

Udaan

Hope Creates Incredible Possibilities

RI President
Gordon R. McNally

Dist Governor
Arun Bhargava

Club President
Dr Akshay Mehta

Club Secretary
Virag Shiupuri

Editor
Mukta Dedhia

From the President's Heart

The story goes that when Lord Krishna came to visit Pundalik, he was busy attending to his parents. Though he knew Lord Krishna had come to see him, he refused to pay his respect to the god before his duty towards his parents was done. He, however, threw a brick outside for Lord Krishna to stand upon. Impressed by Pundalik's devotion to his parents, Lord Krishna did not mind the delay. Standing on the brick he waited for Pundalik. When Pundalik came out and begged God's pardon, Lord Krishna replied that far from being displeased, he was pleased with his love for his parents. Lord Krishna then ordered him to worship Vithoba, or God who stood upon a brick.

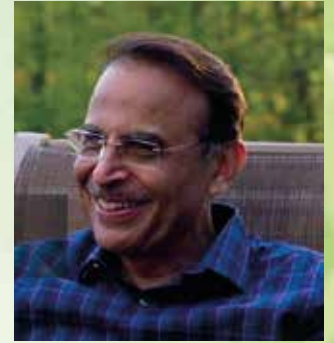
When in the first weekly meeting of the year, on 10th July 2023, our esteemed guest speaker Shekhar Ravjani said that God does the "setting" for giving us the parents we get and that it is our parents who are our immediate and personal Gods to worship, I was reminded of the above story.

When he said that we are mere channels and mediums through whom God works made me realize that here was a deeply spiritual person in the guise of a popular youth icon. It was humility at its peak, accepting nothingness and (unconsciously) gaining "everythingness". Being one of the most popular music composers, singers and performers of the day, he demonstrated his excellence along with his words of wisdom.

Thanks to CDG Rahul for bringing such a gem to us and thanks to Anjali for conducting such an invigorating and spellbinding program.

"Snigdha and I cannot find enough words to thank the entire RCBA family who by their enthusiastic presence and dedicated effort brought about a most memorable installation night on 3rd July. Spearheading the preparations were PP's Ashmi and Suketu (yes, from Canada) and the army consisting of Amita, Dhruvi, Renu, Mayoor, Nina, Kanir, Ajanata, IPP Suvendu, Naishadh, Dhiren, Chhaya, Manoj, Nalin, Dheeraj, Bina, Deena, Ranjan, Mona, Bijal, PP Biren and SAA Bharat Dhanki. We bow to all of you for your graciousness."

Dr Akshay Mehta - Club President



Distinguished Service Award

Rotary International, a worldwide service organisation spread over 200 countries and 35000 Rotary clubs is involved in Humanitarian, educational and peace programmes. A public charitable trust which supports these projects financially is called The Rotary Foundation. Rotarians all over the world contribute to the Rotary Foundation. Those who contribute 1000\$ are recognised as Paul Harris Fellow. 10,000 \$ make you a Major Donor while 2,50,000\$ make you an Arch Klump Society member.

Those who work for promotion of TRF by participating in various programmes and projects are given the Meritorious Service Award and then the highest Award called Distinguished Service Award. There are almost 550 Districts all over the world and every District can recommend a name for this award. This year only 24 were recognised with the Distinguished Service Award.

PDG Bansi Dhurandhar was awarded The Rotary Foundations highest award, 'Distinguished Service Award' at the hands of PRID Dr. Manoj Desai at the glittering function of Installation of Dist. Governor Arun Bhargava on 2nd July, in presence of a galaxy of Past District Governors.

Editor's note

Embracing Independence and Hope: Uniting for Progress

Freedom and hope, two powerful concepts that stir the human spirit, guide us on our journey through life. We strive to break free from limitations, achieve autonomy, and cultivate optimism for the future... As our nation celebrates its 77th Independence Day on August 15th, it's a moment of introspection and renewal. While we cherish the progress our country has made since gaining independence, we must acknowledge the lingering challenges of human rights, poverty, environment, education, and health-care that continue to cast shadows over our path to progress.

