

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 8 | February 2024

Rtn. Arun Bhargava  
District Governor

बन्धुत्व

वसुधैव कुटुंबकम्



शांति से बढ़कर दुनिया का नहीं है कोई नारा। सभी सिखाते यही, हो मंदिर-मस्जिद या गुरुद्वारा।  
अमित सत्य इक यही खोलकर देखो आँखें - उन्नति वहाँ - वहाँ है दिखती, जहाँ है भाईचारा।

February - Peace Building and Conflict Prevention Month



“**E**nrika 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.

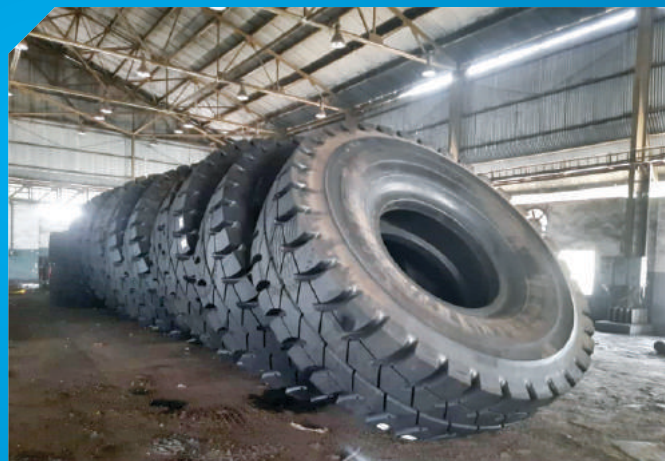
We have been the market leaders in the heavy-duty dumpers within the mining industry through consistent customer delight, quality services and technology.

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**

Office Premises No. 72, 7th floor, Maker Chambers IV, Nariman Point, Mumbai - 400 021, Maharashtra, INDIA.



**Arun Bhargava**

District Governor | 2023-24

Being a Leap Year, February can seem like a long month but not this year! District 3141 and our Incredible Rotarians have been on fire with Clubs organising sports events, service projects and events that changed lives and enhanced the quality of life in our communities. In a world that yearns for compassion, kindness, and positive change, our Incredible Presidents and their respective teams are working hard to make positive impact on lives of the people who are deprived of basic amenities to live a dignified life. By improving education, fostering economic opportunities, caring for our environment, pursuing projects that address the structural causes of conflict and promoting health and wellness we can continue to make a lasting impact.

We celebrated our biggest festival DISCON – Darpan “The reflections” this month and I am sure you all would have loved and enjoyed every moment of it. What an electrifying day it was – Excellent venue, Incredibly inspiring speakers, sumptuous and mouth-watering food, Lots of prizes worth more than 15 Lakhs for our Incredible Rotarians, impeccable evening celebration and entertainment, more than 1000 Rotarians cheering, participating, learning, enjoying, shouting in joy - memories to cherish forever ! It was a DISCON I had dreamt for our Incredible Year and it was a truly Incredible experience to see it happen.

I thank our Incredible District secretary (Events) Rtn Sandip Kedia for his untiring efforts as Convenor of this event. Incredible President Rtn Arun Bagaria and members of RC Mumbai North End were the perfect

hosts and took care of everyone and everything so well. It was a flawless event and three cheers for team RC Mumbai North End for showing amazing energy & great synergy to making it happen without a hitch and with flying colours. There were many senior Rotarians who worked behind the scene to make this DISCON a grand success and I thank each one of them from bottom of my heart for all the support.

Friends, February is designated as Peace Building & Conflict Prevention Month. Peace is the path that brings growth and prosperity in any Community. Societies with positive peace have shown tremendous economic growth and social capabilities. Let's nurture and create awareness about the importance of Peace and Togetherness. We are an incredible body of active, generous and talented Rotarians. Let's take time this month to understand and acknowledge each other. Let's share our successes and learn from one another. These are exciting times in Rotary District 3141, and everyone is taking notice as we work to empower the vulnerable sections of our society to step into their full potential, we create new pathways for membership growth and greater collaborations to create positive, lasting change. Thank you for your continued action in this vital effort.

Hundreds of magnanimous service projects are taking place across the District this year which are making a meaningful and often lifesaving difference. But we must also monitor the impact and continuity of these projects and ensure that our efforts continue to benefit the people. It is important to emphasize on continuity & sustainability of the big-ticket projects so that every project continues to deliver benefits for the needy on long term basis.

Friends, there is no shortage of inspiring stories of our Incredible work. We need to maintain and accelerate the momentum to spread our wings further so that more and more needy people are benefitted and together we eliminate the roots of structural causes of conflict, including poverty, inequality, ethnic tension, lack of access to basic needs including education, food, water, clean environment and uneven distribution of resources and thus “Create Hope in the World”

Let there be dream, aspiration, brotherhood, peace and euphoria forever ...

***Together we can, Together we will, Together Again !***

*Yours in Rotary,*

***Rtn Arun Bhargava***  
*District Governor*



**Seema Bhargava**  
First Lady

जीवन में शांति बहुत आवश्यक है। जहाँ शांति है-वहीं उन्नति है-वहीं प्रगति है। शांति हृदय ही शोध कर सकता है। धीरे मनुष्य ही खोज कर सकता है। शांति वातावरण में ही मनुष्य के रचनात्मक व्यक्तित्व का विकास होता है। शांति ही सकारात्मकता की वृद्धि में कारक है। शांति में प्रगति न केवल निहित होती है बल्कि उसे समृद्धता की पहली सीढ़ी भी माना जाता है। व्यक्तित्व का सर्वांगीण विकास शांति के धरातल पर ही संभव है।

जहाँ सद्भाव है-शांति है-मिलता है-भाईचारा है-संयम के साथ ही सौहार्द्र है। जहाँ अनुकूलता है-संतोष और समानता है-परस्पर सहानुभूति है, वहीं प्रगति है। जो समाज व्यक्तियों या समूहों की विविधता को स्वीकार करता है-अपनाता है, जिसमें संस्कृति, -धर्म-नस्ल-जातीयता-लिंग आदि में अंतर शामिल नहीं हैं-वह निश्चित रूप से उन्नति के शिखर को छू कर रहता है।

सहानुभूति और करुणा यह दो ऐसे शब्द हैं-जो बेगानों को भी पलभर में अपना बना देते हैं। समाज और प्राणी मात्र के प्रति सहानुभूति और करुणा पैदा करें, विशेषकर उन लोगों के प्रति जो हाशिए पर हैं या कमजोर हैं। भाईचारे का भाव हृदय से हृदय को जोड़ता है। परिवार हो या समाज-मुख्य रूप से भाईचारे की भावना पर ही खड़े हैं। जहाँ यह भाव दिखता है-वहाँ सुख-शांति-समृद्धि और प्रसन्नता छलकती रहती है।

ध्यान का अभ्यास मन को शांत करने और तनाव को कम करने का एक शक्तिशाली तरीका है। प्रकृति के साथ समय बिताने से मन को शांति मिलती है और तनाव कम होता है। सकारात्मक लोगों के साथ समयानुसार मिलते रहें। सकारात्मक लोगों के साथ समय बिताने से मन को खुशी और शांति मिलती है।

## February 2024 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) How many class room benches were donated by RC Bombay Mid Town at a school in Kashmir under PNI Project, what was the cost of this project?
- 2) In which year 1st Rotary Convention was held and in which city ?
- 3) Who was the first women President of a Rotary Club, name the Club ?
- 4) Who was the RI President's representative for our DISCON 2024 ?
- 5) In which year and where two slogans were formally adopted as official mottoes of Rotary, name the two slogans ?

So friends please hurry, send your answers on [incrediblegml@gmail.com](mailto: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](mailto:incrediblegml@gmail.com)**

### Quiz Masters

*Rotarians who responded with the answer (Sequence as per receipt of email)*  
Rtn Jasjit Kaur - RC Mumbai Sher -E- Punjab, Rtn Rakhee Sunil – RC Mumbai National Park, Rtn Vidyalakshmi Shankar – RC Mulund Hillview, Rtn S Ravichandran - RC Bombay Kandivali, Rtn Kamal Kumar Poddar – RC Mumbai Western Elite

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

**Rtn Jasjit Kaur**  
RC Mumbai Sher-E-Punjab

**Rtn Rakhee Sunil**  
RC Mumbai National Park

**Rtn Vidyalakshmi Shankar**  
RC Mulund Hillview

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

### **Projects Supported by Rotary Club of Bombay Mid-Town**

From 11th to 12th Oct 2023, the PNI project group comprising of 10 Rotarians travelled to Machhal on LOC, Kupwara, Zamindar Gali & Pyarpora. The Indian Army was highly magnanimous in extending their hospitality to the Midtown team visiting the LOC. Machhal Valley, Kupwara District is a gateway to nine villages with a total population of 22,000.

