

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

September is New Generation Month

President's Address

Dear Fellow Rotarians,



This year I intend to have more fellowships — Sponsored Lunch at our weekly meetings—to boost our attendance. We have already had three sponsored lunches — two in July by (i) the Anand Family — Rajiv and Meenu, Sundeep and Lata (ii) an anonymous Mid-Towner, and one in August jointly held by Rtn. Krishna Khemka and

Rtn. Rajeev Thakkar. I would want more Rotarians to freely come forward to sponsor singularly or jointly. I give my heartfelt thanks to the sponsors.

The first CCC&B Fellowship was held on August 1 at the Wodehouse Gymkhana; we got the bigger room for a change, thanks to PP Mohan for making all arrangements (he then went for a knee joint replacement at the Breach Candy Hospital and is back home now).

The Sophia College Annual Rotary Awards function was organised by the College on July 28 at the Homi Bhabha Auditorium attended by Rtn. PP Bhushan Anand (Chairman of the Scholarships and Awards committee), Rtn. Murlidhar Jalan and me. Five awards were given by Rotary Mid-Town partly sponsored by Murlidharji and a Teacher's Grant for Research Work was sponsored by Rtn. Arun Jatia. Educational books were given to each of the awardees of the college donated by Rtn. Ashwin Shah. Our thanks to all the above Rotarians.

The First Club Assembly was held at the Ballroom of the Taj Mahal Hotel when the Chairmen of Committees presented their plans for the RY 2012-13. Assistant Governor, Dr. Rumi Jehangir also attended on behalf of

the District Governor and gave us his esteemed advice.

The Installation ceremony of the Rotaract Club of Lala Lajpat Rai College was held on July 7, 2012 at the College. Detailed report and photos are included on another page in this issue, but what is most heartening is that our Club was represented wholesomely by 100 per cent attendance by the entire Rotaract Committee. I was accompanied by Secy. Manoj, Director Vicky, Chairman Anil and members Sapna, Dr. Deepak Garg and Rajeev Thakkar (Dr. Praful and Shaunak were unavailable for reasons beyond their control).

The Installation Ceremony of the Interactors of Walsingham House School was organised on August 13, 2012 at 8:00 AM during the Assembly at their school campus. Intr. Sarah Merchant was introduced as President of Interact Club of Walsingham House High School. Our Club was represented by Director Rtn. Vicky Punjabi and Chairman Interact Committee Rtn. Jamsheed Patel and me.

The Interact office bearers and other members were introduced to us. They were all too enthusiastic and had many projects lined up for the current Rotary Year and assured us that they would stage a short act at one of our regular meetings in September.

Finally, I would like to inform you that our new young Rotarian Dr. Deepak Garg had organised an Eye Check-up Camp for physically and visually challenged people at NASEOH, free of cost. Whatever expenses incurred for dispensing the medicines etc. were taken care of by him and so there was no burden to the club. Thanks Dr. Deepak for your help!

-R.P. Anand



CCC&B: Another evening at the Wodehouse Gymkhana



Relaxed and seated are Avni and Harshad Vora, Praful Sheth, Dr. Nilesh Shah



Ramgopal and Urmilla Mehra, Arvind Doshi, PPs Ajit Kamlani, Navin Shah, Tilak Mehta



Sunil and Aarti Gautam with PPs Atul Premnarayan, Tilak Mehta



Pres RP Anand in discussion with Arati Agrawal, Manoj and Mahesh Krishnamurti



Jamshed and Nazneen Patel, Maharukh Nariman



Eating well!



Yogesh, Sapna, Mohan and Madhu

Who the hell wants to work?

After '*Who the hell thought of this idea called marriage?*', Dr. Shantanu Nagarkatti talks to us about '*Who the hell wants to work?*'

An Oncologist and surgeon by profession, Dr. Shantanu Nagarkatti has been teaching the preachings of Bhagavad Gita and other scriptures for more than 25 years. He also teaches a wide range of meditational practices, and is a pioneer in the use of mind machines, neurolinguistic programming with Shlokas and Mantras for religious ecstasy and spiritual awakening. Based on the thought that there should be practical application of spirituality to do something in one's life, Dr. Nagarkatti made the movie titled '*Who the hell thought of this idea called marriage?*' Work is one the most important aspect of one's self, being. Dr. Nagarkatti then thought, what do people have wrong in their heads? And that gave him the inspiration for his lecture — '*Who the hell wants to work?*' Work is the topic that most people don't have their fundamentals correct on. So, it is very important to understand what work is, what is the value of work and what role work can really play in our lives, in our careers.

Adding value to the world: He defines work as a transfer of energy. In truth, he says, work is really an effort which adds value to the world. Whatever effort you are doing which is adding value to the world that is your work. So why do we work? Why should we work?

Many people believe that one works for leisure to meet needs outside the workplace and to maintain our good standard of living. And work is seen as something that is unpleasant but necessary. But in reality, we work to occupy the mind because the mind is really our deadliest enemy. If you do not keep your mind occupied, the mind has a chaotic drift, inevitably towards negative thoughts, thereby sapping your energy as well as your life. Work keeps your mind occupied and prevents it from drifting towards negative thoughts.

