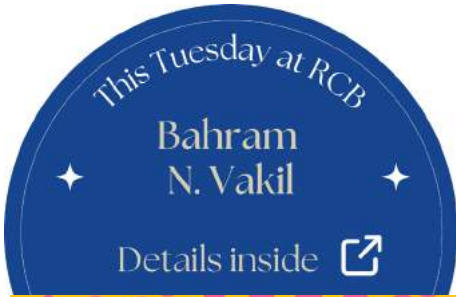


THE GATEWAY



**Rotary Club
of Bombay**



Volume 65
Issue No.20
December 12, 2023
For private
circulation

Bulletin of the Rotary Club of Bombay
<http://rotaryclubofbombay.org/>

THIS OR THAT



December 16th

Christmas Brunch at
The Clearing House,
Ballard Estate.
Further details
[inside.](#)



Should India be changed to Bharat, a debate between RCB's Satellite Club and Rotaractors, moderated by PE Satyan Israni

Last Tuesday, PE Satyan Israni moderated a debate between Rotary Club of Bombay and RCB's Satellite Club on whether India's name should be changed to Bharat. In his introductory remarks, PE Satyan pointed out that the issue emerged when the sitting government expressed a desire to use Bharat during the G20. In addition, he said, the NCERT team responsible for the school syllabus has already proposed changing the name to Bharat in textbooks. However, it's still in the early stages, and public opinions are being collected. PE Satyan then pointed out potential consequences, such as tongue twisters for institutions like IIT becoming Bharatiya Prodyogiki Sansthan. The humorous aspect of the change was highlighted, including the possibility of BITS Pilani being happy if IIT becomes BIT.

[Article continues on Page 2](#)





“Article 1 of the Indian Constitution begins with the words: “India, that is Bharat, shall be a union of states.” The name India is an anglicisation of the Sanskrit word for the Indus River given to us during the British colonisation.”



Article continues from Page 1

For Bharat, Speaker 1

This is not merely just a matter of nomenclature, it's a reflection of our cultural heritage, national pride and a step towards embracing our history. Article 1 of the Indian Constitution begins with the words: “India, that is Bharat, shall be a union of states.” The name India is an anglicisation of the Sanskrit word for the Indus River given to us during the British colonisation. When India gained independence from the British, the framers of the Indian Constitution decided to use both Bharat and India in the Constitution. Over the years, India has been used more commonly, especially in an international context.

Historically, Bharat has been used in Indian scriptures and texts for centuries, such as in the Mahabharata. It reflects an important part of India's cultural and linguistic identity. It evokes a sense of heritage and tradition. By adopting Bharat as our official name, we would be honouring our roots and affirming our commitment to preserving our cultural legacy. But beyond the historical significance, changing the name to Bharat would

[Article continues on Page 3](#)

Winners aim for nothing less than Gold.
The same mindset can add the gilt edge to your portfolio.

45 years | 15 countries | 1.5 Million clients
USD 47 billion assets

Talk to us on 022 2483 1919 | Toll free no.: 1800 221 331 | contact@phillipcapital.in

EQUITIES | CURRENCY DERIVATIVES | INTEREST RATE FUTURES
CORPORATE BONDS | PMS | SLB | INVESTMENT ADVISORY

Investment in securities market are subject to market risk,
Read all the related documents carefully before investing
For registration and detailed disclaimer, kindly visit www.phillipcapital.in



Article continues from Page 2

also carry symbolic weight.

It signifies a break from the colonial legacy, and it is a reclamation of our identity. The name India was bestowed upon us during the British colonial era. Embracing the name Bharat would be a statement of pride for us, a way to assert our cultural identity on a world stage. It's an opportunity to redefine how the world perceives us, not just as a developing country, but as a dynamic and culturally rich society. We would also be joining many other nations who have done the same thing.

Turkey changed its name to *Türkiye* in an effort to represent its cultural values in the best way. Burma renamed itself to Myanmar and renamed some cities such as Rangoon to Yangon to distance itself from British Burma and its colonial history.

We believe that India should follow suit and rename itself as Bharat. Let us rename ourselves from incredible India to Behatirin Bharat.

Against Bharat, Speaker 2

I just want to ask all of you a very simple question. When I say imagine the word India, a picture, an icon, anything, what comes to your mind? I'll give you five seconds.

It can be the iconic Taj Mahal where there are love stories built, or it can be the yoga gurus that teach us that have gone global. It can be the IT companies that have gone global, that have taken India to the world and opened offices everywhere. India is not just a name right now; it is a legacy. Anywhere you go in the world, India is not just known as a country, it is known as the largest democracy to exist and



that is not an opinion, it is a fact.

Yes, we would like to connect to our ancient culture, but that does not mean that we forget the future. Firstly, both the names are there in the Constitution. This debate was settled in the 1950 when it was already decided both the names shall be used. As she rightly pointed out, India has been used more commonly and that has created a brand for India.

There will be global repercussions for changing the name. Leave the logistics for us, changing passports and changing names and everything. But what about renegotiating agreements like the LSE agreement with China? Those discussions will have to be done again and those are very complex decisions. You cannot just go and do all of it again because of a name change. Renaming India as Bharat might be a disconnect with the non-Hindu people who do not feel connected to Bharat because everybody can call India as their home. You are an Indian, I am an Indian, Jai Hind. India it was, India it is and India it will remain.

For Bharat, Speaker 3

The change will take a little time, but we can do it in phases. Like, in the first phase, we can stop issuing new documents in the name of India. We can issue them in the name of Bharat, Government of Bharat.

In the second phase, we can take the new documents, new domains like .bhrt. And in the third phase, we can issue currency in the name of Bharat, and

[Article continues on Page 4](#)



Article continues from Page 3

reissue all the old documents in the name of Bharat instead of India. Because the word India does not have any literal meaning, Bharat is an emotion. Bharat is derived from the great emperor Bharata and it is also mentioned in the Vishnu Purana; the land which extends from the sea to the north is called Bharat or Bharatvarsha.

