

The Gateway



BULLETIN OF THE ROTARY CLUB OF BOMBAY

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THIS TUESDAY

Lulu Raghavan,
brand & design
evangelist

COMING UP

October 8th, 2024

Evening meeting:
Shiamak Davar awardee
Rotary Club of Bombay
Kalpana Sham Munshi
Lifetime Achievement
Award in Performing
Arts.

October 15th, 2024

Tuesday speaker Boman
Irani, Chairman and
Managing Director,
Rustomjee Builders.

October 16th, 2024

Club Assembly.

October 26th, 2024

Save the Date:
Diwali Nite.

*"The art of
medicine
consists in
amusing the
patient while
nature cures the
disease."*

Voltaire

Padma Shri PP Dr. Mukesh Batra & Rtn. Dr. Akshay Batra on homoeopathy in a modern world



PP Dr. Mukesh Batra

"Homoeo" means "similar," and "pathy" means "study of." So, it is the study of medicine based on similarities — "like cures like."

PP Dr. Mukesh: Homoeopathy arrived in India during the court of Maharaja Ranjit Singh. He had a problem with his throat, a condition known as paralysis of the vocal cords, which left him unable to speak. He was informed that one of Hahnemann's followers, practising in Austria, was very famous. Dr Honigberger was then invited to the court of Maharaja Ranjit Singh, and he cured him of his vocal cord paralysis, enabling him to speak again. The rest, as they say, is history.

Rtn. Dr. Akshay Batra

Why do people choose homoeopathy... first, the association of homoeopathy with no side effects. That's one of the biggest reasons for people turning to homoeopathy.

Second is a holistic approach. Homoeopathy is the one treatment of medicine that actually looks at you as mind and body together.... completely, rather than at an individual part of your body.



Third is the long-term cure where people believe and understand like they say in Hindi, jad se ilaaj hota hai. So, you treat it from the root and you get long-term relief from homoeopathy.

No dependency. So this is a common question patients ask that we take homoeopathy. Will we need to take a life long? Is there dependency or the medication? That's not the case.

Boosting immunity. Like dad mentioned, homoeopathy helps your body to heal itself really. So that's how it makes you stronger.

Ease of administration. I think we know no injections, no bitter pills. Children love homoeopathy because the medicines are sweet. We find you know so many children in practice so easily. They're so happy to come to the clinic.

PP Dr. Mukesh

That's why we are called candy doctors.

Rtn. Dr. Akshay

And, of course, in certain cases, avoidance of surgery. This is a study done in India a couple of years ago, which basically showed that 93% of



parents surveyed would like to try homoeopathy for their children. That's a very, very large number. The two key reasons for wanting to try it is because they were worried about side effects from other treatments. And the second is because they wanted a long-term cure for their children. And the two key reasons for not trying homoeopathy was 1) they thought it was non-scientific, the small cohort who didn't want to try it. 2) they thought it takes time to act.

The belief that 'homoeopathy is not scientific' is a myth. There's a lot of research happening internationally with a lot of published clinical trials to show how homoeopathy is effective.

PP Dr. Mukesh

The relevance of homoeopathy in the modern world.

Let me start with something called AMR. AMR is antimicrobial resistance. In India, there are 3,000,000 people who die every year because of this problem.

Today, we are self-treating ourselves with antibiotics for ailments for which we should not be taking antibiotics. ...almost 10 to 20% of hospital deaths are because antibiotics don't work, particularly in older people and children. Second reason is that we pressurise our doctors. We go to a GP and say, I've got to get back to a party tomorrow. I've got to get back to my work tomorrow. Can you not give me an antibiotic?

Understand that antibiotics are only given for specific bacteria. They do not work on viruses. Everybody uses broad spectrum antibiotics. And therefore, when you misuse them, they don't work.

The same thing happens with the friendly neighbourhood, not Spiderman, but I would say chemist. Because while it's illegal to give antibiotics without a prescription, they deliver it to your house today. And this happens in a lot of countries as well. So all of this is actually pushing this whole number very, very highly.

The amount of people who self-medicate, 66% in India, 34% in the Middle East, 22% in Africa, 20% in Asia, 17% in South America, and lower in Europe at 8%.

Now why is it like this? We need to educate people on misusing antibiotics. Also, let me mention that India's loss to GDP is around 2%. Only by this one single thing. So imagine if you were to use a safer alternative system of medicine, how much trauma, suffering, and money you could save for the country and for the world.

Rtn. Dr. Akshay

So, safety and efficacy. Let's talk about a few common conditions that we're seeing in India today and how homoeopathy has been shown to help them.

