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 • Secretary: **Rtn. Dr. Kamal D'mello** • Hon. Editor-in-Chief: **R/Ann Brinda Desai**

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From the President's Desk



Dear Fellow Rotarians,

A seed of a flower can sit on a shelf in a hardware store or a local five and dime and lay in its pouch for years... sitting in a package without any life in it, along with many of his seed friends, waiting for that right opportunity to show it's potential.

When that seed gets planted in the ground, a metamorphosis takes place. It starts to germinate and open... it starts to spread open and against all odds, this tiny little seed pushes through what seems like tons and tons of dirt to break through the ground to grow.

You see, once that seed gets in the right environment and the right soil with water and sunlight, that seed will flourish and show its potential that once lay dormant and grow into a beautiful flower.

It is the same thing with people... We can be like that seed in the store; always sitting around while our potential lays inside, lifeless, waiting to show our potential, but does not for some reason or another.

In order for our full potential to come out from within, we need to get ourselves into the right environment so that we can flourish and grow. Our soil needs to be perfect so that we can germinate. We need to be near positive people, people with motivation and that want to succeed; people with goals and dreams that they are striving for daily and have an action plan to achieve them.

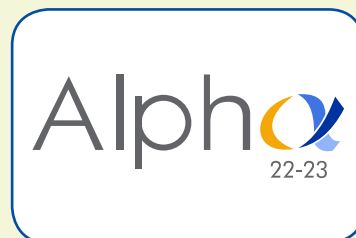
We need to reject passivity and aggressively attack negative thoughts with positive faith-filled thoughts. We need to grow daily, just like that beautiful flower. We need to water ourselves with love and compassion for others and sun ourselves with finding good in everything.

Like that beautiful flower that continues to grow every year, we as Rotarians have that ability as well. It is our choice. You can plant yourself and grow to your potential if provided you plant yourself in the right environment, or you can sit in the pouch with all the rest of your seed friends on a shelf in the store. It is your choice.

I choose to be planted and grow every day. Hence, I joined Rotary. To nourish me with fresh thoughts about the day I am in, and look forward to improving myself daily. I plant myself in humility, I water myself with compassion, and I sun myself in gratitude by serving the needy.

We Need to Grow on A Daily Basis! To Serve the Community! To Do Good in the World!

Rtn. Dharmendra Sharma
President



Dil Da Mamla Hai

Meet Report - 07th September 2022

Dil Da Mamla Hai -Acute Myocardial Infraction (MI) CPR and use of AED

Guest Speaker : Dr Surendra Soneji (Cardiologist)

The meeting commenced with Club President Dharmendra announcing the various Club Projects.

Rtn. Prabha Binani did the introduction of the eminent and renowned cardiologist.

Dr. Soneji briefly explained the importance of the heart, a fist-sized structure behind the sternum, that pumps blood. Even though the heart pumps blood to all parts of the body, the 2 coronary arteries provide the nutrition of the heart. However, sometimes there may be blockages, and symptoms can be seen only after 70% blockage. He also explained the symptoms of heart blockage and the relevant medicines to be administered. In case of a heart attack, the first 24 hours can be highly crucial. It was wonderfully demonstrated how to perform CPR on a person and revive a person who has collapsed with the help of a dummy model. Some of our members also practiced CPR on the dummy model.

Dr. Soneji also explained how an AED machine is the only machine in the world which can make a dead man come alive. He advised having such AED machines in gymnasiums, clubs, housing societies, and as many places as possible to help the community. The inauguration of the AED machine donated by our PDG Rtn. Sajjan Goenkaji to the Rotary Centre was done by Dr. Soneji. The use of the machine was demonstrated, and this machine will immensely help the community by enhancing the philosophy of Rotary.

The vote of thanks was done by Club Secretary Rtn Kamal D'Mello, who thanked Dr. Surendra Soneji for his invaluable inputs and lovely presentation. She then concluded the evening with the secretarial announcements.

It was a wonderful evening of fellowship and awareness for community service.

- R/Ann Keyuri Sura



Effective Time Management

Meet Report - 14th September 2022

“Lost wealth may be replaced by industry, lost knowledge by study, lost health by temperance or medicine, but lost time is gone forever”

- Author Samuel Smiles

On 14th September, 2022 the discussion of TIME took centre stage at RCBW with our very own Rtn Gaurang Mehta passionately sharing his views on effective time management and how we may transcend from there to effective life management!!

First using the Covey Time Management Matrix, created by Steven Covey, author of The Seven Habits of Highly Effective People, Rtn Gaurang Mehta explained the importance of properly categorizing our tasks, responsibilities and the facets of our life so we can improve our personal and professional relationships as well as promote growth and accomplishment. The model relies on a four-quadrant system shown below:

	URGENT	NOT URGENT
IMPORTANT	Quadrant 1 - Urgent & Important	Quadrant 3 - Not urgent & Important
NOT IMPORTANT	Quadrant 2 - Urgent & Not Important	Quadrant 4 - Not urgent & Not important

Urgent: Tasks and responsibilities requiring immediate action or attention.