He brings psychology, neuroscience and spirituality together and presents what they all have to say on work. Only after studying neuroscience he realised that we don't do anything, most of the activities in the world that we perform are all not performed by us, not performed by the conscious spirit in us; it has been performed by unconscious matter that we have.

It is important to Self Actualise: People at the highest level, work for self actualisation. They work to fulfil the purpose of their creation. Their core competences and abilities need to be expressed. After your basic needs are met which includes biological, physiological safety,

emotional, self-esteem, it's only then that you begin to actualise yourself, when your core competences begin to blossom and your creativity begins to flow and when you really find fulfilment in doing your work. Those who don't self actualise lead a deeply unhappy life. If you plan on being anything less than you are capable of being, then you will be unhappy. So to be happy you need to fully express what lies inside, to fulfill the purpose of your creation. We discover wonderful things that we are able to add value to in the world, we discover wonderful qualities within ourselves. But more importantly, most people do not realise is, that almost all the work we do is really by the unconscious mind.

The unconscious mind: Dr. Nagarkatti explains how with the advent of not only just neuroscience but also neuro-imaging, it has been demonstrated that in fact very little of your brain serves your consciousness. The conscious part of the brain, which forms the consciousness, is really a very small part in fact it is not even a single part but diverse parts which are scattered all over. Whereas, the bulk of your brain functions unconsciously. All our decisions in our lives whether it's the career we pursue, or the person we marry, or even the business we venture into; are determined by our unconscious mind. And then in retrospect, we justify that decision by using the conscious brain. He goes on to explain how

the unconscious mind performs actions according to the Sanskaraas and Karmas of our past. Though our lives are determined by the unconscious mind, we can train the unconscious mind by developing the right habits.

Work, the highest form of prayer: He concludes by pointing out that the work we do should not be transactional, it should be transformational. Let it become a meditation because spiritual transformation is the real purpose of all work. Work is meditation. Work is a spiritual discipline, a means to transform you. Making your work a form of worship is the highest form of prayer.

DATE: August 8, 2012

SPEAKER: Dr. Shantanu Nagarkatti

INTRODUCED BY: PP Rtn. Anil Kamath

VOTE OF THANKS: Rtn. Sucharita Hegde

– Report by Rtn. Sunil Gautam



Dr. Shantanu Nagarkatti

"First, fall in love with the art, before you invest in it"

A B.Com graduate, who slipped into the family business of engineering for over 32 years, Mr. Vibhu Raj Kapoor was in a sort of mid-life crisis. He was tired of being in the same place for too long and wanted a change, and more out of life. His long passion for the arts, made him open "Gallery Beyond" in 2004. This was his calling. He has been working with the best names in the art world, Sotheby's, Christie's, Bowrings and Bonhams, on a pro bono basis, curating auctions for charities since 1994, which became his training ground.

Mr. Vibhu Raj Kapoor touched upon a subject which very few really understand: **Art as an investment.**

Before speaking about art as an investment, Mr. Kapoor aptly defines what art is. He says 'art is an experience'. Just like music. What makes you happy when you listen to music? It is the happiness that you derive when you listen to it. It is so difficult to define what exactly it is about music that makes you feel so happy. It is the experience, the melodious sound that makes you feel happy. Similarly, when you look at a canvas and when it pleases your eyes, you feel it is good art.

How do you buy art?

Buying art is a complex and exhaustive process, requiring a lot of time to research, study, compare and select. With so many varieties in style, size, medium and colour, sometimes it can be very hard to make a decision about which painting to buy. Mr. Kapoor explains that art is no investment unless you get very, very lucky and can beat the professionals at their own game. He explains that you should buy something that you really like, that which will give you thousands of rupees worth of pleasure over the years. He says that you have to first fall in love with the piece of art that you have liked before buying it. He recommends that you should take your time looking for something special, because looking itself is half the fun.

Teach yourself

Mr. Kapoor cautions the new art buyers by advising them to not just jump in to buying art. They should first invest a lot of time in visiting galleries, museums, etc. and observe various forms of art. This he says should be a mantra to be followed for at least 8 to 10 months before indulging in the purchase. This will give you a reasonable knowledge about what you like, what are the current prices of various art, etc. Then it is imperative that you do some research about the artist. One should try find out the background and history of the artist: since when has he been painting, where has he shown his art, which galleries support his works, what are the prices of his art, etc.

He also advises that art should be bought from known sources like art galleries, in order to avoid buying any fakes or stolen work. Secondly, each work should be accompanied by a Certificate of Authentication, which also helps in tracing the history of the original work. It is always advisable to begin with buying art of young artists, before graduating to buying the more expensive work of senior artists.

He also pointed out that the art market is neither very organised nor is it liquid. It is not easy to sell art in an emergency because it is a time consuming process. This is one of the other reasons why you should buy only the works which you have first fallen in love with. Because while they decorate your walls for the minimum waiting period of four to five years, you derive a lot of happiness looking at these artworks.