We realised that the burden of overcoming these obstacles could not rest solely on the government's shoulders and took ownership when we associated ourselves with Rotary. Though the task may seem daunting, it is one worthy of our resources, because even the smallest contributions, when united, can create a profound impact.

As part of the Rotary Family, I am filled with gratitude and inspiration as I witness the change we bring year after year. As David took on Goliath unflinchingly, on this Independence Day, let's reaffirm our pledge and strengthen our efforts as agents of betterment. Onwards and upwards.

Happy Independence Day :)



Mukta Dedhia - Editor

GIFT OF ROTARY

The biggest gift of Rotary is the Positive Mental Attitude. Years in Rotary with sincerity will help you develop Positive Mental Attitude:

1. Towards Change
2. Towards Yourself
3. Towards Leadership
4. Towards People.

1) **Towards Change:** - The system of Rotary is Change of Leadership every year. This change is so much part of Rotary culture that one will start accepting change, not as a threat but, as the basis for hope for improvement.

2) **Towards yourself:**

- a. While working for Rotary you can understand your limitations & believe that they can be corrected.
- b. You will undergo training and experience and will develop the belief that you can keep on acquiring new skills.
- c. You understand your fears and start building pillars of courageous faith

Attaining a positive self-image is though not easy. That depends on club culture and tragically many clubs fail there. In those clubs:

- Faults are highlighted
- Mistakes are underlined
- Criticisms come to fore & honest compliments get short shrift.

3) **Towards Leadership:**- Above two changes become the birth of Leadership. Rotary is an organization of leaders. The more active you are you come across many leaders and you start following them to learn:

- a) I can sort out alternatives, list the options, review all the possibilities & make the choice.
- b) I have responsibility to make decisions.
- c) I am a person; not a puppet. I will not surrender leadership to other faces or forces.
- d) I will change what needs to be changed.
- e) I will not fear or shrink from this awesome & esteemed position of power.
- f) I will remain the captain & will not step aside from the helm & allow others to take the leadership role.

A true leader will always ask; **where will my club or district be after five years or 10 years from now?** And answers, **“That depends on the decision I make today & the goals I choose as a leader”**.

4) **Towards people:** - Rotary compels you and helps you to deal with people from the different strata. We realize during this journey that you can't do it alone. We need help, we need people.

People who need people are the luckiest people in the world. We develop the attitude that:

- Some people are smarter than I am.
- Some people know something that I don't.
- There are people who are more skillful, gifted & creative than I am. So I shall be open to them, rather than closing my mind & my life to the contributions they can make.

Rotary also teaches you to show kindness to people around.

So Friends, go out of your way take up the responsibility and be a person that you always wanted to be.

Installation Ceremony



Change of honour and responsibility

First Lady introducing the incoming President



The release of Udaan at the hands of DG Arun Bhargava

The newly inducted BOD



The Installation program for the BOD team of Rotary Club of Bombay Airport, led by President Dr. Akshay Mehta, was conducted with elegance and dignity at The Club, D N Nagar, Andheri West, Mumbai, on 3rd July 2023.

The event was graced by District Governor RI 3141, Rtn Arun Bhargava, and 18 other senior dignitaries from Rotary District 3141.

Under the guidance of PP Ashmi Parekh and PP Suketu Jariwala, the program was meticulously designed and executed. Over 40 Rotarians and spouses worked diligently to ensure every detail was well orchestrated.

The incoming President announced several projects, and the BOD team was individually inducted by the District Governor and the First Lady.

Both the President and the District Governor addressed the gathering, sharing interesting quotes and inspirational ideas to convey this year's Rotary message, "Create Hope in the World."

The event was brilliantly hosted by Rtn Renu Gupta, who added a special flavor with well-researched content, making the proceedings crisp and engaging.

A record 101 Rotarians and 66 spouses, totaling 226 attendees, graced the august gathering.

Overall, it was an excellent and praiseworthy Installation, setting the perfect tone for the Rotary year 23/24.



