

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



District 3140

October is Vocational Service Month

President's Address

Dear Fellow Rotarians,



I would like to thank Rtn. Krishan Chand and R/Ann Sudha, PP Ajoy Bhandare and R/Ann Uttara who came forward to co-sponsor the luncheon meeting of September 26. I am, and will always strive to give my best, to follow my motto "Hospitality and fellowship". This can only be made possible if you, my fellow Rotarians come forward

and offer your cooperation and participation.

Here is a summary of certain interesting projects for your information:

25 Aug

A function was organised at Nerul where mobility aids were distributed to 44 physically challenged patients. I was accompanied by Rtms. Naren Mohatta, Gaurav G. Kapadia and Dr. Deepak Garg for the same.

04 Sep

The FINANCIAL OPPORTUNITY FORUM meeting was held at The Malabar Hill Club at 6 p.m.

05 Sep

CCC&B Fellowship meeting was held at Wodehouse Gymkhana, felicitating Rotarians and their spouses, celebrating birthdays and anniversaries. My thanks to Rtms Kamlesh Sonawala, Ramgopal Mehra, Dr. Varsha Vadera, R/Ann. Pushpa Mohatta and Sushu and Ajit Kamalani for their contribution to a fantastic dinner meeting.

07 Sep

The Child Welfare Committee supporting mentally and physically challenged children, organised a visit to "ADAPT" at Bandra. A cheque of ₹40,000 donated by Rtn. Gaurav Kapadia, Rtn. Naren Mohatta, Rtn. Ashwin Shah and the Bombay Mid-Town Trust, was presented by me.

13 Sep

The Environment committee had its project—'Beautification of Garden' — at the Victoria Memorial School, Tardeo, attended by committee chairman PP Lalit Goculdas, Rajeev Anand and others.

14 Sep

Awards were given to two students (Sunanda Shinde and Ramesh Mitra) for excelling in the computer course at NASEOH. Cheques were presented to them by Chairman Scholarships Committee PP S. B. Anand. It was attended by me, Rtn. Naren Mohatta and Rtn. Gaurav Kapadia.

16 Sep

Our partners in Service the Inner Wheel Club of Bombay Mid-Town had a Diagnostic Camp at SL & SS Girls School, Girgaum.

29 Sep

And finally, The World Elders Day was celebrated by the District at Rotary Service Centre, Juhu from 2 p.m. to 6 p.m. Our Club co-sponsored this event, which was a grand success.

- R.P. Anand



Cake cutting



L-R: Ghansham Dembla, Kamlesh Sonawala, Ramgopal Mehra, Manoj Jalan, Vishnubhai



L-R: Dinyar Jamshedji, Kishore, RP Anand, Vicky Punjabi, a guest



L-R: Lalit Goculdas, IW Fatema and Meryum, RP Anand, Munna Mitha



Rtn. Varsha and lovely R/Annes make a happy group



Nitin Mukesh in conversation with Vishnubhai



Dr. Madhav Kamat, Santosh, Jaidev and Dr. Pratap Sapat



Cake cutting - Happy Birthday to All

Let's bid goodbye to stress

Dr. Dilip Nadkarni gives us some easy remedies to tackle stress.

We had an interesting talk by **Dr. Dilip Nadkarni on August 29**. Dr. Nadkarni is indeed multi dimensional, a leading Orthopedic Surgeon and Arthroscopist affiliated to Lilavati Hospital, and is also an author, lyricist, music composer, singer, golfer and motivational speaker. He has authored books such as **Knee Problem No Problem**, **Real Fitness** and **Calm Sutra**. Dr. Nadkarni also conducts **Interactive Workshops** for corporates on relaxation techniques thus promoting holistic health and improving people's lives.

Dr. Nadkarni launched <http://www.calmsutra.org/>, the mission of which is to spread happiness and banish stress. **Calm Sutra** promotes proactive attitude, exercise, breathing techniques, meditation, visualisation, affirmation, laughter and activities like music and golf.

Among many things he explained, the highlights were:

Aches and Pains — Backaches are due to hurry and worry, bad posture and too much stress. Very often people suffer from pains which show no signs in medical tests such as X-rays. These are stress related. There is a great emphasis on the 'Mind and Body' connection. To deal with this it is very important to de-stress through positive thinking, meditation, yoga, deep breathing, laughter etc.

Good stress — It is the stimulation which inspires one to perform to max potential. It is called Eustress. Bad stress is the one which produces tension, disease and reduces performance. It is also called distress.

Deep breathing — It has many benefits, if done correctly. While breathing in, one must realise there are various nutrients in the oxygen we inhale. While exhaling, the toxins in our body, such as carbon monoxide are expelled. Most relaxation and meditation techniques revolve around breathing. While breathing, it is important to focus on the diaphragmatic breathing (instead of thoracic) which increases the efficiency of the entire cardio-respiratory functioning. And we were entertained with a line of the popular song "**Dam lele ghadi bhar ke saiyyan payega kahaan, wahaan kaun hai Tera musafir jayega kahaan...**"

We were also made to hear the music of a tanpura, which can be associated with deep breathing. Music is again a very effective medium to help in relaxation.

