

Alpha
22-23

November 2022



IMAGINE
ROTARY



WORLI WHISPERS

ROTARY CLUB OF BOMBAY WORLI • DISTRICT 3141

Generous November

President Speaks

Dear Worlians,

Greetings from Rotary Club of Bombay Worli!!!

November is the eleventh and penultimate month of the year in the Julian and Gregorian Calendars, the fourth and last of four months to have a length of 30 days, also the fifth and last of five months to have a length of fewer than 31 days. November was the ninth month of the calendar of Romulus c. 750 BC. November retained its name (from the Latin **novem** meaning "nine") when January and February were added to the Roman calendar.

November is a month of late spring in the Southern Hemisphere and late autumn in the Northern Hemisphere. Therefore, November in the Southern Hemisphere is the seasonal equivalent of May in the Northern Hemisphere and vice versa.

November, in Rotary marks the '**Rotary Foundation**' month.

Our Club has been recognised as the **No.1 Club in the District in Per Capita Annual Fund Giving to The Rotary Foundation of Rotary International for the year 2021-2022**. Thanks to all the generous donors of our Club, RCBW has been able to achieve this recognition. I personally appeal to our members to come forward and contribute generously to The Rotary Foundation.

The District has planned a Christmas Party on December 4 and Hawaiian Sundowner on December 18. Details have been posted on the WhatsApp Group for the members who wish to participate.

Our Club, in Partnership with Baldev Sharma Marshall Foundation will be conducting the 2nd edition of CiiA Innovations Exhibition & Competition at the Nehru Centre, Worli from February 1st to 3rd with the Awards Presentation Ceremony at the Nehru Centre Auditorium on February 3, 2023. CiiA aims at encouraging innovations amongst the youth, creating Infrastructure & Ecosystem at the Institutions. All our Members are requested to visit CiiA website: www.ciiA.co.in and to participate wholeheartedly to make CiiA-2 a Grand Event. Members interested in volunteering / sponsoring may contact Rtn. Baldev Sharma.



Lastly, I would like to cite an interesting poem by Donna Ashworth:

Say it.

Never be afraid to let someone know, if they brightened the room they just walked into.

Or if something they said inspired you to change.

Never be embarrassed to share a compliment with a stranger and don't ever fall into the trap of believing that the people you love know that.

Say it. Always say it.

Your words may land a little awkwardly at first but in the dark of the night, those seeds will plant themselves into someone's mental garden and start to bloom.

Sow seeds, wherever you go.

There is nothing better you can do with your words than plant a precious seed.

We have our Club's Annual General Meeting on December 15 followed by Pre-OCV. Our Interact Club of Guru Nanak School is planning a de-addiction programme on December 31, 2022. Members and Anns are requested to attend and encourage the initiative. Details will be shared on WhatsApp Group.

Kindly block your calendar for the OCV scheduled on Tuesday, January 10, 2023.

Wishing you all a Merry Christmas and a Happy New Year 2023!!!

Best wishes,

Rtn. Sachin Singhvi



“There is no better exercise for your heart than reaching down and helping to lift someone up.”

Editor's Thoughts

Maya Angelou is known for her famous quote:

“People will forget what you said. People will forget what you did. But people will never forget how you made them feel.”

So, how do we make people feel Rotary? The best way is to share our Rotary Moments. By sharing our Rotary Moments, we are being generous with others and giving them an opportunity to understand the impact of Rotary. It can be something we can share in the meetings or on social media. The more we share, the more we encourage others to partner with us.

As we all know, November is TRF month; a time to focus our attention on the pillar which gives real internationality to Rotary – The Rotary Foundation. From a tiny beginning in the mind and heart of Arch Klumph as an endowment fund “for doing good in the world”, today it has evolved into one of the foremost agencies of humanitarian service and one of the best managed charities in the world. It has been given the highest ranking by Charity Navigator on multiple parameters ranging from Efficiency to Transparency.

Giving is an act of Faith and True Joy. Experience the Joy of Giving to TRF. Your gift is going to make a difference in critical areas such as Hunger, Health, Literacy, Water and Polio Eradication.

