

The Gateway



BULLETIN OF THE ROTARY CLUB OF BOMBAY

VOLUME 66, ISSUE NO. 20, NOVEMBER 19, 2024
[HTTP://ROTARYCLUBOFBOMBAY.ORG/](http://rotaryclubofbombay.org/) FOR PRIVATE CIRCULATION



THIS TUESDAY

Fareed Zakaria on
India and New
World Disorder

COMING UP

November 22nd & 23rd, 2024
Installation of Water Purifiers.
Details inside.

November 26th, 2024
Paralympic Gold Medalist
Harvinder Singh to be
felicitated with the Rotary
Club of Bombay Arvind Jolly
Award for Excellence in
Sports

December 03rd, 2024
A fireside chat featuring
Rtn. Ishraq Contractor,
Rtn. Vivek Kothari, and Mr.
Dhaval Vussonji, moderated
by Rtn. Pranay Vakil, on
the topic of Redevelopment
Madness in Mumbai

December 10th, 2024
Annual General Meeting

December 14th, 2024
Save the Date: Christmas
Sundowner.
Details inside

December 17th, 2024
Ashish Dhawan to be
felicitated with Rotary Club of
Bombay PV Gandhi Award
for Excellence in Public Life

*"A good way to overcome
stress is to help others out of
theirs."*

~ Dada JP Vaswani

Dr. Natasha Bijlani Khubchandani on Stress Busting Strategies



- So, what is stress? What I'd like to do, in the half an hour that I've been allocated, is to divide this presentation into three big topics. I'm going to say a little bit about what stress actually is in a physiological and psychological way. Then, I'm going to talk about what stress does to you, your body, and your mind, and the final bit is going to be about what each and every one of us can do about stress.
- So, what is stress? Stress can be defined in many different ways. But ultimately, it's more than just feeling overwhelmed. When we get stressed, we enter into a complex reaction that our bodies exhibit in response to various demands. Actually, the word "stress" — are there any engineers in this room? No? The word "stress" originates from the field of engineering. It refers to the load that a structure can bear. Human beings, of course, are a lot more complex than structures. When we are faced with demands that can be quite diverse — whether financial, relationship, work, health conditions — there are many different stresses we can encounter. All these demands, whether single or multiple, can make it feel like you're a performer in a circus, juggling balls in the air while trying to balance on life's precarious tightrope.
- Stress is also quite cultural. By that, I don't mean the culture of a nation. I'm talking about the culture in which we all grow up. It's a conditioned response. Quite often, we don't stress about what's actually happening around us; we stress about what we think might happen. We fear things. And sometimes we overburden ourselves with that. We learn what to fear. With the busy lives we all lead, we tend to forget that we are actually part of nature. One analogy I often give to my patients in my consulting rooms is to think of your mind as a garden. A garden is a living entity. We have plants and trees; there are lawns. It needs to be tended, cultivated, and



managed with care. If you don't look after your garden, you're not going to have a healthy garden. If you have a storm that devastates the garden, you may need a professional landscape gardener to help you restore it to a state of equilibrium. The analogy with health is quite clear, right? We have to manage our bodies and minds. Then, when things go wrong — if you haven't been looking after yourself, or if something happens that's out of your control — you need to seek professional help.

- I'd like to talk a little bit about understanding different sorts of stress. We can roughly divide stresses into four big domains. The first is acute stress, which is usually the kind of stress all of us are probably used to, like what I had just before presenting today. It's good stress, the stress that arises in response to an imminent deadline. The other type of stress, which is actually a very healthy form, is called eustress. Eustress is like the stress you feel when you're about to attend an interesting event, like a wedding or a party. It's a mixture of chaos and excitement, and you feel a sense of anticipation. It's healthy stress. Chronic stress, however, is the one we all need to be aware of, because it's like a nagging presence that eats away at you. It's like that unwelcome party guest who never wants to leave. Chronic stress grinds you down, and it's often something we're not aware of until it escalates to distress, which is a dangerous point. Chronic stress not only impacts your mental health, but also contributes to anxiety. I'm not talking about the kind of anxiety we all fear or experience occasionally; this is anxiety that can escalate into a full-blown anxiety disorder. It can lead to depressive disorders, and at that point, you'll need someone like me — a psychiatrist — an expert to help you manage

and unravel the problem, possibly with medication and maybe even hospitalisation. The aim is to avoid reaching that stage.