President with the FL and IWDC Pallavi Choksey

Emcee and the Event co-ordinators



Proud family congratulating their Role Model



President at the mercy of 5 Lady Directors and 1 Club Trainer



Medical Projects



1st July Blood donation camp at Andheri station. 146 bottles of Blood were collected. with the participation of 20 clubs. Dr Yogini Sheth Medical director and Chairman Umesh Modi worked hard to make this project a success. DC Arun Bhargave visited the camp.



17th July. Basic Life Support Training Camp (CPR, ECG, BP & Blood Sugar Monitoring, Physiotherapy counselling) at Oshiwara police station. Dr Raju Sahitya, Dr Surekha, Dr Jayesh Sheth, Dr Meena Puri, Dr Yogini Sheth and President Dr Akshay Mehta. CPR training was also done at Maniben Nanavati college, BPM school, KES school. 300 Beneficiaries in Total.

Environment Projects



President and First lady leading the tree plantation drive



Enthusiastic members @ John Galt Premises for intensive tree plantation

HOPE

चाह है मुझे पंख लगाकर उड़ने की,
उस पंखी की तरह आज़ादी को महसूस करने की.

चाह है मुझे हिमालय के शिखर की ऊँचाई तक पहुँचने की,
उस ऊँचाई के अनुभव की अनुभूति करने की .

चाह है मुझे अंधेरे आसमान में चमकते हुए सितारों की तरह बनने की,
उन सितारों की चमक से मन के अंधेरों को कम करने की.

चाह है मुझे गंगा की तरह बहते रहने की,
बहते बहते मिलने वाले हर ज्ञान को बटोरने की .

चाह है मुझे पेड़ों को लगा कर, धरती को हरी करने की,
उस धरती पर ,सर रखकर सुकून की नींद लेने की.

चाह है मुझे उस सरहद पर ,हिंद की रक्षा करने वाले सिपाही की,
उन सिपाही की तरह देश के लिए जान कुर्बान करने की.

चाह है हर इस जज़्बे को जीने की,
उम्मीद करती हूँ इसे पूरा करने की .

Written by,
Sunita Mehta
20/07/23



Community Projects



Project: provisions supply for one year inmates of Mary's clan Rehab centre & shelter at Mount Mary, Bandra

Project cost: 100000

Beneficiaries: 40 inmates of the shelter

Project: water filter unit for Ganjad Ashramshala students

Project cost: 47000 rs.

Beneficiaries: 850 students



Project: distribution of sanitary napkins for 1 year supply for Ranshet Ashramshala girls

Project cost: 81000 rs

Beneficiaries: 270 girls



Travel Musing



Travel strips me of the identity that I armour myself with in day to day life. An identity which I unknowingly but ceaselessly source from the work I do, the people I associate with, the place I come from, the material objects that I possess.

It's an identity which even if not ideal, comforts me, shields me from the deeper mysteries that are ineluctable with this human experience that we're having. Keeps me from investigating the void that exists beyond the truth of our physical mortality.

Because if indeed I am all those things that I perceive my 'self' to be in relation to my surroundings, my friends and family, my possessions...then what happens to the self when I die? When those relations cease to exist. Who am I then?

Travel strips me of the identity that I armour myself with in day to day life. It leaves me bare and shows me that i'm Nothing/No-one. And if I make it out through that bottomless pit, without scrambling to hold onto something/someone to identify with; if I make it to the other side, it shows me that I'm Everything/Everyone.....

Rohan Niteen Dedhia

Interact News



Rotary-Interact School Engagement Drive: The Interact team, led by Interact Director Rtn Manish Kothari, Vice President Rtn. Pragna Mehta, and others, conducted meetings with school authorities to introduce the extended Interact team, realign school needs, reinforce Rotary values, and co-create leadership pathways for young students. They visited nine schools, including Gandhi Shikshan School, Chandulal Nanavati School, MP Shah School, and more.



Interact Clubs Installation: On 19th July, nine Interact clubs were installed at the KES School Auditorium in the presence of Chief Guest CDG Shri Rahul Timbadia & others school dignitaries. Over 85 Interactors and Teacher Coordinators attended the event.



