

अतुल्य!

incredible
2023-24

Rotary
District 3141

CREATE HOPE
in the WORLD

iGML

Governor's Monthly Letter

Rtn. Gordon R. McNally
R.I. President

Issue 6 | December 2023

Rtn. Arun Bhargava
District Governor

आरोग्यम्

सर्वे सन्तु निरामया

Together, We HEAL



रोग का अभाव ही आरोग्य है। समानता का भाव ही आरोग्य है ॥
जागरूक करें चलो समाज को। रोटरी - स्वभाव ही आरोग्य है ॥

DECEMBER - Disease Prevention & Treatment Month



“Enrika Trades & Services Pvt.Ltd.”, specialises in the field of high quality products in the mining sector of India with a techno-commercial edge over its competitors.

We have been the market leaders in the heavy-duty dumpers within the mining industry through consistent customer delight, quality services and technology.

Enrika Trades & Services Pvt. Ltd formed a Joint Venture with one of the major world producers of heavy-duty Dumpers, OJSC Belarusian Autoworks – Belaz in 2010.

Our Joint Venture with Belaz has helped us to be fully equipped to provide a thorough and regular after sales and back up support for the end users of “Belaz” mining equipment in India. Along with a large inventory of critical spares and components, our facilities at Gevra and Barbaspur, play a role of a ‘Nerve Centre’ for all workshops which are based at the end users’ site.

We are proud of our talent pool of well experienced, dedicated, team of Service Engineers. Our dispatch team & technical experts to the sites of the end users carry out necessary servicing and maintenance work of the dumpers.

We also run a training centre by the highly skilled technical experts from the OEM, who impart training to the local engineers / technicians. The centre also offers training of the operators on simulators, a unique service by itself.



Enrika Trades and Services Pvt Ltd

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Arun Bhargava
District Governor | 2023-24

This year's presidential theme "Creating Hope in the World" is making astounding impact in life of people across the district as magnanimous service projects and activities by our committed & dedicated Incredible Rotarians are giving people a reason for hope - by providing better education, improving health and sanitation and enhancing livelihoods through various path breaking and impactful initiatives. The power of the human mind is phenomenal, and the spirit, limitless. All we need to identify is the potential, spark and a gentle push makes a lasting change for the good and this is what exactly being done by our Incredible team.

As we are reaching out to more and more Clubs for Official Club Visits and interacting with our distinguished Rotarians, my heart swells with pride and satisfaction as I hear the uncounted stories of positive impact we are making on people's life through these service projects and life changing initiatives - truly Incredible!

December is Disease Prevention and Treatment month and I am happy to see the voluminous efforts being put in by our Incredible Presidents and their respective teams on service projects related to medical and health. be it general check up and further treatment, specialized surgeries, limb replacements, skin care, free / subsidized dialysis cycles and many more.

Our flagship program "Project National Integration

(PNI)" is hugely successful, well supported and well appreciated by all in our District, our friends in Kashmir and more importantly by our Army. 2nd batch of girls for training have already arrived and this speaks the confidence of our Kashmiri brother & sisters and our Army in this outreach program initiated by our District - special thanks and kudos to PNI team!

Seema and me are overwhelmed to witness these positive transformations everywhere we go and the level of enthusiasm, excitement and interest of our Incredible Rotarians elevate our joy and confidence. We are on the verge of completing the first six months of our Incredible journey and our collective efforts to serve the communities, our resolve to help those less privileged and need support, ignite minds and make a lasting impact are giving hope to people for a better, prosperous future.

The biggest festival of our Incredible Year - DISCON 2024 named "Darpan - The reflections" is approaching and I look forward to welcome you all on 10th February 2024 at NSE Banquets. It is going to be an extraordinary event with spectacular performances, list of distinguished speakers to transform your thoughts and of course entertainment. Our events team is working overtime to make it a memorable and unforgettable experience. If you have still not registered then do it now to avoid disappointment.

Very soon we will enter into a new calender year 2024. This year 2023 have given us lots of pleasant memories to cherish, many friends with whom we forged a life long relationship, many achievements which give us sense of contentment and many lessons who will make us a better person. Lets welcome the new year 2024 with strong hope for a better and prosperous future for everyone and work together to help everyone in achieving their dreams and living a dignified livelihood.

Let there be cheerfulness, vibrancy, love, hope, optimism and glory forever ...

Together we can, Together we will, Together Again !

Yours in Rotary,

Rtn Arun Bhargava
District Governor



Seema Bhargava
First Lady

जीवन की सुचारूता व सफलता के लिए स्वस्थ शरीर की आवश्यकता होती है। स्वस्थ शरीर से ही मानसिक व शारीरिक विकास संभव हो सकता है। वर्तमान युग की आपाधापी में जहाँ मनुष्य के खुद के खाने-पीने का समय नहीं है-वहाँ वह शरीर की स्वस्थता पर कैसे ध्यान दे पाएगा। किंतु यह जान लीजिए-जब तक शरीर स्वस्थ है, तभी तक हम स्वस्थ हैं। पहले शरीर के अच्छे से कार्य करने की क्षमता को ही स्वास्थ्य कहा जाता था। बदलते समय के साथ स्वास्थ्य की परिभाषा भी विकसित होती गई। जिन-जिन चीजों के माध्यम से हमारी आरोग्यता बनी रहती है-वह सभी आरोग्य की एक-एक परिभाषा बनते गए। आरोग्यता का अर्थ है "हर प्रकार की बीमारियों से बचे

रहकर शरीर को मजबूत बनाए रखना। "आरोग्यता से हमारा शरीर स्वस्थ रहता है-मानसिक संतुलन बना रहता है-मस्तिष्क सकारात्मक ऊर्जा से भरा रहता है और सबसे बड़ी बात कि हमारी आयु लंबी होती है। हमारी शारीरिक आरोग्यता के लिए एक संतुलित व पोषक आहार बहुत आवश्यक है। जो व्यक्ति नियमित रूप से समय पर आहार लेते हैं वह आरोग्यता के काफी नजदीक होते हैं। धूम्रपान व अल्कोहल से विरक्तता व्यक्ति को बीमारियों से दूर रखती है। मानसिकता आरोग्यता के लिए खेल-कूद, गीत-संगीत, व्यायाम व योग आदि की नियमित खुराक बहुत जरूरी है। जो व्यक्ति अपनी नियमित दिनचर्या में इन सबका समावेश रखते हैं उनका मानसिक स्वास्थ्य सर्वोत्तम होता है। ऐसे व्यक्ति अपने आसपास के लोगों के लिए एक खुशनुमा माहौल का निर्माण करते हैं और स्वयं भी खुश रहते हैं। सामाजिक आरोग्यता भी हमारे लिए बहुत जरूरी है। कहा भी गया है, "मनुष्य एक सामाजिक प्राणी है।" हम जिस समाज में रहते हैं वह समाज हमें विरासत में मिला होता है और हम स्वयं जिस समाज का निर्माण करते हैं-अगली पीढ़ी उससे लाभान्वित होती है। सामाजिक क्रियाकलापों में भाग लेते रहना-स्वस्थ सामाजिक वातावरण के लिए कार्य करते रहना-लोगों से मिल-मिलाप बनाए रखना सामाजिक आरोग्यता को बढ़ावा देती है। आईए, हम सभी मिलकर अपने प्रयासों से इस आरोग्यता की मुहिम को आगे बढ़ाएँ। आरोग्यता के प्रति जनमानस को जाग्रत कर उन्हें भी इस मुहिम का हिस्सा बनाएँ और एक स्वस्थ जीवन का हिस्सा बनने के लिए स्वयं और समाज दोनों को प्रेरित करें। अंत में बस इतना ही कहूँगी, "साथी हाथ बढ़ाना।"