Important: Those with high significance or value to our goals.

If we analyse our activities based on the above concepts we will be able to understand the significance of each quadrant.

Quadrant 1 - If we do not take care of activities in this quadrant we will be left with problems and crisis.

Quadrant 2 - If we do not take care of activities in this quadrant we will not only lose out on opportunities of high



significance to our goals but also be unable to prevent a crisis. It is important to understand that activities in this quadrant are the secret of progress, development and achieving our life goals.

Quadrant 3 - Activities in this quadrant look to be urgent/proximate, popular and pressing but we must understand that these activities are not urgent in terms of achieving our goals. It contains activities that our other peoples priorities and not ours. It is important to understand that the time we spend on these activities comes at the cost of time we should be spending on activities in quadrant 2.

Quadrant 4 - Activities in this quadrant present themselves as pressing but can easily be identified and understood to be neither urgent nor important.

Rtn Gaurang Mehta gave excellent examples to show how most of us may spend a significant amount of our time on activities in quadrant 3 (allured by its urgency, its popularity), there by neglecting opportunities and progress related activities in quadrant 2. He explained that this would finally lead to problems and crisis arising in quadrant 1. Hence, he emphasised that we must stay focused and learn to spend our maximum time on activities that were our priorities and exist in quadrant 2.

He also shared his views on why he believes that the 21st

Century presents the most challenging time for humanity - with many social media, OTT, software applications vying for our attention and trapping us in activities of quadrant 3. Even our human endowments, which are - self-awareness or self-knowledge, imagination and conscience; and volition or will power were coming under threat in quadrant 3. We cannot control everything that happens around us but how we react to the stimuli is what makes us different from other species. Spending our maximum time on activities in quadrant 2 where we have opportunity to restore our self-awareness, our imagination, our independent capacity to act is the only path that can lead to progress for humanity!!

During the night we also had the pleasure to hear an inspirational jingle written by himself for a client. He drew our attention to one of the most thought provoking sentences from the same - "The best way to predict our future is to create it". By effectively managing our time to focus on growing our abilities, our own value system and our own conscience is when time management transcends to one's life management.

Rtn Dharmendra Sharma and the entire club sincerely thanked Rtn Gaurang Mehta for taking time to share his invaluable time, insights and experience with us.

- by Shравan Punjabi

RCNM & RCBW Beach Clean-up Drive

THANK YOU TO Rtn Lomas Mehta for Sponsoring beach clean-up drive.

Rtn Lomas Mehta sponsored

T-shirts - 120, Caps- 120, Gloves- 200 pairs, Garage bags- 300, Metal racks- 15, Water bottles- 480 (250 ml each), Frooti (tetra pack) -150, First Aid kit



Report of the Seminar on the Topic ‘IMPACT OF RERA ON REAL ESTATE PROJECTS’ held on Sunday 4th September 2022 at Rotary Centre, Santacruz.

The invited speakers were all well-known stalwarts in the profession dealing with RERA. Mr. Gautam Chatterjee, Ex-Chairman MahaRERA was the chief guest and other speakers were CA Ramesh prabhu- Founder Chairman MahaSeva, CA Sunil Naik, CA Ashwin Shah, Advocate Sulaiman Bhimani- Citizen Justice Forum and Advocate Mikhil Vinod Sampat.

To start with, Advocate Rtn. Hiralal Suthar welcomed the speakers and the participants. He requested the chief Guest Mr. Gautam Chatterjee, who is the Ex-Chairman of RERA, to give his views on the quality of Judgements delivered by RERA Tribunal in comparison with Judgements delivered by Income Tax Appellate Tribunal, majority of which are ultimately confirmed by the Supreme Court of India. President Dharmendra Kumar Sharma welcomed all and spoke about the service projects of Rotary Club of Bombay West.

Mr. Gautam Chatterjee was of the view that RERA has made immense contribution to address the problems faced by real estate properties purchasers from Developers. It has brought desirable transparency and remarkable compliance which has resulted in reduction of disputes on the one hand and quick redressal of grievances. Maharashtra has lead in implementing RERA but, a lot remains to be done to address the nagging problem of stalled project particularly in Mumbai region. He drew the attention of the participants that the stack holders such as project financiers and other institutions need to be roped in while finding quick solution to the stalled projects.

