



**ROTARY CLUB OF
MUMBAI JUHU**

BREEZY NEWS

R.I. President: Rtn. Gordon McInally • DG 3141: Rtn. Arun Bhargava • President: Rtn. Arun Wadhwa • Editor: Rtn. Rakesh Kumar.
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RCMJ Family at Envisage Pooja



**December is Disease
Prevention & Treatment
Month**

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MESSAGE FROM THE INCREDIBLE PRESIDENT



Dear RCMJ Incredible Family,

The month of November was building up to be a glorious month with Diwali celebrations and India winning the World Cup. Sadly, we got only one wish answered and had a fabulous and memorable Diwali party.

India winning the ODI World cup – well we will wait and prepare for the next edition. The team won hearts and showed great bonding and played fearless cricket. It showed how wonderful performances can be when you play without fear and with full conviction. It holds lessons for all of us, we have to overcome our biases, our fears and make sure that we not only overcome them but banish them and continue our work for Society.

The Rotary projects kept pace this month as well except for the Diwali week where things were a little quiet. We

participated in RYLA, and I personally got a chance to make a presentation on mental health. The audience of college students were appreciative of the content and the response by the Rotarians present was quite encouraging.

The topic of mental health is very fast and is fast gaining importance and urgency as mental tensions and interpersonal communication challenges are causing a large number of mental health issues. It is important to recognize the importance of mental health and one must be watchful of its onset. People should learn to accept these conditions and also should be trained to handle the same. Teenagers and young adults are facing multiple issues of education stress, relationship challenges and career stress. These put on them an unbearable amount of stress which leads them to find solace and succour in drugs, smoking and other addictions. These are a pointer of the lack of society support which is forcing them into these addictions. One needs to be watchful for signs of stress and take steps to prevent them.

As always, most big problems have simple steps of management and prevention. In the case of mental health, being a good friend, a good listener and having empathy to people around you will lend support and give confidence to people to combat tough situations and make them realise that they are not alone. Such simple steps can help prevent the onset of mental health issues.

This month also saw RCMJ family turning out in large numbers to celebrate Diwali together as a closely knit family. Such celebrations of festivals help us bond better, get closer to each other and re-inforce the bond of love and friendship among us. It was a warm and friendly get-together with families and children. The month also saw us celebrate Navy week with 3 initiatives – Naval Air Show, Naval Ship visit (both organized by Rotary Dist 3141 team) and the Navy Half Marathon. It was a joy to be part of all the three initiatives.

This month also had a personal high for me and my company. Envisage turned 17 and we celebrated the occasion with our RCMJ family, close family friends and colleagues by organizing a Satyanarayana Puja. The Puja provided an excellent serene and spiritual environment for us to spend quality time with our RCMJ family.

As we come closer to the end of the year, it is time to look behind and appreciate our achievements, learn from our mistakes and misses and move ahead with greater gusto and energy. The coming month will also see RCMJ entering its 25th year and we have several programs lined up to celebrate the grand occasion.

Looking forward to a memorable month ahead.

Arun Wadhwa

Incredible President 2023-24,
RC Mumbai Juhu

A GRAND DIWALI CELEBRATION

By Rakesh Kumar (With a little help from ChatGPT)

*Our Club had a grand celebration,
With fun and games and recreation,
We danced to the music and enjoyed the feast,
And toasted to our friendship and peace.*

*Diwali is a time to be grateful,
For the blessings we have plentiful,
Let's also think of those despairing,
And light up their lives, for Rotary means caring.*



A HAPPY FAMILY GET-TOGETHER

By Meera Ramachandran



Deepavali celebrations on November 16 once again affirmed that RCMJ is One Big Happy Family. In glimmering ethnic chic, couples and singles sashayed down Symphony Hall to share their most memorable moments in the

club. Trips to Sri Lanka, overnight picnics, the heart-rending sights at Adhar, the glory of setting up an Audiometric Lab, the opportunities to hone speaking, writing and singing skills, as well as individual expressions of gratitude for affections received – these were some of the milestones highlighted going down memory lane.

Earlier, game hosts Natasha and Anaiya had members on their toes, running to retrieve balloons, performing feats blindfolded, shaking a leg to Zumba and *Garba* music and creating a *rangoli* out of crockery, paper and what have you. President Arun was all over the place acting as

camera man and judge simultaneously.