MEETING DATE: **August 22, 2012**

INTRODUCED BY: **Rtn Parag Parikh**

VOTE OF THANKS BY: **Rtn Rajeev Thakker**

– Report by **Rtn Sunil Gautam**



Speaker Mr. Vibhu Raj Kapoor



Mr. Vibhu Raj Kapoor and President R P Anand

RC Bombay Mid-Town honours Students



A view of the audience

The Annual Rotary Prize distribution day of the Sophia College was held on Saturday, July 28, 2012 at the Sophia Bhabha Auditorium. President R.P. Anand, Chairman Scholarships Committee PP Rtn. Bhushan Anand and Murlidhar Jalan were present at the awards function. They attended a short meeting with the Principal Dr. (Sr.) Anila Verghese and the college staff over a cup of tea at the Red-Room and then proceeded to the hall.

"The Ramidevi Murlidhar Jalan — Rotary Mid-Town Prizes" were distributed at the hands of the Rotary President to the following students:

Best Student of the year - Ms. Nallika Braganza, TYBA

First Prize – Ms. Sharanya Ramesh, TYBMM

Second Prize – Ms. Madhuri Dhariwal, TYBA

Third Prize – Ms. Divya Das, TYBA

Fourth Prize – Ms. Dhvani Doshi, TYBA

The college invited applications from teachers for "The RCBMT-Smt. Sumitra Devi Jatia Research Award (2012-13)". After scrutiny, the college authority selected Dr. (Ms.) Anagha Tendulkar, Assistant Professor for doing the research work on 'Violence Against Elderly'. Cash award of ₹10,000/- was sponsored by Rtn. Arun Jatia.

Our thanks to Rtn. Ashwin Shah for distributing this year too a set of educational books for forty students who received various awards.

Ms. Nallika Braganza winner of Rotary prize welcomed the gathering and Ms. Diya John winner of College Silver Jubilee Gold Pendant gave a vote of thanks.



Principal Dr. (Sr.) Anila Verghese, Teachers, RCBMT represented by President R.P. Anand, Chmn. Scholarships and Awards Committee PP S.B. Anand and M.K. Jalan



Best Student
Ms. Nallika Braganza, TYBA



First Prize
Ms. Sharanya Ramesh, TYBMM



Second Prize
Ms. Madhuri Dhariwal, TYBA



Third Prize
Ms. Divya Das, TYBA



Fourth Prize
Ms. Dhvani Doshi, TYBA



President addressing the gathering



Every chocolatier is equally good; it is in the palate of the foodie, as beauty is in the eye of the beholder!

Modern India seems to be a paradox of women progressing as well as being oppressed and suppressed. What is your viewpoint?

Women are the foundation of life, love and encouragement of their family whether they are city or rural based. I think women are instinctively progressive despite circumstances which could oppress or suppress or encourage. Modernisation is primarily urban centric and therefore in cities more women are educated and have opportunities. I am very optimistic that education and literacy are going to spread like wildfire amongst Indian rural women who will self-create opportunities and witness progress. This is going to lead India into being a destination of peace, power and profit.



Leba Kohli

Is marriage an important institution?

Every relationship is an important institution. One must give it their best shot and go the green mile, pull out all stops to make things work and leave no room for regret.

Today's environment is exciting and disturbing, bringing up children must be quite a challenge?

Life is a challenge. Who said anything was easy? It's relative to each era and environment. Children adapt and it's important that adults adapt and change too.

Any parenting tips?

Please don't compare children to 'our times' or other children. Just lead by example, love, educate and be friends not intimidating parents.

Do you feel today's youth are ambitious and in the right direction? Any message for the youth?

Today's youth are in a wonderful moment. Being youthful is a state of mind. My message is live it up with love and education which gives knowledge and experience with wisdom. Study hard and don't miss a minute of today at any age. Learning is so fulfilling and doesn't have an age.

You run a successful business enterprise — any special 'Mantra of Success'?

Success is extremely relative, and there is no formula to measure it. So, setting small goals and achieving them every time is what is important, and that's what success is to me. I think big, I dream all the time but in order to achieve that dream I go one step at a time. Set your priorities, put down little goals and accomplish them one by one. That's the way I go about both in business and life.

You multi-task between being a wife, mother and a businesswoman. Could you give us some time management tips?

I go seamlessly. I focus on home, my family and relationships as importantly and dedicatedly as my work. There's no timing for being a mother, a wife, a home-maker or a businesswoman; it's all interlaced. To be in the moment is important and it's crucial to be unhurried and unworried, because only then can you do justice to all the roles you play. I prioritise things and that's how I manage flowing seamlessly from home into work and back to home every day. And it is fulfilling.

Do you find all the aspects of your business interesting?

I love to work and I give all my activities full focus and priority. I find every moment exciting and challenging and give it my best wherever I may be.

You have some innovative ideas like creating jewellery out of chocolates for designers, any more innovations of this kind?

Ha Ha! Yes I love to have fun and bring fun into my work. I constantly have lots of crazy ideas up my sleeve and put a lot of them to work. Fun in life makes the world go round and everyone smiles.

You are also known as a Chocolatier par excellence and have great Chocolate Recipes. Would you like to share a recipe?