This region witnesses around 100 pregnancy complication cases and 8 to 10 deaths annually due to lack of trained nurses attending to women during heavy snowfall. To mitigate this the first batch of 21 girls from Kashmir were trained at Nursing Institute Manor and Astha Hospital, Manor. At present the training of 2nd batch of 25 girls is on.

The Indian Army has constructed several Army Goodwill Schools at Wayne, Kupwara District. However, many students cannot afford education fees.

RC Bombay Mid-Town donated 60 class room benches costing Rs 1,68,000/- for the primary and secondary schools which will benefit 120 students in the local government boys secondary school. We have additionally provided school fees for the next six months totalling Rs 3,31,260/- to Habibulla Haray Government High School, Machhal to cover 120 students.

We distributed sports equipment costing Rs 16,070/- for primary and secondary schools and witnessed the excitement of students who received footballs, cricket bats – a small step to help them to realize their dream of becoming budding sports persons.

We also facilitated two large hearted donors - Bharat Diamond Bourse and Gem & Jewellery Export Promotion Council - who created history by supporting the installation of two 100-foot Indian National Flags at Payarpura, project cost Rs 7,00,000/- and Kupwara areas, project cost Rs 6,57,100/-. The Flag at Payarpura is visible on India side of border between India and Pakistan.

The National Flag is a beacon of hope and patriotism in the entire region which was hoisted with great pride in the august presence of 56 Rashtriya Rifles Battalion.

The Club also donated various items for Army welfare like TVs, Boilers, etc. worth Rs 7,50,070/-

Beneficiaries 500 army personnel.

To become self-reliant, the Indian Army is promoting self-employment programs for women by setting up a small scale vocational training unit in Machhal where we have plans to donate towards skill building through enhancing training skills and providing raw materials for making jute bags, National Flags and weaving of carpets. We also plan to donate school uniforms and school bags for the children.

Heartfelt gratitude to Rtn. Mehul Shah as well as Colonel Rajat and his entire unit under him at the ground level for massive and successful execution of the project. Maj Gen Bhatnagar participated in every preparation and getting us the best quotes for the flags, selection of school, vocational centre and offering all courtesies and hospitality showered on us during our two days visit. Working with them over last more than two months on this project was one of the most satisfying experience

**Rtn. Ashwin Ankhad**  
President, RC Bombay Mid-Town

### **The Parody of Life**

Our battalions on the border and countrywide struggle with conditions of the terrain, weather and rigor of profession, withstanding these adversities head on with unbelievable courage and dignity!

In society, one struggles with futile man-made adversities which hamper progress and defy humane understanding that is to prove oneself repeatedly making one question the merit of self.

This divide defies logic! Between uniform and civilian there is a chasm. An uniform carries its heart on its sleeve whereas a civilian tends to remove a heart from its sleeve. The understanding of the value of human life is poles apart. The former surrenders their life to protect us whereas the latter protects oneself to not surrender.

These paradoxes exist universally. Its inherent human nature. Civilians do not fathom that their battle is not with kith and kin, comrades, fellow citizens, fellow humans across borders or continents. The real battle lies in the epicentre of their own core. Notwithstanding that despite being armored with this knowledge, (wo)man kind consider themselves supreme.

Human Supremacy and Power are illusions. This in reality is only wielded by Mother Earth and Nature. Human beings fail to recognise that they are mere mortals travellers on a journey. Nothing is permanent and a lifetime should be spent on nurture rather than self-destruction. What stays is the goodwill, care, affection and bond. The capacity to appreciate that war whether in- person as waged by our bold armed forces or by individuals in society for million reasons is futile. It takes away the very essence of being humane.

The battle is in the mindset. The fact belies us that change is the only constant. Mindsets of people is what need to evolve: to seek within to become the best version of themselves and to create a conducive environment where we look at each other as mirrors.

Mirrors to reflect and recognise the positive energy in each. To extract and hone nurturing qualities and navigate it.

The erstwhile Indian Army is an epitome of such a kindred soul. It is a giver through and through who is trained to perceive this aspect of people skillfully. It is an enlightened force who understands the nuances and diligently works towards an universal goal. Goals that are abstract : kindness, grace, warmth, love and peace with deep understanding of emotion and feelings. It is with such courage and grit that our Indian Army understands that relationships are of utmost importance, especially the one with their motherland.

They hear the inner voice which is held in an inner core. They empathetically fulfill every wish as they comprehend the soul and spirit of another human being.

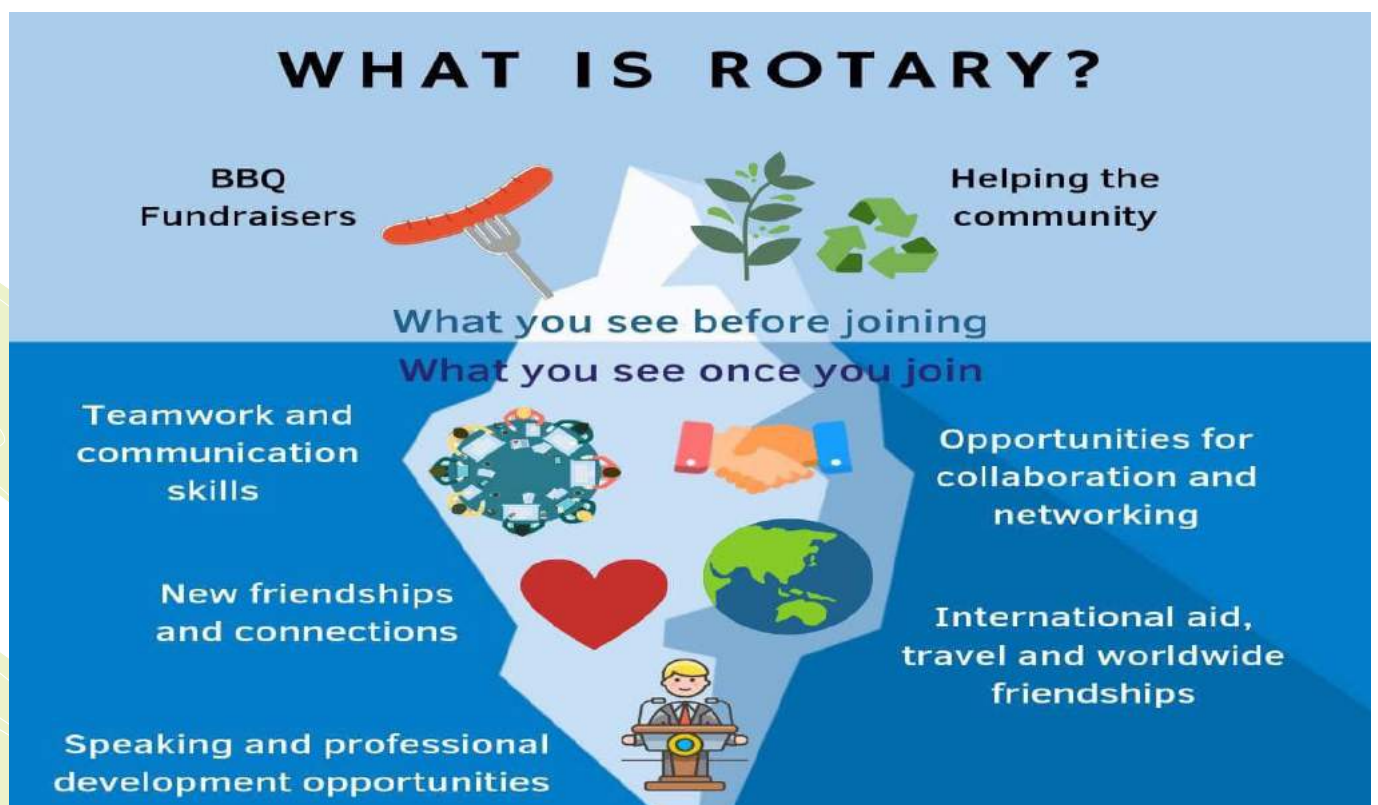
They inherently know their own value which is not to be questioned or judged by others but only appreciated and applauded with gratitude.

The sense of what is the essence of human endeavour is crystal clear to them as expressed through mutual respect, recognition and love for fellow beings. Whether it is on the battlefield or in society.

Such a shining example of human steel and wax is portrayed through the strong foundation of national integration laid by our Indian Army at the helm in Kashmir! The border Indian Army forces serve as trailblazers in weaving the cultural fabric of our nation . Their grace under pressure redefines the term equality of thought and action. The concept of an inclusive Bharat with steering faith, religion, ideologies and humanitarian spirit to nurture a sense of belonging has infact rewritten the history of our nation!

