



**ROTARY CLUB OF
MUMBAI JUHU**

BREEZY NEWS

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**THE SILENCE SPEAKS
AT V. N. DESAI HOSPITAL**

**SEPTEMBER IS
BASIC EDUCATION
AND LITERACY MONTH**



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MESSAGE FROM THE INCREDIBLE PRESIDENT



Dear RCMJ Incredible Family,

As we move into the third month of the Incredible year, I am amazed and excited to see the body of work that has been done by the Incredible team. This much work seems unbelievable at most times but is backed with a great deal of planning, rigorous follow up and physical presence at all the projects. These projects continue to provide opportunities to learn, understand and help those in the community around us. Some projects may be very large in terms of financials while some may be quite small. What they both have in common is the need for the project in the community.

The best takeaway from each project is the number of smiles that we have been able to generate and the happiness we have been able to spread

in the community around us. Another thing that these projects help us achieve is that Rotary Club of Mumbai Juhu is now being recognized and remembered fondly by many in the community from Goregaon to Santacruz and also mainly in the Juhu area.

As I have shared before and as you would read in the pages ahead, we have been able to complete one of our most prestigious projects, 'Setting up an Audiometry Room at V N Desai Hospital, Santacruz East'. This project did face its share of challenges but the persistent efforts by the Alpha BOD and the Incredible BOD ensured that the project finally could see the day of light. This will help provide audiometry check facilities to a very large community of needy people from Dharavi to Andheri. When a project is conceived, we plan for the equipment, financial resources, and the challenges in execution. In this project, we had an additional challenge in mind – to make this audiometry room the best in Mumbai. The design, the choice of equipment, the attention to detail were all a result of the personal passion and drive of the RCMJ members. The results are quite frankly amazing and incredible.

This is also an example to how the Continuous Project Leadership (CPL) plan works and how it pays off in long-term benefits. It reiterates the focused commitment of RCMJ members on doing good

without bothering about a change in the leadership team.

As I write this, I cannot but mention the Chandrayan 3 mission. It was a rare endeavor when everything went picture-perfect. This mission again taught us a lot. All the management skills and motivational words – Perseverance, Determination, Positive Intent, Teamwork – all were on display during the Chandrayan 3 mission. Thank you ISRO for giving us the moment that we will cherish for the rest of our lives. I am sure there will be many more successful missions that we can cheer.

Our flagship event Sanskar was very well received by Interact clubs and the students who attended the program had rave reviews about the event. Again, the execution finesse, the attention to detail and the engaging format – all were responsible for the great event. The numbers said it all: 35 Interact Clubs, 210 participants, 115 Interact students and 35 moderators. We will continue to strive to make the forthcoming Udaan a bigger success.

All this would not have been possible without the encouragement and support of my RCMJ family members. In the pages ahead, you will learn more about our members and also about the multiple projects that have been completed in the month of August.

Arun Wadhwa

Incredible President 2023-24,
RC Mumbai Juhu

THE SILENCE SPEAKS AT V. N. DESAI HOSPITAL

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RCMJ has been carrying out various projects at V. N. Desai Municipal Hospital, Santa Cruz (East). In fact, our Millennial Project, carried out in the Millennial Year of Rotary International (2004-05) during the term of Millennial President Amarjit Singh, was the refurbishing of the Neo-natal ICU. It was made possible due to the generosity of Rtn. Guru Swaroop Srivastava. After that, RCMJ has carried out various smaller projects in the Hospital

During the term of IPP Sridhar in 2021-22, as the result of a need analysis carried out by RCMJ, it was found that the Hospital requires an audiometry room. An audiometry room is used to test the hearing ability of people.

studio. Sound-proofing is achieved through acoustic insulation of the room.

IPP Sridhar and his team plunged into this project in right earnest. Rtn. Manu was identified as the resource with the competence to carry out the project. Rtn. Guru once again opened his heart and pledged the requisite amount. After a number of interactions with the Hospital authorities, the site was selected and Rtn. Manu started the site work.

President Arun moved the project forward with equal zeal with unstinted support from IPP Sridhar and PP Piyush. Finally, Incredible Superhero Manu completed the project flawlessly and with style, despite a broken



There must be total silence within the room; even the slightest sound would interfere with the process of testing, which is done at different frequencies across the audible frequency spectrum. A typical specification for ambient noise level in an audiometry room is 15 dB, which is comparable to a recording

arm. The room stands miles apart from any other room in the hospital, and is very beautifully done. *The silence in the audiometry room speaks highly of the commitment of RCMJ and its members.*

The project was inaugurated on August 24 in the presence of Corporator Hetal Gala,

STAR PROJECT OF THE MONTH



DS Harish Choksi, Dean H. S. Bawa, Doctor Bhavesh, Project Donor Guru Srivastava and Deepshikha, President Arun, First Lady Mehek, IPP Sridhar, Millennial President Amarjit, Rtn. Manu, PPs Piyush, Kala, Rakesh, Narinder, Indu and Sunil, and Rtns. Hemang and Meera. Those who spoke on the occasion were President Arun, Rtn. Guru, DS Harish, Dr Bhavesh, Rtn. Manu, Dr Swapna (ENT

Consultant) about audiology, Dr Kainaz Sidhwa about the pathology department, and Dr Bhavesh about the paediatrics department. A message from Dr Vidya Thakur, Chief medical Superintendent was shared with the audience. Everyone was effusive in their praise for RCMJ. This is a project that is going to impact thousands of patients – something that RCMJ members can be proud of.

SANSKAR MAKES A COME-BACK IN PHYSICAL AVATAR

This edition of Sanskar was co-hosted by six clubs; a big shoutout for them as they believed in the event and supported RCMJ to put up a grand show. The stars of the event were the wonderful Interactors who trusted our ability to put up a grand show and came in large numbers.

Sanskar, the flagship project of RCMJ, was back in its vibrant physical *avatar* on August 4 at Rajhans Vidyalaya, after online appearance for three years necessitated by the pandemic. This was the 12th consecutive edition of Sanskar, the District Interact Assembly in which Rotary leaders share their knowledge and experience with budding Interact leaders. It was attended by an audience of 210, including 115 students and 35 moderators.

The meeting was called to order by President Arun Wadhwa. Youth Director Varsha Baradiya welcomed the audience. After lighting of the lamp of knowledge and a prayer by the students of Maneckji Cooper, DG Arun Bhargava addressed the audience on teamwork, and success and failure. He emphasised that success is measured by one's own norms, not by the marks obtained in exams.