That's nice of you to say so. I think every chocolatier is equally good and it is in the palate of the foodie, as beauty is in the eye of the beholder!

Could you give us an insight on the nutrition values of chocolates?

Chemically speaking, Michael Levine an American nutrition researcher said that chocolate really is one of the world's perfect food. Chocolate is said to contain antioxidants, flavonoids and phenolics which prevent fat from clogging arteries. Chocolate is also said to contain



Chocolatiere Zeba with Chef Sanjeev Kapoor at a Chocolate Workshop

iron, phosphorous, magnesium, calcium, sulphur and riboflavin. It also contains theobromine which lifts depression and leaves a feel-good sensation.

In your opinion, is the Indian chocolate market globally competitive?

The Indian chocolate industry is in the nascent stage. We have miles to go before one can say the industry is peaking. Chocolates are still few and far between in rural areas and awareness of chocolates has not even started.

What does Rotary mean to you? Does Rotary get due recognition for all the work done?

I have been a Rotarian since I was in my late twenties. It means learning, imparting and doing service with love and without ego at all times with awareness and humility and care. Recognition is a relative statement and involves ego. Why should Rotary covet recognition? It's about working selflessly for a better future for the lesser privileged. The more work is done, the ripple effect will certainly result in creating awareness and encouraging more people to become Rotarians.

What are your hobbies?

All kinds of music from Hip Hop to Luciano, Pavrotti and Gazals, Bharatnatyam, reading, yoga, swimming, walking, squash, golf. I love watching Martial Arts and martial art movies.

Your take on life...

Life is a gift. Live in this moment, and enjoy it to your fullest capacity. Control only what you can. Appreciate and thank all around you, because this will make you happy and enable you to spread joy and be positive all the time. (Of course, this is hard work! But the harder you work the luckier you get!!)

– Interview by Rtn.Prasanna Bhagat

CASHEW RAISIN CRISPS

Makes: 4 dozen

Time required: 1 hour

Ingredients: 500 gm melted Milk Chocolate, 100 gm chopped and roasted Cashew Nuts, 100 gm Raisin, 50 gm Crunchy Caramel.

Method :

Lightly roast 100 gm Cashews in an oven and cool. Chop Cashews. Melt and temper 500 gm Milk Chocolate. Add Raisins and chopped Cashews. Add crunch and stir well. Put the chocolate mixture into moulds. Tap mould lightly to remove air bubbles. Cool for 25 minutes in a refrigerator. Gently tap out chocolates from moulds. Serve unwrapped or wrapped in foil.

TO MAKE CRUNCHY CARAMEL

In a vessel put in 100 gm Sugar. Add 2 table spoon of water and heat on a stove till Sugar melts and turns brown. Quickly remove on a well oiled marble table and spread thinly. When cool, crush lightly with a rolling pin. Collect the sugar crunch and store tightly in a jar till required.

An ode to our generous contributors!

On our 'Installation Night', July 4, 2012, our club made history by placing in the hands of IPRIP Kalyan Banerjee a donation of \$272,000 to The Rotary Foundation. Behind this magnificent gesture were two outstanding Mid-Town Rotarians: Badrinarayan Barwale who donated \$250,000 to become an "Arch C Klumph Fellow" and Nirbhay and Urmila Jain — each with \$10,000 donation — to become "Major Donors". Barring newcomers to our club, every one in Bombay Mid-Town knows these three individuals well. And yet, one can ask...do they really? How much do we care to find out about the "lifetime of giving" commitment that has become second nature to these individuals? What gives them so much of God's grace for 'the gift of giving — with no thought of returns'? Here are some background facts about them that might interest you.

Rtn. Badrinarayan Barwale

Starting from really humble beginnings, Rtn. Barwale's business empire is truly founded on Rotary's "Four Way Test". Everybody in business and Government respect him for following high standards of ethics and honesty in conducting his business. As his enterprise grew, he made sure that his humanitarian activities kept apace.

In the early '80s, legend has it that he used to drive his own 'Jeep' and, with Rtn. Kishore Sharma in tow, he personally travelled to remote villages in Thane district, spreading awareness about better agricultural practices; donating high yield seeds at 50 per cent discount. This scheme is followed even today by the Rural Outreach Centre, Sakhar, of the Ramakrishna Mission — of which he is a Trustee. If any of you visit Jalna, you will see more examples of his passion for community service.

Rtn. Barwale has helped convert Jalna from a far-flung 'suburban small town' to a mainstream technological hub — thanks in part to his burgeoning business

enterprise — Maharashtra Hybrid Seeds Co. He has set up a well-known Management College and taken the responsibility of running it superbly. A 'Centre for Science' stands as a monument to India's highly advanced know-how in the field of plant genetics and hybrid seed culture. A huge, ultra-modern Eye Hospital — Ganpati Netralay — has been constructed by him also. Annually, vans from the hospital fan out to rural patients and about 4,500 free eye operations are done each year. Ophthalmologists and the latest equipment ensure that hundreds of patients come here from all corners of India. But, in hospital clothes, you won't know who is 'paying' and who is in 'free' category.

