

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



August is Membership and Extension month

President's Address

Dear Fellow Rotarians,



I thank you all for your whole-hearted participation in the investiture ceremony on 4th July, when you did me the honour of making me the 45th President of this most prestigious Rotary Club. Our District 3140 was declared the 'Best District in the Rotary World' by RI President Kalyan Bannerjee at the Bangkok Convention under

the able stewardship of our IPDG Vijay Jalan and his team, many of whom are Rotarians from our Club! They have been recognised for their contribution with Plaques and Certificates. (More details inside)

I take over from IPP Kersi Hiloo who has set a high bench-mark and I shall endeavour to live up to the high standards established by him. My focus this year is to increase attendance, and fellowship is most important for that. My family members have set the ball rolling and I hope it gathers speed as the year unveils other initiatives to realise this goal.

Following are some of the activities of July in brief:-

Saturday, 7 July- "MYSTIQUE" the installation ceremony of incoming President Rtr. Shadab Khan at the Lala Lajpat Rai College. Rtn. Anil Ambo Chairman Rotaract Committee attended with couple of Rotarians.

Wednesday, 11 July- Lunch and cocktails was hosted by the ANAND FAMILY – Rajiv and Meenu Anand,

Sundeep and Lata Anand, sons and daughters-in-law of President R. P. Anand to celebrate the occasion of their father becoming the 45th President of the Rotary Club of Bombay Mid-Town at the Taj.

Saturday, 14 July- was the 112th Foundation Day celebration of Smt.Kamla Mehta Dadar School for the Blind, Rtn. R.P Anand, Rtn. Naren Mohatta and Rtn. Gaurav Kapadia attended the function. And thereafter a Lunch was hosted by Rtn. Naren Mohatta at the Marine Plaza Hotel for the Board of Directors and Committee Chairmen.

Wednesday, 18 July- A cheque of ₹91,200/- was handed over to Pres. R P Anand by PP Mohan Shahani being his donation for the various community service projects of the club during the RY 2012-13. The Speaker that day was Mr. Sankaran.

-R.P. Anand



PP Mohan Shahani presenting a cheque to President R.P. Anand



President RP introduces Sundeep to Krishna Mehta



L-R: Rtms.Kishore Jhaveri, Krishna Mehta, Shaleh Tyebjee, first lady Nirmal Anand, Lata & Sundeep Anand, Rajiv & Meenu Anand, R.P. Anand, Yogesh Pandya



Nirmal Anand and Sundeep Anand



Sundeep, Rajiv, Meenu, Santoshji and RP Anand



Sundeep addresses the gathering



Sundeep Anand



R/ann Sushu Kamrani and Somulatha Shetty and RC Sinha



Kusum & Kishore Jhaveri with Parag Parikh and Sunil Gautam



Mohan Lalvani, R C Sinha, Atul Premnarayan and Tilak Mehta



Ghansham Demble, Naren Mohatta, Mohan Lalvani and Gaurav Kapadia



Ajay Dalal, Ghansham Dembla and Kishore Sharma



Parag Parikh, Atul Premnarayan and Sunil Gautam

Mid-Towners In The District 3140 Team 2012-13



PDG Dr. Shirish Sheth
Governor's Advisory
Council



PP Anil Kamath
Dist. Joint Secretary



PP Arrow Sinha Roy
Dist. Rotary Co-Ordinator
& Director Future
Vision Plan



PP Atul Premnarayan
Dist. Chair. Publicity
Non-Media-Advertisement



Kishor Jhaveri
Dist. Chair. Senior
Citizens



Kiran Shah
Dist. Chair. Trade Fair



PP Mohan Lalvani
Dist. Chair. Vocational
Placements



PP Tilak R. Mehta
Dist. Chair. Public
Conveniences



PP Akhil Shahani
Dist. Chair.
Trf Vocational
Scholarships



PP Bimal Shroff
Dist. Chair. Annual
Permanent Fund

'Living in a Dangerous Neighbourhood'

The topic chosen by Dr. D.K. Sankaran, had little to do with Colaba, Worli or Kamathipura – he was referring to the global neighbourhood surrounding the country! And a scary story it turned out to be!

