

The Gateway



BULLETIN OF THE ROTARY CLUB OF BOMBAY

VOLUME 66, ISSUE NO. 6, AUGUST 6, 2024

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THIS TUESDAY:
Romila Nijhawan,
Principal Partner,
Nuvama Private,
on the Budget
and its impact on
investments

COMING UP

TODAY

Installation of Rotaract Club
of Jai Hind College.
[Details inside.](#)

August 10th, 2024

Parsi Nite at Albless Baug.
[Details inside.](#)

August 11th, 2024

Heritage tour of iconic CSMT.
[Details inside.](#)

August 13th, 2024

Tales of Independence.

August 16th, 2024

Installation of Rotaract Club
of H.R. College.
[Details inside.](#)

August 20th, 2024

Ramkrishna Bajaj Award to
Rtn. Puneet Chatwal.

August 22nd, 2024

Installation of Interact Club of
Sir J J Girls' High School.
[Details inside.](#)

August 27th, 2024

Member of Parliament Rajya
Sabha Shri Milind Deora

August 29th, 2024

Dil Se, a concert by Ustad
Shujaat Husain Khan.
[Details inside](#)

Revant Himatsingka, MBA graduate and clean eating champion from Kolkata, better known as the Food Pharmer



Introduction and Background: Revant Himatsingka, known as the Food Pharmer, recently moved to Mumbai. An MBA graduate from Wharton and a certified health coach, he advocates for clean eating.

Career Shift and Initiative: After 13 years in the US, Revant returned to India without a concrete plan and started "Padhega India," a movement encouraging people to read food labels. This initiative gained significant traction, highlighted by The Economic Times as a major consumer campaign.

Controversy and Public Attention: Known for his critique of various food brands, Revant has garnered significant media attention. He emphasises food as medicine and advocates for reducing dependence on pharmaceuticals by choosing healthier food options.

Health Literacy: Revant aims to improve health literacy in India, distinguishing it from general education. He believes understanding food labels is crucial, often more important than other commonly emphasised skills like coding.

Viral Video Incident: He shared a viral video exposing high sugar content in a popular drink, leading to legal action and sparking a broader discussion on the health claims made by food companies.

Legal Challenges and Public Support: Despite facing multiple legal challenges, including defamation suits, Revant remains committed to his cause, buoyed by public support.

Key Message on Food Labels: He stresses the importance of reading all parts of food packaging, including the front package, ingredient list, and nutrition label, to make informed choices, warning against relying solely on marketing claims.

Product Longevity and Health: Products with longer expiry dates are often less healthy due to preservatives and additives. Revant promotes choosing fresh products with shorter shelf lives.

Marketing Tactics: Packaged foods often use appealing front-of-package descriptions, but the true content, including high sugar levels or artificial additives, is usually detailed on the back.

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Deceptive Labelling: Attractive elements like images of fruits or claims of no artificial flavours may hide low actual fruit content and high sugar levels.

Targeted Marketing: Food products often use keywords appealing to specific demographics, aligning with consumer desires without necessarily altering nutritional content.

Marketing Gimmicks: Companies use visual cues, like green packaging, to imply health benefits, though these are often marketing tactics with little basis in the actual product content.

Trademark Misuse: Misleading trademarks can confuse consumers about the nature of products, such as misusing common terms to imply health benefits.

Celebrity Endorsements: Endorsements can mislead consumers into trusting product quality based on celebrity associations, rather than the actual product merits.

Misleading Health Claims: Unsubstantiated health claims can mislead consumers, making them believe products are more beneficial than they are.

Overconsumption: Products marketed as healthy can lead to overconsumption due to perceived health benefits, which is problematic with items like brown bread that may contain added colours.

Marketing Associations: Associating products with daily routines or cultural practices encourages frequent consumption, such as snacks marketed as companions to tea.



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Understanding “Flavour”: The term “flavour” often means the product tastes like an ingredient without actually containing it, misleading consumers about the product’s content.

Sponsorships and Brand Positioning: Brands sponsor events that align with their desired image, positioning their products as premium or aspirational.

Ingredient Transparency: The best products have clear, minimal ingredient lists, or none at all, like fresh fruits and vegetables. Long ingredient lists often indicate processed foods.

Order of Ingredients: Ingredients are listed by weight; if sugar or refined flour is among the first ingredients, the product likely has a high proportion of these less desirable components.

Nutrition Label Awareness: Consumers often miss misleading serving sizes on nutrition labels, leading to underestimating calorie consumption.

