



Alpha 22-23

February 2023



IMAGINE
ROTARY



WORLI WHISPERS

ROTARY CLUB OF BOMBAY WORLI • DISTRICT 3141

Feisty February

President Speaks

Dear Worlians,

Greetings from Rotary Club of Bombay Worli!!!

February is the second month of the year in the Julian and Gregorian calendars. The month has 28 days in common years or 29 in leap years, with the 29th day being called the *leap day*. It is the first of five months not to have 31 days (the other four being April, June, September, and November) and the only one to have fewer than 30 days. February is the third and last month of meteorological winter in the Northern Hemisphere, whereas in the Southern Hemisphere, February is the third and last month of meteorological summer (being the seasonal equivalent of what is August in the Northern Hemisphere).

February, in Rotary marks the '**Peace & Conflict Resolution**' month.

This month let's deliberate about 'Humility'. Humility is truly a virtue.

The humble man is ever ready to overlook the faults of others, knowing he has so many.

To be Humble to Superiors is Duty, to Equals is Courtesy, to Inferiors is Nobility.

I personally believe that the first test of a truly great man is his humility.

Ego gets you attention but humility gets you results. Humility is not thinking less of yourself, it is thinking of yourself less. Humility is the quality of being humble and modest. Never look down on anybody, rather help them up. Pride makes us artificial and humility makes us real. Thank you is the best prayer that anyone could say. Have more Humility.

Selflessness and egolessness is humility, whereas selfishness denotes ego.

Humility and Freedom go hand in hand. Only a Humble person can be Free. Whosoever is Selfless, definitely he is Free.



The greatest friend of Truth is Time, her greatest enemy is Prejudice, and her constant companion is Humility. Ego mars your life and humility makes it. The powers of humility are wonderful. Ego has destructive powers. Ego gradually kills and swallows you.

In the words of Terri Guillemets-

Wash out your ego,
Every once in a while,
As cleanliness is next to godliness,
Not just in body but in humility as well.

Besides the several projects undertaken in February, distribution of Kelloggs breakfast at schools, eggs and chikkis at Zugrewadi and groceries at Adhartirth Ashram continues.

Our Humble large-hearted Rtn. Taizoon and Edith Khorakiwala were felicitated on becoming members of prestigious AKS Chair's Circle at the TRF Seminar on February 2, 2023.

Rtn. Deepak Patkar has conceptualised a musical fundraiser in aid of needy cancer patients on March 19. Looking forward to your active participation in the Club's event.

Wishing you all a Happy Holi!!!

Best wishes,

Rtn. Sachin Singhvi



***“Humility leads to strength and not weakness.
It is the highest form of self-respect to admit mistakes
and to make amends for them.*”**

Editor's Thoughts

Valentine's Day, February 14, is celebrated every year as a day of adoration and friendship. The day is celebrated in honour of St. Valentine, who taught the world to spread love. Love should be like breathing. It should be a quality in you – wherever you are, with whomsoever you are, or even if you are alone, love should continue to overflow from you. Love is not dependent on an object, but is a radiation of your soul. And the vaster the radiation, the greater is your soul. The wider you spread the wings of your love, the bigger is the sky of your being. Our organization's motto 'Doing good in the world' teaches us to love the world as one family – which we describe as : 'Vasudhaiva Kutumbakam'.

The goal is to promote peace and restore love and hope to help the world heal from destructive conflicts. As we celebrate Rotary's 118th anniversary and 'Peacebuilding and Conflict Prevention Month', we can be proud of the many ways Rotary promotes peace.

Rotary is also all about empowering girls and women – by creating equity and focussing on their health and education. Other times, it's about providing safety. Regardless of the path, it's always about basic human rights. There is no shortage of inspiring examples such as loans for women in Nigeria, to projects in India that provide girls with menstrual hygiene products. Hundreds of projects across all Rotary areas of Focus are making a meaningful and often a life-saving difference.