An extract of the speech:

According to Dr. Sankaran a neighbourhood becomes unsafe if its inhabitants are abjectly poor, frustrated and lawless as it makes them envious of their neighbours. This is also true at macro levels. India which has a working democracy is surrounded by "failed states" whether it's Pakistan, Nepal, Afghanistan, Myanmar or Sri Lanka – each of which has been unable to have stable Governments and most have seen Military rule or experienced civil strife, or live under the threat from extra constitutional organisations such as the Taliban.

Of these Pakistan poses the greatest danger to India as it has actively encouraged cross-border terrorism. Even today, despite irrefutable proof their Government denies the direct involvement of the ISI in the 26/11 and other attacks. With them having nuclear technology India's safety is greatly compromised – especially as their political structure is not stable. After many years of turning a blind eye to its terrorist activities the USA has now removed the blinkers and has recognised the danger posed by Pakistan to the peace in this region.

Nepal's monarchy was forcibly removed but the communists have still not been able to agree on a constitution. This country has also been used by India's neighbours to push in not only fake currency but also terrorists. The case is similar in Bangladesh.

Dr. Sankaran described Afghanistan as the world's most violent country – one which has never been subjugated by though the British, the Russians and the Americans,

Dr. Sankaran is the Retired Chief Secretary to the Government of Maharashtra. He joined the Indian Administrative Service in 1970, after completing an MA in Economics from Loyola College, Chennai. He also taught at the same college for a short time.

In the IAS he held many important positions like Collector of Nagpur and Thane Municipal Commissioner. He was deputed to the East West Centre, in the USA, where he completed a Ph.D. in Economics. He also did a Master's Degree in Defence Studies from the National Defense College in New Delhi in 1990.

He worked as the Chief Election Officer of Maharashtra for 7 years. He retired as Chief Secretary to the Government of Maharashtra in 2007 after working as Secretary to the Government of India, in the Union Home Ministry.

all tried their best to get a foothold but each had to concede defeat! The USA is in the process of removing its army and what will happen in 2014 is anybody's guess! The attraction for foreign powers for Afghanistan is its vast mineral wealth.

China who is now dominating the South Asian area is circling India either through its military or through political influence in states, for example: Myanmar, Sri Lanka, Nepal and even Pakistan – the latter gave China vast tracks of Azad Kashmir!

On the positive side, Dr. Sankaran mentioned the closer ties with the USA and the joint naval and military exercises with Japan, USA and South Korea. After initially trying to win over China, the Obama Administration has realized that China's aim is to absolutely dominate the region. USA is now looking to India to maintain peace in the region. The learned doctor ended his talk on a slightly optimistic note: "In the last few years the dangerous situation has slightly improved" he said.

DATE: 18th July 2012

SPEAKER: Dr. D.K. Sankaran

INTRODUCED BY: Manoj Jalan

VOTE OF THANKS: Piyush Khaitan

-Report by Rtn. Nargis Wadia



Dr. D. K. Sankaran

“Where there is a WILL...”



Speaker
Mr. Firdosh Karachiwala



A memento to guest speaker



Rtns Gaurav Kapadia, RP Anand,
Nitin Mukesh and Nishi

With several Mid-Towners well into the sixties and over, an authentic advice session by Adv. Firdosh Karachiwala, on making one's 'Last Will & Testament' was a most apt topic and was received with great interest as evinced by a barrage of questions from the audience!

Mr. Karachiwala divided his talk into two parts – first, to strongly advocate NEVER to take recourse to legal action, if at all possible, but to choose conflict resolution through, Arbitration, Conciliation and Mediation by persons trained to resolve conflicts. The second, to act wisely to obviate the source of major conflict by sound and timely execution of one's 'Will' – as inheritance disputes are a major cause of lakhs of court cases.

There is a CENTRE FOR ALTERNATIVE DISPUTE RESOLUTION (ADR) in Mumbai, which has a panel of retired judges, advocates, chartered accountants, marriage counsellors and other professionals who help the parties to resolve disputes voluntarily. Parties who have pending cases in Courts even at the Appeal stage can approach the ADR Centre.