In 2014, Czech Republic President Milos Zeman recommended the wider official use of Czechia and on April 14th, 2016, the government agreed to make Czechia the official short name. The new name was approved by the Czech cabinet on May 2nd, 2016 and registered on July 5th, 2016. And they slowly and gradually made it official. The Czech Football Association announced the adoption of the name SESCO and Czechia on May 24th, 2022. In August 2022, the United Nations list of member states was updated to Czechia and the exception of keeping the long form of the name on the country plates was dropped. On November 1st, 2022, the Olympic Committee requested the International Olympic Committee and European Olympic Committee to enter the name Czechia into the database of countries for sports competition.

Slowly and gradually, we can change our name from India to Bharat.

Against Bharat, Speaker 4

India is an emotion for all of us; and there is no point in saying that India does not have any meaning or that all documents would be issued under name Bharat. What about the previous documents issued under India? Don't you think that give rise to more criminal activities because criminals can make new documents under India or Bharat because

everybody is going to accept both?

We all went through that Rs 2000 note ban phase which was so painful, people standing in lines... so how is changing India to Bharat going to be helpful for us common people because India is not a country of only Hindus, but we are a diverse cultural people. Bharat is a Hindi word and Hindus usually speak Hindi, so why are we debating on changing India to Bharat? Are we minoritising every other religion that has been part of India?

For Bharat, Speaker 5

I would respectfully like to disagree with my fellow panellist's views on the word Bharat. Just right now, we all sung the National Anthem which is something that binds us together; irrespective of religion or background, every Indian will sing it. And, in that Anthem, it has always been referred to as Bharat.

Bharat is a Sanskrit word. Sanskrit has been the root of many languages spoken across India including from the 20 plus national languages approved and officiated in the Constitution.

As my fellow panellists pointed out, it's not going to be an overnight change. The Czech Republic took 10 years, and they're still changing it. Similarly, it is going to take time for us. It's not something that has to be done overnight, but it's something that can be phased out, and gradually implemented.

And, we can't ignore the impact it has on our culture, our identity, and that sense of patriotism and power that the word Bharat holds. When you

[Article continues on Page 5](#)



Article continues from Page 4

say Bharat, it has a very powerful connotation. Changing to the word Bharat is going to be a step towards reclaiming our rich heritage. Bharat was used before the British came. Bharat was one of the terms used to describe India, greater India, which also included Pakistan at that time.

In terms of religion, in terms of everything, it has been widely accepted by our citizens across caste, religion, income brackets. And, there's something that is always said with pride, *Mera Bharat Mahan*.

Against Bharat, Speaker 6

As a fellow panellist said a few minutes ago, if you want to change the country's name from India to Bharat, there's the problem of changing all the documents, petitions or any agreements of the country. Someone suggested we do it in phases. It would cost a lot of money and, as a citizen of India, I would want that money to be put into solving problems like inflation and poverty, rather than in changing the name of the country. After 75 years of Independence and, after being rejected twice, this petition has been raised twice before and rejected as well, so I don't think there's any problem in continuing the name India.

Also, India has been globally recognised as India for a long time, and it is starting to become a brand amongst other countries. As I mentioned before, the process of changing India to Bharat will cost a lot of administrative hassles in the change to passports, Aadhar cards, maps, embassies, there are a number of things to name as of now.

So, I still think it would be great if we continue with the name India.

For Bharat, Speaker 7

Firstly, Mohit, will you like it if I cannot pronounce your name and I keep calling you Rohit, Rohit, Rohit, and just because I called you that, everybody else starts calling him Rohit. Are you okay with that? Your original name that your parents gave you, your loved ones gave you, being changed?

Similarly, will we like it if Bharat, the name that has been in India, the name that has been with us for more than 5,000 years, will we like it if it's just changed by some outsider? Somebody that's not even ours.

The British have left us but we still want to hold on to their names. Why? We changed Bombay to Mumbai, Calcutta to Kolkata. Why not India to Bharat? Mumbai is a good name. It looks very wow. Mumbai is a city, right? The city we all love, we all live in. Again, we are not talking about Mumbai. Back to the topic.

And, as your last contestant just said that it will cost a lot of money... Change is tough. Obviously, it will take time. It won't happen in the snap of a finger, right? It requires time and as citizens of India we must cooperate with something that a government is doing for us for our own cultural heritage. Bharat has been used for 5,000 years. There were Mughals that time. So, there is no question of religious symbolism. And the Vishnupuranas, there is no Indus river mentioned. It's Sindhu. Just because the Britishers could not pronounce it, they named it Indus. And, thus, we have India. It's just people coming to us, throwing our name and we're

[Article continues on Page 6](#)



Article continues from Page 5

catching it. Yes, yes, we'll take that. No, we have to stop doing that. We have to decide for ourselves, right?

Aatmanirbhar Bharat. We got through COVID together. We got through demonetisation together. We got through the 1983 World Cup together. We got through this World Cup together. We got through the freedom struggle together. Then why not this? If our country is doing something for us, we should surely cooperate with them.

Against Bharat, Speaker 8

India's name should be India as it has been so since many years. Like, in the UN, and everywhere you go, India has a recognition of its own. In the World Cup this time, ICC, it was India. In 5000 years, it has never solely been Bharat, like you said. The Mughals and Daulats – invaders – they never called it Bharat. So, changing it to Bharat will require a lot of finance.

The money can be used for various issues right now, because that's the need of the hour and changing the name won't really matter. Our generation, personally, won't care if the name changes from India to Bharat. Some of the people don't even care about ancient history or whatever is happening; we are more concerned about our personal life and all. India has a recognition and India will be India.

PE Satyan Israni

Both teams have made great points. It's time that they are grilled about what they think. I'm sure all of you have questions and let's be fair to both the teams and ask them equally. Let's not hammer only

one team, let's hammer both of them equally.

