



**ROTARY CLUB OF  
MUMBAI JUHU**

# BREEZY NEWS

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**OCTOBER IS ECONOMIC AND  
COMMUNITY DEVELOPMENT MONTH**

# CONTENTS

MESSAGE FROM  
THE INCREDIBLE PRESIDENT

03

04

STAR PROJECT OF THE MONTH

FELLOWSHIP BLOOMS

07

15

MEMBERS' OWN SPACE

NEWS CAPSULE

21





# MESSAGE FROM THE INCREDIBLE PRESIDENT



**Dear RCMJ Incredible Family,**

What a month it has been! Things have been moving so fast that I did not realize that the first quarter of the Incredible Year has already been completed.

When I joined Rotary, I kept hearing that fellowship and service projects are the two pillars of Rotary. I was quite familiar with the service projects part as I have always been interested in social work and have been involved in the sector for more than 30 years. I understood that part easily and my experience in the previous year as Club Secretary re-inforced my learnings.

However, whenever I used to discuss ways to increase the bonding between members, the common answer used to be, "Increase fellowship, which will increase member

involvement". I planned and discussed with senior members and came up with a plan with multiple ideas for getting members together to have fun. It started off with a much-awaited picnic that had a good number of members participating. Much awaited it was as it is always difficult to find a weekend where all members are available.

Though it was a short two-day picnic, it did help us get to know each other better, shed our inhibitions, be more comfortable with each other, be more relaxed and less formal in each other's company. It helped that there was no agenda other than chilling out, which meant we could discuss everything and anything under the sun. You will read a lot more about the picnic in this issue.

We also had a great fellowship occasion during Onam celebrations. This year we did not organize the event but participated in the Keraleeya Samaj program for Onam celebrations. The large participation, almost the entire picnic group plus more, attended the event and we had loads of fun. We enjoyed the music and dance and a sumptuous feast of delectable *sadya*. Like every year, I hosted a fellowship event for celebrating Ganeshotsav at my house, in which many Club members participated. It is an event that my entire family eagerly looks forward to. We love meeting friends and family in the divine atmosphere of Ganeshotsav.

Our flagship event of the year, Udaan – the Interact District Assembly, was a fantabulous event. Lots of hard work and meticulous planning went into it and the numbers speak of its success. 42 Interact clubs,



650+ registrations, 350+ entries for the painting competition, 15+ entries for the service project competition and 24 folk dance performances. This was truly incredible and we succeeded in breaking old benchmarks and creating new milestones for the future.

I am quite hopeful that the fellowship initiatives will increase bonding between the RCMJ family members and help us work better and more closely in our service projects. The service projects haven't slowed down and September was another active month. I will be sharing a composite report of the completion of the first three months of the Incredible Year and I hope you will all be enthused with the work done.

**Arun Wadhwa**

Incredible President 2023-24,  
RC Mumbai Juhu



## UDAAN... SOARING HIGH

The Rotary Club of Mumbai Juhu made a momentous decision 18 years ago, a decision that would have a positive impact on generations of Interactors in District 3140, continuing the legacy to District 3141 since its inception in 2016. In 2005, during the leadership of Past President Deepshikha Srivastava, our Club decided to host the District Interact Conference Udaan annually. Over the years, Udaan has grown in both scale and popularity.

Udaan serves as a platform for Interactors to showcase their talents and provides an opportunity for them to develop and refine their leadership skills through motivational talks by distinguished speakers.

This year's edition of Udaan was held at Bal Gandharva Rang Mandir, Bandra on September 29 – conceptualized, organized and hosted by RCMJ for the 19th time. DG Arun Bhargava was the Chief Guest. DRR Rtr. Astha Parekh and Avenue Director (Youth)

Rtn. Pankaj Patharphod were also present. More than 650 Interactors registered for the event. Forty two Interact clubs participated. As many as 24 dances were performed. There were 352 entries for the painting competition. The service project PowerPoint competition attracted 15 entries. The numbers speak for the huge success of the event, micro-managed to perfection by the RCMJ Youth Team consisting of Rtn. Sumana, Rtn. Varsha, Rtn. Kala and Rtn. Indu.

DRR Astha began the proceedings with an inspirational speech. Avenue Director Pankaj spoke about Investing in Future Leaders. DG Arun likened the audience of Interactors attired in colorful dresses – ready to perform on the stage – to a painting created by GOD. He made the audience aware of the large opportunity afforded to them as members of the Rotary family – to build life-long friendships, and access to networking opportunities.





# STAR PROJECT OF THE MONTH



The second session was addressed by Rahul Ramgude, a physically challenged person with a strong mettle who captains the Mumbai wheel chair cricket team, and is a national para-swimmer. In an interactive session, he drove home the point that the specially-abled don't need sympathy; they need equal opportunity.

Rahul Ramgude was awarded the "Young Achievers" award for his achievements in the field of sports.

Rtn. Kamlesh Kharade made a brief presentation on the RYE program.

President Arun exhorted Interactors to make friends and nurture their friendships over time. He said that networking starts at school, and Interact helps networking. He emphasized the power of mind over body.

