

Auspicious August

President Speaks

Dear Worlians,

Greetings!!!

August – Membership and New Club Development Month as per the Rotary theme. Let's all endeavour to recommend at least one new member to join our RCBW family. Our Membership Director – Rtn. Ratan Shah shall be glad to pursue the same.

RCBW had conducted its first Alpha year Club Assembly on August 18, 2022 which was graced by our District Governor Rtn. Sandip Agarwalla and Assistant Governor Rtn. Dilip Shah. The Club Assembly was held at an elegant venue - Trump Towers, Worli.

To celebrate the friendship month, we had our picnic at scenic Karjat amidst the rains and waterfalls, which was enjoyed by the members and anns.

Our club's medical and non-medical directors have been working very hard on the various projects and events – Zugrewadi school building construction, distribution of books, cereals and groceries at various sites, blood donation drives, cancer project, orthopaedic paediatric surgeries, thalassemia awareness drives, amongst others. We have also restarted the 'Walk-with-a-Doc' series and propose to hold the same on the first Sunday of every month.

We had the installations of our Rotaract Club of Worli Lalbaug (August 28), Interact Club of Guru Nanak School (August 22) and Interact Club of Young Youth Leaders (August 07).

I appeal to members to come forward and extend your support for the various projects / events planned during the year, including CiiA (Rtn. Baldevkrishan Sharma), Amazing Brain Seminar (Rtn. Shirish Hastak), Cancer Fund Raiser (Rtn. Prabhakar Nakashe) and Zugrewadi New Building Inauguration (Rtn. Kavita Godbole). The members named in brackets may be approached with your intent to participate.

August marks the beginning of festive seasons – and we all look forward to welcome Lord Ganesha and seek his blessings for all our members and their families.

Yours in Rotary,

Rtn. Sachin Singhvi



Editor's Thoughts

August reverberates with the spirit of freedom! It was on the 15th of August 1947, that India finally awoke as a free nation! This year we are celebrating the 75th anniversary of our Independence day, which is indeed a matter of immense pride! On this solemn occasion, let's pay a tribute to all the martyrs, who laid down their lives for the nation. Today, the air of freedom that we breathe, is all thanks to their sacrifices! To commemorate the Platinum Jubilee of Independence, the Government has initiated "Har Ghar Jhanda Abhiyaan", by distributing free National Flags to each and every house!

August, this year, has also come with festivals galore! 'Raksha bandhan', 'Janmashtami' and 'Ganesh Chaturthi', each of these are celebrated with pomp and gaiety. 'Raksha bandhan' celebrates the eternal love between sisters and brothers, 'Janmashtami' celebrates the birth of Lord Krishna and 'Ganesh Chaturthi' is a festival of Lord Ganesha. Ganesh Chaturthi is celebrated predominantly in Maharashtra, wherein the devotees bring idols of Lord Ganesha home for 10 days and then the idols are immersed into the sea. But now with the global environment awareness, the idols are generally ecofriendly and they are immersed at home too.

At the Club, the beginning of a new Rotary year, with a new team taking charge, is also probably the best time to look back, review and reassess our goals and the strategies for achieving the same. Success stories of the past have to be cherished, celebrated and built upon and the mistakes of the past have to be reviewed and learnings from them to be remembered.

The time has come to pass the baton. A new year is a good time to plan something that has never been done before. This is the time of the year when members are most likely to be in a receptive state of mind to accept, adopt and approve new ideas. Let us look around and 'imagine' what could be improved. Let us be empathetic to the less fortunate. Let us 'imagine' the things we could do to make this diverse society an equitable and an inclusive one. Let this 'imagination' lead us unto untried areas. Let us take the less travelled road. While the journey would be enjoyable, it is also likely to herald unprecedented success.

The time is now to 'Imagine Rotary'.