Rtn. Mudit Jain

Just a brief comment. Why has this idea come into being? Because our prime minister wanted to change India to Bharat? It has got politicised because the opposition alliance are calling themselves the India Alliance. Before that, there was no Bharat. So that's the preface to it. So, I'll say then, why not as a proud Indian enlightened citizen, call it Hindustan. You can call it anything. Then change the name of Mount Everest to some Indian name. It was the Indus River. Sindhu River became Indus. Go on changing everything. Let us do productive work rather than kind of go on name changing. Changing Bombay to Mumbai has not changed Mumbai. So, I would like PE Satyan's view on this.

PE Satyan

If you are to personally ask me, I will go by what William Shakespeare said. What's in a name? A rose is just as sweet with any other name. But I would rather that the debaters give their thoughts. So if you have a question for them.

Conclusion for Bharat

To sum up the stance of those who support the name change to Bharat, when we say Bharat, the word Bharat comes with a legacy. In Sanskrit, Bharat refers to a seeker of knowledge. India is the homeland of the motherland of the land of knowledge. We are the land and the home of

[Article continues on Page 7](#)



Article continues from Page 6

Nalanda University. We are the home of scientists and scholars and the centre of spiritual growth and significance.

Firstly, we are not renaming the country; we are reclaiming its identity. It is not renaming, it is reclaiming. And, of course, non-Hindu citizens existed back then; a Hindu isn't just somebody who believes in God or is a worshipper of God.

Somebody who does not believe in God is a Hindu. Somebody who believes in the non-existence of everything is a Hindu. Somebody who thinks the world is a myth is a Hindu. Somebody who thinks this is just science at all is also a Hindu, right?

All of that comes under the aspect of Hinduism. So, when Hinduism in itself is so welcoming and so broad, it has always been home and a welcoming platform to all other religions, of course, right?

When we say the name India, India came in because invaders couldn't pronounce the name Sindhu, right? The reverse Sindhu, the S could not be pronounced by invaders from the Greek, from Prussia with the background of Urdu. That's how Sindhu became Hindu and thus came to India, right? When we speak of Bharat, you realise the depth of the name in itself. You asked, what do I see when I see Bharat? I see Akhand Bharat. I see people, I see places, I do not see borders. But when I see India, I see a Partition, I see violence, and I see 200 years of colonisation.

When it comes to a name change, the money part, the name change will result in increased workload. So, to do that increased work, you need more people. When you employ more people, it

creates employment opportunities. Currently, in our country, we also give out a lot of free goods and services to attract votes, correct, the budget of which goes approximately to Rs 1,300 crore. The budget in the process of a name change would be around Rs 1,400 to 500 crores.

So, rather than giving out free goods and services attract votes, why not devote that money into good use and put it elsewhere in the name change? I don't think the finances would be an issue. It's just that you have to stop giving out things for free to earn things and get people in your bag, but to devote it to good work. And that work too is creating employment because it's going to require a lot of more people and a lot of more manpower to get things to function, which will create employment and get funds.

When it comes to generations, I don't think the perspective that the coming generations won't care about history and culture comes into picture here. Be it a citizen who is 75 or be it a citizen who is 7, the patriotism shall remain, and the patriotism should remain with its history, its culture, its awareness.

When we speak of the existence of the name India and all of the organisations and names that we have, tell me how long has India been there for? 200 years of British colonisation? 75 years of post-Independence, correct? The United Nations, all of the other governing bodies that we look at for recognition, how long have they been there for? 20 years, 50 years, 70 years? How long has Bharat been there for? Centuries and ages and ages.

[Article continues on Page 8](#)



[Article continues from Page 7](#)

So, is Bharat more in the field or is the UN more in the field? Is the BCCI more in the field? And it's just about a name, right? So now the question that arises here is, was Bharat before or UN before? So, what is the importance of the recognition of the UN or BCCI to what is older than them? Correct? Because these institutions, these platforms are formed by us, by the nations.

Yes, now we can move on with the questions in case anybody has any others.

Conclusion against Bharat

Before I start with my conclusion, I would just like to say if our current sitting government's motion of changing India's name to Bharat had been passed, we would have not been here right now. Because the place we're sitting in, it's called the Indian Merchants Chamber. In the name change, the paper change, this entire place would have been shut down for let's say years and I don't think it would have been possible for us to be here.

To do a very short conclusion, we, yes, I, deeply connect with my history. I deeply connect with the ancient culture that India and Bharat have. I have no problem referring to myself as Bharatiya.

But that is not the issue that we're debating right now. It's about what current India is. It's about what the future is going to be. I looked up the population of India just before entering the debate, it is 140.7 crores out of which 20% are minorities, and many are NRIs. People have gone all over the world and identified themselves as Indians.

We have an identity around the entire world. Let it

be any country, let it be any state, let it be any invader who has come to us, named us. We have gone back to them and told them we are Indians, deal with it, and we have surpassed them in every single point. Global companies, global leaders, global CEOs, they are all of Indian origin. They all feel patriotism towards India. It's not about whether you feel patriotic by being called Bharatiya or Indian, it's the country that you feel the patriotism for not the name. It has been continuously pointed out by my team, India has been a brand. The time that you're talking about, 5,000 years ago, there were no such things.

You say 5,000 years it's been Bharat. Right now, 200 plus 75, 275, it's India. So, why should we not do Bharat again? Okay, there were those wire telephones for 150 years, and we have had mobile phones for 25 years. But okay, come on, wire telephones for 150 years, so why not go back to the wire telephones? It's the same debate.

You are progressing and you don't have to come down. I am not saying Bharat is a demotion or anything like that. I call myself a proud Bharatiyan. But that does not mean that we have to change things the way they are. You just said Rs 1,400-1,500 crores, like it's a very small deal. And, we have to stop giving free things to people. But these people really need it, They cannot live without it.

These 1,400 crores, 1,500 crores can be put in to give more free things. And it's not free. It's a necessity of life. They get houses, they get clothes, they get basic ration, as we call it. They get basic necessities. It's

[Article continues on Page 9](#)



Article continues from Page 8

not that we're giving out iPhones to them for free.

