpowHER India are sincere, compassionate workers, says Suruchi. *"The clean air and simple women from Panvel village were a breath of fresh air which brings positive feelings inside. That they can have water at a comfortable distance near their home was welcome change and convenient to grow kitchen gardens also for good health"*

These poor adivasi people do not have water to grow dal, which is a staple requirement for health. I hope that in the future, vegetables and dal could also be provided along with water and seeds so as to see the transformation for all people!

Innerwheel Club of Bombay Mid-Town Midday Meal Project



Left to Right: Rtn Gaurav Kapadia, Rtn Uttara Bhandare, Purnima Kapadia, Ashok Mehta, Pushpa Mohatta, Aarti Gautam, Asha Bhatia



Left to Right: Rtn Narendra Mohatta, Rtn Gaurav Kapadia, Rtn Uttara Bhandare, Purnima Kapadia, Ashok Mehta



Left to Right: Shri Radha Krishna Das Prabhu, Rtn Narendra Mohatta, Rtn Gaurav Kapadia, Rtn Uttara Bhandare, Purnima Kapadia



Left to Right: Shri Radha Krishna Das Prabhu, Rtn Narendra Mohatta, Rtn Uttara Bhandare, Purnima Kapadia, Ashok Mehta, Pushpa Mohatta, Asha Bhatia, Aarti Gautam



Left to Right: Purnima Kapadia, Ashok Mehta, Pushpa Mohatta, Aarti Gautam

Rotary Club of Bombay Mid-Town has been supporting the Annamrita Midday Meal project for the last eight years. Thanks to their efforts, nearly 1700 children have been receiving Midday Meals daily. Club members and the President visit the club and also serve meals in schools ever so often.

On 19th April 2019 Rtn. Uttara Bhandare, Rtn. Narendra Mohatta, and Rtn. Gaurav Kapadia visited the Annamrita Tardeo project but this time they were also joined by the lovely ladies from Inner Wheel Club of Bombay Mid-Town. Its Club secretary Mrs. Asha Bhatia along with five other ladies visited Annamrita. They understood the project, saw the kitchen and were very impressed with the work. Inner Wheel club intends to donate a sum of ₹1

lakh to the Midday Meal Programme with a request that this donation may be used to supply meals to students of the Yusuf Meherally School.

We hope the two shall continue to collaborate and do a joint project in support of Annamrita. The enthusiasm and sincerity of the ladies makes us hopeful of a fruitful association.

We express our sincere gratitude and heartfelt thanks to Shri Radha Krishna Das- Founder of Annamrita Foundation, Shri Achyut Patil and Ms. Dilzad Khariwalla for the phenomenal success of the Midday Meal Programme organized by ISKCON Food Relief Foundation.

—Naren Mohatta

Finally, India's own International Health Checkup Centre is here.



HEALTH 360

Full Body Checkups

Cardiac Check

Whole Body MRI

Wellness Package

Medical Tourism



World Class Full Body Health Checkups now in **Mumbai**.

Health 360 is an internationally acclaimed state-of-the-art health checkup facility offering a complete range of full body checkup Plans.

- ✓ All diagnostic tests under one roof
- ✓ More than 25 yrs of experience
- ✓ Report accepted worldwide
- ✓ Post checkup consultation
- ✓ World class ambience.

Address:

Health 360, Darya Nagar House, M K Road, Marine Lines, Mumbai - 02
Tel: 022 4342 9999 | Email: info@health360.in | Website: www.health360.in



Chowpatty : 4342 5555	Khar : 4342 8888	Mulund : 4342 7777
Marine Lines : 4342 9999	Andheri : 4613 2222	Pune : 2660 0505
Parel : 4966 2222	Malad : 4613 3333	Bangalore : 4046 6464
Bandra : 4342 6666	Borivali : 4342 4444	

09/01/19: President Dr Deepak Garg and Sarika host the Fellowship Dinner



President Dr Deepak Garg, Sarika Garg and family



Left to Right: PP Rtn Atul Premnarayan, Suruchi Chand, Aditi Choksey

On January 9 2019, President Dr Deepak Garg and Sarika hosted the Fellowship Dinner on the terrace of Meher Apartments, Altamount Road, Mumbai.

It was very well-attended and was an excellent opportunity for even those members whose commitments occasionally cause them to miss out on our regular Wednesday afternoon lunch meetings.



President Dr Deepak Garg singing some soothing tunes at the fellowship dinner



Left to Right: Rtn President-elect Abuzar Zakir, Suruchi Chand, Inner Wheel Member, Rtn Dr Lotika Purohit



President Dr Deepak Garg and Praful Sheth

An enthusiastic bar-tender, Abuzar, a professional singer and a personal friend of President Dr Deepak set the mood for the evening as did some fantastic weather at that time of the year. Our own rotarian, President-elect Abuzar Zakir pitched in by singing songs appropriate for the evening with his usual passion and enthusiasm. Much to everyone's delight Radha Dhir too sang and entertained us all.

The food by Muthuswamy was simply fantastic. It was served in silver thalis and was certainly a royal treat, with numerous live counters and preparations made to appeal to each

one's taste. The hot jalebis, as always, were a big hit.

Sarika had worked very hard and her efforts were much appreciated. Her attention to detail including beautiful floral arrangements on each and every table and a terrace garden with beautiful floral plants in full bloom were appreciated by one and all.

Many of our members, whose children are studying overseas but were in town, joined in and it was a lovely opportunity for everyone to meet and catch up.

16/01/19: Living life unplugged

For most people living in populated cities, Life is pretty monotonous, predictable & boring. Work takes up a large part of their lives and many reach a breaking point or feel the need to BE FREE. Thanks to modern technology, most people even spend their holidays fully plugged or connected to their work desks virtually.

Bike touring – unabashed, childlike fun

Having done 12 bike tours in India and other countries, I can easily say that a bike tour is one of the most liberating experiences that one can get. On a bike, you get to explore places at just about the right pace and actually immerse yourself in the beauty of the country or place you are touring in.

Touring on a saddle is so different from other ways of exploring a place. The pace is just about right to actually smell the flowers, feel the beauty of a place and get memorable experiences in many ways. Small bike tours require moderate fitness levels and is easily doable for most people.

Newbies can start with an assisted or guided bike tour where a professional bike touring company charts your route, makes all your stay and food arrangements and all you do is immerse yourself in the beauty of bike touring. More experienced riders can graduate to “REAL” bike touring where you ride with your essentials in a pannier bag on your bike and explore places four-wheeled travellers will never know existed: lakes, dirt roads through forests, quaint villages, meet locals at cafes and other unique ways.

Saddle time is important. Not the destination

Cycling to your destination each day creates the best kind of souvenir. It gives a lasting sense of the road you travelled and the places you visited. A way to capture the spirit of your destination rather than pay attention to your watch.

