

MID-TOWN MUSINGS

Bulletin of The Rotary Club of Bombay Mid-Town

R. I. President
Sakuji Tanaka

District Governor
Dr. Balkrishna Inamdar

Club President
RP Anand



December is Family Month

President's Address

Dear Fellow Rotarians,



Greetings and Best Wishes for the Festive Season!

The month of November had many festive holidays of Diwali and Guru Nanak Jayanti, resulting in only two regular meetings! An important one was our Club's Charter Night celebration on Saturday, November 10. All Charter

Members, who attended were felicitated as were the Past Presidents. A unique musical entertainment was organised by our stalwarts PP Navin Shah, PP Rahul Mehta and Rtn. Kamlesh Sonawala. The soulful and foot-tapping Hindi film songs of the 60's through the 80's, sung by up-coming group 'young talent' groomed by music maestro Kalyanji's son, Ramesh Kalyanji was appropriate. The young singers sounded as close to the singers of those days making members nostalgic. The venue was the tastefully decorated auditorium of Zeba Kohli's Sunville. There was food and fellowship in plenty and everyone present that day enjoyed the night! The whole gathering was in a festive like mood.

I had an opportunity to visit Sakwar on November 4, and catch up with the on-going project run by the Ramakrishna Mission (RKM) and our club. Each year, this worthwhile project gives a helping hand to train the Adivasi villagers in agriculture. I had an opportunity to inaugurate the first Agri Camp this year.

Rtn. Kishore Sharma, Chairman, SAAD Committee, guided us around the project area, accompanied by the Swami-in-charge. Rtns. Naren Mohatta, Gaurav Kapadia and Munna Mitha were there to lend support and were full of praise to see the RKM doing some excellent work in that village.

You will be glad to see that our Project "Mukesh Memorial", is in the process of being cleaned through the effort of our PP Lalit Goculdas, Chairman of Environment Committee and PP Dr. Firoze Mirza — please have a look while passing through Nepean Sea Road. Any other suggestion will be welcome.

The young and adventurous speaker Avinash Thadani wonderfully addressed our club on November 21. I personally missed the presentation, which was presided by President Elect James Brunner. We wish the young and talented Avinash all success in his endeavor!

Our Rtn. Santosh Kejriwal has organised a Fellowship Exchange trip to Sri Lanka, departing on Tuesday, January 22, by an early morning flight and returning on Sunday January 27, 2013 by a late evening flight — practically five nights and six days. I look forward to seeing at least 20 Rotarians and spouses joining this trip and hence, would request all those interested send in their names at the earliest and participate wholeheartedly.

- R.P. Anand



Celebrating

Mid-Town's 45TH Birthday

The date November 12, 1968 is when our Rotary Club formally came into existence and a foundation of a great social organisation was laid. The Club has grown over the years from strength to strength and served the Society with many humanitarian projects, won many awards and has been singled out for its dedicated service.

The founding Charter Members were remembered and those who attended were duly honoured. So also were all the surviving Past Presidents, each receiving a memento. On this occasion, the Club also celebrated the birthdays and anniversaries of all members who celebrated these in the month of November.

The celebrations lived up to expectations as elaborated in the President's message. A group of professional musicians regaled the gathering with 'golden oldies' which touched many a heart. Later, they switched to the current 'Bollywood' beat drawing many to the dance floor.

The ambience at the venue and mouth-watering cuisine made the evening memorable.

Dr. Nupur Krishnan's New year "Health Mantra"!



Dr. Nupur Krishnan

"Let thy food be thy medicine and thy medicine be thy food" advised Hippocrates more than 2,000 years ago. And certainly a sensible one, given that food is the source of all of the components that make up the human body. Dr. Nupur Krishnan is a highly qualified Clinical Nutrition Expert, with proven experience of more than a decade in Preventive

and Clinical Nutrition therapies for heart attack, obesity, diabetes, high cholesterol, blood pressure, thyroid, kidney disorders, liver disease, anaemia, etc. Mid-Towners were privileged to hear her talk on how to remain healthy sans medicine. Here is an excerpt from her talk:

"In our fast-paced, high stress society, fatigue and exhaustion have become the norm. More sleep, of course, is the best answer. But, the right diet can also help fuel your body for the long haul and keep your energy levels from flagging throughout the day.

After months of partying, eating and drinking, perhaps the New Year is a good time to begin purging the toxins that might have built up in your system. Since all food passes through the liver, make sure you eat liver cleansing food.

- Eating small meals and/or snacks throughout the day keeps your blood sugar steady. Low blood sugar is one of the common causes of afternoon fatigue. Smaller meals can also help stave off cravings at odd times.
- Eat a wide variety of foods. This helps protect you from overeating any type of food that may have high levels of pollutants or pesticides.
- A light snack at bedtime can promote sleep, but too much food can cause digestive discomfort, which leads to lack of sleep.
- Don't nap during the day. Instead, get between 7-9 hours of sleep each night.
- Don't deprive yourself. Have small portions of your favorite high-calorie foods once in a while, so that you don't get frustrated and start bingeing.
- Eat often to avoid a completely empty stomach, which can make you overeat at your next meal.