- Has anyone seen this graph before? This is the Yerkes-Dodson graph, devised in 1908. Researchers, experimenting with mice, found that moderately stressed mice performed much better than those either unstressed or overburdened. In human terms, this graph shows that as arousal, pressure, and demand increase, our performance improves. You know, how you get better and better when practising something, or approaching a deadline — you just get into that flow, and you perform. But if you keep up that pressure and don't allow yourself to step back and take a breather, you reach the peak of the graph, after which everything begins to decline. It's like falling off a cliff edge, putting you in a dangerous state of mind and body.
- Let me illustrate that with another example. Sandip, if I were to give you \$1,000 to throw a basketball through a hoop, you might feel a little bit of excitement or you might just think, "Ah, I can't be bothered." If I said I would give you \$10,000, that might make you feel a bit more stressed about getting it right. But if I were to offer you a million dollars, I think you'd probably feel quite a bit of stress and think, "I've got to get this right." That's the Yerkes-Dodson curve in action.
- Stress is individual. Stress itself is not what makes you ill; your response to stress does. It's how you handle things that affects your well-being. It depends on your personal view of the stressor, your reaction to whatever is causing the issue, and your capacity to cope with the stress. There are two big categories of stress causes, and there's a slide on present and past causes. In a nutshell, what I want to convey is that different people experience stress for different reasons. Current stress can include a fear of change, or difficulty adapting to change. We all fear change, but it's the only constant in our lives. If you don't tolerate change, you're not going to adapt to circumstances, and that leads to feeling stressed. Holding the belief that nothing should ever go wrong is also unhelpful. Conflicting needs arise when two mutually incompatible needs collide. For instance, if someone thinks, "I need more rest, but I also need to earn more money," or "My parents need me — they're alone and lonely — but I also need more time for myself," these are conflicting needs. Constantly battling these issues will inevitably lead to stress. Some of us too readily take responsibility for others' happiness, or struggle to communicate well.



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INNER WHEEL: SUPPORTING FUTURES WITH A PERSONAL TOUCH, PROJECT AT VATSALYA FOUNDATION

In line with our annual theme of "Building a Future," we are placing special emphasis this year on service projects that facilitate direct interaction with beneficiaries. Our commitment goes beyond financial support; we aim to create memorable connections with those we serve, bringing smiles through meaningful interactions.

On 10th September 2024, we visited Vatsalya Foundation's Open Shelter Home for boys at Anand Niketan, King George V Memorial, where we delivered

essential items purchased with our donation of ₹90,000. These items included bedsheets, towels, napkins, innerwear, stationery (drawing books, notebooks, crayons), and school uniforms.

Along with the donation, we also celebrated the spirit of Ganesh Chaturthi by organising an engaging art activity. The children were divided into five groups, each provided with a drawing board and colourful paints. A drawing of Ganapati was demonstrated by our member Paragi Mehta, and each group

eagerly crafted its own unique Ganapati artwork. The children's creativity shone through as each group proudly displayed its colourful, individual interpretation of Ganapati.

The session concluded with the distribution of delicious modaks, a traditional treat for the festival. This joyful gathering not only celebrated the festive season but also strengthened our bond with the children, allowing us to share in their happiness and inspire a brighter future together.