Experience new people and cultures.

In my experience, this is the best part of bike touring—The people you meet along the



President Dr Deepak Garg felicitating Mr Chetan Shah



Mr Chetan Shah speaking at the event

way. On a bike tour, you're not insulated and isolated by your car, train or bus. You end up interacting with locals and learning about their culture and lifestyle.

My journey

I started with smaller 3-4-day cycling tours and soon graduated to longer trips which require a very high level of fitness and discipline. Apart from having toured to the highest motorable road in the world at 18380 ft in Ladakh twice, I did a self-supported bike tour across Canada in June 2017, traversing 2500 kms through the Canadian Rockies across 30 days with the Indian flag proudly stitched on both sides of my bags.

With just my bike and my pannier bags with the bare essentials to survive the Canadian weather, I was riding about 8-12 hours daily. We got time to feel the enchanting beauty of the Canadian countryside and ride through the mesmerising Columbia icefields, Peyto lake, Jasper, Lake Louise, forests, lakes and more.

Cutting the cord

Breaking away from work for a long time is extremely difficult for most busy people. I faced the same dilemma. But then I had the life changing revelation that if not now then when... with these thoughts, I tried out bike touring a few years ago. Now I am so hooked to it that no sooner is one tour over, I start planning the next.

So go ahead. Treat yourself to a lifetime experience. Try bike touring. Remember, it's more about the journey than the destination.

About Mr Chetan Shah

Chetan rides his bike six times a week, clocking over 12,000 km a year. On an average, Chetan rides appr for over two hours a day, clocking over 50 km daily.

Chetan has now done numerous bike tours in India and abroad. Most of these bike tours have been unsupported and entail detailed planning, meticulous preparations and tough riding as it means riding the bike with heavy pannier bags.

23/01/19: Rule of Law and Civil Society



Mr Majeed Memon speaking at the event

Our Rotary Club hosted Mr Majeed Memon and he was greeted with a full house at the Rendezvous, Taj, Apollo Bunder.

Mr Memon is a Member of Parliament (M.P) of the Rajya Sabha. He is a noted criminal lawyer who has defended Indian personalities including politicians, human rights activists and film actors. He has defended high-profile Indians overseas in various extradition matters. Memon is also a human rights activist.

His talk titled “Rule of Law and Civil Society” was a superb rendition that grabbed our attention for 40 minutes, before the house opened up to questions from the audience. Amongst other things, Mr Memon spoke

passionately about his experience in inspecting the facilities prior to him presenting a report for the extradition of a high profile economic fugitive, which was much in the news. He stated how he commented to the government that such facilities were basic human rights that all should be privy to.

Our honorary member, Mr Bhatnagar shared an interesting dialogue with the speaker and it was noted that even most educated people like those in the audience of our esteemed club were not always aware of our rights and hence oftentimes cannot get justice. The need for an initiative by Rotary Club of Mumbai to simplify the books of law, in which our fundamental rights are easily understood were discussed.

30/01/19: Leading a Designed Life



Mr Neeraj Shah

Mr Neeraj Shah is a business coach who came to speak to us on 30th January 2019.

He spoke about a personal tragedy when he was in Kenya and how he adopted various strategies to come out of the tragedy. He then moved to UK and came back to India after which, he started an organisation BNI (India) as a franchisee of the American organisation. Two years ago, he started 'Titan masterminds' which is a mentoring organisation for small businesses which want to scale up. He talked about how important it is to drift away from routine, be a driven individual to achieve success and to lead a designed life.

To lead a designed life, one should structure everything in their everyday life as a schedule which can lead to a very productive life. One can achieve success at work, experience better relationships and lead a healthier life. He spoke about his normal routine which begins with a 15-minute exercise called 'Stabata' which is a type of exercise with Japanese origins. He believes in "fast walking" for 30 minutes i.e. walking before eating breakfast. During this time he likes to listen to audios or various podcasts to learn new things. He said that an important aspect for our growth is to constantly challenge our minds and learn something new.

He eats a very healthy breakfast, has something called 'Bullet Proof Coffee', green juice as well as other healthy bites. He maintains a practice called journaling wherein he writes in a journal and through that, lives through the happy moments of life.



PP Rtn Sucharita Hegde

He writes about the five things he was grateful for the previous day, which could be a movie with the family, a cook-out or even striking a business deal.

We experience gratitude for life and research has proven that it's a shortest route to success and thus we can learn to have a great attitude rather than be born with it.

To contribute to someone who may not be able to give you something back in return is really our gospel here at Rotary Mid-Town.

He also does Affirmations 25 times for example I amGood father, runner, benevolent.

He writes down three income producing activities for the day and focuses on it completely. This is very good even if the rest of the day is not that productive.

He has another mantra—"Sloppy success is better than meticulous mediocrity."

His evening schedule includes sparing ten to fifteen minutes to write about his next day's income producing activity.

During the question-and-answer session he told us that he uses technology to make his day very efficient. He uses a productivity app called Mos B and uses apps like "need to meet" to schedule meetings.

It was a very inspiring talk by Mr Neeraj Shah and we felt motivated to follow a few things from his gospel and live a fruitful life.

Vote of thanks was given by Ms Radha Dhir.

6/02/19: Fellowship at Wodehouse Gymkhana



Left to Right: PP Rtn Manoj Jalan, President Dr Deepak Garg, Corinna Schmidt, Kristin Schildwächter, Manfred Knoll



Left to Right: Susanne Bhatnagar, Rtn Ajay Bhatnagar, PP Rtn Manoj Jalan



Left to Right: Rtn Yogesh Pandya, PP Rtn Manmohan Lalvani, PP Rtn Om Degan, Rtn Sgt-At-Arms Munna Mitha



Left to Right: Manjit Johal, Judy Higginbothor, President Dr Deepak Garg



Left to Right: President Dr Deepak Garg, Hansa Kejriwal, PP Rtn Manoj Jalan, Sonali Jalan, Anahita Kaka, Usha Pandya, Sapna Punjabi, Rtn Vicky Punjabi, Rtn Anil Kamath

The Rotary club of Bombay Mid-Town had its second fellowship on Wednesday 6th February at the Wodehouse Gymkhana club. Fellowships are an evening time for members to meet as many members are unable to come for day meetings. Members enjoyed the music while wining, dining and

gaily interacting with each other. A group of visiting German students with their teacher were part of the fun and frolic. Members were dancing merrily towards the end of the evening. As to the tradition, birthdays and anniversaries were celebrated with cake cutting.