Upcoming Incredible Event

Incredible ROTAL

Saturday, 13th, 20th & 27th January 2024

Veer Savarkar Auditorium, Shivaji Park, Mumbai

Incredible ROTAL Registration: <https://bit.ly/ROTALJan24>

ROTARY CLUB OF MUMBAI PARLESHWAR
LEAD HOST

Title: Platinum Co – Hosts - Charges: Rs.50,000/-
Benefits: Name on stage backdrop, Felicitiation by DG during Finale
10 entries free in Solo Singing or Dancing
25 Citation points as given by District

Title: Gold Co – Hosts - Charges: Rs.30,000/-
Benefits: Name on stage backdrop, Felicitiation by DG during Finale
5 entries free in Solo Singing or Dancing
20 Citation points as given by District

Title: Silver Co – Hosts - Charges: Rs.20,000/-
Benefits: Name on stage backdrop, Felicitiation by DG during Finale
3 entries free in Solo Singing or Dancing
15 Citation points as given by District

Title: Bronze Co – Hosts - Charges: Rs.10,000/-
Benefits: Name on stage backdrop, Felicitiation by DG during Finale
1 entries free in Solo Singing or Dancing
10 Citation points as given by District

Date: 13th, 20th & 27th January 2024
Venue: Veer Savarkar Auditorium, Shivaji Park, Dadar Mumbai
Time: 08:00 am till 08:00 pm

INCREIBLE DISCON

darpan

The Reflections

10 Feb 2024

NESCO BANQUETS - MUMBAI

HOST CLUB

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Excellent Speakers | Live Entertainment
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ARUN BHARGAVA
DIST GOVERNOR

SANDIP KEDIA
CONVENOR

ARUN BAGARIA
INCREIBLE PRESIDENT

Kashmir Valley (PNI) Project By Rotary District 3141
Rtn Rajan Dua | Lt Governor & Avenue Chair PNI

“My Dream Experience in KASHMIR” - by Aaraina (8 years)



15 August 2023 will be one of my most memorable day for as I witnessed Flag Hoisting with the Army personnel. We travelled to Kashmir on 14 August 2023. On Landing into Srinagar International Airport, I saw mountains surrounded by white clouds which I call 1000 scoops of Vanilla Ice Cream. It appeared so scenic like mountains covered with white clouds and the blue sky to the green patches everywhere.

We directly made our way for the Shikara ride from the airport. Although we couldn't witness the sunset during our Shikara ride, we enjoyed the breeze along with the rain. It seemed so serene as we enjoyed the kahwa and we saw the floating market, lotus, houseboats. We had a fantastic time enjoying ourselves with Dilip Uncle and Ratnesh Uncle. Prior to heading to our hotel, Rose Petal, we also took some photos to capture those wonderful moments.

The next day we had a early start. It was delightful to see everyone dressed in a tricolour attire. We began our journey to Machil (Machhal) with a stopover at Kupwara for having Breakfast which the Indian army had arranged for us. Before having breakfast, we assembled to hoist our Indian Flag. Thereafter, we proceeded to Z-Gali (Zamindari Gali). I learnt that not everyone is allowed there and all entries are recorded with the army authority at the Zamindar Gali/ Z-Gali. The most delightful part of the view is that one can see

Nanga Parbat at 8126 m Peak in the Greater Himalayas.

Z Gali lies at an altitude of 3150 m. We met commanding officer Vinod Negi and Rajat Birman Uncle. I handed over the card I had made for the Indian Army on the occasion of the Independence Day to Birman Uncle on behalf of Rotary. Birman Uncle was happy to receive it and mentioned he would keep it safely with him. We hoisted the flag and sang our National Anthem with pride. I remember we were surrounded by clouds at that height. I had to put my Earmuffs on as it was very windy.

From here we were escorted by Army officials to Machil (Machhal). Machhal is the last outpost from the Kashmir side, seldom visited by the tourist. They mentioned we were 5 km away from LOC. On my way to Machhal, I quickly had a bite of sandwich which Dilip Uncle and Ratnesh Uncle were Kind to share. My mom was now at peace watching me eat. Once we reached Machil, we were given a warm welcome by the army officials. I feel blessed to be given an opportunity with my parents to pay tribute to the martyrs. I would like to thank Mr. Rajan Uncle to have given us this opportunity. It filled our hearts with pride when we offered our tribute to the martyrs.

We then proceeded to watch kids perform from Army Goodwill School. I enjoyed watching them perform.



After their performance Our Dist. Governor, Arun Uncle with Seema Aunty and others gifted them a school bus under the Rotary National Integration Project.

We ended by presenting a memento to the Army officials. Seema Aunty and Arun Uncle and many more Rotarians asked me to hand over the memento to the commanding officer, Birman Uncle. They too handed over a token of appreciation to each one of us. Tingri Tigers, as they are called, and I have captured this beautiful memory in my Heart. We also tied Rakhis to the Jawans as I thanked them and asked them for their blessings.

I promised them that one day I shall be wearing their uniforms. Filled with immense pride and deep respect for the army officials We departed for our Hotels. The day had been a quite lengthy and we only realised how tired we were when we settled in the car.

Next day we had our breakfast and set out to visit



A New Level of Patriotism Project National Integration

Shankaracharya Temple. We were caught by surprise to see the unexpected steep climb to the temple. Nonetheless I swiftly reached the top followed by Dilip uncle and then my mom. It took a little longer for my dad and Ratnesh Uncle to make it up. Dilip uncle jokingly remarked about how as the senior citizen, he and I, the youngest, were the ones in good shapes to arrive first. We were blessed to manage the darshan Continuing from there we moved on to the Mughal Garden Where the vibrant colours of the flowers stole the show. In response to the intense heat, we hastened our visit. In that moment my thought drifted to my Mummuma (Nani) who shares a fondness of gardening and flowers.

Our driver Bhaiya surprised us by taking us to a farm nearby which had plenty of apples on the tree. Even I plucked a few myself. I appreciated the kind gesture of fulfilling my desire to explore the apple farm.

Our time was somewhat limited prompting us to hasten our journey to the airport but not before we picked up saffron, Kahwa and Apples.

We departed with a pledge to return and dedicate more time to explore the beauty of Kashmir.

I would like to thank the army officials for giving us their precious time and making it an incredible experience for each one of us. Also, I would like to thank each member of Rotary group for showering their love, Warmth and blessings on me.

- Araaina Jain - Age : 8 Years



Bid Adieu to 1st Batch of Nursing Students - Project PNI



One of the pivotal projects for our Rotary District this year has been Project National Integration. Various initiatives and impactful projects form a part of this project. One of the initiatives include providing nurse training of Kashmiri girls so that they can help reduce the infant mortality and death of women in the Kashmir valley.

The Rotary District team, ably led by the Avenue Chair, Lt. Governor Rtn Rajan Dua, had organised a farewell function for the girls on Sunday, 19th November, 2023. Program was organised to give a fitting farewell to the BRAVE KASHMIRI GIRLS at the US club. A program that was as emotional, as celebratory on the completion of this nurse training module. The president's who were part of the project were felicitated and the girls were given multiple gifts to make their trip to Mumbai memorable. The girls have completed their course of nursing and midwifery, and have returned to their respective villages, where they will be instrumental in saving thousands of lives of mothers and children for next 60 years or so.

Despite having the world cup final on that day, more than 200 Rotarians, including SO MANY INCREDIBLE PRESIDENTS were in attendance and the hall was full to the brim. The day was very important for the Rotary Dist. 3141 and also emotional for one and all. The National Anthem, and short speeches by the departing girls were a true show stoppers. Many Presidents and Rotarians brought gifts for the girls.