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TUESDAY MEETINGS AT ROTARY CLUB OF BOMBAY



President Satyan wishes Rotarians Akil Hirani, Dr. Saumil Kothari, Freyaz Shroff and Vivek Kothari for their birthday



PDG and ARRFC Sandip Agarwalla introduces speaker Rtn. Ptn. Dr. Natasha Bijalani Khubchandani



Speaker Rtn. Ptn. Dr. Natasha Bijalani Khubchandani addressing the club



Rtn. Roda Billimoria and PP Nirav Shah



Rtn. Sherebanu Baldiwala, Rtn. Vrinda Rajgarhia and Rtn. Ptn. Malini Agarwalla



President Satyan thanks speaker Rtn. Ptn. Dr. Natasha Bijalani Khubchandani for her time spent addressing the club



Rtn. Dr. Darius Soonawalla gives a vote of thanks

FOR MORE PICTURES **CLICK HERE**



PP Framroze Mehta and Rtn. Hoshang Nazir



PP Nirav Shah, Rtn. Darius Pandole and a guest



Rtn. Sherebanu Baldiwala, Rtn. Vrinda Rajgarhia, Rtn. Ptn. Malini Agarwalla and speaker Rtn. Ptn. Dr. Natasha Bijalani Khubchandani



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are proud to invite you to

THE INSTALLATION OF WATER PURIFIERS

FRIDAY 22 NOVEMBER

10:30 AM Govt ITI Mulund
Balasaheb Thakur Wadi
Mitthagar Road,
Mulund East
Mumbai - 400081



SCAN FOR
DIRECTIONS
OR CLICK

12:15 PM Dnyan Mandir Madhyamik
Vidyalaya, Ramabhai
Ambedkar Nagar,
Near IIT Main gate,
Powai
Mumbai - 400081



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DIRECTIONS
OR CLICK

3:30 PM Rishi Valmiki Eco School,
Gr. Floor, Motilal Nagar No. 1,
Municipal School No. 2
Goregaon (W)
Mumbai - 400104



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AN INITIATIVE BY

The Water Resources Committee
of the Rotary Club of Bombay



FUNDS RAISED BY

Arsham Hirani,
a student of The
Cathedral & John
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Club of Bombay
Celebrating 95 Years of Service



is proud to invite you to

THE INSTALLATION OF A WATER PURIFIER

SATURDAY

23

NOVEMBER

11:00 AM



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Malabar Hill Sub Post Office
Opp: Hanging Garden,
B G Kher Road
Malabar Hill
Mumbai -400006

AN INITIATIVE BY

The Water Resources Committee
of the Rotary Club of Bombay



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a student of The
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Seventh Table Tennis Fellowship

Skill and enthusiasm were on show as 28 Rotarians and kin turned up on Sunday, 10th November for our Club's Seventh Table Tennis Fellowship, held, as before, at the YMCA at Colaba.

Proceedings were kicked off by Jamshyd Vazifdar explaining the format, after which participants were paired up and divided into two groups. Group A consisted of 6 pairs: Mehernosh Dotivala and Pranay (son of Kirit Kamdar), Kirit Kamdar and Mehul Sampat, Chetan Daiya and Hoshang Nazir, Anand Dalal and Advay (son of Akhil Sanghi), Vivek Himatsingka and Jagdish Malkani, Jaymin Jhaveri and Shivani (daughter of Rtn. Ptn. Chetan Daiya). Group B consisted of 7 pairs: Vikram Daiya and President Satyan Israni, Akhil Sanghi and Dilip Dalal, Uttkarsh (son of Mudit Jatia) and Siddharth Bhimrajka,

Aliakbar Merchant and Mahesh Khubchandani, Sanjiv Saran Mehra and Sushil Chandiramani, Anuj Arenja and IPP Manoj Patodia.

The participants were cheered on by Rtn Ptn. Delna Vazifdar, Chairman Moy Biswas and Rtn. Dr. Aashish Contractor. After each pair had played the others in the group, League tables were formed based on points won.

In Group A, the pair of Anand and Advay brushed aside all challengers as they took the number one spot with 5 wins out of 5 games. The second-place spot in Group A went to Vivek and Jagdish.