- Choose your carbohydrates carefully. Despite what the popular media might have you believing, you don't need to avoid all forms of carbohydrates in order to lose weight.
- Choose high fiber foods, higher in bulk and lower in calories.
- Don't attempt to cut all the fat out of your diet. Research has shown, people are able to stay on a diet longer and are able to maintain their weight loss better, when their diets allow at least some foods that contain fat. For example cooking oil and nuts.
- Keep your eye on the mirror. Instead of relying totally on the scale, check your reflection in the mirror, your clothing size, your energy level, and the notches on your belt.
- Conquer cravings. Cravings may be tough to overcome, but once you understand why you have them, you will have better control over them. Say you crave for food because you're bored, angry, or stressed. So, you need a specific sustenance to make you feel better. A bag of potato chips can trigger the production of the feel good serotonin, which helps bust your mood and temporarily relieve your stress. Unfortunately, if you use food as a psychological first aid, your emotional needs will clutter your sense of taste or your body's real food requests. This is where the five Ds come to the rescue — Distract, delay, decide, distance and determine.
- After lunch, stay away from anything that contains caffeine.
- Keep alcohol consumption to a bare minimum. It is associated with increased level of triglycerides and cholesterol. This puts additional stress on ageing eyes.
- Exercise regularly, to increase the production of endorphins, brain chemicals that lift mood. Do not exercise strenuously with 2-3 hours to bedtime, as this may impair your ability to fall asleep. Walk briskly for 30-40 minutes.
- People who suffer from heartburn or acid reflux should avoid late, heavy meals that delay the emptying of the stomach. Lying down with a full stomach puts you at a gravitational disadvantage, encouraging acids and gastric juice to flow up into the esophagus, causing uncomfortable heartburn.
- Establish a schedule to help regulate your body's inner clock. Go to bed and get up at about the same time everyday, and follow the same bedtime preparations each night to create a sleep rituals."

Dr. Nupur Krishnan - Ph.D. Food and Nutrition
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President RP Anand felicitating Dr. Nupur Krishnan

My Travels to South America on a motorcycle

Avinash Thadani — a product of Doon School, took off for America for his college education and stayed on for a decade. After more than a decade in New York, he decided to return home but not before fulfilling his dream of traveling through the continent of South America on his motorbike, which he is passionate about. He knew that there was a highway from the North of the continent right to the South, and that was what he planned to bike through, taking diversions to see major sites on the way. He shared his exciting journey, with Mid-Town Rotarians through a slide show. After leaving New York, Avinash took this fascinating trip to South America and rode on his KTM motorcycle for four continuous months, covering 7 countries.

Starting off in Miami, Avinash (and his bike) flew to Bogota Columbia, a dangerous, war ravaged country, ruled by the militia yet fascinatingly beautiful, especially the desert landscape. He found the people friendly and welcoming of tourists. However not to encounter the para-military groups, he did not tarry long.

Ecuador — so named as it is right on the Equator (0-0-0 degrees). A peaceful place with beautiful cathedrals and interesting landscapes with mountains and valleys. Avinash's college friend joined him, making the travel enjoyable. There is a town in Ecuador, which is a major tourist destination for world travelers — Vilcabamba (located in a historical and scenic valley, it is a common destination for tourists, in part because it is widely believed that its inhabitants grow to a very old age. Locals assert that it is not uncommon to see a person reach 100 years of age and it is claimed that many have gotten to 120, even up to 135. It is often called the Valley of Longevity. Ed- Wikipedia)

Next stop Peru. The border police were very welcoming and fell in love with the mo'bike! The Indian flag which Avnash displayed on the bike, evoked a great deal of interest.

Peru has deserts with dazzling white sand and was the abode of ancient Incas, and the people still have those features — wearing colourful costumes and tending to flocks of cattle- goats, sheep and lamas. They have coca leaves to help them survive heights of 4,500 mts., as they help with oxidisation. Riding a bike in those mountains was, at times, stressful and scary. Avinash meditated to calm his nerves and maintain mental balance.

From Peru he took a boat for a five day journey on the Amazon, not a very pleasant experience, as the brown water of the river was the last thing one wanted to bathe



Avinash Thadani

in and the loos were filthy! Avinash flew back to where he had left his beloved bike and continued on to Lima.

Visiting Machu Picchu was a thrilling experience. Machu Picchu is a pre-Columbian, 15th century, Inca site located 2,430 metres (7,970 ft) above sea level. Machu Picchu is located in the Cusco Region of Peru. Though it looks primitive, (compared to the Taj Mahal of similar vintage) the spiritual vibrations of that place are amazing!

On to Bolivia — Avinash describes it as the most poor yet the most beautiful, 3500 meters above sea level, with a dried up salt lake. He camped near an old volcano.

Alas, all of Avinash's precious belongings were stolen here. Fortunately, with help of the Indian officials soon he had a new passport and enough cash to carry-on.