ROTARIANS WEIGH IN

- I think we are discussing this particular issue a little prematurely. The reason being the entire discussion about Bharat and India started because of the formation of the new government of NDA. Had it not been there probably we would not have been discussing this today. Now after seeing the results of last Sunday of the five states, I feel that we should wait till 2024 May and perhaps if India dismantles itself completely, we may not need this discussion thereafter.
- We've been discussing India, Bharat etc. Are there not more important things to be placed before India and Bharat? Which is, the moment you ask a guy, wherever, whichever part of the world you go, whether he says I'm an Indian or a Bharati, the next question is are you a Punjabi or are you a Parsi? Why can't we give up that and first have our patriotism come to the point that I am an Indian. Not a Gujarati, not a Marwadi or whatever. I am an Indian first. That's my point.
- My question to both the groups is why can't we have both names, you know, London, Laundre, Milan, Milano, Rome, Roma. Our official documents have both names. What I would suggest to both the groups is why not promote both the names? I mean we can get a kind of a synergy benefit rather than either or kind of a scenario. I would like your views on that.
- Sir, as you very well pointed out, where there is Bharat, there is India? Because it's the same thing and personally I don't mind calling it

both but our topic for the debate allowed us to vote for only one. So I'm really sorry.

- Yes, the topic of the debate was India or Bharat. We already refer to them as both but we should not just go through the trouble of doing the name change because I just have this counter. She gave this very fun example of people calling me Rohit Rohit Rohit by mistake. What if I changed my name? I was born 18 years ago. My name has been Mohit for 18 years. Now I changed my name officially to Rohit. Imagine the amount of confusion that will create among all the people I know. Is that guy Rohit? Is that guy Mohit? When did this happen? What did this happen? Why is this happening? What is wrong with him? Everything. And this is just me and a very small amount of people I know in the limited world I know. India is global, India is all over and India it is.
- Just one thing just to help you. Very important, I think there should be a debate as we are a democracy and our Constitution gives us a choice to call India or Bharat. So as a democracy that right should not be taken away from us. I feel that way. And I shudder to imagine Arnab saying "Bharat wants to know." You know. So let us all decide. It's not important that it's India or Bharat. A democracy should give you your right and you should decide what you want to say. And the debate should be not to take away our democratic rights. That's what I feel.
- Sir just said that Rome is also called Roma. But

[Article continues on Page 10](#)



Article continues from Page 9

they gave their name to themselves. India was given by Britishers. We gave ourselves a name of Bharat. We accept that we are Bharatiya. Not Bharatiyans.

- So, one idea, if we want to keep both the names, we can at least prioritise the name Bharat over India. And the reason why we believe in this so strongly is because we think about it. This name was given to us by other people. If we prioritise the name Bharat, we are reclaiming our cultural identity, our history. And we are frankly becoming the nation that we once were. Our own independent nation. Which is why we definitely should do it. And if not the name change, we should at least prioritise Bharat before India.

Rtn. Natasha Treasurywala

So, your entire argument is predicated on two things if I am right. You are saying that if we rename ourselves Bharat then we have sort of wiped out the bad news of demonetisation, we have wiped out colonisation because we've renamed ourselves. So, therefore, now India is free of colonisation, free of demonetisation, free of all the bad things that happened. It's all gone because we've renamed ourselves Bharat. Is that correct? And the second part is you all are saying it's linked to a heritage. So are you saying that if I rename Bharat, till now we had no heritage, but now that we have renamed ourselves Bharat, now we will have a good heritage and we will have that patriotism, etc. which we don't have today. Are you saying we don't have it today?

Answer: No, that is not the point. We're just trying to say that Bharat as a name would be a way to honour all the history of India that was there before the colonisation, so all the literature, the scriptures, everything that was written. It doesn't wipe out the demonetisation, it doesn't wipe out the history of India or anything that's happened while the name has been India.

Of course, that's a part of our history and that matters, but we want to make it clear that that is not only what India is, we have so much more than that. And by reclaiming the name Bharat and reclaiming our roots, we're trying to say that we want to get back on track to be a wonderful nation that is not just being defined by the colonisation of British and India, we have so much more than that and it's time to show that to the world.

PP Haresh Jagtiani

I'm a bit appalled at the fact that you should suddenly say that there's an upsurge of patriotism in us because we call ourselves Bharatiya in the name of Bharat. Nothing could be more superficial than that. For instance, I don't feel like an alien because you call yourself Bharat. I am an Indian, neither do I feel extra patriotic because you called me Bharat. It's like you said correctly, what's in a name? It's just now when we go abroad, they find it difficult to pronounce Indian names. I'm often called Harry, not that I disapprove of it. I probably prefer Haresh or Prakash is called Piki. Or for that matter, if you remember when Donald Trump came here, he

[Article continues on Page 11](#)



Article continues from Page 10

had a rough time saying Swami Vivekananda. I dare say he'll refer to him as Vicky. But does that mean it diminishes his wealth of knowledge on spiritualism merely because he's a Vicky and not Vivekananda? Therefore, this superficiality in the name, I think there is no place in today's modern India. That's my view.

Thank you.

PE Satyan

I think he has made great points and to an extent, I agree. I've been in the courts for more than 20 years and they have changed my gender, my community, my religion. Until today, the court officials don't know what my surname is. They keep referring to me as Irani. But you carry on, you do your work. You don't really get bothered by it. But the point also is that do we really need to get so upset if we are called Bharat, which is also our name in the Constitution, which has been traditionally there for us. I mean, what is wrong in calling ourselves Bhartiya or Indian? I mean, why should all of us suddenly have a knee-jerk impulsive take to it? But this is what the politicians ace in doing. You know, they get the people involved in all nonsensical debates when actually the real issues are kept aside, and they can do whatever they do.

So, but be that as it may, I think we had a good exchange of thoughts. I don't think we should sit and vote for which particular proposition works. In a democracy, I think you can vote, but then you need to protect the minority as well. That's why I had one extra speaker for them.





TUESDAYS WITH THE ROTARY CLUB OF BOMBAY





Ice-breaker for new RCB members

Rotary Club of Bombay's Assimilation Committee hosted a meet and greet fellowship for new members and their partners on Friday, December 1st, 2023, at Royal Bombay Yacht Club.