While addressing the query of Rtn. Hiralal Suthar about the quality of judgements he expressed his views that RERA is evolving law and desired result will be delivered over the period of time. CA Sunil Naik suggested that people need to be more vigilant and use the RERA portal to know the credential of the developers to be on the safer side. CA Ashwin Shah who is the president of the RERA practitioners

Association, expressed his views that stalled projects can be salvaged with support of RERA. Advocate Sulaiman Bhimani who is actively fighting for Citizen Rights opined that with RERA his earlier view that Developers are always wrong and that they must be punished has changed and is of the opinion that stalled project can be revived if all the concerned parties act together with the single-minded purpose to find solution within the purview of RERA. Advocate Mikhil Sampat highlighted the importance of Consumer Protection Act to solve some of the problems faced by the consumers.

Rtn. Anand Gupta, Chairman RERA Housing Committee of Builders Association of India, addressing his query to Mr. Gautam Chatterjee stated that even after five years of implementation of RERA, even though a lot has been done to build the image of the Builders/ developers, it has not been possible to find out concrete action plan to solve the stalled projects which numbers in thousands, particularly in Mumbai region. While totally agreeing to the views of Rtn. Anand Gupta, Mr. Gautam Chatterjee stated that some changes need to be made in working of RERA involving all the stack holders in the process.

It was well received and appreciated by the participants whose queries were addressed by the learned speakers.

Mr. Ramesh Prabhu anchored the proceedings of the seminar and Rtn. Anand Gupta proposed a well-deserved vote of Thanks.

Next Topic of the conference cum exhibition will be “WASTE MANAGEMENT, WATER, SOLAR MANAGEMENT AND OTHER CIVIC ISSUES”. Seminar to be held on 2nd October 2022.

Report by Advocate Rtn. Hiralal Suthar.

Director Community Service- 1, Rotary Club of Bombay West.

RCBW Extends Support to Mumbai Police

Rotary Club of Bombay West extended support to Santacruz Police station for volunteers during Ganpati Emersion through our Rotaractors. A few glimpse of Juhu Beach our Rotaractors helping the Mumbai Police.

Rotary Club of Bombay West is offering food to police officers during emersion days during Ganpati at Juhu Beach Police Choki. @Curtesy:Rtn Prashant Patel.



Kamal D'mello Organises Dental Check-up for Rotary Shruti School

They checked 95 students at shruti school. Dr. Sangita Nair from Rotary centre was also present at the check up.



Brainstorming Session on Importance of Organ Donation Awareness Programs In India

Mumbai 21st September 2022, the Rotary Club of Bombay West held a brainstorming session where Mr Lal Goel Chairman of Organ Donation India Foundation & GYAN was the Keynote Speaker. Mr Goel talked about the IMPORTANCE OF ORGAN DONATION AWARENESS PROGRAMS IN INDIA at Rotary Service Centre, Juhu Tara Road, Mumbai.

President Dharmendra Sharma welcomed the dignitaries and initiated the program.

Mr Goel gave the details of the Organ Donation to the Rotarians and other dignitaries present in this session.

Mr Goel explained the challenges faced in India for Organ Donation Awareness Programs.

He said that Rotary can play a very important role in this noble cause. He recalled how Rotary was the leader in eradicating polio not only from India but from the World.

Immediate Past District Governor Rtn Dr Rajendra Prasad welcomed Mr Lal Goel and assured full cooperation of Rotary in this movement.

Past President Rtn Harmindar Patheja gave the details of the work done by Rotary Club Mumbai West in the field of Eye and Skin retrieval from Mumbai and nearby districts.

Past President Rtn Ashok Deorah suggested Mr Goel to take up this issue with high-ups in government for which Rotary will give full cooperation.

Rtn Dr Girish Trivedi who has retrieved approx 2000 Eye Corneas explained the challenges faced by him and his team in the retrieval process.



PP Rtn Samapti Patel, PP Rtn Anand Gupta, PP Rtn Arvind Shah, PP Rtn Prabha Binani, Rtn Hima Dalal, Rtn S P Tiwari along with Special Invitees Rtn C H Abdul Gafoor Past President Rotary Club Moodbidri, Dr Khushboo Sheth Clinical Neuro Psychologist Dubai, Mr Uttam Eye Harvesting Technician were present amongst others.

President Rtn Dharmendra Sharma presented the Rotary Flag to Mr Lal Goel for his outstanding contribution to Social Services.



Multi Speciality Camp

On 18th September 2022 a Multi Specialty Medical Camp was held at Rotary Service Centre by Rotary Club of Bombay West, supported by Dwarkadas Foundation. 201 patients from the vicinity availed the benefits of the camp.



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10-Sep.	R/Ann. Forum Ameet Shah
10-Sep.	R/Ann. Brinda Tushar Desai
11-Sep.	Rtn. Adesh Gupta
12-Sep.	Rtn. Hima Dalal
13-Sep.	Rtn. Michael Mascarenhas
14-Sep.	Rtn. Kishenkumar Agarwal

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