The next item on the agenda was the dance competition. The theme this year was folk dances. The distinguished jury consisted of renowned dance exponents Girish Dalvi,



# STAR PROJECT OF THE MONTH

Shaivangi Chitale and Prashant Baphlekar. All the participants performed very well. Now was the moment everyone was waiting for

with bated breath – the announcement of winners in various contests. The following participants won awards:

EVENT	WINNERS
Farthest Rotary Club Participant (South)	RCB Harbour
Farthest Rotary Club Participant (North)	RC Virar
Club with Maximum Participating Interacts	RCB West (5 Interact Clubs)
Interact with Maximum Participants	IC of Rajhans Vidyalaya (141 participants)
<b>Service Project Presentation</b>	
<b>1st Prize</b>	IC of Garden City (Empowering Communities through Relief Work)
<b>2nd Prize</b>	Madhavrao Bhagwat High School (Helping Hands)
<b>3rd Prize</b>	Kapol Vidyanidhi International School (A Day with Students of Urja Foundation)
<b>Painting Art Competition</b>	
<b>1st Prize (shared)</b>	Ravi Shankar Sahani (Powai English HS) Dhruv Palshetkar (MCET)
<b>2nd Prize (shared)</b>	Ved Vinay Mohit (Raja Ramdev Poddar School) Yash Chadra Kant (Parle Tilak Vidyalaya)
<b>3rd Prize (shared)</b>	Divya Latkar Rishit Gaikwad (Sanskar Dham School)
<b>Finalist's Certificates</b>	Pratiti Jitani (Rajhans), Ahmed Rizwan (VWAHS), Akshya Jamaakar (Shree Dhaneshwar School, RC Borivali), Vaishvi Soni (KVIS), Bhoomi Pawar (Cosmos HS), Sagar Rajbhar (Seth Anandilal Poddar Vidyalaya), Ananya Agarwal (Vibgyor Roots and Rise, RC Oberoi Garden), Diljot Khanna (Rajhans), Reya Gorti (HFSI), Aditi Vinod Kumar Maurya (VWAHS)
<b>Dance Competition</b>	
<b>1st Prize</b>	Gulmohar Interact Club of Sanskar Dham School
<b>2nd Prize</b>	St. Mathew School
<b>3rd Prize</b>	Marwari Commercial School

PE Subhashish Mazumdar proposed the vote of thanks.



# PICNIC AT KHOPOLI

In the morning's gentle, golden light,  
 Twenty souls, faces beaming bright,  
 RCMJ's crew, on a chartered ride,  
 To Khopoli's embrace, side by side.  
 Eighteen hours stretched ahead so wide,  
 A lifetime's worth of moments to ride,  
 Nature's proximity, a sweet embrace,  
 In this oasis, they found their place.  
 Bonhomie bloomed, friendships anew,  
 Relaxation, the world's cares they'd undo,  
 Fun and games, laughter's sweet refrain,  
 Rotarians found solace, a welcome domain.  
 Stressed hearts now unburdened, set free,  
 As they revelled in life's sweet glee,  
 These twenty souls, like a tapestry,  
 Woven together in bonds, you see.

A closely-knit family, they'd become,  
 Through adventures under the gentle sun,  
 In RCMJ's history, forever to stand,  
 One of the club's most joyful, grand.

*(Courtesy: ChatGPT)*

For the 20 members of RCMJ who boarded a chartered bus on a pleasant Saturday morning to embark on a picnic to Khopoli, the next 18 hours were going to be an experience of a lifetime. Full of proximity to nature, bonhomie, relaxation, fun-n-games – all that a stressed-out Mumbaiker longs for but rarely gets. The experience knitted these 20 individuals into a closely bonded family. It was one of the most joyful Club events in the history of RCMJ. Read on to get the full the flavour of this unforgettable experience from different perspectives, written by different participants.

## KHOPOLI – ADIPOLI!

**By Ananthalakshmi Ramesh**



ANANTHALAKSHMI RAMESH

***(For the un-initiated, adipoli in Malayalam is like chak de fatte in Punjabi...language is but a tool!)***

Five minutes to nine, as we rushed down to the stop, the bus was already there with many of our friends. Most of us in uniform (RCMJ tee-shirt). More pick-up stops – the excitement was comparable to

any school picnic! We were off to Khopoli for our Incredible overnight picnic.

I exchanged seats and sat with the girls for hot gossip and piping hot breakfast (much thanks to the Sabherwal family). We were so engrossed in our talks that time and distance had no effect...soon we were at Sai River Resort. It looked cozy and welcoming. Rtn Milind (Parleshwar) had specially come down to organize everything we needed for a comfortable stay. So, to check the boxes, the rooms were good, the food was better but the fact that we got a dedicated dining hall was the best! It was so nice to be able to relax and sit around talking peacefully without interruptions. Let me tell you,

there were multiple tables and so many ongoing topics, it was difficult not to feel the fear of missing out (FOMO).

So, after a little rest we assembled at a conference hall with a TV to watch the Indo-Pak cricket match even as we played two rounds of housie. Hosted beautifully by Rtn Suneel, I felt a twang in my chest each time someone won a prize...until I too got one – no exaggerations, the excitement was infectious! Now you would think two fun-filled rounds of housie...OK big deal. Oh yeah, Big Deal when young couples in fifties and sixties and not counting more...run for a round of rain dance and water slide in between the two rounds, while the rest of us cheer them on. We certainly didn't want to





miss out on anything! And if that was not enough, voila! There was a lucky draw to top all the other gifts (courtesy Rtn. Sumana and Rtn. Suneel). The banter over photos and Amarjit's sporting catwalk left us in splits. The evening continued, party mode with drinks and more light-hearted chatter. Some stories of RCMJ glories and past had all our attention – many a good friend was sadly missed! As the night wore, none wanted to retire. Close to midnight, there was a surprise for Sumana and Suneel, celebrating their wedding anniversary with us. They regaled us with anecdotes of their first meeting as we all dug into a specially arranged super delicious cake! With so much done on Saturday, Sunday had to be a lazy morning. As we all sat out

to have tea outside our rooms, which were in a row, I felt it could well have been a senior citizen residence! So, breakfast done, TT table and carrom beckoned some of us while others gathered in an open area. I had the pleasure of introducing Taboo, a word game, to my friends. It was so wonderful to see people shed their inhibitions and slowly warm up to the game. Interspersed with spicy comments, friendly arguments, debates on pronunciation, it was fun! Somewhere the previous day Rtn Meera, a retired English Prof, had mentioned that she enjoys listening to people communicate in English and is amazed at how people adapt the language and use it as a tool. In that moment, there was hidden a great lesson, I felt. 'To

be non-judgmental'. This spirit was visible in most of our interactions through the picnic. Rtn Mehek got us to stretch and have fun with a few minutes of 'giant, human, dwarf', which was a welcome relief after an hour of word games. We followed it up with another game that I had the privilege to introduce. Reveal: Share something about yourself hitherto unknown to most. This was one intense round of mixed emotions that helped us understand so much more about each member present. A peaceful and fairly quick return journey where siestas rocked, with a huge heartfelt thanks to every one of the organizers, I am sure that we have forged new bonds and made new memories for future nostalgia!