Jindal Steel, is the largest industry in Bolivia, which made Avinash feel very proud. He had observed a strong presence of Indian industries e.g. Hero Honda, Bajaj, Enfield, Mahindras in South America.

On to Argentina, the land of the Tango, where Avinash was joined by his wife-to-be, Pritha. Together they toured the beautiful lakes, glaciers and saw penguins.

When Avinash reached the Southern point called the 'End of the World' his long and eventful journey ended. Planting the Tri-Colour of his beloved country, he returned home, with a bushy four month old beard!

In New York, Avinash Thadani worked with advertising agencies Saatchi and Saatchi, Ogilvy & Mather and finally, The Hyperfactory which he helped start up. After the business was sold, he returned to India to start up an agency his wife, Pritha called 'Please-See'.

Speaker: **Avinash Thadani**

Introduced by: **PP Mohan Lalvani**

Vote of Thanks: **Rtn. Sucharita Hegde**

— Report by Rtn. Nargis Wadia



Go Germany!



The Rotary Club of Bombay Mid-Town, has been organising an International Youth Exchange, with the Rotary Club of Nidda, Germany for the last two years. The next Youth Exchange is planned in May 2013. 8-10 students of age group 15-20 years will spend about three weeks in Hessen Region (around Frankfurt) with students of similar age group and their families. Later in the year, the same German students will visit Mumbai and stay with the families of the Indian students.

It is a once-in-a-lifetime opportunity for a youngster to be a part of this fantastic experience of fun, friendship, learning and soaking-in a different culture and life.



If any youth from your family or from a friend's family is interested to be a part of this Youth Exchange Program, contact for further details:

Rtn. Manoj Jalan -
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A life so enriched and fulfilled...

It was indeed a pleasure to interview PP Dilip Piramal, whom I have known for many years. This delightful interview gave further insights into an individual, who has boundless energy and a winsome combination of being a great family man, a progressive businessman with multi-dimensional interests, hobbies — always rearing to go!

You belong to a well known business family. Tell us something about your growing up years.

I have been fortunate to be born in a well-known business family. My grandfather came to Bombay from Rajasthan at the tender age of 13. He started a cotton trading business, which eventually culminated in his buying out Morarjee Mills in 1934. My father, Shri Gopikisan Piramal, then consolidated this company into one of the best textile mills in India.

My growing up years were like any other family. My father was a relatively simple person, with absolute no airs about his status. In fact, his older brother, my uncle was a committed socialist, a freedom fighter, who went to jail in the Quit India Movement. The environment at home was fairly relaxed. It wasn't as luxurious as what my children have experienced. Except, that we never had to use public transport.

Family values must have been an important part of your upbringing. Was education considered important?

Family values have always been a very important part of our upbringing. My father was a very spiritual person, though not religious in the traditional manner. Education was very important, but there was no pressure at all to excel. Fortunately, I did excel in my school without much effort.

Did you and your brothers (the late Ashok and Ajay) have fun together? Were you close growing up?

My brother Ashok was older to me by two years and we have grown up and done things together. But, he was individualistic, and preferred to hang out more with his own friends. Ajay, is six years younger than me, and my kid brother. We had a lot of fun times together

You have been married twice. Would you like to tell us something about your life with Shalini? Where did you meet her?

I was married to Gita for 30 years and have two daughters. Our divorce was an amicable one — in fact, Gita lives in an entire floor in Piramal House! I met my wife Shalini at a birthday party, held by Shalini's neighbour who was a common friend. We eventually got married and have a six year old daughter, Priyadarshini.

You have three daughters — 'Women Power' all the way, is it a challenge bringing up daughters?

I have always been happy with my daughters. In our community to have a son is of great importance, particularly if one is in a business family. I somehow, never felt the absence of a son. I have never had any problems in bringing up girls.



Honeymoon in Egypt:
PP Dilip and his wife Shalini

Have you been a strict father? How has parenting evolved in the last few decades?

I have always been a very congenial and loving father. Fortunately, all of my three girls are very intelligent. The older two always excelled at school. Both are graduates from Oxford University and MBAs from Harvard Business School. My youngest daughter, who will turn six in March, is also growing up quite well. The big changes through the decades have been the active role of television and now the internet, mobile phones and the iPad which affluent kids have access to at a very young age.

You must be a proud father, seeing your daughters Aparna and Radhika playing an active role in the business.

Yes indeed, I am a very proud father. Aparna, my eldest daughter, has two sons and is quite busy looking after them. She is a very talented writer and writes for Mint, the business daily, amongst other newspapers. Radhika has taken over the day to day running of my company, as Managing Director and is indeed doing very well.



PP Dilip and his entire family



PP Dilip, his wife Shalini and their six year old daughter Priyadarshini

We make a good team and she has taken over most of my burden.

Are you looking at other projects?