In Group B, the number one spot was taken by the pair of Sanjiv and Sushil, who won all 5 of their games. Second place was much closer to call and went to the pair of Satyan and Vikram, narrowly

edging out Manoj and Anuj.

The next phase of the Fellowship saw the pair of Vivek and Jagdish face off against Satyan and Vikram in a 21-point, "3rd place match." This was won 21-17 by the pair of Vivek and Jagdish.

The overall winners were decided in the match where Group A winners Anand and Advay played Group B winners Sanjiv and Sushil. After some great rallies and super shots, Sanjiv and Sushil emerged as the winners.

Once the matches concluded, trophies were presented to the winners and runners-up by President Satyan Israni, IPP Manoj Patodia, and Chairman Moy Biswas. Sports Committee Chairman Moy Biswas thanked everyone in attendance, who then continued their fellowship over light refreshments.





Lighthouse project: Exploring the Southern States at Diwali camp

During the Diwali vacation, the Lighthouse children participated in a vibrant Diwali camp centred on the theme of the "Southern States." Over seven days, they explored Tamil Nadu, Karnataka, Andhra Pradesh, and Kerala, delving into each state's unique culture and heritage.

Throughout the camp, the children learned about famous landmarks, notable personalities, rich traditions, local cuisine, and traditional folk dances. They created informative brochures highlighting key aspects of their assigned states, which became a focal point of their learning experience.

In the final programme, each group presented their brochures, sharing insights into the famous personalities and folk dances of their respective states. The programme celebrated the knowledge and creativity of the children, showcasing their deeper understanding and appreciation of India's diverse cultural heritage.



Celebrating Literature: Finale of Diwali Camp at GK Marg School

The finale of the Diwali Camp at Bhavishya Yaan's GK Marg School concluded with a successful and enriching Literature Festival, where students shared their learning about the works of Gurudev Rabindranath Tagore. The students spoke with great enthusiasm about Tagore's personality and his famous stories, including Kabuliwala and When Wishes Come True.

The event was graced by Girish Sir, who was invited as a guest to observe the performances, and his presence added to the excitement. The first performance of the day was by the students of Std 6, who presented

a dance performance to the original Bengali version of Bharat Bhagya Vidhata. This was followed by students from Standards 6 and 8, who sang the deep and meaningful song Ekla Chalo Re in a trilingual form, beautifully presenting Gurudev's literary masterpiece.

Next, the students of Std 5 took the stage with a mesmerising dance performance to the same song, Ekla Chalo Re, which left the audience in awe. The highlight of the day was a skit based on the Kabuliwala story, in which the students delivered the dialogues and expressions of the story's

characters with remarkable skill.

To end the event, the students enjoyed a recitation of the amusing poem Sunday by Gurudev Rabindranath Tagore, bringing a sense of light-hearted joy to the occasion. The Literature Festival concluded with a prize distribution ceremony, recognising students who had shown exceptional effort in learning and performing throughout the Diwali Camp.

The event was rounded off with delicious snacks, leaving everyone with fond memories of a successful and meaningful celebration of literature.



Children's Day Celebration with Rotaract Club of Atlas at GK Marg School

Bhavishya Yaan's GK Marg School celebrated Children's Day with the Rotaract Club of Atlas through the exciting "Masti Ki Paathshala" project.

This fun, educational event involved engaging students in a variety of hands-on activities. The children learned how to identify animal paw prints, use a first aid kit, and understand water purification techniques. They were also given a worksheet to test their knowledge on the topics covered.

One of the highlights was "The Trust Walk," where students were paired

up, with one partner blindfolded and the other guiding them through an obstacle course made of bottles, balloons, and chairs using only verbal instructions. This activity promoted trust and teamwork.

In addition to the activities, the significance of Children's Day was shared with the students, making it both an enjoyable and informative experience. The day was a great success, combining fun with learning, and the students were delighted, walking away with new knowledge and a sense of accomplishment.