Meditation can be of various types from Vipassana to Dynamic Dancing. Meditation plays an important role in calming the mind, enhancing concentration levels, improving self-esteem, creating self-awareness, and boosting the immune system.

Exercises, especially yoga are great as energisers and stress busters. Dr. Nadkarni explained that even when we

are rushing around and say we have no time for exercise, we can always practise **vertical yoga**, which needs less space and just a few minutes. Then there is **calm yoga** and **swar yoga**. Within our fast-paced lives through effective time management a routine can be made which includes these exercises.

Dr. Nadkarni also mentioned that whenever he is talking on **Calm Sutra** it is a reminder for him also to "chill out". And what takes him closest to spirituality is music and golf.

The focus of this talk was modern life with its various challenges that makes people stressed and affects their health and wellness. However, even in this pressured environment, it is possible, through a holistic approach — motivation and time management, be able to live a healthy life without succumbing to the pressures, tensions, stresses of the modern day.

MEETING DATE: August 29, 2012

INTRODUCED BY: Dr. K.B. Kasbekar

VOTE OF THANKS: Rtn. PP Ajit Khemlani

— Report by Rtn. Prasanna Bhagat



L-R: Julie Tandon, Peter Born from Rc Frankfurt – Staedel, Rajiv and Bela Kapur with Speaker Dr. Dilip Nadkarni



The speaker receives a memento from the Pres. R. P. Anand

Careers — switching midstream: From science to literature: From fact to fiction

R/Ann Indira Chandrasekhar is not a career counsellor, but she did share her own experiences in career switching. The story of the founder-editor of Out of Print, an online magazine for short fiction stories may sound like fiction itself. She narrated to us about how she switched her career from science to literature.

Indira grew up in an atmosphere steeped in science, academia and art at the University of Mysore and the Raman Research Institute, Bangalore. She has a Ph.D. in Biophysics from the Indian Institute of Science, Bangalore. She studied the dynamics of biological membranes using computational techniques in laboratories in India, the United States and Switzerland. In 1989, she moved to the United States on a post-doctoral fellowship. En route, she stopped in Switzerland where she met her future husband. Two years later, after finishing her project, she and James were married. In Switzerland, she worked at the Swiss Federal Institutes of Technology. She took a break to bring up their young children, during which time she taught English as a foreign language.

Science: A motivation and focus:

Indira hails from what could be termed as the First family of Science in India. Her father's uncle was Sir C. V. Raman, an Indian physicist whose work was influential in the growth of science in India. He was the recipient of the Nobel Prize for Physics in 1930. He discovered a scientific phenomenon which is now called Raman scattering and is the effect of the Raman Effect.

Subrahmanyam Chandrasekhar, her father's cousin, was an Indian-American astrophysicist, who won the 1983 Nobel Prize for Physics for key discoveries that led to the currently accepted theory on the later evolutionary stages of massive stars.

Her father, Sivaramakrishna Chandrasekhar was a physicist who won the Royal Medal in 1994. He was the founder-president of the International Liquid Crystal Society. He was the first Head of the Department of Physics, University of Mysore, and began the Centre for Liquid Crystal Research after retiring from the Raman Research Institute where he founded the Liquid Crystal Laboratory.

Little wonder then that science was a natural motivator for Indira. With such a family background, a sound support system and exposure, Indira turned her focus to science.

In 2005, she returned to India after staying abroad for 17 years. After returning to India, she lived in Mumbai. She wanted to settle down and look after the

family. But after 17 years abroad, the colour and the grey, the energy and the enervation, the excitement and the sense of despair that are part of all of our daily lives drew Indira to tell a story. Her mother, Ila Chandrasekhar, an artist and writer and President of the International Music and Arts Society encouraged her to explore other creative voices inside her that had not found sustained expression. Apparently, this was the time for them to

emerge and she began writing short stories.

'Out of Print'

And thus was born 'Out of Print', an online magazine (<http://outofprintmagazine.co.in>). The intention of 'Out of Print' is to publish short fiction either written or translated into English that bears a connection, either through author, place, character or narrative, to the South Asian subcontinent. The main focus is on Literary Fiction. Stories written in a literary style from the fiction genre are published in this online magazine.

Lessons in Career Switching

Indira says that there are mantras which need to be followed if anyone wishes to make a midstream career switch. They are: Be Bold, Be Foolish, Be Impulsive and Be Careful. One has to be bold and perhaps a bit foolish or impulsive to take the step of midstream career switch. There has to be a lot of passion involved in career switch. However she leaves us with a caution that one must carefully assess the financial implications of career switch before making any hasty decisions.