For the last 10 years, I have been looking at starting a ladies handbag business. I want to replicate the VIP experience. Forty years ago, when the VIP brand was launched, there was no branded luggage in India. Even today, except for a few private labels, there are no national brands in this category. I would like to launch a ladies handbags in the 'Mass Premium Segment', in the price range of ₹1500 to ₹4000. In October 2012, we successfully launched our collection under the brand name of CAPRESE! It is now available in 400 stores in 50 cities and we plan to ramp it up to 1000 shops by May. Our advertising will be released in December. I am very excited about this, and confident that this business will equal our luggage business (which itself is growing quite well), within 10 years. This is because the 'ladies handbag' market is about 6-8 times larger than the luggage market.

I am also working on another project. It is an absolutely revolutionary invention, which if succeeds, will be a path-breaking product, particularly for India. It would be something as path-breaking as the launch of the Word Processor. I tell my inventor that if this succeeds they will get the Nobel Prize!

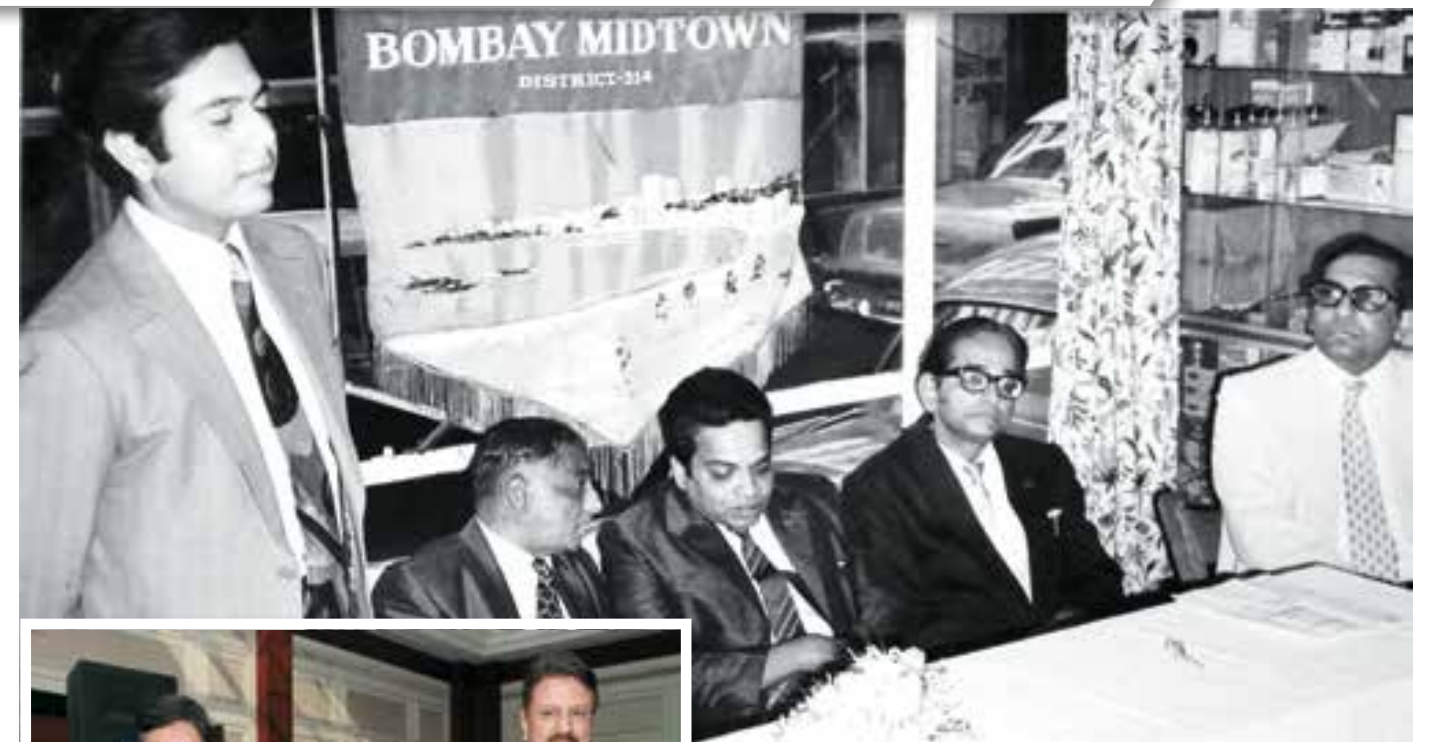
While CAPRESE will be managed by Radhika under the VIP Organisation, the new product would run independently under my management.

Tell us about your hobbies. I know music and collecting art is of great interest to you.

I am very passionate about music, and I love music of all genres. However, in the last few years, I have got more immersed in old Hindi film music and cannot get enough of it. For me the beauty of this genre of music is it has beautiful poetry as well. The old songs have very touching lyrics, and it is a combination of poetry with melody and Lata, Rafi and Mukesh which transports you to heaven. I also enjoy reading (mainly non-fiction) and watching TV, particularly documentaries, and Discovery and Nat Geo channels. Travelling has reduced a bit, but I will soon become the inveterate traveller again. My other interests include photography and cooking. In my new apartment, I have my personal kitchen, but it is yet to be inaugurated! I am also keen to learn the piano and Sanskrit.