Our society needs such egalitarian versatile and adaptive thinkers to mould mindsets of the youth and be torch bearers and thought leaders of tomorrow!

**Jai Hind**  
**Rtn Sonal Chandalia**

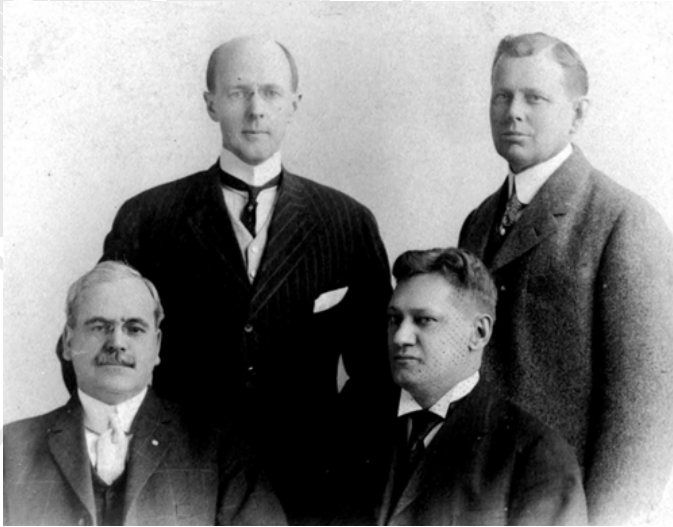




## Illustrious Journey of Rotary

**Whatever Rotary may mean to us,  
to the world it will be known by the results it achieves.**

*- Paul Harris | Rotary founder*



*The first four Rotarians (from left): Silvester Schiele, Paul Harris, Gustavus Loehr, and Hiram Shorey*

Rotary started with the vision of one man — Paul Harris. The Chicago attorney formed the Rotary Club of Chicago on 23 February 1905, so professionals with diverse backgrounds could exchange ideas and form meaningful, lifelong friendships. Over time, Rotary's reach and vision gradually extended to humanitarian service. Members have a long track record of addressing challenges in their communities and around the world.

Paul P. Harris, an attorney, wanted to create a professional group with the same friendly spirit he felt in the small towns of his youth. On 23 February 1905, Harris, Gustavus Loehr, Silvester Schiele, and Hiram Shorey gathered at Loehr's office in Room 711 of the Unity Building in downtown Chicago. This was the first Rotary club meeting. They decided to call the new club "Rotary" after the practice of rotating meeting locations. Within five years clubs had formed across the country, from San Francisco to New York.

In August 1910, Rotarians held their first convention in Chicago. The 16 clubs that existed at that time united to form the National Association of Rotary Clubs. In 1912, the name changed to International Association of Rotary Clubs to reflect the addition of clubs in other

countries. The name Rotary International was adopted in 1922.

By July 1925, Rotary had grown to more than 2,000 clubs and an estimated 108,000 members on six continents. Rotary's reputation attracted presidents, prime ministers, and a host of other luminaries to its ranks. As Rotary grew, members pooled their resources and used their talents to serve their communities. The organization's dedication to this ideal is best expressed in its motto: **Service Above Self.**

Rotarians have not only been present for major events in history—we've been a part of them. From the beginning, three key traits have remained strong throughout Rotary: We're truly international. Only 16 years after being founded, Rotary had clubs on six continents. Today we're working together from around the globe to solve some of our world's most challenging problems.

We persevere in tough times. During WWII, Rotary clubs in Germany, Austria, Italy, Spain, and Japan were forced to disband. Despite the risks, many continued to meet informally and following the war's end, Rotary members joined together to rebuild their clubs and their countries.

Our commitment to service is ongoing. We began our fight against polio in 1979 with a project to immunize 6 million children in the Philippines. Rotary launched PolioPlus program in 1985 and was a founding member of the Global Polio Eradication Initiative in 1988. Through decades of commitment and work by Rotary and our partners, more than 2.5 billion children have received the oral polio vaccine.

### WOMEN IN ROTARY

Like many organizations in the early 20th century, Rotary initially restricted its membership to men. Although there was a strong and growing movement from clubs in all parts of the world to change Rotary's all-male position, the organization fiercely resisted the admission of women. This came to a head in 1957 when the first three women were inducted into the



Sylvia Whitlock, first woman president of the Rotary Club of Duarte (California)

Rotary Club of Duarte (California). Rotary's international Board of Directors officially acted to revoke the club's charter.

The Duarte club then sued Rotary claiming discrimination based on gender. Rotary resisted every judicial appeal, until the case landed in the US Supreme Court. In 1987, the US Supreme Court, in a unanimous decision, ruled against Rotary.

The Supreme Court ruling was a "wake-up" call for Rotary, but it had an immediate positive impact, not only on Rotary, but on other service clubs and organizations throughout the USA. The Rotary Board of Directors amended the constitution and by-laws to admit women, and opened the door to women in Rotary worldwide.

This landmark Supreme Court ruling continues to play a major role in protecting and advancing the rights of women at many levels - far beyond what the three first women Rotarians in Duarte could have envisioned.

Today women are a driving force in Rotary. In most clubs women make up a significant part, and in some cases a majority, of the membership. Women serve as club presidents, district leaders, district governors, on the Rotary International Board of Directors and now even as Rotary International President. As an organization, Rotary champions the ongoing struggle for gender equality at the club and international level. Our members now span the globe, working to solve some of our world's most challenging problems.

While we are sure that Paul Harris didn't imagine at that time that Rotary would become one of the world's

largest and most influential service organizations, his heart was focused on helping others. Now, over 118 years later after it was founded, Rotary continues to help the world by inspiring people like US to become involved and engaged in humanitarian service activities. With every project, we're changing the world for the better.

There is still so much work to be done in Rotary's mission, as well as keeping the spirit of Service Above Self alive in our actions.

## ROTARY'S TWO OFFICIAL MOTTOES

**Service Above Self** and **One Profits Most Who Serves Best**, Rotary's official mottoes, can be traced back to the early days of the organization.

In 1911, the second Rotary convention, in Portland, Oregon, USA, approved He Profits Most Who Serves Best as the Rotary motto. The wording was adapted from a speech that Rotarian Arthur Frederick Sheldon delivered to the first convention, held in Chicago the previous year. Sheldon declared that "only the science of right conduct toward others pays. Business is the science of human services. He profits most who serves his fellows best."

The Portland gathering also inspired the motto Service Above Self. During an outing on the Columbia River, Ben Collins, president of the Rotary Club of Minneapolis, Minnesota, USA, talked with Seattle Rotarian J.E. Pinkham invited Rotary founder Paul Harris, who also was on the trip, to join their conversation. Harris asked Collins to address the convention, and the phrase Service, Not Self was met with great enthusiasm.

At the 1950 Rotary International Convention in Detroit, Michigan, USA, two slogans were formally approved as the official mottoes of Rotary: He Profits Most Who Serves Best and Service Above Self. The 1989 Council on Legislation established Service Above Self as the principal motto of Rotary because it best conveys the philosophy of unselfish volunteer service. He Profits Most Who Serves Best was modified to They Profit Most Who Serve Best in 2004 and to its current wording, One Profits Most Who Serves Best, in 2010.

**Compiled by: Rtn Ajit Dubey**

**Source: [rotary.org](http://rotary.org)**



## DISCON 2024 - Darpan "The Reflections"



In an atmosphere of celebration, the Rotary Club of District 3141 hosted the annual district conference, 'Darpan, the Reflections', at the NESCO Banquets on the 10th of February 2024. Rotarians from across the district gathered for a day filled with inspiration, camaraderie, and transformative insights.

The day unfolded with a spirited Presidential march, a colourful procession led by Club Presidents following the esteemed District Governor, Arun Bhargava. The air buzzed with anticipation as Host Club President, Arun Bagaria, summoned the attendees to order, setting the tone for an eventful day ahead.

Amidst the resonant strains of the national anthem, an invocation dance infused the atmosphere with vibrant energy, paving the way for Conference Chair, Vinod Deora, to usher in the initiation of DISCON. The warm embrace of the welcome extended by Convenor, Sandip Kedia, enveloped the guests, fostering a sense of unity and belonging.

The opening address of DLF Dilip Mulay, ignited a spark of inspiration that reverberated throughout the



venue. District Governor Arun Bhargava, in his opening remarks, painted a vivid tapestry of the district's achievements, paying rich tribute to the dedicated individuals whose relentless efforts propelled the district forward.