Mission River-March: The Interactors of BPM School organized a talk on River Conservation, inviting the team of Mumbai-March, to educate over 550 students and teachers about Mumbai River restoration and environmental protection.

Rotaract News



The installation ceremony of Rotaract club of Bombay Airport, held on 17th July.



CPR-AED training to rotaractors of Maniben Nanavati Women's College on 21/07/23

Club Meetings



“A Mesmerising Beginning: Bollywood Icon Shekhar Ravjiani Steals the Spotlight” The very first meeting of Rotary, in the very first month of the year, witnessed an extraordinary and enchanting meeting that set the tone for the year ahead. The start was nothing short of spectacular, as we had the privilege of welcoming the multitasking Bollywood heartthrob, Shekhar Ravjiani, as our very first guest! This celebrated composer, singer, and actor graced our club, and with the help of our star interviewer, Anjali Malaviya, we were able to gain an exclusive peek into his charismatic personality. Shekhar Ravjiani's presence exuded charm and allure, leaving our members spellbound. During the interview, he generously shared fascinating anecdotes

about his creative process and how he brings music to life. It was evident that his passion for music was fuelled by a genuine humility that radiated throughout the conversation. His reputation as a beautiful human being was fully endorsed as he humbly credited his parents and expressed deep gratitude to God (in that order) for shaping him into the artist he is today. This enthralling encounter not only captivated us but also left an indelible impression. Shekhar Ravjiani's genuine and down-to-earth demeanor served as an inspiration and a reminder of the power of remaining grounded amidst success.



RCBA'S unusual fellowship turned out to be a thriller of sorts when the young participants of INDIA'S GOT TALENT visited our club and used Mallakhamb to showcase the rich cultural heritage of India in a captivating and challenging display of courage. The audience was spellbound by the blend of Grace, Athleticism and Artistry.

Mediclips

Thalassemia is an inherited blood disorder which is characterized by lesser hemoglobin level in the patient. This causes Anemia which contributes to easy tiredness, breathlessness, decreased effort tolerance and decreased cognitive function.

The incidence prevalence is high in particular communities like the Sindhis, Kutchis, Bhanushalis and Punjabis. However it is not uncommon in Gujaratis, Lohanas and Jains as well. In spite of all the screening and public awareness, the prevalence of Thalassemia Trait in the community is to the tune of 3-4 in every 100 individuals.

It can be diagnosed by a simple blood test. A Thalassemia Minor victim can thus be counselled before marriage to screen the partner for Thalassemia Minor disease to prevent the child being born with Thalassemia Major.

We should get versed with this disorder and encourage marriageable youths to get their blood tested for this condition thereby contributing to a healthier society. All it is, is a small prick and you get results in turn around time of 72 hours.

So friends let's join hands and come together to reduce Thalassemia cases

Dr. Surekha Dhurandhar

Thoughts Create Reality



Embracing the Power Within...
An enlightening evening with BK Shivani helped us internalize the empowering truth संकल्प से सृष्टि and a profound shift was initiated which inspires us to transcend from passenger seat to drivers seat as we journey through life's road trip. May we all have a fulfilling journey ahead. Om Shanti :)



Fellowship bonanza...
Romantic comedy / Family drama enjoyed by 74 RCBA family

Programs For August

7 th	Speaker Meeting	21 st	No Meeting
15 th	Flag Hoisting at Ranshet Ganjad	28 th	PRE OCV

Cheers to Years

Birthdays

01 Rashida Kadri	15 Harshad Mehta	21 Pankaj Doshi
02 Ashok Tibrewal	15 Punam Lala	21 Jayesh Sheth
03 Himadri Nanavati	16 Abha Ajmera	26 Jayant Joshi
08 Vipul Shah	17 Girish Vaidya	26 Paritosh Ambani
10 Manish Kothari	18 Manisha Udeshi	28 Dhruvi Shah
10 Varsha Modi	21 Fidahusain Tinwala	28 Surekha Dhurandhar
13 Priti Bhagat	21 Nalin Shah	29 Mukta Dedhia

Anniversaries

12 Sandeep & Jyotika	15 Yogini & Sunil	21 Sanjay & Sonal
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