President Manoj Patodia and First Lady Nandita were present to encourage the new members to integrate more effectively in the activities of our Club by attending weekly meetings, fellowship events and joining any of the 41 Committees – most of which are oriented towards service projects in different communities.

Assimilation Committee Chair IPP Vineet Bhatnagar warmly

welcomed all the members and their partners and urged them to see the importance and difference that an active Rotarian can bring to the scale and scope of RCB Projects. Committee Co-Chair PP Shernaz Vakil shared that RCB committees are aligned to the avenues of service of Rotary International and new members should opt to join a committee / cause that they most resonate with. She emphasised that there is a minimum attendance requirement for every Rotarian which each one should maintain as stipulated by RI. It was also announced that participation in such meetings and fellowships

result in attendance credits.

All present were informed that over the next few months, Assimilation Committee will hold visits to RCB project sites so that our members get to see the impact that some of our projects are making in the lives of those who we are committed to serve.

New members and their partners came forward to introduce themselves making the gathering a more effective ice-breaker. As many as 73 members and partners attended this fellowship and all present enjoyed the delicious food served by the courteous staff of the Yacht Club.

AY elders and Lighthouse children celebrate World Digital Detox Day



The Taj group, in keeping with their ethos of wellness for all and inclusivity, conducted community wellness sessions for around 210 beneficiaries of Ananda Yaan and Lighthouse.

Dr. Aniruddha Madhusudan Bhide conducted a yoga and meditation session for children and their parents at Lighthouse (a project for children of Machhimaar community at Cuffe Parade)

He started with Om chanting, followed by yoga postures, pranayam and guided meditation.

He shared the importance of digital detox with the children and ways to control the usage of digital devices.

The children also enjoyed snacks after the session which team Taj President graciously sent for all 55 participants.

At Ananda Yaan's E Moses centre, 72 senior citizens of Ananda Yaan benefited from yoga, meditation and new breathing techniques such as Ujjayi Pranayama Ocean Breathing.

At the Byculla AY centre, 89 seniors benefited from the stretching and exercises for hand, shoulders & eyes.

The session ended with fun challenges like longest one leg hold, and 10 Surya namaskar. Taj Hospitality provided a healthy detox tea to each participant.

Ananda Yaan committee of RCB thanks the entire team of Taj group of hotels for their time and meticulously planned sessions under able leadership of Ms. Sushmita Sarangi, head, J Wellness Circle, IHCL's wellness brand.





For conducting sessions in three different locations, RCB also thanks:

1. Rtn. Puneet Chhatwal, CEO & MD, IHCL
2. Mr. Prabhat Verma, Exec VP, IHCL South and International & Ancillary Business
3. Ms. Sushmita Sarangi & J Wellness Corp team
4. Mr. Somnath Mukherjee, Vice President Operations, IHCL - West



5. Mr. Ritesh Sharma, GM Taj Mahal Palace & Tower, Ms. Reena Sheth & J Wellness team at Taj Mahal & Tower
6. Mr. Moncrief Aviet, GM, Taj Lands End, Ms Laila Netarwala & J Wellness team at Taj Lands End
7. Mr. Afzal Khan, GM President, IHCL SeleQtions, Mr. Aniruddha Bhide, and Team J Wellness at President, IHCL SeleQtions



Disconnect to **truly connect** with your loved ones

Explore the range of finest cookware from Milton ProCook at stores near you or on Flipkart and Amazon.



Explore the range of Milton coloured bottles at your nearest store or on Flipkart and Amazon.

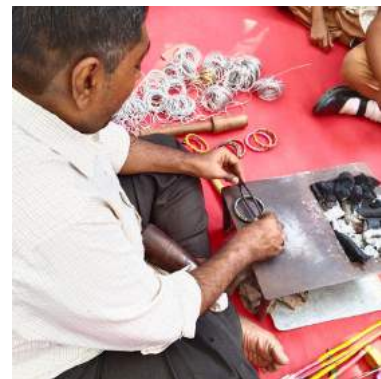
RCB crafts a heritage day for BY



Chhatrapati Shivaji Maharaj Vastu Sangrahalaya organised “World Heritage Week” for beneficiaries of the Rotary Club of Bombay. Two teachers and 20 8th-grade students from our Colaba Bhavishya Yaan school participated in this workshop.



Ms. Vandana Bindu Manchandani, Director of INTACH Company, delivered a brief speech and provided information about INTACH-HCCD which aids the community in revitalising the 300-year-old craft, employing new techniques.



They briefed the students about rug weaving, craft, and the restoration of Rani ka Mahal. INTECH trained and supported local craftsmen in the restoration work.



Students were also shown processes behind lac bangles, pottery, block printing, Warli printing and paper making. The students actively participated in these workshops, demonstrating great enthusiasm and enjoyment in the learning process.

Rotary Club
of Bombay



DISTRICT 3141

Christmas

B R U N C H



SATURDAY

16 DECEMBER

12 P.M. ONWARDS
THE CLEARING HOUSE, BALLARD ESTATE

CONTRIBUTION:

