The Gateway



BULLETIN OF THE ROTARY CLUB OF BOMBAY



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THIS TUESDAY

Jehangir Sorabjee on Wellness and the right approach to a long life

COMING UP

January 20th, 2025 The Rotaract Club of Jai Hind College, official Club Visit 2024-25 Details inside

January 21st, 2025

Dr. Firuza R. Parikh to be felicitated with Sohrab Piroisha Godrei Science **Technology Award**

January 25th to 30th, 2025 Kaziranga Fellowship

February 9th, 2025

Lighthouse Sports day. Details inside

"If your actions inspire others to dream more, learn more, do more and become more, you are a leader."

-John Quincy Adams

Prabhuji Gauranga Das: The 3 sutras (essential truth) of Vedic leadership



A very good afternoon and gratitude to the members on the dais and all the Rotarians present this afternoon. I'll speak briefly on the three sutras of Vedic leadership.

Each one of us has influence, and anyone with influence is a leader. The first principle of Vedic leadership is vinay, which essentially means humility. The word humility comes from the Latin word humus, which means soil. And only when the soil is proper can the seed fructify. Therefore, in the Bhagavad Gita, Krishna explains the 20 points of knowledge, beginning

amānitvamadambhitvam ahimsā kṣāntirārjavam ācāryopāsanam śaucam sthairyamātmavinigrahah.

The first two principles he mentions, amanityam and adambhityam, are humility and pridelessness. Thus, the entire foundation of Vedic leadership begins with humility and pridelessness. The three biggest challenges the world is facing today in leadership and society, which are contributing significantly to mental health issues, are comparing, complaining, and criticising.

When I was at IIT last year, many people asked me this question: Bhai, IIT ke baad kya ho gaya aapka? Somebody even asked, Kuch lafda hua kya aapka? Affair fail ho gaya kya? So, what happened was, during my final year, one of my friends tried to commit suicide. In those days, it was not so common. We approached him and asked why he attempted suicide. His answer was very poignant. He said, "In every exam, I get the gold medal, but in this exam, I got the silver medal. I could not handle it because I was so used to and addicted to being number one; I couldn't handle the number two position. Therefore, I tried to commit suicide."

In the same exam, I had four or five other friends who had failed in three or four subjects, yet they were moving around the campus peacefully, blissfully, as if nothing had happened, even blessing others. I asked them, Arey bhai, you guys are pretty shameless. You've failed in so many exams, but you're still moving around peacefully. What is your philosophy in life? They replied, College mein ghusna apna kaam











hai, nikalna college ka kaam hai. That was the moment it struck me that anxiety and stress are caused by the gap between expectation and reality.

The education system is preparing us only with skill, but what will you do when you lose the will? I approached a friend who had a heart attack and was in the ICU. I asked him, "Why do you think you got this heart attack?" He replied, "Stress, too much stress." I asked what happened. He said, "There was a recent appraisal, and someone one level junior to me was promoted and made my boss." I said, "Okay, but why was it so difficult?" He explained, "It was difficult because I was the one who recruited him, and now he has become my boss."

I often tell people that business schools teach us how to achieve positions, but they don't teach us how to react and respond when someone else gets that position or when we are unable to achieve it. Anger, envy, and greed are all realities that are not included in the B-school syllabus. Thus, Vedic leadership begins by teaching us that we must have the humility — vinay — to recognise that each of us, however limited or constrained we may be, can contribute according to our capacity. Comparison, after all, is the thief of joy.

In the age of social media, people are increasingly obsessed with what others are doing. One of my friends attended a business conference where he received someone's business card. On the card, below the name, it listed educational qualifications: PhD, B.F. He said, "I understand PhD, but what is B.F.?" The man explained, "PhD — but fail. I never wanted to be a PhD. My father wanted me to be one because two of my cousins were PhDs, and he insisted, Beta, tum PhD nahi banoge toh kya hoga? So I joined the programme. But after two years, I realised I wasn't cut out for it and dropped out. However, the pressure remained — to attend conferences, to



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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 network, and so on. So, I printed a card that was authentic: PhD, B.F. Most people think B.F. is a degree beyond PhD!"