A pivotal moment ensued with the introduction of Rotary International President's Representative, RI Director Lena Mjerskaug, whose presence underscored the global significance of the district's endeavours. She is from Norway. Her words echoed with resonance as she expressed her privilege in representing the RI President, amplifying the sense of purpose and dedication permeating the event.

The spotlight then turned to the transformative "Project National Integration—Our Heart and Soul," a beacon of hope and empowerment for young Kashmiri girls. Brigadier Vinod Negi and Ms. Abida War, instrumental in this noble endeavour, shared stirring accounts of resilience and determination, kindling a flame of patriotism in the hearts of all present.

As recognitions were bestowed upon PNI Clubs and





individuals, the hall reverberated with applause, honouring their unwavering commitment to social upliftment.

The venerable presence of retired judge, Justice S J Kathawalla, lent gravitas to the proceedings as he regaled the audience with tales of judicial wisdom and compassion. The honourable retired judge was applauded for his dedication to duty and keeping the interests of the common man who were knocking on the doors of the court for solace. After his talk, the retired legal luminary was mobbed for photographs for which he graciously posed.

Dr. Madhubala Joshi's enthralling narrative of her Antarctic expedition captivated the audience, offering a glimpse into the challenges and triumphs of scientific exploration. The winner of the title, 'Polar Woman' conferred on her by the Indian Government spoke about her experience as the only doctor and only lady at the 36th Indian scientific expedition to Antarctica. We came to know about the challenges and thrills on the darkest, windiest, coldest, and scariest place on earth.

Dr Radhakrishnan Pillai of Chanakya Neeti fame, spoke on family culture and the importance of joint

families and how grand parents can mould grandchildren. He also spoke of how Indians are good at Money management. The discourse on family values and financial acumen struck a chord, inspiring reflection, and introspection among the attendees.

DGE Chetan Desai then took the stage with the announcement of the next Discon (2025) and opening of early bird prices. This will be a two days event. For the first time in the history of Dist. 3141 it will jointly be hosted with another district.

Santosh Nair in his strident voice, asked us to ponder over two things---future of Management and Future of our life. He took us through the past studying how we evolved. The common denominator was whoever was the strongest and had the most possessions was the leader. The next phase was the industrial revolution



and the changes it wrought followed by the 'Information' age and now artificial intelligence would mould the way we move forward. Mr. Nair skilfully wove his talk around these themes and how we in Rotary could harness its power for the common good of society.

Sarika Jain, the joint commissioner of Income Tax, Mumbai gave us reflections and insights into her field of mastery.

Some of the Past District Governors who were recognised at the meet were PDG Ashok Mahajan, PDG Bansi Dhurandhar, PDG Prakash Ruia, PDG Rajendra Agarwal, PDG Kishor Jobalia.

A dance performance by Smrithi Soni livened the proceedings.



## Relive The Moment

A panel discussion chaired by Jhankar Gadkari for honouring three sport coaches gave us glimpses of the hard work that goes into winning sporting accolades. Dinesh Lad, recipient of Dhoranachrya award spoke about the moulding of cricketers. Amongst the wards he coached are India's captain across all three formats, Rohit Sharma, star all-rounder Shardul Thakur and many upcoming cricketers. What was touching is he has been allowing needy children accommodation in his house while they study for their academics. Not many coaches would make such selfless sacrifices. Pravin Sawant whose obsession with archery saw him open an academy when his personal dream of being an archer was dashed due to paucity of funds. Wards trained by him won seven medals in the recently concluded Asian games held at Hangzhou, China. Five of the seven medals were gold. Raju Koli coached his son to become an acclaimed open water swimmer. He



had to sell his house and use his provident Fund money to finance the swimming ambitions of his son. Jhankar with his skilful moderating brought out the best from these acclaimed coaches.

Dr Ankit Shah, a geo-political predication expert who is said to have accurately predicted Article 370 and 35A removal, Dhokla issue closure and the exact week when Russia would invade Ukraine gave his view on various topics. In his address came up with some surprising thoughts on the future which the audience lapped up gleefully.

A crescendo of applause greeted the conferral of lifetime achievement awards upon Film Director Sham Kaushal and singer-mimicry artist Sudesh Bhosale, whose humility and grace left an indelible mark on all present. Both were very humble and gave inspiring



speeches. Sudesh Bhosale also regaled the audience with his mimicking celebrated cine superstars. They sportingly posed for photographs off stage.

Priyavrata Mafatlal, a fifth-generation entrepreneur from the Mafatlal group who as an angel investor has supported the start-up eco system in India espoused his thoughts on the future of business. Forays into Ed Tech, Health and Hygiene and progress in the Information Technology sphere would be the markers for the future.

DGN Manish Motwani in his disarming address gave a glimpse of what we could envisage in future in Rotary. He was very forthright and candid in his views.

DRR Astha Parekh spoke with the exuberance of youth. The jumbo Rotary Friendship Exchange team was recognised.

The mandatory Resolutions that had to be passed were done.

DG Arun Bhargava in his summation of the day expressed satisfaction for the work done in the district during the year and pledged to continue the stellar





performance. He was profuse in the praise of Clubs and individuals who had helped the year to be a remarkable one.

RIPR Lena Mjerskaug in her final address expressed delight on her India sojourn. She was bowled by the hospitality given to her. She expressed her appreciation about the wide gamut of impactful projects that has happened in the district touching all avenues. She complimented DG Arun Bhargava and his team for a job done well. Mementoes were handed over to deserving individuals and Clubs.

One of the main attractions for the audience was the 'Lucky Draw' segment. Prices worth over Rs.25 lakhs were won by members.

The Vote of Thanks was delivered by PE Arun Khetan from Mumbai North End club. The meeting was adjourned and those assembled proceeded for cocktails and sumptuous dinner. Live entrainment was also arranged which people could enjoy with their drinks and dinner. It was a well planned and executed District Conference enjoyed by all who attended.

One of the sidelights of the DISCON was the creation



of the 'Optimus' studio where short interviews of the celebrity speakers, Past District Governors and other dignitaries were shot. This will be uploaded on the YouTube channel.

This was the first one day DISCON in the District but it delivered a punch which was enjoyed by all.

'Darpan, the Reflections' stood as a testament to Rotary District 3141's unwavering commitment to service, fellowship, and transformative action, leaving an indelible impression on all who were privileged to partake in its splendour. As the echoes of laughter and camaraderie lingered in the air, the event served as a beacon of hope and inspiration for the district and beyond.

**K.V Premraj**  
**RC Borivli**





**Ajit Dubey**

Managing Editor - GML | 2023-24

As we unveil the 8th edition of our Incredible GML, it is my privilege to welcome you to a world of insightful stories, Rotary actions, article on our history & culture. February is quite a special month for Rotary as it celebrates its 119th year in service providing countless volunteer hours with its 1.5 million members worldwide. This edition of Governor's Monthly Newsletter, covers the history and where it all began with our founding member Paul Harris and his vision for forming a Rotary Club.

The Governor's Monthly Newsletter, has rightfully contributed to the astounding success of our Incredible Year through telling our Rotary stories and spreading the fragrance of our good work, enhancing our visibility and reach to our Rotary and Non-Rotary readers across the Country and beyond. In this month's edition, we focus on the service projects done by our Incredible team, highlight on our hugely successful DISCON – Darpan “The reflections”, articles on our history, culture and health, messages from District Governor Arun and First Lady seemaji, and an article on History of Rotary - where it all began, how much it has evolved over a century, special features and much more.

February is not only a time of celebrating our impact but also a reflection of our various iconic community service projects being implemented on the ground and our movement as our Incredible Rotarians continue with their untiring efforts of making a lasting positive impact in their respective communities, making exceptional contributions with our unyielding motto of “service above self”. As you do so, it's important to provide information that helps our Rotary family connect with others who are implementing activities in their areas, as well as across the District. Let's share our successes and learn from one another — then proudly tell our stories to a larger audience.

On behalf of our Editor in Chief District Governor Rtn Arun Bhargava and the editorial team, I invite you to enjoy this edition - बस्युत्त, and share amongst your family and friends as we March Together and continue to promote Rotary!

I take this opportunity to thank our devoted Rotary and Non-Rotary readers, highly innovative and talented authors, Quiz Masters and distinguished editorial board for being a part of this Newsletter and making this journey an unforgettable experience for everyone.

Please write us on [incrediblegml@gmail.com](mailto:incrediblegml@gmail.com) Or contact any of our team members with your suggestions, inputs / writeups. [Please participate and encourage your Club members and friends to participate in QUIZ.](#)

Enjoy reading & Stay connected ....