# ORGANIZING THE PICNIC

By Sunil Menon



SUNIL MENON

In the hustle and bustle of today's life, short picnics are getaways to relieving stress and rejuvenating the mind and body, and we at RCMJ had a fantastic short picnic to Sai Resort, Khopoli on September 2 and 3.

It was after a couple of years (thanks to a forgetful Covid period) that a picnic idea was mooted. After evaluating a couple of options, we narrowed down to Sai Resort, Khopoli (courtesy Daman) since a Rotary group had gone there and given good reviews. About 22 members confirmed participation (unfortunately Varsha had to drop out at the last moment because of ill health) and we decided to

travel together in a bus to enjoy longer fellowship and start the picnic right from the word go. Breakfast boxes (though not healthy but the Mumbaikar's favorite mouthwatering snacks like vada pav, samosa, jalebi and kothambir wadi arranged by Amarjit) were provided to keep us going till the destination. The icing on the cake were the home-made healthy ladoos brought by Shubra, which were really yummy and fresh.

Picking up the members from five different destinations was perfectly timed and we managed to reach the resort just before noon. Room allocation was already in place and we seamlessly settled into our respective rooms. The lunch provided was quite sumptuous though I personally felt some sweeter dish options would have added more flavor to our lunch. Post our customary afternoon siesta, we all assembled in a banquet hall to have some fun and frolic and some hot bhajia and sandwiches with tea and coffee. We had a couple of rounds of Housie; one round of prizes was sponsored by

Daman and Sumana, and the other round had prize money. There was India-Pakistan Asia Cup match on in the background, which eventually got washed out.

After the games session was the special rain dance session in which many of our members danced their heart out. It was lovely to see our new members like Rahul and Nidhi, Meera and our evergreen dancers like Ravi and Anita with Arun, Subhashish, Shubra and Daman enjoying the wet scenes, reminding us of childhood days.

We all returned post our break for dinner, which too was quite good and enjoyable, and retired to sleep after a long day of enjoyment.

The next day began with a yummy breakfast and informal discussion in the WhatsApp group, and Ananth took the lead in organizing a game and the members were thoroughly entertained and enjoyed it. Some members like me, Rahul, Sanjit and Ravi had a quiet round of TT and carrom. Post lunch we departed from the resort and reached back safely with fantastic memories with a resolve to again find a new destination for further getaways.

We missed a lot of members who couldn't join because of prior commitments but have an assurance from quite a few of them to surely make it the next time.

See you all in the next outing!!!  
SOOOOOOON.



# THE ARRANGEMENTS

By Amarjit Singh Sabherwal



AMARJIT SINGH SABHERWAL

Club Service Director Sunil started with Kala Resort, Lonavala as an option for our Incredible club picnic. Another option, Rhythm Resort was also taken into consideration and costs obtained. In the meantime, Damanjit mentioned about a resort used by RC of Mumbai Parleshwar recently for their club picnic. Through their

President, she received the reference of their member Milind who gave us a quote for Sai River Resort in Khopoli, which was found very reasonable and competitive compared to the other options we had. Then, Damanjit did some hard bargaining and got a few things like evening starters and a TV for watching the cricket match in an exclusive banquet room thrown-in gratis. Having finalized the location, Sunil shared the cost and the dates on the Club group and affirmations started pouring in. We had 22 participants confirming. Now, we started considering the travel options – individual cars or bus. Sanjit lent a helping hand through his travel biz contacts to get a competitive cost for a 27-seater bus (being the one available for 22 pax).

Comparison between cars and bus showed that cars was a cheaper option but considering the ease, comfort and fellowship provided by a bus, this option was finalized.

Once the resort and transport were finalized, the details with cost were shared with the members and the response was quick and immediate to transfer the funds to my account. Since a shortfall was expected as the number of participants was less than the bus capacity, Sunil requested the President to chip-in and Arun immediately sanctioned Rs 11,000.

With all the efforts put in by Sunil and Damanjit, the picnic was a grand success and all the participants enjoyed. We missed the company of Varsha as she developed viral fever and could not join us.

# THE RAIN DANCE

By Shubhra Mazumdar

On a misty and overcast day, there was a spirit of rainy day with all of us. The slight drizzle continued throughout.

Hearing the sound of rain is so relaxing. It soothes the soul, flushes all your problems away. It has a calming effect. Rain drops falling on your face give a feeling of sublimity and transcendence. When you go out and dance in the rain, it makes you feel so much better and puts you in great moods. It is

amazing. It is comforting. Rain is fun. Dancing in the rain can turn any moment exciting and happy. Just go out and dance. It makes you feel like nothing can touch you.

After indoor games, a few restless souls wanted to venture out in rains, water and the artificial rain, and finally, some of us started the rain dance in the Octopus rain dance spot and water rides. The thrill and spirit

engulfed all, first two, then four, then six and more and more. All RCMJ members and their families had an absolutely memorable, innocent, divine and enchanting rain dance. It possibly was the zenith moment of the picnic. What a cherishing memory for one and all who were there!!

"Rain showers my spirit and waters my soul." Beautifully summed up by Emily Logan Decens.