There are numerous advantages of Mediation, e.g., it reduces legal costs and time wasted on litigation – ADR charges are a mere ₹500/- as initial fees! The parties jointly choose the mediator and have control over the outcome as the solutions are arrived at after thorough discussion, having transparently considered all aspects. This impartial and fair process is voluntary and non-binding until agreement is reached.

Adv. Firdosh Karachiwala who is a practising Solicitor for 30 years, is a master trainer who has trained thousands to serve as Mediators and is Panel Member of several such centres, e.g., ICADR; ICA, WMF - all international mediation bodies. He has also co-authored a book- "Mediation in India - a tool kit", published by USEFI.

Most people know that they need to make a will but keep putting it off as they have no idea how to make one. Some are unable to decide what to do with their assets and avoid decisions regarding the eventual beneficiaries. Dying intestate is as bad as making an incorrect will or

one which is vague as that leads to bad blood in the family and endless litigation. Apart from providing a helpful draft of the will, Adv. Firdosh Karachiwala listed some important points:

1. No stamp paper is required – it can be on plain or ledger paper and can be in any language.
2. The Witnesses (at least two) should sign the will at the same time as the person making the will and sign or initial ALL the pages.
3. If there is likelihood of a dispute arising amongst the legal heirs, it is better to register it with the Sub-registrar of Assurance at Bombay (Old Customs House) or at Bandra.
4. The Will can be changed any time and any number of times – even on the deathbed if the Doctor certifies that you are of sound mind at that stage.
5. If you wish to change just a portion of the will – say after selling off some assets which were included in the will you can add a Codicil to the Will. You can make any number of Codicils are needed.
6. If, in your Will you are leaving all to your spouse, then you should make a provision that if the spouse dies before you or simultaneously then who should be the inheritor/s. You can make trusts in your will for grandchildren or for dependants or charitable institutions.
7. At least two trustworthy executors should be appointed to administer the will.

Adv. Firdosh Karachiwala ended by advising that all should make their Wills, without further delay!

–Report by Rtn. Nargis V. Wadia

DATE: 25 -7-12

SPEAKER: Adv. Firdosh Karachiwala

INTRODUCTION: Rtn. Sucharita Hegde

V. O. T. : PP Rtn. Ajit Kamrani

Address of C. A. D. R.: 102, Business Plaza, Plot no.33, Gazdar Bandh Rd., (off Linking Rd.) Santacruz (W), Mumbai 400054; Tel. 2660 3066; cell: 9821124350

The DG visits NERE

District governor visits Nere– a joint service project of our club and chakshu foundation



Rtn Nirbhay speaking at the Livelihood Centre



A view of the audience



DG Vijay inside the Ophthalmic Centre



President Kersi, DG Vijay and Rtn Nirbhay at 'Livelihood Centre'



PP Dr. Kirit Mody explaining the setup at Laxmi Eye Hospital to DG Vijay Jalan

Though this \$334,000 3-H project, biggest in South Asia, ended officially in 1996, Project In-Charge Nirbhay Jain has developed it much further than originally envisaged. Today it covers over 40 surrounding tribal villages with a galaxy of activities that are worth replicating in other parts of District 3140. Successive District Governors have visited Nere and admired its different facets. We are still hoping some clubs will come forward to visit this village. It was no less with DG Vijay Jalan, when he came to Nere on June 23, 2012, keeping his promise that he would somehow see the project during his tenure!

DG Vijay began his tour with the 'Livelihood Centre' – where both boys and girls receive six months intensive training in English, as well as nuances of the Hospitality and Retail Marketing industries. The training



Mid-Town Rotarians at Ophthalmic Centre



President Kersi rewarding a meritorious student



Outside the Ophthalmic Centre



Rtn Narendra Mohatta sampling 'Self Help Group' products



Pres-Elect R P Anand being welcomed



Rtn Nirbhay and Urmilaji being welcome at the School



Welcoming ceremony at the School



DG inspecting 'Introduction to Basic Technology' students

is conducted by a specialist agency but is free of cost for the students. On completion, they begin earning about ₹7,000- ₹8,000 per month in restaurants, hotels, malls etc. within reach of their village homes.

