

Rotary Club of Bombay SeaFace

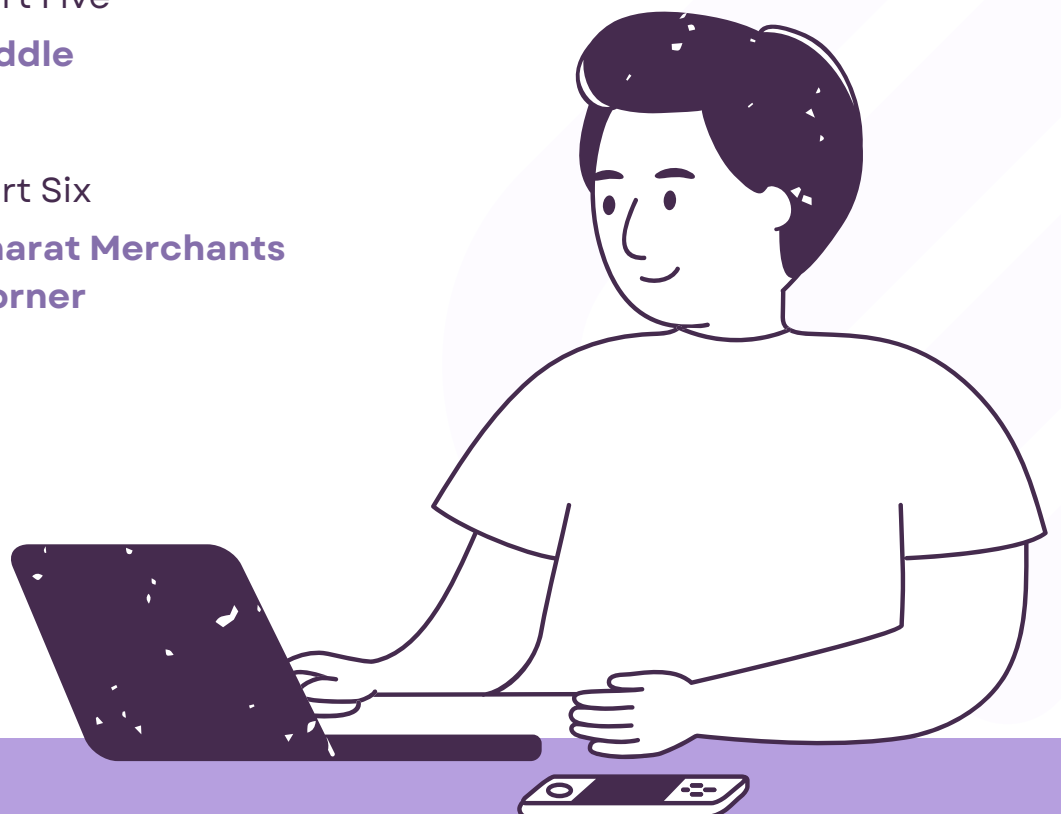


**April
2024
E-Bulletin**



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President Speaks

Part One

My dear family of SeaFacers

In the this bulletin we do not talk about management theories but stay cool and enjoy the summer.



Summer is a great time to think about how to become the best version of you. Use some of the following tips to help you thrive this summer.

- **Sleep:** Not getting enough sleep is associated with increased hunger, higher blood sugars, poor concentration, frequent illness and impaired problem-solving. Make sure to give yourself at least 7 hours of sleep a night.
- **Stay hydrated:** Water is the perfect way to keep hydrated and keeps appetite in check. Add a splash of flavour with fruit juice or fresh cucumbers, lime slices. Be creative.
- **Add fiber:** Vegetables, fruits, nuts and grains are rich in fibre. Fibre helps you stay full, so you are less likely to eat mindlessly. Strive to eat at least 25 grams of fibre a day.

President Speaks

- **Limit added sugars:** Try and eat less than six teaspoons of added sugar (this does not include natural sugars found in fruit and milk). This goal may not be realistic every day but aim for success 80% of the time. Save your six teaspoons for a special dessert. When looking at labels, it is helpful to know that one teaspoon equals four grams of added sugar.
- **Keep an eye on alcohol:** Drinking too much alcohol can lead to unintended outcomes. Studies show that we make poorer food choices if we have alcohol in our system. A serving of alcohol contains about 100 calories and mixed drinks have even more. The goal is to limit alcohol to one drink a day for women, two drinks a day for men.
- **Stay active:** The stay-at-home orders might have put your exercise plans to the test. Make an exercise goal and stick to it.
- **Enjoy the weather:** Studies show that when people venture into outdoor settings, heart rate and blood pressure improve. Take a moment to appreciate being outdoors.
- **Gratitude:** Find a moment each day to reflect on a few things that brought you joy or good feelings. Being grateful and positive can help you thrive in a healthy life.