Club Secretary Subhashish announced the long list of November-borns and -weds, all of whom converged to cut the delicious choco-nut cake. This was after a delectable dinner with a menu drawn from various regions of India, in which *rasam vada* had already taken the cake!

President Arun played Santa Claus to Deepavali by gifting every family a hamper with varied delights. Hardly had we reached home, the mobile phones were already flooded with photographs to leave permanent imprints of the event. Hurrah to RCMJ!

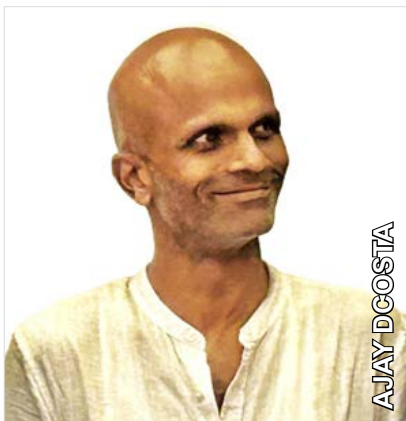
All Decked up and Somewhere to go!





FUN-N-GAMES

By Ajay Dcosta



AJAY DCOSTA

This Diwali bash at The Club, Andheri (W) was like hosting a party with your quirkiest family and relatives – unpredictable, slightly chaotic, but undeniably a riot. President Arun and Natasha took center stage, turning our usual Diwali into a carnival of games and laughter.

In the days leading up to Diwali, our family went from ‘organizing a festive event’ to ‘pulling off an awesome party’. We had been planning the games, props, schedule of events, etc. for a week before the party.

On the big day, we donned our traditional attire, transforming into a Bollywood ensemble. We hit the road early, armed with snacks and the will to outsmart traffic – because nothing says ‘Happy Diwali’ like a strategic battle against rush hour.

President Arun set the tone for the evening with his signature enthusiasm. The games kicked off, and it was quite a spectacle. Older participants threw themselves into the games with the zeal of teenag-

ers, and the occasional cheating was met with sly smiles all around!

Teams were shuffled, each one a delightful mix of characters. The teams were named Vision, Dynamic, Social and Sensitive. The games unfolded like a sitcom episode with a laughter track on standby. The attempt at *rangoli* with any available props at the event, resembled a kindergarten art project gone wild. After an hour of amusing escapades, Rotarians strutted down the aisle in a ‘catwalk’ that wouldn’t be out of place in a fashion special. Their tales painted a tapestry of enduring bonds and cherished moments in RCMJ.

President Arun and First Lady Mehek added a personal touch

FELLOWSHIP BLOOMS IN DIWALI SEASON



to the festivities by personally handing out Diwali gifts, enhancing the sense of community. Dhiti was quietly working her magic behind the scenes.

Dinner became a culinary tour, with dishes from every corner of India landing on our plates faster than we could say, "Is there a

second round of *vada rasam*?"

Our kids embraced their roles in this light-hearted spectacle – Anaiya, the dance and Zumba sensation; Noah, the undercover photographer capturing moments; and Aalia, the tiny dynamo keeping everyone on their toes with her boundless energy.

Looking back on this Diwali special, we raise a toast to RCMJ for orchestrating this event. The camaraderie, the laughter, and the shared moments turned this Diwali into a delightful occasion as a family.

Thanks for the memories, RCMJ!

SHAKIN' A LEG





WINING AND DINING

The crowning glory of the evening was a sumptuous dinner curated from the specialities of the four corners

of India. Vegetarians and non-vegetarians alike had a wide choice of dishes. *Rasam-vada* seemed to be the hot favourite

and flew off the counter fast. Among the desserts, *sandesh* – the culinary delight of Bengal – was appreciated the most.



HOW DOES YOUR DIWALI LIGHT UP THE LIVES OF THOSE AROUND YOU?

Ananthalakshmi Ramesh

Childhood: Fun traditional Diwali in a joint family.
Adulthood: Mother mission accomplished – to afford for my children all that I missed. Charity was 'practiced' – until I grew to understand the difference between 'wants' and 'needs'.
Epiphany! That festive season my shopping list included new clothes and sweets for street children – the thrill of seeing their joyous faces was incomparable. Been blessed since to be able to include homeless brethren in my shopping list – new clothes, sweet boxes and home-

cooked feasts from time to time. That's how My Diwali lights up and hopefully some!