MEMBER/SPOUSE: INR 1500/- + GST

I.E. INR 1770/-HEAD

*** PRIOR REGISTRATION REQUIRED.**

LIMITED TO THE FIRST 100 PAID REGISTRATIONS

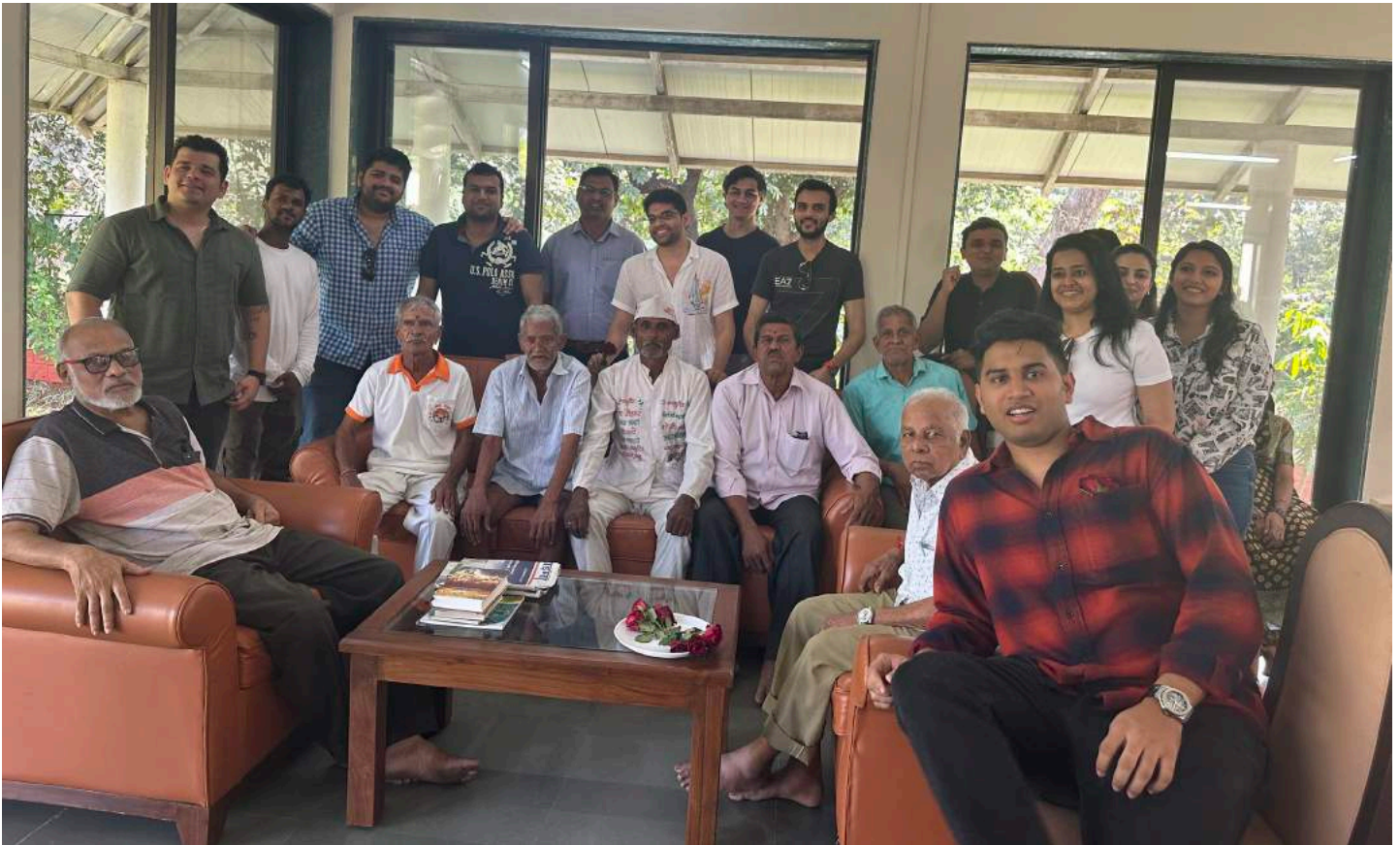
SO PLEASE REGISTER EARLY WITH RASHMI ON 97691 40141

[CLICK HERE TO REGISTER](#)



DRESS CODE: CHRISTMAS COLOURS

Rotary Club of Bombay's Satellite Club visits Alibaug Elders Day Care Centre



By Rtn. Suditi Shah

Embarking on a day trip to Somchand Parikh Elders Day Care Centre on a sunny Saturday morning, our RCB group, accompanied by two musicians, commenced our journey at 7:30 am. We divided ourselves into groups of three and arrived at the M2M RoRo. Following a delightful breakfast in Alibaug, we proceeded to the day care centre. The warm reception from the smiling elders set the stage for a memorable experience.

The musicians skilfully arranged their equipment, ushering in a captivating performance encompassing both old Hindi melodies and contemporary Bollywood tunes. They ensured our continuous engagement and entertainment with their performance. Witnessing some elders dancing joyfully warmed our hearts. Even our own Satellite Club members actively participated, creating a vibrant and inclusive atmosphere.

Post-performance, expressions of gratitude from

the community members were accompanied by the thoughtful gesture of presenting each of us with a rose. A moment of reflection, preceded a shared lunch. Fortunately, we returned in time for the RoRo, concluding the day with a sense of happiness and heightened camaraderie among us.

We Satellite Club members would like to extend our heartfelt gratitude to PP Ashish Vaid for making our visit possible.



A very short, inspirational story

In ancient times, a King placed a large stone on a road. He then concealed himself and observed to see if anyone would remove the stone. Some of the king's wealthiest merchants and courtiers passed by, simply circumventing it.

Numerous individuals vocally criticised the King for not maintaining clear roads, yet none took action to remove the stone.

Subsequently, a peasant carrying vegetables approached. Upon reaching the stone, the peasant set down his load and endeavoured to move the stone from the road. After considerable effort, he eventually succeeded. As the peasant returned to collect his vegetables, he discovered a purse on the road where the stone had been. The purse was filled with gold coins and a note from the King, stating that the gold was a reward for the individual who removed the stone from the road.



Members, please note that we have tied up with Masina Hospital for a great discount for our members, family, and friends.