It is well known that come February every year, a team of German eye surgeons and anaesthetists arrive in Jalna and carry out over 200 free plastic surgery operations to remove macchio-facial defects. What is perhaps not known is that when Rtn. Dr. Anil Tibrewala and the writer were looking for a suitable place to start the project, it was Badrinarayanji who invited them and provided 100 beds and two operating theatres at the Mission Hospital, Jalna.

Not one to relinquish his commitment to community service, in spite of age and medical problems, Rtn. Barwale is already thinking of putting up a 500-bed ultra modern, multi-discipline hospital at Jalna for providing quality medical care based on ethical practices.

When asked what made him decide to donate \$250,000 in minutes, when three Mid-Town Rotarians called at his office, Badrinarayanji said "Rotary has pioneered eradication of a global malady like Polio. It's a great mission, likely to meet 100 per cent success soon. There is also a great need, in a country like India, for helping the less fortunate citizens in medical, educational, drinking water and related needs — particularly in the rural areas. To help Rotary meet these multifarious challenges, it is the duty of every Rotarian — every citizen — to donate part of their income for charitable work. That is all that I have done."

Rtn. Nirbhay and Urmila Jain

For most of his life, as Senior - President of Century Rayon, Nirbhay was used to a 'support base' of thousands of staff members. Yet, when it came to dedicating himself to community service, he and Urmilaji followed an inner compulsion and set about it practically independently. The unique legacy that Nirbhay has bequeathed to Bombay Mid-Town club is that "If you wish to serve humanity at large, don't wait to be invited or for others to follow you — step forward — and do it alone."



IPRIP Kalyan Banerjee and Rtn. Badrinarayan Barwale

It was his vision (and that of his close colleague, [late] Rtn. Dr Shantu Vaidya), that instead of wasting money on expensive holidays, a part could be set aside for improving lives in villages near Mumbai city. Thus, in the early '80s Nirbhay inspired a group of his fellow Rotarians to drive to Panvel (then two hours) and eventually walk a few miles to some economically backward communities; to distribute milk powder, clothes, medicines etc. Nirbhay and Urmilaji did not celebrate their 25th wedding anniversary with a lavish party. Instead, they spent that money on this kind of aid materials.

There followed the \$334,000 3-H Grant for 'Vaje-Nere Village Development Scheme' — largest grant ever for South Asia — masterminded by Nirbhay. From 1988 to 1995 he single-handedly managed, monitored and successfully completed this mega-project, which has a place of pride in our club. Buses of members would visit the project like an annual picnic, but Nirbhay's responsibility was the week-to-week operations in its entirety. At the same time, he provided us with a sterling example of his humility and nobility of thought in all that he did at Nere village.

This was particularly true after the 3-H project officially ended in 2005. Some in the club heaved a sigh of relief that it was over and the Final Report approved by RI! Not Nirbhay though. He and Urmilaji realised that the process of improving lives, helping villagers connect with a fast changing world around them — cannot be limited by a 'Grant period'. It must inexorably go on and those who are Founders, must follow their Dharma and continue the effort.

Nirbhay and Urmilaji, briefly founded 'Chakshu Foundation' in memory of his late mother. It provides at least 500 free cataract operations annually for rural patients, at Laxmi Eye Hospital, Nere. They had adopted a secondary school some years ago. This is being rapidly converted into a High School of the highest calibre — complete with a computer lab; provision of recorded video lectures by outstanding teachers; "Introduction to Basic Technology" courses for final two years of

school. A separate "Lifestyle Center" provides six-month Training Course in English and specialised subjects such as Retail Marketing and the Hospitality Industry. On completion, a large number of boys and girls find ready jobs at very decent salaries in establishments from Panvel to Navi Mumbai, while continuing to stay in the village.

In fact, Nirbhay has set up at great cost, a large building complex near Nere — to house perhaps the first Institution dedicated to providing academic training and Research in Vocational Guidance for Rural Communities. It will be handed over to University of Mumbai. To cap it all, Nirbhay has succeeded in spreading the 'Self Help Group' phenomena to 40 villages, with over 2,000 women (earlier, without any money) earning more than ₹4,000 per month.

He has been able to do all this by accepting the fact that if you want to serve the community, you have to shoulder all the responsibilities. He has never pressurised the club for money. On an average he spends four times the money that Mid-Town can give him. The rest he obtains from a stream of well-wishers and supporters.

Anyone in Nirbhay's shoes would have justifiably claimed 'I have done enough!'. Yet he and Urmilaji donated \$10,000 each to The Rotary Foundation recently. Why? "I have always believed — and continue to believe — what the Bhagavat Gita says: 'Service to mankind is the best form of prayer'. So I have only been doing my duty. I want every Rotarian to know that serving the poor and needy is not only a Rotarian's responsibility — it is a privilege."

Dear fellow rotarians — 'serving' and 'giving' are not based on riches, but spring from emotions in our heart. We who are prone to speaking a lot of the little we have accomplished — should take a leaf out of Rtn. Barwale and Rtn. Nirbhay's book: to serve in silence and make the 'act of giving' a reward itself in our hearts.