President Arun Wadhwa spoke about being true to oneself, learning from history, and keeping one's self-respect even in defeat. He averred

that the era of superman is over; this is the era of avengers, which rewards teamwork rather than individual performance.

PDG Sunnil Mehra spoke on the topic of leadership, describing three types of leaders: those leading from the front, those standing beside the team, and those standing behind the team. In a highly interactive session, he outlined the traits of a leader: communicator, analyst, administrator, innovator, facilitator, expert, quality controller, motivator, problem solver, strategist and visionary.

District Rotaract Representative (DRR) Astha, who leads 153 Rotaract clubs in District 3141, made a short speech. She was followed by students of Rajhans, who enacted a street play on the value of time. The take-away was: respect time and use it well.

At this juncture, the moderators separated for a breakout session addressed by Rtn. Amarjit.

Avenue Chair Piyush, who was the next to address the Interactors, said that Interact is a



FLAGSHIP PROJECT



part of the RI family spread all over the globe. He enumerated the awards that Interact clubs can strive for, including the Presidential citation. He explained Rotary programs for the youth, viz., RYPEN, MIPS, RYLA and RYE.

Greeshma – a teacher from Rajhans, conducted some fun and games related to the theme of leadership.

DGN Chetan Desai spoke on time management and the importance of setting and achieving goals.

Avenue Chair Pankaj Patharpod reminded the students about the importance given to the event by the College of Governors and exhorted them to remember the take-aways.

Secretary Subhashish proposed the vote of thanks.

The success of this event was made possible by the hard work put in by the Incredible Youth Team: Sumana, Varsha, Kala, Indu and Piyush; by the enthusiastic participation of RCMJ Incredible Superheroes Manu, Natasha, Anand, Rakesh, Anu, Indu, Subhashish, Narinder, Hemang, Amarjit, Piyush, Jagruti, Sunil, Meera, Mehek and Dhiti; by the support and organisational muscle of Rajhans Vidyalaya and their team led superbly by Rtn. Deepshikha, Principal Kala, and teachers Usha, Greeshma, Amrita and our incoming member Yogita. The impressive line-up of speakers made a tremendous impact on the children and the joy on the kids' faces was a delight to watch. DG Arun Bhargava, PDG Sunnil Mehra, Avenue Chairs Amarjit, Piyush and Pankaj, and DGE Chetan Desai were all superb.

LET'S GET TO KNOW ONE ANOTHER

By Dr. Madhavi Chaturvedi



DR. MADHAVI CHATURVEDI

“ I am also the founder of Stray Happy Animal Foundation, which is a Non-Profit Organisation and works towards the welfare of stray animals ”

I am an M.D. in Naturopathy, diploma holder in Import-Export and Early Childhood Education, a social worker and an animal rights activist. I am also the founder of charitable organisations called eMpower and Stray Happy.

I am married to CA Ravindra Chaturvedi who has his own practice at Parekh Shah & Lodha and is also an Insolvency Professional. We

have three daughters: Morvi Chaturvedi who is a chartered accountant, company secretary and a lawyer working with Nishith Desai & Associates. Ananya Chaturvedi who is a lawyer too and also an Instagram Influencer, going to London for pursuing LLM. Aanvi Chaturvedi is doing her BBA International from NMIMS.

During my younger days, I was a teacher at St. Lawrence High School and later started with my own play school called 'Little Angels'. I then went ahead and pursued my Doctorate of Medicines in

connecting people looking for employment with people looking for employees. It worked towards the goal of making everyone self-sufficient. I believed that providing assistance by donating food or other products would be a very short-term assistance but helping by way of getting them a job would not only be long-term but would also make them independent and self-sufficient.

I am also the founder of Stray Happy Animal Foundation, which is a Non-Profit Organisation and works



Naturopathy and became a certified Naturopath practicing at Harita Healing Naturopathy Clinic.

I was always passionate about contributing towards social causes so during the lockdown, after witnessing the dreadful repercussions of the Covid-19 pandemic, which rendered several people unemployed, I started with a charitable organisation called eMpower that helped by

towards the welfare of stray animals. So far Stray Happy has run multiple vaccination and sterilisation drives, rescued and provided medical assistance to animals in need, facilitated animal adoptions and worked towards the overall welfare and rights of stray animals. To help the community animals further, Stray Happy has started its first aid and treatment centre in Goregaon West.

LET'S GET TO KNOW ONE ANOTHER: WHAT DEFINES ME?

By Rtn. Rakesh Kumar

This is not the story of my life. This is my first clumsy attempt at going into the recesses of my mind and trying to figure out what defines me and why. Born in Agra in 1951. Did my schooling in Jalandhar in a government school – a sprawling property with lots of gardens, plants and trees. Plucked and ate mulberries whenever they were in season. Played lots of of cricket, hockey, football, volleyball, badminton, TT, hand cricket and hand tennis (the last two invented by my school-mates). On a sunny winter day, the teacher would ask us to pick up our chairs and sit under a tree for the class. **Not being confined by boundaries defines me.**

Punjabi. Home had a scholarly atmosphere. I became a voracious reader. From Charles Dickens, George Bernard Shaw, Charlotte Brontë, Henry Fielding, and Leo Tolstoy to Perry Mason, Sherlock Holmes, and Agatha Christie... I savoured them all while in school. I never tired of reading P. G. Wodehouse. I read *Vrindavan Lal Varma's Mrignayani* and *Kalidasa's Abhigyan Shakuntalam* in Hindi. Plus, a bit of Greek and Roman mythology, world history (H. G. Wells), psychology, psychoanalysis, philosophy, Karl Marx. **Being interested in diverse subjects defines me.**

I was deeply interested in Bollywood music of the 1950s and 1960s, used to hum along

while listening to songs on All India Radio. Dad noticed this and appointed a *Guruji* to teach me music. He used to come home thrice a week. I tried my hand at the *harmonium, tabla* and *vocal*.