13/02/19: Talk by IPS Krishna Prakash



IPS Officer Krishna Prakash



Left to Right: PP Rtn Manoj Jalan, IPS Officer Krishna Prakash, President Dr Deepak Garg, Rtn Ajay Bhatnagar, Rtn Vicky Punjabi, PP Rtn Anil Ambo

On February 13 2019, our guest speaker was IPS Officer Krishna Prakash. Unfortunately, he got held up and in the interim our own honorary member, Mr Bhatnagar enthralled us with an impromptu talk on a topic he is so passionate about—the difference between Rotary in India and in Switzerland. There was much to learn from his wise words and to realise that occasionally we must dedicate a meeting or two, to our own members who have so much to share and from which we have so much to learn.

A 1998 batch IPS Officer Krishna Prakash, our guest speaker, has always made his presence felt regardless of where he has been posted. He has always worked from the front foot and has been known to successfully bring down the crime graph. The Maharashtra cadre IPS Officer

is India's first and only uniformed service officer in Military, Naval, Air Force and Para Military forces to win the Ultra World Championship Title in Australia in May 2018.

KP, as he is fondly known, shared with us, "Sheer determination with only single focus in mind was my mantra for winning the triathlon title", which is the world's toughest multisport race, where getting qualified to participate in the race itself is a major task.

The IPS Officer shared his own misfortunes and accidents that he has had and the support from his wife which helped him to maintain focus and succeed.

It was indeed a very motivating afternoon.

20/02/19: Panel Discussion with New Members



Left to Right: PP Rtn Akhil Shahani, Rtn Dr Svetlana Toshniwal, Dr Alifiya Bapai, Rtn Dr Simone Currim, Vinod Mirchandani



With several new members added to the Mid-Town Family, an innovative way of getting to know each other was conducted as a Panel Discussion which was exceptionally well facilitated and managed by Akhil Shahani and three panellists—our new members – Dr Simone Currim, Dr Svetlana Toshniwal and Vinod Mirchandani, two medical doctors and a to-be management doctor.

The moderator asked the new members to share their interest in joining Rotary

and Rotary Club of Bombay Mid-Town in particular.

The questions were very well managed and answered by all the panellists including prying into Facebook and other social media platforms to include a personal feel.

The panellists also shared their favourite restaurants in Mumbai and shared what they may change in the club if they were to become the President.

27/02/19: Talk by Dr Farokh Contractor on India Globalisation



Dr Farokh Contractor



Left to Right: Ravi Budhiraja, Dr Farokh Contractor, President Zarir Adajania, President Dr Deepak Garg, Vinod Mirchandani, Rtn Vicky Punjabi

Dr Farokh Contractor, Distinguished Professor of Management and Global Business at Rutgers Business School, USA, a previous invitee to our club, returned as a speaker to a joint meeting with Rotary Club of Bombay Hills South and us—The Rotary Club of Bombay Mid-Town.

The meeting was well-attended by members of both clubs.

Dr Contractor's presentation was on India Globalisation which was truly fascinating and covered a large subject in a very comprehensive way. He used various archives and photographs of Mumbai in its former days as Bombay. His presentation covered all aspects of trade and also made a comparison with China.

The presentation was followed by a lively interaction and very relevant questions from business community leaders of both clubs.

06/03/19: Fellowship at CCI



Saheb Khan



Left to Right: Sonali Jalan, Hansa Kejriwal, Rtn Dr Lotika Purohit, Rtn Shernaz Tyebee



Left to Right: Shankar Sujan, Rtn Gaurav Kapadia, PP Rtn Om Degan, Rtn Vicky Punjabi, Bela Kapur, Rajul Shah, Sarika Garg, Rtn Ashwin Shah, President Dr. Deepak Garg



Left to Right: Nainu Thacker, Bijal Dosh, Siloni Sharma



Left to Right: President Dr Deepak Garg, Rtn Sunayana Vora, Rupande Parekh, Rtn Dr Arvind Kasbekar, PP Rtn Anil Ambo, PP Rtn Atul Premnarayan, Rtn Satya Prakash Agarwal, PP Rtn Ajoy Bhandare

All members look forward to the fellowship evening as members who are unable to come for the day meetings get an opportunity to interact with others at the fellowships. The Rotary club of Bombay Mid-Town had a very successful fellowship on Wednesday 6th March

at the CK Nayadu Hall in Cricket Club of India. A young singer, Saheb Khan was invited, who enthralled the members with his beautiful singing. Everyone enjoyed the evening. As is the tradition, birthdays and anniversaries were celebrated with cake cutting.

13/03/19: Club Assembly



Left to Right: Rtn Ajay Bhatnagar, Swiss Consul Othmar Hardegger, Rtn Deepak Mehta, PDG Dr Shirish Sheth



Rtn President-elect Abuzar Zakir with Rotaractors



Rtn Ajay Bhatnagar



PDG Dr Shirish Sheth felicitating Swiss Consul Othmar Hardegger



ROTARY CLUB OF BOMBAY MID-TOWN Rotar
Club No.15496. District 3141

istrict Governor

President

R.I.Pre

Left to Right: PP Rtn Manoj Jalan, President Dr Deepak Garg, Rtn President-elect Abuzar Zakir

27/03/19: Talk by Dr Ashwin Mehta



President Dr Deepak Garg felicitating Jimmy Unwala



PDG Dr Shirish Sheth inducting Ashwin Ankhad into the club



President Dr Deepak Garg felicitating Shri Vishwas Mohte, Asst. Municipal Commissioner, D. Ward



Rtn Dr Ashwin Mehta

Dr Ashwin Mehta is one of the best Cardiologists in Mumbai, with more than 38 years of experience behind him and is the Director of Cardiology at Jaslok Hospital & Research Centre, Mumbai. He has received Padmashree National Award, the Maharashtra Gaurav Award for the most outstanding contribution in Cardiology by the Government of Maharashtra. Dr Ashwin B Mehta has pioneered Cardiac Catheterisation and Angiography in newborn babies in India and was also the first to introduce his Bundle Electrography in India and Primary Angioplasty in Acute Myocardial Infarction with the first systemic trial. He has performed more than 10,000 Angioplasties and over 50,000 Angiographies. Dr Ashwin B Mehta also has a vast experience in the academic front as he has taught hundreds of undergraduate,

postgraduate and super speciality medical students.

He mentioned that 30 million people suffered in 2004 from heart disease, which will double by 2020. The main reasons are smoking, high blood pressure, diabetes, and all these are lifestyle, diet and stress related. These can be well controlled by making some lifestyle changes. Heart disease is a progressive illness, increases with the ageing process and just like the tissues degenerate, higher are the chances of coronary disease. It is therefore important to have healthy lifestyles. He stressed the importance of CPR training and instant care being most important to save a patient who has suffered from a heart attack. He gave all of us a reminder to live life mindfully. It was a wonderful talk indeed!