I've heard that you are an encyclopedia of Hindi film music of the 50s and 60s?

Yes, my knowledge of film songs of those two decades is indeed very good. I can recognise most of the popular songs within two seconds of its music being played and I remember at least one stanza, if not more of nearly



L-R: A young Dilip, Padmabhushan Dr Shantilal Sheth, then President Bhumendra Shah, Ravi Bhandare and Krishna Sanghi



PP Dilip with Swati and Ajay Piramal

2000 songs. Sometimes, even I am amazed at how I remember some songs, which I have not heard for more than 20 years.

What are your views on religion and spirituality?

I have very unorthodox views on religion and spirituality, and I think it would require an exclusive interview to discuss that. I hope you'll take up my suggestion and do that in the not too distant future!

As a leading industrialist, do you believe in the Indian growth story? Are policies of our Government conducive to business growth?

India is a nation of wasted opportunities. We have ample natural resources, fertile land, abundant water and sun for thriving agriculture, and an intelligent population. Yet, we are one of the poorest countries in the world. However, since we reluctantly gave up socialist policies in the early 90s, we have had a positive turnaround in our economy, and we are finally embarked on a growth path. However, I feel we will continue to grow sub-optimally.

How do you see Rotary as an organisation? You were one of the youngest Presidents...

Rotary is an outstanding organisation. However, it is far more effective in the West, where the standard of living is very high and an organisation like Rotary can do small tasks locally. In a country like India, where poverty abounds, Rotary can only make a small dent in the multitude of problems. I joined the Rotary Club of Bombay Mid-Town when I was 22 years of age making people wonder if I was a Rotarian or a Rotaractor. And yes, I was President at the age of 31. We had earlier set up the Piramal Medical Rotary Centre under Dr Shirish Seth's Presidentship. However, this had to close down.

Your experiences have been so enriching and fulfilling, what is your message to today's youth?

My message to the youth would be that there are no shortcuts to success. While we have a lot of centers of good learning, and people compete very hard to get into IITs and other institutes, yet many young people want to take shortcuts and achieve objectives by dishonest means. But, nothing will replace honesty and hard work. Basic values will always stand in good stead.

What is your take on life?

Itna hi upkaar samajh koi jitna saath nibha de. Koi na sang mare. Man re tu kahe na dheer dhare. This means one should be grateful for whatever Love and companionship one has received as ultimately we are all alone and no one dies with you.

—Interview by Rtn. Prasanna Bhagat

Doing our bit for the society...

Club Service Avenue

Name of the Project: Fresher's Party
Date : September 18, 2012
Place : Status Banquet Hall
Summary: A fresher's party was organised by the club service avenue for the new comers of our college at Status Banquet Hall on September 18, 2012. The party witnessed a footfall of more than 70 people, few of them already being members of RCLC and others being the perspective ones. The evening started with a group fashion show and was then followed by a DJ dance party. At the end of the project, awards were given out to Best Group for the fashion show, Best Couple, Best Dressed Male and Best Dressed Female, respectively. The party was thoroughly enjoyed by all the members present on that fun filled evening.



Name of the Project: Strike Out
Date : October 11, 2012
Place : Fun Republic Mall, Andheri
Summary: Strike Out, as the name suggests, was a Bowling Tournament organised by the Club Service Avenue for G.B. Members on October 11, 2012 at Fun Republic Mall, Andheri. There were all and all 27 participants, which included 24 G.B. Members and three District Council members. The participants were divided in three groups of nine members respectively. Two high scorers from each group then qualified for the next round i.e. the Final Round. The tournament was won by our very own Buddy Council Member Rtr. Mustafa Disawala. All-in-all the project was great fun and a nice outing for members as well.



Community Service Avenue



Name of the Project: Respect your Tri-Colour
Date: August 15, 2012
Place: Eight Prime Locations in South Mumbai.
Summary: Respect your Tri-Colour, is one of the best and most prestigious projects conducted by RCLC since the past year. The main purpose of the project is to collect all the flags, which are discarded by people and are then lying on the road totally unnoticed, being stamped by pedestrians. This year, more than 400 flags were collected by our members from eight different prime locations of Mumbai like Mantralaya, Gateway of India, High Court etc. The project was not only appreciated by the Rotaract Community, but also by the Media and other responsible citizens of this country. The project was covered in five daily well known newspapers like Mumbai Mirror, Mid-Day, Mumbai Samachar etc.