# FELLOWSHIP EVENING

By Damanjit Kaur



DAMANJIT KAUR

The fellowship evening on the first day of the picnic started at 4 PM in the exclusive banquet room provided to us. We had two rounds of Housie – gifts courtesy Sumana and Damanjit were given away to the winners of the first round and cash prizes in the second round. High tea was organized in the banquet room itself, but

all wanted to go out to enjoy the rain dance activity. Simultaneously, the curtailed cricket match was enjoyed by all the participants on the TV provided in the banquet room. The evening post 7 PM was dedicated to bonhomie and fellowship with rum brought in by the tipplers. On the whole, an evening well spent.

# A WEDDING ANNIVERSARY SURPRISE

By Subhashish Mazumdar



SUBHASHISH MAZUMDAR

relive those wedding day jitters, love-filled blessings, and the unmatched newlywed high. It's a reminder of all the reasons a couple first fell in love, their hopes and dreams, and all of the life they've lived together. When one of the picnic organizers knows it's the anniversary of their blissful married life and still organizes the picnic to be with friends and their families, it's blessings all over.

after fellowship with friends over indoor games, *pakoras*, mystifying drizzles, overcast skies and the rain dance. The early-to-bed punctual couple kept their cool and sporting spirits to keep awake till midnight and more with the RCMJ family, all over cups of coffee after dinner. Celebrations started with cake cutting at the stroke of midnight. For the ever-youthful Sumana and Suneel, the anniversary couple, and all members and family of RCMJ, this event was special. The harmony of togetherness and memories will never fade for all present there. *"The secret of a happy marriage remains a secret. But, whatever you two are doing is working wonders!"*

**W**hether wedding bells were ringing last year or 31 years ago, every year of marriage is worth celebrating. Each passing year holds its own milestones worth basking in before looking forward to the year ahead. It's also a special moment for couples to look back on their Big Day – to

To keep it a teaser, it was mentioned in the WhatsApp group that there are two events; one was of course the India-Pak match that was a wash out, and the second was kept a secret till the end, with a surprise celebration just at midnight. It was such a happy moment





# THE MORNING AFTER

By Meera Ramachandran



MEERA RAMACHANDRAN

Ananthalakshmi whisked out a deck of cards called Taboo (my Brit pronunciation of the word was snuffed by the majority preferring the American one). A highly stimulating guessing game, it soon led to the enlargement of the circle as more joined. Mentally exhausted, after a while we

Lunch was nearing and we needed physical exercise. Mehek made us all pose as 'giant – man – dwarf' as she called out these words in rapid alteration. Those who faulted had to quit the circle. Guess who was one of the survivors till the end? Hubby Arun, who quipped that he was well-trained

**A**lways the difficult day in an overnight picnic. The first day is filled with novelty, excitement and planned activities. The morning after can be anticlimactic. After a sumptuous breakfast, I wondered how the heck am I going to work up an appetite for lunch. A few of us just sauntered towards the 'Octopus' – the scene of the frenzied rain dance of the previous evening – and sat around in a circle. Amidst the 'what now' general expression,



moved on. Amarjit suggested that we each in turn share some unknown bit of our lives. As the invisible mic went around, a multi-storied edifice arose as tales of roads not taken, situational dilemmas, cheating episodes, play-acting and more were shared.

at obedience at home. Ha ha! How men love to play at being the underdog? We women know the facts, don't we? In the return journey after lunch, I was filled with wonder and elation at the Rotary spirit of inventiveness and bonhomie. Long live Rotary!

## CELEBRATING ONAM, THE KERALEEYA WAY

September 10 was the day. MVM Educational Campus was the venue. The rice harvest and cultural festival of Onam was the event that RCMJ celebrated with gusto. And Keralaleeya was the way it was celebrated.

RCMJ had tied up with Keralaleeya Samajam of Andheri to celebrate the harvest festival of Onam in the traditional way replete with pookkalam, classical music and the lavish spread known as *sadya*. As many as 29 members of RCMJ, attired in traditional dress, participated in the festivities. The cultural program, Swaralaya, was curated by PP Kala's organization Ark Events.





# GANPATI BAPPA MORYA

By Arun Wadhwa



*Ganpati Bappa Morya* – echoing through the house and the building is what the Ganpati festival is all about. *Ganpati Bappa*, our favorite elephant-headed GOD honored us with his presence during Ganeshotsav this year on the 19th and 20th of September.

The entire family and friends in equal measure look forward to the arrival of *Bappa* at the

Wadhwa house. It is the event of the year for us and great fellowship with devotion is what we all desire.

*Ganpati Bappa* is known as the *Vignahartha*, remover of obstacles and bearer of good tidings and good fortune for everyone. Devotees forget all difficulties and challenges of their lives when they immerse themselves in the devotion of *Ganpati Bappa*.

For us, this year with *Ganpati Bappa* was extra special. We were celebrating the 15th year of Ganpati festival at our house with a special theme. We tend to experiment and innovate with *Ganpati* idols and with the décor. Being an engineer and designer, the world of 3D has always fascinated me. I always wanted to create a 3D effect by using 2D articles. Obviously, this depth can only be achieved by using water. Managing an idol with water around it is always a challenge prone to accidents. The solution was to create an ocean with bright lights. The theme: *Bappa* dressed in a Koli dress, sitting on a boat with the *mooshak* rowing the boat. All this with a vast ocean around him. The ocean was represented with corals, starfish, shells, and fishes of various types. Most part of the decoration was done using paper and clay-dough and reusables. All of it was made by us at our office,







which meant that all the free time of the past month was utilized for Ganpati decorations. These kinds of activities help by recharging batteries and giving us a wide canvas to design a theme as per our likes and not be dictated by a client. The secret: The Ganpati idol drives us and makes everything seem like a breeze.