SAIFEE HOSPITAL

under the auspices of Saifee Hospital Trust Reg. No. E-5448 (Bom)



The da Vinci Robot : Advanced Technology for Surgeons, Better Outcomes for Patients

Da Vinci Robotic Surgery System :

A Surgical Robotic System is basically a system capable of working with the surgeon as the Master and his hand movements are translated into minimally invasive instruments capable of navigating inside the human body and performing maneuvers as desired by the surgeon, in what is come to be called as a robot assisted surgery.

Surgeons have an advanced system

The Main Equipment comprises of the following fully integrated subsystems.

1. Surgeon's console - with Master controls and an integrated true High Definition 3D display stereo viewer.
2. Surgical Cart with camera arm and instrument arms.
3. Vision cart containing camera, image processing units and integrated true high definition display monitor for interaction.
4. The system can be used for performing minimally invasive robot assisted operative procedures in Urology, Gynecology, Cardio-Thoracic, Colorectal and General Surgery. Together, Surgical Robotic System provides surgeons with unparalleled precision, dexterity and control that enable a minimally invasive approach to many complex surgical procedures.

Patients have better clinical outcomes

- The system ensures improved diagnostic abilities, a less invasive and more comfortable experience for the patient, and the ability to do smaller and more precise interventions.
- Significantly less pain, a shorter hospital stay, faster return to normal daily activities due to quicker recovery are the greatest advantages of the Robotic Surgical System, which brings down the trauma and healing time.
- It can also provide a better work environment for the physician by reducing strain and fatigue. There is also a reduction in the amount of personnel needed in the operating room during surgery.



Post Box No. 3771, 15 / 17 Maharshi Karve Marg, Mumbai - 400 004
Tel. : (022) 6757 0111, 2383 0111, 75065 11101, Fax : (022) 6757 0777
Email : write@saifeehospital.com, Website : www.saifeehospital.com

The Innerwheel Club of Bombay Mid-Town inaugurates the Mega Clean Drinking Water Project

The dynamism of President Asha S has shone throughout the year 2018-19, which is the Club's Golden Jubilee Year. All our members have been keenly participating and supporting the many projects initiated by her. By March 31, our total project value had reached a staggering figure of ₹32,98,254 covering 32 projects.

In January 2019, three projects were done:

11 January—NBA Award given to Ms. Sheikh Sayeeda, a teacher at VBN High School at Nana Chowk. Sixteen other teachers were given a token of appreciation. Aruna Sharma diligently liaised with the schools, updated the RILM website and got certificates for the award winning teachers.

21 January—A project on Menstrual education & distribution of free 100% reusable sanitary pad kits were distributed at Ranade School. Ashok M had organised it, the fifth of its kind.

25 January—A Joint project of Zone I Clubs, for Leprosy patients was undertaken with ALERT India.

250 ulcer dressing self care kits, and 150 special MCL footwear were given.

In February 2019, the following activities were done:

5 February 2019—NASEOH Mobility Aids ₹2,14,600. Callipers, Wheelchairs, Prosthesis, Surgical shoes, Tricycles, three-leg walking stick.

₹1 Lac each was donated by Purnima Kapadia and Neeta Patel. ₹10,000 was given by Bayview Club and ₹4,600 by Madhuri Mehta.

12 February 2019—MEGA DRINKING WATER PROJECT, highlight of our Golden Jubilee Year, was inaugurated after much planning and preparation. A number of guests from Rotary Club of Bombay Mid-Town, luminaries of Inner Wheel Clubs of District 314, spouses, members and guests, travelled all the way to Waje Village, District Panvel, for inauguration of this prestigious project.

At a total cost of ₹10,43,000, a water purification plant was installed to provide clean and affordable drinking water to the community. Donors are Ila S, Gita P, Madhu G, Asha S, Kalpana S, Neeta P, Darshana M, Malini J, Aarti G, Rita S, Rupande P, Sushu K and Shobha M. The project was undertaken in partnership with empowHER India (registered as SKS Chakshu Foundation) which was established in 1993 under the leadership of Mr. Nirbhay Jain and Mrs. Urmila Jain. Gram Panchayat has provided land, a shed for the machine and electrical connection for the plant.

This scheme is likely to benefit 1200 villagers daily, who could purchase 20 litres of pure drinking water at the cost of ₹10, thereby improving family health and gaining in terms of increased time to engage in other productive activities and leisure.

The inauguration was attended by 60 people with



Gita Parikh gives ₹2 Lakhs to PTRC



Asha Bhatia organises giving PDAF certificates at BKM School



Urmila Jain's empowHER, under whose guidance the water project was done



PP Dr Shashi Bakre being honoured at Inner Wheel District Seminar Sanghamitram



Inauguration Of Clean Drinking Water Project by DC Vidya Subramanian, President Asha Singh and Malini Jasani



A talk on Life in the army by a member of the Army Wives Association

lunch at Urmilaji's farmhouse. Additionally, members donated flowers for men, Haldi kumkum and veni for women, 100 bottles of drinking water, sweets and snacks, costume jewellery bracelets for VIPs and chocolate boxes. Four Packets of masala, 100 grams each, and a brochure were given to each guest.

24 February—₹2 Lakhs given, by Gita P, to Bharat Ke Veer via District ISO Mita Sheth/ Akshay Kumar government project. We had given ₹50,000 earlier.

25 February—Cheque of ₹2 Lakhs given to PTRC by Gita Parikh for 100 Young People's Counselling services (YPC) and a scholarship to Purvi Patel.

In March 2019, we did these projects:

7 March—Cheques given to seven Awardees of Akshar Picture essays, totalling to ₹12,500, posted to their respective ISOs.

12 March—Kirti Dalal gave ₹20,000 to Miracle Feet, for surgery of Clubfoot at Wadia Hospital.

13 March—Smt. Kamala Mehta Blind School at Dadar were given ₹2 Lakhs by Gita Parikh for equipment for the Computer Room and two Boilers



Clean Drinking Water Project at Waje village

with installation.

₹1 Lakh was given for a picnic for the children, by Purnima Kapadia. She has also adopted three schools for ₹1 Lakh.

Avani Vora gave ₹22,000 to the Miracle Feet Clubfoot project.

At the March GBM, a Powerpoint presentation on Craniosacral Therapy, was given by Ms. Niyati Nath. She is d/o Urvashi Mehta.

Niyati informed that the therapy was developed as an off shoot of Osteopathy in USA in the 1950s. The therapy, which is widely practised abroad, has demonstrated astonishing results in working with a wide range of ailments—from spinal issues and misalignments caused by injury or degeneration, slip discs and misalignments of bones to nervous system disorders, depression and chronic fatigue syndrome and palliative care and support of the terminally ill. It benefits people who have no specific complaints, by boosting vitality, supporting immune function and bringing deep rest to the mind and body.

Our best wishes to Niyati, for a very successful career, in her chosen field!



Anusha Tuli

Project: Menstrual Education and Distribution of Reusable Sanitary Pads to Teenage Girls.