- Deepika



From the President's Desk

RCBW donated 76 dozen books to 113 students of Worli Sea Face Uchh Prathmik Marathi School on **Monday, August 01, 2022.** President Rtn. Sachin Singhvi, Non-Medical Director Rtn. Kavita Godbole, IPP Rtn. Dipti Rajda, Youth Director Rtn. Nimesh Sanghrajka, Treasurer Rtn. Jayant Mehrotra, Club Trainer Rtn. Netra Nairi, Anns - Janhavi Sanghrajka, Sucheta Lilaney, Beena Singh and Meenakshi Singhvi participated in the project. Project cost – Rs.20,129/-.









On **Sunday**, **August 07**, **2022** Dr. Shirish M. Hastak delivered a public talk on Brain Attack / Stroke for the benefit of general public. 20 Rotarians and 10 guests attended the talk followed by walk at Five Gardens, Matunga. Rtn. Sabina Gupta arranged healthy breakfast for the attendees post walk.







The Kellogs Breakfast supplies for 2 months were provided on **Monday**, **August 08**, **2022**, to 180 Children of Aadhar Tirth Ashram, who are children of farmers who have committed suicide and have been provided shelter near Trambak, Nashik.





On **Tuesday**, **August 09**, **2022**, the Zugrewadi core team visited the village to study the progress of the new building. It was after a gap of two months, as no visit is possible during monsoon since roads get washed out and the village is cut off. It was an extremely fruitful visit because the building and mainly the outer wall façade, after much struggle, has turned out beautifully. The building has 6 rooms of which 4 are classrooms, one library cum computer room and one laboratory. The completion will be in another 25 days when the kitchen area and other electrical work, painting etc will be completed. We are working towards the opening ceremony on 9th October 2022 and the DG has agreed to be the guest of honour. Our next step will be towards making the villagers, who are mainly farmers, earn a better income by growing vegetables through the year and not only rice once a year. Let's extend our support to these 1000 Adivasi villagers and secure a brighter future for the children. Each trip to the village is very satisfying and it is always a pleasure to interact with the villagers.

What we have done for ourselves alone dies with us; what we have done for others and the world remains and is immortal.— Albert Pike

Thanks to RCBW for all the support and giving us this opportunity.

- Dipti Rajda, Janhavi Sangarajka and Kavita Godbole



झुगरेवाडीत 'हर घर शिक्षा'अभियान

। नेरळ । वार्ताहर ।

कर्जत तालुक्यात झुगरेवाडीत जिल्हा परिषद शाळेत वरळो येथील गेटरी क्लब कडून हर घर शिक्षा हे अभिनव अभियान रावविले जाणार आहे. या अभियानाची मुरुवात राज्याचे माजी शिक्षक आमदार दिगंबर विशे यांच्या उपस्थितीत झाला.

या मोहिमेमुळे तालुक्यातील शाळा बाह्य मलांना किंवा आर्थिक परिस्थितीमुळे शाळा सोडलेल्या विद्यार्थ्यांना शिक्षणाच्या प्रवाहात आणण्यासाठी हा उपक्रम-रावविष्यात असल्याचे सामण्यात आले आहे. यावेळी रोटरीच्या कविता गोडलोल, दीप्ती राजदा, आनंद कराळे, संतीय कोरळे, सतीश घावट, वसंत पारधी, उपाय्यक्षा भस्मा आणि पालक उपस्थित होते

पुण्य्डनगरी शाळा राबवणार 'हर घर शिक्षा' अभियान

रोटरी क्लबकडून उपक्रमाला सहकार्य

टोक असलेल्या झुगरेवाडी या उपक्रमधील जिल्हा परिषय शाठेत आता आणखी एक आगळ्येवगळ प्रयोग केला जाणार आहे. या शाळेल्य सहकार्य करत असलेल्या वरळी येथील रोटरी ब्लक्कडुन गळेळ्या माध्यमत्तृत हर घर झीडा. 'हर घर तिरंगा' या अभियानाप्रमाणे आता 'हर घर शिक्षा' हे अभिनय अभियान राज्यको जाणार आहे. या अभियाना याज्य आया प्राची माजी शिक्षक आमदार दिगंबर विशे यांच्या उपस्थिती बाखा