Excess Sugar in Beverages: Beverages often contain high added sugar, and understanding the sugar content in teaspoons helps highlight this issue.

Health Risks of Excess Sugar: Excessive sugar consumption can lead to health problems, making it crucial to read labels to understand sugar content.

Comparison of Sugar Content in Beverages: Different beverages, including juices and soft drinks, vary significantly in sugar content.

Ketchup Consumption: Ketchup is widely consumed, often with high sugar content, and alternatives like coriander chutney are encouraged.

Criticism of Packaged Foods: While critiquing packaged foods, it’s important to offer alternatives to avoid leaving people uncertain about what to eat.

Healthier Alternatives: Revant suggests alternatives to common packaged foods, like choosing peanut butter with minimal ingredients or healthier bread options.

Misleading Product Labels: Some products mislead consumers by suggesting they are something they are not, such as misusing terms like ORS.

Ingredient Transparency: Emphasis on reading ingredient lists and choosing products with simple, minimal ingredients.

Impact of Packaged Foods Across Socioeconomic Lines: Packaged foods are consumed by people of all economic backgrounds, and addressing these issues benefits everyone.

Healthy Yoghurt Choices: Opt for unsweetened yoghurt and add fresh fruit instead of buying pre-flavoured versions with added sugars.

Cleaner Food Products: Choose products with simpler ingredient lists, which are generally healthier.

Advocacy for Health Literacy: Revant advocates for health and nutrition education in school curriculums, similar to other academic subjects.

Conscious Capitalism: He promotes conscious capitalism, aligning business practices with social good, such as using proceeds to feed the poor.

Non-Endorsement Policy: To maintain credibility, Revant does not endorse any food products but provides information on healthier choices.

PRESIDENT'S MONTHLY MUSINGS

Dear Friends,

It is with a sense of profound gratitude and excitement that I address you today, marking the completion of one month as your President. This past month has been a whirlwind of activity, marked by renewed purpose, collaboration, and a shared commitment to service.

We started off the year with a bang with the Installation which had an attendance of 270+ people and then a blockbuster start to our weekly speaker meetings with the charismatic and witty Karan Johar in conversation with our very own Rotarian Priya Tanna, followed by a fabulous array of speakers ranging from Dr. Rajendra Badwe – a doyen in the field of cancer, Prachi Shevgaonkar – an avid torch bearer for climate change to Revant Himatsingka who has revolutionised the way we look at packaged foods.

In so far as our projects are concerned the good work being done continues with gusto and all the committees hit the ground running be it our Talwada Medical Centres, Bhavishya Yaan which now also has AI, coding and robotics, installation of Dialysis Centres, Cotton Green, the Bio-Diversity

Park at Kalina or Dharamshala. The list goes on. Every chairperson / co-chairperson and committee member has shown renewed vigour and enthusiasm. None more so than Rotarians Mudit Jain and Hiren Kara who have re-energised our Interact Clubs and we even had an ice-breaker fellowship with five / six clubs.

Keeping in mind the funding requirements, we have organised a fund raiser Dil Se – a bouquet of classical and folk music by Ustad Shujaat Khan at NCPA on August 29th. I request all of you to wholeheartedly participate. Please donate to the project of your choice of our Club and in case of indecision do not hesitate to speak to me.

Recently, we have witnessed the huge landslide disaster that struck Wayanad in Kerala and nearly 300 people have lost their lives. We received an appeal from the India Humanity Foundation to sponsor 100 disaster relief kits @ Rs.8000 per kit. While I was in the process of taking BOD approval, Venkat and Fali have offered to fund 100 kits each. I am deeply grateful to both Venkat and Fali for their largesse and generosity.

We have many more things happening going forward with interesting speakers,



fellowships and experiences. We have also received constructive feedback on our afternoon lunches, and we are working on the same as well.

I request all of you to stay involved and engaged with the Club to derive maximum satisfaction and enjoy Rotary.

See you at the next meeting on August 6th.

Yours in Rotary

President Satyan Israni

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Bhavishya Yaan alumnus gets help from Down Under

Some years ago, Rakesh Thakur, a young student at Colaba School who was attending our Bhavishya Yaan programme, expressed his interest in becoming a lawyer.

A visiting intern from Australia, Grace Gerhard, who spent a month at Colaba school, identified his potential and encouraged him. She also committed to personally paying for his entire law college education if he passed the law entrance exam and diligently sends

his tuition fee from Australia every year.