MEETING DATE: **September 12, 2012**

INTRODUCED BY: **Rtn. Sucharita Hegde**

VOTE OF THANKS: **Rtn. Jamsheed Patel**

– Report by Rtn. Sunil Gautam

Lunch with the club (26-9-2012)



Ajoy and Uttara welcome Anil Ambo, Ashwin and Rajul Shah



Sudha Chand and Manika Krishnamurti



Kiran Shah, Kishan Chand, Pres. R P Anand, PP Lalit Goculdas and Radha, Sudha Chand, Malti Shah



PP Ajoy and Uttara, PDG Dr. Shrish Sheth



Ajoy Bhandare, Dr. Firoze Mirza, Burjor Nariman, Vicky Punjabi, Lalit Goculdas and Mohan Shahani



PK Srivastav, Krishan Chand, Ghansham Demla, Vicky Punjabi, Navin Shah, Ajit Kamlani and Sudha Chand



Sudha Chand, Sohrab Davar, Kiran Shah, Hector Mehta, and Jamshed Patel



PP Navin Shah in conversation with the lovely R/Annes

Huang is the choice for 2014-15 RI president

Gary C. K. Huang, a member of the Rotary Club of Taipei, Taiwan, is the selection of the Nominating Committee for President of Rotary International in 2014-15. Huang will become the president-nominee on October 1, if there are no contending candidates.

Huang says his vision for Rotary is to increase membership to more than 1.3 million.

"To increase our membership, we must go beyond borders to wherever we see growth potential, such as the countries of China, Mongolia, and Vietnam. I will put an emphasis on increasing female and younger members," Huang says. "I will also encourage former Rotarians to once again be part of our Rotary family."

Huang has served as the chair of Taiwan Sogo Shinkong Security Co. Ltd., Shin Kong Life Real Estate Service Co., and P. S. Insurance Agency, Inc. and director of Federal Corporation and managing director of Taipei Life-Line Association.

He is a past president of Malayan Overseas Insurance Co. and charter secretary general of the Council for Industrial and Commercial Development in Taiwan.

A Rotarian since 1976, Huang has served as RI vice president, director, Rotary Foundation trustee, district governor, International Assembly training leader, regional session leader, task force member and coordinator, and committee member and chair.



Gary C. K. Huang
is the choice
for 2014-15 RI
president

Convener of the 2000 Hong Kong, 2011 Kuala Lumpur, 2002 Manila, and 2003 Singapore Rotary Institutes, he also served as chair of the 2002 Taipei Presidential Conference. He is chair of the Council of Past District Governors in Taiwan.

Huang created 19 new clubs in 1986-87 as governor of District 345, which included Hong Kong, Macau, and Taiwan.

Huang has been awarded the National Civic Service Award by the Federation of Non-Profit Associations and the Outstanding Community Service Award by the Ministry of the Interior, R.O.C. He is a recipient of the RI Service Above Self Award and the Rotary Foundation's Citation for Meritorious Service.

Huang and his wife, Corinna Yao, have three children.

The 2012 nominating committee members are John F. Germ, USA (chair); Keith Barnard-Jones, England; Mohamed Benmejdoub, Morocco; Peter Bundgaard, Denmark; Michael Colasurdo Sr., USA; Mário de Oliveira Antonino, Brazil; Sushil Gupta, India; Jackson San-Lien Hsieh, Taiwan; John Lawrence, Australia; Carlo Monticelli, Italy; Paul A. Netzel, USA; Kazuhiko Ozawa, Japan; Ekkehart Pandel, Germany; Noraseth Pathmanand, Thailand; Barry Rassin, Bahamas; Robert Scott, Canada; and Thomas M. Thorfinnson, USA.

Indian Badminton Star Saina Nehwal endorses Polio eradication campaign

Rotary

We are this close to ending polio!

We are this close—this close—to making sure no child suffers from this crippling disease ever again.

All we need is you. Immunize your child against Polio.

Help us to make Polio history in India and the world!

Saina Nehwal
Khel Ratna, Badminton

Every Child... Every Time...

Two drops of life

Visit to ADAPT

ADAPT is the acronym for "Able Disabled People Together". ADAPT was previously known as "Spastic Society of India". Rotary Club of Bombay Mid-Town has been associated with ADAPT since Rotary Year 2009-2010. RCBMT believes that this is a noble cause for our club to support. Thanks are due to Rtn. Capt. Amulya Singh who introduced this project to the RCBMT.

ADAPT looks after and supports mentally and physically challenged children. It helps co-ordinate their movements and learn to speak and express themselves properly. These children are also taught skills depending upon their disability. ADAPT is the brain-child of Ms. Mithu Alur who conceptualised and founded it about 36 years ago.

Rtn. President RP Anand led a delegation of Mid-Town Rotarians, including Rtn. Deepak Garg, Rtn. Gaurav G. Kapadia, Rtn. Dr. Anand Kasbekar and Rtn. Naren Mohatta, to the NGO's premises at Bandra on September 7, 2012.

The delegation was welcomed by Ms. Varsha Hooja, CEO and trustee of the ADAPT foundation, Ms. Sangeeta Jagtiani and Ms. Ameena Lateef, two of the senior executives of ADAPT.

The tour started with an audio-visual presentation regarding the excellent work being carried out at the Bandra centre of ADAPT. They also have a similar centre at Colaba.

Thereafter, the delegates were taken around the large premises, where children with disability are well looked after and provided with different training programmes, including education upto graduate level. The delegates were deeply impressed by the activities of ADAPT some of which are:

- Providing a forum for sharing information and resources.
- Organising social events for persons with disabilities.
- Providing community education on disability issues.
- Networking with like-minded groups by participating in workshops, seminars and conferences at the national and international level.
- Raising awareness to alter society's attitude towards people with disability through dissemination of information via print, electronic media and public events.
- Conducting training programmes for people with disability, families and allies with empowerment as the key focus.