I never got past

'paayo ji maine ram ratan dhan paayo', teen taal and *keherwa*. After four months, *Guruji* told Dad with folded hands, *"Aapke suputra ko sangeet sikhana mere bas ki baat nahin hai."* My dream to sing in the silky voice of Talat Mahmood in concerts all over the globe was shattered. But I still retain my

deep love for music of the Golden Era. **Unrequited love for Bollywood music defines me.**

For some unknown reason, I wanted to get into an IIT. That too, only mechanical engineering in IIT Delhi. Perhaps the thrill of trying to crack JEE lured me. With an all-India rank of 115, I did get into mechanical in IITD. Then followed five years of hostel life – sometimes exciting, sometimes dreary. Played pranks on unsuspecting 'scholars' to add some spice to life and to be able to regale my grandchildren with the tales one day. Hostel life hammered me into shape, and had tremendous influence on my later life. **The independence I enjoyed in the hostel, exercised with a sense of responsibility, defines me.**

As a student, I refused to be branded as a 'scholar'. While I kept getting good grades and my final year project on Application of Pneumatic Gaging to Machine Control got the best project award, I also did plenty of swimming, badminton and table tennis. The common room in the hostel had a wide range of newspapers and magazines. I read the Times of India for the news, and the Statesman for its brilliant editorials. I admired the editorials, and dreamt that one day I would write such editorials myself. I am not quite there, but my dream remains. **Dreaming big defines me.**

I glanced at the last page of Hindustan Times every



I was good in most subjects except drawing. Good at verbalizing my thoughts, but efforts to express my thoughts visually were a miserable failure till I discovered that I had a flair for photography. More of that later.

Dad was an English lecturer. Mom was M.A. in Hindi and



Sunday. It always featured a half page black-and-white photograph by Raghu Rai in landscape orientation. Raghu Rai became my idol. And the photography bug bit me. Armed with a Yashica 720 twin-lens reflex camera in which the speed, aperture and focus had to be adjusted manually depending upon the speed of the film and the intensity of light, I went on frequent scooter expeditions to click pictures. Then I booked two-hour slots in the dark room in the Activity Center (typically from midnight to 2 AM) to develop the film, load it in the enlarger, crop and compose the image and highlight the subject using dodging, print and develop and fix the image on Kodak photographic paper (generally matt), dry and glaze it on a hot plate, and switch on the light to experience the thrill of seeing a baby being born.

I broke a few rules of photography. For example, 'never shoot against the light'. I did shoot against the light and

“ I won the Best Photographer of IITD award in the fifth year. Finally, my efforts to express my thoughts visually succeeded. To keep trying alternate ways to achieve my objective defines me.”

won awards for some of those pictures (see such a picture above). **Generally following rules while not treating them as sacrosanct defines me.**

I won the Best Photographer of IITD award in the fifth year.

Finally, my efforts to express my thoughts visually succeeded. **To keep trying alternate ways to achieve my objective defines me.** I still retain a sense of mood, composition and light-and-shade.

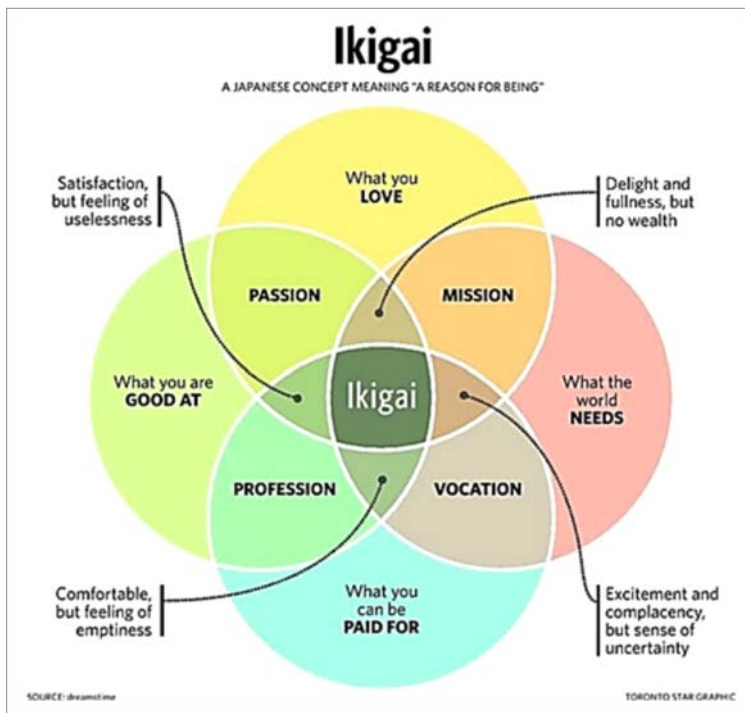
I was recruited for Voltas Bombay in a campus interview in 1972. Bombay (now Mumbai) was the city of my dreams. And Voltas ranked, along with Tata Motors and L&T, as a top employer for engineers in those days. Bombay welcomed me with open arms – always friendly, warm, helpful and hospitable. I spent my first two years in Bombay in a Voltas accommodation meant for bachelor trainees at Bandra Bandstand. Then the next four years at various PG accommodations in and around Bandra and Juhu. These localities hold millions of nostalgic memories for me.

The big moment came in 1978 when I decided to get married. The meeting with Anu, who was based in Delhi, was arranged by my parents who were then in Chandigarh. It was love at first sight on both sides. Marriage brought the realization that I can't continue to stay as a PG for ever. Fortunately, a friend staying at the Bandstand offered to share his flat with me. Then another friend offered his flat at Veera Desai Road on rent. Then we



moved into our own flat at Juhu in 1981, where we have been living till now. Rohit was born in 1979, and Deepali in 1983. Rohit is happily married and settled in the USA and has a lovely daughter. Deepali is ditto in Singapore. Each milestone kept changing the focus of my life, and each phase left its footprint in various corners of my mind. ***I am an amalgam of all the phases of my life that I've lived, and that's what defines me.***

My life at Voltas kept resembling more and more of a rat race. I tried to keep a balance between work and family. I played all the diverse roles in corporate life that someone possibly can, finally retiring in 2009. After a couple of years of a most unsatisfactory stint



at consultancy, I got an offer from **ISHRAE** that I jumped at – to edit a technical journal on air conditioning and refrigeration (AC&R). This was a subject I was extremely familiar with. It was a godsent opportunity to use my technical knowledge as well as writing skills acquired over a lifetime, to educate – on an ongoing basis – engineers who choose AC&R as their

profession. Being useful to the community, doing something I was passionate about. It was my **Ikigai** moment! I had finally found my true calling, the purpose of my life. And that's what I have been doing for 12 years. For the last seven years, I have also been writing monthly articles for a Japanese magazine, **JARN**, that is published in five languages and

is read in about 80 countries by the AC&R community. I have been a Rotarian for 24 years. Rotary also gives me a platform to actualize my need to be useful to the society. And I love the fellowship, the bonhomie, the family bonding that brings me some compensation for the empty-nest syndrome that people at my age often face.