If you look at allergies, food allergies are becoming really common today. Gluten allergy, for example — we eat a lot of wheat in India, and as a result, there's something called celiac disease that occurs. India has about 13 million people who suffer from celiac disease, and the total cost of managing this in India is about 150 million dollars. Worldwide, 78 million people suffer from this condition. A published study shows how homoeopathy has been beneficial for patients with gluten allergies. Because gluten is a significant part of our diet in India, many people suffer from this condition. This is a case of an 11-year-old girl who was treated with homoeopathy for gluten intolerance.

Lactose intolerance — again, milk. There's a widespread belief in India that milk is essential for us and must be part of a staple diet. I remember my Mom pushing it down my throat every morning before school, and I hated it. Even today, personally, I feel bloated and heavy after consuming milk. Some say milk is only meant for calves, not humans. A significant number of people in India suffer from milk intolerance and lactose intolerance.

PP Dr. Mukesh

Of course, there is a big pushback from Big Pharma, and that's where the challenge lies. The moment you try to introduce cheaper forms of treatment or some research is done, for example, Prince Charles went to the BMA (British Medical Association) and spoke favourably about homoeopathy and alternatives, as he is a patron of homoeopathy. Now, of course, he's the King and his word carries more weight, but at that time he was the Prince. After his speech, a few years later, the BMA published research claiming homoeopathy is not very scientific, and so on. So, there are challenges like that.



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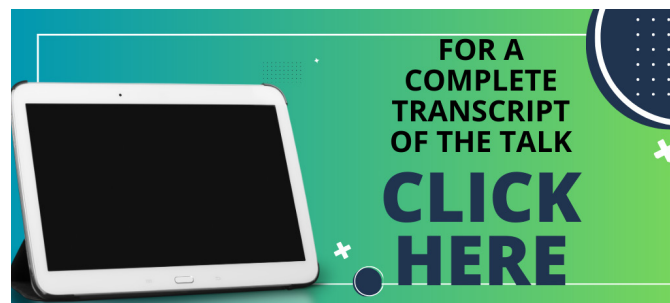
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**FOR A
COMPLETE
TRANSCRIPT
OF THE TALK**

**CLICK
HERE**

Legal awareness event for senior citizens

The Rotary Club of Bombay's Legal Awareness Committee conducted an online event on Saturday, September 21st, 2024, focused on spreading legal awareness regarding the rights and protections of senior citizens. The event was supported by the Maharashtra Human Rights Commission, the District Legal Services Authority, and the Rotary District Baghbaan Disability to Ability avenue. With over 100 participants, the session reached full capacity, and several old age homes and shelters across Maharashtra also logged in, enabling many senior citizens residing in these facilities to join.

The session was moderated by the Chair of the RCB Legal Awareness Committee, Rtn. Tahera Mandviwala. RCB PE Bimal Mehta introduced the event, while PP Ramesh Narayan provided support and attended the session. Many district dignitaries were also present, including DG Chetan Desai and Rtn. Mona Shah, both of whom addressed the gathering. The speakers featured representatives from the Maharashtra Human Rights Commission and the District Legal Services Authority.

The event was highly informative and interactive, receiving excellent feedback from all attendees. Key topics covered included the Senior Citizens Act, various laws, policies, and schemes pertaining to senior citizens, as well as the human and fundamental rights applicable to them. Succession planning, including wills, probate, family settlements/arrangements, and gifts, was also discussed, with practical implications and examples provided. Attendees raised numerous questions and concerns, which were actively addressed throughout the session.

Overall, it was a highly successful and far-reaching legal awareness initiative.



कानूनी उपाय और समर्थन

- -रखरखाव न्यायाधिकरण
- - वरिष्ठ नागरिक कल्याण न्यायाधिकरण
- - हेल्पएज इंडिया और अन्य एनजीओ जो वरिष्ठ नागरिकों का समर्थन करते हैं

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TUESDAY MEETINGS AT ROTARY CLUB OF BOMBAY



Rotarians PP Vijaykumar Jatia and Rajas Doshi



Rotarians Chris Blumel, Tahera Mandviwala, Anita Paymaster, Sherebanu Baldiwala and Mudit Jain



Rotarians Dr. Saumil Kothari and Miral Shah



Rotarians Gautam Doshi, Jamshed Banaji, Akhil Sanghi and Pulin Shroff



Rotarians Hiren Kara and PE Bimal Mehta



Rotarians Jamshed Banaji, Mudit Jain and Amit Banka



Rotarians Jamshyd Vazifdar, Dr. Dinesh Daftary and PP Dr. Rumi Jehangir



Rotarians PE Bimal Mehta and Sunny Pariyaram



Rtn. Akhil Sanghi proposes a vote of thanks



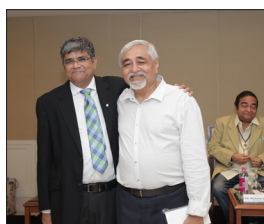
Rtn. Mudit Jain introduces our speakers



PE Bimal Mehta with our speakers PP Dr. Mukesh Batra and Dr. Akshay Batra



PE Bimal Mehta extends birthday greetings to Rotarians PP Dr. Xerxis Umrigar for his birthday, Dilip Dalal, Jamshyd Vazifdar, Rajesh Shah and Sushil Chandiramani