– Contributed by PP Rtn. Arrow Sinha Roy



IPRIP Kalyan Banerjee and Rtn. Nirbhay Jain



IPRIP Kalyan Banerjee and R/Ann Urmila Jain

Decisions of RY 2012-13

Our Club Assembly was on 8 August, 2012. It indeed is one of our most important meetings as all Directors and Chairmen present their Plans to the President. There is so much of enthusiasm as our Members are indeed highly committed and are all working towards making the Club Activities across all avenues as well done and as purposeful as possible.

This year a new committee has been added i.e. the Images Committee. Their Report is presented here along with a few others.



Club Assembly in session

Rotary Club of Bombay Mid-Town Midtown Image Project

Chairman: Rtn. Anil Ambo

Committee Members: Rtn. Ashwin Shah,
Rtn. Prasanna Bhagat, Rtn. Sunil Aggarwal,
Rtn. Sunil Gautam

This committee has been formed with the aim of enhancing the image of the Rotary Club in general, and Rotary Club of Bombay Mid-Town in particular. There are many activities and projects that are taken up by our Club, but people at large do not know of the contributions made and projects undertaken by the Rotary Club of Bombay Mid-Town. This Image Enhancement Project has to be undertaken at two levels:

- 1) Internally, to bring home the facts to the members of our club
- 2) Externally, to educate our target audience about the activities undertaken by our Club for the benefit of the society.

For this purpose, the committee had met and brain

stormed about the way forward. And the activities proposed to make a sound beginning for improving the reputation of our club, are as follows:

- To convince more members to participate in the project visits
- To create a series of two minute films on these projects and screen them continuously during club meetings
- To print a brochure describing the work carried out by our Club in various projects and its impact on the society, and mail the same to the members of the prestigious south Mumbai clubs like Bombay Gymkhana, CCI, Yacht Club, etc.
- To get publicity for the projects undertaken by the Club through the print, outdoor and the electronic media
- To collaborate with other clubs in south Mumbai with the intention of promoting the image of Rotary as a Community Service Organisation.

Four-Way Test

Chairman: Rtn. Rajeev Thakkar

The test, which has been translated into more than 100 languages, asks the following questions:

Of the things we think, say or do

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

With a view to creating awareness of the Four-Way Test, we are currently distributing our Mid-Town Musings

in a plastic folder with the Four-Way Test printed on the cover.

For 2012/13 we propose to continue distributing the plastic folder. In addition, whenever a speaker is scheduled to make an audio visual presentation to our Club we will play the Four-Way Test slideshow (when members are having lunch). We will also try to incorporate the Four Way Test in our email communication and on our website more prominently. The funding will be required only to the extent of procurement of printed plastic folders (if sufficient stock is not available).

Financial Opportunities Forum

Chairman: Rtn. Parag Parikh

Financial Opportunities Forum aims to address multiple service avenues through one initiative. It provides an additional avenue for fellowship among Rotarians by having a meeting once a month in the evening which is accompanied by cocktails and dinner and thus contributes to Club Service. This fellowship is combined with discussions, talks, and audio/visual

presentations in the field of financial literacy, financial planning, investment avenues and outlook. This is a form of Vocational Service on the part of Rtn. Parag Parikh and Rtn. Rajeev Thakkar. The surplus funds each year after meeting the expenses relating to the conduct of monthly meetings are given towards Community Service projects conducted by our club. Last year, the Financial Opportunities Forum contributed ₹50,000 towards our Club projects.

The Environment Committee

Chairman: Rtn. PP Lalit Goculdas

Committee Members: Rtn. Rajeev Anand, Rtn. Zeenath Ali, Rtn. Raju Barwale and Rtn. Amulaya Singh

Projects Planned:

- 1) Victoria Memorial School for the Blind
- 2) St Columba School at Nana's Chowk
- 3) Mukesh Memorial

Attendance Committee

Chairman: Tilak Mehta

Committee Members: Munna Mitha, Sucharita Hegde, Shalegh Tyebjee

We are working towards increasing number of our committee members so that we can be in touch with each and every one. Attendance list has been compiled and we are getting in touch with non regular members first.

Medical Committee

Chairman: Dr. Kirit Mody

Co-Chairman: Dr. Varsha Vadera

Committee Members: Dr. Nilesh Shah, Mr. Praful Sheth, Capt. B.S. Kumar

Medical Camps Planned:

- 1) Diagnostic Camps: Medicine, Surgery, Pediatric, Skin Diseases, E.N.T., Eye, Orthopedic, Plastic surgery, Dental and Pathology
These camps are either diagnostic and at times provide some medicines.
- 2) Only diagnostic EYE CAMP
To provide medicines and glasses
- 3) Surgical Eye Camps: latest Phako surgery, and IOL (Lens).



Team 2012-13

The Inner Wheel Club sets the ball rolling



Computer Software for SL and SS Girls School



Palkhi Procession, Ashramshala



IPP Ashok, Rtn. Fatima, Rtn. Meryum, Rtn. Urmilaji and President Aarti at Pavement Club

The excitement of Installation of our Club's new team, last month, left us with an aspiration to do many more projects in the coming months. As the major thrust is on Education of the Girl Child, we began well, sponsoring Computer Software for SL and SS Girls School. It will be useful to students from Class V to Class X, giving them the opportunity to learn through computers, like other children. Textbooks, uniforms and shoes were donated to needy students.