देश स्वातंत्र्याला ७५ वर्षे पूर्ण

स्वातंत्र्याचा व्यक्त महिनाव वार्यक्रम हिर घर झेंडा अभियान हर घर झेंडा अभियान शेटरी बराव माँच वांग्ये, पारकी

देशभरत 'हर घर तिरंगा' मोहीम विद्याव्यांना शिक्षणाच्या प्रवाहात राव्यवण्यात वेत आहे. याचाच भाग आणण्यासाठी रोटरी कटिबद्ध महणून रायगाड जिल्हा झुगरेबाडी असल्याचे रोटरी वल्टाबच्या शाळेत हा नवीन अफ्कम साजया वर्ताने सांगण्यात आले. या होणार आहे. 'हर घर शिक्षा' वेळी शाळेतील विद्यार्थ्यांनी हे अभियान रोटरी क्लाबच्या प्रभातफेरी काढून घरोघरी जाऊन माण्यमानून राव्यवण्यात येणार आमस्य आणि पालकांना देशाचा आहे. या मोहिमेमुळे तालुक्यातील तिरंगा कसा लावावा, यावाबत शाळवाबाह्य मुलांना किंवा आर्थिक मार्गदर्शन केले.

Smart Navi Mumbai Raigad Page No.8 August 13, 2022

नवराष्ट्र

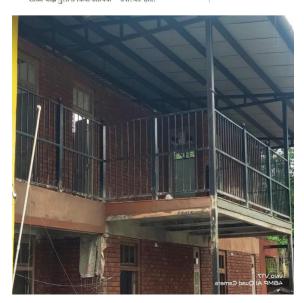
झुगरेवाडी शाळा राबविणार घरोघरी शिक्षा अभियान

रोटरी क्लबकडन उपक्रमाला सहकार्य



शेवटचे टोक असलेल्या झुर्गरवाडी या उपक्रमशील जिल्हा परिपर शालेल आता आणखी एक आगळावेगळा प्रयोग केला जाणार आहे. या शाळेला प्रयोग केला जाणार आहे. या शाळेला यंभील गेटरी कलकहाटू गाळेळा यंभील गेटरी कलकहाटू गाळेळा यंभील गेटरी कलकहाटू गाळेळा यंभील गेटरी कलकहाटू गाळेळा यंभील शेटरी कलकहाटू गाळेळा यंभील अस्पिता पर स्विचा या अभियाना प्रयाचीलळे जाणार अभियाना अभियाना स्विचलेळा जाणार गोळा यंभी स्विचाना स्वच्छात राज्यांचे माजी शिक्क आमदार दिशंबर विशो यांच्या उपसिच्यतीत झाला

ावाचण्यात पत आह. रावपाड जिल्ह गुरुवाकडी गाळेट मुंबंब स्ट्यूटी वेषिक 12री बरुवा आहे. हर पर दिखा हैं गोणार पर हों गोणार पर हिसा हैं गोणार पर हैं गोणार पर होंगे हैं गोणार हैं गोणार है स्टाप्य आहे.











RCBW organised its monsoon picnic on **Sunday, August 14, 2022** at the Babbling Brook Organic Farm, Neral in Karjat. 17 Members and Anns enjoyed the scenic beauty of the farm and visited the nearby Dam. The fellowship team organised piping hot breakfast followed by multi-cuisine lunch. Members spent the afternoon relaxing and dancing to the tunes of professional karaoke singer Sanjay Neelwarne. Sachin, Jayesh and Rakesh enjoyed bathing in the stream and waterfall within the farm. Thanks to Rtn. Sabina Gupta for organising the wonderful picnic for the Club.

















On **Monday**, **August 15**, **2022**, President Rtn. Sachin Singhvi, Directors Rtn. Jayanth Nairi and Netra Nairi along with Rtn. Prabhakar Nakashe were invited at the Independence Day Flag Hoisting Ceremony by the Mahalaxmi Compound Resident's Association near Mahalaxmi Temple. After the flag hoisting ceremony, notebooks and compass boxes were distributed to the students along with scholarships awarded to the meritorious students of grade X and XII.

RCBW contributed Rs.10,000/- for the cause which was supported by Rtn. Sachin Singhvi.