Next stop was 'Laxmi Eye Hospital' – run by a Trust that does charity eye surgery amongst the rural poor. Chakshu Foundation does a minimum of 500 free cataract operations each year, sharing the facilities. District Governor was then escorted to a rented premises in Nere, where the women's 'Self Help Groups' have a retail outlet for their home-made food stuffs, snacks and pickles. Over 2,000 women in 40 villages have been trained in a wide range of income-generating activities. They have thus become economically independent and truly a driving force in improving the future of their families. About 400 women will be added

in 2012-13 Rotary year. DG Vijay thereafter visited a school that has been adopted and converted by Rtn Nirbhay Jain and his team into a model educational institution which even any city would be proud of – with computer facilities; audio-visual learning – and finally, 'Introduction to Basic Technology' courses in the last 2 years of school – enabling the students to learn a wide range of activities that would help them to earn livelihoods in nearby urban areas.

IPP Kersi Hilloo, R.P.Anand, PP Arrow Sinha Roy, Rtn. Munna Mitha, Lalit Gokuldas, Satya Bhushanji, Rtn. Narendra Mohatta and Pushpaji, Yogesh Pandya and Usha, accompanied the DG during his tour.

-Report by PP Arrow Sinha Roy



DG Vijay Jalan addressing the students



Pres-Elect R P Anand having his blood Group identified



DG Vijay being welcomed to the school

Gaurav- You Do Us Proud!



Soft spoken, obliging, committed – these words come readily to mind when one describes Rotarian Gaurav Kapadia. Self-effacing to a fault, he sincerely believes that his work should speak for itself! And so it has. For several years our Rotary Club has relied on him for its major projects for the physically challenged and child welfare – causes very close to his heart.

Education

Gaurav is a product of the old Bombay middle-class culture. His father Gunvantbhai V. Kapadia, started his career with New India Assurance as a junior assistant and through honest hard work over years, rose to be the Chairman of this leading insurance corporate! He has been the role model for his son.

Gaurav was born in independent India in 1948; studied economics and accountancy at Sydenham College and went on to become a Chartered Accountant.

Business beckons.

Though his favourite subjects were auditing and economics in 1972, Gaurav went into business with a South Indian businessman, A. C. Muthiah, of manufacturing high-density polyethylene bags, used for cement, chemicals and fertilizers.

In 1979 he joined United Motors Ltd.– a Shapoorji Pallonji Group Co.– and rose to become its President and Chief Executive, till his retirement. UML deals in Tata's commercial vehicles and automobiles. In '88 Gaurav underwent stringent training with Tata's partners, at the Mercedes Benz plant in Germany.

Life's Partnership

Typically, the tall Gaurav and petite Purnima had an arranged marriage in 1975 and to listen to

them talk about each other (God bless them!), they are destined to stay happy for the rest of their lives. Purnima describes Gaurav as "too honest and very loving - a family man" How many wives, today would give such a glowing certification after 36 years of marriage? Gaurav is a bit lost for words – admires Purnima's sincerity and describes her as a well-bred Gujarati girl.

Both have the rare and wonderful ability to introspect. Gaurav says that he wished he was more confident about asserting himself. Purnima mentions that she is too sensitive and gets hurt easily – even though within self she is strong and can face any tough situations!

Hobbies

Gaurav is sports-minded and plays tennis, table tennis, badminton and is a regular morning walker and an occasional swimmer. He follows sports on TV and likes to keep-up with world affairs through The Economist, Time, News Week and others. He enjoys playing snooker and billiards.

Purnima is a devout Vaishnavite and is immersed into religious activities for 2-3 hours each day and loves music and likes to sing. She has little time for TV or 'boring' lectures (unless they are Kirtans!)





On being a Rotarian

It's a great Institution and offers ample opportunity to reach out and touch the lives of those less fortunate than us. I cherish the opportunity that Rotary offers to do my bit in bringing comfort to so many. It's a very satisfying activity.

Purnima too had been active in the Inner Wheel and served as treasurer till her energies were diverted to looking after her two daughters – Shailajah and Gopika. Both the girls are married now and have families of their own.

Ethics and philosophy

So is there a pet peeve – what shakes Gaurav from his trademark equanimity? "I can't stand people who are two-faced" he says emphatically. "I place a lot of importance to being straight- forward".