Creating a healthy environment around food, exercise and rest will ensure success with overall health. One of the most important things to remember: only you are in charge of respecting your body and providing you with what you need.

April Editorial

Part Two

Editorial
Article



Hello friends

Roasting in the April heat as the season has transitioned, from a previous pleasing climate, to the start of summer? And there have been days, few and far apart, when the old saying “April showers bring May flowers” became evident, with an occasional splash of light rain and flowering trees. It means that even after long periods of adversity, good times will follow.

“Mango showers” is a colloquial term to describe the occurrence of pre-monsoon rainfall. They generally happen between March and May, just before the monsoon arrives in India. As a result, they're also known as the April Showers.

Because the rains govern crops that are culturally valuable, such as mangoes and coffee, these rains have a substantial impact on human activities throughout southern Asia.



April Editorial

Part Two

Editorial
Article

Anybody play the April Fool's prank on a near and dear one? Nobody really knows how this tradition began and there are several theories... but hey, keep up the practice and bring in cheer; nobody really minds being the butt of a harmless joke.

Rising above the mundane, this month celebrated Ramnavmi, Eid Ul Fitr, Ambedkar and Mahavir Jayanti... remembering these outstanding beings for valour and propagation of moral values.

Whenever there is a festive occasion, the most common decorative flower, used nationally, is the Marigold. More about it as you read on.

Take care everyone, the Indian Met. Dept. predicts a heat wave...



PP RTN. RAMOLA MAHAJANI

Rotary Club of Bombay SeaFace

Marigold:

The Story of India's Beloved Flower

In the vibrant tapestry of Indian festivals and celebrations, there exists a flower that weaves its way into every occasion, leaving an indelible mark on the hearts and minds of its people. Its name is Marigold or as it is fondly called locally, the "Genda" phool. Across India, these vibrant yellow and orange coloured flowers are a symbol of joy, prosperity, and tradition.

Whether adorning the grandeur of a lavish Indian wedding, adding colour and vibrancy to a boisterous political rally, or gracing the sacred rituals of numerous festivals, the Marigold is ever present. Its petals are offered with equal reverence to gods and mortals, bridging the gap between the earthly and the divine.



The story of Marigold is one of fascinating adaptability and unwavering popularity. From the ancient times of kings and sages to the modern era of the latest eco-friendly fashions, Marigold has retained its relevance.

Marigold:

The Story of India's Beloved Flower

'Jhandu' flower in Ancient India

The 'origins' of Marigold have been one of the most hotly debated in India. Some argue that Marigold was essentially brought to India by the Portuguese in the 16th century, while others counter it with the claim that there are references to 'Jhandu' or 'Genda' in ancient Indian texts. Like many things in history, the truth is somewhere in between.

There is no doubt that a Yellow/Saffron coloured flower known as 'Jhandu' or 'Sthulapushpa' in Sanskrit and 'Genda' in local languages was popular in India since ancient times. Ancient terracotta plaques dating back to 300-100 BCE from Chandraketugarh in West Bengal, depict people using Marigold-like flowers for decorations. The 14th-century text on Ayurveda called 'Rajanighatu' speaks of the medicinal properties of 'Jhandu' flowers. It was also used in 'Toran', an auspicious garland of flowers used for decorating doorways of homes and shrines.

So next time you see Marigolds, remember their rich history.



PP RTN. RAMOLA MAHAJANI

Rotary Club of Bombay SeaFace

THE OLYMPIC FLAME

For those of you keen on sports, here's exciting news. The flame for the 2024 Paris Olympics has been lit in Olympia, the birthplace of the ancient Olympics. The flame will now begin its 11 day journey in a relay to light the cauldron that will mark the opening for the Summer Games in Paris this July.

In Ancient Olympia, home of the ancient Olympics for more than 1,000 years, a flame was thought to burn perpetually on a shrine, symbolizing the eternal spirit of the Games: the enduring pursuit of excellence and human unity.