Rtn. Prabhakar Nakashe visited Tata Memorial Hospital, Parel on Monday, August 22, 2022 and handed over two cheques of Rs.50,000 each to Mr. Chandu Parab, Medical Social Worker at TMH to support chemotherapy of needy patients.





Rotary Club of Bombay Worli had organized two Blood Donation drives at Dadar and Andheri Railway Stations respectively on **Tuesday**, **August 23**, **2022** jointly with 8 other Rotary Clubs and 3 Inner Wheel Clubs collecting 151 units with a cost of Rs.35,760/-.

The Drive at Dadar was also attended by Prof. Vaishali (Sophia College), Rtn. Dr. Indumati, Rtn. Dr.Manish Motwani along with Rtn. Pankaj Tanna.

Railway Station	Units Collected	Beneficiary	Volunteers	Supported by	Net Cost (Rs.)
Dadar	90 bottles	KEM Hospital	Sophia College		23,000 + 630
Andheri	61 bottles	Indian Red Cross predominantly catering to need of 60 odd thalassemia patients	Patuck Gala College, Santacruz (E)	50% costs borne by Smt Shardaben Kamdar Charitable Trust	11500 + 630
Total	151 bottles				35,760

















26 Clubs of District 3141 jointly participated in distribution of 480 dozen notebooks to students of schools in Vikramgadh, Palghar on **Friday**, **August 26**, **2022**.

Rotary Club of Bombay Worli contributed Rs.6,462/- towards 20 dozen notebooks benefitting 40 students of 4 schools in Vikramgadh, Palghar.

Rotary Club of Bombay Mahakali Heights was the Host Club.

480 dozen notebooks distributed to 960 students, i.e. 6 books each student. Cost of each dozen is Rs.322.56.











Thank you,

Yours in Rotary,

Rtn. Sachin Singhvi



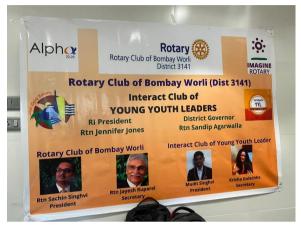
"The purpose of human life is to serve, and to show compassion and the will to help others."

- Albert Schweitzer

Installation of Interact Clubs

Interact Club of Young Youth Leaders (YYL), a community based club sponsored by RCBW had its second installation on **Sunday**, **August 08**, **2022** at The Bake Studio, Wadala. Interact President Mudit Singhvi and Secretary Krisha Golechha took charge along with the other Board members. The event was followed by a baking workshop for cookies and cupcakes led by Rtn. Sabina Gupta. 18 interactors along with 6 Rotarians and 4 Anns were present at the occasion.

President Rtn. Sachin Singhvi, Club Secretary Rtn. Jayesh Ruparel, Youth Director Rtn. Nimesh Sanghrajka, IPP Rtn. Dipti Rajda, Fellowship Director Rtn. Sabina Gupta and Medical Director Rtn. Pankaj Tanna were present along with Anns Meenakshi Singhvi, Janhavi Sanghrajka, Chhaya Ruparel and Pankaj Gupta.









The new board of directors of **Interact Club of Guru Nanak Hgh School**, **Mahim** was installed at the Guru Nanak High School Premises on **Monday**, **August 22**, **2022**. Interacts Rahul Yadav and Prince Yadav were inducted as President and Secretary respectively. The Principal, Interact Coordinator were present on the occasion along with Rtn. Sachin Singhvi, Rtn. Jayesh Ruparel, Rtn. Nimesh Sanghrajka, Rtn. Kavita Godbole, Rtn. Dipti Rajda and Ann. Janhavi Sanghrajka. About 40 Interactors were present and were also provided snacks after the installation ceremony. The young board members of the Interact Club are very dynamic and have proposed to conduct at least one project every month. The Rotarians wished them all the very best in their endeavours.