- Rtn Ajit Dubey | Managing Editor

## 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

District Executive Secretary



Concept, Reports, Write-ups & Proof Reading

**Rtn Atmaja Kasat**

**Rtn Poonam Bijoor**

**Rtn Sampada Kashikar**



Design , Setup & production Support

**Rtn Naresh Bajpai**



Content Editing & Production Support

**Rtn Ajit Dubey** 9322157397

**Rtn Atmaja Kasat** 9322842323

**Rtn Deepak Jhaveri** 9833149941

**Rtn Nishant Mehta** 9821470299

**Rtn Poonam Bijoor** 9004090093

**Rtn Sampada Kashikar** 7666359745

**Rtn Sonal Doshi** 9821044324

**Rtn Swapan Sengupta** 9820042533

**Rtn Vishal Saxena** 9820272758

**Rtn Vivek Govilkar** 9833857972



Compiled, Edited & Published by

**Rtn Ajit Dubey**

For and On Behalf of DG Rtn Arun Bhargava,

District Events & Publications

Rotary International District 3141, Mumbai, India



Printed at



Beverly Park, Mira Road(E) - 401107.  
902811333 / 7020814688  
www.oceantechnosys.com  
naresh.bajpai@oceantechnosys.com

All Rights reserved @ Incredible GML



रोटरी क्लब ओझ बोरीवली द्वारा वस्तुतः स्थायी आवासन कलायुं हतुं, जेमां नव शावाओना छहूखी आठमा धोरणना विद्यार्थीओओ भाग दीधो हतुओ. निशा संदासाडा, येतना बिडे, आस्टी पारेपन एने पाउल सिंघले आ कार्यक्रमन आओवण हतुं हतुं. प्रमुष रश्मिकांत संघवी एने सेकेटरी केतल तापिआवाला द्वारा विजेताओओ मेडल एने हट्टेओ अट्टिकिडेओ अपाव्यो हतां



रोटरी क्लब ओझ बोरीवली एने अंगना सेन्ट्रालद्वारा बोरीवली ट्रायिकिड कालवियुं नदीनीकरण करामां आव्युं हतुं. मुष्य भद्रेमाल डीसीपी नलिन पवार साधे केतल महेता, प्रो. धीरेल महेता, रश्मिकांत संघवी एने केतल तापिआवाला उपस्थित हतां

कांडिवलीमां नेत्रहीन, मूक बधिर, विकलांग बाणकोनुं स्पोर्ट्स

रोटरी क्लब ओझ बोरीवली अने अरराण त्मागव, आसिस्टन्ट स्ट्रेट ड्राईव द्वारा कांडिवली पूर्वमां स्पोर्ट्स ओथोरिटीना मेदानमां नेत्रहीन, मूक बधिर, विकलांग बाणकोना पेरा स्पोर्ट्स गेम्स २०२४-२५ नुं आयोजन ता. २५.२.२०२४, रविवारे सवारे सातथी जे वाय्या सुधी करायुं छे. सांसद डो. श्रीकांत शिंदे, रोटरी क्लब डिस्ट्रिक्ट ३१४१ना गवर्नर

Hindi Saamana Edition Feb 27, 2024 Page No. 4

सामूहिक वेदपाठ, ध्यान साधना में डूबे साधक

अश्वमेध महायज्ञ में वसुधैव कुटुंबकम के लिए की गई प्रार्थना, नामचीन लोगों ने भी डालीं आहुतियां

■ सूर्य, महाभारत युद्ध के समय, युद्ध मंडलन के आकार में... [Text continues describing the event]



संस्कारों से परिवार की नींव मजबूत करने का कार्य... [Text continues describing the rituals]

‘प्रज्ञानियों’ का लोकार्पण... [Text continues describing the inauguration ceremony]

कार्डियक अरेस्ट आणि रिड्यूसिटेसन बद्दल जनजागृतीसाठी 'दिल की बातें' संगीत कार्यक्रम



रोटरी क्लब ऑफ बॉम्बेने विमानतळ 'दिल की बातें' या अनोख्या संगीतमय कार्यक्रमाचे आयोजन केले होते, जिथे 'एथुनिंग फोल्क्स' नावाच्या वैद्यकीय सल्लागार समूहाचे दानधर्मासाठी गाण्याची त्यांची आवड शेअर केली आणि प्रेक्षकांचे मनोरंजन केले. कार्डिअक अरेस्टबद्दल जागरूकता निर्माण करण्यासाठी, ८८-रेल्वे स्टेशन आणि १००-मेट्रो स्टेशन यांसारख्या सार्वजनिक ठिकाणी निःशुल्क तब्येती तपासणी आणि १८८ ऑटोटेलेट उपलब्ध ठिकाणे आहेत. एम्बेल्डेड इन्फ्रिमिलिटी सेवेच्या मदतीने राहणारे निराश्रित वृद्ध लोक, आयुष्यभर आराम कवण्याच्या व्यक्तींच्या जगण्याची शक्यता

Hindi Saamana Edition Feb 27, 2024 Page No. 4

उमरगाम डेडरी गांभे सुविधा संपन्न आंगणवाडी भवन माटे भूमि पूजन

उमरगाम तथा रोटरी क्लब मुंबई वरसोवा २४ लाभजो भर्ष करशे

Group photo of people at the inauguration ceremony in Umargam.

INNER WHEEL DISTRICT PROJECTS



FEBRUARY - HEALTH & SANITATION

District 314 project "PRAKRITI" The enchanting Nectar Butterfly Garden, brimming with biodiversity, blossomed into existence at Keshav Shrushti, Bhayander. Conceived by the visionary DC Pallavi Choksi and brought to life with exquisite finesse by Project Chair Amita Timbadia, along with the dedicated coordination of the team, this verdant sanctuary stands as a testament to nature's splendour. Its allure beckons visitors, promising an experience that is both captivating and enriching



DISTRICT 314 URBAN PROJECT-MEDICAL District Chairman Pallavi Choksi's vision was realized by Project Chairman, PDC Jyoti Doshi, Co-Chairman PDC Amita Timbadia, Project Coordinator Yogini Sheth, and the coordinators IW District 314 upgraded PKC Hospital's Gynaecology Department with a donation of 37 lakhs, providing 16 advanced medical equipment. This enhancement boosts operational efficiency, establishing the department as a centre for cutting-edge gynaecological procedures.



# ROTARACT DISTRICT PROJECTS

## The Millennial's Summit - Bringing The Unconventional to Conventional



DG Arun Bhargava



Felicitating Speaker Sanjana Chatlani,  
Founder - The Bombay Lettering Company



Felicitating Speaker Arjun Deshpande,  
Founder & CEO - Generic Aadhar



Felicitating Speakers Atulan Purohit & Divesh Tolani,  
Lifestyle Influencers



DGE Chetan Desai



Felicitating Speaker Ishpreet Balbir,  
Pop Culture Story Teller & Poet



Felicitating Speaker Aastha Khanna Bhardwaj,  
Bollywood Intimacy Coordinator



Felicitating Speaker Keval Kakka, Mountaineer

In the bustling heart of Mumbai, at the vibrant Dublin Square, Phoenix Market City, Kurla, something truly inspiring unfolded on the 18th of February, 2024. The Millennial's Summit, organized by Rotaract District 3141 in collaboration with Rotary & Rotaract Mumbai Nariman Point, brought together a mosaic of 34 Host Clubs and 44 Partners, setting a stage for insightful dialogues and meaningful connections.

Before the event even began, its presence was felt across the city with a pre-event hoarding at Carter Road, Bandra and 2 billboards at Andheri Station. The buzz didn't stop there, as Radio 91.1 FM joined in, spreading the word and excitement. The summit's reach even extended to the digital realm, with Google News and Daily Hunt giving it prominent coverage. The pre-event buzz didn't end there, "Rotaract Insight Quest", a pre-event entrepreneurial Quiz conducted by our Education Partner, SDA Bocconi Asia Center resulted in 3 top winners receiving cash prizes. The shenanigans continued with an exciting Giveaway Announcement by Freakins India under the event banner. The event was listed on BookMyShow, making it available to everyone and anyone!

The summit was not just about numbers & partnerships; it was about stories – stories that resonated, inspired, and dared to challenge conventions. 6 speakers, each with a unique narrative, took the stage. Atulan Purohit & Divesh Tolani, lifestyle influencers, shared their journey from dancers to lovers to building "Honey Imm Home" together. Ishpreet Balbir took the audience through his wordsmith road to success. Arjun Deshpande shared insights from his journey as the Founder & CEO of Generic Aadhar.

Keval Kakka inspired with his tale of being the 1st mountaineer to climb Mt. Everest in just 6 days. Aastha Khanna Bhardwaj broke stereotypes as the 1st intimacy coordinator in India. Sanjana Chatlani, Founder of The Bombay Lettering Company, showcased the art of choosing calligraphy as a career path. Each story was a testament to the theme of the summit, "Bringing the Unconventional to Conventional."