NARINDER'S PERSPECTIVE



ASHLESHA MAKES IT TO MAHARASHTRA UNDER-14

The regional finals and the selection trials of the U-14, U-17 and U-19 boys and girls football tournament, were hosted by The Bishop's School, Camp, Pune from August 2 to 5. The selected players from zone 1 and 2 will go for final selection trials for CISCE National Football Tournament. Our Club child Ashlesha Patankar, studying in Std. 8 in Jamnabai Narsee School, Juhu, has been selected to represent Maharashtra girls U-14 at CISCE National Football.



JHUMROO – A MUSICAL TRIBUTE TO KISHORE KUMAR

By Rakesh Kumar

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Those four hours on the evening of August 5 – a day after the birth anniversary of legendary singer Kishore Kumar – at Veer Savarkar auditorium brought a flood of pure nostalgia gushing down the lanes and bylanes of my memory. The event was named Jhumroo, after a Bollywood musical masterpiece of the same name featuring the inimitable Kishore-da, who had also doubled as the music director and lead singer of the film. The singers at the event were members of The Tuning Folks, a group comprising practicing doctors that is

closely associated with RID 3141. The event was presented by RCB Chembur West.

From the zany Half Ticket to the entertaining Dilli ka Thug to the ultra-sensitive Door Gagan ki Chhaon Mein, all the landmark movies of Kishore were represented in songs rendered soulfully complete with yodelling, and cheered by an appreciative audience. Kishore Kumar aficionados sat back, hummed and tapped their feet to the beats of *Meri neendon mein tum, mere khwabon mein tum; Kehna hai, kehna hai, aaj tumse yeh pehli baar; Aa chal ke tujhe main le ke chalun ik aise gagan ke taley; Kya teri zulfein hain...aha; Panthi hoon main us path ka, anth nahin jiska; Hum thay woh thee aur sama rangeen, samajh gaye na; Yeh raatein, yeh mausam, nadi ka kinara, yeh chanchal hawa; Mere mehboob qayamat hogi; Haal kaisa hai janaab ka; Eena meena deka; Main hoon jhum jhum jhum jhum jhumroo*; and many more.

Personally, I missed only one of my favourite Kishore songs: *Kashti ka khamosh safar hai, shaam bhi hai tanhaai bhi* – from the 1960 Kishore Kumar starrer Girl Friend. But then, you can't do full justice to a lifetime of service to music in a mere four hours.

RELEASE OF MOHAN'S SONG



In pursuit of his music passion, leaving behind a high-profile corporate leadership role, Rtn. S. (Mohan) Radhakrishnan has emerged and is acknowledged to be a voice reminiscent of Kishore Kumar. Call it a streak of strange coincidence, Mohan shares his birth date with the incomparable genius. Starting off with his first professional show at the Temple of Music – Shanmukhananda Hall, Mumbai – in 20 years he has traversed across various auditoriums and corporate shows. Mohan spent two decades in the financial sector working with top ranked corporates LIC, ICICI Prudential, SBI and HDFC Life and then plunged into his field of passion – music. For decades he nurtured a dream to sing an original song in a film studio in his own voice. MWM has fulfilled this dream by releasing his song with music by Daboo Malik.

Heartiest congratulations to our own singing superstar Mohan!

EXCHANGING FLAGS WITH RC WEST DERBY

By PP Sidhar Ramasubramanian



On August 3, Kala and I visited and exchanged flags with Rotary Club of West Derby, Liverpool.

Their President asked me to give a speech. I shared our club projects. They have donated 100 smart maths book and agreed to courier

them to Mumbai at their cost. The books can be donated to our Interact and other schools. They requested us to attend a speaker meeting next Thursday, with no charge to us.

It was satisfying to meet fellow Rotarians at an international venue.

EAT YOUR WAY TO HEALTH ...WHICH OIL TO USE – COLD PRESSED OR HOT PRESSED?

By Nidhi Jain



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

The difference has less to do with pressing techniques and more with the input materials used to extract the oil. Let us compare these two and decide which is better.

Cold Pressed Oil is pressed at room temperature, the oil temperature is low, the seeds are pressed raw without roasting and there is no need to refine it.

Advantages: It retains more nutrients and antioxidants and is rich in flavours and aromas.

Disadvantages: High content of fatty acids makes it unsuitable for frying as high temperatures can degrade its quality, flavour, and aroma.

- Make sure you use it in raw form or on low/medium heat while cooking. If you use high heat while cooking, the purpose of cold pressing is defeated.
- Never fry in cold pressed oil.
- The extra flavours and scents of this oil may

adversely affect the food in which it is used.

- It has a short shelf life.

Hot Pressed Oils are also called refined oils. Here the seeds are roasted, pressed at high temperature, treated with chemicals and undergo a hydrogenation process to extend shelf life.

Advantages: they are cheaper than cold pressed oils, have a longer shelf life, and are suitable for frying and cooking at high temperatures. They retain their fragrance for a long time. They smell good, especially when extracted from seeds of oily plants like sesame and groundnuts.

Disadvantages: They lose most of their nutritional value.