Finally, we must wake up to the fact, that Nature's Fury is a warning to all mankind that humans cannot mess with it anymore! Joshimath and Turkey are glaring examples of this! We witnessed unforeseen destruction and devastation, which is an alarming sign for us to start respecting our environment!

We, as Rotarians, can do our bit by creating awareness about our planet earth and working towards its conservation and preserving it! Let's all take a pledge to make our world around a Peaceful and Joyful Place to live in!

- Rtn. Deepika Gandhi



Quick Run Down

From the President's Desk

The 2nd CiiA – Innovations Exhibition, Competition and Awards was held at the Nehru Centre from the **1st to 3rd of February**, wherein top 100 exhibits were selected from 697 applications received. Of these, the Jury selected Seven winners from the Three Categories of Exhibits, namely, Two from International/High Schools Category, Two from the Science College Category and Three from the Technology Category. The grand Awards Presentation was hosted with great fanfare and entertainment, at the Nehru Centre Auditorium to inspire and motivate students to pursue a Career in Innovations.





RCBW's monthly public health awareness campaign series had a very interesting topic on breathing difficulty led by Dr. Bhupinder Singh, Consultant Anaesthesia and Intensive Care, Global Hospitals, Parel, under Walk with a Doc program on **Sunday, February 12, 2023** at 7.30 am at Mahalaxmi Race Course.

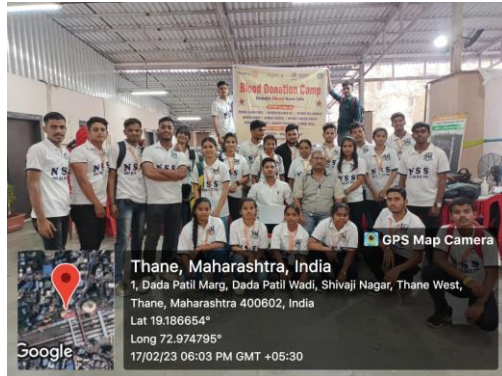
After the talk and walk, attendees enjoyed breakfast at Gallops.



Rotary Club of Bombay Worli had organised a Blood Donation drive on **Friday, February 17, 2023** at Thane Railway Station jointly with 8 other Rotary Clubs and 3 Inner Wheel Clubs collecting 76 units.

The Drive was attended by Rtn. Pankaj Tanna.

Railway Station	Units Collected	Beneficiary	Volunteers	Net Cost (Rs.)
Thane	76	Sion Hospital	NSS unit of Mehta College	16,000



RCBW received an appeal to sponsor 50 pregnant women from Palghar for the Mother and Child Healthcare Project.

The estimated cost was Rs.1,350/- per woman for 9 months – 7 months Prenatal and 2 months Post; aggregating Rs.67,500/-. Ann. Puja Mehra volunteered to sponsor the project.

Many thanks to Puja Prem Mehra for her generous contribution to the cause. It would be a vital step towards reducing malnutrition at birth, as India has the lowest weight at birth in the world.

Rotary Clubs of Palghar, North West Malad and Worli have joined hands to support 200 pregnant women by providing the necessary medicines for meeting their nutrient requirements. The project has received wide coverage in print media.

The distribution commenced on **Monday, February 20, 2023** at Dr. M. L. Dhawale Memorial Hospital Trust's Rural Hospital at Bhipoli, Vikramgad, Palghar.

You tube link: <https://youtu.be/Jg82S92gcic>



MALNUTRITION
Mother & Child Healthcare Program

Rtn. Jennifer Jones
R I President

Rtn. Sandip Agarwalla
District Governor

Venue :
Dr. M. L. Dhawale Memorial
Trust's Rural Hospital,
Bhopoli, Vikramgad

Monday, 20th February, 2023, 10:00AM

Lead Host...