Vibha Jangla

Giving gifts to everyone.

Sridhar Ramasubramanian

No crackers (pollution) in the complex by our group.

Hemang Jangla

By distributing love in the form of chocolates and joy in form of biscuits to all the underprivileged at community, orphanage and old aged homes.

METAMORPHOSING... FROM A BANKER TO AN EVENT ORGANIZER

By Kala Sridhar



KALA SRIDHAR

I graduated from N M College during a time when banking and school jobs were highly regarded as the most suitable career paths for women.

Immediately after graduating, I took the Banking Services Recruitment Board (BSRB) examination and secured a position as a clerk in the Branch Accounts Department at Central Bank of India's Bandra Kurla Complex in 1991. Subsequently, in 1997, I was transferred to the Sunder Nagar Malad branch. Alongside my tenure, I accomplished my Certified Associate of the Indian Institute of Bankers (CAIIB) certification in 1997.

The working dynamics and hours significantly differed between a branch and a department. I vividly recall my initial days at the branch's cash counter when I found myself envisioning Green Gandhi notes in my dreams. Working within the branch exposed me to a diverse range of experiences across various

departments. I witnessed the advent of computerization in the Bank, which introduced me to challenging and time-sensitive tasks.

My pursuit of internal advancement led me to succeed in the promotion examination, elevating me to Scale 1 as an Assistant Manager. This new role ushered in fresh responsibilities and a transfer to the Goregaon West branch, where I encountered the significant challenge of overseeing our bank's IPO at the branch. Additionally, I delved deep into the credit department, starting from scratch and benefiting immensely from the guidance of my Branch Manager.

In 2008, I undertook another competitive examination, resulting in my promotion to Scale 2. I assumed the role of Manager at the Malad branch while concurrently pursuing an MBA in Banking and Finance. Managing a team of nearly 40 branch staff, I faced administrative challenges, particularly coping with staff shortages and the post-holiday rush. While supportive of my career, Sridhar witnessed the toll the job took on my health, evident from instances like staff calling in at 8 am expressing their inability to work. Managing both

reasonable and unreasonable customer complaints added to the strain.

Around this period, my son Shashank was in 7th Standard, and I realized I was unable to devote sufficient time to him and his studies. Consequently, I made a deliberate choice to opt for Voluntary Retirement Scheme (VRS) and ended my 20-year tenure with the bank by the end of 2011.

Post my son's college admission, I found myself with ample time. Engaging in Pilates, aqua aerobics, swimming, Bollywood dance classes and more kept me occupied. However, I sensed a void in my life despite these activities. A reconnection with a school-mate during a reunion sparked a decision to contribute to social causes, leading to the inception of ARK Events. Our first event, held at the Shanmukhananda auditorium





on September 11, 2015, supported St Jude's Child Care Centre.

Coming from a family deeply rooted in music, I had nurtured a passion for it since childhood. Inspired by my father's initiatives in organizing Indian classical music shows, transitioning into the role of an event manager felt natural to me. Having dealt with demanding customers during

my banking career, bringing a smile to a client's face became second nature. The experience gained from working in a fast-paced environment that demanded professional expertise was invaluable. Driven by enthusiasm and self-motivation, I immersed myself in various facets of event management, especially in budgeting and finance.

My partner, Rajesh Menon, an

Engineer by education, excelled in event management leveraging his exceptional ability to prioritize tasks, manage intricate workloads, and foster excellent networks. His passion for creativity and witnessing his ideas materialize complemented our collaboration.

Our YouTube channel, established in 2015, boasts 2,07,000 subscribers and has garnered 64 million views.

NAVAL AIR SHOW

On November 17, RCMJ members and their kids (Ashish with Ashlesha and Mehek with Dhiti) attended the Naval Air Show organised by the Rotary District. It was a memorable show with first-hand exposure to Naval air fighters

and helicopters. The members learned about Naval air capabilities and their achievements in the close discussion with naval officers. A trip that will be remembered for long. Thank You Lt. Governor Rajan Dua for facilitating the visit.



VISIT TO NAVAL SHIPS

The navy week saw the Navy organise ship visits for Rotarians and children on November 19.

It was an experience putting to shade the visuals in movies, comics and websites, with

actual weapons and missiles. The Navy men were very helpful and informative. The arrangements were top class as always.