Rtn. Ptn. Beena Yargop has been instrumental in coordinating the entire process from the time she was a Mentor in the Bhavishya Yaan programme.

Rakesh is living up to Grace's expectations. He has secured 3rd highest marks in his class in his third year of the law programme. He is now entering the 4th year and Grace continues to support his education.



BY STUDENT WINS CHESS COMPETITION

Abhishek Sahani, a Std 10 student from Bhavishya Yaan's Dr. Ambedkar School, has clinched the 1st prize in a chess competition organised by the South Mumbai Chess Academy. Abhishek credits his success to the chess guidance he received in Std 8 at GK Marg School, which helped him excel in multiple rounds and secure the top spot in the tournament.

LIGHTHOUSE CHILDREN LEARN TRAFFIC & ROAD SAFETY



On July 26th, 2024, Lighthouse organised an educational trip to the Traffic Garden in Cooperage, aiming to instill civic sense in young children. The visit involved 45 children from Class 1 to 5, residents of Mahima Nagar, accompanied by five teachers and two mothers.

The children, many visiting the Traffic Garden for the first time, were warmly welcomed by two constables who provided an engaging educational session. They were taught about traffic signals, the importance of obeying these rules for road safety, common mistakes

by bikers, and pedestrian safety, including walking on footpaths.

This visit was particularly relevant as these children often walk to school on their own. The constables emphasised the importance of educating young pedestrians for their safety and well-being. The initiative by Lighthouse not only educated the children but also aimed to nurture them into responsible citizens. The children left the garden with a better understanding of traffic rules, eager to share their newfound knowledge with family and friends.



"Say No to Plastic Bags" Campaign at BY

The Sanskar Foundation recently conducted a "Say No to Plastic Bags" campaign at Bhavishya Yaan School at GK Marg. The students were educated on the harmful effects of plastic on the environment and learned ways to reduce plastic usage in daily life. The session included a PowerPoint presentation and a hands-on activity where students made paper bags from newspapers. The children responded enthusiastically, showing keen interest and participation in the activities.

TUESDAY MEETINGS AT ROTARY CLUB OF BOMBAY



Rtn. Vivek Himatsingka, speaker Revant Himatsingka, Rotarians Abhishek Saraf, Rina Deora, Anar Shah and Murad Currawala



Rotarians Rajan Gupta, Anirudh Chowdhary, Siddharth Bhimrajka, Vishal Vora and President Satyan Israni



Rotarians Sunita Mandelia, Dr. Vandana Bulchandani, PP Kalpana Munshi, PP Dr. Rumi Jehangir and Sheila Bulchandani



Rotarians Ritu Desai, Mayank Kumar and Anar Shah



Rtn. Ptn. Vandana Kakar, Rtn. Mudit Jain, PP Dr. Mukesh Batra and Rtn. Ptn. Malti Jain



Rotarians Rekha Tanna, President Satyan Israni, PN Manish Reshamwala and Vrinda Rajgarhia



President Satyan wishes Rtn. Abhishek Sharman for his birthday



Rotarians Akhil Sanghi, Gautam Doshi and Abhishek Saraf



Rotarians Khurshed Poonawala, Vrinda Rajgarhia and Farhat Jamal



Rtn. Siddharth Bhimrajka asks a question



Rotarians Vivek Himatsingka and Akhil Sanghi, speaker Revant Himatsingka, President Satyan and Rtn. Azim Tapia



