



Rotary
Club of Bombay Airport
Be Humane



UDAAN

September 2024

STEPHANIE A. URCHICK
R I PRESIDENT

CHETAN DESAI
DISTRICT GOVERNOR

APURVA PATEL
PRESIDENT

HARSHA MEHTA
HON. SECRETARY

AJANTA RATH MISHRA
EDITOR

FROM THE PRESIDENT'S PEN...

Embracing the Magic of Rotary: A Month of Vibrant Service

As President of the Rotary Club of Bombay Airport, I am thrilled to share with you the intensity of our activities in August, which truly embodied the Rotary International theme of "Magic of Rotary," our District 3141 theme of "Vibrant," and our club theme of "Be Humane."



Our Avenue Directors have been instrumental in creating a ripple effect of kindness, touching the lives of our challenged brethren. From health camps to educational initiatives, we have been weaving the fabric of compassion and empathy.

However, amidst our joy, we are reminded of the darkness that exists, as seen in the heinous murder of a young lady doctor in Kolkata. May her soul rest in peace, and may we continue to strive for a world where such atrocities cease to exist.

As Swami Vivekananda once said, "The greatest sin is to think yourself weak." Let us draw strength from these words and continue to spread love and kindness.

As we move forward, let us not forget to have fun together! Our club and fellowship meetings are a testament to the power of camaraderie and shared purpose.

With the upcoming festivals of Paryushan and Ganesh Chaturthi, let us embrace the spirit of reflection, forgiveness, and new beginnings.

I am delighted to report that our Ranshet Ashramshala project is progressing well, with the construction of six classrooms scheduled to be completed within a month. We then plan to embark on constructing girls' toilet block, kitchen, and community hall.

As we step into September, let us remember that it is declared as Basic Education and Literacy Month. Let us renew our commitment to empowering individuals through education and literacy initiatives.

Thank you for being an integral part of this journey. Together, let us continue to create a world where everyone can experience the magic of Rotary.

President - Apurva Patel

COMMUNITY SERVICE I DIRECTOR- RTN. SANJAY MERCHANT



DISTRIBUTION OF HYGIENE KIT AT RANSHET ASHRAMSHALA



Resilience and Responsibility: Crafting India's Future"

August is a month of celebration in India, marked by festivals like Rakhi, Navroz, and Janmashtami bringing communities together with joy & tradition. This month also marks a moment of deep national pride as we celebrated our country's 78th Independence Day, embracing the theme of "Viksit Bharat 2047." This vision aims to see a fully developed India by its centenary year in 2047, with a roadmap that encompasses economic growth, social progress with good governance, environmental sustainability, and more.

However, recent incidents like the hideous crime in Kolkata and the tragic landslide in Wayanad serve as stark reminders of the challenges that lie ahead, threatening to cripple our hopes for a better world. It shakes our optimism & reminds the work still to be done.

Yet, we Indians are known for our resilience, adaptability, and indomitable spirit. Like the mythical phoenix, we rise from the ashes, stronger and more determined. Every responsible citizen has a duty to contribute to the nation's progress, helping to elevate it to newer heights where the beauty of the land is matched by the beauty of its people and systems.

As Rotarians, we can proudly say that we are doing our part, but there is always room to do more. May we all join hands to create a movement that makes India a better place in every aspect. Let's come together as a club, as a community, as a nation to make India truly **Saare Jahan Se Acha**.

Rtn. Ajanta Rath Mishra - Editor

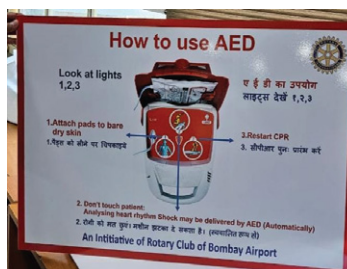
MEDICAL PROJECTS DIRECTOR - RTN. NINA BHATIA



Blood Donation



AED Machine Installation in The Print Media



Akshay Mehta, our Immediate Past President, has been deeply committed to installing AED machines and offering CPR training, tirelessly working to train people as Heart Marshals and equip them to save lives. Two lives have been saved recently by the laymen who used the CPR training & AED machines.

**YOUTH SERVICES 1 (ROTARACT)
DIRECTOR - RTN. YOGINI SHETH**



DGMC Rotaract President's Installation

Installation Ceremony of Vibrant Year President at M.L. Dhanukar College

Model United Nations held at NMIMS College



Thadomal Engineering College President's Installation

Rotractors arranged a debate between the Interactors

**YOUTH SERVICES II (INTERACT)
DIRECTOR - RTN. VAISHALI PARANJPE**



Awareness about Menstrual Hygiene at Gandhi Shikshan School by Ms Avvani Agasti

Sanskar, Training for the Interact Club. RCBA was a Silver Host



Talk on Stress Management was given by our own Rtn. Derrick Angelsz at KES School, Khar

Talk on Stress Management was given by our own Rtn. Derrick Angelsz at NSM School, Parla (E)

FELLOWSHIP
DIRECTOR - RTN DHRUTI SHAH
DIRECTOR - RTN DHIREN SHAH



A beautiful evening of poetry with our own Rtn Ramesh Gupta in conversation with his daughter Aanchal Gupta Kalantri



Attended the play 'Humsafar' which was a fellowship program of RCBA with a full house. Prominent actors, Lubna Adams & Harsh Chhaya were the protagonists of the play.