Our District Governor Arun was all praise for Lt. Governor RAJAN DUA, who is carrying this project on his strong shoulders from the beginning. Not only he is coordinating with Army and Ms. Abida on a daily basis, he is the very motivating force to charge our entire PNI team. So fittingly he is being congratulated and complimented by Rotarians across the district, for leading the project from front and ensuring that every

thing goes as per our plans. The next batch of girls is ready in Kashmir. They have been interviewed and their orientation has been completed at their home ground. Soon they will be with us for next phase of project.

DG Arun thanked all Incredible Presidents for their much needed support for the project. He said "Thanks to your commitment, our country will have a better & much peaceful future - across LOC Kashmir and in India. As we say : Peace in Kashmir - Peace in Country. Also, my gratitude to each team member of PNI team, including Rtn. Amarjit, Amit Shah, Nav Durga, Avinash, Amit Patil, Cmdr. Ahluwalia and everyone involved in this project. Special Thanks to Rtn. Gayomard, who is a great motivator for all of us.

Sponsoring 2nd Batch of



Students from Kashmir

It was a very gratifying experience seeing the successful completion of the 1st batch of midwifery students. Hats of to the vision, perseverance and commitment of our Incredible DG Rtn Arun Bhargava and our passionate leader Rajan Dua. Rotary Club of Bombay Powai led by Incredible President Rtn Kamalini Pathak will sponsor the 2nd batch of students from Kashmir. President Kamalini says " It is only when I visited Macchal, I realised the plight and need of that region. Unthinkable but this small act of ours will save 100s of life's in future. Kudos once again to PNI leader Rajan Dua and the team for their dedication, commitment and hard work. It is not an easy task as I know the team has visited there atleast 10 times over last one year"

Incredible President Rtn Kamalini Pathak,
RC Bombay Powai.

Eklavya RYPEN - Enriching Youth by RC Palghar



Rotary Club Of Palghar in association with Inner Wheel Club Of Palghar organised an action packed, inspiring EKLAVYA RYPEN 2023 at Nandore Ashram Shala, Palghar. 350 adivasi students from various Ashramshalas in and around Palghar participated and got benefitted from these very carefully created leaning sessions, interactive sessions and entertainment programs. It was a 2 day event where our various distinguished speakers imparted knowledge and skills on specially selected topics such as Mental Health, Law of Attraction, Sports as a career, Surakshit Bachpan, Self Defense, IT Information, Balance Sheet of Life, Poultry Farming as Career and many more relevant topics. TV serial Actor – Amit Bhanushali also visited this RYPEN and enthused energy among the students.

A special attraction of this event was - sprawling display of Airport Model where these adivasi students were given live demonstration of actual airport - from entry at the airport till departure. Many replicas of aircrafts on airport terminals were on display which was a thrilling experience for these kids. Our Avenue Chair Rtn Ranjeet Bijoor helped in arranging this model display. Students who were divided in 7 groups presented skits on topics

given to them and many of the performances stunned the audience. Motivational movie SUPER 30 was screened in the night and despite a hectic day, almost all the students were glued to their seats to watch this inspirational movie.

Major highlight of the event was - it was attended by Incredible District Governor Arun Bhargava, DGE Chetan Desai and DGN Manish Motwani. DG Arun kept his promise of attending this event despite his packed schedule - reached Palghar by around 12:30 AM, attended morning session at 8:45 AM and left for another OCV by 10:30 AM - this level of commitment from our District Governor infused more energy in the participants. Their esteemed presence motivated the students as well as the organisers RC Palghar. Avenue Chair Rtn Rafik Lulania was the Chief Coordinator, Incredible AG Rtn Milind Ulkande was Chief Advisor for this program which was a super success and impacted the mind and souls of these adivasi students positively.

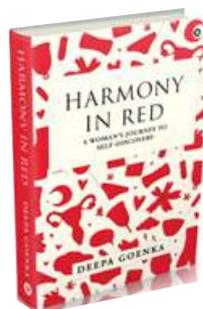
This event was co-hosted by many clubs from our District and was supported by many individuals in personal capacity.

Project # Stains of Strength



What an appropriate name allotted to this wonderful project for the young feminine members of the society. Well, it was all about creating awareness and dealing with the Hygiene during those days of the monthly Menstrual Cycle for the younger females. It was also about distributing the tools for the same in the form of Reusable Hygiene kits and to guide about its usage to almost 600 numbers of School girls entering into their delicate phase of life. In accordance with the current Rotary month theme of Disease Prevention & Treatment, Rotary Club of New Dombivli (District 3142) in conjunction with Rotary Clubs of Mulund Hills and RC Bombay Kandivli (District 3141) carried

out this Inter District project in Sant Savlaram Vidyalay, Dhoke. India Factoring & Finance Solutions Pvt. Ltd. sponsored the kits. Rtn. Deepa Goenka of Rotary Club of Bombay Kandivli has taken the great initiative to execute this project for the benefit of young females (upto 65000 girls till date). Marathi actress Ms. Sanjana Kale was the apt choice as the Ambassador for the project. The opening ceremony of this project was held on Tuesday, 19th December, 2023. It was really a mega Rotary project in the true sense of the word for a worthy cause.



Our District Secretary Rtn Deepa Goenka has authored a book on menstrual health which is a melody of care and understanding, resonating with the values close to our Rotarian hearts. She wants everyone to join hands to spread the symphony of knowledge and break the silence surrounding menstrual hygiene.



Fighting & Preventing Diseases

Rotarians are passionate about battling diseases because we believe every human has the right to basic health care. Yet 400 million people in the world can't afford or don't have access to basic health care.

Disease results in misery, pain, and poverty for millions of people worldwide. Diseases not only cause pain to those suffering, but the implications for loved ones and communities as a whole can be devastating. That's why treating and preventing disease is so important to Rotary. We lead efforts both large and small. We set up temporary clinics, blood donation centers, and training facilities in underserved communities struggling with outbreaks and health care access. We design and build infrastructure that allows doctors, patients, and governments to work together.

Rotarians and their partners have a proven track record in the fight against diseases. Our members combat diseases like malaria, HIV/AIDS, Alzheimer's, multiple sclerosis, diabetes, and polio. Prevention is important, which is why we also focus on health education and bringing people routine hearing, vision, and dental care.

The Rotary Foundation has allocated over \$65 million in grants to combat various diseases. With our partners, we have seen a remarkable 99.9% decrease in polio cases since 1985. Polio has been eradicated in 122 countries, and our efforts extend beyond that. We've established effective systems to address a range of health priorities, including tackling Ebola. We aim to improve and expand access to low-cost healthcare in underdeveloped areas.

Our impact is visible on a global scale. In Ghana, over 80 percent of the population now has access to clean water, thanks to our initiatives. Additionally, in Liberia, we've achieved a 95% reduction in new HIV infections in children over a span of two years. While we've made significant strides, our work is far from over. People's emotional and psychological well-being is as important as their physical health. Rotary is prioritizing projects that focus on erasing any stigma associated with openly discussing mental health,

raising awareness about mental health needs, and improving access to services that address people's mental health and emotional well-being.

Disease prevention is important. The probability of dying is twice as high for children under age five as for children and youths ages five to 24, which is why Rotary and its partners have been delivering vaccines globally for 40 years, seeking to ensure that all children grow up safe from preventable diseases. Help us fight disease. During December, Rotary's Disease Prevention and Treatment Month, we can take action to fight disease in your community:

- Support health education programs that explain how diseases spread and how to reduce the risk of transmission.
- Partner with medical institutions or ministries of health to immunize people against infectious diseases.
- Support training and continuing education for health workers through scholarships or stipends or simply by recognizing existing training efforts.
- Improve and expand access to affordable health care in underserved areas.