Rotary Club of Palghar
Rotary Club of Bombay North West Malad
Rotary Club of Bombay Worli

Rtn. Bhagwan Patil Rtn. Netra Nairi
District Coordinator Avenue Chair

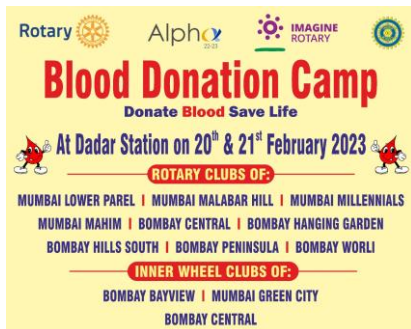
Rtn. Prashant Patil Rtn. Dipan Patel Rtn. Sachin Singhvi
President President President
RC Palghar RCBW Malad RCB Worli



Rotary Club of Bombay Worli had organised a Blood Donation drive on **Monday-Tuesday, February 20-21, 2023** at Dadar Railway Station jointly with 8 other Rotary Clubs and 3 Inner Wheel Clubs, Indian Medical Association and the Smt Shardaben Mansukhlal Kamdar Trust (which runs the Sharda Arogya Sanitorium at Panchgani) collecting 152 units.

The Drive was attended by Rtn. Pankaj Tanna.

Railway Station	Units Collected	Beneficiary	Volunteers
Dadar	70	Sion Hospital	Bombay E Ward Medical Practitioners' Association
Dadar	82	KEM Hospital	NSS students of Bhavans College, Chowpatty



Advik Sankpal is the 3rd Beneficiary of the Cochlear Implant project of RCBW. His surgery was conducted successfully under the Global Grant 2230598 - Meri Awaaz Suno', on **Wednesday, February 22, 2023** and he's recovering well. Soon he'll be able to Hear and Speak. His Life will change 360 degrees! Rotary Club members - Rtn. Deepika Gandhi, Rtn. Dipti Rajda, Rtn. Jayesh Ruparel and Rtn. Sachin Singhvi visited SRCC Hospital post his surgery and met Advik and his parents.



Rotary Club of Bombay Worli contributed Rs. 1 lakh to Tata Memorial Hospital, Parel, to support chemotherapy for needy cancer patients on **Monday, February 27, 2023**. Rtn Prabhakar Nakashe handed over the cheque on behalf of RCBW.



Thank you,

Yours in Rotary,

Rtn. Sachin Singhvi



Speakers

Date		Event/Speaker	About
Friday, 10 th February, 2023		Guest Speaker – Ms. Tara Sharma Saluja	<p>Tara Sharma Saluja is an Actor, Producer, Creator, Host of Tara Sharma Show and above all a Devoted Mother. An interesting interactive session was held hosted jointly by RC Malabar Hill and RC of Bombay Worli. The event was attended by 21 Worlians. RCBW monthly newsletter, 'Worli Whispers' was also unveiled by Tara Sharma Saluja.</p> <p>It was followed by dinner at Bellissima Banquets.</p>
Wednesday, 22 nd February, 2023		Guest Speaker – Ms. Nikita Raut	<p>Ms. Nikita Raut wears many hats and has won many accolades, the most prestigious and recent one being the “National Award in the category of Best Employee [Visual Impairment] conferred upon her by the Ministry of Social justice and Empowerment” Awarded by the Honourable President of India.</p> <p>She is also:</p> <ul style="list-style-type: none"> - 40 Under 40 winner of the HR Award 2018-19 constituted by Jombay for excellency in the HR profession. - Classical music exponent [MA – vocal], PHD HRM aspirant. - Youngest and also the first blind employee of Bank of Baroda to rise to the senior leadership level of Assistant General Manager. - A motivational speaker and Human Resources leader with more than a decade of experience. - Though 100 % blind by birth she is efficient in independently operating computers and mobile phone just as any sighted person with the help of a screen reading software. - Born without sight but a great vision, she believes “No adversity has the power over us, it is our attitude that defines our success in life.”