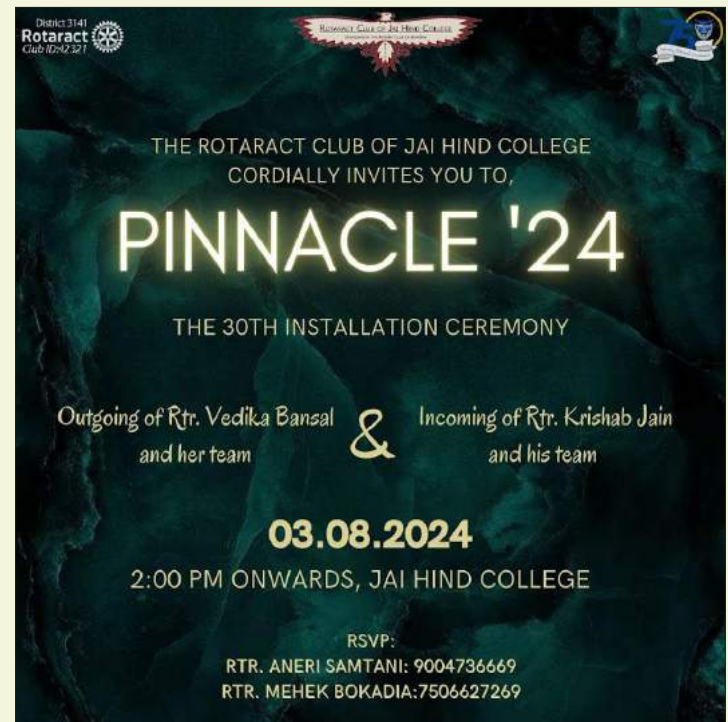
Rtn. Mudit Jain asks a question



PRESIDENT SATYAN ATTENDS INNER WHEEL INSTALLATION



President Satyan Israni attended the installation ceremony of President Siddhi Sakhrani of the Inner Wheel Club of Bombay Queen's Tiara as the Guest of Honour. The event took place on Tuesday, July 30th, 2024, at the Garware Club House.



Inner Wheel supports rural development at Shantivan



The Inner Wheel Club of Bombay has made a significant contribution to rural communities through a generous donation to various projects at Shantivan, aligning with their annual theme, 'Building a Future'. This initiative supports sustainable development and aids the underprivileged.

Under the leadership of Past Association President Raksha Ben Mehta and Past District Chairman Falguni Mehta, the club has provided essential resources to Shantivan's Balwantrao Mehta Centre, the Rural Development Centre of Kushtarog Niwaran Samiti. The centre runs vital programmes, including a co-educational residential school for 500 tribal children, support for Zilla Parishad primary schools, and physiotherapy services for 115 cured leprosy patients.

The club's contributions include LED smart TVs, colour printers, computers, furniture, rain gear, school bags, and stationery kits for students in local Zilla Parishad Schools. They also support a mid-day meal programme at the Ashramshala and plan to paint a 'Happy School' at Vazapur.

With a total contribution of ₹7,75,560, the Inner Wheel Club's efforts at Shantivan are a beacon of hope, aiming to build a brighter future for rural residents and demonstrate the club's commitment to sustainable development and community service.



Monsoon brunch fellowship at the Rotary Club of Bombay



TATA-ACTREC THANKS RCB!



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30th July 2024

To,

Mr. Sandip Agarwalla
Rotary Club of Bombay
Nariman Point, Mumbai- 400 021

Sub- In-kind donation towards Tata Memorial Centre-ACTREC

Dear Mr. Agarwalla,

Thank you for your support and generous in-kind donation of Multipara Monitors (35 qty) and High Flow Nasal Canulas (5 qty) towards Tata Memorial Centre (TMC) - Advanced Centre for Treatment, Research and Education in Cancer (ACTREC). On behalf of our centre and our patients, we are very grateful to Rotary Club of Bombay.

The Centre's primary goal is to provide comprehensive cancer care to one and all through its motto of excellence in services, education, and research. The cancers treated at the Centre include leukemia, lymphoma, pediatric malignancies, and cancers involving Breast, Head & neck region, Brain, Gastrointestinal, Genito urinary and Reproductive organs. Your contribution towards the centre will undoubtedly help us to achieve our goal.

We look forward to your continued support and contribution towards our pursuit of providing better cancer care to our patients.

Thanking you.

Yours Sincerely,


Dr Navin Khattry
Deputy Director, Clinical Research Centre
ACTREC- Tata Memorial Centre

Dr. Navin Khattry
M.D., D.M.
Dy. Director, CRC
Advanced Centre for Treatment Research &
Education in Cancer (ACTREC)
Tata Memorial Centre,
Kharghar Navi Mumbai-410210, India

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Inauguration of Swami Shraddhanand Hospital Rotary Dialysis Centre

On July 29th, 2024, the Swami Shraddhanand Hospital in Vasai-Virar witnessed the grand inauguration of its new Rotary Dialysis Centre. The event was officiated by President Satyan Israni in the presence of esteemed guests and dignitaries.

The new Dialysis Centre, a collaborative effort between the Rotary Club of Bombay and Swami Shraddhanand Hospital, aims to provide affordable and accessible dialysis treatments to the local community. The

facility, equipped with six new dialysis machines donated under Global Grant #2352086 in partnership with the Rotary Club of Ramleh, Israel, will significantly enhance the hospital's capacity to serve underprivileged patients, particularly those with chronic illnesses such as cancer.