INTRODUCING AALIA... THE SINGING SENSATION

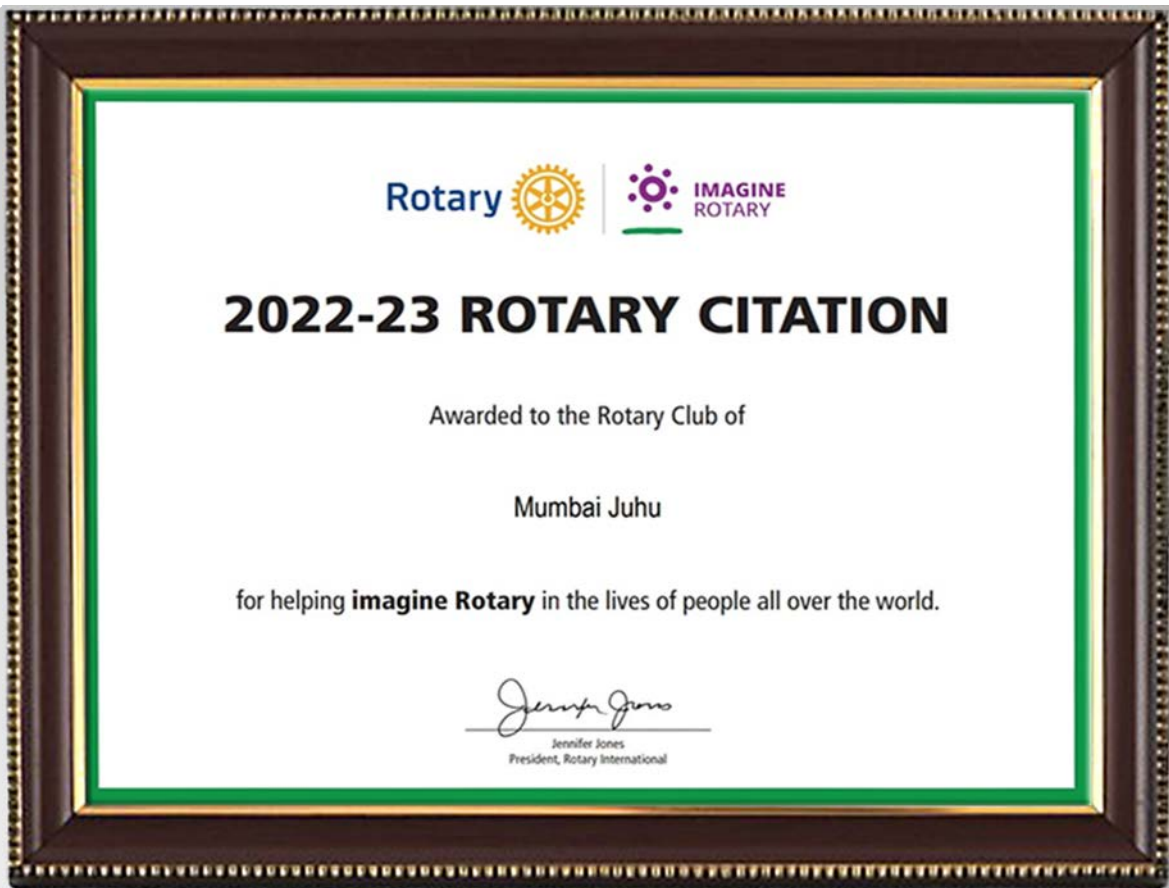


The St Andrews All Bandra Zonal Talent Contest is about encouraging talent and giving an opportunity to kids to showcase their talent. The youngest winner this year – all of four years – Aalia Dcosta, daughter of Rtn. Natasha, won the third place in the below eight years vocal

section with the song, 'How Much is that Doggie at the Window?' Her father Ajay Dcosta accompanied her on the guitar.

Aalia also won the Fr. Cleophas Fernandes Trophy for the youngest winner amongst the winners in the below-eight years age group.

RCMJ AWARDED ROTARY CITATION (2022-23)



INDIA SUCCESSFULLY LANDS ON THE MOON

By Dhiti Wadhwa



India successfully lands Chandrayan-3 on the Moon. It is a momentous feat as India is the first country in the world to successfully make a soft landing on the southern side of the moon. It is even more commendable as it has been achieved with a frugal budget and by using the famed Indian ingenuity and skills. Almost everyone in India and space scientists across the world were following this mission very intently as the previous Chandrayan-2 could not complete in the last phase of the moon landing. Everyone sighed in unison and tears of happiness rolled down everyone's cheeks while the chest was puffed up with pride and appreciation.

Chandrayaan-3, the third of its name, is ISRO's third lunar exploration mission. It consists of the lander called Vikram after Vikram Sarabhai the founder of Indian Space Research Organisation (ISRO) and a rover named Pragyan, similar to those of the second Chandrayaan mission.

Launched on 14 July 2023, the spacecraft entered lunar orbit

on 5th August and finally the lander touched the lunar South Pole region on 23rd August 2023 at 6:15 pm IST making India the first country to land at the lunar South Pole.

The lunar South Pole region holds particular interest for scientific exploration due to studies that show large amounts of ice there. This ice could contain solid-state compounds that would normally melt under warmer conditions elsewhere on the Moon, compounds which could provide insight into lunar, Earth, and Solar System history. Ice could also be used as a source of drinking water



Chandrayaan-3's Pragyan Rover clicks picture of Vikram Lander on the moon.

and hydrogen for fuel and oxygen for future manned missions and outposts.

After the failure of Chandrayaan-2, ISRO spent a lot of time analysing the reasons for the failure and took adequate measures to mitigate similar challenges if they occurred in Chandrayan-3.

ISRO opted for a failure based design in Chandrayan-3 instead of a success-based design in Chandrayaan-2, and focused on what all can fail and how to protect it and ensure a successful landing. They looked at very many failures that could occur — sensor failure, engine failure,

algorithm failure, calculation failure. They then made sure that the lander could respond to these scenarios and still successfully land on the moon's surface. Chandrayaan-3 also has more fuel so it has more capability to travel or handle dispersion or move to an alternate landing site. The Vikram lander now has additional solar panels on other surfaces to ensure that it generates power no matter how it lands.

On 23 August 2023, as the lander approached the low point of its orbit, its four engines fired as a braking manoeuvre at 30 kilometres above the

Moon's surface. After 11.5 minutes, the lander was 7.2 km above the surface; it maintained this altitude for about 10 seconds, then stabilized itself using eight smaller thrusters and rotated from a horizontal to a vertical position while continuing its descent.

It then used two of its four engines to slow its descent to roughly 490 ft; it hovered there for about 30 seconds and located an optimal landing spot before continuing downward and touching down at 6.04 PM IST

What next:

After the moon mission, ISRO is planning a sun observation mission and is slated to send the probe on Saturday, 2nd of September at about 1150 AM. India will truly be in space and will have eyes on both the sun and the moon.

Surya, Chanda aur Aakash ke tare – hum aa rahe hai tumese milne aur tumhe behter jaanne ke liye.

Contest
09-01

ANSWER
AND
WIN!

ANSWER THE FOLLOWING QUESTIONS:

1. On August 4, RCMJ organized the ____ consecutive edition of Sanskar.
2. Name the two organizations founded by Dr. Madhavi.
3. Write at least one trait that defines the author of the article 'What Defines Me?'
4. Which oil retains more nutrients and antioxidants – cold pressed or hot pressed?
5. Who donated the audiometric equipment for V. N. Desai Hospital?

Prize:

Three 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 September 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 AUGUST CONTEST

Contest 08-01 – Review of best article in August Issue

We received four entries. All of them were worthy of awards. However, since there were only two awards to be given, the reviews of **Ananthalakshmi Ramesh** and **Natasha Dcosta** (not necessarily in the same order) have been selected as the winners. We are publishing their reviews below.