Name of the Project : Adopt A Human
Date : August 27, 2012
Place : King George V Memorial.
Summary: "Sab lok yahan ek baar aa ke...kuch de ke...chale jate hai! Koi vapas milne ko nahi aata!" were once said by our very own Manorama Aunty. Yes, our very own! Those lines really touched our hearts and made us think once again, aren't we doing something wrong? Our hearts said yes! As a result, we at RCLC, decided to Adopt Manorama Aunty, a lady who was then just an old discarded lady by her own family, lying in a corner, on a bed at King George V Memorial, who is now our very special Manorama Aunty. We make a point to visit her as well all other ladies at King George V Memorial every month and celebrate any occasion or festival and also try to get them their day to day necessities. We at RCLC, are really proud of the noble project and are happy that somewhere, somehow we are now a small part of their life.



International Service Avenue

Name of the Project: World Population Day
Date : July 11, 2012
Place : Agripada Slums and its nearby areas.
Summary: A survey was conducted in Agripada Slums and its nearby areas about to get an idea about how much knowledge do slum dwellers posses about certain important issues like sexual awareness, population

explosion and the problems which our country is facing because of it. A questionnaire was prepared by the International Service Avenue to collect the data from that area. The same data was then compared to the data which was conducted by us in a similar kind of a survey. However, not much improvement was noticed. The project was covered by English Mid-Day.

Mid-day Meal Project

On Saturday November 10, 2012, the Rotary Club of Bombay Mid-Town (RCBMT) organised a gala celebration on its Foundation day. The function was a fun and frolic affair. The musical program was a fantastic rhapsody of melody and harmony. These foot-tapping songs were enjoyed by one and all. Not to forget the Rotary spirit of "Service Above Self", President Rtn. R P Anand gave a generous donation to the Mid-day Meal Project. It was received by Shri Radha Krishna Das Prabhu, Managing Director of ISKCON — Food Relief Foundation (ISKCON FRF). He was accompanied by his able Project Manager, Shri Harish Desai. In his response, Prabhuji expressed his grateful thanks to President Anand and all members of RCBMT, for the support accorded to the Mid-day Meal Program. He stated that in the very first year, RCBMT was the largest donor. Last year, it was second. He hoped that this support would continue in the future as well. The Mid-day Meal Project is strongly supported by the Rotary Clubs in RI District 3140. Last year, the Rotary clubs jointly donated an aggregate of over ₹1.25 crores towards the Mid-day Meal Programme of ISKCON FRF. RCBMT were proud to be equally supportive and stood second in the District. The current year's target is to provide Mid-day meals to 1,000 children or ₹9 lakhs Dr. Deepak Garg, Chairman of Child Welfare Committee, believes that the target would be met.

The Mid-day Meal Project is a strategic program, to liberate the underprivileged children from scourge of hunger and malnutrition. It is a project of the Government of India, and is being implemented by ISKCON Food Relief Foundation. It is a non-profit, non-religious, non-sectarian charitable trust. This project is done without any commercial motive. The professionally managed Mid-day Meal Program has trained cooks, who use the most advanced technology in cooking under hygienic conditions, using fresh and pure ingredients. The meals are packed and sealed in specially designed stainless steel containers, and are transported in vehicles most suited for the logistics. Cooked in the most cost-effective manner, the nutritious, sumptuous and sanctified meal consists of different menus such as khichadi (a mix of rice, dal and vegetables, cooked in pure ghee, with spices and tomatoes), chapatti, subji, rice, sambar, etc. according to local tastes. ISKCON Food Relief Foundation received the Best NGO award from RCBMT in RY 2010-2011. Contributions made towards this project are eligible for 100% exemption from Income tax under section 35 AC of the Income Tax Act, 1961.

– Report by Rtn. Naren Mohatta



In fond memory...



Mr. Mukesh Chand Mathur, or better known simply as 'Mukesh', was one of the prominent members of our Club. It is our love to him, that this memorial was made in his honour. Today, our Project "Mukesh Memorial" is in the process of being cleaned, through the effort of our PP Lalit Goculdas, Chairman of Environment Committee and PP Dr. Firoze Mirza — please have a look while passing through Nepean Sea Road. Following in his footsteps, his son Rtn. Nitin Mukesh Mathur, also joined us in 1977, and today, is one of the celebrated members of the Club.

Congratulations

The talented couple — PP Rtn. Anil V. Kamath has been elected as Vice President of the Council for Fair Business Practices, Mumbai and his better half Dr. Sandhya Kamath has taken over as the Dean of the prestigious KEM Hospital, Mumbai with effect from October 1, 2012.



Obituary

We extend heartfelt condolences to Rtn. Manoj Jalan, on the sad demise of his beloved father Shri. Nandkishore, may the Almighty give the family courage and strength to bear this sad loss with fortitude and courage.

Helping Sakwar 'cultivate' new practices

The monsoon magic is over, and the green fields and hillsides are turning brown. The small brooks and streams are drying up (a Deccan trap phenomenon). This year, the rain gods (though visiting late) provided enough water for a bumper rice crop in the tribal belt of Thane district. The paddy is now in, so what's next? Vegetables are now beginning to grow wherever water sources are available.

This is where Rotary Clubs' resources and help can affect improvements in the lives of the rural folk. The Rotary Agriculture Training Camps are held each year to help the Adivasis grow second and third crops of vegetables during the dry season. These camps are regularly held, in co-operation with MAHYCO and the Ramakrishna Mission Rural Health and Welfare centre, Sakwar.