The Ability to Transform Lives is an Incredible Gift that Rotary provides us. I was privileged to get such an opportunity through our Global Grant Project of “Cochlear Implants”, wherein Vanshika's, a 4 year old girl's life was completely transformed by restoring her speech and hearing abilities. It was a Truly Gratifying Experience, and a Dream come true!

Thus, the Rotary Foundation works to bring Happiness in the lives of people we touch and communities we transform. As it is rightly said, “Happiness is a perfume, you cannot pour on others, without getting a few drops on yourself.”

- Deepika

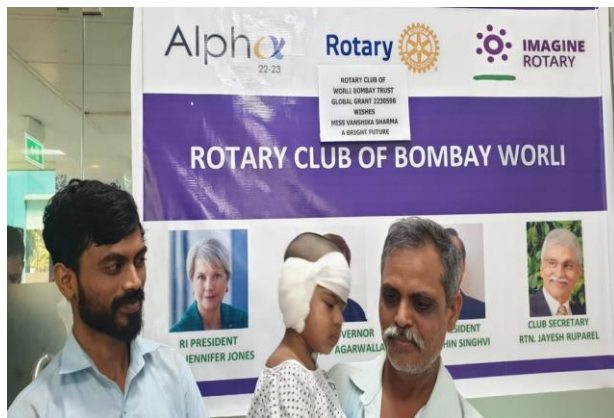


Quick Run Down

From the President's Desk

Under the Global Grant 2230598 – ‘Meri Awaaz Suno’, first Cochlear Implant Surgery was conducted benefitting Ms. Vanshika Sharma, aged 3 years, on **Wednesday, November 9, 2022**. RCBW members - Rtn. Deepika Gandhi, Rtn. Dipti Rajda, Rtn. Nimesh Sanghrajka, Rtn. Sachin Singhvi, Rtn. Jayesh Ruparel, Rtn. Netra Nairi, Ann. Meenakshi Singhvi and Ann. Neeta Rajda visited SRCC Hospital and met Vanshika Sharma and her family members, pre and post her surgery. IPDG Rajendra Agarwal and GG partner RC Sobo members - IPP Rajiv Punater and Rtn. Rakesh Jain also visited and blessed Vanshika.





Rtn. Baldevkrishan Sharma conducted his popular Seminar on Shaping Career Opportunities through Innovations at the Thakur College of Engineering & Technology, Kandivali East on **Monday, November 14, 2022** along with Dr. A. P. Jayaraman, Nuclear Scientist and Chairman, National Centre for Science Communications.

The purpose of conducting the SEMINARS is to Inspire and Motivate the Students to be Innovators, Inventors & Researchers, so that they can take it up as a prosperous & purposeful Career option.

This was a jam packed session attended by 600+ students offline present in the auditorium and about an equal number online by those students who couldn't get seats in the auditorium, plus students from Thakur Polytechnic Institute and D Y Patil International University, Pune.

Rotary Club of Bombay Worli, in Partnership with Baldev Sharma Marshall Foundation will be conducting the 2nd edition of CiiA Innovations Exhibition & Competition at the Nehru Centre, Worli on 1st, 2nd & 3rd February and the Awards Presentation Ceremony at the Nehru Centre Auditorium on the 3rd February between 3 to 6 pm, followed by High Tea.

This MEGA Event shall happen in grand style.

CiiA aims at encouraging Innovations amongst the youth, creating Infrastructure & Ecosystem at the Institutions. What is very heartening is that the Institutions and the Students are responding very enthusiastically. This time CiiA-2 shall be much bigger, better and more prestigious.

All our Members are requested to visit CiiA website: www.cii.co.in to see the most modern and dynamic one with all current updates. It's only after seeing it that one can realise the scale at which the event is being planned and being driven.

We all ought to participate wholeheartedly, volunteer and also contribute as much as possible, to partly sponsor it, starting with as little as Rs. 15,000 and onwards.

Let's together make CiiA-2 a Magnificent Event!





On **Monday, November 14, 2022** Food grains for 2 months was distributed to the Adhartirth Ashram, Triambak, Nashik housing children of farmers who have committed suicide.