₹1 lakh for Pilot Project from Rotary Club of Gainesville and Ashok Mehta.

Ashok' G's Daughter Anusha Tuli from Florida came here and conducted the projects in five schools .

The idea is to improve health of girls and remove pollution from disposable plastic pads!

We distribute to girls the free kits. (of six pads and one bag) of 100% organic cotton, soft reusable five layers. Sanitary Pads, which are healthy, comfortable, soft and easily washable. They are long-run, lasting for five years. Thus they save money.

Disposable pads are thrown into the sewers, clogging them and release toxic pollutants.

AN APPEAL

The Rotary Foundation transforms your gifts into service projects that change lives both close to home and around the world.

Since it was founded more than 100 years ago, the Foundation has spent more than \$4 billion on life-changing, sustainable projects.

With your help, we can make lives better in your community and around the world.

Our mission

The mission of The Rotary Foundation of Rotary International is to enable Rotarians to advance world understanding, goodwill, and peace through the improvement of health, the support of education, and the alleviation of poverty.

What impact can one donation have?

For as little as 60 cents, a child can be protected from polio.

\$50 can provide clean water to help fight waterborne illness.

\$500 can launch an antibullying campaign and create a safe environment for children.

The Rotary Club of Bombay Mid-Town has benefited immensely from the Rotary Foundation. Almost every year for the past so many years we have done global grants and received money from the foundation.

Of course, our club has also contributed to the Rotary Foundation also. Apart from the numbers PHF in our club we also have major donors and also an arch klump society member.

Events organised by the Rotaract Club of Lala Lajpatrai College

JANUARY

The best month of this year for the Rotaract Club of Lala Lajpatrai College was undoubtedly January as we successfully organised five mega initiatives this month.

The first mega initiative for this month, 'ZERO' was on conducted 22nd January. It was an off-beat career fest wherein students were taught about the following different career options: Beat Boxing, Photography, Video Editing, Stand-up Comedy, EMCEE, Doodling, Hair-styling, Graphic Designing, Rapping, Choreography, Disc Jockeying, Radio Jockeying, Dog Training, Self-defence, Fitness Training, Nail Art, Grooming, Playing Musical Instruments, Event Management, Portrait Making and Canvas Painting. The students learnt how they can turn their passion and hobbies into careers. They learnt that while studying, they should not leave their hobbies behind. They should carry on with their hobbies and can pursue them along with their careers. There was participation by more than 350 students.

The other mega initiative organized was 'BEYOND THE LIMITS 5.0'. It is RC LALA'S legacy project which is being conducted since the past four

years. This year it was held from 10th to 13th January. Beyond the Limits is a three-day thrilling and adventurous event where we take participants to Alibaug and they compete in challenging tasks to win prizes. The winner of BTL 5.0 was Rtr. Malik Merchant. The main aim of the project was to let the college students and the Rotaractors experience the life of a Roadie wherein they can survive the struggle of performing hardcore, strength-based and mental tasks to be the ultimate winner. The project also facilitated good bonding among members.

The ENTREPRENEURSHIP MELA conducted by 'Passion to Profession' was an event in collaboration with the Entrepreneurship Development Cell of our college. It was a one-day mela which was conducted on 30th January wherein students were asked to convert their passion into their profession for a day and earn from it. There were stalls set up all over the campus. The stalls varied from food items like burgers, pizzas, parathas, nachos, milkshakes to paintings, t-shirts, bags, toys, fashion jewellery and games. The event helped and motivated young entrepreneurs to earn money by themselves.

THE STREET STORE was a new mega initiative organized by RC LALAS. It was a three-day store for the underprivileged. It was set-up from the 21st till the 23rd of January. This store contained different things which were all collected by the members. It was all given to the underprivileged free of cost. Here, we did not just give them the clothes but we also gave them the experience of shopping and the power to choose what they wanted. A total of more than 550 lives were touched with this initiative.

The last event we held was 'ARTISTIC PURSUITS' on 31st January which was a one-day art mela. It was conducted to showcase all forms of art. There were two live sketch artists, a doodler and a mehendi artiste, who were called to make artistic pursuits more enjoyable and full of fun. Art forms like abstract painting, Modernism, Impressionism, Expressionism, Cubism, Japanese-style painting, Chinese-style painting, doodles, etc. were put up for sale.



FEBRUARY

In the month of Feb, 15 events were conducted by the Rotaract Club of Lala Lajpatrai College.

Club Service conducted their monthly event known as Hog Ups as well as the Club Movie where they took the club to see 'Gully Boy'. Community Service held their second session of Neev. Team Professional Development held a mega event in collaboration with the college which was known as invention. They also held tubelight where they played board games with various school children and helped them develop new skills. Team International Service held 'Naughty or Nice' on Valentine's day and had many activities related to Valentine's. Team Sports organized 'Striker' which was a Carrom competition. Last but not the least, team Digicom organised 'Did You Know' to provide people with information about the world. They also organized an online 8 Ball Pool tournament for the members.

College as it managed to conduct more than 25 events along with the Mega PR Initiative- Bombay Culture 2019

The Rotaract Club of Lala Lajpatrai College carried out one of its largest Mega Initiative Bombay Culture 2019 in the month of March.

The four-day initiative was carried out during the World Rotaract Week from 11th to 16th March.

Hall of Fame, the first day of Bombay Culture 2019, was a gallantry award ceremony for the brave hearts of the country. The second day was I Am Me- a festival specially for the LGBTQ community. The third day for Bombay Culture was Kabaad Ka Jugaad- a 'best out of waste' event conducted in various schools around Mumbai where the students made various objects including the Rotaract Logo and the National Flag. The last day for the event was 'Paradise'- A Beach Festival organized at Juhu Beach.



MARCH

The month of March was another successful month for The Rotaract Club of Lala Lajpatrai

Apart from Bombay Culture 2019, The Rotaract Club of Lala Lajpatrai College successfully carried out many other events in March. Book Trail, A Professional Development initiative was



carried out in March. The event was a Treasure Hunt carried out by using books.

Quilting Day was carried out by Team International Service where the members were taught various forms of stitches by means of quilting various logos.

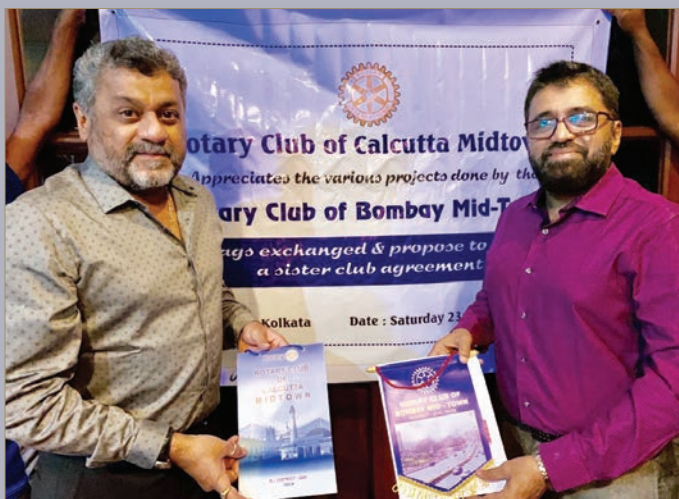
Team Club Service carried out another enthusiastic event Chase Tag at Narli Baug, Dadar.