MAHYCO provides the seeds, trainers and supervisors for field supervision. The Ramakrishna Mission Centres' volunteers help in contacting Adivasi villages and create Mahila Mandals and provide a demonstration for hands-on training.

People attending the camp travel for two to three hours to reach Sakwar. For the people who don't own land, instructions are provided on kitchen gardens and ways to set up self-help groups and lease land for gainful use. Improvements in health and well-being can be seen consequently, on the faces of the attendees.

The first Agri Camp for the year, was inaugurated by Rotary President R.P. Anand on November 4, 2012, at Sakwar. Members of the committee were also present at the ceremony. The President keenly observed the vocational training facilities at Sakwar. These included tailoring, carpentry, driving, mechanical training and welding. In addition, the girls from the family are trained in rural health care, for a duration of one year. The President also observed the on-field training of the camp participants.

After the inauguration, the President handed over a cheque of ₹1 lakh as Rotary contribution for the Agri camps to be held in December 2012, February 2013, March 2013 and May 2013, to the Swami-in-charge at Sakwar. Along with the other committee members, he then distributed winter vegetable seeds to the participants of the project.

Each year, the reach of the camps is extended to include new areas, for a wider coverage. At the present Agri Camp, the poorer sections of Shahpur Taluka, travelled for over two and a half hours each way, to attend it. The adults and children alike were suffering from malnutrition.

It is the endeavour of the committee members to reach out to such people through all means available.

-Report by Rtn. Kishore Sharma



The President with the Committee



Distributing seeds to the attendees



The Committee with the Swami-in-charge



A learning session

Back to school...



Asha, Dipika, Madhuri, Aarti, Jyotika and Sulochana



Rapt attention, listening to Rtn Dr Anil Tibrewal's melodious voice.

Mysore Café is becoming a very popular eatery for our Club members. We never miss an opportunity to enjoy a round of delicious South Indian cuisine and steaming coffee. One such opportunity came our way when we visited the Toy Library at City of Los Angeles Municipal School, Matunga. Our Treasurer, Asha Bhatia hosted the lunch for us on the way to the School.

Children Toy Foundation (CTF) is a registered non-government organisation, established in the year 1982 and works towards the right of a child to play. As explained by Mr. Devendra Desai, the aim of the CTF is to educate beyond reading and writing, help children acquire real skills, develop a positive attitude and encourage children to interact confidently with their environment. And this library, is a proof of how fruitful the project is. Our Club was happy to give 12 tables and 51 chairs for this library. On our visit there, we could see a room full of toys, board games ranging from puzzles to maths to card games and pairing games. About 50 children, aged between 6-12 years were present, enjoying the games, while seated on their new colourful chairs! We also gave popcorn and sweets to each child.

As Children's Day falls in November, our Project seemed to be just perfect. Besides, we also plan to sponsor some more games for WADA School where we did a Project last month. Our generous members Madhu G, Meryum K, Sumati S and Asha B, to name a few, have already given a cricket, badminton and chess set, along with frisbees for the recreation of the school children.

This month also brought us Diwali, the festival of lights. And what better way could we have celebrated this, than conducting a melodious musical programme at J J Dharamshala! Rotarians Rajiv Kapur and charming Bela Kapur, Rtn. Dr. Anil Tibrewal, Rtn. Dr. Dilip Nadkarni and Rtn. Rajesh Tandon, mesmerised the audience with their soulful singing and tunes of yesteryears. Presence of our members, and their help in bringing snacks and gifts for the inmates gave a very personal and caring touch to the entire event.

Our GBM was held at gracious hostess Sukanti Kamath's residence with the sumptuous menu planned elaborately by Madhuri Mehta, in keeping with the festive season.

- Report by President Aarti Gautam



Colourful chairs & tables at School Library, Matunga



Sweets and Popcorn packets being distributed



Asha, Fatima and Gita with the inmates



MONKEY BUSINESS



ROTARY CLUB OF BOMBAY MID-TOWN

OFFICE BEARERS 2012-13

President:	R P Anand
Imm. Past President:	Kersi Hilloo
Vice President and President Elect :	James Brunner
Hon. Secretary:	Manoj Jalan
Jt. Hon. Secretary:	Anil Ambo
Addl. Jt. Secretary:	Rajen Patel
Hon. Treasurer:	PP Anil Kamath
Sergeant At Arms:	Munna Mitha

INVITEES TO BOARD MEETINGS 2012-13

PDG Dr. Shirish Sheth, PP Navin Shah, PP Mohan Lalvani

Director Club Service: Kamlesh Sonawala

Programmes :	Sucharita Hegde
Fellowship:	PP Ajit Kamrani
	Co-Chair: PP Mohan Lalvani
	PP Vishnubhai Haribhakti
Finance:	PP Tilak Mehta
Attendance:	PP Dr Firoze Mirza
Bye Laws:	Kamlesh Sonawala
Fund Rasing:	Co-Chair: PP Rahul Mehta