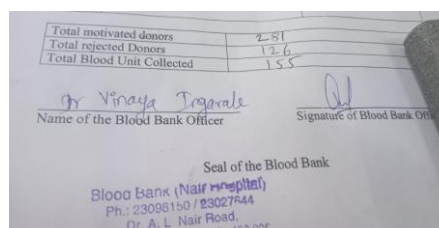
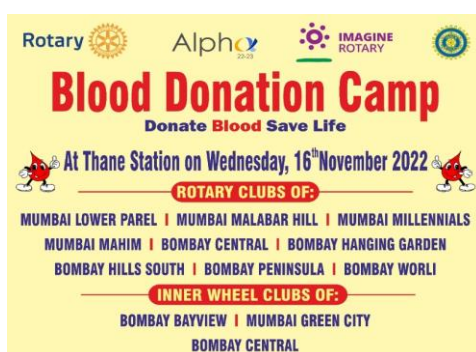
Rotary Club of Bombay Worli had organised a Blood Donation drive on **Wednesday, November 16, 2022** at Thane Railway Station jointly with 8 other Rotary Clubs and 3 Inner Wheel Clubs collecting a record 155 units. All credit to the volunteers of SIES College, Nerul who came in two shifts of 40 and 30, and also to Nair Hospital who came with additional chairs and 7 Doctors, i.e. a Team which was almost twice the normal size. They were prepared for even 200 bottles, which could have been reached if rejections had not been so large.

This again shows the empathy of the Mumbai commuter.

Railway Station	Units Collected	Beneficiary	Volunteers	Net Cost (Rs.)
Thane	155	Nair Hospital	SIES College Nerul	28,600
Total	155			28,600

Kamdar Trust sponsored Rs.9,000 towards the Drive.

The Drive was attended by Rtn. Pankaj Tanna, RCBW's Director - Medical.





Rotary Club of Bombay Worli contributed Rs.1.00 Lakh to Tata Memorial Hospital, Parel on **Monday, November 28, 2022** for Chemotherapy treatment of needy cancer patients.



Thank you,

Yours in Rotary,

Rtn. Sachin Singhvi

***“Kindness in words creates confidence.
Kindness in thinking creates profoundness.
Kindness in giving creates love.”***

- Lao Tzu

The Jodhpur-Khimsar bonding!

– A Report by Ann. Raziya Master

Oo la la la, a Rotary Worli trip to Jodhpur-Khimsar? Our first reaction was yes, let's go! It was a wish come true to travel to Jodhpur.

The first day, a well planned arrival at Jodhpur Ummed Palace Resort & Spa followed by 'meet and greet' lunch. That afternoon we visited the Mandor gardens and Surpura dam. We had a lovely chai made by a beautiful local. "Khamma Ghani Khamma Ghani", they said, "Welcome-Welcome"!

The next day November 12th, we went early into the city for our heritage walk. A good guide walked us through the very busy, narrow streets and the group proceeded towards a steep climb to the beautifully painted blue walls, each depicting a story. The view from up there was breathtaking and our friends were busy taking pictures and videos, every step of the way.

We met at the bottom of the hill, to start munching our mouthwatering street foods which consisted of - *"kachoris, mirchi-badas, jalebis, rabdi lassi, papdis, rabdi boondi laddoos, chaturbhuj gulabjamuns, ghewar, etc. etc"*. Didn't know when to stop eating! which was followed by shopping at the Maharani local handicrafts. Tired from walking and eating, we went a little later in the afternoon to Ummed Bhavan Palace which was truly a picture perfect beautiful Palace.

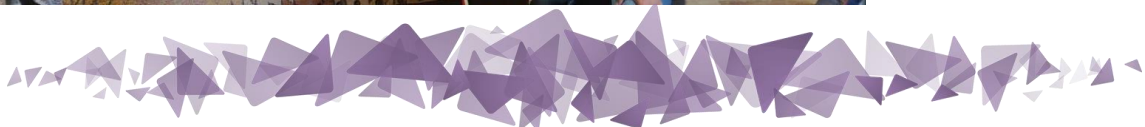
Next day, a true Jodhpur historian with a curled moustache walked us and guided us through the largest fort – "Mehrangarh Fort". Truly worth seeing, we managed to learn a lot and take a lot of bubbly group photos. By now, we were ready for a scrumptious "Gypsy Thali" lunch which served a variety of delicious typical Jodhpuri khana. Had to make a run for the afternoon trip to the "Osian Desert", where we sand duned and rode the camel up to the top for an amazing desert sunset. While at the bottom was awaiting a warm bonfire and the lovely company of the host Mr. Reggie, a friend of Rtn. Sabina Gupta. He graciously dined with us and got us on our feet to the local music and dance.