We live in a world where, all too often, we lack the freedom and clarity to pursue what we truly want. Instead, we end up doing what others expect of us, spending our lives in a state of dissatisfaction.

Hotel President, a five-star hotel in Mumbai, had a thelawala set up a thela (a stall) right outside to sell samosas. He named his thela "Hotel Vice President." His marketing pitch was, "If you can't afford the President, come to the Vice President."

One of the biggest challenges the world is facing today is that people are not focussed on what they can possibly do. Therefore, humility means accepting that, acknowledging it, and aspiring to serve and contribute despite our limitations.

People celebrate Janmashtami as the day when Krishna was born, but they fail to realise that before Krishna's birth, Vasudev and Devaki lost six sons. Vasudev was extremely helpless but still continued on, enduring loss after loss. Losing even one child can be traumatic — what to speak of losing six!

On Janmashtami, while everyone is eager to get darshan of Krishna and to perform rituals like the jhula, how many people meditate on the trauma Vasudev and Devaki had to endure before they received Krishna? That is why, in the Srimad Bhagavatam, Vasudev is glorified:

Tataś cha śaurir bhagavat-pracoditah. Sutam samādhāya sutīkṣṇa-gṛhāt.

Vasudev is described as a brave leader, a śaurir. Why brave? He never fought a battle, never conquered anyone, and could not defeat anyone. So why is he called brave? Because, as per the Bhagavatam, bravery is not about how many battles you win. Bravery is about being helpless in life but refusing to be hopeless. That is bravery — refusing to be hopeless.

This is only possible when one has humility. In success, you realise, "I am not the doer," and in failure, also, you realise, "I am not the doer." Both pride in success and moroseness in failure are symptoms of false ego and illusion. Therefore, the first principle of leadership is vinay — humility.

The second principle of leadership, according to Vedic literature, is vivek, which means discrimination — the ability to choose between right and wrong. This is crucial because, as a leader, one must make choices and decisions in the midst of various complex scenarios and situations.

A leader is where they are because they possess the ability to navigate uncertainty and complexity. Consider the example of Yudhishthir. He faced a dharma sankat when Draupadi was being insulted. Yudhishthir Maharaj, a personification of dharma who spent his entire life not speaking a single lie, was responsible for those decisions. The Shastras reveal that impeccable character does not automatically translate into flawless decision-making. Even a person of Yudhishthir's calibre made the mistake of not involving all stakeholders in consultation, acting unilaterally, and thereby losing his discrimination — his vivek.



PROGRESS ON 2-ACRE ORGANIC FARMING PROJECT IN GALE

The 2-acre organic farming project in Gale Village is progressing smoothly, with significant developments made in recent weeks. The land preparation phase has been successfully completed, with the field being ploughed, levelled, and enriched using organic compost to enhance soil fertility. Efforts were also focused on removing weeds and stones, ensuring that the land is primed for seed sowing and optimal crop growth.

The selection of seeds has now been finalised, and an order has been placed for high-quality, non-GMO, organic seeds. This diverse selection includes vegetables, pulses, and grains, carefully chosen based on seasonal suitability and market demand. The seeds are expected to arrive within the next few days, marking the beginning of the sowing phase.

Following the seed delivery, soil testing will be conducted to confirm nutrient levels and determine if any additional organic amendments are required. The team is committed to ensuring precise planting techniques to maximise space utilisation and yield, with sowing to commence shortly after. To optimise water use and maintain consistent moisture levels, the installation of a drip irrigation system is also being planned.

The project team is actively preparing for the installation of organic pest control measures, which will include companion planting and natural repellents. To safeguard the crops from stray animals and external disturbances, fencing will be set up around the farm.