Get help from Rotary Action Groups - Rotary Action Groups help clubs develop sustainable, effective service projects that strengthen communities. These groups can advise your club on planning and implementing projects and help you find partners, funding, and resources.

The legacy of our work to eradicate polio won't be just the elimination of the disease. Our legacy will also be how the tools we created and the lessons we learned are used to save lives from other preventable diseases. Disease prevention and treatment takes on many forms, from supporting studies to helping immunize people to improving drinking water and the sanitation infrastructure. The world relies on Rotary to tackle these global challenges, and to set an example for others to follow.

- Rtn Sampada Kashikar



Ajit Dubey

Managing Editor - GML | 2023-24

It is said that you will find your treasure wherever your heart is! Some opportunities make us feel alive, engaged, connected, and fulfilled - and serving the District as managing editor of this IGML is one such opportunity, thanks to our Incredible DG Arun for choosing me for this coveted responsibility. This Editorial journey made me feel that I met the next and improved version of myself.

Tremendous work is being done throughout the District in all avenues and we at IGML team are in a fix many a times as to which projects are to be chosen for publication. Every project which is being done by our Incredible Presidents and their respective teams is special, unique and has the power to transform the lives of many. We are closely witnessing the powerful energy flowing across the District and the positive impact it is making in the lives of people who were deprived of basic requirements and needed support to live a dignified life and flourish.

This December issue covers the important updates about our Flagship project - Project National Integration which is creating a lasting impact on our relationship with people of Kashmir and making our bond stronger day by day. An article on modern Indian art, an article about life line of our Mumbai - Local Trains, Incredible actions, Incredible Vibes and an article on "Lupt Hoti Paramparayen" and of course blessings and guidance from our Incredible District Governor Arun and First Lady Seemaji. I believe that our readers will definitely get inspired by these stories and will be able to follow their heart to find the most beautiful treasure - the Passion. All credit goes to our distinguished authors, designers, editorial team who have come out with refreshing & inspiring stories.

Everything in this issue is focused on YOU - our Rotary and Non Rotary readers. If you have a question or an idea for an article, please let us know and we would love to welcome new contributions and contributors to our group. Hope everyone had a fabulous Christmas celebration and wish each one of you A Happy and Prosperous New Year 2024! Looking forward to talking to you again in our January issue. In the meantime, keep those ideas and submissions coming to incrediblegml@gmail.com and finally a special request to you all - please do participate in large numbers in the QUIZ and inspire your team to participate.

Enjoy reading & Stay connected

- Rtn Ajit Dubey | Managing Editor

Creative Captain & The Creative Team

Kitchen of Ideas & Our Executive Chef

Editor In Chief

Rtn Arun Bhargava

District Governor



Advisor

Rtn Vinay Khetawat

Editor In Chief - Incredible Optimus Studio



Managing Editor

Rtn Ajit Dubey

District Secretary - Admin & Publications

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INNER WHEEL DISTRICT PROJECTS



PALLAVI CHOKSI
DIST. CHAIRMAN



PRERANA RAICHRU
DIST. VIGHARMAN



MITA SHETH
IPUC & AC MEMBER



LAKSHMI V. SINGH
DIST. SECRETARY



MONA GYANI
DIST. TREASURER



SHUBHALAXMI CHHAPWALE
DIST. EXT. SERVICE ORGANIZER



MONILA BHATTASALI
DIST. ISO



SUCHITRA NAYAK
DIST. EDITOR

DECEMBER THEME: in pursuit of gender equality - celebrating success of girls/ women, social justice for women, better understanding of mental health & well being of women, men/boys supporting gender equality of women & collaborating with NGOs and organisations in ending violence against women.



IWC BOMBAY PIER TIARA- SUPPORTING TRANSGENDER COMMUNITY EMPOWERMENT



brand vista
Centenary District Chairman Pallavi Vikram Choksi Honored with Women Achievers Award and Commemorates 100 Years of Inner Wheel Worldwide



IWC BOMBAY PIER-CHRISTMAS WAS CELEBRATED WITH AGED WOMEN AT ALL SAINTS HOME BYCULLA.



IWC BOMBAY WEST- WHEEL CHAIR DONATED AT ANGEL EXPRESS SCHOOL.



Laying the foundation stone for Road Over Bridges and Flyovers
CENTENARY DISTRICT CHAIRMAN PALLAVI CHOKSI WAS HONORED WITH THE PRESTIGIOUS WOMEN ACHIEVERS AWARD BY THE ROTARY CLUB OF MUMBAI ELEGANT AT ARTISAN SUTRA JUHU PUBLISHED IN MUMBAI MIDDAY.



IWC BOMBAY AIRPORT TIARA- EDUCATIONAL HELP AT LITTLE ANGELS SCHOOL FOR SPECIAL CHILDREN BANDRA



IWC BOMBAY SHIVAJI PARK-MEDICAL AID FOR CANCER AND ORTHOPAEDIC TREATMENT



INNER WHEEL DISTRICT 314 ORGANIZED A DAY-LONG CENTENNIAL CELEBRATION FEST THAT ATTRACTED A CROWD OF MORE THAN 2000 PEOPLE. THE EVENT FEATURED 25 PERFORMANCES, VARIOUS STALLS, AND ENTERTAINMENT ACTIVITIES. THE HIGHLIGHT WAS A RECORD-BREAKING ACTIVITY: UNVEILING A HUNDRED FEET LONG INNER WHEEL BANNER



IWC MUMBAI PARLESHWAR- CO SPONSORED FIRST EVER WOMEN'S WHEELCHAIR CRICKET AT ANDHERI SPORTS COMPLEX



IWC MUMBAI 101 KANDIVLI EAST - SCHOOL SHOES DONATED AT VIDHYA VIHAR SCHOOL BORIVLI



IWC BOMBAY NORTH ISLAND - SPONSORED CATRACT SURGERIES OF 4 PATIENTS



IWC BOMBAY NORTHWEST- DONATED CHHATAIS FOR STUDENTS AT DADADE SCHOOL PALGHAR

ROTARACT DISTRICT PROJECTS

StartUp Meet



Audience at StartUp Meet



Panel Discussion at StartUp Meet



Team StartUp Meet & Panelists

Rotaract Mumbai embarked on a transformative journey into the future of entrepreneurship at StartUp Meet, an event that unfolded on November 5th at IBS Powai. Renowned industry leaders, including Sonal Sinha (CEO of IDFT), Tushar Kansal (Founder & CEO of Kansaltancy) and Saurabh Agarwal (Founder Director of Kennis Growth Advisor) graced the occasion. The event featured a dynamic panel discussion with Abhijeet Anand (Founder & CEO of abCoffee) and Niharika Goenka (Founder of Bombay)

StartUp Meet delved into crucial stages of entrepreneurial evolution with dedicated sessions on Idea, Funding and Execution. Participants gained insights from seasoned professionals, navigating the intricate landscape of business inception, financial backing, and operational execution. The event provided a platform for networking, collaboration, and learning, fostering an environment where aspiring entrepreneurs could exchange ideas and strategies.

In an era defined by innovation and resilience, StartUp Meet emerges as a catalyst for shaping the future of business. Attendees left empowered and inspired, armed with the knowledge to navigate the challenges of entrepreneurship in the new age.