To ensure safe drinking water during the monsoon season, a member stepped forward and donated an RO water filter, for the benefit of the inmates of Seva Sadan. The rains brought with it the festival of Raksha Bandhan. An absolute pleasure it was, to distribute rakhis and flags of India to primary and pre-primary class children, at Seva Sadan. Their smiles, upon seeing the colourful rakhis, flags, chocolate lollipops and muffins, were truly worth much more than the time and effort spent.

Another satisfying Club activity this month was donation of food grains at Pavement Club, where street children are given a meal every day. On that particular day, light snacks and cold drinks were served to all present — men, women with baby in arms and children. The effort that Mr. Lawrence of the Pavement Club puts in for these children is truly amazing. Besides, he and his team also supervise the school-going children's studies regularly.

On August 15, Rural Project Chairperson Mrs. Raksha Mehta and Rural Project Co-Chairperson Pushpa Suryamurty hosted a function to inaugurate Ashramshala Projects year 2012-13, at Wakdi village, near Panvel. There were a host of distinguished people from Inner Wheel. Chief Guest DC Amita Timbadia and Association President Sarita Lunani won the hearts of everybody by their warm presence and genuine interest in the event. Saplings of *badaam* trees were planted in the school's premises. The students of Ashramshala brought

out a colourful 'Palkhi Procession' which left an indelible impression on our minds. A 'Ganesh Vandana' dance was performed to welcome the guests.

Like every year our Club members donated towards 'Help A Child' programme of Adivasi Ashram School, at Shantivan. Taking into consideration an appeal of 'Fodder for cows', some amount was also given for green fodder for the cows at the Goshala, with a view to providing wholesome nutrition to the students of Ashramshala. Inner Wheel Club of Bombay Mid-Town was represented by President Aarti Gautam and Secretary Madhuriben Mehta.



Rakhis and flags being distributed at Seva Sadan

Events and Personalities News

Dr. Darius Firoze Mirza, an eminent surgeon appointed Head of LIVER TRANSPLANT UNIT OF Queen Elizabeth Hospital, Birmingham, U.K. It is one of the largest and oldest Liver Transplant Unit in the world having 50 beds for liver diseases. He celebrated his new appointment by crossing the Atlantic ocean from New York to Ireland in a sail boat "EDINBOROUGH" with 19 other sailors in about 20 days. They even encountered a storm for seven days and successfully landed on June 31, 2012. What a way to celebrate! He is the eldest son of Dr. and Mrs. Firoze Dara Mirza.

Meet the new Rotractor President

The installation ceremony of Rtr. Shadab Khan and her board of directors was held on the July 7, 2012 in Lala Lajpatrai College at 12:30 PM. The theme was 'MYSTIQUE' which means magical. The ceremony started with reciting the national anthem. The district core team member Rtr. D.R.R Elect Manish Solanki, Rtr. Heet Savla, Rtr. Om Chawla were also present. Due to the absence of the S.A.A Rtr. Pooja Pawar the Club service director Rtr. Shadab collared the President Rtr. Farida Officewala. A video of the outgoing President and her year was shown. Rtr. Farida spoke about her journey as the president and felicitated all her members who worked

hard throughout the year. She introduced her incoming President Rtr. Shadab and collared her as the President for the upcoming year 2012-13 after showing a video in her honor. The club theme 'THE RISE TO ACME' was introduced. With the help of our beloved R.C.C. Rotarian Anil Ambo, Rtr. Shadab released the club banner. The President introduced her core and board members with the help of videos. Stationary, rooster, muster, visiting cards and the most awaited club t-shirts and sweatshirts were introduced. Every person in attendance were felicitated by a magician. After the installation ceremony got over the lunch was served.



New Rotaract team with President R.P. Anand, PP Anil Ambo, our Rotarians and Rotary District dignitaries



President R.P. Anand, PP Anil with incoming Rtr. President Shadab Khan



Outgoing Rtr. President introducing the incoming Rtr. President

The Interact Club has a new president

The Interactors saw the investiture ceremony of their new president, Sarah Merchant on August 13 at 8:00 AM, at the Walsingham House High School hall.

Among others who attended the function were Ms. Ananthkrishnan (principal of the school), teachers and students. The Rotary Club of Bombay Mid-Town was represented by President R.P. Anand, Director Vicky Punjabi and Chairman (Interact Committee) Jamsheed Patel.

The trophy for the Best Interactor 2011-12 was presented by President Rtn. R.P. Anand to Intr. Vidhi Vaghella, outgoing President of the Interact Club of Walsingham School.

The Office Bearers for the year 2012-13 are:

President – Sarah Merchant

Vice President – Simran Bhansali

Secretary – Anshini Mehta

Treasurer – Nisheta Palkar

Directors – Pallavi Sisodia, Sakshi Mutreja, Ria Mehta and Surbhi Kothari

President R.P. Anand addressed the students who attended the ceremony.