Installation of Rotaract Club

Rotaract Club of Worli Lalbaug, a club sponsored by RCBW had its fifth President in Rtr. Prajakta Kumbhawade taking over from Rtr. Nisha Dherange. The Rotaractors installation was held at our Youth Directors House. Rtr. Harshita along with two of her colleagues from the District were present on the occasion. Rotarians Sachin Singhvi, Jayesh Ruparel, Yogesh Gupta, Nimesh Sanghrajka, Sabina Gupta attended the event along with Anns Pankaj Gupta, Janhavi Sanghrajka and Meenakshi Singhvi.











Don't limit a child to your own learning, for he was born in another time – Rabindranath Tagore

Speakers

Date	Event/Speaker	About
4 th August, 2022	Guest Speaker – Dr.Shimoni Kadakia, Dermatologist, Cosmetologist and Tricologist Topic – How to Prevent ageing on skin	Dr.Shimoni Kadakia is a leading skin specialist and a board certified dermatologist in Mumbai and has experience in dermatology, trichology and cosmetology. She has done her MBBS and Post Graduation in dermatology (MD.DDV) from Mumbai and is a Gold Medalist and a state topper in this field. She is the founder and owner of SkinVive Clinic located in South Mumbai which is the state of art clinic, well equipped with all the latest laser machines, technologies and transparent setup.

Club Assembly

RCBW's first Club Assembly was held on Thursday, August 18, 2022 at The Soiree, Level P-6, Trump Towers, Opp. Bombay Dyeing, Worli, Mumbai – 400013.













Understand the power of your thoughts and programme it for your success



Dr. Prafulla Kerkar

- Eminent Cardiologist of India

Dr. Prafulla Kerkar, our latest entrant, joined RCBW in 2021-22, in the presidential year of Rtn. Dipti Rajda. He was introduced to our Club by Rtn. Jayanth Nairi.

His motivation to be a Rotarian started more than 35 years ago, when he got married into the Apte family. His late father-in-law, Dr.N.K.Apte was and also his co-brother, Dr. G.P.Kasbekar is a staunch rotarian. He was wonderstruck by their zest for service, enthusiasm, punctuality and excitement when it came to attending the weekly meetings of their clubs. His greatest motivation came from his better-half Sheela who is closely associated with our club. The second reason why he wanted to be a Rotarian, was to be able to acquaint himself with other fellow Rotarians who come from various walks of life, not merely doctors, of course, with the common goal of providing service.



Dr. Prafulla Kerkar is MBBS, MD, DM (Cardiology), DNB (Cardiology), FACC, FESC, FSCAI, FCSI. He is Head of the Department of Cardiology of KEM Hospital.

His Achievements –

- > TCT award in Washington, USA for the most challenging Asia Pacific case, 2005.
- ➤ World's largest series of non-surgical closure of RSOV (European Heart Journal, 2010)
- > Best Doctor's Award from Youth Organisation for Unity, 2006.
- ➤ Best Paper at Annual IMA Conference, Nagpur, 2007.
- > Hargobind Medical Foundation Scholar, 1995.
- > JN Tata Endowment Scholar, 1995.

Pivotal Moment -

Dr.Prafulla witnessed the live transmission of one of the first angioplasty procedures in the city performed by Dr. Gerald Dorros from USA when he was doing his post graduation. Dr. Dorros was then proctoring Dr.Kerkar's teacher Dr. Munsi at the Jaslok Hospital and fortuitously, two years later his teacher saved his brother's life by performing an angioplasty. This incident further reinforced his desire to become an Interventional Cardiologist, excel in the field and disseminate knowledge.

Patient Connect -

KEM organizes a comprehensive cardiac rehabilitation and lifestyle modification program for all patients who have recovered from a myocardial infarction. This program includes cardiologists, dieticians, physical and occupational therapists, nursing staff and medical workers. Thousands of deserving patients have benefitted from this program over the years.

Constant Challenges -

- ✓ Playing God to the poor and ignorant patient who places his complete trust in him.
- ✓ Delivering the best possible care in a resource-crunched healthcare system.
- ✓ Continuing the legacy of his illustrious teachers.

Rotargram

THE BIG FIVE

Success Mantras

- ✓ Patient First.
- ✓ Always be there for your family and friends, for you mean the world to them!
- ✓ Be open to learn something new each day, persevere and improvise till the solution presents itself.
- ✓ Mentor the younger generation.
- ✓ Work hard and party harder!