Rtn. Dr. Akshay Batra, Sandeep Puri, PE Bimal Mehta, PP Nirav Shah and Rtn. Ptn. Malti Jain



Rtn. Rhea Bhungara, flanked by Robin Fernandez and Zaheer Memon



X_Rtn. Ramesh Dhir, X_Rtn. Pranay Vakil, Rtn. Ptn. Malti Jain, Rtn. Anil Parikh, Rtn. Dilip Dalal and Rtn. Meera Alreja



PE Bimal Mehta and Rtn. Ptn. Avaan Vakharia

ROVING ROTARIANS OF THE ROTARY CLUB OF BOMBAY

Rtn. Swati Jajodia had the honour of being invited to the BRICS Summit 2024, held in St. Petersburg, as a speaker at the Eurasian Women's Forum led by Valentina Matviyenko, Chairwoman of the Federation Council of the Russian Federation. During the forum, she also signed a joint venture in the health sector.

Reflecting on the experience, Rtn. Swati shared, "Hearing President Putin speak on how women are an integral part of the socio-economic development of the world was very heartening. Overall, an amazing experience."



Rtn. Christopher Bluemel visited his third JWD Club. RC Athens / Athinai was founded on December 28th, 1928. He received a warm reception while there and exchanged Club flags.



RCB's new banner was presented last week by Rtn. Peter Born to Governor Dr. Ernst Hanisch (District 1820) and Prof. Dr. Anne Bohnenkamp-Renken, President of RC Frankfurt am Main-Staedel. Rtn. Peter Born was once Charter Member of RC Frankfurt-Staedel which was founded nearly 30 years ago.

Ananda Yaan elders welcome the Devi with creativity



At Byculla's Ananda Yaan, members participated in a delightful craft and painting activity, guided by volunteer Ms. Sheetal Rane. With Navratri approaching, Ms. Rane helped the seniors express their creativity through vibrant colours and intricate designs. The session

fostered a joyful atmosphere as participants explored different artistic techniques, serving as a therapeutic outlet that promoted mental well-being and enhanced fine motor skills. The finished artworks were proudly displayed, showcasing the immense talent and enthusiasm of the seniors.



BY NMJ LEARNS TO LET GO

The concept of letting go was emphasised through the symbolic act of Ganpati Visarjan.

Students from classes 9th and 10th learned the importance of releasing things that no longer serve them, whether it's bad habits, unrealistic desires, or expectations that weigh them down. By letting go, they realised that self-sabotage can be avoided, making space for personal growth and development. The discussion also highlighted that sometimes, even letting go of things or people we love can prevent stagnation and open doors for new experiences and opportunities.

The students actively engaged by sharing their personal reflections on what they would let go in their own lives, fostering a deeper understanding of the theme.

Classes 5th to 8th participated in a balloon game that was not only fun but also rich in lessons. Through this activity, the students learned that focussing on others' success does not mean compromising their own. The key takeaway was that in life, you don't have to bring others down to rise up yourself. Everyone can win if the effort is collective.

The activity taught them that by helping others, they are actually helping themselves. The synergy created in supporting one another often leads to personal achievements too. The kids thoroughly enjoyed the balloon games and shared valuable insights, reflecting on how working together leads to a win-win situation for all.

INNER WHEEL CLUB KICKS OFF THE YEAR WITH LAUGHTER



On July 24th, 2024, the Inner Wheel Club held its first General Body Meeting (GBM) of the year 2024-2025 at the Victoria School for the Blind. The meeting marked the start of an exciting new year for the club and featured a unique and memorable element — a laughter session immediately following the GBM.

The idea of beginning the year with laughter was well received by all attendees. The session was led by Archana Rao, one of India's esteemed laughter ambassadors, whose infectious energy and humour created an atmosphere of joy and camaraderie, leaving



everyone in high spirits.

This innovative approach not only set a positive tone for the year ahead but also highlighted the importance of laughter and well-being in our lives. The event was a resounding success, leaving everyone with a renewed sense of enthusiasm and togetherness.

Dr. Mita Roy, President for 2024-2025, expressed her delight at the positive response and looked forward to incorporating more such uplifting activities in the future.

Digital deaddiction and cyber safety for Interact



The RC of Bombay's Avenue for Mental Health and Addiction Prevention successfully organised an awareness session for Interact students at Sir JJ Girls' High School, Fort. The session, titled Digital Deaddiction and Cyber Safety, was attended by 70 enthusiastic 9th grade students and covered several important topics that resonated deeply with the audience.