For Purnima it's the politicising of religion. She firmly

believes that religion is a personal thing and that it creates disharmony when endorsed (or banned) by the State. She is against religious teachings (as different from spiritual values) in schools, as that creates schisms at a young age. She rues the fact that today religion has become a band-wagon for politicians!

With Pranabada being declared the 45th President of India, both were asked what would be their priority if they found themselves as President!

Gaurav: I would take concrete steps to tackle corruption – specifically in the bureaucratic and political class – and is ruining efforts to bring prosperity to millions. The first step would be to appoint Lokpals in all States and devise a full-proof system to punish the guilty without exception!

Secondly, I would urge that a voter must have a minimum education, such as an SSC as only then he/ she can vote intelligently.

Thirdly, I would like to see implementation of the education policy being made compulsory – also for the girl child.

Purnima: Apart from abolishing the religious holidays and State celebrations of religious beliefs, I would abolish all quotas for castes and minorities in educational institutions and Government and quasi-governmental institutions. Only meritocracy should count!

-Interview by Rtn. Nargis V. Wadia.

Child Welfare Committee

A brief update on what our club has done for children's welfare in the past year.

The first and foremost constituent of the Child Welfare Committee is the KAMLA MEHTA DADAR SCHOOL FOR THE BLIND. It is a boarding and lodging institution. It caters to about 200 visually impaired students. It feeds, clothes, educates and trains them. Some of the students gave a wonderful musical performance at our meeting held at Wodehouse Gymkhana on 15th February. Our Club has contributed over ₹2,28,500/- to the school which is almost double of what we gave last year.

The second constituent is ADAPT which looks after physically and mentally disturbed children. It provides educational and vocational training to them. We support their activities in many ways including financial assistance. This year we donated a modest ₹40, 000/- so far.

Last but not the least is the Mid-Day Meal Programme managed by the ISKCON Food Relief Foundation. It provides nutritious meals to underprivileged students in Municipal Schools in the age group of 4 to 14. It has 6 kitchens catering to 300000 students in and around Mumbai. The Foundation received the best NGO award from our Club last year.

May I congratulate Governor Jalan for having collected about ₹1.25 Crores as donations from various Rotary Club for the Mid-Day Meal Programme. Our Club has contributed over ₹11,34,900 which caters to 1261 students. I am glad to report that our Club stands second at the district level in this regard.

- Rtn. Naren Mohatta

Allegheny students visit Baste



We had a visit from 27 students and 3 faculty members of the Allegheny College recently, led by PP Rtn. Arrow Sinha Roy's daughter, Dr. Ishita Sinha Roy. The earlier batch who visited was so enchanted by villagers at Baste that they set up a "Growing hearts, growing minds" foundation on their return to the USA. To date, we have received over ₹5 lacs for the welfare of the children, mainly from the foundation.

This time the group stayed at the lovely 'Silent Hills Resort' near Manor and visited the village by coach every day. The photos will effectively show you the activities they enjoyed. They also visited the R. K. Mission Outreach Centre at Sakwar. PP Rtn. Arrow Sinha Roy acted as their 'guide' for those three days. Rtn. Dinyar Jamshedji and Rtn. Yogesh Pandya (with spouse Usha) sportingly came across for half a day to share the fun and games...and gave them a morale-booster.



1. Allegheny students repairing agricultural 'bundhs'.
2. Inspecting 'cow dung' gas plant --generates electrcity & cooks food.
3. Students freceiving lecture on farming.
4. Trying the 'wheat grinder' at the village.
5. Village girls plaiting the hair of US students.



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- 6. Henna solidarity.
- 7. Leaf stitching lessons.
- 8. Their first lesson in photography.
- 9. Villagers enjoying lunch.
- 10. Sampling the 'Motor mechanic' class room.
- 11. Elizabeth Moreno with leaf plate.
- 12. Learning rangoli.



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Needless to say, the visiting students and faculty almost immediately developed a rapport with the villagers, especially with the women and children. They visited the various sites of the 'Watershed Development' project. In spite of the terrible heat they voluntarily worked in the fields for some time. There were a lot of interactive games. One of the days we arranged for 'community lunch' during which lunch was served to all the members of the community by the Allegheny students.