Core Values

- ✓ Passion
- ✓ Sincerity
- ✓ Compassion
- ✓ Integrity
- ✓ Innovation

Contribution to the Society -

- ✓ He is proud to have worked with the State Government Health Scheme to devise a program for state-of-the-art emergency care to patients who have suffered a heart attack, and presented it to the KEM Hospital, including primary angioplasty.
- ✓ He has actively lobbied with government and industry for the rationalization of coronary stent prices.
- ✓ He has been involved actively in the cause of promoting girl child education through the 'NANHI KALI' NGO.
- ✓ He has been carrying on medical camps in hinterland of Maharashtra, creating awareness about and treating cardiovascular disorders.



Life beyond Medicine -

He always jumps at any opportunity to shut off his cell phone and watch a cricket match at the Wankhede Stadium, be it the IPL or Test cricket. He loves cricket in all forms.

He also enjoys watching Bollywood movies.

His better half, Dr. Sheela, is the head of Opthalmology at the KEM Hospital

His daughter, Ashwini, is currently a cardiology fellow at Ann Arbor, University of Michigan. She is married to Dr.Nadeem Abou-Arraj.







What To Expect





Birthdays

1st September Kamlesh Khandelwal

4th September Sarita Khandelwal

8th September Lata Agarwal

11th September Dr. Kamala Rai

12th September Kanan Dani 21st September Kiran Vora

23rd September Hemant Kankariya

25th September Dr. Paula Goel

28th September Lovelina Zatakia

28th September Chayya Ruparel





Even a small sense of doubt will have a Virgo up all night...overthinking



You can talk till the sun comes up, but you won't beat Libra in an argument.

Untold Discoveries

Exploring India - Jodhpur

Jodhpur is a city in the Thar Desert of the northwest Indian state of Rajasthan. Its 15th-century Mehrangarh Fort is a former palace, that's now a museum; displaying weapons, paintings and elaborate royal palanquins (sedan chairs). Set on a rocky outcrop, the fort overlooks the walled city, where many buildings are painted in the city's iconic shade of blue.

Jodhpur is a popular tourist destination, featuring many palaces, forts and temples, set in the stark landscape of the Thar Desert. The city has expanded extensively outside the wall over the past several decades. Jodhpur is also well known for its furniture industry, handicrafts, glass bangles, cutlery, carpets and marble goods. Jodhpur also boasts of a unique cuisine.

From the sumptuous Rajasthan thali to curious dishes like gulab jamun ki sabzi and meaty delights like laal mas, Jodhpur is truly a food lovers' paradise. And then you have the famous kachoris and Pani Patasa, makhaniya lassi and sweet meats like ghevar and malpua to tickle your taste buds.

Daal baati is the state's classic signature dish. Baati is hard, unleavened bread cooked in the desert areas of Rajasthan. Baati is prized mainly for its long shelf life, plus it requires hardly any water for its preparation. It is always eaten with dal (lentil curry).

Tourist attractions include:



Mehrangarh Fort



Jaswant Thada



Toorji Ka Jhalra (Toorji's Step Well)



Rao Jodha Desert Rock Park

What to Do in Jodhpur?

Mehrangarh Fort tour, visit iconic clock tower, Bishnoi village safari, Kaylana Lake, Flying Fox, Umaid Bhavan Palace, Jaswant Thada, explore Mandore Gardens, Desert safari to Osian, paragliding, shop at Tripolia market, stroll at Ranisar Lake and many more.

The tall and towering forts, sprawling palaces, airy Havelis, ancient step wells, alluring lakes, and brilliant temples still stand tall telling untold tales of the bygone era.

Festivals of Jodhpur like Ranakpur Festival, Matsya Festival, and Shree - The Sacred Festival gets the city on wheels and the markets are splashed in a riot of colours of fabrics, apparels, jootis, antiques, handicrafts and jewellery.

Jodhpur Railway station has been awarded as India's first railway station to become Platinum Rated Green Railway Station with Highest Points.