Trophy for Best Interactor 2011-12 to Vidhi Vaghella, Outgoing President



President R.P. Anand Gives a lapel pin to Sarah Merchant



President R.P. Anand gives a word of advice

Smt. Kamla Mehta Dadar School for the Blind (KMDSB)

RCBMT has been associated with this Institution since last 26 years. It has completed over 115 years of service to the community. It has grown steadily to become one of the premier centres of education and rehabilitation for visually challenged girls.

On August 16, 2012, Chairman of Child Welfare Committee Rtn. Dr. Deepak Garg heralded the Rotary Year with his maiden visit to the Kamla Mehta Dadar School for the Blind. He was accompanied by Avenue Director Rtn. Naren Mohatta, Rtn. Gaurav G. Kapadia, Rtn. Piyush Khaitan and Rtn. Dr. Arvind Kasbekar.

The visiting Rotarians were met at the office of the Director of KMDSB, Mrs. Suparna Ajgaonkar.

The visiting Rotarians were taken round the various facilities. The School has become one of the foremost Centres of Education and Rehabilitation of visually challenged girls. As of now, more than 193 girls are catered to.

The school imparts academic education from pre-school to S.S.C to college, along with hostel facilities. Boarding is fully provided for.

The following departments and pre-primary braille classes were visited:

Library

Hobby Centre

Music & Dance Academy

Home Science Centre

Science Laboratory

Language and Computer Laboratory

Recreation Centre

Gymnasium (This was a pleasant surprise)

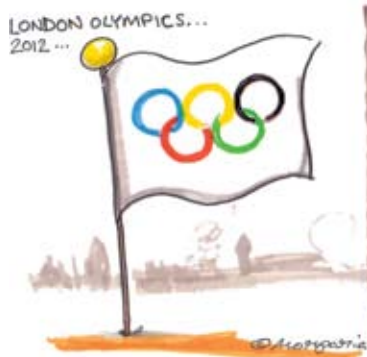
At the end of the tour, the visiting Rotarians sincerely thanked the management of the school for the brilliant work being carried out by them and promised to continue further support by RCBMT to the activities of KMDSB.

- Rtn. Naren Mohatta



NASEOH

Vision is one of the most important senses and thus requires proper attention. This attention becomes more important in those who cannot complain about their eye problems or do not know what normal vision is. Rotary Club of Bombay Mid-Town is associated with NASEOH for the past many years. RCBMT along with Eye Solutions did an eye care programme at NASEOH for all the physically and mentally challenged people. It was a wonderful experience and the staff at Eye Solutions derive immense work satisfaction. Staff of NASEOH is very dedicated and helpful for these mentally challenged people and help them become independent. Without their support this would not have been possible. Of all the people examined, 18 per cent required glasses or change in glasses, which were provided by Eye Solutions and many suffered from dry eyes and needed eye drops to be applied which were also supplied free of cost to NASEOH. At least 21 per cent required further eye examination and this is being looked into. This data proves the importance of such an eye care program for underprivileged society.



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 Kamani
 Co-Chair: PP Mohan Lalvani
 Finance: PP Vishnubhai Haribhakti
 Attendance: PP Tilak Mehta
 Bye Laws: PP Dr Firoze Mirza
 Fund Rasing: Kamlesh Sonawala
 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

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

<< Birthdays >>


6 SEPTEMBER
Kamlesh Sonawala



8 SEPTEMBER
Krishna Mehta



9 SEPTEMBER
Sucharita Hegde



17 SEPTEMBER
Kersi Hilloo



26 SEPTEMBER
Ramgopal Mehra



27 SEPTEMBER
Arun Mehta



28 SEPTEMBER
Dr Varsha Vadera



28 SEPTEMBER
Dinesh Kanabar

September
<< Wedding Anniversary >>

05 Manika-Mahesh Krishnamurti
 06 Ranju-Moorad Fazalbhoy
 06 Binaifer-Kersi Hilloo
 08 Elinor-Dr. F.D.Mirza
 10 Bela-Rajiv Kapur

<< Spouse's Birthdays >>

09 Sushu Ajit Kamani
 24 Pushpa Narendra Mohatta
 25 Ranjana B.Steinruecke
 28 Gita Navin Shah

<< EVENTS IN SEPTEMBER >>

SEPTEMBER 2012	MEMBERSHIP & EXTENSION MONTH
Tuesday, 4	Our next FOF meeting will be held at The Malabar Hill club at 6 p.m
Wednesday, 5	CCC&B Meeting at Woodhouse Gymkhana, at 7.00 p.m to 9.00 p.m.
Wednesday, 12	R/Ann Indira Chandrasekhar (Brunner), who will speak on "Careers - Switching Mid Stream"
Sunday, 16	Dist.3140 TRF Seminar
Wednesday, 19	Ganesh Chaturthi - No Meeting
Wednesday, 26	Mr. M.N. Singh (Ex-Police Commissioner) - Talk on a Currently Happening Event Third BOD Mtg. at 2.30 p.m. at Taj

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