In line with the long-term vision for sustainability, the project will focus on practices such as crop rotation and the use of green manure to replenish soil health. Regular monitoring and record-keeping will be conducted to ensure progress is tracked and challenges addressed promptly.

With support from local experts and the community, the project is set to meet both the principles of organic farming and the needs of the village.













TUESDAY MEETINGS AT ROTARY CLUB OF BOMBAY











President Satyan wishes Rtn. Pranay Vakil, PP Dr. Adi Dastur, Rtn. Rajan Gupta, Rtn. Sheila Bulchandani and Rtn. Rhea Bhumgara for their birthday



Rtn. Gul Kripalani introduces new member Dr Cyres Mehta



President Satyan Israni inducts new member Dr Cyres Mehta



PDG ARFFC Sandip Agarwala, new Rotarian Dr Cyres Mehta, President Satyan Israni and Rtn. Ptn. Vinifer Mehta



Rtn. Abhishek and Rtn. Ptn. Radhika Saraf with speaker Prabhuji Gauranga Das



Satellite Club members Suditi and Meha Shah (daughters of Rtn. Ptn. Ekta Shah), PP Ramesh Narayan, speaker Prabhuji Gauranga Das, Rtn. Ptn. Ekta Shah and Rtn. Pranay Vakil



Rtn. Rajyalakshmi Rao Meka, Satellite Club members Suditi and Meha with their mother Rtn. Ptn. Ekta Shah, speaker Prabhuji Gauranga Das, Rtn. Ptn. Malti Jain, Rtn. Rina Deora, Rtn. Vikram Daiya and Laxmi Karnani



Rtn. Miral Shah, Rtn. Ptn. Malti Jain, Rtn. Ptn. Rakhee Reshamwala, Meha Shah, Rtn. Ptn. Ekta Shah and Suditi Shah, President Satyan Israni, speaker Prabhuji Gauranga Das and Rtn. Vikram Daiya



Rotarians PN Manish Reshamwala, Manish Sampat, Shariq Contractor, Pranay Vakil and Ishraq Contractor



Rotarians Siddharth Bhimrajka, Rina Deora, PP Nandan Damani, Miral Shah and Akhil Sanghi



Rotarians Murad Currawala, PP Vineet Bhatnagar and Ritu Prakash Desai speaker Prabhuji Gauranga Das



Rtn. Manjeet Kripalani, President Satyan, PP Shailesh Haribhakti, Rtn. Ptn. Malti Jain and PN Manish Reshamwala



PDG ARRFC Sandip Agarwala, speaker Prabhuji Gauranga Das and Rtn. Ptn. Malti Jain



Rotarians Pranay Vakil, Hursh and Vijay Meghani and Dilip Dalal



Rotarians Anirudh Chowdhary, Rajan Gupta, Siddharth Bhimrajka, Akhil Sanghi, Abhishek Saraf and Miral Shah



President Satyan Israni thanks speaker Prabhuji Gauranga Das for his time spent adressing the Club



Rtn. Mahesh Khubchandani asks a question



Rotarians Manish Sampat, Shariq and Ishraq Contractor with speaker Prabhuji Gauranga Das





PP Paul George handing over the banner of one of the oldest rotary clubs of the world - Rotary Club of New York (chartered in 1909)

INTERACT CLUB HOSTS COMPASSIONATE CITIZEN SESSION

On January 7th, 2025, the Rotary Club of Bombay, in collaboration with PETA India, conducted a Compassionate Citizen session for the students of Sir J.J. Girls' High School. The event, organised by Miss Waheeda Shaikh, took place in the school's AV Room and engaged 120 students from Classes 5 and 6 in an inspiring and thought-provoking experience.