This year was also made more special by the visit of our Rotary Club members, RMB members, and District dignitaries. Rakesh, Anu, Meera, Bindu, Sunil, Rahul, Nidhi, Hemang, Vibha, Indu and Deepshikha graced our home for Ganpati darshan. DG Arun Bhargava with First Lady Seema along with District Event Convener Sandip Kedia also visited our house and spent a fair deal of time meeting other Rotarians and discussing many things. Their visit was a very pleasant surprise and one that will be cherished for long. The snacks served during the two days were well appreciated and liked.



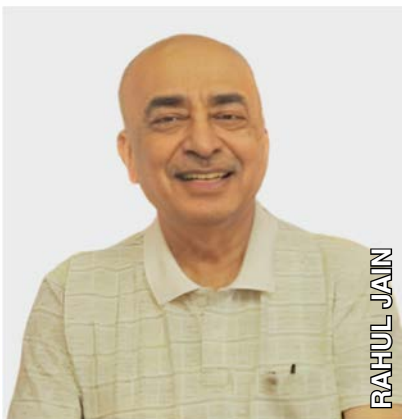
Happy to share that more than 175 people visited during the two days of the Ganpati Darshan. Missed those who couldn't join due to their urgent commitments.

The end of those days almost always is filled with sadness and the feeling of a large vacuum in our lives. All I can say is, "Pudcha Varshi Lavkar Ya. Ganpati Bappa Morya."



## LET'S GET TO KNOW ONE ANOTHER

By *Rahul Jain*



From the ringing of temple bells to the smoky curls of morning coal *chulhas*, my earliest memories begin with playing with my father and grandmother. She ran the home with strict discipline and her sanctum was her kitchen which even we could not enter without her approval. Allahabad, or Prayag Raj as it now called, was a town where everybody knew everybody, intellectual pursuits were more valued than plain money, and the University and High Court were the focal point of the city's life. Akbar's *qila* on Sangam and the beautiful churches on the other end made up the town. Twenty minutes of cycling and pedalling hard and you would be in lush golden fields of wheat and mustard! That is where we grew up.

Since I could not dissect a frog properly, the choice of profession was of course – engineering. After school in senior Cambridge, I attempted the IIT entrance and got through, only to be told that I was underage by 17 days and could only be admitted in the next year! So, I graduated one year after most

of my friends. After graduation I got into IIM but left after a semester to join Duncan Brothers in their tea gardens division in Dooars/Darjeeling/Assam!

*Welcome to the real world.*

On a heavy cast sky our Dakota flown from Dum Dum airport took off with me, a few goats and stacks of tea chests. Flying low to avoid thundering rain clouds, it bobbed up and down like a floating cork. I wondered why people liked flying. Bill Douglas, our garden manager was a true Scotsman and his booming voice made sure that my engineering skills were put to test, handling heavy oil engines, irrigation systems, civil works, and even mundane things like the flush system. Bill taught me “*no work is below dignity and your job does not define your persona*”. He made us work hard from 6am to 6pm and then run the tea factory 11pm onwards. But at the end of it all, our self confidence and trust on problem solving improved immensely. Life was good with the company providing us a bungalow to live and a retinue of staff to run the house. With mostly British and Irish managers, the local tea clubs were very active. Weekends with sports, movies, and parties were common.

But for a young lad, life could be lonely and after 4 years I quit and joined UMB Wire Ropes at Ranchi in a highly technical production/design job. It was so different from the green open tea gardens! Here huge noisy machines ran 24x7 and it looked my engineering degree would finally be useful.

Ranchi was still in Bihar and a small hill station where the weather was excellent. After my marriage in 1977 we went with our friends on long bike rides and visits to the reserve forests.

In 1978, encouraged by Nidhi, I decided to complete my MBA from Xaviers. With her support in making notes and helping me revise my course contents, the hard work paid off and with this coveted degree I got a staff assignment as Executive Assistant to the MD, away from factory. My ideas of business took a quantum jump. The MD was a great coach and a complete businessman who taught me how businesses run and make money. In 1982 after completing a joint venture project in Thailand I left them and came to Bombay and joint Shapoorji Pallonji as EA to Pallonji Mistry.

It was the turning point in my life, and I stayed with the Mistry family for 32 years, travelling across the globe, running companies out of UAE and Australia, handling third party exports to Malayasia, Sri Lanka, and developing India's biggest interior group.

With Mallika planning to do her graduation from Kings College London and later Leeds we learnt what no management degree taught us, enjoying her teen years. She returned to India to be a lawyer and with her marriage to Jash we found a son.

Currently, I consult, explore social work and love to travel and live by my ultimate moto... Nothing is impossible and *life is a full circle, but always be humble.*

## LET'S GET TO KNOW ONE ANOTHER

By Anand Bhadkamkar



ANAND BHADKAMKAR

**B**orn and brought up in Mumbai, I am a Chartered Accountant by qualification, having professional experience in the world of business and finance spanning over 28 years. With additional qualifications of CMA and Postgraduate Diploma in Digital Business, I have spent around 6 years in auditing and consulting space and have over 22 years tenure in the dynamic realm of Media, Advertising, and Communications space, donning the hats of CEO, CFO, and COO.

I am married to Pallavi, a chartered accountant, whom I met during our CA articleship days. Pallavi is working with BDO Consulting, an auditing and consulting firm as a partner. Our son Aryan is pursuing his Masters in Finance from the UK. We are staying with my mother

in Andheri East.

Having worked with organizations such as E&Y, Lintas, and dentsu; and having led dentsu India as the CFO, COO and finally as CEO, I took a break to pursue my interests in 2021. I supported Practus Consulting, as the Industry Leader for Media, Entertainment, and Integration Specialist.

Presently, I am working as the Group CFO and President of Strategy at a prominent digital marketing firm.

One of the reasons for taking a break was to pursue my interest in the social sector. During my stint with dentsu we had initiated multiple social impact projects under the CSR function and was an active participant in the Council for Media Industry of India

Diversity Forum, driving discussions around diversity and inclusion. I always had an interest in social causes, with my mother and sister belonging to this field.