Our last leg of the journey, next day, was "Khimsar" situated on the edge of the great "Thar Desert". It gave us a complete overview of the different local experiences. Next morning a few of us got the breathtaking orange yellow sunrise as we perched ourselves at every corner of the Fort.






After breakfast, we said our good-byes, as we departed for Jodhpur, thanking Sachin, Meenakshi and Sabina for a wonderful and carefully planned trip enjoyed by one and all!







Speakers

Date		Event/Speaker	About
Thursday, 3 rd November, 2022	 Vinita Mantri  Swati Abhyankar  Radha Kulkarni	Guest Speakers – Vinita Mantri Swati Abhyankar Radha Kulkarni Topic – Yoga Beyond Asanas!	The speakers spoke on:- An Introduction to a holistic wellness journey which will make you ponder... <ul style="list-style-type: none"> • Yoga & its philosophy • Pranayama & its benefits * Aahaar & its goodness
Thursday, 24 th November, 2022	 	Topic - 'Right to Education is a Failure'. Moderator : Rtn. Mehul Zatakia Topic - 'Living a Dream with RCBW' Speaker : Rtn. Baldevkrishan Sharma	RCBW held a special meeting - Open Minds - to discuss the topic for the forthcoming district debate, which was moderated by Rtn. Mehul Zatakia. This was followed by our Charter Member Rtn. Baldevkrishan Sharma sharing his 38-year long Rotary experiences and his passion of fulfilling his dream, 'CiiA', with RCBW.

“Yoga is the journey of the self, through the self, to the self.” –The Bhagavad Gita

Abbas Master – *The Humble Rotarian*



Abbas Master joined the Rotary Club of Bombay Worli in the year 2014 when Kiran Vora was the President. He was introduced by Rtn. Quresh Karachiwala. The motivation for him to join the Rotary was the desire to help the needy and underprivileged people of the society. It has been an excellent opportunity for him to learn about all the good work the Rotarians are doing not only in our city but also around the world. He is presently on the Board of Directors for Alpha Year 2022-23 as Director – Vocational Services.

Abbas has done his Civil Engineering from Birla Institute of Technology and Science (BITS), Pilani in 1974. He then did his MS in Construction Management from Georgia Tech in Atlanta, Georgia. He worked with a large Architectural and Construction Management Company in Reading, Pennsylvania for 20 years. He also worked on large complex projects in the USA, Argentina, South Korea, Spain, Saudi Arabia and many other countries.



Abbas with his wife Raziya moved back to India in 1994 and then worked with Wockhardt Ltd looking after all their Pharmaceutical, Bulk drug, Biotech and all their Hospital projects around the country.

Abbas after that was responsible for managing Saifee Burhani Upliftment Trust's (SBUT) Bhendi Bazar project. It is one of the most complex Urban Renewal project in the country located in the very congested and dilapidated area of south Mumbai.



Abbas is happily married to Raziya and blessed with a son Quresh and a daughter Alefiya. Quresh has done his undergraduation in Neuro Science and Business at Johns Hopkins University. He is currently CEO at Borgcraft in Melbourne, Australia. Their daughter Alefiya after graduating from Emory University in Education and Psychology became an Edutech entrepreneur. She is the owner and CEO of the firm Mad-Learn.

Abbas enjoys Travelling and meeting people, Reading, Swimming, Walking, Gymming and Yoga.



What To Expect

Celebrations



Birthdays

5th December
Mona Kadakia

19th December
Vibhava Sawant

12th December
Quresh Karachiwala

22nd December
Sudhir Navlakha

12th December
Bilquis Chinoy

25th December
Priti Agarwal

20th December
Rashmi Kankariya

31st December
Amit Bhalotia

Anniversaries

4th December
Netra & Jayanth Nairi

14th December
Vishakha & Arun Agarwal

7th December
Meena & Pankaj Tanna

16th December
Prerna & Kiran Vora

9th December
Sweety & Sunil Dhowan

17th December
Bhairavi & Ashish Meghani

9th December
Sabina & Pankaj Gupta

17th December
Mona & Sanjay Kadakia

10th December
Deepa & Deepak Patkar

26th December
Rouchyka & Vijay Belani

30th December
Meenakshi & Sachin Singhvi



Sagittarians believe in constantly moving and exploring life. They are travel junkies.