Miss Pooja Mahajan, Director of Education at PETA India, led the session, focusing on fostering empathy and compassion towards animals. The highlight of the event was a 23-minute video featuring captivating animal footage, heartwarming stories, and child-friendly analogies that emphasised the shared experiences of humans and animals. Narrated by children, the video resonated deeply with the young audience, making it relatable and impactful.

Interactive activities complemented the video, encouraging students to reflect on the values of compassion and kindness in their interactions with animals and one another. These activities fostered a sense of responsibility and empathy, leaving a lasting impression on the participants.

The session concluded with memorable photographs capturing the event's energy and enthusiasm, followed by a heartfelt vote of thanks delivered by Miss Waheeda Shaikh.

By inspiring young minds to embrace compassion, the Compassionate Citizen session marked a meaningful step towards a kinder and more empathetic future. It was a proud moment for the InterAct Club of Sir J.J. Girls' High School and a testament to the power of education in driving positive change.







ST. AGNES SCHOOL HOSTS PETA WORKSHOP WITH ELEPHANT ROBOT

On January 6th, 2025, St. Agnes High School (ICSE) welcomed an extraordinary guest as part of a special workshop conducted by PETA (People for the Ethical Treatment of Animals). The star of the event was Ellie, Asia's first robotic elephant, who captivated the students with her engaging blend of information and intellect.

The workshop, held from 10:30 a.m. to 1:00 p.m., saw enthusiastic participation from students spanning Nursery to

Grade 9, totalling 1,000 attendees. Ellie, a marvel of technology, provided a unique opportunity for children to learn about animal rights and the importance of ethical treatment of wildlife in an entertaining and impactful way.

The event was a resounding success, leaving students inspired and informed. St. Agnes High School continues to set an example by integrating innovative learning experiences that combine education with social responsibility.





ANNUAL SPORTS DAY FOR ANANDA YAAN

The Annual Sports Day for Ananda Yaan on January 4th, 2025, was a delightful celebration, brimming with fun, laughter, and the indomitable spirit of 250 enthusiastic elders who arrived well before time, eager to participate.

The event commenced with the singing of the National Anthem, setting a unifying tone, followed by warm-up exercises and an invigorating Zumba session set to lively Bollywood tracks. The excitement was infectious, with even the attending Rotarians actively joining in the festivities.

Key dignitaries, including President Satyan Israni, PP Ramesh Narayan, PE Manish Reshamwala, Rakhi, Chairman Kaushal Mehta, Co-chair Charu Agrawal, Ekta Shah, and RCB Satellite member Meha Shah, added energy to the day by participating in a relay race with elders, exchanging batons in a spirited display of camaraderie.

The games were equally engaging, with activities like Book Balance, where participants showcased their balance by walking with books

on their heads, and Cotton Straw, which saw elders transferring cotton balls using straws, unleashing their playful side. Bucket Ball tested precision as participants tossed balls into buckets, while Quick Dress brought fits of laughter as participants raced to dress boys in humorous attire.

The joy of winning medals and certificates was evident, but the day's true highlight was the shared community spirit, making everyone feel valued and connected.

A special thanks goes to Team Atlas, led by Rtr. Nysa Bhandari, Rtr. Mubaraka Rangoonwala, Rtr. Mahafrin Deboo, and Rtr. Reevathi Suresh, for organising engaging races and ensuring the ground was ready by 7 a.m. A big shoutout to Mr Dilip Chauhan and the Dignity Foundation for their impeccable arrangements and securing permissions.

The Annual Sports Day was a resounding success, leaving participants and organisers with cherished memories of a truly heartwarming event.































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VISIT TO THE MANKHURD CENTRE FOR EARLY INTERVENTION OF NEURODIVERGENT CHILDREN

In December 2024, members of our committee, led by President Satyan Israni and Director PP Framroze Mehta, visited the Mankhurd Centre for Early Intervention of Neurodivergent Children. The visit was a deeply moving experience, shedding light on the extraordinary work carried out by the centre's staff and the resilience of the families they support.