ADAPT strongly believes in bringing together "disabled people" with "abled people", so that they can work together for a truly inclusive society.

In the slums of Mumbai, where large number of children are out of school and yearn to be educated, development

of ADAPT's low-cost intervention and pooling together of resources have been put in practise. As a result, the educational needs of thousands of children in the slums are being met.

Another audio-visual programme was ably presented by Ms. Ahuja, the trustee. The focus this time was on the Pan-India work being carried out by ADAPT.

While thanking the authorities for taking the Mid-Towners round the Bandra centre, President Anand handed over a donation of ₹40,000/-. He promised to continue RCBMT's support in future as well.

– Report by Rtn. Naren Mohatta



Pres. R P Anand presents a donors contribution



Children with disability at work



Rtns: Gaurav Kapadia, Dr. Arvind Kasbekar, Pres. R P Anand, Dr. Deepak Garg and Dir. Naren Mohatta

Hello NASEOH

The distribution camp organised by Rotary Club of Bombay Mid-Town jointly with NASEOH at Dharap Hall, next to Gram Panchayat Office, Neral on August 25, 2012 was presided over by President R. P. Anand, accompanied by Director Naren Mohatta, Chairman Gaurav G. Kapadia and Rtn. Deepak Garg. This camp was largely successful in as much as following beneficiaries received equipment at the hands of President and Rotarians.

Description	Numbers
1. Calipers and Braces	6
2. Cretches and aids	8
3. Prosthesis	13
4. Tricycle with gear	7
5. Tricycle without gear	3
6. Wheelchairs	7
*Total	44

*President handed over a cheque for ₹1,00,000/- (Rupees One Lac only) to Mr. Shetty of NASEOH by way of sponsorship for the above- mentioned equipment at the above function.

– **Report by Rtn. GG Kapadia**



Pres. R. P. Anand present a Jaipur Foot



Rotary Distribution Camp



Rotary @Distribution Camp



Beneficiaries @Distribution Camp



Distribution of tri-wheeler Camp



Naren Mohatta, Dr Deepak Garg,
Gaurav Kapadia



Yogesh Shetty, Asst. Director of NASEOH
receives our Club's donation



Distribution of wheel chairs @
Camp

Bombay Mid-Town to launch 'Vocational Training Facilities' at grass-roots level

In 2007-08 we started on a holistic approach to 'total village development' by launching a 'Watershed Area Development' project for Potkhal and Baste villages, covering an area of 1,500 acres.

This has helped provide a permanent solution to total water needs of the community — both domestic and agricultural. Simultaneously, Rotary has provided training to 260 women in 'Kitchen Gardens' to put ample 'food on the table' and tackle malnutrition. 80,000 trees have been planted. 60 million gallons of rainwater are being saved annually, to recharge the underground aquifer. School students now sit on comfortable desks, instead of hunkering on the barren floor. More than 450 school-going children are given a 'glass of milk a day'. Regular health monitoring is done. Adult Literacy classes have started. Solar lighting, at subsidised cost, has been provided to over 150 households.

But still, the emerging generation had only a 'blank wall' to stare at, so far as future prospects were concerned. There are very few opportunities for the boys to get trained in vocations offering employment and good salaries. For the girls, it is even more bleak, as they are not allowed to go far off from their homes, due to social restrictions. That is why, after months of planning, your committee was able to prepare a 'global grant proposal' that would address these issues. We received whole-hearted support and sponsorship from Yale Rotaract Club and RC of New London as well as RC Charlotte Hall through PP Dr. Ila Shah.

Our "International Projects Committee" has just received approval for Global Grant#25795 for US\$38,000. This will enable us, firstly, to update the vocational training facilities and also provide some new equipment to the 'Ramakrishna Mission Rural Outreach Centre, Sakhwar'; and secondly, equip and take care of initial maintenance



Vocational Training Centre



Avadhootji briefing the girls about the course



Students in class



Rtn. Dinyar and Arrow with 5 of the 7 girls from Baste for Nurses Course

costs or the new 'Vocational Training Centre for Girls' at Baste village (construction being funded by our club members and associates). The RK Mission will provide fully residential, vocational training for tribal youth of Potkhal/Baste and other villages of Vikramgad area.

The Centre has three residential doctors and visiting specialists from Mumbai. Thus, it offers a one-year 'Nursing and Paramedics' course. This will be a big boon for us, as these girls, after undergoing training, will be able to communicate the benefits of modern medicine; preventive health-care and virtues of long-term treatment for certain conditions such as anaemia.

A major item which our club is tackling is collection of funds for constructing a 'Vocational Training Centre' for girls. The club, through IPP Kersi Hilloo, has ear-marked ₹3 lacs for this. Private donations for ₹3 lacs have been collected. ACC Cement (through Rtn. Burjor Nariman) have generously donated 300 bags of cement; and Rtn. Shashikant Bhartia from Akola has graciously given us ₹5 lacs from a private Foundation named after his late father. We still need ₹3 to ₹4 lacs but are sure we can rely on the generosity of our Rotarians to make up the amount. Meanwhile, we are getting ready to start construction by end of October, as soon as the rains cease.