Classification:	PP Yoginder Shankardass
Membership:	Shaunak Thacker
Membership Development:	Zeenat Ali
Rotary Information:	PP Gopal Motwane
Bulletin / Magazine:	Nargis Wadia
Public Relations:	Sunil Gautam

Director Vocational Service: Ashwin Shah

Career Guidance:	Prasanna Bhagat
Midtown Image Project:	Anil Ambo
Scholarships & Awards:	PP Satya Bhushan Anand
Four Way Test:	Rajeev Thakkar
Senior Citizens Welfare:	Kishore Jhaveri
Financial Opportunity Forum:	Parag Parikh

Director Community Service: Narendra Mohatta

Human Development

Child welfare:	Dr Ghanshyam Kasbekar
	Co Chair: Dr Deepak Garg

Community Development

Nere-Vaje Village	
Development Project:	Nirbhay Jain
Polio & Care of Physically Challenged:	Gaurav Kapadia
Medical – Plastic Surgery Camp:	Dr Anil Tibrewalla
Medical camps and support to service projects:	PP Dr Kirit Mody
	Co-Chair: Dr Varsha Vadera
Sakwar Area Adivasi Development:	Kishore Sharma

Environment

Environment & Nature Education:	PP Lalit Gokuldas
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Partners in Service

Rotary District Relations	PP Anil Kamath
Inner Wheel	PP Mohan Lalvani

Director new generation: Vicky Punjabi

Interact	Jamsheed Patel
Rotaract	Anil Ambo
Sports	Dinyar Jamshedji

Director International Projects: PP Arrow Sinha Roy

International Grant Projects:	PP Arrow Sinha Roy
	Co Chair: PP Anil Kamath
	Co Chair : Yogesh Pandya

International Family & Youth Exchange:

	Santosh Kejriwal
	Co Chair: Manoj Jalan
Rotary Foundation:	Rajeev R Anand
Rotary Sister Clubs Exchange:	Bernard Steinrueke

Assistant Governor:	Dr Rumi Jehangir
Group Coordinator:	Aditya Singh

December

<< Wedding Anniversary >>

01	Indira- James Brunner
03	Leila-Shankar Sujan
04	Shiloo-Dr.Shirish Sheth
05	Malti-Kiran Shah
06	Julie-Rajesh Tandon
08	Bindu-Krishna Mehta
08	Geeta-Parag Parikh
09	Pushpa-Narendra Mohatta
10	Radhika-Dr.Vijay Haribhakti
10	Anita-Prakash Mody
11	Sapna-Vicky Punjabi
12	Rupande-Bharat Parekh
12	Hemangini – Rajeev Thakkar
15	Nasreen-Dr. Anil Tibrewala
20	Urvashi-Jaidev Mehta
23	Bina –Mukesh Shah
23	Dr.Varsha-Dinesh Vadera

<< Spouse's Birthdays >>

15	Hansa Santosh Kejriwal
15	Jyoti Ashwin Mehta
16	Rekha Satyaprakash Agarwal
16	Dr. Vimal G. Kasbekar
20	Radhika Vijay Haribhakti
22	Kalpna Prabhat Srivastava
23	Bina Mukesh Shah

<< EVENTS IN DECEMBER >>

5 Wednesday

CCC&B Meeting at Wodehouse Gymkhana at 7 pm (no meeting in afternoon at Taj Mahal Hotel)

12 Wednesday

Mr. Gaurav Mashruwala, will speak on 'The Financial Planning Process' at 1:15 pm at Taj Mahal Hotel
II Club Assembly

19 Wednesday

Ms.Uma Shashikant, who will speak on 'Asset Allocation' at 1:15 pm. at Taj Mahal Hotel
Sixth BOD Mtg. at 2:30 pm at Taj

26 Wednesday

Club's Annual General Meeting at 1.15 pm at the Taj Mahal Hotel

December 26-Jan 11

Exchange students from Germany will be in Mumbai

<< Birthdays >>



02 DECEMBER
Nirbhay Jain



02 DECEMBER
James Brunner



04 DECEMBER
Moorad Fazalbhoy



10 DECEMBER
Mukesh Shah



12 DECEMBER
Raju Barwale



12 DECEMBER
Yoginder Shankardass



13 DECEMBER
Tilak Mehta



14 DECEMBER
Rajen Patel



20 DECEMBER
Ajit Kamrani



21 DECEMBER
Dr Prafulla Sabadra



21 DECEMBER
Kishore Jhaveri



26 DECEMBER
Mahesh Krishnamurti



28 DECEMBER
Dr Firoze Mirza



29 DECEMBER
Suruchi Chand



29 DECEMBER
Anil Kamath



30 DECEMBER
Shaleh Tyebjee

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Please send your articles and news for Musings to Rtn. Nargis Wadia (nargis.wadia@gmail.com) or Allan Chenyen (bbymidtown@vsnl.net) preferably by the 16th of every month.