A Joyful Celebration

The morning began with a heartwarming Christmas celebration planned for the children and their parents. A festive lunch was organised, and gifts were distributed to bring smiles to the young faces. The centre was adorned with Christmas decorations, and the children's joy was palpable as they clapped and cheered at the twinkling lights.

Understanding the Centre's Approach

Our interaction with the centre's dedicated professionals revealed a well-structured programme tailored to each child's unique needs. The team includes highly trained occupational therapists who design daily routines to support developmental progress. These routines are not limited to the centre but are extended to the home environment, empowering parents to continue the care.

A clinical psychologist closely monitors each child's progress, ensuring that interventions are adjusted as needed. Speech therapy, which is critical for many children, is conducted weekly, but the centre faces a shortage of therapists. Additionally, a senior occupational therapist visits weekly to oversee progress and ensure adherence to the children's developmental plans.

Detailed daily reports document every milestone, allowing parents and professionals to track improvements. Social workers play an equally vital role, identifying children in underserved communities and guiding their families to the centre. Their efforts bring hope to families who might otherwise be left without support.

Empowering Parents

The centre places significant emphasis on educating parents to manage their children's needs. These efforts transform what could be overwhelming challenges into manageable routines, helping families prepare their children for specialised schools and brighter futures. Outings, picnics, and events organised by the centre bring moments of joy to the children and their families, strengthening bonds and creating cherished memories.

Emotional Encounters

Interacting with the parents and children was profoundly moving. Among them was Gulam, a young boy who initially appeared anxious but soon clapped with delight at the Christmas lights. His mother, though facing immense challenges, shared her story with remarkable strength and love. Despite having two children with similar conditions, her unwavering commitment to their care was a testament to the boundless power of maternal devotion.

Another memorable moment was meeting Afroze, a gentle boy whose magical smile brightened our day as we stroked his hand. These encounters reminded us of the immense impact empathy and support can have on lives.

Our Commitment

Our committee is dedicated to not only providing financial aid but also contributing time and talent. We plan to organise art and craft sessions, tea parties, and nutritional workshops for the mothers. We have invited the centre's staff to suggest areas where we can further support their efforts.

The visit ended with a festive feast of Christmas cake and snacks, as we wished everyone a joyful holiday season. The experience reinforced our resolve to continue supporting the Mankhurd Centre and its mission to nurture every child's potential with love and care.



























Sr.No.	Centre / Location	Address	No. of Machines	Charges for Poor Patients
1	Aastha Hospital, Manor	First Floor, Rais Arcade, Palghar-Wada Road, Manor District Palghar 401403	3	Free
2	Platinum Hospital, Mulund	Neptune Colorscape, Dumping Rd, Siddharth Nagar, Mulund West, Mumbai 400080	2	Free
3	Sukh Sagar Hospital, Dahisar (Rotary Dialysis Centre)	Lokmanya Tilak Rd, Mhatre Wadi, Dahisar West, Mumbai 400068	2	800
4	Shatabdi Hospital, Govandi (Rehbar Foundation)	Rehbar Foundation Malik Rakia Khatoon Dialysis Centre, 1st Flr. Shatabdi Hospital, Centenary Building, WTP Marg, Deonar, Govandi East, Mumbai 400088	3	Free
5	Shatabdi Hospital, Kandivali	Swami Vivekanan <mark>d</mark> a Rd, Kandivali, Fateh Baug, Kandivali West, Mu <mark>m</mark> bai 400067	2	Free
6	Samarpan Dialysis & Thalassemia Centre, Ghatkopar	Aaradhya Edu-Hea <mark>l</mark> th Centre, , H-wing, 3rd Flr., Aaradya One Earth, Naidu Colony, Pant Nagar, Ghatkopar East, Mumbai 400077	14	300
7	Lifeline Medicare Hospital, Charkop	Near Rustomjee Me <mark>ridian, Charkop Gaon /</mark> Village, Kandivali W <mark>est, Mumbai, 400067</mark>	15	300
8	Dr. M.L. Dhawale Memorial Trust Hospital, Palghar	Boisar Rd, Opp. S.T Workshop, Industrial Co-Op Estate, Palghar 401404	2	250
9	K.J. Somaiya Hospital & Research Centre, Sion, Mumbai	Somaiya Ayurvihar, Eastern Express Hwy, Sion East, Mumbai 400022	10	Free
10	Acharya Shri Ramesh Dialysis Centre, Andheri East, Mumbai	316 B-Wing, Dattani Plaza, near Safed Pool, Sakinaka, Andheri Kurla Road, Andheri(East), Mumbai 400072	10	Free
11	Mallika Hospital, Jogeshwari	Sharma Estate, S V Road, Jogeshwari west, Mumbai Maharashtra 400102	4	Free
12	Symbiosis University Hospital & Research Centre, Pune	Pune Dnyan Marg, Mulshi Rd, Lavale, Maharashtra 412115	8	Free
13	Swami Shraddhanand Hospital, Vasal	Near Shankaracharya <mark>Samadhi M</mark> andir Navale, Nirmal, Vasai (W, Vasai-Virar, Maharashtra 401304	6	Free