TRF AWARENESS ON MAJOR DONOR

DIRECTOR- RTN MANISH KOTHARI

TRF
Awareness
Initiative



TRF
Awareness
Initiative



'Stay Tuned'



MAJOR DONOR

TRF recognizes Individuals and couples whose combined giving has reached \$10,000 regardless of the the gift designation. This Recognition can be achieved only by personal contribution and not through points. Major Donors may elect to receive CRYSTAL RECOGNITION PIECE OR PIN(S) studded with Crystal(s), upon reaching each Levels as below:

| Contribution | Recognition | IN RCBA |
|------------------------|-------------|---------|
| USD 10,000 - 24,999 | Level 1 | 8 |
| USD 25,000 - 49,999 | Level 2 | 5 |
| USD 50,000 - 99,999 | Level 3 | 0 |
| USD 1,00,000 - 249,999 | Level 4 | 2 |

(RCBA is thankful to 1 AKS Trustee Circle and 15 Major Donors)

Contact: Dir. CA Manish Kothari | Ave. Chair R Ann. CA Bijal Merchant

'Stay Tuned'



TRF RECOGNITION, *AKS & Beyond!*

TRF offers numerous opportunities to Rotarians to support various Grants and Projects. The Donors receive recognitions for their every penny contributed as below:

| Contribution (in Mn) | Recognition |
|----------------------|---|
| USD 0.250 to 0.499 | Induction in Trustees Circle |
| USD 0.500 to 0.999 | Induction in Chair's Circle |
| USD 1.000 to 2.499 | Induction in Foundation Circle |
| USD 2.500 to 4.999 | Induction in Platinum Trustee Circle |
| USD 5.000 to 9.999 | Induction in Platinum Chair's Circle |
| USD 10.000 & above | Induction in Platinum Foundation Circle |

Contact: Dir. CA Manish Kothari | Ave. Chair R Ann. CA Bijal Merchant



PE Rtn Pragna & Dhiraj Mehta visit Brookline Road Club in Boston.



In the world of mountaineering, few stories captivate and truly inspire like that of a young adventurer who has conquered six out of the seven world summits, spanning different continents and... Copy Search with Google > nly dream ot. During an interview hosted by the Rotary Club of Bombay Airport, a non-governmental organisation, Kaamya Karthikeyan captivated the audience while recounting her remarkable climb to Mount Everest and so much more. At just 16 years old, Kaamya Karthikeyan, along with her father, ascended from Mount Everest, the highest peak in the world at 29,032 feet, to Mount Kosciuszko

Online Coverage of our speaker meeting in TOI
Director: Rtn Ajanta Rath Mishra

AVENUE - CLUB SERVICE III & MEMBERSHIP

DIRECTOR RTN. DHIREN SHAH



SUKETU JARIWALA



ASHMI PAREKH

Director Rtn. Dhiren Shah conveys his sincere gratitude to his committee members for their help & support.

AVENUE - TRF & INTERNATIONAL SERVICES

DIRECTOR RTN. MANISH KOTHARI

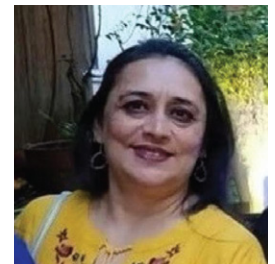


BIJAL MERCHANT

Director Rtn. Manish Kothari conveys his sincere gratitude to his committee member for her help & support.

DECODING EMOTIONS

- Emotions ==Psychological, Physiological response to a stimuli.
- Individual feelings, of sadness, anger, joy, happiness various degrees.
- Leads to physiological /body response like muscle tension, palpitation, sweating, shivering.....
- Mental response, brain fog, confusion, illusions, delusions.....
- Behavioral expressions frowny face, anxious, fearful, agitation.....
- Holistically emotions are described as Energy in motion====E-motion.
- Effects on body, simple terms Hypertension, headaches, allergic cold coughs.....
- Emotions/Feelings lead to beliefs(favourable /unfavourable),our expectations, interpretations and subsequent outcomes to our interaction with people, situations & experiences.
- If not taken care of at base level or in time can lead to physical, mental and emotional breakdowns.
- Can be treated by self awareness or help from a holistic healer/ therapist/ counsellor/ psychiatrist (in extreme cases)
- Easier self help methods, practicing awareness of self, meditation, forgiveness, gratitude, self introspection.
- At deeper levels can be resolved with the help of a coach, counsellor, therapist using various methods.
- Various modalities include, guided meditation, self awareness coaching, access bars, past life regression, ho'ponopono, akashic records, chakra cleansing/balancing, theta healing,.....