Mental Health Conference



Speaker at Mental Health Conference



Team Infinity at Mental Health Conference



Audience at Mental Health Conference

The inaugural Mental Health Conference, hosted by Rotaract Mumbai on October 29 at Somaiya School, marked a significant milestone in the pursuit of holistic well-being. Esteemed speakers, including Dr. Harish Shetty from LH Hiranandani Hospital, Dr. Prachi Singh from CMP HMC - FMT Department, Prof. Chitra Kelkar, Founder of Manovedh, Dr. Vidya Arunachalam, Founder of Homeonex, and Dr. Akanksha Maheshwari, Proprietor & Consultant of Total Health Clinic, shared profound insights.

Attendees engaged in diverse activities, fostering a nurturing environment. Participants explored gratitude by jotting down things they appreciated, while sessions on feeling one's koshas provided a unique perspective on self-awareness. The conference embodied the spirit of "One Team, One Dream," symbolizing collective efforts towards advancing mental health awareness.

This groundbreaking event not only showcased the dedication of Rotaract Mumbai but also underscored the importance of collaborative initiatives in addressing mental health challenges. As the participants took strides on the path to mental well-being, the conference served as a catalyst for future endeavors in fostering a supportive and compassionate community.

Exploring Factories in Mumbai

Rotaract Mumbai engaged in various projects, including the Factory Explorers initiative, where participants visited O-Cakes in Bhiwandi during the second quarter of RIY 23-24. On October 19th, attendees immersed themselves in the intricate art of cake making and decorating. Another noteworthy project was the Smart Money Symposium, a financial literacy seminar held on October 28th at M.L. Dahanukar College. The event, organized as a pre-event under the project World Responsible Youth, featured guest speakers Varun Sridhar (CEO of Paytm Money) and Niranjana Subramanian (Senior Manager of Learning & Development at Axis AMC). Participants gained profound insights into financial matters during this workshop. Furthermore, Rotaract Mumbai actively celebrated World Interact Week from October 30th to November 5th. The Clubhouse (Interact Week Theme) became a hub for diverse activities aimed at fostering growth and skill development among Interactors and school children. These initiatives collectively exemplify Rotaract Mumbai's commitment to engaging its members in meaningful and educational projects across various domains.



O-Cakes, Bhiwandi



RID 3141 at Factory Explorers



Smart Money Symposium



Blood Donation Camp by RC Bombay Bandra



Supported blood donation camp at Parel.
Tota 300 units of blood collected

Women Economic Empowerment by RC Bombay Hanging Garden



Conducted women economic empowerment program by donating Sewing Machines with Samta Foundation

Diwali Night with Katkari Tribals by RC Manor



Celebrated Diwali Night with Katkari Tribals at Shalecha Pada, Hamrapur, Wada. These people were happy on receiving Diwali kandil, ubtan, sweets and home-made Faral. Kids enjoyed a lot by lighting crackers.

Diwali Celebration with Tribals by RC Bombay Kandivli



Celebrated Diwali with Tribal women & villagers at Shree Krishna Upasana Centre of Dongaste village Wada

Competitive Exam Guidance Session, Diwali Celebration & Blood Donation Drive and Dental Check-up Camp by RC Bombay Mahakali Heights



Conducted an informative & insightful Guidance Session for Competitive Exams at Maruti School



Had the privilege of celebrating Diwali with 80 wonderful senior citizens at Aadhar Old Age Home



Honored to host a Blood Donation Drive and Dental Camp at Gurdwara, Sher-e-Punjab, Andheri East.

Distribution of Dipawali Gift Hampers, Grains, Ladoo Boxes, Blankets, Bed Sheets & Braille Books by RC Bombay Queen City



200 Dipawali gift hampers distributed to cancer patients at Nana Palekar Dharamshala, Dadar.



Grains, Ladoo boxes, blankets, bedsheets were distributed to 200 diyangns for whole month.



Sponsored 150 copies of Braille books, launched for blinds welfare Organisation at Matoshree by Ex CM Shree Uddhav Thackeray

**Distribution of Hearing Aids, Gift Hampers & Warm Blankets
by RC Bombay Uptown**



Celebrated Diwali Festival with special children at Lokmanya Tilak School for Deaf & Dumb at Wadala by distributing them hearing aids and gift hampers



Distributed warm blankets to the kids from the Angel's Express Foundation

**Annadaan Mahadaan
by RC Borivali**



Annadaan Mahadaan in association with Annapurna Foundation. Organised lunch for street vendors & other needy at junction of Sainath Rd & SV Rd, Malad

**Children's Day Celebration
by RC Chandivali Mumbai**



Celebrated Children's Day with Children of Vatsalya Trust

**Project Bagbaan
by RC Chandivali Mumbai**



Arranged a musical night & a laughter show for the entertainment of senior citizens. Also talk on Elder Care & on importance of Will were arranged.

**Counselling & Therapy Session
RC Mumbai SOBO**



Counselling and therapy sessions were taken weekly at Apna Ghar - A transit facility for cancer patients. This helps them to adopt a positive thinking & fight their condition better.

Talk with Doc by RC Sher-A-Punjab



Talk by the Doc Cardiologist Dr Akshay Mehta President Bombay Airport enlightened the students about the intricacies of the Human Heart

Maha Mangal Prasadam by RC Virar



Maha Mangal Prasadam at Ganpati Mandir where around 200 devotees and needy took the Prasad



Distribution of Essential Items to Transgender & Football Competition by RC Deonar



Distributed Sarees, Sweets, Ration, Perfumes & Lipsticks to transgender home in Panvel



Sponsored a Foot ball competition where 250 slum kids including girls participated

Diwali Celebration at Old Age Home by RC Mumbai National Park



Celebrated Diwali with Radhikar Old Age Home at Uttan and Shree Nityanand Ashram, Kashigaon where blankets & diwali faral were donated.

Sweet Box Distribution by RC Mumbai Royales



Distributed sweet boxes to 1570 students of SPARK A CHANGE FOUNDATION

Distribution of Massage Beds & Yoga Session by RC Mumbai Kandivali West



Visited National Association of Blind and distributed Massage beds, 200 White Canes and the fees of one child was also paid.



Yoga session conducted in Ekveera School and Mats with Rotary Logo were donated

Desktop Donation by RC Mumbai Mahim



Donated desktop to children of sex workers in Sai NGO which will be used by 8th, 9th, and 10th standard students.

Distribution of Adult Diapers by RC Mumbai Malabar Hills



Donated 1000 adult diapers to Mental Hospital, Thane

Action Across The District

Distributed School Uniforms at School by RC Mulund



Distributed School Uniforms, shoes, books at Gujarati Samaj Vidyalaya, Kurla West.

Tandem Cycling by RC Mumbai West End



Organised Tandem Cycling to bring about Social integration of Persons with Disability in the presence of DG Arunji as Chief Guest.

Dental Check up Camp by RC Mira Road



Explained the method of brushing teeth, cleaning of tongue and its importance to students of Gramin Vidyalay Mire

Mega Medical Camp by RC Dahanu



A Mega Medical Camp organised at Tarapur - Boisar by RC Dahanu. Total Beneficiaries - 260 patient. 3 diagnosed for Angiography and Angioplasty, 1 for Joint Replacement Surgery connected with SMBT Hospital (Nashik) for free treatment, 28 Cataract patients guided to Rotary Eye Hospital (Boisar) for operation. Free Opticals distributed.

December 2023 QUIZZZZO

Hello friends...

Welcome back with the fresh challenge for you in our GML Quiz (all questions are from the contents within this issue of GML).

Remember – All respondents will be recognised prominently in the next edition and first 3 respondents with correct and complete answers will receive our especially designed Coffee Mug !

Quiz Questions

- 1) Which Club have sponsored the 2nd Batch of students from Kashmir?
- 2) What is the name of recently launched book authored by Incredible DS Deepa Goenka ?
- 3) On which date and year, the first local train service was introduced in Mumbai ?
- 4) How many Vascular surgeries Dr Vinit Paliwal and his team will perform in Mauritius ?
- 5) On which date and which venue DISCON - 2024 “Darpan - The reflections” is scheduled ?