The inauguration was attended by key figures, including Rtn. Swati Jajodia, Chairman of the Dialysis Centre; Dr. K. Venkatramanan, Director of Projects and Programmes at

the hospital; and Mr. Shrikant Khot, a representative from Apex Kidney Care.

The Rotary Club of Bombay expressed special thanks to PP Vijay Jatia and Rtn. Ptn. Gauri Jatia for their generous contributions, which made the expansion possible. The new facility is expected to reduce waiting times for dialysis treatment and increase the number of patients served, making a substantial impact on the healthcare landscape in the Vasai-Virar region.



PARSI NITE

*Featuring
Drinks on the house
Godiwalla on the 'patra'
Mark on the keyboard
Lynn on the mic
& Rotarians on the
dance floor and mic !*

*Allbless Baug
Charni Road, Mumbai*

*7.30pm onwards
Saturday, 10th August, 2024*

*Dress code : Parsi Attire
Rsvp: Rashmi [+919769140141](tel:+919769140141)*

or

<https://imjo.in/m8thyt>

Rs. 2000 per person

Monthly Patient Count

RCB Medical Centre, Talwada		
Director Rtn. Renu Basu; Chair: Rtn. Mihir Mody; Co-chair: Rtn. Meera Alreja		
Patients visited / treated Jul-24		
ADMC	General OPD	1720
	Dental OPD	46
	Pediatric OPD	26
	Pathology Lab	76
	TB Patients	30
	Total	1898

PRVEC	Ophthalmic OPD	1083
	Spect Give during the month	96
	Operations	43
	The Patient kept for treatment	9
	IOL	37
	Yag Laser	12
	Green Laser	-
	Keratoplasty	-
	Total	1280

Cotton Green		
Director Rtn. Renu Basu; Chair: Rtn. Dr. Mehernosh Dotivala; Co-chair: Rtn. Reema Damani		
Patients visited / treated Jul-24		
Cotton Green	HOMEOPATHY	238
	DENTAL OPD	193
	OPHTHALMIC OPD	41
	PAEDIATRICS OPD	29
	GENERAL OPD	80
	PATHOLOGY LAB	11
	Total	592



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The Installation Function of

THE INTERACT CLUB OF

Sir J.J. Girls' High School

Thursday, 22nd August, 2024

Venue : AV Room

Time : 01:00 pm

It would give us immense pleasure if
you could grace this occasion with
your presence.

Rotary
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Celebrating 95 years of service



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6.30 PM, THURSDAY, 29 AUGUST 2024



Rotary Club of Bombay Dialysis Centres

	Aastha Hospital, Manor First Floor, Rais Arcade, Palghar-Wada Road, Manor District Palghar 401403	3 No. of Machines	FREE Charges for needy patients	
	Platinum Hospital, Mulund Neptune Colorscape, Dumping Rd, Siddharth Nagar, Mulund West, Mumbai, Maharashtra 400080	2 No. of Machines	FREE Charges for needy patients	
	Sukhsagar Hi-Tech Hospital, Dahisar (Rotary Dialysis Centre) Lokmanya Tilak Rd, Mhatre Wadi, Dahisar West, Mumbai, Maharashtra 400068	2 No. of Machines	800/- Charges for needy patients	
	Shatabdi Hospital, Govandi (Rehbar Foundation) Rehbar Foundation Malik Rakia Khatoon Dialysis Centre, First Floor, Shatabdi Hospital, Centenary Building, WTP Marg, near Pepsi Company, Deonar, Govandi East, Mumbai, Maharashtra 400088	3 No. of Machines	FREE Charges for needy patients	
	Shatabdi Hospital, Kandivali Swami Vivekananda Rd, Kandivali, Fateh Baug, Kandivali West, Mumbai, Maharashtra	2 No. of Machines	FREE Charges for needy patients	
	Samarpan Dialysis & Thalassemia Centre, Ghatkopar Aaradhy Edu-Health Centre, , H-wing, 3rd flr, Aaradhy One Earth, Naidu Colony, Pant Nagar, Ghatkopar East, Mumbai 400077	14 No. of Machines	300/- Charges for needy patients	
	Lifeline Medicare Hospital, Charkop Charkop Village Near Rustomjee Meridian, Charkop Gaon, Kandivali West, Mumbai, Maharashtra 400067	15 No. of Machines	FREE Charges for needy patients	
	Dr. M.L. Dhawale Memorial Trust Hospital, Palghar Boisar Rd, opposite S.T Workshop, Palghar Taluka Industrial Co Operative Estate, Palghar, Maharashtra 401404	2 No. of Machines	250/- Charges for needy patients	
	K.J. Somaiya Hospital & Research Centre, Sion Somaiya Ayurvihar, Eastern Express Hwy, Sion East, Sion, Mumbai, Maharashtra 400022	10 No. of Machines	FREE Charges for needy patients	
	Acharya Shri Ramesh Dialysis Centre, Andheri East 316,3rd Floor,B-Wing Dattani Plaza,Near Safed Pool, Sakinaka, Andheri Kurla Road, Andheri(East), Mumbai, Maharashtra 400072	10 No. of Machines	FREE Charges for needy patients	