With 550+ participants in attendance, including District Governor 23-24 of Rotary District 3141, Rtn. Arun Bhargava, DG Elect Rtn. Chetan Desai, and many dignitaries from the Rotary fraternity, 50+ kids from NGOs & Interact Clubs, the summit was not just an event; it was a movement. It sparked conversations, ignited ambitions, and left everyone with a newfound belief in the power of the unconventional.

## Elysium: The District Conference



Elysium: The District Conference, an evening orchestrated by Rotaract District 3141, was a delightful journey through time and intellect, held on the 18th of February, 2024, at the vibrant Dublin Square, nestled within Phoenix Market City, Kurla.

The conference commenced with a nostalgic walk down memory lane, highlighted by insightful Secretariat and Finance reports. A remarkable half-yearly video beautifully encapsulated the essence of the past 8 months of Team Infinity, while 'The Rotaract Saga' was unveiled, a masterpiece culminating club and district themes from across the globe harnessing power of each theme!

With a turnout of 350\* attendees representing 37 host clubs & 29 partners, Elysium was a true testament to community engagement and collaboration. The event was graced by distinguished speakers from the Rotary Fraternity, including PDG Rtn. Bal Inamdar, DGN Rtn. Dr. Manish Motwani, Rtn. Kamlesh Kharade, and PDRR Rtn. Pankaj Phatarphod. Their insights resonated deeply, emphasizing growth, the pursuit of infinity, and the importance of daily progress.

Adding a touch of magic to the evening was the mesmerizing mentalist, Mr. Rajesh Kumar, whose mind-reading skills left the audience in awe. The evening culminated in a burst of laughter, courtesy of the renowned comedian, Mr. Sorabh Pant, whose appearance was a delightful finale to the event.

Elysium was not just a conference; it was a celebration of Rotary & Rotaract ideals, intellectual stimulation, and joyful camaraderie. As attendees departed with hearts full of inspiration and minds buzzing with new ideas, Elysium undoubtedly left an indelible mark on all who were fortunate enough to be part of it.



## Food Distribution, Medical Check-up & Blood Donation Camp by RC Boisar Tarapur



Club Distributed Food to TB Patients



Organised Medical check up and blood donation camp

## Skill Center Inauguration & Implementation of Antenatal Program by RC Bombay Airport



Launched 2nd Skill Center at Manav Seva Sangh in Sion



Provided support in implementing ANTENATAL PROGRAM for pregnant malnourished women and malnourished children at Sri Sathya Sai Sanjeevani Centres for Child Heart Care Kharghar Navi Mumbai

## Dental Check-up Camp by RC Bombay Film City



Organised Dental Check-up Camp

## Taare Zameen Par by RC Bombay Powai



Organised Taare Zameen Par having painting craft events in Heritage Garden Hiranandani Powai

## Fun Fair & Distribution of Shirts/Sarees & Food Packets to Sweepers by RC Bombay Hanging Garden



A fun fair was held at St Jude's India child care cancer centre Children with their parents enjoyed the fun filled activities along with magic show



Distributed Shirts Sarees & Food Packets to the sweepers at Brigham Mumbai Sweepers Mandal in Zaveri Bazar

**Fund Donation & Sponsored Sports Event by RC Bombay Peninsula**



Handed over a 5 lac donation under CSR to the pediatric department of Wadia Hospital This generous contribution will support the procurement of instruments and other essential needs



Sponsored for SPJ Sadhana Annual School sports event for children with special needs

**Khel Khel Me by RC Mumbai Chandivali**



Celebrated Khel Khel Me a sports day reach out to Shikshantar kids a value based education classes

**Mega Medical Camp by RC Dahanu & Umbergaon**



Rotary Club Of Dahanu and Rotary Club of Umbergaon organised mega Medical Camp at CHC Government Hospital benefitting 340 Patients

**Blood Donation Camp by RC Dahanu**



Organised Blood Donation Camp and 55 Blood Units collected

**Bicycle Distribution by RC Dahanu Sea Coast**



Bicycle Distribution at Anutai Baugh Middle and Intermediate School - Anutai Baugh Primary School

**The Ratnanidhi Cyclathon by RC Mumbai Deonar**



Hosted The Ratnanidhi Cyclathon DG Arunji was the chief guest where we felicitated Stephen Woolman who travelled 510 kms to spread awareness and show people ability in disability

**Distributed Snacks & Sports Equipment by RC Downtown Sealnd**



Distributed snacks and sports equipment at Remand home

## Action Across The District

### RYPEN by RC Mulund



Organised at Madhuram Charitable Trust Ashram School Mangaonwadi Neral

### Inauguration of School Building by RC Mumbai Borivali East



Inaugurated the school building project in Zilla Parshad School Vil Sarsun Tal Jawahar Construction of total 10 class rooms with almost 10000 Sq ft area

### Free Dental Check-up Camp & Session on Alzheimer and Dementia by RC Mumbai Kalakar



Mumbai Kalakar Free Dental Check Up Camp



In association with The K J Somaiya Institute of Management in collaboration with the Employee Welfare Committee organized a comprehensive awareness session on Alzheimer and Dementia

### Rotary Football League by RC Mumbai Kandivali West



Two days Rotary football league at Poisar Gymkhana

### Teachers Training Programme by RC Mumbai North Island



Mumbai North Island organised a Teachers Training Programme at D S High School Sion Dharavi PDG Subhash Kulkarni was the Chief Guest of the Day

### Medical Camp & Water Cooler Inauguration by RC Mumbai Lower Parel



Organised Medical camp for the police officers & staff at byculla Dist. prison



Organised a water cooler inauguration by DG Arun Bhargava at Byculla jail

## Medical Camp & Sponsored Food Packets by RC Mumbai Mahim



Conducted Medical camp at Dadar vidyamandir school.  
Beneficiaries 110



Sponsored food packets for 300 relatives of patients of  
KEM, TATA & WADIA hospitals in Parel

## Breast Cancer Screening Awareness Camp & Installation of Interact Club Nova by RC Mumbai Nova



Conducted awareness camp for under privileged women to highlight the  
importance of breast cancer screening and to encourage them to participate  
in the camp to be held on World Cancer Day



Handed over the Charter to Interact Club Nova Salvation  
Army School which is a new addition

## Sandal Distribution & Mental Health Awareness by RC Bombay Mahakali Heights



Distributed 700 sandals to the students of Sarshi School at Vikramgadhi



Mental health awareness through a meaningful fashion show

## Session on Safe-Unsafe Touch & Donation of Electrosurgical Unit by RC Mumbai West Coast



Organised a Session on Safe & Unsafe Touch



Donated Electrosurgical Unit Advanced Cautery Machine through CSR of  
ONGC to Sub District Hospital Raigad District in 6 Hospitals

## Action Across The District

### Paramedical Training Program by RC Mumbai Parleshwar



Supported 16 under trial women inmates in Byculla Jail to get trained & certified as Healthcare Assistants (HCA) & extended scholarships to 8 students undergoing paramedical training program

### Talk on Thalassemia Prevention by RC Vasai



A talk on Thalassemia prevention

### Mega Medical Camp by RC Manor Highway



Mega Medical Camp was organised by Rotary Club of Manor Highway. More than 1500 patients took the benefit of this camp on a single day. It was a multi speciality camp participated by 1) Aastha Hospital, Manor 2) 21 Century Hospital, Vapi 3) CTC- PHO-BMT, Borivali Thalassaemia center 4) Aastha Hospital, Andheri 5) Bhaktivedant Hospital & Research Institute, Mira road 6) Indian Cancer Society 7) Rotary Mobile Eye Care Clinic 8) Dental check up van by Sanjeevani Mamta Hospital & Research Center 9) MASACS - CDI Unit III 10) Vinoba Bhave Hospital, Silvasa 11) Wellness Coach - Akshara Shakhre

DG Arun Bhargava ji graced the occasion as a chief guest along with DS Rajendra Kewat, AG Rizwan Khan and AG Anup Nathani. More than 20 clubs Co hosted this mega camp and well attended by incredible co presidents and members of the participating clubs.

Treatment of the identified patients will be initiated from 17th Jan in the form of operative camps at Aastha Hospital, Manor either free of cost or in highly subsidised rates.



### Felicitation of Zero Accident Drivers by RC Mumbai Sher-E-Punjab



Felicitated Zero Accident Drivers of last 10 years at Majas Bus-Depot Andheri (E)

### Portable Toilet Unit Donation by RC Virar



Portable toilet unit donated at Agarwal Main Chowk for Agarwal Rickshaw Union

### Phoenix Mega Medical Camp by RC Bombay Queen City



The camp was highly satisfactory in terms of benefits accruing to patients and optimum utilization of resources. The facts and figures are as under.