Disclaimer: Information provided is for awareness/ educational purpose and does not substitute for professional medical advice.

Rtn/Ann Manisha Udeshi
Holistic Healer & Wellness Coach.


GUILT FREE BINGE

Recipe

by Shobha Mandhana

Healthy and delicious food in 10 minutes!
Lasagna like never before, the recipe is incredibly delicious!

Zucchini Lasagna



Ingredients:

- 3 medium zucchinis, sliced lengthwise into thin strips
- 1 cup ricotta cheese
- 1 ½ cups shredded mozzarella cheese, divided
- 2 cups marinara sauce
- 1 tsp dried oregano
- 1 tsp dried basil
- 2 cloves garlic, minced
- 1 small onion, finely chopped
- 1 cup spinach, chopped (optional)
- Salt and pepper to taste
- Olive oil for sautéing

Instructions:

Prepare the Zucchini:

- Preheat your oven to 375°F (190°C).
- Slice the zucchinis lengthwise into thin strips.
- Lay the slices on paper towels, sprinkle with a little salt, and let them sit for about 15 minutes to draw out moisture. Pat them dry with more paper towels.

Make the Filling:

- In a mixing bowl, combine 1 cup of mozzarella cheese, ½ cup of Parmesan cheese, dried oregano, dried basil, and a pinch of salt and pepper. Mix until well combined.
- If using spinach, sauté it with a little olive oil until wilted, then stir it into the ricotta mixture.

Prepare the Sauce:


- Heat a small amount of olive oil in a skillet over medium heat.
- Sauté the chopped onion until soft, then add minced garlic and cook for another minute.
- Stir in the marinara sauce, and cook for a few minutes until heated through.

Assemble the Lasagna:

- Spread a thin layer of marinara sauce on the bottom of a baking dish.
- Place a layer of zucchini slices over the sauce.
- Spread a layer of the ricotta mixture over the zucchini slices.
- Add another layer of marinara sauce.
- Repeat the layers until all ingredients are used, ending with a layer of zucchini on top.
- Sprinkle the remaining ½ cup of mozzarella cheese and ½ cup of Parmesan cheese over the top.

Bake & Serve

- Bake in the preheated oven for 20 minutes.
- Let the lasagna rest for about 10 minutes before slicing and serving. Enjoy your delicious zucchini lasagna!



Shobha Mandhana



Ongoing work of classrooms at the Ranshet Ashramshala

Did you know?
 which is the largest Rotary Club in the world?
 It's RC of Vijaywada Midtown with 799 members

BOMBAY ON MY PLATE

The Multi-cuisine Edition



Tune into this section, for Bombay's Favourite Food Spots

- 1 Ekaa, Fort
Award-winning menu: Modern Indian, Continental
- 2 Americano, Kala Ghoda
American, Continental, Italian, beverages
- 3 Rue Du Liban, Fort
Lebanese, Wraps, Salads
- 4 Tamak, Santacruz
Mughlai, North Indian; Melt in your mouth Mushroom Galouti Kebabs, Irresistible Papad Churi
- 5 Mountain Goat, Bandra
Momos, Chinese, Nepalese; Jhol Momos that will rock your world
- 6 Perch Coffee & Wine Bar, Bandra
all day dining, Mind-blowing coffee cocktail infusion, Bailey's softy

Forthcoming Events in the month of September :

- 2nd - Fellowship meeting**
- 9th - Speaker meeting**
- 23rd - Speaker meeting**
- 30th - Pre OCV**



Raising a Toast...

Birthdays



| | | | |
|-----------------------|-------------------------|------------------|----------------------|
| 01 Alexandria Angelsz | 08 Parul Khandelwal | 16 Parag Jhaveri | 27 Archana Mehta |
| 01 Kanir Bhatia | 09 Vaishali Paranjape | 16 Vijay Ambati | 27 Kanderp Khandwala |
| 01 Manju Bhatia | 10 Bijal Merchant | 17 Mayoor Amin | 28 Suchita Raveshia |
| 03 Pooja Gumaste | 11 Jagdish Vora | 19 Kiran Shah | 27 Ramesh Bhatia |
| 04 Neha Jhaveri | 13 Geeta Sangani | 20 Kashyap Shah | 27 Meena Shah |
| 04 Shefali Shah | 13 Jitender Singh Sethi | 20 Prakash Kotak | 28 Akshay Mehta |
| 04 Sonal Chhabria | 14 Viekrum Gumaste | 20 Sumita Modi | 30 Swati Agrawal |
| 05 Paresh Bhagat | 15 Rakesh Agarwal | 22 Ila Dalal | |
| 05 Suketu Jariwala | 15 Samir Shah | 26 Umesh Modi | |

Anniversaries

15 Riaz & Nafisa