Jodhpur is a city with many traditions and cultures, which makes it a popular destination for tourists from all over the world. It is a safe city with a low crime rate, making it a great place to live. The city has wide roads, is clean, and doesn't have traffic, so you can easily get around the city.



https://youtu.be/hmqVte4MgNE

By

Mudit Singhvi.



Untold Discoveries

Soul Searchers

Vichar (Thought) has its roots in Advaita Vedanta (non – dual awareness), which is experienced when identification with ego is seen through. Ego, which is an imaginary conglomeration of thoughts of who we think we are, lives in fear of its own annihilation in the light of this seeing into the vastness of our own being. Vasanas and Samskaras (Sanskrit), the conditioned patterns buried in the subconscious mind, which keep us in a robotic, ego-automatic state, and alienate us from a state of non–dual awareness, in tune with all that is.

Non-dual Awareness is what we experience when we no longer perceive from a subject – object perspective. We begin to feel that we are not inside a body; our body is inside of us, as are all of the things we seem to experience on "the outside".

As we drop our identification with the ego, the main subject, we cease to objectify everything and we begin to perceive what many scriptures in different traditions call ADVAIT (oneness). More precise is the term "non-duality", because it explicitly leaves out the possibility of "DVAIT (Twoness)". Because it is scientifically proven today that we are controlled by our subconscious mind 90% of the time, it stands to reason that staying present is not an easy task. Or better stated, being present is easy, remembering to do so is not. This is because we are identified with our thoughts most of the time, which are only memories from the past being constantly regurgitated in our thoughts and speech.

Talk therapy (Psychotherapy) can only re-arrange our conditioned patterns in a more comfortable manner. It cannot deal with the real issue of our angst: a dualistic mind caught between the language of subject and object; a mind which automatically projects everything outward and then forgets that what it perceives on the "outside" actually came from within in the first place. It thus can never experience a state of oneness or more correctly, non-duality of what is.

Because the mind objectifies everything, we can never be happy or content for very long. Something always feels missing. This something is not something outside that we are lacking; it is a real presence within ourselves and is the root cause of our intense longing for what we think is something else, as long as we fail to notice it. It is what has inspired all of the various spiritual practices in the ancient traditions of the past: the need to find a way to be present with what is and enjoy the simple pleasure of the moment.





- Akanksha Bector

Fun n frolic

chuckle & giggle....

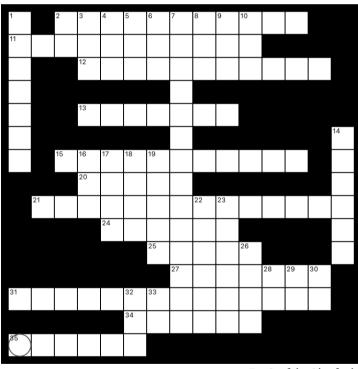






Rack your brains...

Know your Club Members



- By Sachin Singhvi

Across

- 2. Lady in water purification business with spouse (5,6)
- 11. Charter member...mostly in Sri Lanka (4,7)
- 12. Sends daily motivational quotes..eco tableware
- 13. Petrol pump owner at Colaba (7)
- 15. Latest AKS from Club...plays Hawaiin Guitar (Surname 11)
- 20. Surname of 2 consecutive presidents (stock broker / baker)
- 21. Young singer in an architect... stays at Andheri (6,8)
- 24. CA businessman.... Introduced crowd funding...famous for his terrace parties (first name 6)
- 25. Young lady jewellery designer (first name 5)
- 27. First name of a doctor and Jain businessman (7)
- 31. CA lady...President Nominee...(8,6) 34. Vintage carwala (first name 6)
- 35. CiiA Founder...charter member (surname 6)

Down

- 1. First AKS from Club...avid traveller (first name 7)
- 7. Newest member...dil ka doctor (8,6)
- 14. Senior Doctor COVID Fighter from Colaba (Surname 6)

What's the best thing about Switzerland?

I don't know, but the flag is a big plus.

Answers to Know your Club Members - Jubilant July Puzzle