Team Sports organized their event called Aspire to Inspire, an event where the members had to write about their favourite sports players/idols.

In Kolkata

Rtn. Hitesh Dani from the Rotary Club of Calcutta Midtown and President-elect Rtn Abuzar N. Zakir from the Rotary Club of Bombay Mid-Town exchanged flags at the RCGC Club, Kolkata on Saturday, 23rd March, 2019.

Rotary Club of Calcutta Mid-Town offers to sign a sister club agreement with our club also to do at least one joint project in a year.





**Dad always said,
“There are no shortcuts
and no quick profits... There are
no free lunches! Are there?
There’s only one... right way!”**

As in life, there are no short-cuts to successful investing.

Hence rather than timing the markets we construct our portfolio based on time-tested principles of **value investing**.

We believe that buying businesses at reasonable valuations and holding them for the **long-term...** is the right way.

PPFAS 
MUTUAL FUND

There's only one right way®

**An Equity Mutual Fund house,
managing your money using
Value Investing principles!**

www.amc.ppfas.com

INVESTOR HELPLINE	DISTRIBUTORS HELPLINE	TOLL FREE NUMBER
91 22 6140 6537	91 22 6140 6538	1800 266 7790

PPFAS Asset Management Private Limited
Great Western Building, 1st Floor, 130/132,
Shahid Bhagat Singh Marg, Near Lion Gate,
Fort, Mumbai - 400 001. INDIA

Sponsored By: Parag Parikh Financial Advisory Services Pvt. Ltd.
Name of Trustee Company: PPFAS Trustee Company Pvt. Ltd.



Scan this code to
visit our website.

Mutual Fund investments are subject to market risks, read all scheme related documents carefully.

Eat Right. Live Right



Millions of people struggle with weight loss issues and somehow can't get the perfect recipe to a lifelong strategy that works. People try with numerous diets, fads and temporary measures to bring themselves to owning a beautiful body. But most people end up defeated and resign themselves to a life of just dreaming of a perfect body.

EAT Right–Overview

Simply put, EAT RIGHT is a SELF-designed system to lead and adapt your body to the perfect weight and maintain it for good. With most other diets, people adopt unnatural eating habits for a temporary period. Hence most diets fail in the long



The fitness myth

The fitness fad had led a lot of people to believe that they can achieve a fit body by just running, gymming, cycling or other sports. So people start one or many of these exercise routines and yet continue to be obese, can't seem to lose weight and struggle with other health challenges despite pursuing active sporting lives.

run as most people return to their regular eating habits.

Whereas a self-designed EAT RIGHT program aims to gradually change the very core of your eating habits and patterns for life and allows you to continue to enjoy your regular foods for life. With an EAT RIGHT programme designed by you for your own self, soon

you should be able to be at peace with potatoes, ice creams and other sweets in acceptable portions.

Design and adopt an EAT RIGHT program along with an exercise of choice such as walking, running, cycling or similar. Ideally 60-90 min of exercise daily works like magic with an EAT RIGHT program and gives great results with gradual and consistent weight loss.

EAT RIGHT—Why

Lots of people are overweight, which also brings along many undesired consequences such as diabetes, high cholesterol and more importantly a sedentary lifestyle, lack of energy and zeal in your daily life. If you are one of these then it is high time, you design your own EAT right programme to change your life. Stop pursuing temporary fitness programmes and diets as these are only going to last few days, weeks or at best a few months.

—Chetan Shah

Staying healthy at every stage of your life!

Many of us check our weight on a daily basis, some of us check it annually, and some, hourly! However, it is the muscle, fat, and particularly the visceral fat percentage that one has to monitor. Visceral fat, defined simply as the fat surrounding our organs, is one of the primary causes of lifestyle diseases.

So, how does one lead a healthy lifestyle in the 21st century fast-paced life?

It is a luxury for many to take out time daily for exercise. Moreover, the advent of technology with working through different time zones around the world has caused sleep to take a back seat, and most people are sleep deprived without even realising it.

By now, you're probably wondering, "does it take time to be healthy?"

The answer, fortunately, is NO. The world's busiest and most successful people lead incredibly healthy lifestyles and believe it is imperative for their health to be their very first priority.

While it may seem almost impossible to exercise given our hectic schedules, here's a solution: use a device to count the number of steps you take on your way home or to the office in the morning. Now you may ask – "how do I manage with my travel schedule?"

Every frequent traveler must fulfill two primary requirements: fiber intake and adequate hydration. Another solution– carry fillers (small boxes with nuts and dry fruits) during a day of long meetings instead of reaching out for a built-up sugar craving after a long day at work. But, regulating your fiber and water intake is not sufficient; sleep is vital for a healthy metabolism as exercise aids fat loss, without which achieving a healthy lifestyle can only remain a dream. Now you may ask – "I have no time, it's either sleep or exercise, not both. What do I choose?" You'll be happy to know that when choosing between exercise and sleep, sleep always wins!

Why? Simply because lack of sleep initiates sugar cravings which can play around with your nervous system and consequently result in weight gain.

Keep in mind, however, that the most important ingredient in the recipe for a healthy lifestyle is your emotional state of mind. Most of the time, when stressed, we reach out to a relaxing drink of alcohol or a bar of chocolate, hoping that we'll feel better.

However, in the long run, this addition to your normal consumption only increases the empty calories you intake, which can lead to weight gain. Now, this doesn't mean that you must abstain yourself from consuming all the things you love. It's important to know that it is possible and necessary to achieve a balance.

Your diet plan must always be dynamic in nature since it is most likely that no two days in your life will be the same. Customization of your nutritional plan caters to your needs, and changes in response to changes in the different phases of your life. For example, senior citizens must consider adequate anti-oxidants in their diet along with natural herb mixes to boost memory!

A confluence of globalization and changing trends, proven by the transformation of local "Haldi Doodh" into the "Turmeric Latte" sold at international coffee joints, is a live example that teaches us to take advantage of our desi Indian ingredients and use simple techniques to attain a healthier, happier, and better lifestyle!