To understand the sector better, in 2021 I completed a certificate course in Social Sector Leadership from India Leaders for Social Sector (ILSS) based out of Delhi. In 2022, four families from our complex came together and we co-founded a social enterprise called Nyaasah Care. This initiative is focused on supporting senior citizens who reside alone, bridging the gap between them and their children in distant cities or countries. This was a result of our experiences personally as well, especially during the Covid period, where we, as well as our friends and acquaintances had time and again felt the need for such a service.

With the motto, Care with Empathy, Nyaasah currently operates in Mumbai, providing support to senior citizens living alone, as their proxy children. This is an important social issue and the need for this will go up with the increasing ageing population of our country. Nyaasah Care is a self-funded, commercial, social





enterprise and once operations in Mumbai settle down, we aim to take it to other cities as well.

During my school and college days, I used to play badminton regularly and represented the school and college in badminton tournaments. I love listening to music and reading in my spare time, which currently is slowly getting replaced by OTT's and podcasts.

I have been an avid traveler keen to explore new places, and love to take the car out for long drives. A couple of remarkable road trips for me are the drive to Leh-Ladakh from Mumbai and from Mumbai to Coorg.

One of my favorite quotes is 'Hakuna Matata' from the movie Lion King – meaning 'no worries'. This is very helpful in my newfound passion for trekking, which helps me to explore newer places, get closer to nature, and challenge and explore yourself.

I have been trekking to the Himalayas and Sahyadris. I summited Kilimanjaro, the highest peak in Africa in January this year and will be going to the Everest region for the 'Three passes trek' along with Everest Base Camp this October. At home, I like to take my cycle for long rides on weekends.



Becoming part of Rotary family, thanks to IPP Sridhar, has opened up multiple new vistas. I look forward to participating and contributing in the projects and causes supported through Rotary. And am positive will forge new, long-lasting relationships with this lovely RCMJ family in the years to come.

## MEET OUR NEW MEMBER: PAWAN SEHGAL

**P**awan Sehgal, a new member of RCMJ, is a science graduate with a diploma in management from SASMIRA Institute of Management. With more than 30 years post qualification experience, Pawan is a first-generation entrepreneur and the founder-director at Space Planners, based out of Mumbai. Since its inception in 2004, Space Planners has been a distinguished manufacturer and supplier of storage systems having supplied the best mobile compactor storage systems, industrial lockers and storage racks that are used in



manufacturing units and office document storage. Pawan stays at Seven Bungalows with his family and has been on the

Executive Committees of Bombay Industries Association and Business Network International. An expert in his field, Pawan has interests in various fields.

His family includes his wife and two children. Wife Ruchi, who is an educationist, is teaching pre-primary in Utpal Shanghvi Global School for the last 20 years. Elder daughter Shruti has done her Bachelors in Architecture and is free-lancing in the field of Art Production and Direction. Son Shubham has completed his BBA from NMIMS and is currently pursuing CFA.

## EAT YOUR WAY TO HEALTH THE BUZZ AROUND MILLETS

By Nidhi Jain



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

UN has declared 2023 the Year of the Millets.

### **What are millets?**

Millets are our ancestral crops and include a diverse group of cereals like *bajra*, *jowar*, *ragi* and *nachni*.

### **Health Benefits:**

- Millets reduce bad cholesterol and help reduce the risk of heart disease.
- They are a rich source of phosphorus, potassium, calcium, iron, niacin and vitamins like A and B.
- Millets have low glycaemic index and help control

blood sugar levels. They are, therefore, great alternatives to wheat and rice.

- They are also known to be probiotic and support good bacteria in the digestive system.
- They contain more amino acids than other cereals.
- They are rich in antioxidants.
- They are gluten free.

### **Why Did Millets Lose their Popularity?**

Millets lost favour to wheat and rice may be due to:

- The Green revolution, which led to bumper wheat and rice crops.
- They are 'coarse' grains, and despite processing can't match the taste and ease of cooking of rice and wheat products.
- There is a shift in cooking styles, even utensils, kitchen gadgets, etc. They are designed more towards cooking 'refined' rice and wheat.
- Farmers don't prefer millet farming as it is associated with lower productivity and profits.

- Millets are not a global staple food.
- They are associated with poor consumers.

### **How and How Much to Eat Millets?**

Millets contain phytic acid, which can reduce the absorption of other nutrients. This can be tided over by soaking, sprouting and fermenting millets.

High fibre and slow digestibility could play havoc with the digestive health of some people. This can be tided over by gradually introducing millets to the diet.

Millets must be avoided by persons with thyroid issues as they interfere with the absorption of iodine; this can be negated partially by the cooking process, but not fully. Those with hypothyroidism should steer clear of millets. So, while millets are a great addition to our diet, it is important to know how and how much to use.

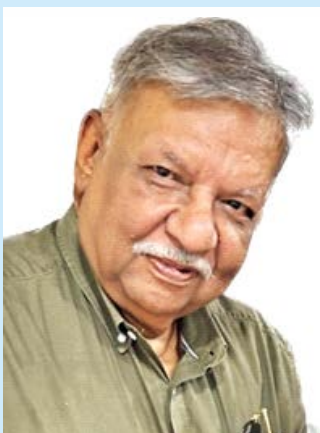
Let your body be the guiding light to know what works best for you.

### **Why is India Promoting Millets?**

Millets have short growth cycles, long survival on storage (more than 2 years), low carbon footprint and can grow in relatively poor soil under adverse and arid conditions with minimal inputs.

*They are a healthier option to keep lifestyle diseases like obesity and cardiovascular ailments at bay.*

The slogan for millet is: 'Small but Mighty'.



### **RTN GURU COMPLETES PhD**

*Rtn Guru Swaroop Srivastava*, one of the senior-most members of RCMJ, has completed his Doctorate in Ramayana Literature from the University of California.