So friends please hurry, send your answers on incrediblegml@gmail.com and get recognised for your knowledge, wisdom, keen eye and swift response.

For feedbacks, reviews and suggestions please mail us on incrediblegml@gmail.com

Quiz Masters

Rotarians who responded with the answer (Sequence as per receipt of email)
Rtn Malvika Sukhani - Incredible President, RC Bombay Uptown, Rtn Vidyalakshmi Shankar - RC Mulund Hill View, Rtn Dr Meena Singh - Incredible President, RC Dahanu Sea Coast, Rtn Rakhee Sunil - RC Mumbai National Park, Rtn Ashish Tapiawala - RC Borivali

And The Fastest Fingers (Obviously With Correct & Complete Answers)

Rtn. Malvika Sukhani
RC Bombay Uptown

Rtn. Vidyalakshmi Shankar
RC Mulund Hill View

Rtn. Dr Meena Singh
RC Dahanu Sea Coast

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LUXURY
MEETS **NATURE**

— AT KARJAT —



4 BHK
1.1 CR
onwards



actual site photos

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- Turf Cricket

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- Kids Play Area

- Indoor Games
- 24/7 Security



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Distribution of Water Wheels



Rotary Club of Mumbai SOBO Distributed 100 waterwheels to inherently economically weaker sections in villages in Rajgurunagar taluka close to Pune on 5th November. This has effectively re-defined the way drinking water is collected and transported in rural areas. While women have traditionally collected water for the household from waterbodies, men and children have also expressed interest in doing so after the receipt of the waterwheels!

Diwali Celebration



Diwali is an occasion to let the light of Diyas and Candles illuminate not just our homes but let us illuminate homes of each and Everyone.

Rotary club of Borivli celebrated Diwali with Abhinav Vidya Mandir on November 8th 2023. Students participated in competitions like Rangoli Design, Cards, Diya making and Lantern making.

There was a unique creativity showcased by students as they made Fort with natural Mud. Students prepared various types Sandwiches. Rotary Club of Borivli arranged ingredients for Sandwiches like Bread, Butter and all the children proved their versatility in cooking even without fire.

All the students dressed up in Traditional outfits. There were competitions for each school house. All the children were in the festive mood as the School had

arranged for Mid-Day meals and Jalebi. Each classroom was decorated with Lanterns, Rangoli, food, Diwali diyas, cards. All the activities permeate the school premises with atmosphere of togetherness, joy and love. True essence of Diwali with our children. No. of Students: 250

Bus Donation for Cancer Patients



RCB Metropolitan led by Incredible President Heena Mehta and RCB Harbour View led by Incredible President Amit Kansal donated a bus for cancer patients. This selfless act exemplifies the true spirit of community service, making a meaningful and long lasting impact on the lives of cancer patients. DG Arun Bhargava and Rtn. Sandip Kedia, Avenue Chair - Diseases Prevention & Treatment graced the event.

Donation of Beckman Coulter Biochemistry Equipment



Rotary Club of Mumbai West Coast donated Beckman Coulter Biochemistry equipment to KEM hospital, Costing Rs. 50 Lakhs and funded through CSR support. The machine will test 1200 samples every hour. This will shorten 'turn around time' drastically, will lead to quicker diagnosis & treatment and enhance in-house capability of this premier institution. Considering the sample strength of 15000 per day, this donated equipment will be most needed and well utilised for many years.

Rangoli Competition



On the occasion of Diwali, RC Mira Road organized a RANGOLI COMPETITION for the children of Mahajan Wadi slums in Miragaothan, Mira Road. Entry slips were filled out, and with the approval of the principal of Gramin School in Miragaothan, the competition took place on their premises. Participants lined up, were briefed on the rules along with three judges. The competition started promptly at 11 AM. Prizes, including trophies and gifts, were awarded to the top three (Sameeksha, Harshita, and Vrunali), and certificates were given to all participants, including the lady who assisted in organizing the children. The event concluded with tea, soft drinks, and biscuits.

Heart Valve Repair & Replacement Surgery

Jainab Dilshad resident of Chinchani/ Boisar, Age - 17, was in a critical condition facing multiple problems in her heart Valve like - Dizziness, Chest pain, breathing difficulties, Palpitations, Edema (swelling) of the feet, ankles, abdomen (belly), Blood Vomiting etc. Her condition was going worst, she needed urgent surgery, Her parents lost all the hopes as the surgery cost was 3.5 lacks and their financial condition is week. Through one of the well wisher, they approached R.C. Dahanu for medical help & finally she got operated. Once again RC Dahanu could contribute in saving her life. The Rotary Club of Dahanu, under the leadership of President Rtn. Jatin Gohil, guidance of A.G. Rtn. Rizwan Khan, has played a crucial role in saving lives through heart valve repair and replacement surgeries.



Construction of 5 Check Dams



RC Mumbai Downtown Sealand constructed 5 Checkdams in Palghar District through Global Grant. The size of this GG No 2236087 is USD 50300 and it was initiated with directed gift of \$30000/- from the club member, AKS Rtn Shabbir Rangwala. The International partner is Rotary Club Of Colombo. 2 out of these 5 Check Dams were inaugurated in June 2023 and other 3 Check Dams were inaugurated on 14th October 2023. A training programme on health and hygiene and cultivation of crops was arranged for the farmers and villagers.

Legal Literacy Seminar



Rotary Club of Dahanu organised seminar for the students of K L Ponda High School on 14th Oct 2023 in association with Rotary Club of Mumbai Mulund South, Rotary Club of Mumbai Ghatkoper West. The speaker was Vishhal Saxxena, Advocate Supreme Court of India. More than 800 students attended the seminar and were benefitted. Many of the students raised relevant questions and were addressed by Adv. Vishhal Saxxena.

Taare Zameen Par



Rotary Club of Bombay Kandivli along with Partner clubs organised an event for the special kids - Taare Zameen Par on 2nd December 2023. About 65 Special Kids displayed their dancing and Singing skills. The objective to give the kids a chance to perform on stage was fully achieved. Chingari Shakti Foundation whole heartedly supported this event. In total about 170 people attended the event which was held at DG Khetan International School Malad. DS Deepa Goenka was the Convenor of this event.



Cochlear Implant



Rotary Club of Upper Kandivali under the leadership of it's President Rtn. Hanisha Gaba in association with large hearted donors did a medical project of sponsoring the cost of Cochlear Implant costing Rs. 577500/- to son of janki ehwagniha at Shatabdi Hospital on 7th December 2023.

Incredible Vibes

Vascular Surgeries in Mauritius

Dr Vinit Paliwal, member of Rotary Club of Mulund Hill View and a Vascular Surgeon by profession is left on an official Rotary mission on 1st Nov 2023 to Mauritius. There is a collaboration between Rotary Club of Mulund Hill View, Rotary Clubs in Mauritius, Rotary Club of Navi Mumbai Palm Beach and the Government of Mauritius. This collaboration is to perform Vascular surgery for Dialysis in 100 patients.

In their stay of 5 days, Dr. Vinit and his associate will be performing 100 Vascular surgeries in Mauritius. A highly impactful and need based project as it will allow dialysis to be performed post this surgery for 100 patients who were unable to undergo the same. These will be life saving surgeries and Dr Vinit is making us all proud.

The combined value of this project would be approx INR 50 Lakhs to 55 Lakhs (In Rupees). Apart from cost, Rotary Club of Mulund Hill View is participating in an International Medical Project as a knowledge resource and a giver. This project was conceptualised and executed by DGN 25-26 (3141) Dr Manish Motwani and DGN 25-26 (3142) Harsh Makol.