Key topics discussed included: Understanding digital addiction, human behaviour in cyberspace, strategies to reduce screen time, general tips for digital well-being, types of cybercrimes, cyberbullying awareness, online safety measures.

The session was highly interactive, featuring vibrant discussions on social media addiction, excessive gaming, and online gambling. Students eagerly shared their experiences and concerns, which highlighted the relevance of these issues in their daily lives.

This initiative aligns with RC of Bombay's commitment to promoting mental health and preventing addiction within the community. The positive response and active participation from the students reaffirmed the importance of addressing digital deaddiction and cyber safety among young people.



Media coverage of the Installation Ceremony of Interact Club which appeared on September 24th, 2024 in the Hindustan Times' print edition



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



ROTARY CLUB OF BOMBAY DIALYSIS CENTRES

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 Vivekananda Rd, Kandivali, Fateh Baug, Kandivali West, Mumbai 400067	2	Free
6	Samarpan Dialysis & Thalassaemia Centre, Ghatkopar	Aaradhya Edu-Health Centre, H-wing, 3rd Flr., Aaradya One Earth, Naidu Colony, Pant Nagar, Ghatkopar East, Mumbai 400077	14	300
7	Lifeline Medicare Hospital, Charkop	Near Rustonjee Meridian, Charkop Gaon / Village, Kandivali West, Mumbai, 400067	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, Vasai	Near Shankaracharya Samadhi Mandir Navale, Nirmal, Vasai (W, Vasai-Virar, Maharashtra 401304	6	Free

To know more reach out to:

Rtn. Swati Jajodia +91 9821028587 swati@spentose.com

NEXT WEEK:

SHIAMAK DAVAR, SINGER & PERFORMING ARTIST

Shiamak Davar, a renowned singer and entertainment icon, holds the title of the “Guru of Contemporary dance in India”. He revolutionized the country’s dance scene, particularly in the film and theater industries, with his distinctive and popular “Shiamak Style” of indo modern and contemporary dance. As the Founder and Artistic Director of the world’s largest dance education movement, he has impacted the lives of over a million dance enthusiasts across India, Canada, Australia, the United Arab Emirates, the United Kingdom and United States of America. Shiamak’s motto, “Have Feet. Will Dance,” reflects his commitment to spreading the joy of dance worldwide.



ROTARIAN MEMBER BIRTHDAYS



OCTOBER 1

PP Preeti
Mehta



OCTOBER 2

Rtn. Suresh
Kotak



OCTOBER 2

Rtn. Ramesh
Mehta



OCTOBER 2

Rtn. Purnima
Sheth



OCTOBER 6

Rtn. Dr. Nisheeta
Agarwala



OCTOBER 6

Rtn. Meera
Alreja



OCTOBER 7

Rtn. Vikram
Daiya

ROTARIAN PARTNER BIRTHDAYS

OCTOBER 1

Rtn. Sanjay Sharma

OCTOBER 2

Rtn. Sakshi Gupta

OCTOBER 2

Rtn. Sita Ruia

OCTOBER 3

Rtn. Vatsala Jatia

OCTOBER 3

Rtn. Rekha Ruia

OCTOBER 4

Rtn. Neeta Anand

OCTOBER 5

Rtn. Divya Mafatlal

OCTOBER 6

Rtn. Sweta Vakil

OCTOBER 7

Rtn. Neha Bhimrajka

OCTOBER 7

Rtn. Swapna Murarka

OCTOBER 7

Rtn. Arwa Tapia

OCTOBER 7

Rtn. Niloufer Vakil

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Director Siddharth Bhimrajka

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Lighthouse	Vandan Shah
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Ananda Yaan	Kaushal Mehta
Trans Salon (DEI)	Ratna Sharma

Director Rahil Shah

Integrated Village Development with Chirag	Ravindra Fotedar
Panchatattva Gale Village	Vinit Gajree
Urban Nature Habitat	Arnab Malik
Heritage, Art & Culture	Aditya Somani
Animal Welfare	Priyasri Patodia

Director Gautam Doshi

Bhavishya Yaan	Akhil Sanghi
IT Innovation Labs	Abhishek Saraf
Adult Literacy for Women	Runit Shah
EVS Curriculum	Nikhil Bhatia
Programme	Rina Deora
Vocational Training & Night Study Centre	Vrinda Rajgarhia

Director Renu Basu

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	Mihir Mody
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Cancer Aid	Farokh Balsara
Committee for Neurodivergent Children	PP Shernaz Vakil
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Dialysis	Swati Jajodia

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Rotaract Clubs	Sidhant Jatia
Satellite Club	Murad Currawalla
Interact Schools	Mudit Jain
Scholarships	PP Preeti Mehta

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CONTACT@ROTARYCLUBOFBOMBAY.ORG

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