Thank you, Rotary District team, for the fantastic experience.



NAVY HALF MARATHON



The Wadhwa family showed their support for the Indian Navy by participating in the Navy Half Marathon held on Sunday,



November 19. It was a fantastic experience and a joy looking at the meticulous preparations.

SATYANARAYANA POOJA BRINGS MEMBERS TOGETHER



On the 17th anniversary of Envisage Insights LLP – President Arun Wadhwa’s company – a Satyanarayana pooja was organized as usual. Held on November 26, it was a three-in-one treat for RCMJ members and others present on the occasion – which included almost the entire staff of the company. It was a religious

performance experienced in a serene ambience. It also provided an occasion for the participants for fellowship and bonding. And, not the least, the sadya that followed was a gastronomical delight. Thanks to hosts Arun, Mehek and Dhiti for all the arrangements.

LET'S GET TO KNOW ONE ANOTHER

Yogeeta Khanna



My upbringing was as vivid and happy as a butterfly's. Since my father had a transferable job, I lived and experienced life in culturally diverse areas, met new people, and learned new languages in the beautiful cities of Ahmedabad, Bhopal, and Mumbai. Finally, after my little brother came along, we settled in Mumbai in a friendly and nature-centric neighbourhood. In our new home, we welcomed our two cute dogs, Teddy and Freddie. It took me a little time to adjust to my new school, but I coped with my studies and found friends for a lifetime.

In the next chapter of my life, I started college as a married woman and graduated with a Bachelor of Arts in Psychology. These three years were beautiful as well as filled with hardships of balancing my studies and married life responsibilities, but I sailed through with the support of my husband, family, and friends, who were there for me like strong pillars.

I landed my first job at Podar High School as a teacher.

Being from a household filled with educators, it felt like it was meant to be, and looking at myself today I am proud that I am an educator and counselor who has brought about change and helped and healed people and myself on this journey of life.

Moving forward in this journey, I was blessed with my daughter, decided to take a break for some time, and bounced back into my professional life, but this time with my daughter. We both started a new chapter – the most memorable chapter of our lives together – and made our new home in Baikabhi Bai Balvatika. This school was the turning point in my career, and I was blessed to have found such supportive colleagues and mentors who are still an important part of not just my professional but personal life.

As time flew by and I was spreading my wings professionally, I was blessed with another beautiful daughter, our bundle of joy. This was also the year (2009) my husband joined Rotary, which I eventually joined as well in 2012. I found friends like family, a space where I could connect with people, learn new ways to live, and give back to society, which has given me so much love and support. The club has given me a space where I can enjoy myself and be an artistic person. Rotary has been a really safe space for me to showcase my talents in dancing, singing, and painting. In the same year of 2009, I decided to take a leap of faith, shifted schools, and decided to test the waters and get out of my comfort zone. I was a part



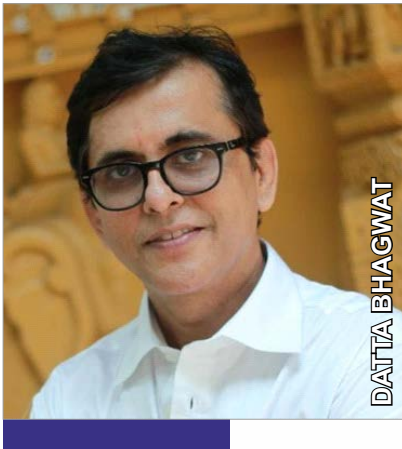
of some of the most prestigious institutes in Mumbai and took the best out of every role I played in these institutes. I believe it's a full circle, as now I have landed back in the place I started this journey of teaching, healing, learning, and growing. Back to my school, Rajhans Vidyalaya, only this time with my younger daughter.

My professional life has been filled with challenges and opportunities, and I am grateful and proud. While balancing my career and life, I finished a diploma program with a dual master's degree and have been authorized by the Government of India as 'Yogeeta Khanna, M.S. Counseling and Psychotherapy'. I am currently the master trainer of the CBSE board, a counselor, a teacher, and a proud Rotarian who is learning, growing, and evolving.

I believe that "the purpose of our lives is to be happy," and as I embark on this journey of life filled with love, experiences, challenges, and learning, being the best and happiest version of myself while spreading that happiness is the goal for the rest of my life.