This milestone project will help ensure a better future for hundreds of tribal youth in the months to come, enabling the younger generation to connect with the benefits to be derived from the rapidly urbanised environment of a once placid, forest-based community.

The Yale Rotaract members will be flying in for a 4-day visit to this project from January 3 to 6, 2013.

– Report by PP Rtn. Arrow Sinha Roy

One big happy family

Tell us about your early years.

My father is the youngest of six brothers and thus we are a bunch of 18 cousins, of which I am the youngest. Our family home in Jhansi Castle, Colaba was our Sunday hub and for every relative's birthday. It was home to some of my happiest memories. We always ate at "Jhansi" in our traditional Bohri style "thaal" and let me tell you, it was priceless...both the banter and the food. Even today, we Tyebjee cousins are extremely close and can't get enough of each other.

Tell us about your early working days.

Upon my return from USA after college, I came to a Rotary function with my dad at the Taj as always. I was introduced to Vivek Goenka, Chairman of 'Indian Express' and then also a member of our club. We got talking and he suggested I come to meet him to discuss the possibility of working for him. I jumped at the opportunity and went to meet him and was offered a job to work for the Express Group as a Management Trainee. I spent more than 5 years working for them and was privileged to work directly under Vivek. My role there was special projects, which entailed working on ideas to take the group beyond just print publishing. My biggest accomplishment was the ideation and creation of Indian Express Multimedia—which was three years before Internet even came to India. In fact, the Express Website was the 1st of any Indian publication and which at that time was targeted towards NRI's anxious for news about things back home.

How did you and Shernaz meet? Was it the 'Rotary family' connection?

Three months into my job at Express, came this girl (Shernaz) who was on a three month internship with the Group. She had just come back to India after her graduation from Mills College in the US and was looking at career options. Since we were the only two there with a US college education we were pitted to work together. And let me tell you, we were very competitive. Competition soon turned into friendship and then more. We dated for three years and got married in 1994. I still can't believe how lucky I am to have such a beautiful and intelligent wife!

Our wedding was an amalgamation of Bohri and Parsi food at its best. Whilst it was served in the Parsi style of the Patra and was served one Parsi dish followed by a Bohri dish. So we started off with the usual Parsi "Rotli, Achar, Potli Paneer and Ackoori" followed by your traditional "Saas ni Machchi" and then surprised all by a Bohri style "Chicken Faarcha" then again a Parsi favourite "Kid Gosht" followed by "Bohri Birayani". The piece de

resistance. Dessert was "Lagan nu Custard" and a Bohri dessert which was a hand-churned sitaphal ice cream. Hosi was a star both onstage and more so off. He was a great friend and I remember him fondly as I'm sure most of our Rotarians also do.

Your comments on joint and nuclear families.

I live in a joint family, but growing up I was always in a nuclear family. I love living with my parents, my wife and beautiful daughter but there are always two sides to a page. In my family, each of us contributes in our own way, and it is really helpful to Shernaz and I as we both work. When Leia was younger and would just return from school both my parents were very involved in her upbringing especially my father who would supervise her lunch and afternoon activities even at his age (I can't divulge his age as he will throw me out of the house if I do). My daughter has built a very good relationship with my parents as Shernaz and I are not always at home. She looks upto them deeply and my mother-in-law also helps out as much as she can.



Holiday in the Hague

Zulfi and Shernaz — Your Favourites:**Bollywood Star: Male and Female****Z:** Aamir Khan, Vidya Balan**S:** Shah Rukh Khan, Rani Mukherjee**Hollywood Star: Male and Female****Z:** Matt Damon, Meryl Streep**S:** Leonardo DiCaprio, Meryl Streep**Film****Z:** The Godfather**S:** Any Pink Panther film with Peter Sellers**Singer****Z:** Mick Jagger**S:** It used to be Paul Simon but now it's Adam Levine**Song****Z:** Behind Blue Eyes (The Who)**S:** One (by U2)**Restaurant****Z:** Too many to list.**S:** India Jones**Cuisine****Z:** Thai**S:** Thai**Book****Z:** The Da Vinci Code by Dan Brown**S:** Bridget Jones Diary by Helen Fielding**Holiday Destination?****Z:** London and Thailand**S:** Anywhere outside of Mumbai

A nuclear family is only the immediate family of the two parents and their respective children. I guess that is good in a way also, but I have enjoyed the privilege of being in a joint family more. But each to his own.

With you and Shernaz working, is a bit of adjustment sometimes needed in attending to the home and family ?

Shernaz's job is not full-time and she is typically back around 3 p.m. just before Leia gets back from school, and can thus cater to her needs and help out with homework as required. Also living with my parents is a huge help as my mum is still the boss of the house and all the domestic stuff is taken care of by her.



The Wedding with the Tyebjee's and the Vasunia's

What are the challenges of parenthood in today's environment?

Internet, TV and the mobile phone. What can I say. Ban them? Impossible. However, the biggest challenge is the tuitions and social obligations that Leia has to go to and the scheduling of the car and driver, drives everyone nuts.

Being an only child do you and Shernaz try and not spoil Leia?