A few months before the opening of the Games, the Hellenic Olympic Committee holds a ceremony at the ancient site of the Olympic Games in Olympia, Greece. The flame is lit by the high priestess who, in front of the ruins of the temple of Hera, asks Apollo, the god of the Sun, for help in lighting her torch with the Sun's rays caught on a parabolic mirror.

The high priestess is accompanied by priestesses and Kouroi, represented by a group of young Greek dancers who perform a choreography inspired by ancient times.

The Olympic flame is then placed in an urn and brought to the ancient stadium by Hestiada (the priestess keeper of the fire), where it is handed over by the high priestess to the first torchbearer along with an olive branch - a universal symbol of peace.

THE OLYMPIC FLAME

The Olympic torch resembles a comet. The colors represent the four seasons. White represents the Autumn and Winter. Gold represents Spring and Summer.

Thus begins the start of the Olympic Torch Relay, which will see the flame travel from ancient Olympia to the host city of the modern Olympic Games!

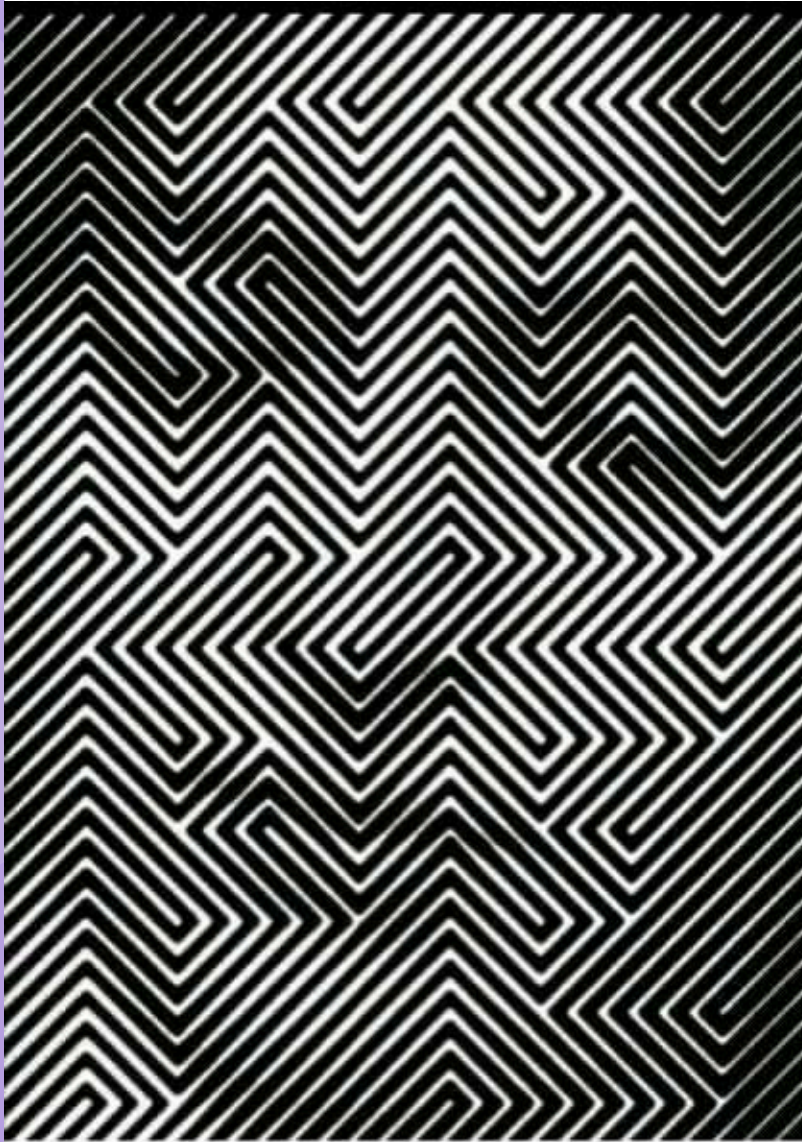


PP RTN. RAMOLA MAHAJANI

Rotary Club of Bombay SeaFace

Riddle

Part Five



There is
one
hidden
word in
the
Picture
Find It.