Saurabh Dani – Our Brave Rotarian

Saurabh was introduced to RCBW by Rtn. Mehul Zatakia, and he became a member during the Presidentship of Late Rtn. Pradeep Nagori. His Installation Meeting was held in the banquet room of Hotel Copper Chimney at Lotus, Worli and on that eventful day, a handwriting specialist was the Speaker. During the tenure of past president, Rtn. Shashi Chopra, he was the Club Secretary. Through the years, he has been actively involved in fundraising, social, community and medical projects.



His family was involved in creating the seed fund for the ongoing Thalassemia project which is admirably being handled by Rtn. Pankaj Tanna. Through the years he has actively donated for many other projects. He has also participated in various fellowships of overnights, national and international trips, including hosting a few lunch/dinners for Anns and Members. He also organized an Industrial Visit and an overnighiter Picnic. He has been on RCBW board for several years. During his Rotary journey he has won several accolades for attendance, community, medical projects and also The Best Rotarian award.



The objective of joining the Rotary was to serve humanity, to build a network of friends and like-minded individuals, have quality fellowships, personal bonding sessions and develop leadership and communication skills. He finds his journey in Rotary highly fulfilling and he has built great friendships in the club and district.

Saurabh hails from the promoter family group of Asian Paints. He is B.Com, LLB (one year) and MBA (MIS & Finance) from American International College.

He is a Network and Info Security Professional and has been in this domain for the last decade and a half. He has been an entrepreneur throughout his life and has conceptualised, managed, and grown several businesses - Engineering adhesives, Construction and Silicone sealants, Bulk Drug - PHBA, Stock broking and Investment banking, Real estate management and even development, of his family property for the prosperity of his extended family, Network and information security. He has cleared most certifications in the Infosec space. He has over 40 years of hardcore business experience in India and overseas and has visited more than 15 countries world over. He is a Start up specialist.

He is recuperating from a kidney transplant surgery in June 2022 at Reliance Hurskondas Hospital, having received a kidney donation from his better half, Kanan. The said kidney transplant surgery and his recovery thereof has been remarkable and a momentous experience for him. He believes that his faith and belief in Lord Shrinath ji along with his spiritual bent, coupled with blessings from his religious Gurus, Pujya Shri Morari Babu and Vallabh Acharya Vrajrajkumarji Mahoday and lots of positive energy from friends and family world over, helped in his Robust Recovery. He is hopeful of attending our regular Rotary Meetings after a gap of almost 15 months.

His wife, Kanan who is a home-maker, is his backbone, who has stood by him in his most, life-saving hour of need.



He has a son Bhuman - who is a Mechanical engineer from Bits Pilani, MBA from Insead, and an ex BCG Consultant. He is a serial entrepreneur in the Food industry. His wife Dipti is an Electrical and Instrumentation engineer from Bits Pilani, and an MBA from Hult Intl. business school. They have an adorable son, Agastya and are expecting their second child in June, this year.

Saurabh is an ardent music fan. He loves listening to Ghazals, Indian Instrumental, Spiritual, Religious, Western Classical and Pop. He is a voracious reader and the subjects that interest him are Technology, Management, IT, and he enjoys reading Gujarati, Urdu cum Hindi poetry. Gulzar, Ghalib, Rumi, Mariz, Shunya Palanpuri are some of his favourites.



"I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear. "

~ Nelson Mandela

What To Expect

Celebrations



Birthdays

1st March
Meena Tanna

2nd March
Promila Sharma

6th March
Rajeshwari Amit Bhalotia

8th March
Vishakha Aggarwal

11th March
Narendra Lillaney

15th March
Puja Mehra

18th March
Ratan Shah

21st March
Vimal Navlakha

30th March
Taizoon Khorakiwala

31st March
Ballabh Bagri

Anniversaries

10th March
Sangeeta & Ratan Shah

18th March
Tejal & Yeshwant Datay

13th March
Kanan & Saurabh Dani



Pisces like to escape reality for fantasy. They are often daydreaming of their next adventure or of being someplace different living their best life.