We try our best and completely fail. Also being the only grandchild from the Vasunia side she is utterly and thoroughly spoiled.

You have a combination of interesting businesses. I know you were with the Media earlier. Tell us about it.

My company A La Concierge (ALC) provides Comprehensive Concierge Services to Individuals, Corporations and Residential Properties. ALC Services approximately more than a 100 corporations with over 250,000 employees in Mumbai and Pune. These Corporate Clients range across MNC's, BPO's, I.T. firms, pharma companies, Communications Companies, Design as well as Media. ALC also services over 6000 Individuals at their Doorstep via 'Home Seva' — their personalised care-taker. ALC has recently started Residential Concierge Services and Caters to five Luxury Residential Complexes in Mumbai. ALC has Concierge Desks and

operates from within each Corporate Client's Office and is back ended by a 24-7 Resource Centre through which every request is outsourced. ALC has over 220 well trained and highly polished employees that provide high quality services throughout every corner of the cities in which the Company operates, with Corporate Clients based in Fort, South Mumbai to Clients in Thane, Airoli and Andheri. A La Concierge's Experience, backed by a vast network of resources and a firm will to please, is what drives their success today.

What does Rotary as an organisation mean to you?

We are a worldwide group of concerned people who work together to provide local community service and through our fellowship have created a strong relationship with each other built on friendship and professional respect.

What are your hobbies?

I enjoy watching spectator sports especially golf, F1 racing, rugby and football. I am a voracious reader of mainly pulp fiction and on an average read about 2 to 3 books per week. I am currently enjoying reading Scandinavian authors.

Your take on life?

It's a mystery and not to be taken too seriously or else you will go mad.

-Interview by Rtn. Prasanna Bhagat

Sponsoring a new member

The bylaws of Rotary clearly outline the procedure for a prospective member to be proposed for Rotary club membership. The "proposer" is the key person in the growth and advancement of Rotary. Without a sponsor, an individual will never have the opportunity to become a Rotarian.

The task of the proposer should not end merely by submitting a name to the club secretary or membership committee. Rotary has not established formal responsibilities for proposers or sponsors. However, by custom and tradition these procedures are recommended in many clubs :-

The sponsor should:

1. Ensure that the person he is proposing for membership has the (i) right ranking in his/her professional circle and position in an organization as per regulations of the club; (ii) an attitude for 'service'; (iii) fits the 'cultural profile' of the club.
 2. Invite a prospective member to a few meetings prior to proposing the individual for membership. Let him/her meet the Directors and senior members.
 3. Accompany the prospective new member to one or more orientation/informational meetings to be organized by the club (informally or formally).
 4. After the person is 'inducted', introduce the new member to other club members each week for the first month.
 5. Invite the new member to accompany the sponsor to neighbouring clubs for the first make-up meeting — to learn the process and observe the spirit of fellowship.
 6. Ask the new member and spouse to accompany the sponsor to the club's social activities, dinners or other special occasions.
 7. Urge the new member to join one of the club committees.
 8. Serve as a special friend to assure that the new member becomes an active Rotarian.
- When the proposer follows these guidelines, Rotary becomes stronger with each new member.

– **Past RI President Cliff Dochterman**

Condolences



Our deepest sorrow, for the sad demise of our senior Rotarian **Shreeprakash Agarwal** on August 21, 2012, at the age of 80. He joined RC Bombay Mid-Town in March 1988 and was loaned the classification Motion Pictures Equipment Exporting and was Managing Director of Cinecita Comoptronics Industries Pvt. Ltd. He was a pioneer in the field of cinema projection and sound equipment and was instrumental in bringing in many new technologies and formats in the country. Shreeprakash was well known in Mid-Town, a silent contributor to our service projects. He was a 3 Star Paul Harris Fellow. RCBMT convey a heartfelt condolence to the bereaved family.

A tribute by Rtn. Satyaprakash Agarwal: He was my maternal uncle (Mama) with whom I have interacted since my childhood. He has contributed a lot to my effectiveness and success. It was at his suggestion that I joined the RC Bombay Mid-Town. A very kind, good hearted and fine person, he had a generous and giving disposition. He was very helpful to all he came in contact with and contributed to many charities and social organisations. He used to work quietly without pomp and show and never imposed his views on others. Despite this attitude he succeeded well in his business. He was a friendly person. He was a dedicated family man and also very committed to the cause of Rotary. We shall miss him very much.

A Tribute by Rtn. Kishor Jhaveri: I shared a very close relationship with late Rtn. Shreeprakash Agarwal from 1958 and I introduced him to Rotary in 1988. He was a soft-spoken person and extremely dedicated to Rotary cause. Married to Suman, he has two daughters Arti and Shivani and one son, Shirish a Rotarian, who is looking after his business. I extend my heartfelt condolence to the bereaved family members.

About @club

Rotary e-clubs are Rotary clubs that meet online. Effective July 1, 2010, Rotary e-clubs are officially a part of Rotary International, following a six-year pilot project.

Other than meeting online to conduct Rotary business, Rotary e-clubs are essentially the same as other Rotary clubs: they conduct service projects, support The Rotary Foundation, and enjoy fellowship among members. Rotary e-clubs follow the same guidelines and procedures as other clubs.