-Naazendeh Mecklai, Nutritional Counsellor



Top 5 tips for frequent business travellers

- Always carry your fillers- Unsalted nuts, dry fruit and seed mix.
- Tank up on water and avoid caffeine-stay hydrated.
- Ensure your fibre intake Add a tablespoon of chia seeds to your water.
- Exercise - Keep a count on steps done.
- Sleep - Catch up on sleep.

WWW.NAAZENDEHMECKLAI.COM

Interview with Simone Currim

It was my pleasure to interview Simone Currim, one of our new Rotarians who is already so interested in various rotary activities. In the next "Rotary Year" Simone will certainly have a lot to contribute by being a member of the Rotaract Committee and the Bulletin Committee

» Excerpts from the Interview

1. What inspired you to take on the dental profession ?

As a child, and even now, I was always inspired by independent working women. Back in the day, I came across a lot of lady doctors and dentists and their mannerisms impacted me greatly.

However, at the time, it was still widely believed that practising medicine involved emergencies and poor work life, social life balance. Dentistry, however, would allow more disciplined work hours. However, as I started dental school, I quickly realised how changing smiles affected personalities and I made up my mind that I

would work towards changing lives as I changed their smiles.

2. Among the trends is Dental Cosmetology. Is it mainly about beautiful smiles?

In my mind dentistry that changes the cosmetic or aesthetic look of the person is all about improving one's self-confidence. A beautiful smile makes one want to smile and a smile attracts another smile and spreading cheer is what I aspire to do with my skills.

3. While medical science has really advanced, do you think there is too much stress on "fixing the flaws"? Are people becoming obsessed with their looks ?

No, not at all. In my mind it is never about fixing, but about enhancing natural beauty. A pretty face, with glowing eyes and a perfect complexion draws a second look, but the smile too should complement that and if it needs some help, why not.



4. As a young professional, what do you think of the Millennials? Are they just too focused on themselves?

No, I think the millennials are a mixed bag just like every generation has been.

I am fortunate enough to come across a lot of young adults as patients, and I see many focused youngsters who know exactly what they want in life and know how they want to get there. Of course, there are those who just want to be as well. However, I think a stable loving family at home, healthy encouragement from parents and peers makes a huge difference.

5. Any message that you have to give the Youth/ Young Professionals?

Reach out to the world.

Do what makes you happy, but choose well.

Strive for excellence, but never let results discourage you. Learn from both triumph and failure.

6. What does Rotary mean to you ?

Rotary means an opportunity to meet like-minded people, make new friends, get inspired by their life stories and reach out to serve society as they do.

7. Why is Community Development and Social Welfare so important today ?

Today, more than in the past, coming together is important as we realize that in any community there are people who have different opinions and tolerance, and acceptance of each other's differences is what is required to create a healthy environment.

Unless we work towards improving the situation of the less fortunate, society cannot make progress. It is our moral responsibility to give back to society as we have reaped from it as well.

8. What social causes are close to your heart?

Women's upliftment. Educating the girl child, making her financially independent and capable of supporting herself and her family, should the need arise.

9. As you have such a busy schedule, how do you find "Me Time" and how do you unwind?

Maybe I am a workaholic, but I do suspect I am always involved in some project. Keeping myself busy is something I always enjoy. However, my "ME TIME" involves reading, watching TV and meditating. I do all three of the latter every day.

10. What are your Hobbies?

I love going out, meeting and spending time with like-minded people. I am fond of watching movies and plays.

In recent times, binge-watching on Netflix and Amazon Prime, is also something I enjoy doing. I enjoy going on long walks, especially on the sea side, and watching the sunset.

11. Now Your Favourites

Cuisine: Mediterranean and Asian

Restaurants: Souk

Books: The Alchemist by Paulo Coelho

The Forty Rules of Love by Elif Shafak

Films (Hollywood & Bollywood): Pretty Woman, Kabhi Khushi Kabhi Gham

Actors (Hollywood & Bollywood): Richard Gere, Tom Hanks, Amitabh Bachchan, Aamir Khan

Music- Type or Songs: Easy listening, both in English and Hindi; the type that is uplifting.

Holiday Destinations: Turkey

12. Your Philosophy of LIFE?

Live life in a manner that you positively affect those who you are touched by.

Life is never perfect. Not for anyone. Be grateful for what you have been gifted with, be patient for what you wish for and trust in the higher power.

We wish Simone greater success in the profession that she is so dedicated to and hope that she leads a very fulfilling and enriched life.

-Prasanna Bhagat

🎂 Birthdays in January 2019 🎂



01 January
Rajeev Anand



06 January
Dr Shirish Sheth



11 January
Anil Kejriwal



12 January
Lotika Purohit



20 January
Ashok Sharma



22 January
Dr Nilesh Shah



26 January
Rajesh Shah



29 January
Dr Kirit Mody

🎂 Birthdays in February 2019 🎂



08 February
Vaibhav Sanghi



18 February
Atul Premnarayan



19 February
Zeba Kohli



21 February
Sam Daruwala



25 February
Ananya Goenka



27 February
Rajiv Kapur

🎂 Birthdays in March 2019 🎂



03 March
Shankar Sujan



08 March
Vicky Punjabi



09 March
Dr Ashwin Mehta



11 March
Om Degan



14 March
Anand Didwania



27 March
Gaurav Kapadia

**ROTARY CLUB OF BOMBAY MID-TOWN
OFFICERS & DIRECTORS 2018 - 2019**

President Dr. Deepak Garg
Imm. Past President Manoj Jalan
Vice Pres. & Pres. Elect Abuzar Zakir
Hon. Secretary Vicky Punjabi
Jt. Hon. Secretary Dr. Praful Sabadra
Hon. Treasurer PP Anil Kamath
Hon. Jt. Treasurer
Sergeant At Arms Munna Mitha

Advisory Committee:
 PDG Dr. Shirish Sheth, PP Tilak Mehta, PP Mohan Lalvani, Ashwin Shah

Director Club Service **Abuzar Zakir**
Programmes Deepak Mehta
Co-Chairman Shernaz Tyebjee
Fellowship PP Mohan Lalvani
Finance Anil Kamat
Attendance
Bye Laws PP Yogindar Shankardas
Events Burjor Nariman
Classification Mahesh Krishnamurthi
Membership & Retention
Membership Development Navin Shah
Rotary Information PP Sucharita Hegde
Bulletin & International Travel
PR, Social Media & Club Website Sujata Anandan
 Shernaz Tyebjee

Director Vocational Service **Anil Ambo**
Career Guidance
Scholarships & Voc. Awards Dr. Praful Sabadra
4 Way Test Rajeev Anand
Sr. Citizens Welfare Jagar Thakur
F.O.F. Geeta Parikh