LET'S GET TO KNOW ONE ANOTHER

Datta Bhagwat



DATTA BHAGWAT

In this write-up, I will take you on a journey through my life, from my cherished childhood memories to my accomplishments in the construction industry in Mumbai as Chief Architect in K. Raheja Realty. I will also touch upon my personal life, including my loving family, and my involvement in the Rotary Club of Mumbai Juhu since 2020. So, let's embark on this voyage of self-discovery.

Born in 1963 and raised in Mumbai, India, my childhood was filled with wonder and exploration. From a young age, I displayed a keen interest in engineering and design. This passion led me to pursue a career in architecture. I completed my education at the prestigious L.S. Raheja School of Architecture in Mumbai in 1986, where I honed my skills and acquired knowledge in various architectural disciplines.

Family has always been the cornerstone of my life. I am fortunate to have a supportive and loving family that has been my pillar of strength. My father and mother, aged 96

and 86 respectively, instilled in me the values of hard work, integrity, and perseverance, which have shaped me into the person I am today. Their unwavering support has been instrumental in my personal and professional growth.

K. Raheja Realty has been my professional playground, where I have had the privilege to bring dreams to life. As an architect, I have been involved in numerous projects, ranging from residential buildings, commercial, educational buildings, five-star hotels, and malls. I take pride in creating spaces that blend functionality, aesthetics, and sustainability. Over the years, I have garnered a reputation for delivering innovative designs that meet clients' needs and exceed their expectations.

Beyond my professional endeavors, my personal life brings me immense joy and fulfilment. I am blessed to have a loving wife, Daksha, who is an M.Sc. in Entomology and B.Ed., and a lecturer in junior college teaching Biology. She has been my constant companion, offering unwavering support and understanding. Together, we have created a nurturing environment for our children. Our elder son, Pratik, aged 27, completed his Master's in Computer Science from Rochester University in 2021 and is currently employed as a programmer in a multinational company in Seattle, US. Our younger son,

Arnav, aged 20, is studying in Manipal University, Jaipur campus, and is in his third year of engineering in Information Technology. Watching them grow and thrive fills my heart with pride and gratitude.

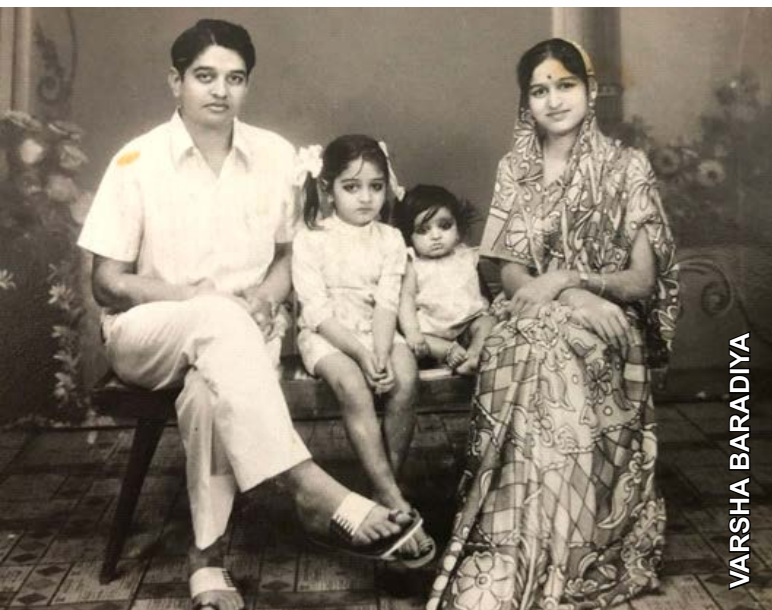
In 2020, I had the privilege of joining the esteemed Rotary Club of Mumbai Juhu under the guidance of Rtn. Ashish Patankar, who is my very good friend. This organization epitomizes service above self, and I am proud to be a part of it. Through various community service initiatives, we strive to make a positive impact on the lives of the less fortunate. The Rotary Club has provided me with a platform to contribute to society and create meaningful change.

In this brief glimpse into my life, I have shared my passion for architecture, the importance of family, and my commitment to making a difference through service. My journey has been one of continuous growth, both personally and professionally. I am grateful for the opportunities I have had and look forward to many more years of enriching experiences and impact within my industry and community.