For business, professional, and community leaders who are unable to attend a weekly meeting in person (due to physical disabilities, location constraints, or busy schedules), the e-club option offers the opportunity to be part of Rotary.

The main distinction between Rotary e-clubs and Rotary clubs is in meeting format. While each e-club is assigned to a district, members can come from any country or geographical area where Rotary maintains a presence. Also, e-clubs must meet a number of technical requirements, such as a dedicated website, private sections of the website that only members can access, and online financial transaction systems for collecting dues payments from members.

Making up meetings at a Rotary e-club

All Rotarians, even those in Rotary Clubs, can make up missed meetings online with a Rotary e-club. Many e-clubs have links on their websites explaining how to make up a missed Rotary club meeting by attending a Rotary e-club meeting.

Other Rotary International Approved E-Club Links:

England: Rotary E-Club of London Centenary
Finland: Rotary E-Club Verkkorotary (Finnish)
Greece: Rotary E-Club of Zante-Hellas (Greek & English)
Singapore: Rotary E-Club 3310
Hong Kong: Rotary E-Club of District 3450
Taiwan: Rotary E-Club of Taiwan (Chinese)
Latin America: Rotary E-Club of Latinoamerica (Spanish)
Brazil: Rotary E-Club of District 4500 (Portuguese)
USA: Rotary E-Club of District 5450
USA: Rotary E-Club of SW USA
USA: Rotary E-Club of District 7150 NY 1
USA: Rotary E-Club of District 7890



President Rtn. R.P. Anand has been elected unanimously as the General Secretary of the FILM FEDERATION OF INDIA (FFI) which is the apex body of Film Industry in India dealing with Film Productions, Distributions, Exhibitions, Studios, Labs, etc. for the ensuing year. We convey our good wishes and congratulate Rtn. R. P. Anand for this achievement!



Our PP Navin Shah has been re-elected as the Chairman of the prestigious Willingdon Sports Club for the fifth term in a row. This is a splendid achievement and is a testimony to his outstanding leadership and management skills. Heartiest congratulations, Navin! Mid-Towners are proud of you.

Protecting the 'sight'



Celebrating Sushu's Birthday at GBM



Angeline, Aarti Sulochana, Manoj, Rajiv and Lalit Gokuldas



Members at OCV



Eye Refraction conducted by young doctors



Dr. Pratibha Joshi and Dr. Shashi Bakre at SL&SS



Medical Camp at SL&SS

The oncoming festive months begin with the arrival of our favourite elephant god, Ganesha. It is that time of the year when one bows down one's head to the enormity of God's strength and the faith which overrules the head, bringing about a kind of levelness amongst the people. We humbly offer our namaskar to Lord Ganesha and seek His divine blessings!

As the month of August drew to its end, we found ourselves awaiting the OCV. Files were decorated and set up for our District Chairman Amita Timbadia. It was a pleasant meeting, hosted at IPP Ashok Mehta's residence. Proposed projects were discussed and suggestions from senior members were lapped up by us.

Medical Diagnostic Camp at SL & SS Girls' School

On September 16, we organised a Medical Diagnostic Camp at the Students Literary and Scientific Society Girls School. The Camp requires a lot of preparation and planning, most of which is taken care of by our PP Usha Aggarwal and the School Principal Mrs. Pratibha Apte. IWC Bombay Mid-Town has been organising the camp for the last 16 years where nearly 200 students undergo various medical tests. In case a child requires further treatment, then we refer the case to the experts. This ensures that the girl's health is taken care of along with the education. Interns and doctors from various leading hospitals volunteer to help us on an honorary basis. A kit containing a toothbrush, toothpaste, etc. and some sweets and biscuits are given to each child at the end of

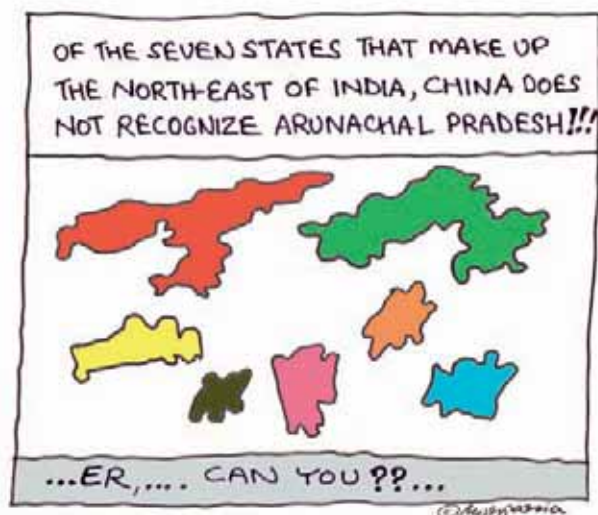
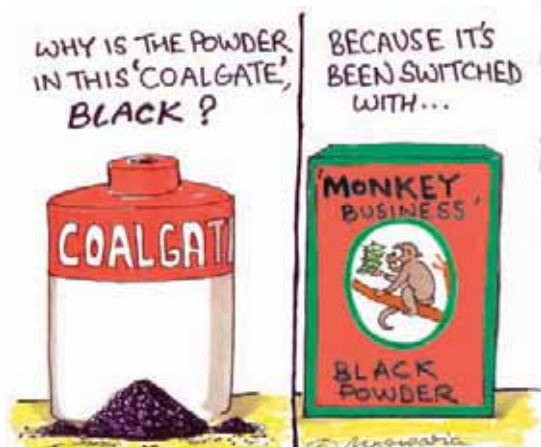
the camp. Parents are motivated to attend so as to bring about awareness in their minds, about healthcare. Each family is given a gift as an incentive.