Literacy Mission (Thrust Area) Dr. Deepak Garg

Director Community Service **Uttara Bhandare**
Child Welfare: Midday Meal /SKMDS/ADAPT/UMEED/ Anugraha School Dr. Lotika Purohit
Nere-Vaje Development Nirbhay Jain
Polio & Physically Challenged (NASEOH) Gaurav Kapadia
Medical Camps
Co-Chair Abuzar Zakir
Plastic Surgery, Jalna Dr. Anil Tibrewala

Director Youth Service **Gargi Mukherjee**
Interact Dr. Arvind Kasbekar
Rotaract Tilak Mehta
Sports Jigisha Parikh
Inner Wheel Deepak Mehta

Director International Projects **Yogesh Pandya**
Global/ Matching/ District Grants PP Anil Kamath
International Family Exchange Jigisha Parikh
International Youth Exchange Gargi Mukherjee
Suruchi Chand
The Rotary Foundation [TRF] PP R.P. Anand
Director District Projects Deepak Mehta

Asst. Governor Ranbir Knshnan
Dist. Secretary Jay Toshniwal
Asst. Trainer
RI President Barry Rassin
Dist. Governor Shashikumar Sharma
Club President Dr. Deepak Garg

Spouse's Birthdays

January

02 Nishi Mathur
 08 Shivani Didwania
 11 Maharukh Nariman
 12 Urmila Jain
 14 Bina Kejriwal
 14 Simit Thakur
 15 Ila Sonawala
 24 Kanika Khatian
 31 Urvashi Mehta

Anniversaries

6 Purnima-Gaurav Kapadia
 11 Maharukh-Burjor Nariman
 14 Ranjana-Bernhard Steinruecke
 17 Ramidevi-Murlidhar Jalan
 17 Radha & Ashutosh Garg
 19 Rati & Nadir Godrej
 20 Sarita-Bimal Shroff
 20 Sheela-Rajendra Mane
 21 Anurag-Svetlana Toshniwal
 22 Priti & Rajesh Shah
 23 Thrity-Sam Daruwala
 23 Dina & Antonio Fasano
 27 Taru-Praful Sheth
 27 Arati - Sunil Agrawal
 29 Kanika -Piyush Khaitan

Spouse's Birthdays

February

02 Shrikant Parikh
 02 Rita Shah
 07 Zhanna Surovtsva
 14 Usha Pandya
 16 Ranju Fazalbhoy
 16 Seema Kanabar
 20 Sapna Punjabi
 22 Anahita Kaka
 25 Nehal Sabadra
 28 Manika Krishnamurti

Anniversaries

03 Sonali - Manoj Jalan
 05 Pushpa & Dr.Chaltanya Goyal
 10 Nehal-Dr.Prafulla Sabadra
 11 Farida-Pankaj Udhas
 17 Sandhya-Anil Kamath
 17 Siloni-Ashok Sharma
 18 Neeta-Rohit Patel
 19 Jigisha & Shrikant Parikh
 20 Rita-Dr.Nilesh Shah
 21 Zeba-Rajesh Kohli
 22 Aruna & Rajesh Sharma
 26 Hansa-Santosh Kejriwal
 27 Shivani-Anand Didwania

Spouse's Birthdays

March

05 Avani Vora
 10 Shehlata Bhartia
 12 Tanvi Sanghi
 20 Indira Brunner
 20 Aruna Sharma
 21 Sushma Barwale
 26 Bela Kapur

Anniversaries

04 Rajul - Ashwin Shah
 10 Sarika - Dr.Deepak Garg
 15 Zhanna & Aleksei Surovtsev
 23 Gita-Navin Shah
 31 Jyoti-Dr. Ashwin Mehta

JANUARY 2019

VOCATIONAL SERVICE MONTH

WEDNESDAY, 02 JANUARY
NO MEETING

WEDNESDAY, 09 JANUARY
EVENING FELLOWSHIP
 hosted by Sarika and Dr Deepak Garg

WEDNESDAY, 16 JANUARY
MEETING

Subject: Turn your life around
 Speaker: Chetan Shah
 Venue: Taj Mahal Hotel at 1.15 pm

WEDNESDAY, 23 JANUARY
MEETING

Subject: Rule of law and civil society
 Speaker: Mr Majeed Memon
 Venue: Taj Mahal Hotel at 1.15 pm

WEDNESDAY, 30 JANUARY
MEETING

Speaker: Neeraj Shah
 Venue: Taj Mahal Hotel at 1.15 pm

FEBRUARY 2019

**PEACE & CONFLICT
PREVENTION/RESOLUTION MONTH**

WEDNESDAY, 06 FEBRUARY
EVENING FELLOWSHIP
 Venue: Wodehouse Gymkhana, Colaba at 7.30 pm

WEDNESDAY, 13 FEBRUARY
MEETING

Speaker: Mr Krishna Prakash- IPS
 Venue: Taj Mahal Hotel at 1.15 pm

WEDNESDAY, 20 FEBRUARY
MEETING

Speaker: Akhil Shahni
 Subject: Know your new members
 Venue: Taj Mahal Hotel at 1.15 pm
8th BOD Meeting at 2.30 pm at Taj Mahal Hotel

WEDNESDAY, 27 FEBRUARY
MEETING

Speaker: Dr Farokh J Contractor
 Subject: India Globalisation
 Venue: Taj Mahal Hotel at 1.15 pm
8th BOD Meeting at 2.30 pm at Taj Mahal Hotel

MARCH 2019

WATER & SANITATION MONTH

WEDNESDAY, 06 MARCH
MEETING

Speaker: ccc
 Venue: C.K. Nayudu Hall

WEDNESDAY, 13 MARCH
MEETING

3rd Club Assembly

WEDNESDAY, 20 MARCH
MEETING CANCELLED

WEDNESDAY, 27 MARCH
MEETING

Speaker: Dr Ashwin Mehta:- Cardiologist
 Subject: Understanding all about Heart Attack
 Venue: Taj Mahal Hotel at 1.15 pm

Edited and published for Rotary Club of Bombay Mid-Town,
 Navjivan III Commercial Society Premises Ltd, 10th Floor, Room No. 10 (R), Lamington Road, Mumbai - 400 008.
 • Tel: 022 2307 6265 Tel/ Fax: 022 2308 2279 • Mobile: +91 98336 85849 • Email: rotary019@gmail.com

Designed and Printed at Spenta Multimedia Pvt. Ltd.

Editors: Dr. Deepak Garg and Gargi Mukherjee

Editorial Consultant: Raoul-Ross D'souza • Design: Amol Patkar
 Peninsula Spenta, Mathuradas Mill Compound, Senapati Bapat Marg, Lower Parel, Mumbai - 400 013.

Page coordinated by Parab. For previous issues, please visit www.bombaymidtown.in

The paper for Mid-Town Bulletin is donated by Rtn Bimal Shroff for which the club is extremely grateful.

Please send your articles and news for the Bulletin to Parab (rotary019@gmail.com) preferably by the 10th of every month.