LET'S GET TO KNOW ONE ANOTHER

Varsha Baradiya



Though born in a traditional Marwadi family in Nagpur, I enjoyed the privilege of being a princess to my parents. My father, a finance broker, began his day on a rented bicycle while my mother took care of our large family. Despite financial hardship, I was sent to one of the best schools in the vicinity, J N Tata Parsi Girls High School. I completed my BA in English literature and psychology from L A D College Nagpur, and also acquired my private pilot license. At 21, I got married to CA Rajendra Baradiya and shifted to my *karma bhoomi*.

Mumbai was very different and difficult to adjust to for a small-town girl with little exposure and coming from an extremely protective environment. Looking back, it seems so hilarious. My first local train ride left me with 103° fever. Once, when my husband asked me to buy movie tickets while he parked the car, I was in a state of shock. How could I buy tickets? That's not my job. Girls don't go to buy tickets. Such a downgraded job that is! The invisible crown I always wore of being a princess was shattered to thousands of pieces that evening. When my father-in-law asked me to deposit a cheque into the bank, it gave me another round of shock. I always saw the office boys do this job. Girls don't do these menial jobs!

Not to forget, I had an awful dressing sense when I wore a traditional saree for a New Year party. An epic scene – I made a fool out of myself. Soon, I learnt the art and got acquainted with this beautiful city. Later, I was blessed with two lovely girls, my little angels.

The quest for doing something made me restart my studies. In 2001, I did my PG in mass communication and media, nurturing and shaping my love for photography. In 2005, I picked up some social activities with a group of three close friends. Post 26 July rains of Mumbai, Nai Disha came into existence, and there was no looking back.

In 2015-16, my husband's childhood friend, Late Manoj Mehta, introduced me to the world of Rotary. I am very happy to have found a new world and a new set of friends for a lifetime. God has been extremely kind to me, blessing me with a very loving, caring, and supportive family and friends.



EAT YOUR WAY TO HEALTH COFFEE, TEA OR

By Nidhi Jain



NIDHI JAIN

(This is the fourth in a series of articles by the author, who is a Nutritionist)

Having to make choices every day? Going South for a trip, I was wondering: should we visit Coorg or Munnar?

Coorg is a popular coffee producing hill station, while Munnar is famous for its tea plantations. Which is better?

It's like asking, shall I have tea or coffee? Which is better?

While geography decides where tea or coffee grows, there are scientific differences and similarities between the two.

Are Coffee and Tea Related? What are the Similarities?

Yes. They are both members of the evergreen family. If allowed to grow naturally both would develop into fairly large trees. But both plants are kept trimmed to the height of a shrub, so that they can be managed for plucking.

Both contain caffeine.

Also, both drinks come from the dried version of the plant.

Finally, both use similar methods of preparation.

Scientific Difference between Tea and Coffee

Tea contains tannin, Vitamin E, Vitamin C, catechin, natural

fluorine and poly saccharides.

Catechin and tannin help prevent cancer.

Tea is undoubtedly good for your blood pressure, cholesterol, stress levels and productivity.

Coffee contains caffeine, trigonelline, chlorogenic acid, carbohydrates, minerals, ketone esters, and other trace elements. It also contains Vitamin B2, Vitamin B3, niacin, magnesium, potassium and other phenolic compounds or antioxidants. Some experts say coffee benefits human body in various ways and helps prevent risk of cancer and diabetes.

And both drinks are winners when it comes to heart and longevity.

Tea contains approximately 55 mg of caffeine per cup. The effect of caffeine usually takes longer to enter the blood stream than coffee, and is therefore gentler to the system.

Coffee has 125-185 mg of caffeine per cup. This caffeine is sometimes associated with a quick lift followed by a let-down.

Tea is lower in caffeine, and rich in L-theanine – a powerful antioxidant that stimulates your brain, counteracts the effect of caffeine, and helps calm you down and relax.

Coffee has twice the caffeine, increases alertness and reduces fatigue by increasing dopamine levels. After a cuppa the caffeine peaks in the blood concentration in as fast as 15 minutes.

In conclusion, both tea and coffee are known to have some health benefits. Both increase your energy levels; however, coffee gives instant kick while tea is gentler.

Tea or Coffee... which is more Acidic?

Coffee is more acidic than tea. The acidity of coffee can cause heartburn, acid reflux and other digestive problems in some people. However, it depends upon the dilution and number of cups one has.