MEMBERS REVIEW



Breezy News with a cuppa! With the birth of every month (as one laments how swiftly time flies), this beautiful magazine fills you with pride, joy and hope. The new section, Member's Own Space, has very simple yet articulate reads where members' passion comes through and kindles something within. Mohan-ji's

Kishore Kumar – an Enigma, for me, was the best article of the issue. Surprising how much more information one can get on this legend despite much of his life being in public platforms. In his words, 'emphasised on the dark side', leaves us introspecting that as a society we do not attach much value or cherish our bountiful blessings enough! But the best part of the article was that he went beyond criticism and highlighting a problem, he offered a solution too. Such articles are inspiring at multiple levels. They motivate us to participate and be a part of solutions that lead to a better tomorrow and offer a continuance of our culture. Kudos Mohan-ji for this wonderful write up!

- Ananthalakshmi Ramesh



I liked two articles: Watching Cricket – My Passion for Life, by Sunil Menon; and Awesome Experience, by Dr Indu Salian.

Both articles touch a raw nerve in me. They fan the flames to pick up your talent or hobby wherever you may have left it. Maybe in school, college, before marriage, before kids.... They

talk about picking yourself together and living your dream whatever it may be from watching cricket to acting on stage.

Both articles shine the light on an interesting part of their lives that make them happier individuals.

Life has lots to offer. Sometimes we get carried away or absorbed in all the chores or to-do lists that we imagine for ourselves.

These articles encourage me to live happy doing what I like most... I'm going to restart drawing and jogging. Many thanks to Sunil and Indu for their inspiring stories. Many thanks to Rakesh for the fresh new **Breezy News**.

- Natasha Dcosta

Breezy News congratulates the winners and other contestants!

ON TURNING SEVENTY

By Meera Ramachandran

OMG!

It is a certainty.
I have hit seventy.

Is this the beginning of the end?
To test, I try my knees to bend.
"Sloowly, sloowly, sloowly,
Don't challenge nature, you silly."

Who, who dares to utter that?
My inner voice? That blunt brat!

Alerts on cell Ding a Dang.
I know it's my what's app gang.
"Congraaats, you've reached a milestone."
Messages pour in a stream.
Milestone? Do they think this is some
long-cherished dream?

I rise and pass the mirror, without a pause,
Shunning that crow's feet? Tis the cause, tis the cause!

I take a walk – tis said, the best anti-depressant
The Mumbai January air, Oh so pleasant!
There emerges a lady on a wheelchair
With a clueless, vacant stare.
Close behind a humped man with an attendant and
a cane too.
I feel guilty and blessed to be able still to walk on two.

A call from Nandu, who recently my niece wed
From across seven seas he said,
"Happy Birthday athai. I believe at seventy you still swim!
Forty years younger, I shy away from the gym.
You are amazing; you are now my role model."
Honeyed words, but I'll go for them full throttle.

My dear Sai, from heaven above a-peeping,
My peers from Delhi on WA a-beeping,
Gen next from yonder, on video appearing
And the 'grand kids' so nigh and endearing,

I take comfort, perhaps aalz well yet.

For, though "time that gave doth now his gift confound",
And we know where we all are bound,
But within, Time and Space implode in their own oceans,
memory like a tide ebbs and flows
Whispering, that age is not always linear; at heart, it now
wanes, now grows.

I suddenly embrace my septuagenarian identity
With all grace, pride and dignity.
If war-worn Ulysses saw the horizons widen and beckon
Perhaps some adventure is imminent for me too, I reckon.

Readiness is all.

"But why, my dear Meera, are you writing this, I prithee?"
"Just because there is a Breeze News to share, you see."

मौत एक
जन्मदिन है !!!

- लेखिका: झंकार गोयल

मौत एक जन्मदिन है
उस विशाल प्रभु से मिलने का
प्रथम दिन है...
ना रोग, ना दर्द, ना कोई लोभ.
एक संगीत, एक प्रकाश है चारो ओर...

मैंने जिया... मैंने खेला... मैंने भोगा...
अब थक गया था...
चला... पर नहीं अकेला...
वो जो धीरे धीरे.. बिछड़े थे कभी...
आज बहुत दिन बाद मिल गये सभी...

और प्रिय मेरी ! तू क्यों है उदास...
पिछले जन्म भी तो हम बिछड़े थे...
बस कुछ समय ठहर.
फिर होंगे अगले जन्म साथ...

बेटी मेरी...
तू रोती क्यू है शोक में...
मैं तो बहुत दिन बाद...
शांति से लेटा हूँ...
अपनी माँ की गोद में...

और कब आये थे हम साथ साथ...
कैसे जाये पकड़े हाथ...
मैं चला आज, तुम आओगे कल..
या शायद परसों...
फिर ये छोटी सी बात...
दिल क्यों नहीं समझ पाता बरसों...

और हाँ...
अंत समय का मेरा चिड़चिड़ाना
मत रखना याद...
वो तो एक नींद में बच्चा...
मचल रहा था...
जाने को अपनी माँ के पास...

और क्षमा करना...
तुम्हें यही छोड़ चला...
अपना साथ यही...
इसी मोड़ तक रहा...
मिलेंगे फिर कभी कहीं...
तुम जीयो हज़ारो साल...
मेरा आशीर्वाद यही...



INSIGHTFUL SESSION ON AVIATION: EXPLORING DIVERSE CAREER OPPORTUNITIES

By Narinder Madan

On July 28, Rajhans Vidyalaya was a proud host to an enlightening session on Aviation organised by Rotary Club of Mumbai Juhu in collaboration with the Aviation Society of India. Stalwarts from Aviation and Aeronautical industry graced the occasion providing the senior students of both Rajhans Vidyalaya and Hansraj Morarji School with valuable information about various aspects of aviation beyond just piloting.

The chief guest for the event was Dr. Keshav Sharma, Retd ED Airport Authority of India (Western Region). The session commenced with a motivational address by Dr. Sharma who emphasized the importance of expertise in every chosen field to achieve success in life. He particularly highlighted the significance of the aviation industry, which he described as a rapidly growing sector offering thrilling and diverse career opportunities.

He was followed by Vivek Kulkarni, Hon. Secretary Aeronautical Society of India [AeSI] who provided the audience with a brief overview

of the society. He delved into its history, objectives, and the role it plays in promoting aviation-related endeavours. This introduction laid the foundation for the subsequent discussions.