PP RTN. RAMOLA MAHAJANI

Rotary Club of Bombay SeaFace

Bharat Merchants Corner

The Interact Series - 3

Featuring

The Modern School – Sikka Nagar, Mumbai



Strong and Visionary Founders :



The Modern School located at Sikka Nagar and the Founders – Shri Ramanbhai and Smt Pushpaben Vakil.

The Modern School (TMS) at Sikka Nagar was founded by the great visionaries,

Shri Ramanbhai Vakil was a true social reformer. Girls education was the least priority and that too sending girls to co-education school was unthinkable. It was an innovative step at that time and the bold and courageous step was indeed a game changer in those days.

Smt Pushpaben Vakil was a true pillar to Shri Ramanbhai and their great and sincere efforts lead to this great institution being born. Shri Ramanbhai and Pushpaben Vakil organised the inauguration of this institution on 10th June 1936 in the hands of Shri Anand Shankar Dhruv, the Vice Chancellor of Banaras Hindu University.

On 1st April 1954, the school commenced functioning under the aegis of Samskar Shikshan Sangh.

Over the 88 years, the journey of TMS has been marked by resilience, adaptability and a steadfast commitment to excellence.

Vision of The Modern School today:

The vision of TMS is to foster an inclusive learning culture by providing holistic education to nurture students and enable them to become independent, life-long learners and responsible members of a global community.

Mission of The Modern School today:

The mission of The Modern School is to create a community of learners who are provided with high-quality learning experiences, based on a broad and balanced curriculum, enabling them to acquire skills for life and learning to reach their highest potential and become competent global citizens.

Core Values Driven at the School:

TMS is driven by the core values of **T** - Teamwork, **M** - Multiculturalism and **S** - Social Responsibility in providing quality education and acculturation of young minds to engage in real-world issues and devise solutions for setting up a higher benchmark in life.

IMPORTANT MILESTONES at a glance

1936	The birth of the Modern School
1954	Emergence of Samskar Shikshan Sangh
1961	Silver Jubilee of the School
1980	Silver Jubilee of Samskar Shikshan Sangh
1986	Golden Jubilee of the School
1987	P R V Lalitkala Academy established
2004	Assembly Hall named as Ramanbhai and Pushpaben Vakil Memorial Hall
2005	Golden Jubilee of Samskar Shikshan Sangh
2005	Opening of Counselling Centre
2006	Inauguration of Sir K P Library
2008	Birth Centenary of the Founders celebrate

2010	Platinum Jubilee of the School
2012	Computer Laboratory dedicated to Late Shri Manubhai Mehta, Trustee
2019	Naming of A V Hall as Dr Hansa Jayant Parekh Memorial Hall
2019	The Modern School Annexe wing named as Manekben and Mohanlal Parekh (Parents of Dr. Jayant Parekh)
2020	School gained CBSE affiliation
2022	Inauguration of IT Centre, named after Smt. Vijayalaxmi and Shri. Deepal Parikh
2022	114th Birth Anniversary of Ramambhai celebrated
2022	Celebrated 75 years of Independence

As you can see, the School has evolved from strength to strength and it stands strong amongst the peers and has emerged as a leader in so many areas.

Co-Curricular and Extra curricular activities:





TMS places equal emphasis on co-curricular and extra-curricular activities along with academics. The students have a plethora of possibilities to express, demonstrate and improve their natural abilities. All students gain new talents that benefit them for the rest of their lives. Co-curricular events such as quizzes, debates, speeches, nukkad natak, dance, communication skills, taekwondo & football among sports, are central to the TMS thrust. The students have excelled in the oyster of CBSE cluster / State / Ward level competitions and earned laurels for the school.

School Principal at her best:



Ms. Sangeeta Thacker, Principal is the proud recipient of the EGN India Education Award for 'Outstanding Leadership' and the Quest Award for 'Best School Leader' in appreciation and recognition for outstanding achievements in promoting holistic

education. The steadfast efforts of the dynamic Principal paid dividends for the school to earn a hattrick honour with the Eldrok India K-12 Summit Award, Mimamsa Award and ranking No. 1 in Co-Curricular Activities in the Maharashtra School Merit Award in the category of providing affordable and quality education.

Rtn. Dr. Anil Mehta is the Managing Trustee. Rtn. Minal Turakhia is an Active Alumni of the School and is involved in the activities of the Alumni Association.

Likewise, the story of glories keep going on and on... and there is so much to do.

As Robert Frost has said : I have promises to keep and miles to go before I sleep...