- Report by PP Rtn. Arrow Sinha Roy



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A cause for celebration

The IDG Vijay Jalan recognises 5 rotarians for their outstanding contribution to the club.

- 1] IDG Vijay Jalan recognised Force XI- Diamond President (IPP) Rtn. KERSI HILLOO for enthusiastic commitment, unstinting support and dynamic leadership in RY 2011-12 with a plaque.
- 2] IDG Vijay Jalan recognised Force XI- Assistant Trainer Rtn. AUROBINDO SINHA ROY for enthusiastic commitment, unstinting support and dynamic leadership in RY 2011-12 with a plaque.
- 3] IDG Vijay Jalan recognised Force XI- New Generations 1- Dist.Chair Rotaract Rtn. ANIL KAMATH for enthusiastic commitment, unstinting support and dynamic leadership in RY 2011-12, with a certificate.
- 4] IDG Vijay Jalan recognised Force XI- CLUB ADMIN 1- Dist.Chair Fellowship Rtn. MOHAN LALWANI for enthusiastic commitment, unstinting support and dynamic leadership in RY 2011-12 with a certificate.



IPP Kersi Hilloo with President R.P. Anand



PP Anil Kamath with President R. P. Anand



PP A. Sinha Roy with President R.P. Anand

- 5] IDG Vijay Jalan recognised Force XI- NON MEDICAL 2- Dist.Chair Senior Citizens Rtn. KISHORE JHAVERI for enthusiastic commitment, unstinting support and dynamic leadership in RY 2011-12 with a certificate.

Condolences

Our Former Rotarian **Beji Billimoria** passed away on 18th June, 2012. He joined RC Bombay Mid-Town in July 1969 and was loaned the Classification 'Concrete Construction'. He was a Paul Harris Fellow (2 Star) and Chairman of various committees during his membership. The most unique contribution from Beji Billimoria was that he put in tremendous efforts to construct the building for the Piramal-Rotary Medical Centre at the Jaiphalwadi Slums in 1976-77.

A Tribute by our PDG Dr. Shirish Sheth: "We are extremely sorry to learn about the sad demise of Mr. Beji Billimoria, Ex-Rotarian of Rotary Club of Bombay Mid-Town. He was an excellent Rotarian and kind-hearted person, difficult to emulate. We pray for his soul to rest in peace."

Wing Commander **Indru G. Shahani** passed on, on 22nd July 2012 at the age of 74. He joined our Rotary Club on 13 June 1984 and was an active member till he fell ill. He and his wife Sheila were a popular Rotary couple- genial and affable. He was the Executive Director of Thomas Cook (India) Ltd. for several years. He will be missed by many.

Tea with the new President!

The installation of our new President and her team of the Inner Wheel Club of Bombay Mid-Town took place on 10th July 2012. As always Rita Shah was the hostess of the celebration.

The chief guest for the evening was Pushpa Suryamurthy who is the Vice President (Deputy National Rep.) of the association. We had a full house with many distinguished guests among which were Past District Chairpersons— Saryu Shah, Rama Parekh, Indira Kotak, Kanta Anand, Jyoti Doshi, Chandrakala Aggarwala and Raksha Mehta who also is the past association President. DEC Falguni Mehta, District ISO (Zone 1 co-ordinator) Sonu Punjabi and President Jyoti Ashar (Bombay South) and Neena Kothari (Bombay-Queen's Necklace) and Rotary President Mr R.P. Anand were among other Rotarians who graced the occasion. We began the function with Urmila Jain rendering a prayer seeking Lord Ganesha's blessings.

President Ashok Mehta made a visual presentation on all the 47 projects accomplished during her tenure costing approximately ₹10 lakh and having touched the lives of 9000 people. Among the various projects completed the important ones includes:

- Donating a projector to SL&SS girl's high school for 'E' lessons
- The dyslexia project at MDA
- Donating solar lamps and building toilet blocks
- Also the female foeticide/infanticide programme was launched together with adoption of the girl child involving all the other clubs.