- 1) Total Registrations: 2,950
- 2) EYE CAMP - Distributed 1250 spectacles and 40 patients have been detected for free cataract surgery.
- 3) JAIPUR FOOT - 16 patients got new limbs, 1 patient got a new hand, 12 Calipers fitted, 20 Wheelchairs, 18 Tricycle, 12 Crutches, 1 pair of medical shoes were distributed to patients.
- 4) CANCER DETECTION - 300 patients were examined. Reports to be distributed within 15 days. All referrals from this camp can undergo USG Prostate, USG Pelvis, USG Abdomen, USG Breasts, and Mammography at NM Medical Centre free of cost.
- 5) BLOOD TESTS - 10 different types of Blood tests were conducted. 305 Patients, 811 Vials.
- 6) Distribution of free hearing aids to 6 patients
- 7) BMC chest OPD - 34 samples collected for free Sputum test. 42 Vouchers issued for free Chest X-ray.
- 8) ECG - 190 ECG undertaken. Adverse cases referred to Government hospitals for 2D Echo and Stress test.
- 9) Homeopathy, Ayurveda, Dental, Yoga, Acupressure, Neuropathy, Skin & Hair care, Orthopedics, and Cardiology were other services offered.

## "PROJECT WASHIM" Advanced Portable X-Ray Machines



RC Mumbai West Coast will be providing 5 latest and state of the art Portable X-Ray machines (Xsnap XB-30 machine) to a District hospital (4) and a Sub-District hospital (1) in Washim District. Portable X-Ray machines will reach diagnostic facility to the doorsteps of rural population - both near and far!

Washim is one of the "Aspirational Districts" (out of 4 in Maharashtra. India has a total of 112 Aspirational Districts as defined by NITI Ayog). These backward Districts have low literacy rate, low levels of healthcare facilities and low per capita income compared to other Districts in India. Clearly, upgrading the Govt. Hospitals in these districts by donating such machines makes this healthcare project more special. The Project outlay is Rs. 56.5 Lakhs, totally funded by CSR of a large Govt. "Navratna" company.

## Rotary Football League : (RFL)



Rotary Football League 20:20 organised by Rotary Club of Mumbai Kandivali West, is an inter-school football championship started in 2022 - 20:20 refers to 20 mins of each half. This year championship was organised on December 26th and 27th at Poincur Gymkhana Kandivali West and was held as knock out round - featuring 8 each for under 14 & under 16 years of age. This year we also had for the first-time exhibition match of U/16 schoolgirls who too played well. This year's winners were Cambridge School Kandivali & runners up Xaviers School Borivali.

Rotary Football League's long term vision is to make RFL 20:20 an aspirational tournament; where all the schools would like to be part of; so that we can make a impactful difference in the lives of future leaders.

## Incredible Rotary - A Ray Of Hope

On 17th February 2024 Chief Coordinator Dr. Krishna Kumar was traveling in Uber for a Rotary project. During the journey it came to his knowledge that the Uber driver was receiving lots of calls from relatives and a Doctor, which were stressful. Being a doctor, Dr. Kumar enquired. On detail discussion came to know that Driver's wife, who lives in a village near Jaunpur had fallen in November and had a major fracture in her Right forearm. In spite of initial treatment the fracture had not healed and now requires surgery. The cost of which was high and unaffordable by the Driver. Dr. Kumar contacted Jaunpur Club President Sujeet Agrahari. They responded positively. After examining the Patient Renu Gautam they discovered that her Blood Sugar is high, so they kept her under observation for a week and finally operated on 10th March and after 3 days she was discharged. All the expenses were shared by Rotary Club of Jaunpur, District-3120 and Rotary Club of Mumbai Khar, Dr. Kumar's home Club, District-3141.



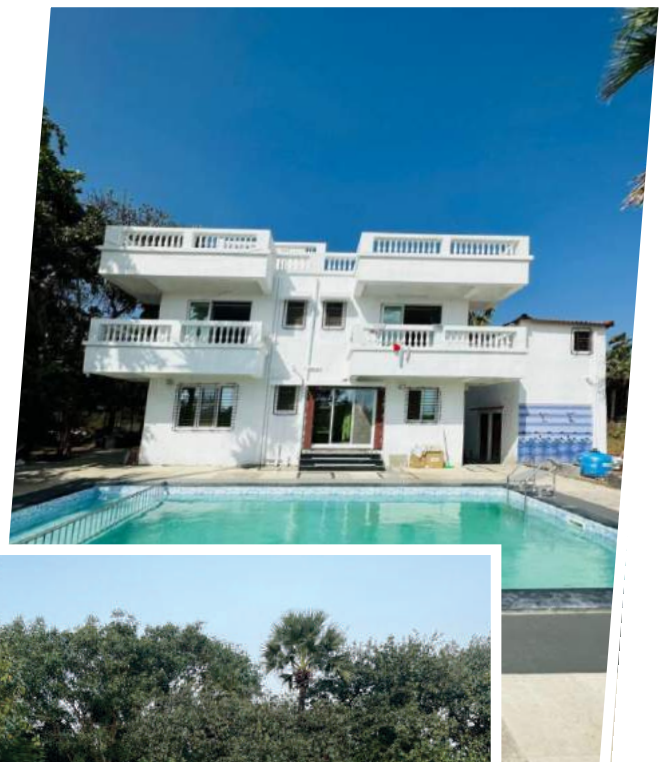
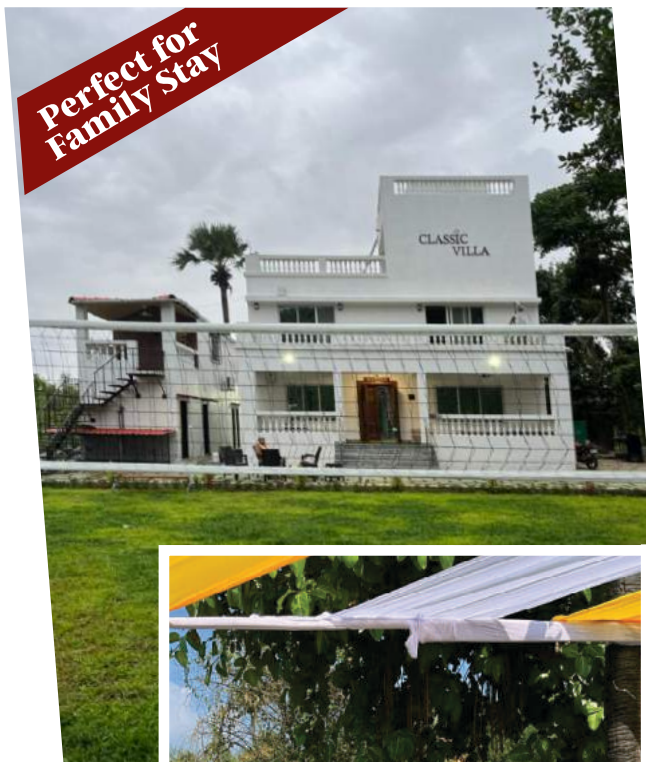
# CLASSIC VILLA

## The Family Resort

*A Haveli style luxurious Fully furnished independent villa with a peaceful surrounding, a far Sea view in the west and green view on all 3 sides with a beautiful Green lawn.*

### Amenities:

**4AC Bedrooms all with attached Bathroom | 1 common Toilet in the Big Living Room  
TV | Karaoke | Fridge | Oven | Private Pool 15 x 30 with seperate kid pool section  
High speed Internet | Pool Deck Area with seperate Roofed Platform | Service on call  
Indoor and Outdoor Games | Sit out Area with benches and Garden Jhula**



**Mr. Shehzad P. | Mr. Jamshed P.**

Add: Mithagar, Mahim, Mahim Kelve Road, Palghar (West), Pin : 401402.

Email : [classicvilla.booking@gmail.com](mailto:classicvilla.booking@gmail.com)

type: si 📞 98925 60089

## The Marvelous Millets: A Gateway to Nutritional Nirvana



Eat what your Ancestors ate! Is one of my favourite Mantra's when it comes to suggesting a diet plan when someone consults me. Most of our health-related issues arise because we are not consuming what our Ancestors ate.

Fancy fruits, Pizza, Burgers, French Fries, Foods high in Fat/Trans Fats/Sodium ect. are playing a havoc on our health and we realise the effects only when the damage is already done.