RCBSF is proud to have The Modern School as its Interact Partner and plays a key role to develop the children with leadership qualities and expand their wings to take on the world.

RCBSF wishes the School and its officials the very best in their endeavours...



PP RTN. BHARAT MERCHANT



SUPPORTED BY RTN. TEJAL GANDHI

WITH INPUTS FROM THE MODERN SCHOOL OFFICIALS

April Reflection

07
APR

This month started with a what can be called as musical fellowship evening at जरा हटके restaurant at Kala Ghoda... **JAAN.**

Right from the word go, it was a HIT evening, A Glass door elevator with a transparent carriage carried us to the restaurant, received by beautiful restaurant hostess who with a smiling face checked our registrations (KK had very meticulously given the guest list to her), welcomed us to a aesthetically designed and elegantly lit room... not too dark nor too bright. After a few minutes of warming up, the musicians took over with selected classics of all decades. What an evening! Our fellowship queen has been dishing out her best and I understand few more to come in balance part of the incredible year.



April Reflections

Computer Center at CP Tank

Computer literacy is a prerequisite in today's world; a person who is computer literate, has an edge over others, irrespective of which generation she or he belongs to.

On the auspicious occasion of GUDI PADWA, we did a very simple opening of Rotary Club of Bombay Sea face computer Center at CP tank; premises of Dr. Anil Mehta. We will start the operation by 5th of May as a few infrastructures are in the process of being set up. A big thank you to Rtn. Dr. Anil and PP Rtn. Purna Mehta for the premises, PP Rtn. Yogesh Parekh for guidance on computers, Rtn. Parul Mody, who would handle the administration of running this Center. This center would benefit many people in the vicinity of CP tank to get themselves converted to their 'upgraded version'

09
APR



April Reflection



New Medical equipment at Banganga clinic

It is called PNEUMATIC SHOCK WAVE THERAPY SYSTEM. It can be used for wide applications... to name a few... shoulder injuries, chronic achilles tendonitis, fracture healing, and many more. The uniqueness of this instrument, we understand is non-invasive and painless treatment. The Doctors' at Banganga clinic are competent to diagnose and give the right treatment. We expect many people to benefit from this.

April Reflection

11
APR

Speaker Meeting of April

We had a joint speaker meeting... Rotary club of Mid City joined us. Shreyas Nambiar was our speaker for this month on the subject of Artificial Intelligence. This is going to be a game changer in things to come. Many of us are excited about the changes it can bring in our life style... just imagine a robot telling us what to do... it can be exciting at the same time scary. Shreyas made the session very interesting and humorous. Rtn. Abhay Bhalerao introduced the speaker and Rtn. Mahesh Billimoria, President, Rotary club of Bombay Mid City, gave a vote of thanks.



April Reflection



Annapurna

All Thursdays of April we had Annapurna project at KEM.

APR

May Birthdays

Part Eight



04 - VIBHAS MODAK



07 - SHASHI SHAH



08 - PANKAJ GHADIALI



12 - FALGUNI SHAH



13 - JYOTI MERCHANT

May Birthdays

Part Eight



16 - UDAY KULKARNI



21 - NISHA HEMDEV



22 - GOOL GHADIALI



22 - SWATI SHAH



23 - GITA PARIKH

May Birthdays

Part Eight



24 - JAYASHRI TEJWANI



28 - DHIREN BHANSALI



28 - BHAVINI BALKRISHNA

May Anniversaries

Part Nine



01 - KULIN & MINAXI



02 - VAIBHAV & PRAGATI



03 - PARESH & ALKA



03 - JAGRUTI & SUNIL

May Anniversaries

Part Nine



08 - SHRIKUNJ & SONAL



09 - YOGESH & KIRAN



15 - SUNEEL & PRITI



15 - ANIL & ARUNA

May Anniversaries

Part Nine



22 - DARRYL & GRACE



28 - SURESH & BHAVNA



29 - HEMANT & HEMA



ROTARY CLUB OF BOMBAY SEAFACE

Conclusive note

Let's wrap up this bulletin with a resounding reminder of our collective goals, the strides we've made, and the vision we're committed to achieving together. Here's to continued collaboration, innovation, and success. Stay inspired!"



+91 98198 70963



udaykulkarni16@gmail.com



Uday Kulkarni
4/25,
Haji Ali Government Colony,
Haji Ali, Mumbai - 400 034