Rtn. Dr. Kirit Mody and Rtn. Dr. Anil Tibrewal volunteered to conduct the medical examinations along with several young doctors. Rtn. Zeba Kohli contributed by gifting delicious chocolates to the doctors present. Appreciation Certificates were given to doctors who participated in the Medical Diagnostic Camp. Cash prizes and merit certificates were given to three outstanding students of Year 2011-12. All this was possible because of the generous assistance from IWC Members who smilingly attended the camp, brought snacks and helped by giving financial assistance.

The Victoria Memorial School for the Blind

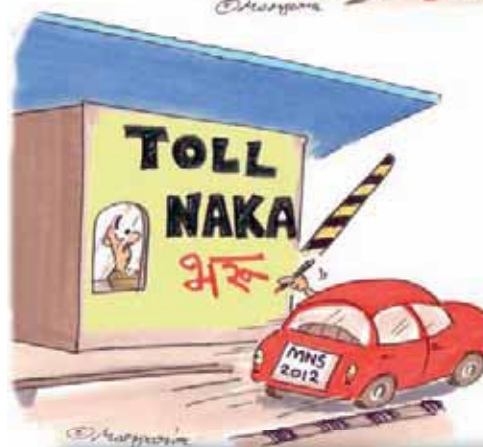
Another interesting project was at The Victoria Memorial School for the Blind, in presence of PP Lalit Gokuldas, Rtn. Rajiv Anand and Rtn. Amulya Singh. The Victoria Memorial School for the Blind was established in 1902, and has been in the service of the visually impaired for 107 years. We wished to assist them in developing their gardening activities. We donated pruning shears, cutters, weeders, choppers, hose pipes, etc. which helps in the maintenance of their garden. It is a drop in the ocean, but gives us the satisfaction of having done our bit for the school.

– Report by President Aarti Gautam



The Dalai Lama Teaching the religion of kindness and compassion

"Every day, think as you wake up, today I am fortunate to be alive, I have a precious human life, I am not going to waste it. I am going to use all my energies to develop myself, to expand my heart out to others; to achieve enlightenment for the benefit of all beings. I am going to have kind thoughts towards others, I am not going to get angry or think badly about others. I am going to benefit others as much as I can."



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

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

Partners in Service

Rotary District Relations Inner Wheel: PP Anil Kamath
 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

<< Birthdays >>



8 OCTOBER
Akhil Shahani



8 OCTOBER
PP V.B. Haribhakti



9 OCTOBER
B. D. Kataria



12 OCTOBER
Kirtilal Doshi



13 OCTOBER
Dr Vijay Haribhakti



13 OCTOBER
Bupinder S. Kumar



18 OCTOBER
Krishan Chand



19 OCTOBER
Arvind Parikh



19 OCTOBER
Kishore Sharma



20 OCTOBER
Abbas Jasdhanwala



20 OCTOBER
Krishna Khemka



21 OCTOBER
Shaunak Thacker



24 OCTOBER
Narendra Mohatta

October

<< Wedding Anniversary >>

01 Cathrin and Robert Lenzen
 07 Asha and Yoginder Shankardass
 09 Buntty and Krishan Khanna
 14 Sudha and Krishan Chand
 14 Sneha and Jagdish Saxena
 19 Zubi and Shaleh Tyebjee
 21 Tanvi and Vaibhav Sanghi
 22 Bharati and Arrow Sinha Roy
 26 Sushu and Ajit Kamrani
 27 Meenu and Rajeev Anand

<< Spouse's Birthdays >>

01 Dr. Nasreen Anil Tibrewala
 02 Kirti Ajay Dalal
 02 Leila Shankar Sujan
 12 Binaifer Kersi Hilloo
 15 Shernaz Zulfi Tyebjee
 16 Sudha Krishan Chand
 20 Anita Prakash Mody
 21 Aarti Sunil Gautam
 23 Shaukat Ali

<< EVENTS IN OCTOBER >>

OCTOBER 2012	VOCATIONAL SERVICE MONTH
Tuesday, 2	Distribution of Equipment to the Handicapped patients at NASEOH at 11 a.m.
Wednesday, 3	CCC&B Meeting at Wodehouse Gymkhana at 7 p.m. (no meeting at Taj Mahal Hotel in afternoon)
Wednesday, 10	Ms. Shyamali Basu, will speak on "Investment Opportunities for Senior Citizens"
Wednesday, 17	Fourth BOD Mtg. at 2.30 p.m. at Taj Prof. Nandini Sardesai, will speak on "Censorship in Films"
Wednesday, 24	DASSERA - NO MEETING
Wednesday, 31	Dr. Nupur Krishnan, will speak on "Health & Nutrition Management"

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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.