Rotaractors Empower Young Minds at Bhavishya Yaan School



On 13th November 2024, a workshop was conducted at GK marg School, Byculia for Standard 3 and 4 students, organised by Rotaractors from Hinduja College. The workshop focused on educating the students about various important topics, including the uses of the internet, its advantages and disadvantages, cyber security, and narcotics awareness, emphasising the message of "Say No to Drugs." Additionally, the students received basic first aid training, which equipped them with essential life skills.

The students actively participated in engaging activities such as a debate and dumb charades, which encouraged creative thinking and teamwork. Physical games, like the kangaroo hop and obstacle navigation, added an element of fun and teamwork, allowing the students to bond while staying active.

To end the day on a sweet note, the Rotaractors distributed sweets to all the students, leaving everyone with a sense of fulfilment and joy.

A Journey Through Time: Rotary Trip to Egypt



One river, a pantheon of gods, a host of temples and tombs, and two mini-van loads of eager Rotarians and Rotaryannes – that is perhaps the briefest summary of the Rotary trip to Egypt. Originally planned during PP Manoj Patodia's tenure, the trip was delayed due to the uncertainty surrounding the Israel conflict. After much deliberation, it was finally scheduled for 7th November 2024, with a group of 20 travellers setting off for this immersive experience. The itinerary, meticulously curated by Rtn. Ptn. Shreelekha Damani, spanned Cairo, Luxor, Aswan, Abu Simbel, and back to Cairo. The group enjoyed excellent accommodations, with every meal thoughtfully pre-ordered to cater to diverse preferences, offering a taste of local cuisine alongside international favourites.

The journey began with a visit to the only surviving wonder of the ancient world – the Pyramids of Giza. From that awe-inspiring start, every turn seemed to unveil new forms of creativity. The group marvelled at a plethora of artistic expressions, including sculptures, paintings, pottery, and jewellery, all dating back to 3500 B.C. and beyond. The engineering prowess of the ancient civilisation, which achieved

such monumental feats without modern machinery, left many wondering if extraterrestrial assistance had played a role.

Among the many wonders explored, the group's favourites included the iconic Pyramids, the lesser-known yet captivating Dendera Temple, the exquisite paintings in the Tomb of King Seti I, and the massive sarcophagi for bull burials at the Serapeum. Highlights also featured a breathtaking hot air balloon ride over the Valley of the Kings and mesmerising Light and Sound shows. Yet, none of these could eclipse the splendour and craftsmanship of the treasures of King Tutankhamun, which stood out as the crowning glory of the trip. Expert guides accompanied the group at every step, shedding light on the mysteries of this ancient land.

As the journey came to a close, it left behind more than just memories of historic marvels – it fostered new friendships and strengthened old bonds. While the schedule was undeniably hectic, the camaraderie of the group ensured that every challenge was met with enthusiasm. Heartfelt thanks to Rtn. Ptns. Nandita and Shreelekha for their immaculate planning and care, which made this trip truly unforgettable.

MONTHLY PATIENT COUNT

Director	Rtn. Renu Basu	
Committee chair/co-chair	Rtn. Swati Jajodia/ PP Vijay Jatia	
Name of the Committee	Dialysis	
Patients visited / treated		Oct-24
DIALYSIS	Platinum Hospital, Mulund	09
	Aastha Hospital, Manor	19
	Sukh Sagar Hospital, Dahisar	20
	Shatabdi Hospital, Govandi	102
	Shatabdi Hospital, Kandivali	22
	Samarpan, Ghatkopar	67
	Lifeline Medicare Hospital Charkop	44
	Dr.M.L.Dhawale Memorial Trust Hosp. Palghar	24
	K.J. Somaiya Hospital & Research Centre, Sion	37
	Acharya Shri Ramesh Dialysis Centre, Andheri E	60
	Rotary Yoda Dialysis Centre, Symbiosis Hospital	100
	Swami Shraddhanand Hospital, Vasai West	66
Mallika Hospital, Jogeshwari West		120
Total		690

Rtn. Christopher Bluemel exchanging flag of the Rotary Club of Bombay at the Rotary club of Bangkok meeting.