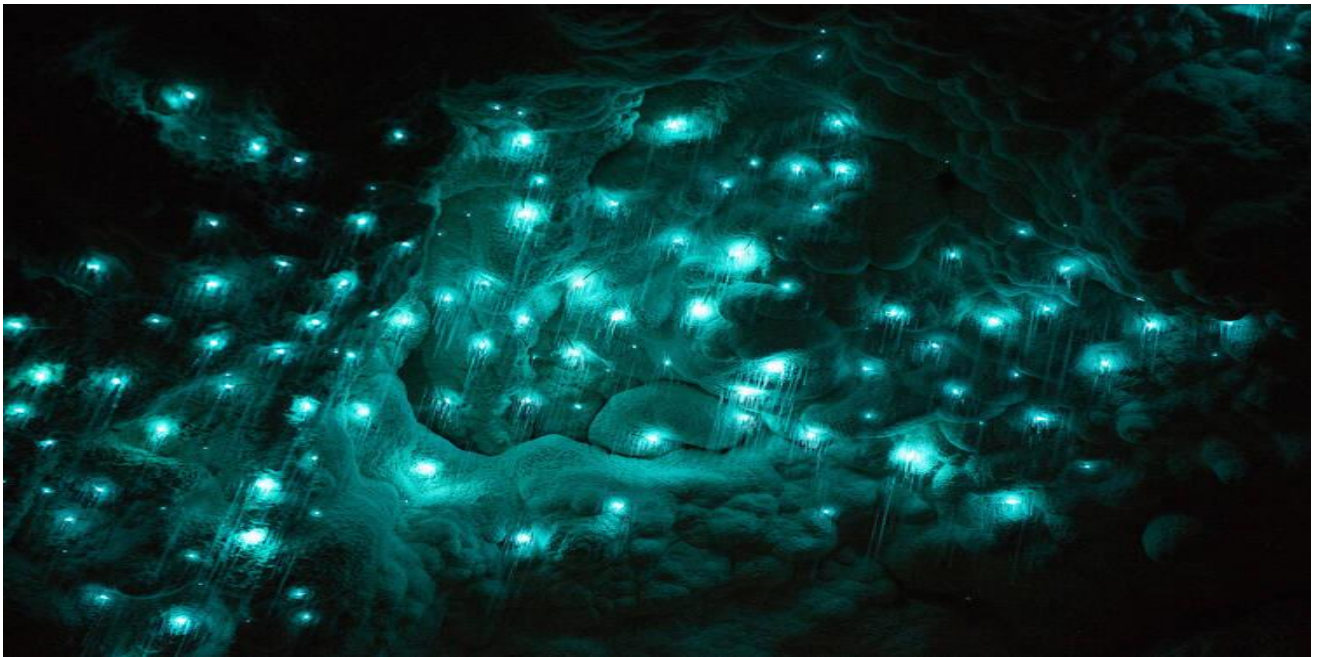
Capricorn natives are excellent mentors. They help everyone who needs guidance.

Exploring Bizzare Places in the world

Hello everyone!!!!

It is just amazing the Geographical diversity which our planet is blessed with!!!! I think we will need a number of lives to be able to visit each and every place. Many of the places seem like a dream world or an altogether a new planet. I am able to cover just 2 of them in this bulletin

1. Waitomo Caves, New Zealand



The Waitomo Glow-worm Caves is located on the North Island of New Zealand. It is known for its population of *Arachnocampa luminosa*, a glow-worm species found exclusively in New Zealand. The Caves are made of limestone formations, which can be seen in many parts of the world. But the beauty of these caves is the thousands glow-worms who radiate their unmistakable luminescent light in a subterranean world. Glow-worms mainly glow to attract other insects to their long sticky lines that they suspend from the ceiling. They also glow to attract a mate using the bioluminescence created by their tails. Chemicals in their tail react with oxygen to create this blue glow.