JANUARY 21ST, 2025: DR. FIRUZA R. PARIKH TO BE FELICITATED WITH SOHRAB PIROJSHA GODREJ SCIENCE TECHNOLOGY AWARD

Dr. Firuza R. Parikh is the Director of Assisted Reproduction and Genetics at Jaslok-Fertiltree International Fertility Centre and a Visiting Professor at the University of California, Los Angeles. A pioneer in IVF in India, she established the country's first private IVF centre at Jaslok Hospital in 1989, which soon gained international recognition.

With over 20,000 babies to her credit, Dr. Parikh has received accolades including India Today's 50 Most Powerful People in India, Economic Times' ICON of the Year, and over 50 other honours such as the Jaslok Ratna.

A graduate of Seth G.S. Medical College and Yale University, she introduced the groundbreaking Cumulus-Aided Embryo Transfer (CAT) technique, published in Fertility and Sterility. She has over 125 scientific publications, several book chapters, and a best-seller, The Complete Guide to Becoming Pregnant.

Dr. Parikh continues to lead in reproductive medicine, inspiring patients and peers globally.



ROTARIAN MEMBER BIRTHDAYS



JANUARY 14 PP Kalpana Munshi



JANUARY 15 Rtn. Baji Billimoria



JANUARY 15 Rtn. Dinesh Lal



JANUARY 16 Rtn. Darious Irani



JANUARY 16 Rtn. Prakash Jotwani



JANUARY 16 Rtn. Arin Master



JANUARY 17 PP Haresh Jagtiani



JANUARY 18 Rtn. Ratan Tankha



JANUARY 19 Rtn. Farhat Jamal



JANUARY 19 Rtn. Gaurav Nevatia



JANUARY 20 Rtn. Rohan Dalal





ANNIVERSARIES

Rtn. Ptn. Vrishali &
Rtn. Dr. Ameet Pispati
JANUARY 18
Rtn. Ptn. Nidhi &
Rtn. Abhinav Aggarwal
JANUARY 18
Rtn. Ptn. Swapana &
Rtn. Manoj Murarka
JANUARY 19
Rtn. Ptn. Megha &
Rtn. Vineet Kedia

JANUARY 15

Rtn. Ptn. Avadesh &
Rtn. Sunita Mandelia
JANUARY 19
Rtn. Ptn. Anahita &
Rtn. Darius Pandole
JANUARY 20
Rtn. Ptn. Rajul &
Rtn. Anand Parikh
JANUARY 20
Rtn. Ptn. Navaz &
Rtn. Jimmy
Pochkhanawalla

JANUARY 19

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