The next speaker Manmohan Chawla, Vice Chairman – Aeronautical Society of India, further enlightened the attendees about the skills and qualifications required for various jobs within the aviation industry. He offered valuable guidance on how to pursue a career as an airline or commercial pilot, an air traffic controller, and other roles. Notably, he highlighted India's outstanding double-digit growth in the aviation sector.

Dr Punita Masrani, specialist in Aviation Medicine expounded the necessity of occupational medicine in Aviation. She shed light on the crucial aspect of human health and psychology in aviation. She discussed the physiology of flight staff, emphasizing the importance of their well-being and safety while working in the aviation industry. Additionally, she introduced



the concept of aerospace medicine as a career path and detailed the qualifications required for such a role.

Ashwani Sharma, Vice Chairperson AeSI, brought attention to the vital role of aircraft maintenance in the aviation world. He provided insights into the maintenance practices employed to ensure the safety and reliability of aircraft. Furthermore, he shared interesting anecdotes about the challenging yet rewarding nature of this aspect of aviation.

Dev Shah, the Drone Expert, fascinated the audience with a captivating presentation featuring a model drone. He educated the students about various types of drones, their applications, and the regulations governing their operation, including licensing requirements. This informative session broadened the students' understanding of the expanding role of drones in modern aviation.

The event was skilfully hosted by Narinder Madan, who adeptly summarized the key points from each speaker's presentation.

Behind the seamless execution of the entire workshop was the leadership of Arun Wadhwa, the President of RC Mumbai Juhu. He played a pivotal role in curating the event and ensuring its success. The program reached its culmination as Arun Wadhwa personally extended heartfelt felicitations to all the speakers, expressing gratitude for their valuable contributions.

The session concluded on a high note, leaving the students motivated and inspired to explore the myriad possibilities within the aviation industry. As a token of appreciation and gratitude, the speakers were presented with small gifts as mementos to acknowledge their valuable contributions to the event.

The workshop reinforced the profound statement by the Wright Brothers: "It is possible to fly without motors but not without knowledge and skill." This sentiment perfectly encapsulated the essence of the entire event, emphasizing the significance of expertise and continuous learning in the pursuit of aviation careers.

AMARJIT IS CG AT INTERACT INSTALLATION

Rtn. Amarjit was the Chief Guest at the installation of RC Bombay Harbour's Interact Club on August 2. Our interactors Diljyot and Shivam from Rajhans were also present. They spoke about possible projects for Interactors.



DISTRIBUTION OF SPECTACLES



After the eye check-up camp at Lilavati Podar Marathi Medium School, there were about 50 children who needed assistance in terms of spectacles. These were handed over to them. The spectacle frames were quite colourful and the children loved them. Some lucky girls got pink spectacles, made more enjoyable with a discussion on the movie Barbie.

Thank you, Incredible Superhero Hemang, for organising this.

SUMANA IS CG AT INTERACT INSTALLATION



Rtn. Sumana Menon was invited as Chief guest at the installation ceremony of Interact Club of Canossa Convent, Mahakali, Andheri (East) on August 8.

KALA IS CG AT INTERACT INSTALLATION



On August 19, Rtn. Kala was Chief Guest at the installation of Interact Club of Garden City held at Commerce II, Oberoi Gardens. This is a community based interact Club

STRAY HAPPY TREATMENT CENTRE



Stray Happy, the NGO driven by our Dr Madhavi Chaturvedi, celebrated its second birthday with the opening of a treatment centre for strays in Goregaon West

on August 6. The vet doctors, testing facilities and all arrangements are in place. RCMJ members enthusiastically donated to the project. Rtns. Manu, Sridhar, Natasha,

Nirav, Varsha and Arun were the donors.

Special thanks and congratulations to Dr Madhavi Chaturvedi and family for driving this much-needed initiative.

STRAY HAPPY PRESENTATION AT VIVEK COLLEGE



On August 11, Madhavi Chaturvedi made a presentation on Home for Home-less Dogs to Rotaractors of Vivek College of Commerce. The

students interacted with questions and anecdotes with great enthusiasm. Many queued up to volunteer in Madhavi's NGO, Stray Happy

Foundation. They vowed not only to actively engage in strays' care henceforth, but also convert their shy and afraid peers and teachers.

LAPTOP DISTRIBUTION



Education is one of the most competitive fields. Students have to now compete with other students with better facilities. Having a laptop may be a given for most students, but for some it is still a luxury. To address the gap, we decided to donate two laptops at Vidyanidhi Marathi Medium School at Andheri West. The recipients were an 8th Std girl student and an SYBSC student. The laptops were well received and hopefully we have been able to make a positive difference in their lives.

The refurbished laptops were donated by our Incredible Superhero Nirav Raval. Thank you, Nirav, for the donation.

DISTRIBUTION OF COOKIES AT RCC GOREGAON SCHOOL

Our RCC at Goregaon runs a very effective tuition program during the daytime for children of the economically weaker sections. These school-going students need assistance in terms of additional tuition classes to compete against the other students. The tuition is provided free of cost in this center. We could spread happiness there by distributing cookie biscuits to all the children. About 150 children benefitted from this.

The biscuits were arranged by our Incredible Superhero Hemang.



DISTRIBUTION OF UNIFORMS AT S.S.S. GHATKOPAR



On the occasion of Independence Day on August 15, RCMJ distributed uniforms to RSP students at S.S.S. Ghatkopar. These uniforms

were donated by members of RCMJ.

President Arun Wadhwa was present on the occasion along with Rtn. Dr Indu,

Rtn. Mehek and Dhiti.

Thanks to Incredible Superhero Daksha for giving us an opportunity to make a difference.

SUNIL SUPPORTS EDUCATION OF ENGINEERING STUDENT



On August 14, Rtn. Sunil was instrumental in accomplishing a noble cause by RCMJ. He handed over a demand draft of 1 lakh towards the fees of final year mechanical engineering student Suraj Nair, thanks to support from Rtn. Patricia and her daughters, Rtn. Piyush, Rtn. Datta and himself and some of his friends from abroad who supported the cause. Rtn. Amarjit took the efforts to get the DD made in favour of the college. The picture shows Sunil handing over the DD to the mother of the student in front of Vice Principal of Rajhans.

EYE CHECK-UP CAMP AT VIDYANIDHI SCHOOL

The very next day, we had the pleasure of conducting an eye check-up camp at Vidyanidhi School in Juhu. The school and its students were not only eager to get their eyes checked, but were also quite appreciative of our Club for doing the project. They were smart, well behaved, and very inquisitive regarding how to take care of the eyes.