2. Spotted Lake, Canada



Hidden away in British Columbia, Canada's Spotted Lake (known to First Nations people as *Kliluk*) is straight out of science fiction. This small body of water is packed with different minerals, from masses of calcium and sodium sulphates to small amounts of silver and titanium. When the water evaporates in summer, a weird collection of deposits is left behind, giving the Spotted Lake its moniker.

There are 365 such colourful spots. With a combined shore length of one mile, it measures 0.16 miles wide by 0.43 miles long. Depending on the amount of water in the crystal, the spots' colour changes.

Though we would love to swim in these colourful lakes, it is strictly prohibited by the Canadian government and indigenous communities who own these lakes



- Janhavi Sanghrajka

***"By discovering nature, you discover yourself."
—Maxime Lagacé.***

Soul Searchers

Transforming Unwanted Emotions

It is a misconceived belief that fear and stress are harmful for health. When transformed properly, it can be used for our benefit and for our progress. FEAR – if you evaluate deeply, is simply the stimulus that is propelling us to move forward to take action, lest we get stuck in our present situations and conditions!

There is fear of death, fear of failure, fear of certain eventualities and even fear of success. There is, as we know, a darker and a lighter side to each emotion. To use it for our growth, we need to tap the lighter or the positive side, magnify it many folds, take advantage of it and ultimately transform the emotion into a useful one. Hence there wouldn't be a need to run away from or push away that emotion, but accept it completely. The ultimate fear is the fear of death. How can it be advantageous? Of course, it is the reason that most people take care of their health, it is the reason that they go to the gym, spend millions on hiring fitness consultants and eat healthy food.

Fear is there to tell us that something needs to be fixed. It is a sign that we are in need of certain skills, to grow further in our goals and vision. Where there is fear, that is the exact situation which needs to be targeted and worked upon. For example, if there is fear before a presentation, it implies there is more thorough and clear preparation to be done, to hone our skills from all angles so that the confidence increases. Similarly, when there is stress, there is heavier breathing, the lungs function harder and the heart pumps more blood and therefore oxygen inside itself. It is not the fear, but the belief that fear is bad is killing us.



Phobia, as opposed to fear, is something that may need professional intervention to be dealt with, as it is a psychological condition, where there is an extreme distortion of reality. There is a need to identify the fears and inhibitions which stop us from moving ahead and not taking control of our own lives. When tackled properly, it is the reason to improve our confidence to the highest level without depending on chance.



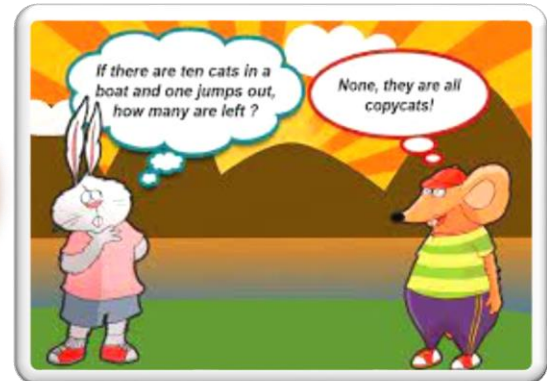
- Akanksha Bector

chuckle & giggle....



**What kind
of music do
mummies
listen to?**

Wrap music.



Fun with Pun...

- ❑ *I've started telling everyone about the benefits of eating dried grapes. It's all about raisin awareness.*
- ❑ *Prison is just one word to you, but for some people, it's a whole sentence.*
- ❑ *Why is it unwise to share your secrets with a clock? Well, time will tell.*
- ❑ *When I told my contractor I didn't want carpeted steps, he gave me a blank stair.*
- ❑ *I'm trying to organize a hide and seek tournament, but good players are really hard to find.*

Strange but true...

- ❑ **One quarter of all your bones are located in your feet.**

There are 26 bones in each foot. That's 52 bones in both feet, out of 206 total bones in your whole body, which is more than 25 percent.

It may sound crazy at first, but think about it: Your feet support your weight and allow you to jump, run, and climb. ➡

Those bones and joints also allow your feet to absorb and release energy efficiently. It's one of the reasons humans can outrun any other animal in an endurance race.