To avail discount kindly contact PP Vijay Kumar Jatia on email along with a brief medical history: vkj.rotary@modernindia.co.in

IWA

CHARITABLE CLINIC

Damodar Sukhadwala Marg, Opp.
Excelsior Cinema, Fort, Mumbai-400 001
Ms. Kala Patel: +91 91671 28299

**The Clinic is now open
Monday to Friday from
10am to 6pm**

**New Case Paper: Rs. 100/-
Weekly Medicines: Rs. 50/-
Xray: Rs. 150/- per plate**

General Practitioner:
Monday to Friday: 10am to 6pm
Last paper will be issued at 5.45pm

Dental: Every day: 10am to 2pm
and 3.30pm to 6pm
Last paper will be issued at 5.30pm

Xray: Every day: 10am to 6pm

Paediatric: Monday: 11am to 1pm

Homeopathy: Thursday:
2.30pm to 4.30pm

Skin: Tuesday & Friday:
10.30am to 11.30am

Gynaecology: Tuesday:
12pm to 2pm

Senior Medical Consultant:
Once a month: 2.30pm

Pathology: Tuesday & Friday:
10am to 1pm



Supported by
Rotary
Club of Bombay

Dental Department

Dental Case Paper: Rs. 100/-

Medicine: Rs. 50/-

Xray: Rs. 100/-

Scaling / Cleaning: Rs. 700/- to 900/-

Filling - GIC: Rs. 500/-

Composite: Rs. 700/-

Extraction: Rs. 400/600/800/-

Surgical Extraction:
Rs. 2,500/- to Rs. 5000/-

Root Canal: Rs. 2,000/-
Crown-Metal- Rs. 1,000/-
Half Ceramic- Rs. 1,500/-
Full Ceramic- Rs. 2,000/-

Post Obturat Filling:
Rs. 200/- to 500/-

Temporary Filling:
Rs. 100/- to 200/-

BOMBAY COTTON MERCHANT AND MUCCADAM ASSOCIATION LTD.

ROTARY CLUB OF BOMBAY

FREE CLINIC

ADDRESS:

NEAR COTTON EXCHANGE BUILDING,
OPP. RAM MANDIR, 5 MINUTES WALK FROM
COTTON GREEN RAILWAY STATION,
COTTON GREEN (EAST), MUMBAI – 400 033

PHONE: 022-2373 7301

In-charge - Ms. SHILPA PAWAR



	Tuesday / मंगळवार	Friday / शुक्रवार
Homeopathy Clinic / होमिओपॅथी दवाखाना	9 to 5 / ९ ते ५	9 to 5 / ९ ते ५
Eye Clinic / डोळ्यांचा दवाखाना	9 to 5 / ९ ते ५	9 to 5 / ९ ते ५
Dental Clinic / दाताचा दवाखाना	9 to 5 / ९ ते ५	9 to 5 / ९ ते ५
GP & Child Care Clinic / जीपी आणि लहान मुलांचा दवाखाना	2 to 5 / २ ते ५	2 to 5 / २ ते ५
Blood Tests / रक्ताची तपासणी	9 to 12 / ९ ते १२	9 to 12 / ९ ते १२



Rotary Club
of Bombay



SPEAKER SESSIONS



BAHRAM N. VAKIL

CO-FOUNDER & SENIOR PARTNER AT
AZB & PARTNERS

speaks about

Life, Luck and Lessons

THE BALLROOM

THE TAJ MAHAL PALACE HOTEL :: LUNCH AT 1 PM. MEETING AT 1.30 P.M.

GUEST ATTENDANCE CHARGES APPLY

VISITING ROTARIANS - ₹300 GUEST - ₹400 (ADDITIONAL CHARGE FOR LUNCH)

TUES | 12 | DEC

rotaryclubofbombay.org | @rcb1929 | @rcb1929 | incredible

NEXT WEEK

TUES | 19 | DEC

Rotary Club
of Bombay



ANNUAL GENERAL MEETING

REQUESTING ALL MEMBERS TO ATTEND

THE TAJ MAHAL PALACE HOTEL

LUNCH AT 1 PM. MEETING AT 1.15 P.M.