Aries often thrive being in social settings and love to inspire and motivate other people.

Exploring Antarctica – The World's Southernmost and Fifth Largest Continent

Hi Friends.... Let's explore ANTARCTICAAAAA in this bulletin:

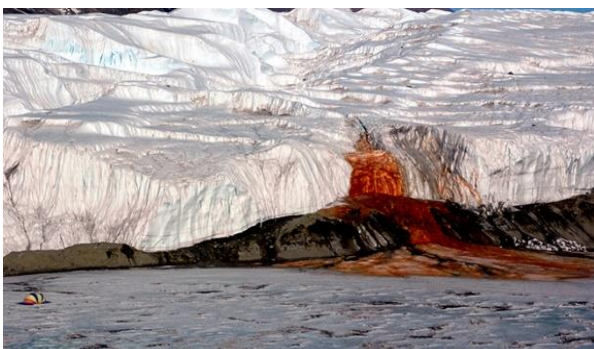
Antarctica Is the SoutColdest, Windiest and Driest Continent. Every way on it is the North!!!! Here are a few other interesting facts about the lonely Continent

1. There Are Places in Antarctica Which Haven't Received Rain Or Snow In 2 Million Years



In Antarctica around 1% of the continent (4,000 km) is permanently ice-free – such areas are called 'Dry Valleys or Antarctic Oasis'. They are thought to be the world's harshest deserts and it is estimated that these areas haven't seen rain or snow in almost 2 million years.

2. There is a Waterfall in Antarctica Which Is Called Blood Falls



5 million years ago, as sea levels rose, East Antarctica was flooded and a brine lake was formed there. After millions of years, glaciers formed on top of the lake. As they froze, the water below became even saltier. Today, the subglacial lake under Blood Falls is three times saltier than seawater and, therefore, is too salty to freeze. The water beneath Taylor Glacier, which feeds the Blood Fall, contains a lot of iron (picked up from the underlying bedrock) and when iron-rich water comes in contact with air, the iron oxidizes and takes on a red colouring, leaving blood-like stains on the ice.

3. The Average Ice Sheet Thickness In Antarctica Is 1 Mile



Antarctica, the southernmost continent, is almost completely covered in a thick layer of ice (except for dry valleys). The thickness of the ice sheet varies depending on the location, with the East Antarctic sheet being much thicker than the one in the West. On average, the ice is more than one mile (1.6 km) thick, but in some sections it can get as thick as almost three miles (4.8 km).

4. Emilio Marcos Palma Was the First Person to Be Born In Antarctica in 1978

Due to its remoteness, inhospitable weather conditions and lack of natural land bridges connecting it to other continents, Antarctica has spent the last 35 million years in relative silence and seclusion. Prior to its discovery in 1820, no humans had ever set eyes on this icy continent.

In 1978 Emilio Marcos Palma made history by being the first person to be born on Antarctica. His father was the head of the Argentine Army detachment at the Esperanza Research Base. Since then, ten more people have been born on the continent.

5. Colonization of Antarctica

Currently, the continent hosts only two civilian settlements, the Argentinian-administered Esperanza Base and Chilean-administered Villa Las Estrellas, as well as about 70 scientific and military bases with a transient population of scientists and support staff.



- Janhavi Sanghrajka

“All journeys have secret destinations of which the traveler is unaware.”

- Martin Buber

Soul Searchers

Bio Rhythms of the individual consciousness - 'Trust the process'

The third topic in our continued series of consciousness is about 'Trust'. We are in the age where any truth can be modified to any extent. Hence, we are on the brink of disbelieving or questioning everything that comes in front of us. As distances increase with a digitally connected and socially distanced world, trust has become the number one factor in business, in communities and within relationships. We do not trust the marketers, we do not trust the media, we do not trust our employers and our government, yet it is the number one factor to build any connection in this world. In spite of all the technological advancements in the world, we prefer to stay in tribes, just the way our primitive brain wanted. People trust people who are like them or whom they would like to replicate. The major underlying factor here is trust.