Little Heart Surgery



Rotary Club of Mumbai Queen City supported for succesful heart surgery done of 6 month old infant from Kashmir on 12th december 2023 at Society of Rehabilitation of Crippled Children (SRCC) Haji Ali.

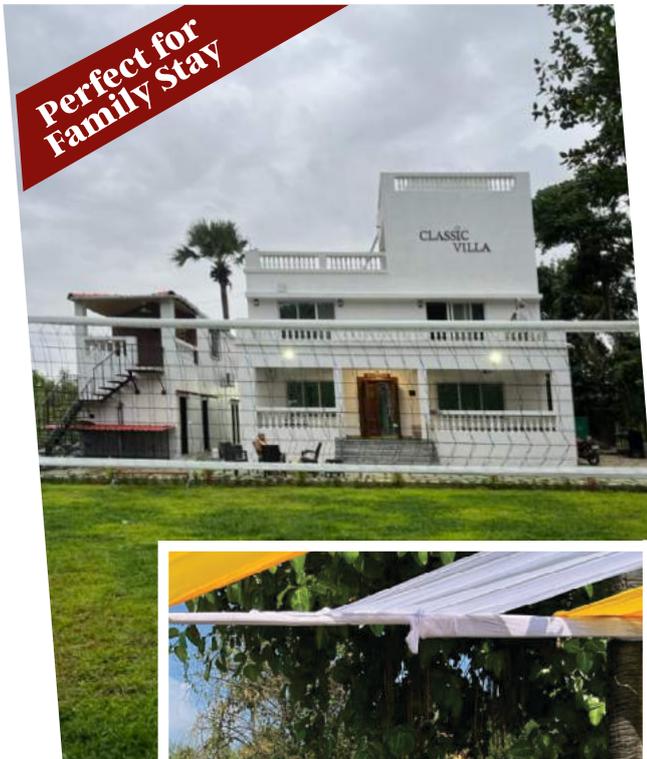
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Rotary District 3141 stretches all the way from Cuffe Parade in the South to all the way upto Dahanu in the North. To most it is the Metropolis of Mumbai along with its extended suburbs and some rural pockets. Very few know that our Geographical Area of District 3141 has a glorious history stretching back to centuries and has Monuments/ forts/ palaces/ caves and religious places which are Internationally famous but less known to us. In the GML issues of the Incredible Year, we shall make a modest effort to unravel these lesser

known Gems of District 3141. A lot of Rotarians will definitely have even more interesting stories and facts which will make amazing & interesting reading material.

We request you all to share any information you may have with us on poonam@opportunitiesindia.com

Together lets celebrate the History of the geographical areas of our Incredible District 3141!

Let us continue the journey with Well known **Local Train...More Than A Train...**

Local Train....More Than A Train....



12th April 1867 was the landmark day when the first local train service of Western railway was introduced between Virar & Backbay. Backbay railway station was located between the station of Churchgate and Marine lines.

It is an accepted fact that the local train is the lifeline of Mumbai. Each city has its own network of destinations, tracks, stations and signalling system.

The local train is much more than some empty or packed railway rake/ bogey rattling across the length of the city to distant destination – Churchgate to Dahanu Road on the WR or Chhatrapati Shivaji Maharaj Terminus (CSMT) to Kalyan or Kasara on the CR.

The railways are expanding all the time. In Mumbai, the local train are painted a standard chocolate brown and white with CR or WR painted boldly on its side panels

Today, trains have gone beyond traditional stops like Thane, Borivali or Virar stations. Could anybody fathom the thought that Dahanu Road would be a local train ride or that the CR would reach Goregaon on the CR/WR or you could reach Khopoli or beyond Neral on the CR.

The stations of Kalyan and Kasara were well known to commuters of CR, but today the route have various new stations and junctions. Vasai Road on the WR is connected with Panvel on the CR. This line intersects with the main central line at Diva. This route has 13 stations on it,





including both terminal stations. The Thane to Nerul and Uran City line is another recent innovation and covers 27 km. The sections between Nerul and Kharkopar are currently complete, with Phase II from Ghatkopar to Uran City is under construction. This network has kept Mumbaikar on the move.

Commuters board a train long before it comes to a complete halt, 'catch' a seat in the blink of an eye and have an unwritten code where the seats are 'exchanged' with those who have been standing for a long duration of time.

God is praised and his bhajans accompanied with Chimbals provide the beat. Prasad is distributed

throughout the compartment irrespective of caste or creed. Birthdays are celebrated, examination scores are dissected, mother-in-laws are discussed, vegetables are cleaned and many doze off to sleep tired from a day's work or catch up with the broken sleep-in order to catch a particular train long before the break of dawn. Some of those who keep awake talk so loudly for the rest of the compartment to overhear their conversation.



The trains have their own set of vendors. Samosas were the most sought after, colourful ribbons, mobile covers, beauty products and snacks like 'nalli' or crisp straws in various colours are sold for a small profit. If the commuter is lucky, a live music performance unfolds on two slabs/tiles.

The first train carries vegetable and flower vendors , fisher women, dabbawallas, school going children and college attending youth try to mug up on the last revision before hitting the examination hall.

Another unique feature about Mumbai's local trains

is the pre-booking of a seat. The question 'Kaunsa Station?' (Which means which station do you want to get down?) is asked with the intention to 'book the seat'.

The stations have eatery stalls that serve a quick snack or a cup of piping hot tea. Soft drinks do brisk business in the summers.

In rainy season having a door or window left open ensured that a spray of water wets the seats and the people travelling in the compartment. In Winters every commuter is wrapped up after the glass panes were rolled down..

There were special train compartments that got all the fish destined for Churchgate or VT to be carried in cane baskets. The dabbawalla's used to push their crates of tiffin boxes into the luggage and the adjacent compartments with a multitude of signs and symbols painted on the lids.

How can one forget the many WhatsApp groups that have mushroomed - these have descriptions of the compartment to be 'caught' on which train, if the trains are late, they announce birthdays and anniversaries too.

Finally, it is customary that a loud cry of 'Ganpati Bappa' echoes as the train takes off on another journey cutting through the city and reaching its destination. The crowd either loudly or in the silence of their being responds 'MORYA'.



GANPATI BAPPA TAKES LOCAL TRAIN

-Rtn Poonam Bijoor

Revisit the undisputed master of modern Indian art



Surya Namaskar



Syed Haider Raza

Born in Babaria (now Madhya Pradesh) in 1922, Syed Haider Raza was one of the pillars of the foundation of Indian Modern Art. He lived most of life in France since 1950 while keeping a close relationship with India. As a young man, Raza moved to Bombay (Mumbai) to join J.J. School of Art but failed to do so. To earn his living, Raza joined a block maker's studio. It was here that Raza started painting some extraordinary paintings depicting the scenes that were visible from his window. He was amongst the founding members of Progressive Artists' Group along with some eminent personalities. Raza's work whirled around the idea of 'Bindu' (a dot), that he considered is the source of all energy and creation. Bindu holds an extensive Indian philosophical apprehension, which revolves around the principles that are thousands of year old. Raza was always fascinated with the roots of his nation, culture, and beliefs. His paintings after the discovery and acceptance of 'Bindu' were made with newer dimensions that brought an untrodden life to his limited subject matters and thematic body of work. Raza also developed some mesmerising paintings with the theme swirling around Tribhuj or Triangle. These works were mainly focused on cementing the Indian religious theories of space & time and the concept of male & female energy. This completely transmogrifies the genre of Raza from an expressionist to a crackerjack of abstraction and wisdom. Raza was a recipient of Padma Shri, Padma Vibhushan, and Padma Bhushan in addition to this, Raza was also bestowed with the Commandeur de la Legion d'honneur.