Subject to fulfilment of conditions
of individual centres

Rtn. Swati Jajodia

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-An Independence Day Special



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In conversation with our esteemed moderator
MILIND WAGLE
 - Armed Forces Commentator


13 AUGUST 2024

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)




**TUESDAY
SPEAKER GALLERY**


Happy Birthdays




AUGUST 7
Rtn. Darabshah Davar




AUGUST 7
Rtn. Camellia Panjabi




AUGUST 8
Rtn. Hormazdiyaar




AUGUST 9
Rtn. Vishal Vora



AUGUST 10
Rtn. Dr. Sorab Javeri



AUGUST 11
PP Nowroze Vazifdar



AUGUST 12
Rtn. Venkat Ramaswamy

ROTARIAN PARTNER BIRTHDAYS

AUGUST 9: Rtn. Ptn. Sunita Saxena

AUGUST 10: Rtn. Ptn. Dr. Prafulla Kerkar

AUGUST 10: Rtn. Ptn. Mayuri Sekhsaria

AUGUST 11: Rtn. Ptn. Amita Hariabhakti

AUGUST 11: Rtn. Ptn. Nilima Trivedi

AUGUST 12: Rtn. Ptn. Vera Umrigar

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PP Nandan Damani	PP Ashish Vaid
	Ishraq Contractor
Office-Bearers	
President Satyan Israni	
IPP Manoj Patodia	PE Bimal Mehta
PN Manish Reshamwala	Secretary Rhea Bhungara
Joint Secretary Akhil Sanghi	Treasurer Mehul Sampat
Additional Director PP Framroze Mehta	
PN Manish Reshamwala	
Classification & Membership	PP Nandan Damani
Information	ARRFC & PDG Sandip Agarwalla
Finance & CSR	Treasurer Mehul Sampat
Director Sameer Tapia	
Attendance	Maresh Khubchandani
District Thrust Areas	PP Pradeep Saxena
Sergeant-at-Arms	Roda Billimoria
Legal Aid and Awareness	Tahera Mandviwala
Director Venkat Ramaswamy	
Public Awards	Anand Dalal
International Programmes	Christopher Bluemel
Taparia College	PP Pradeep Saxena
Fund Raising	PP Vineet Bhatnagar
Director Siddharth Bhimrajka	
Water Resources	Siddharth Bhimrajka
Lighthouse	Vandan Shah
Elder Day Care Alibaug	PP Ashish Vaid
Ananda Yaan	Kaushal Mehta
Trans Salon (DEI)	Ratna Sharma
Director Rahil Shah	
Integrated Village Development with Chirag	Ravindra Fotedar
Panchatattva Gale Village	Vinti 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	Wrinda Rajgarhia
Director Renu Basu	
RCB Medical Centre, Talwada	Chairman Emeritus PP Dr. Rumi Jehangir
	Mihir Mody
Cotton Green Clinic	Dr. Mehmosh Dotivala
Cancer Aid	Farokh Balsara
Committee for Neurodivergent Children	PP Shermaz Vakil
Dharamshala	Naresh Pachisia
Dialysis	Swati Jajodia
Director Mudit Jatia	
Website, Social Media & Public Image	Laxmi Maneklal
Bulletin	Abhinav Aggarwal
Fellowship & In-Camera	Ritu Desai
Assimilation	Vineet Suchanti
The Rotary Foundation	PP Vijay Jatia
Director Jaymin Jhaveri	
Sports / Yoga	Hiranmay Biswas
Paediatric Heart Surgeries	Natasha Treasurywala
Rotaract Clubs	Sidhant Jatia
Satellite Club	Murad Currawalla
Interact Schools	Mudit Jain
Scholarships	PP Preeti Mehta