Which is a Better Choice?

Neither is particularly harmful. It comes down to individual preferences and portion control. If you are not sensitive to caffeine, both are considered healthy.

What about Decaf Coffee? Good or Bad?

People for whom caffeine can cause a problem, can enjoy decaf coffee. Many coffee manufacturers use chemicals to strip away caffeine, so look for naturally decaffeinated coffee using water.

On a Lighter Note: is your Personality More Like Tea or Coffee?

People who prefer tea over everything else are those who choose peaceful activities over activities that are chaotic and messy. They don't like surprises and prefer sticking to their daily routine. They enjoy having long conversations over their cuppa and use the time for bonding with family or unwinding after a tiresome day. Black coffee drinkers are super patient in nature and not fussy in general. Cappuccino lovers are generally open-minded persons who are super creative and honest. They like making each day count.

Espresso drinkers are bold, one-of-a-kind types.

Lastly, if you choose latte, you are a laid-back person who is confident and unafraid of problems.

TWO-IN-ONE PROJECT

By Natasha Dcosta



NATASHA DCOSTA

On October 25, Start Upcycling Now (SUN) – my social enterprise

– and Rtn. Madhavi's Stray Happy Foundation did a one-of-a-kind awareness project and action plan at Podar International School, Worli, thanks to Priti Shah (who teaches there) for encouraging such activities at the school. Season time festivities bring with them loud music and entertainment, and crackers. They have an adverse impact on our street and building animals. SUN taught the students of the school to make stress-releasing toys for their own and neighbourhood animals. These toys were

made from upcycled t-shirts. While grade 10 and 11 students were completely engaged in the activity, they decided to donate these toys to an animal shelter.

Rtn. Madhavi with her Stray Happy Foundation displayed animal-inspired stationery, and goodies for the students to purchase and use so the message of being kind to animals stays with the students for a long time.

Madhavi and I would both like to do more such awareness programs for school to spread love towards animals.



AWAAZ EK, ANDAZ ANEK

By Rakesh Kumar



RAKESH KUMAR

The evening of November 11 saw die-hard Kishore Kumar fans listen with rapt attention to RCMJ's rockstar Mohan Radhakrishnan sing hit after hit of the legendary singer's memorable and timeless melodies. Aspee Auditorium at Malad West, which accommodates 574 persons, was filled to capacity by an appreciative audience.

The event was curated by Rtn. PP Kala's Ark Events, and was organized in aid of Adhar special home for the specially abled – of which President Arun is a trustee. RJ Amit was the host. Gayatri Dhareshwar ably supported Mohan in the duets. Composer Daboo Malik, who was present in the audience, spoke about Mohan in glowing terms.



PROJECT NATIONAL INTEGRATION

One of the pivotal projects for our Rotary District this year has been Project National Integration. Various initiatives and impactful activities form a part of this project. One of the initiatives is providing nurses' training to Kashmiri girls so that they

can help reduce infant mortality and death of women in the Kashmir valley. The Rotary District team, ably led by the Avenue Chair, and Lt Governor Rtn Rajan Dua had organised a farewell function for the girls. A program that was as emo-

tional as celebratory on the completion of this nurses' training module

The presidents who were part of the project were felicitated and the girls were given multiple gifts to make their trip to Mumbai memorable. Truly an incredible project.



SPECTACLES DISTRIBUTION

In continuation to the eye check-up camp conducted at Podar Marathi Medium school, RCMJ held a camp to give them the prescribed spectacles.

The children were, as usual, their bubbly selves and were looking forward to their new spectacles. All of them were very happy to get their new specs.



One more spectacles distribution camp was done on November 2 at Versova Koli Samaj School following their eye check-up camp held

earlier. The kids were very happy to receive their new spectacles.






ANSWER THE FOLLOWING QUESTIONS:

1. Rtn. Datta Bhagwat is Chief Architect at which company?
2. In which city was Rtn. Varsha Baradiya born?
3. Which beverage has more caffeine – tea or coffee?

Rules:

- (1) All readers of Breezy News can enter the Contest, except the Editor and his spouse.
- (2) Answers must be sent by DM or email to the Editor by December 10.
- (3) Editor's decision will be final.
- (4) The correct answers will be published in the next issue of Breezy News.
- (5) Those sending all-correct answers will be recognised in the first Club meeting after the answers are published.