Rotary
Club of Bombay
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DISTRICT 3141

Christmas SUNDOWNER



DECEMBER | **14** | SATURDAY
5:00 PM

US CLUB
NAPIER GATE, ROBERT ROAD,
R.C. CHURCH, COLABA,
MUMBAI - 400 005



NEXT WEEK:

PARALYMPIC GOLD MEDALIST HARVINDER SINGH TO BE FELICITATED WITH THE ROTARY CLUB OF BOMBAY ARVIND JOLLY AWARD FOR EXCELLENCE IN SPORTS



Harvinder Singh is a pioneering Indian para-archer, celebrated for his resilience and historic achievements. Born in Kaithal, Haryana, he overcame a leg impairment caused by a medical mishap in early childhood. Harvinder's journey into archery began in 2010, inspired by athletes at Punjabi University. His achievements include gold at the 2018 Asian Para Games and several other accolades. He made history as India's first Paralympic archery medalist, winning bronze in the men's individual recurve event at Tokyo 2020. Harvinder reached greater heights at the Paris 2024 Paralympics, securing India's first-ever gold in archery with a dominant 6-0 victory in the finals. A Ph.D. scholar in Economics, Harvinder exemplifies dedication, balancing his academic and athletic pursuits. His journey inspires countless individuals, proving that determination and hard work can transform challenges into remarkable success.

ROTARIAN MEMBER BIRTHDAYS



NOVEMBER 20

Rtn. Jagdish
Malkani



NOVEMBER 24

Rtn. Pratap
Padode



NOVEMBER 25

Rtn. Farokh
Balsara



NOVEMBER 25

Rtn. Anil
Goyel

ROTARIAN PARTNER BIRTHDAYS

NOVEMBER 19

Rtn. Ptn. Mona Nevatia

NOVEMBER 20

Rtn. Ptn. Suman Bang

NOVEMBER 22

Rtn. Ptn. Pratiksha Mody

NOVEMBER 23

Rtn. Ptn. Priti Gupta

NOVEMBER 24

Rtn. Ptn. Cyrus Aga

NOVEMBER 25

Rtn. Ptn. Ushma Doshi

NOVEMBER 25

Rtn. Ptn. Kamal Katgara

ANNIVERSARIES

NOVEMBER 19

Rtn. Ptn. Dolon &
Rtn. Parth Ghosh

NOVEMBER 19

Rtn. Ptn. Soha & Rtn.
Nilesh Parekh

NOVEMBER 20

Rtn. Ptn. Thrity &
Rtn. Dr. Sorab Javeri

NOVEMBER 24

Rtn. Ptn. Rakhi &
Rtn. Manish Reshamwala

NOVEMBER 19

Rtn. Ptn. Ketayun &
Rtn. Darius Irani

NOVEMBER 19

Rtn. Ptn. Poonam &
Rtn. Manish Sampat

NOVEMBER 20

Rtn. Poonam &
Rtn. Ajit Lalvani

NOVEMBER 25

Rtn. Ptn. Shreelekha &
PP Nandan Damani

NOVEMBER 19

Rtn. Ptn. Falguni &
Rtn. Pratap Padode

NOVEMBER 20

Rtn. Ptn. Nayna &
Rtn. Ashok Chinai

NOVEMBER 21

Rtn. Ptn. Nalini &
Rtn. Sundeep Puri

NOVEMBER 25

Rtn. Ptn. Niloufer &
PP Nowroze Vazifdar

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Director Gautam Doshi

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EVS Curriculum	Nikhil Bhatia
Programme	Rina Deora
Vocational Training & Night Study Centre	Wrinda Rajgarhia

Director Renu Basu

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	Mihir Mody
Cotton Green Clinic	Dr. Mehernosh Dotivala
Cancer Aid	Farokh Balsara
Committee for Neurodivergent Children	PP Shernaz Vakil
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Dialysis	Swati Jajodia

Director Mudit Jatia

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