President Ashok said it is a privilege and not a sacrifice to empower the less fortunate. She then announced Aarti Gautam as the 45th President. Aarti said she would continue with the upliftment of the girl child especially the SL&SS girl's school where our club would help them with software for computer literacy, District projects (urban and rural) and the EOTO project and work towards the environment. She also appreciated the donations already received from members and thanked them for their support.

National Representative Aruna Sheth introduced chief guest Pushpa Suryamurthy as someone who respects the Inner Wheel. Pushpa Suryamurthy spoke highly of our members like Arunaji, Ashok, Malti and Asha Singh. She said, whatever you do, projects etc it is the attitude that matters— bad attitude is like a flat tyre— you can't get anywhere!

It was a wonderful evening and we cut a cake and everyone tucked into a delicious high tea! The perfect end to a great installation ceremony.

Past Life Regression Therapy

"There is much more to us than this life!"

In our June 11, 2012 meeting, Surekha Kothari gave a presentation on Past Life Regression Therapy, a topic which evoked a lot of interest among those present. She is an active member of Dr. Newton and Dr. Lakshmi's Life Research Academy, Hyderabad which is involved in spreading the cause of Past Life Regression as an amazing tool for healing among people. Surekha Kothari conducts awareness talks and workshops for several corporate and social organisations in her centre, BodyMindSoulCentre, Chennai.

She is convinced that the body of knowledge in Hypnotherapy is so amazing in its content that anyone who avails of this can lead a very healthy and happy life, balanced in thoughts and emotions, aware of higher self and soul purpose.

"Where do we come from? Where are we going from here?" There are several such questions that come to mind. Many people are becoming aware that there is much more to us than this life. Yet, the thought of exploring a past life through Past Life Regression elicits varied responses, from fear to fascination!

On one level, this is understandable. The knowledge that is now gaining momentum had been lost to us for many years. There are enough documented cases available today which serve as reference points for initial conviction and are complemented by personal experiences. She stated that many issues in a person's current life emanate out of a past life situation. All personal relationships are karmic and have their roots in earlier lives. People who are around us today are here for a reason, that of the accumulation of karmic debts to be repaid and balanced. Afflictions such as asthma and phobias also originate from a past life.

The very fact that there are so many character traits and facets every individual possesses tells a story of many roles played over many lifetimes. We have never dwelt on the fact that many a time we behave uncharacteristically and when someone points it out, get upset. With awareness and reflection, we can spot the remnants of different personalities that may be co-existing or conflicting within us. Many a time, a pseudo personality from a past life may become active inside and alter the very nature of the individual.

Past Life Regression is a very powerful therapy which can neutralize such situations. More so, it can close several negative files from different lives after healing them completely, thereby rendering them ineffective in disturbing a person in the 'here' and 'now'.

Surekha believes that one of the most amazing techniques in Past Life Regression is the technique of stitching up the powerful past lives and integrating them with the individual in the current lifetime. This transforms powerless people and infuses an incredible amount of energy into them.

Surekha emphasised that Past Life Regression is done at an energy level where significant changes can be brought about in the physical, mental and emotional health of a person. Past Life Regression can heal the negativity in the earlier lives which was never given a chance to heal there and therefore, lies dormant within our Memory Bank until a person, place or event triggers a memory. This memory starts weighing heavily and makes the person restless and unhappy. Regression can raise the consciousness of the individual manifold and ensure health and happiness.

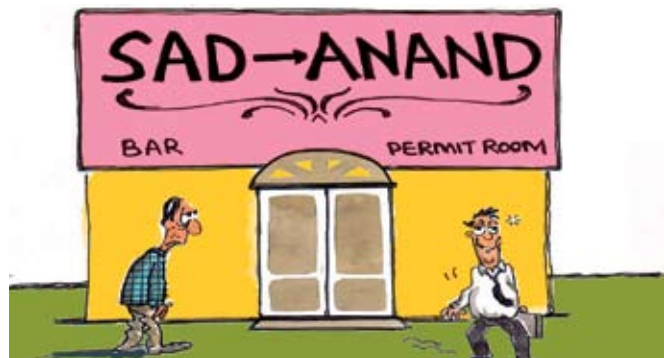
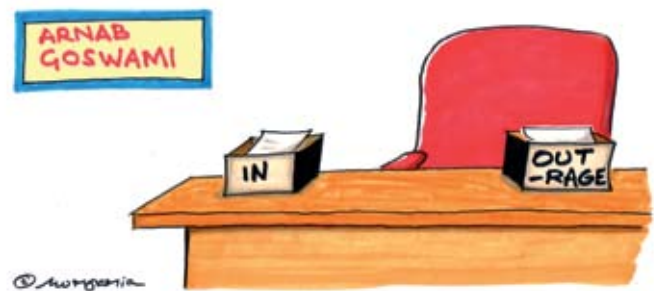
- Reported by President Ashok Mehta