When it comes to suggesting alternatives, millets emerge as tiny yet mighty warriors, armed with an arsenal of nutritional benefits. These humble grains, often overshadowed by their more popular cereal counterparts, are thankfully making a triumphant return to the plates of health-conscious individuals. The resurgence of millets is not just a nod to tradition but a forward leap into a sustainable and healthy future. India, with its diverse climatic zones, is a fertile ground for various types of millets, each boasting unique health benefits. Let's embark on an exhilarating journey through the world of millets and exploring their nutritional value.

### What sets millets apart in the nutritional realm?

For starters, these grains are a treasure trove of dietary fiber, which is a boon for digestive health, ensuring smooth bowel movements and preventing constipation. They are rich in essential minerals such as magnesium, phosphorus, potassium, calcium and iron, fortifying the body's defenses and promoting bone health.

Moreover, millets are packed with vitamins, particularly B vitamins, which play a vital role in energy production and the proper functioning of the nervous system. They are a source of protein, offering essential amino acids. Additionally, millets have a low glycemic index, making them an excellent choice for people with diabetes, as they also help in controlling blood sugar levels.

### Different Varieties of Millets found in India

In my summer vacations I often went to my village "Dhari" in Amreli Dist. of Gujarat. I remember seeing my relatives and the local people consume these tiny seeds as their staple food. As a child, I came back feeling bad for them because I thought they could not afford to eat the Basmati Rice or the fancy types of wheat that we the people from Mumbai ate. Little did I know that it would be these very millets that I would recommend people as a Nutritionist.

### It's time we go back to our roots

India is blessed with a plethora of millet varieties, each with its distinctive flavour and health benefits. Let's delve into the most prominent types that adorn the Indian fields:

**Sorghum (Jowar):** A powerhouse of protein, iron, and fiber, jowar is a versatile millet that can be used in rotis, porridges, and salads. It's known for its cholesterol-lowering properties and is an excellent choice for those looking to maintain a healthy heart.

**Pearl Millet (Bajra):** Bajra thrives in arid conditions and is a staple in many Indian households. It's rich in magnesium, which helps in controlling blood pressure and reducing the risk of heart attacks. Its high fiber content aids in digestion and weight management.

**Finger Millet (Ragi):** Ragi is a superfood, especially for those seeking to lose weight and control diabetes. It's packed with calcium, making it an ideal choice for strengthening bones. Ragi's high dietary fiber content helps in maintaining satiety, thus preventing overeating.



**Foxtail Millet (Kangni):** This millet is a boon for heart and skin health, thanks to its rich content of antioxidants. It's also a great source of iron and calcium, making it beneficial for maintaining healthy bones and blood.

**Barnyard Millet (Jhangora):** With the highest calcium content among all millets, barnyard millet is a must-have for bone health. It's also gluten-free, making it a safe choice for those with gluten intolerance.

**Little Millet (Kutki):** High in fiber, Kutki is excellent for digestion and is known for its properties to control blood sugar levels, making it a diabetic-friendly option.

**Kodo Millet (Kodon):** This grain is a rich source of B vitamins, especially niacin, B6, and folic acid, along with minerals like calcium, iron, and potassium. It's known for its easy digestibility and is often recommended for individuals with digestive issues.

### Why should we Embrace Millets for a Healthier Tomorrow

The adoption of millets into our daily diet is not just a step towards healthier eating habits but also a stride towards sustainability. Millets require significantly less water and can thrive in poor soil conditions, making them an eco-friendly crop. By incorporating these grains into our meals, we not only embrace a treasure trove of health benefits but also contribute to the well-being of our planet.

**And I would as a Nutritionist strongly recommend every Rotarians to ensure that Millets form a sizeable part of their diet.**

**Let me share one of my favourite recipes' made out of millets.**

### Barnyard (Jhangora) Millet Cutlets

**INGREDIENT:** Barnyard Millet :1/2 bowl, Sweet Potato & Mix Veg finely chopped Of your choice : 1 bowl, Ginger Garlic paste : As per your taste, Palak and Methi finely Chopped: ½ bowl, Dry Mango Powder, Salt, Gud powder, Garam masala & coriander Leaves as per taste

### METHOD:

- Soak millet for 2 hours and later Pressure cooker cook it.
- Let it cool down.
- Then add, boiled sweet potato smashed & chopped vegetable, add ginger garlic past, add Garam masala, Palak & Methi leaves, dry mango powder, salt, 2 pinch of Gud powder, chopped coriander to boiled Millet
- Mix the above ingredients together and make it in a shape of cutlet
- Dry roasted on pan with greasing of olive oil.
- Our Supper Healthy and Tasty CUTLETS as ready to eat

*-Rtn. Poonam Bijoor  
(Masters in Nutrition & Dietetics)*

## ॥ मिज़ाज-ए-यार ॥

ज़िन्दगी जीने का, कुछ ऐसा अंदाज़ रखो  
सभी से प्यार भरा, निगाह-ए-नाज़ रखो,

जो तुमसे नाइत्तेफ़ाक़ी रखे, उसे छोड़ो  
उसे समझाने के बजाय, नज़रंदाज़ रखो,

चेहरे पे मस्कुराहट देख, रोता भी मुस्कुरा दे  
जीने का ऐसा सलीक़ा, खुश मिज़ाज़ रखो,

ये ज़रूरी नहीं के आवाज़, सब पे हो भारी  
ख़ामोशी में भी ज़िंदा, एक एहसास रखो,

तुम्हे चाहत है, गर आसमा छू लेनें की  
हौसला-ए-पंख का, अपना परवाज़ रखो,

कभी ना हो मायूस, ठोकर खा के भी तुम  
मुंतहा-ए-कमाल की कोशिश आगाज़ रखो,

गर आंख से आंख मिले, तो दिल मचल जाए  
नज़रों में इक "याराना" मिज़ाज-ए-यार रखो !

**रो. सचिन्द्र बाजपेई,**  
रोटरी क्लब आफ़ बोईसर तारापुर

## The Father Of Modern Indian Art



### Raja Ravi Varma

Raja Ravi Varma (29 April 1848 – 2 October 1906) was an Indian painter and artist. He is considered among the greatest painters in the history of Indian art. His works are one of the best examples of the fusion of European academic art with a purely Indian sensibility and iconography. He was known as the first modern Indian artist. Specially, he was notable for making affordable lithographs of his paintings available to the public, which greatly enhanced his reach and influence as a painter and public figure. His lithographs increased the involvement of common people with fine arts and defined artistic tastes among common people. Furthermore, his religious depictions of Hindu deities and works from Indian epic poetry and Puranas have received profound acclaim. He was part of the royal family of erstwhile Parappanad, Malappuram district. Raja Ravi Varma was closely related to the royal family of Travancore of present-day Kerala state in India. Later in his life, two of his granddaughters were adopted into the royal family, and their descendants comprise the present royal family of Travancore, including the latest three Maharajas (Balarama Varma III, Marthanda Varma III and Rama Varma VII).



### GALLERY

*Draupadi*



*Jatayu*

*Shakuntala*



*Varaha Avatar*

*Descent of Ganga*

*Ravi Varma*

- By Rtn Swapan Sengupta



# ZENITH ENGINEERING CORPORATION



(An ISO 9001:2015 & ISO 14001:2015 Certified Company)

**ASTA CERTIFIED TTA PANEL AS PER IEC 61439-1&2**

**INTERNAL ARC TESTED AS PER IEC 61641 (Ed 3.0:2014)**



**Drawout Panel  
& PLC Panel**

**Future Ready ETHERNET Based  
SMART Panel & iMCC Panel**



**Power Distribution Solution For Industry, Commercial & Building**



# THE iX



## WITNESS THE FUTURE OF MOBILITY.

The future is here! Embodied in the spectacular monolithic design of the first all-electric BMW iX. With fully-electric driving pleasure, this engineering marvel is a vision turned into reality.

### **BMW Infinity Cars Nariman Point**

Maker Chamber 6, Jamnalal Bajaj  
Marg, Nariman Point, Mumbai,  
Maharashtra-400021.  
Tel. +91 22 66664800  
[www.bmw-infinitycars.in](http://www.bmw-infinitycars.in)

### **Worli, Mumbai**

Dr. Annie Besant Rd, Opp. Nehru  
Planetarium, Lotus Colony, Worli,  
Mumbai, Maharashtra-400018.  
Tel. +91 22 67145100

### **Navi Mumbai**

Plot 50, Sector - 1A, Juinagar,  
Navi Mumbai, Maharashtra-400706.  
Tel. +91 22 69009000

SCAN TO CONNECT WITH  
A BMW REPRESENTATIVE.



\*The model, equipment and possible vehicle configurations illustrated in this advertisement may differ from the vehicles supplied in the Indian market.