Gallery



Benares, 1944



Yatra naryastu



Nagas



Bindu Bija-Mantra



Panchatatva

By Rtn Swapan Sengupta

जन्म

जनम (जन्म) और मरण नैसर्गिक है-प्राकृतिक नियम है-आत्मा और परमात्मा के बीच का रहस्य है जिसे आज तक साधारण मनुष्य नहीं समझ पाया है। कबीर भी इस रहस्य को समझ नहीं पाए और गाते रहे, "कौन ठगवा नगरिया रूठल रे।" इन क्रियाओं के मध्य ही प्राकृतिक सुंदरता है-प्रकृति का सतत् प्रवाह है। निसर्ग की सहजता का रहस्य इन्हीं दो के मध्य छिपा हुआ है। गीता के दूसरे अध्याय में स्पष्ट लिखा है- "आत्मा अमर है।" आत्मा तो अचल है-स्थिर है-सनातन है-अमर है। मृत्यु ही जन्म का कारण है और जन्म है तो मरण भी निश्चित है। तुकाराम जी ने कहा है, "अपनी आँखों ही तो मैंने, अपनी मृत्यु देख ली है।" यह जनम और मरण तो विज्ञ मेधाधारियों के लिए अनुभव की क्रिया है। तुकाराम जी यहीं नहीं रुकते-और आगे बढ़कर कहते हैं, "कहे तुकाराम, हे भगवन्! हमें जन्म दे, दे फिर जीवन।"

कितने महान खिलाड़ी हैं ये संत जन भी। धैर्यवान, सहज, सरल, सहृदय व जीवन-मृत्यु से प्यार करने वाले। "दुःखे-सुखे समत्कृत्वा" को स्वयं में समाहित किए ये आशावादी जीवन-मरण से विचलित नहीं होते। इनके लिए तो मरण मानों नवीन शक्ति से-नवीन उत्साह से पुनः ध्येय-प्राप्ति की तैयारी भर है। मरण का अर्थ है-जबरदस्ती अनासक्ति सिखाना। उपनिषद् कहते हैं, "तेन त्यक्तेन भुञ्जीथाः।"

'जनम' एक बड़ा ही प्यारा शब्द है-अति गूढ़ व रहस्यमयी अर्थ लिए। सिर्फ इसके अर्थ का मर्म समझ में आ जाए तो जानना-मोक्ष का द्वार खुला। जन्म तो सभी लेते हैं और मरते भी हैं। किंतु क्या वे अपने जीवन काल में इसका अर्थ समझ पाते हैं? शायद नहीं। यदि ऐसा होता तो संसार में आज भी इतनी मार-काट नहीं होती। इतना क्लेश-इतना द्वेष-इतनी वैमनस्यता नहीं होती। अहंकार का संसार में नामोनिशान न होता। पर है, और इन सबका होना ही इस बात की गवाही देता है कि आज भी इस जनम का अर्थ या मर्म हमारे अंतर में नहीं उतरा है।

एक काव्य जो रचना था-हम रच नहीं पाए। एक गीत जो गाना था-गा नहीं पाए। एक लक्ष्य जो हमें साधना था-हम साध नहीं पाए। हमारी अज्ञानता-हमारा बिखराव हमें संगीत नहीं बनने दिया-हम स्वयं को या संसार को अपनी मन-वीणा से झंकृत नहीं कर पाए। हम अपने अंतस में खुशियों को दो फूल नहीं खिला पाए। हम किसी के हृदय को पलभर के लिए भी छू नहीं पाए-सिर्फ आए और चले गए।

क्या हम इसी के लिए आए थे। कितनी उदासी में जिये और न जाने कितने जन्म इसी उदासी में बिता देंगे। हमें खुद पता नहीं हम क्यों आए और फिर न जाने कब तक आते रहेंगे-एक अंतहीन उदासी छोड़कर जाते रहेंगे। मृत्यु

रूपी लंबे विश्राम के बाद कर्मरूपी जीवन का अवतरण होता है और यह जीवन इतना नीरस, इतना उदास-आश्चर्य भी है और दुःख भी। जो जीवन गुनगुना नहीं सका-गा नहीं सका-हृदय को हुलसा नहीं सका, निरर्थक है। 'ज' का अर्थ है, पैदा होना। पंकज अर्थात् पंक/कीचड़ से उत्पन्न। हर पैदाईश लगभग कीचड़ से ही है। मल-मूत्र, अस्थि-मांस-मज्जा के मध्य जीवन का आगमन है। कीचड़ से कमल की उत्पत्ति, विरोधाभास है पर सत्य भी यही है। नीरज भी कमल या पंकज का पर्यायवाची शब्द है। नीरज अर्थात् नीर/जल से उत्पन्न। कीचड़ और जल हर उत्पत्ति के पीछे का एक प्रमुख कारण है। यह पानी जीवन भर आपके साथ रहता है। **रहीम ने लिखा है-**

"रहीमन पानी राखिए, बिन पानी सब सून।

पानी गए न ऊबरे, मोती मानुष चून ॥"

नम का अर्थ है-आर्द्र/गीला। बीज के अंकुरित होने के लिए नमी की आवश्यकता होती है। नमी या गीलेपन से पैदा होने की क्रिया ही-जनम है। जनम अर्थात् नमी से उत्पन्न। निसर्ग में उत्पन्न होने वाले प्रत्येक जीव का एकमात्र स्रोत यही है-नमी या गीलापन। अण्डे से लेकर बच्चे तक की उत्पत्ति की यही एकमात्र आवरण है। नम होना-भावुक होना, उदार या सहनशील होना प्राकृतिक गुण माने गये हैं। दया-करुणा-स्नेह-क्षमा आदि गुणों के पीछे यही नमी कारक है। ये सभी क्रियाएँ इसी नमी के गणित का परिणाम हैं।

झुकना हमारी संस्कृति का एक विशेष अंग है। विनम्रता जीवन की पहचान है। सम्मान देना हमारा परम कर्तव्य है। लचीलापन ही जीवन की विशेषता है। अक्सर लोग कहते हैं, जो पेड़ हवा के अनुरूप नहीं जाते-टूट जाते हैं। हमारे इस रबरत्व के पीछे भी इसी नमी का गणित है। नमी की ताकत के आगे कोई ठहर जाए-संभव ही नहीं है। यह प्रत्येक जीव की प्रकृतिप्रदत्त ताकत है। इस ताकत के साथ ईश्वर सभी को इस संसार-सागर में गोता लगाने-विजयी होने के लिए भेजता है।

भौतिकता की चकाचौंध में हमने अपने आपको ढकेल दिया है-अपने नैसर्गिक गुणों की तिलांजलि दे दी है। भगवान और निसर्ग की बातें करना तो आसान है। पर, इन प्राकृतिक गुणों के हास का परिणाम क्या आपको सत्य प्रतीत नहीं हो रहा। आज जो यह मार-काट, हिंसा-अराजकता, व्यभिचार-बलात्कार, भ्रष्टाचार व पारिवारिक बिखराव, धर्मों का विकृत रूप, डर, भय, लूट या शंका दिखाई दे रही है क्या इससे आपको शीतलता प्राप्त हो रही है। शायद नहीं। राम के प्रादुर्भाव का इंतजार मत कीजिए। आप स्वयं में राम हैं। आप सभी ईश्वरीय गुणों से परिपूर्ण हैं। जनम के अर्थ को समझिए। प्रकृति की रक्षा का भार उठाईये-जनम सफल हो जाएगा।

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