RESULTS OF THE NOVEMBER CONTEST

Correct Answers	The winner of Contest 11-01
<p>(1) Switch on 2 switches only. After a while shut off one. Come out of the room. The burning bulb is connected to the switch that is on. Touch the other two bulbs. The one that is hot belongs to the switch that was shut on and off. The untouched switch belongs to the third bulb.</p> <p>(2) Last name</p> <p>(3) The door to the right. The lion must be dead of starvation by then!</p>	 <p>Meera Ramachandran</p>

Breezy News congratulates Meera, the Winner!

THE LAST WORD



RAKESH KUMAR

Every four years, the cricketing world spirals into a feverish frenzy. The ICC World Cup seizes control of

the game's devotees, which outnumber its players – particularly within the Indian peninsula – consuming their attention for a couple of intense months. Players, coaches, managers, teams, organizers, spectators, fans, celebrities, statisticians, commentators, telecasters, advertisers, and the tourism and hospitality industries – all converge, seamlessly synchronized, striving for a singular objective.

Amidst this whirlwind, newcomers to the game mingle with *aficionados*, placing bets on teams they've only heard of, indifferent to the eventual outcome.

Is World Cup cricket an art or a science? Glance at Glenn Maxwell's impossible double century, and you'll be

convinced – It's neither. It stands apart, in a league of its own. The World Cup is the symphony of a sixty-piece orchestra, each piece harmonizing to craft a masterpiece that endures through centuries.

Comparing a Rotary project to the World Cup might seem far-fetched. Yet, a semblance exists in structure, if not in scale. Stakeholders in a project must collaborate harmoniously towards a shared objective to yield desired outcomes. Sometimes, the magnitude of a Rotary project out-scales that of the World Cup. The polio eradication initiative stands as a testament to this.

Rakesh Kumar
Editor

REQUEST SUPPORT FOR OUR PROGRAMS:

V. N. DESAI HOSPITAL



- This hospital has one of the best equipped and talented child physicians among all govt. hospitals in the area from Dharavi to Andheri.
- We support the requirements of the pediatrician ward in the hospital.

SAKSHI



- Sakshi works in the area of POCSO & DEI
- It educates college children regarding sexual abuse and what they can do to prevent it.
- It makes them into “Rakshins” – protectors of children from sexual abuse

ADHAR



- Adhar is among the largest in Asia which takes lifelong 24x7 care of more than 355 specially abled adults.
- State of the art care facility in Badlapur and Nasik with vocational activities.

UMANG



- Unique trek for the Physically challenged
- More than 100+ participants.
- The trek has won awards in various competitions

CLT



- Training programs for healthcare workers to manage Complex Lymphedema Treatment.
- This is an intensive 9 day course which will enable the caregivers to improve the quality of life of cancer patients.

MENTAL HEALTH ANGELS



- Equipping mental health workers with the latest methodologies in managing mental health challenges
- Practical training in institutes like Adhar and in organisations which cater to people with mental health problems.

REQUEST SUPPORT FOR OUR PROGRAMS:

SANSKAR



- Interact Training Assembly which is planned to be held this year on
- Date : 4th of August 2023
- Time : 9 AM onwards till Lunch
- Venue : Rajhans Auditorium, Andheri West

UDAAN



- Udaan is the Interact District Conference is planned to be held this year.
- Date : 29th of September 2023
- Time : 10 am onwards.
- Venue : Rangsharda, Bandra.

STRAY HAPPY



- Stray Happy strives to take care of the abandoned animals in the streets of Mumbai.
- It cleans them, provides, temporary care facilities, provided vaccination and neutering facilities, and also puts them up for adoptions.

ENVIRONMENT & E-WASTE RECYCLING



- Tree plantation
- Green waste to mulch
- Waste management for large events (200+ people)
- Environment Clubs at school / college.

NATIONAL INTEGRATION



- Association with the army for development of Machal and its population.
- Sponsoring children for school, soft skills training, helping in medical projects, helping in need-based requirements, etc.

TANYA COMPUTER CENTRE FOR BLIND



- Tanya Computer Centre (TCC) provides computer literacy to the visually challenged across India.
- Today TCC has 14 centres across India.



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incredible
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RCMJ Incredible Team

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Incredible Year ahead*



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