rotaryclubofbombay.org | @rcb1929 | @rcb1929 | incredible

Rotarian Member Birthdays



DECEMBER 12

Rtn. Hiranmay
Biswas



DECEMBER 17

Rtn. Anand
Dalal



DECEMBER 17

Rtn. Aliakbar
Merchant



DECEMBER 17

Rtn. Amrita
Saraf



DECEMBER 18

Rtn. Shailesh
Patkar

Anniversaries

DECEMBER 12

Rtn. Ptn. Kanan
& Rtn. Ravindra
Fotedar

DECEMBER 12

Rtn. Ptn. Dipti &
Rtn. Mahesh Goenka

DECEMBER 12

Rtn. Ptn. Divyaa &
Rtn. Mayank Kumar

DECEMBER 12

Rtn. Ptn. Poonam &
Rtn. Ajit Surana

DECEMBER 13

Rtn. Ptn. Sudesh &
Rtn. Ramesh Dhir

DECEMBER 13

Rtn. Ptn. Kusum &
Rtn. Chandra Singh
Lodha

DECEMBER 14

Rtn. Ptn. Swati
& Hon. Rtn. Ajay
Piramal

DECEMBER 15

Rtn. Ptn. Dina &
Rtn. Dr. Sharukh
Golwalla

DECEMBER 15

Rtn. Ptn. Dr.
Sandesh & Rtn. Swati
Mayekar

DECEMBER 15

Rtn. Ptn. Sandhya &
Rtn. Jaidev Merchant

DECEMBER 15

Rtn. Ptn. Manjiri
& Rtn. Jairaj
Purandare

DECEMBER 15

Rtn. Ptn. Arwa &
Rtn. Sameer Tapia

DECEMBER 16

Rtn. Ptn. Pratiksha
& Rtn. Mihir Mody

DECEMBER 17

Rtn. Ptn. Prashansa
& Rtn. Anirudh
Chowdhary

DECEMBER 17

Rtn. Ptn. Smita &
Hon. Rtn. Deepak
Parekh

DECEMBER 17

Rtn. Ptn. Sandra
& Rtn. Aliakbar
Merchant

DECEMBER 17

Rtn. Ptn. Sweta &
Rtn. Pranay Vakil

DECEMBER 18

Rtn. Ptn. Ushma &
Rtn. Gautam Doshi

Rotarian Partner Birthdays

DECEMBER 16

Rtn. Ptn. Vasudha Alimchandani

DECEMBER 16

Rtn. Ptn. Dr. Natasha Khubchandani

DECEMBER 17

Rtn. Ptn. Heena Sheth

 **S. P. SANGHI**
AIRCONDITIONING PVT. LTD.

 50
Years of Service
Excellence
1968 - 2018



CEILING AIR CONDITIONERS

**CUTTING EDGE TECHNOLOGY
WITH A SLEEK DESIGN**

98193 73057



SPSANGHI.COM



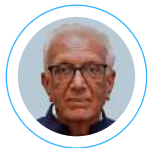
AKHIL@
SPSANGHIAC.COM



TRUSTEES OF THE ROTARY CLUB OF BOMBAY



Trustee
PP Dr. Adi
Dastur



Trustee
PP Arun
Sanghi



Trustee
PP Dr. Zerxis
Umrigar



Trustee
IPDG Sandip
Agarwalla



Trustee
PP Nandan
Damani



Membership
PP Nandan Damani



Assiilation
IPP Vineet Bhatnagar



Attendance
Rtn. Mahesh Khubchandani



CSR Reporting
Rtn. Kirit Kamdar



Bulletin
Rtn. Abhinav Aggarwal



Fellowship & In-Camera
Rtn. Anar Shah



Sergeant-At-Arms
Rtn. Roda Billimoria



Special Director
IPDG Sandip Agarwalla

OFFICE-BEARERS



President
Manoj Patodia



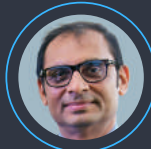
IPP Vineet
Bhatnagar



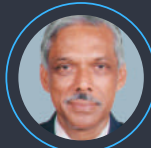
President-Elect
Satyan Israni



President-Nominee
Bimal Mehta



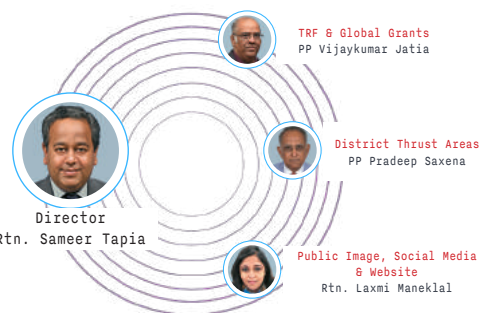
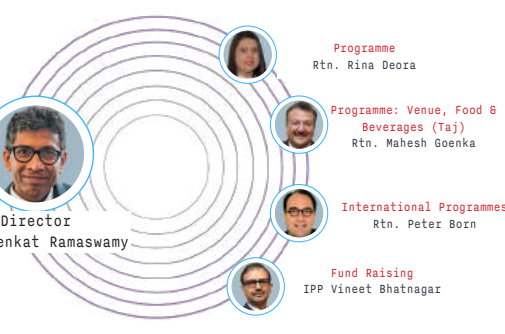
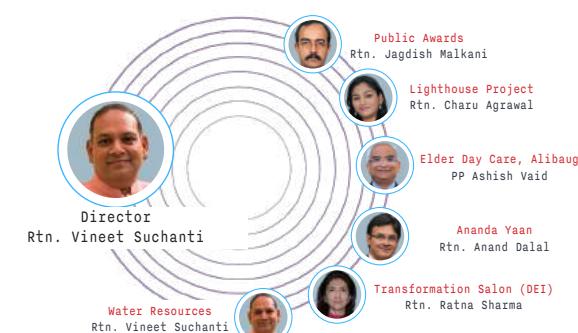
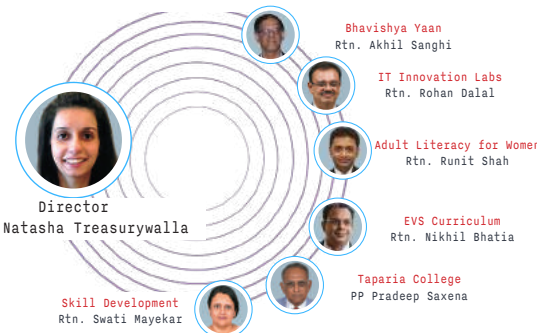
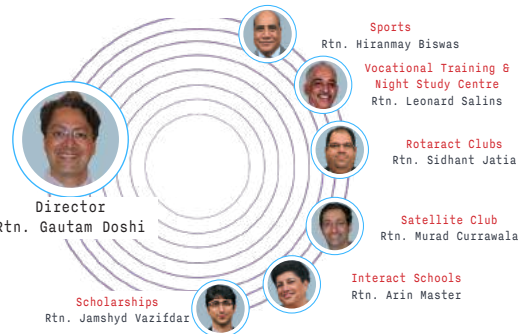
Hon. Secy
Pradeep Gupta



Hon. Jt. Secy
Sunny Pariyaram



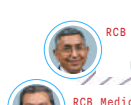
Hon. Treasurer
Kirit Kamdar



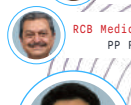
Director
PN Bimal Mehta



Director
Rtn. Rahil Shah



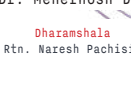
RCB Medical Centre, Talwada
Chairman Emeritus
PP Dr. Rumi Jehangir



RCB Medical Centre, Talwada
PP Framroze Mehta



Director
Rtn. Dr. Mehernosh Dotivala



Dharamshala
Rtn. Waresh Pachisia



Integrated Village
Development/Panchatattva
Rtn. Mihir Mody



Gale Village
Rtn. Vinti Gajree



Gatesh Village
Rtn. Miral Shah



Director
Rtn. Poonam Lalvani



Urban Heritage
Rtn. Priyasri Patodia



Urban Nature Habitat
Rtn. Arnab Mallik



Animal Welfare
Rtn. Samir Chinai



President
Manoj Patodia



Impact Assessment and Synergy
Trustee PP Arun Sanghi

PUBLISHED BY
PRESIDENT MANOJ PATODIA
FOR ROTARY CLUB OF BOMBAY;
CONTACT@ROTARYCLUBOFBOMBAY.ORG

EDITORIAL CONTENT, DESIGN & LAYOUT BY
THE NARRATORS (THEWRITEASSOCIATES@GMAIL.COM);

REGD NO. MCS/091/2015-17; R.N.I NO. 14015/60.
WP P LICENSE NO. MR/TECH/WPP-89/SOUTH 2015;