President Ashok felicitating Surekha



Surekha Kothari giving a presentation on 'Past Life' Regression



ROTARY CLUB OF BOMBAY MID-TOWN
OFFICE BEARERS 2012-13

President: R. P. Anand
 Imm.Past President: Kersi Hilloo
 Vice President & Pres.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 Kamalani
 Co-Chair: PP Mohan Lalvani
 Finance: PP Vishnubhai Haribhakti
 Attendance: PP Tilak Mehta
 Bye Laws: PP Dr. Firoze Mirza
 Fund Rasing: Kamlesh Sonawala
 Classification: Co-Chair:PP Rahul Mehta
 Membership: PP Yoginder Shankardass
 Membership Development: Shaunak Thacker
 Rotary Information: Zeenat Ali
 Bulletin / Magazine: PP Gopal Motwane
 Public Relations: Nargis Wadia
 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
 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:

Rotary Foundation:
 Rotary Sister Clubs Exchange:

Assistant Governor:
Group Coordinator:

Dr. Rumi Jehangir
Aditya Singh

<< Birthdays >>


1 AUGUST
Bharat Parekh



4 AUGUST
Shreeprakash Agarwal



5 AUGUST
PP Ajoy Bhandare



6 AUGUST
Anil Ambo



7 AUGUST
RP Anand



8 AUGUST
Jaidev Mehta



9 AUGUST
Mehli Cama



10 AUGUST
Dr. Deepak Garg



11 AUGUST
Prabhat Srivastava



12 AUGUST
Narendra Shetty



13 AUGUST
BR Barwale



16 AUGUST
Amulya K. Singh



19 AUGUST
Yogesh Pandya



20 AUGUST
Jamsheed Patel



20 AUGUST
PP Rahul Mehta



22 AUGUST
Rashmi Jalan



25 AUGUST
PP Dr. Om Mehra



26 AUGUST
Deepak Gupta



26 AUGUST
PP Ratan Hingorani



28 AUGUST
Satya Prakash
Agarwal

August
<< Wedding Anniversary >>

14 Rekha & Satyaprakash Agarwal
 31 Alka & Anil Ambo

<< Spouse's Birthdays >>

06 Rovina Ghansham Dembla
 15 Nirmal R. Anand
 16 Malti Kiran Shah

17 Julie Rajesh Tandon
 20 Urmila Ramgopal Mehra
 21 Nisha Akhil Shahani
 21 Gomatidevi B. Barwale
 23 Daisy Hector Mehta
 23 Taru Praful Sheth
 26 Rajesh Kohli

<< EVENTS IN AUGUST >>

AUGUST 2012	MEMBERSHIP & EXTENSION MONTH
1 Wednesday	CCC&B Meeting at Woodhouse Gymkhana, at 7.00 p.m to 9.30 p.m.
8 wednesday	I Club Assembly at 11.30 a.m. at The Taj. A talk by Dr. Shantanu Nagarkatti at 1.15 p.m. at The Taj
15 Wednesday	INDEPENDENCE DAY - NO MEETING
22 Wednesday	Mr. Vibhuraaj Kapoor of Gallery Beyond Art will speak on 'Art as a form of Investment'; Second BOD Mtg. at 2.30 p.m. at The Taj Mahal Hotel
29 Wednesday	Speaker Dr. Dilip Nadkarni will enlighten us on 'Calm Sutra, the Art of Relaxation' at 1.15 p.m. at The 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.