President Arun and Director Hemang got the biggest token of love from this project; the girls tied Rakhis on them as Raksha Bandhan was fast approaching. Emotions are always more powerful than material possessions.

Thank you, Incredible Superhero Director Hemang Jangla for driving this project. A very satisfying project indeed.



SPREADING HAPPINESS

RCMJ's initiative 'Spreading Happiness' is focused on reaching the children of the economically weaker sections of the society. It ensures that good quality packaged food is distributed among the community. On Sunday, August 20, RCMJ got involved with its

partners at RCC Oshiwara and distributed over 200 packets (750 gm each) of Bournvita powder to 200 needy children across three slum areas of Juhu Koliwada and Shivaji Nagar in Juhu.

Luckily for President Arun and Director Hemang – volunteers

from RCMJ – and other participants, all the three distribution places were in temple compounds so it was a combination of darshan and seva on Sunday morning.

The joy on the faces of the children was a joy to watch and treasure.

The project also met one of our long-term objectives – to make RCMJ known in Juhu area.

Thank you, Incredible Superhero Hemang, for driving this project. Thanks to the team members of RCC Oshiwara for planning and executing the project.



EYE CHECK-UP CAMP AT DIXIT ROAD BMC SCHOOL

RCMJ continued its initiative of conducting eye check-up camps for Marathi medium schools for the economically weaker children. This school was a pleasant surprise with its cleanliness and the well-behaved school children. We could cover over 400 students and the interaction with the children was a lot of fun. Thank you, Incredible Superhero Director Hemang, for driving this project.



EYE CHECK-UP CAMP AT NITYANAND SCHOOL

Back-to-back three days straight. Another eye check-up

camp was held at Nityanand School. There was good

response to the camp. Some children had anxiety as they had just completed their tests before coming in for an eye test. Good kids with the right blend of mischief and responsibility.

Thank you, Incredible Superhero Director Hemang Jangla, for driving this project.



BLOOD DONATION CAMP AT ANDHERI



RCMJ's focus on consistently holding blood donation camps continues. On Tuesday, August 22, we participated in the second blood donation camp

held at Andheri Station. This camp was driven by enthusiastic NSS volunteers from Bandra. They did a great job in motivating and encouraging

train commuters to donate blood and help others. We managed to collect 132 units of blood in this drive.

TWO-IN-ONE PROJECT AT VIDYANIDHI SCHOOL

On August 29, an eye check-up camp was organized at Vidyanidhi English School. As a sequel to the check-up, spectacles will be distributed to the students who need them in the next few days.

This was followed by another educational activity at the school for students of Std. 11 and 12. These children have to

prepare for their entrance examinations, complete their college projects and participate in inter-college competitions. In such a competitive environment, it is essential that they have access to the latest in computer technology so that they can compete better. RCMJ recognized this need and has donated a desktop

and a laptop to two deserving students. It was heartening to note that both the students committed to share the use of computers with their friends and neighbors, thereby amplifying the impact of the project.

Thank You Incredible Director Narinder for participating, and Incredible Director Hemang for driving the project.



THE LAST WORD



RAKESH KUMAR

Rotary celebrates September as Basic Education and Literacy Month. By promoting basic education, Rotary empowers communities to break the cycle of poverty and equips individuals with the skills necessary to enhance their livelihoods. Literacy fosters informed decision-making, critical thinking, and improved health outcomes.

Moreover, literacy intersects with other Rotary areas of focus, including healthcare, economic development and peace-building. Through its dedication to basic education and literacy, RI exemplifies its core values of service, fellowship, and global impact.

Basic education and literacy form the cornerstone of any nation's progress, serving as catalysts for individual empowerment, social development and economic growth. India has made significant progress in expanding access to basic education over the years. The Right to Education Act, enacted in 2009, marked a milestone by ensuring free and compulsory education for children aged 6 to 14. This Act aimed to bridge the education gap and lay the foundation for a literate and informed citizenry. Government initiatives such as *Sarva Shiksha Abhiyan* and *Beti Bachao Beti Padhao* have further reinforced

the commitment to educating all segments of society, particularly girls and marginalized communities.

However, despite these efforts, there are challenges to be overcome. The issue of quality in education remains a pressing concern. Many schools, particularly in rural and economically disadvantaged areas, lack proper infrastructure, qualified teachers, and adequate learning resources. High dropout rates, especially among girls, further hinder progress toward achieving universal basic education. By helping the country to address the challenges of educational quality, dropout rates and digital literacy, our Club along with our service partners and other Rotary Clubs in India can help the country to unlock the full potential of its citizens and pave the way for a brighter and more equitable future.

Rakesh Kumar
Editor

READER FEEDBACK

Kala Sridhar
@Rakesh Kumar, Superb

Meera Ramachandran
A big Wow. Thank you for producing this comprehensive and enjoyable issue of *Breezy News*.

Sunil Menon
Wonderful compilation and thank u since I got a lot of compliments from my friends and relatives for my article.

Anand Bhadkamkar
Super effort as each time. In fact, the breadth and coverage are increasing with each issue.

Arun Wadhwa
The additions to the breadth of *Breezy News* are so awesome. Knowing members, understanding and appreciating their life stories and also learning about their passions makes it a must read. Looking forward to more from *Breezy News* every month. Kudos to our Incredible Editor Rakesh who will always have the last word.

Varsha Baradiya
Wow. Too good Rakesh ji.

Dr Indu Salian
OMG Rakesh. On time.... hats off.... you excel in it... Absolutely proud of your contribution... Super coverage.

Narinder Madan
Great show, dear Rakesh!

Mohan Radhakrishnan
Thanks, Sirji to have my article published.

Subhashish Majumdar
Great as usual. Cheers

Sridhar Ramasubramanian
Brilliant coverage and improvised content. Special kudos to members' articles initiated. Overall *Breezy News* getting better and better month on month. Cheers.

Meera Ramachandran
Mohan's article in *Breezy News* was very informative and his concern for the ill-maintained home and memorial of Kishore Kumar was touching. These places need to be made an attractive stopover in a regular tourist circuit of the area. Yes, a contribution from Kishore-da's fans would help in the restoration. There are many interesting anecdotes about his 'mercurial' life and a guide could be trained to present these to the visiting tourists. Felicitations to you Mohan.

Rahul Jain
Rakesh, hats off. Amazing and interesting... Badhai ho... Just went thru the *Breezy News*.

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*



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