**Breezy News** offers heartiest congratulations to Rtn Guru for this achievement!



## MWM RELEASES MOHAN'S 'MAIN HOON TANHA'



This was the moment Rtn. Mohan Radhakrishnan had been waiting for. *Main Hoon Tanha* (I am lonely), a song composed by Daboo Malik and

rendered passionately by Mohan, was released by MWM and Amaal Malik on September 9. Earlier in the day, 92.7 Big FM broadcast a half-hour

interview of Mohan highlighting his life and musical journey. **Breezy News** offers heartiest congratulations to Mohan for this achievement!

## HEMANG RECEIVES PRESTIGIOUS AWARD

Rtn. Hemang Jangla, President, Kala Gurjari Sahitya Academy, has received another honour. The Academy has been bestowed with a prestigious award by the Maharashtra State Government. The award was given away by Sudhir Mungantiwar, Culture Minister of Maharashtra. It is a testament to the unwavering dedication of the members of the Academy, who have tirelessly worked towards the promotion and preservation of art and literature.



**Breezy News** congratulates Rtn. Hemang and the Academy.

## HEMANG AND SUBHASHISH DISTINGUISH THEMSELVES AS IIMA ALUMNI

IIM Ahmedabad Alumni Association, Mumbai hosted Prof Bharat Bhaskar (Director, IIMA) and Prof Sunil Maheshwari (Dean Alumni Relations, IIMA) at Mumbai on September 9 at MCA Club. IIMAAA Mumbai organized a lunch meeting for alumni to interact with them. As a managing committee member, Rtn Hemang was a part of

the team that organized the event. More than 125 Alumni and guests were present on the occasion.

Rtn. Subhashish, another alumna of IIMA, has been asked to design a course on Digital Media Platforms at IIMA for core MBA two-year batches.



## SUBHASHISH VISITS SOUTH KOREA



Rtn Subhashish Mazumdar visited S. Korea as the Lead Buyer/Coordinator from India for a Ministry of Culture International Content Market fair on Animation, Gaming, Drama Series and KPop. Way to go, Subhashish!

## KALA ATTENDS AG TRAINING



PP Kala attended AG training for the Vibrant year 2024-25 on September 10.

Contest  
10-01

**ANSWER  
AND  
WIN!**

### ANSWER THE FOLLOWING QUESTIONS:

1. How many members joined the picnic at Khopoli?
2. Where did Rahul complete his MBA?
3. Which mountain peak did Anand summit?
4. Which company is Pawan the founder-director of?
5. Hemang and Subhashish are co-alumni of which institute?

**Prize:** Three all-correct answers received first will be awarded prizes in the first Club meeting after their announcement in the next issue. The correct answers will also be published in the next issue.

**Rules:**

- (1) All readers of **Breezy News** can enter the Contest, except the Editor and his spouse.
- (2) Entries must be sent by DM or email to the Editor by October 10.
- (3) Editor's decision will be final.
- (4) Each winner will have the option to accept the prize in kind or let RCMJ donate Rs. 500 to RCMJ Charitable Trust in their respective names. RCMJ Charitable Trust will issue receipts under section 80G to the winners. Each winner will also have the option to name the particular project or type of project to which the Trust shall allocate this amount.

### RESULTS OF THE SEPTEMBER CONTEST

Correct Answers	Results of Contest 09-01
<p>(1) 12<sup>th</sup> consecutive edition of Sanskar</p> <p>(2) eMpower and Stray Happy Foundation</p> <p>(3) (Multiple options)</p> <p>(4) Cold pressed</p> <p>(5) Rtn. Guru Srivastava</p>	<p>We received five entries. All of them were correct. However, since there were only three awards to be given for the fastest correct entries, the following participants have been declared winners:</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Amarjit Singh Sabherwal</p> </div> <div style="text-align: center;">  <p>Anand Bhadkamkar</p> </div> <div style="text-align: center;">  <p>Natasha Dcosta</p> </div> </div>

**Breezy News congratulates the winners and other contestants!**



## RAJHANS INTERACT SENDS GRAINS TO NAI DISHA

On September 1, the Interactors of Rajhans Vidyalaya collected and sent foodgrains to Nai Disha for distribution to the Old Age Homes at Dombivli and Virar. Rtn Deepshikha and Rtn. Yogita organized this project. Rtn. Varsha, the driving force behind Nai Disha, coordinated the activity.



## BLOOD DONATION CAMP



On September 8, a blood donation camp was held at Andheri station. Rotary club of Bombay East took the lead for this month. On a rainy day, NSS students livened up the proceedings by persuading commuters to donate blood, resulting in 126 bottles being collected. President Arun was present on the occasion.

## CELEBRATING TEACHERS' DAY

RCMJ celebrates Teachers' Day every year on September 5 on the occasion of birth anniversary of Dr Sarvepalli Radhakrishnan, former President of India. This year, the celebrations were held at Vidya Nidhi School, JVPD; Vidya Vikas School, Andheri; Dixit School; and Nityanand School.

We celebrated the day in an unusual manner, by giving certificates and Parker ball pens to the teachers to recognize them for the great work they are doing. Vocational Director Hemang and Non-medical Director Narinder ensured the success of the project.



## INTERACT INSTALLATION AT SPIT

On September 6, the new team of interact Club of SPIT was installed. It was the outgoing ceremony of Rtr. Atman Ainapure and his Board of Directors, and the incoming

ceremony of Rtr. Sujal Chordia and his Board. President Arun was accompanied by Rtn Sumana, Rtn Narinder, Rtn Meera and Rtn Mehek.





## INTERACT INSTALLATION AT VALIA COLLEGE

On September 9, the new team of Interact Club of Valia College was installed. This club has been carrying out impactful projects such as Samavesh, adult literacy and marathon, infusing energy into the projects of RCMJ – its parent club. President Arun and PP Kala attended the event.