Building trust, however, requires a new perspective. Traditionally, leadership is about the individual. What skills do you have and what can you contribute and grow in return. But true leadership is about bringing out the best in others. It is also making use of even the most discarded person productively in a useful place. Putting to use every bit of resource that you have as a small or big organisation or community. It is about making sure that a strong value system is in place which will ensure the organisation is functioning smoothly even when you are not around.

The most important factor is in spite of all the automation in the world, humans are driven by emotions. Trust building is a part of rapport building with the person. The more people sense an authentic behaviour on your part, the more is the likelihood for you to gain trust. The best mental structure is a balance and 100% clarity in thoughts, words and actions. Sometimes, unknowingly, people have a tendency to communicate the opposite of what their intentions are. Due to added stress, the non-verbal signals that we give out are contradictory to the ones essential for building trust.



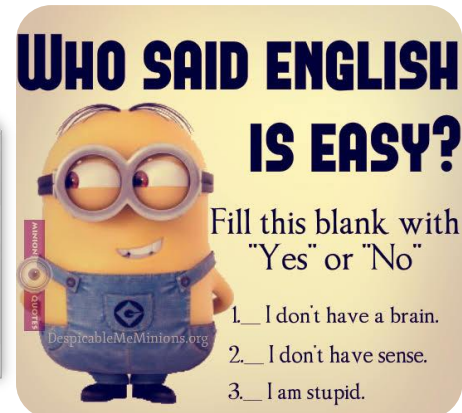
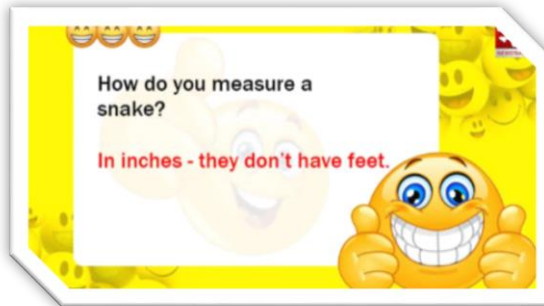
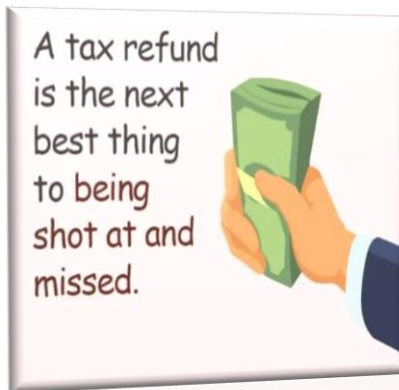
A more philosophical concept of trust is trusting in the intentions of the universe, or ultimately the strength of your own actions. Without trust, your mind and heart can be ruled by apprehension and confusion. Trust the process.



- Akanksha Bector

"Trust your instincts, and make judgments on what your heart tells you. The heart will not betray you." ~ David Gemmell

chuckle & giggle....



Fun with Pun...

- ❑ *To write with a broken pencil is pointless.*
- ❑ *Thieves who steal corn from a garden could be charged with stalking.*
- ❑ *When fish are in schools they sometimes take debate.*
- ❑ *In a democracy it's your vote that counts; in feudalism, it's your Count that votes.*
- ❑ *A boiled egg is hard to beat.*



Strange but true...

- ❑ **Louisiana is home to a rare pink dolphin.**

It's hard to imagine dolphins being any more wonderful than they already are, but a Louisiana bottlenose dolphin named "Pinky" is almost too adorable to believe. First spotted in 2007, the unusual creature got its name from its surprising pink color, which is likely the result of a rare genetic condition.



Pinky was seen again in 2015 and in 2018 while mating. Despite the fact that fishermen have apparently seen her swimming with baby dolphins, they're not sure if she's their mother—especially since no news of any pink baby dolphins has surfaced.

