



Bayview Express



President Rtn. Rajni Barasia
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Escape to Bhutan: A Journey Beyond the Ordinary



Club Reporter: Rtn. Saurabh & Sps. Rima Shah

Bhutan, the Land of the Thunder Dragon, is an experience unlike any other. With its rich cultural tapestry, lush landscapes, and serene spirituality, Bhutan offers an escape into a world where nature and tradition are deeply intertwined.

The meticulously curated itinerary by Club Admin 1 **Rtn. Sonali Shah** and her team was a well-crafted experience that went beyond mere sightseeing, immersing us in the spirit of Bhutan.

As both I and Rima were relatively new to Rotary Bayview and this was our first Rotary trip, we were a tad apprehensive of how this trip will turn out. However, it was a fantastic experience for both of us and left us wanting for more. We are warmly embraced by all the Rotarians and made us feel as if we knew them for years and years.

Here are some reflections and takeaways from this journey.

Chapter 1: A Grand Welcome to Thimphu The first day is all about welcoming us into Bhutanese culture. After landing and savoring the first sights of Paro, we proceeded to Thimphu for an introduction to the nation's capital. The cultural orientation set the stage for the days to come. The "Meet & Greet" session, complete with authentic Bhutanese attire coupled with the traditional song and dance by the locals around the campfire allowed us to embrace local culture fully.

Chapter 2: Exploring Thimphu's Wonders The next day takes us deeper into Thimphu's historical and spiritual heart. Visiting landmarks like Buddha Point, Simply Bhutan museum and the Tashi Chorten View Point, we are introduced to Bhutan's rich heritage and Buddhist traditions. This leg of the journey invites us to pause and reflect on the tranquility and spiritual depth that permeate the Bhutanese way of life. The scenic mountains and valley views were spectacular and made for excellent photo opportunities, while the evening DJ night provides an unexpected contrast, blending modern entertainment with the traditional surroundings. This balance between past and present highlights Bhutan's evolution while maintaining its roots.

Chapter 3: Thrills in Punakha Day three brought about a surge of adventure with a thrilling river rafting experience and a serene suspension bridge walk. This day showcases Bhutan's natural beauty, reminding travellers of the wonders that lie in untouched landscapes. Engaging with nature through these outdoor activities instills a sense of awe and respect for the environment, encouraging a mindset of conservation and mindfulness toward the world around us. The river rafting was a unique and exhilarating experience, especially in the moonlight. I doubt if any one of us had ever rafted in the dark and it was scary and exciting at the same time.

The Nunnery and the Dochula pass visit was wonderful to visit and left us in awe of the unique symbiosis of religion and nature that Bhutan offers. The evening dinner and high tea build camaraderie, fostering friendships through shared adventure and enjoyment.

Chapter 4: Mystical Excursion to the Phobjika Valley Exploring Phobjika Valley, with its untouched landscapes and unique biodiversity, was undoubtedly the highlight of this journey. We divided into groups for either a trek to Phobjika Valley or a visit to the Black Neck Crane Sanctuary, thereby catering to varying interests. The trek through natural trails, forests and the valley was spectacular and quite deservedly, the best part of the trip. The leisurely walking trail, the gentle meadows, the tall trees and the flora in the forest offered solitude to many and photo opportunities to many. The encounter with Bhutan's rare wildlife offer profound insights into ecological preservation, an essential theme in Bhutanese philosophy. The evening's games and formal cocktail dinner is a reminder of the elegance Bhutan infuses into its celebrations, adding a refined touch to the trip.

Chapter 5: The Final Adventure in Paro The itinerary culminated with a day of exploration and celebration in Paro. Visiting iconic spots like the Paro Dzong and the local markets immersed us in Bhutanese culture and history, while the final evening karaoke event around the campfire offered a joyous closure, combining tradition with fun. This final night is a time to reflect on new friendships, experiences, and personal growth from the journey, creating memories that transcend the duration of the trip.

Chapter 6: Farewell and Takeaway The journey ended with a farewell breakfast and departure, bringing the experience to a full circle. Beyond the beautiful memories, Bhutan leaves travelers with valuable lessons on the importance of cultural respect, environmental stewardship, and personal reflection. Bhutan encourages a slower, more mindful pace of life, reminding visitors to appreciate simplicity, spirituality, and nature.

In Conclusion This journey through Bhutan isn't just a trip—it's a **transformative experience**. Each day, from the bustling streets of Thimphu to the serene trails of Phobjika, teaches respect for heritage, mindfulness of the environment, and the joy of shared experiences. Bhutan's authenticity shines through, offering a deeper understanding of harmony between nature, culture, and community. Ultimately, this trip invites travelers to carry these lessons forward, integrating Bhutan's spirit into their lives back home.

Also, a big thank you to RCBB and its Rotarians for organising the trip in such meticulous details and for embracing us as one of them in such a short time. We made many new friends during this trip and look forward to many such trips with Rotary Bombay Bayview family.



Speaker Meeting

Club Event

@ Bellisima Banquets



Club Reporter: Sps. Anjani Merchant

The meeting, attended by **52 members**, was held at Bellisima Banquets at 8:00 PM. It began on a patriotic note with all members enthusiastically singing the national anthem. **Rtn Shonak Reshamwala** visiting rotarian from the **Rotary Club of London** was welcomed and he gave a brief of the projects undertaken by his club.

This was followed by a brief yet inspiring introduction to **Padma Shri Awardee Mallakhamb Guru, Uday Deshpande**. Under his expert guidance, we were privileged to witness a stunning live display of Mallakhamb art, performed by talented artists ranging in age from 7 to 54 years.

The program commenced with a **serene yoga session**, including the ten salutations of Surya Namaskar. Following this, the team prepared the traditional teakwood **Mallakhamb** pole, standing 8.5 feet tall. The young and skilled gymnasts then captivated us with awe-inspiring performances, seamlessly combining aerial yoga and gymnastics.

The sheer talent, dedication, and perseverance displayed by the artists left all of us inspired and deeply moved.

Do have a glimpse of the same at https://www.instagram.com/p/DCn4uNHML8_/?igsh=aG10cDMxenVnbGo3



Interact Club Project



Club Reporter: Interactor C.P. Navya Bafna

The F.L.A.G Interact Club visited the **Children's Ward of the Nair Hospital** on Thursday, 14th November on the occasion of Children's Day. The club members arrived at the hospital with fruit boxes lovingly prepared for the children in the ward. The children were surprised and felt innately happy to receive the fruit boxes.

The visit to the Nair Hospital was a poignant reminder of the profound impact that **small acts of kindness** can have. The visit left a lasting impression on the children, hospital staff, and club members alike.

The club members carried back with them cherished memories of the visit with a firm belief in the **transformative powers of kindness, compassion and community service.**



Rotary Wisdom

C.L.F (Club Learning Facilitator)

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**NO ONE CAN TELL US
WHAT ROTARY WILL
BE TOMORROW, BUT ONE
THING IS CERTAIN:
WHAT ROTARY WILL BE
TOMORROW DEPENDS
UPON WHAT ROTARIANS
DO TODAY.**

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Members are welcome to share any News, Views or Articles with the Editor.