## INTERACT INSTALLATION AT RAJHANS AND HMPS



The Interact Clubs of Rajhans Vidyalaya and Hansraj Morarjee Public School had a joint installation ceremony on September 15. Rtn. Vinod Thakkar was the chief guest.

## VIDYA VIKAS VISITS ADHAR



On September 13, students of Vidya Vikas School, Andheri visited Adhar Home for the Intellectually Challenged at Badlapur. Two buses full of

77 super-enthusiastic children set off to Badlapur. For them, it was a picnic, project visit, run and sensitizing session. They showed that

they are much better than a lot of other children; no need to feel inferior for coming from a Marathi medium school.

## READER FEEDBACK

### Kala Sridhar

Kudos, Rakesh. Now we need 2 cups of coffee to complete reading **Breezy News**.

### Sunil Menon

Fantastic coverage and amazing content. Now our magazine should compete in the category for best in-house magazine. Let's explore the competition around. Fantastic work, Rakesh.

### Rahul Jain

Just finished reading...bro you are a master! Hats off! Absolutely grand. Covers all topics... presented professionally!

### Amarjit Sabherwal

@Rakesh Kumar Superb coverage of club activities. Member's Space is always looked forward to as it gives rare glimpses of our members' personal traits even when we have known them for years. Keep going.

### Manu Goel

Wow! Super-duper as always.

### Arun Wadhwa

**Breezy News** is scaling new heights with each issue. It provides the right mix of creating stronger bonds among members by sharing their life stories, giving a peep into the minds of members by providing them a platform to share their writings and views. The detailed coverage of the Club projects gives members a close view of the social work being done by the Club and hopefully will also enthruse members to join for future projects. The Contest adds a dash of competitive fervour, reminding all about the time when we used to wait for the crossword in the newspaper. It is a project of Love and attention and a lot of effort goes into each issue of the **Breezy News**, which is curated by our Incredible Superhero Rakesh. Extraordinary perfection, Rakesh!

### Yogeeta Khanna

Just awesome. Great work as usual Rakesh. Amazing as usual.

### Nidhi Jain

Rakesh, after a long sabbatical I started reading a magazine again. Maybe the last ones I read were Stardust...Woman's Era...but this magazine is by far more interesting. Detailed coverage of Club activities keeps us all involved...felicitations for the superb work and commitment, Rakesh.

### Ananthalakshmi Ramesh

I kept wondering what endears this year's **Breezy News**... it took me three issues to put into words...you see I am a self-diagnosed digitally challenged person, with a love for print... the SOUND of the flipping pages... feels great! Rakesh... wonderful read. Agree with Kala – need two cups... I read it over a healthy breakfast!

### Meera Ramachandran

Rich in content and well laid out, Rakesh. It's now a mini-book! Will read at leisure and perhaps give feedback in instalments. Heartfelt felicitations for your passion, commitment and creativity. You may just make writers and poets of us all.

I have just started reading the present issue, beginning with your article. I am so impressed with your diverse interests and achievements and the values learnt from them, which now define you. Heartfelt appreciations.

### Sridhar Ramasubramanian

Wow. I had COLD coffee and COLD breakfast due to my 200% involvement in reading HOT **Breezy News**. Great content and coverage. More importantly, very effective project deliveries captured well. Kudos to Rakesh and Team Envisage for all efforts in following up.



# THE LAST WORD



RAKESH KUMAR

September, which marked the end of the first quarter of the Incredible Year, was another action-packed month for RCMJ. We carried out a large number of projects climaxing with our flagship project Udaan, which celebrates the creativity of Interactors throughout District 3141. We had a number of fellowship events beginning with a picnic to Khopoli, followed by celebration of the festival of Onam,

and topped by the observance of Ganesh Utsav at President Arun's house and also at the house of our member Ravee Binder.

Fellowship lies at the heart of Rotary. While Rotary's primary focus is on humanitarian service and community development, the importance of fellowship within Rotary cannot be overstated.

Fellowship within Rotary fosters a sense of belonging and camaraderie among its members. Rotarians come

Moreover, fellowship in Rotary serves as a catalyst for effective service.

Collaborative efforts among members, fueled by their fellowship, lead to more impactful and sustainable projects. The diverse skills and expertise within Rotary clubs are harnessed to address complex social challenges, from eradicating polio to providing clean water and education. The fellowship nurtures an environment where members can brainstorm ideas, pool resources, and inspire one another to take action.

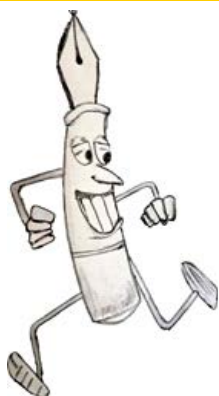
Rotary's commitment to fellowship is also reflected in its international youth exchange programs and vocational training initiatives. These programs promote cultural understanding, tolerance, and the development of leadership skills among young people. By bringing together individuals from different backgrounds and fostering mutual respect, Rotary helps build bridges of understanding in an increasingly interconnected world.

**“Fellowship is the glue that binds Rotarians together, motivating them to work tirelessly for the betterment of their communities and the world. Through fellowship, Rotary continues to make a profound impact, transforming lives and creating a more compassionate and harmonious global society.”**

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**Rakesh Kumar**  
Editor

## NARINDER'S PERSPECTIVE



The Editor's pen is mighty

from diverse backgrounds, professions, and cultures but they share a common commitment to making the world a better place. This shared purpose creates strong bonds that transcend geographical and cultural boundaries. Rotarians often describe their clubs as a second family, where they find support, friendship, and a shared sense of purpose.

# 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.



ROTARY CLUB OF  
MUMBAI JUHU

incredible  
2023-24

## RCMJ Incredible Team

*Wishes Everyone an  
Incredible Year ahead*



Follow RCMJ  
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