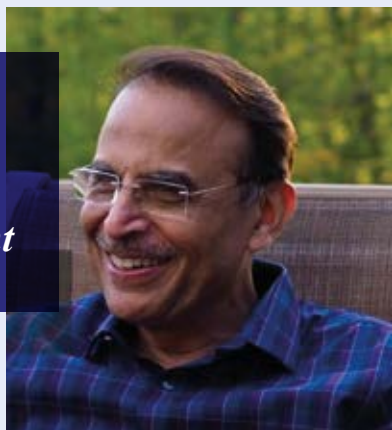


Dr Akshay Mehta Club President



From the President's Heart

"Although the world is full of suffering, it is also full of the overcoming of it"-Helen Keller

That in a nutshell is the story of the world and our part in it. So, although the world is divided into many parts and in many ways, for a Rotarian it is divided only into two, namely the world of sufferers and the world of succors. With God's grace we are (mostly) placed on the side of the latter. How we use our talents and resources to overcome suffering varies from person to person.

But one thing is clear, filling the needs of the world that deeply move us, with special gifts of our vocations becomes our purpose or a calling- one of greatest joys in life. Each of us has been born with certain unique gifts. We are accountable to God for how they are used, misused or not

used at all. *"When you are born, your work is placed in your heart"* said Kahlil Gibran. Our world is incomplete until each one of us discovers his or her purpose.

So friends, Rotary gives all of us an opportunity to use our gifts and find joy in doing so and I urge each one of you to come out with questions, answers, suggestions, resources and talents to contribute not only to our magnificent Rotary Club of Bombay Airport, but also to the world around us in the best possible way you can.

As Albert Sweitzer said *"Just as the water of the streams we see is small in amount compared to that which flows underground, so the idealism which becomes visible in small amount compared with what men and women bear locked in their hearts, unreleased or scarcely released. To unbind what is bound, to bring the underground waters to the surface: mankind is waiting and longing for such as can do that."*

Let us not wait too long. Let's not die with the music still in us.

District Governor's note

Dear Incredible President Dr. Akshay,
At the outset, I wish to congratulate you for taking up the charge of your club as president, who can bring positive change in our society, and Create Hope in The World.

Rotary Club of Bombay Airport is a very strong, experienced and purposeful club, and it has been doing commendable humanitarian work for many years. The members of the clubs are highly committed, and I wish to compliment all of you for the work you are doing for sick, poor and hungry people.

Under the guidance of PDG Rahul and PDG Bansi, there are many projects, which your club will undertake under your leadership. I am sure, being a very humble person, you will take your members along and our city to a better place.

I wish and look forward to much more synergy among your members, between clubs and district.



Arun Bhargava
District Governor,
RI Dist. 3141.

**Mukta
Dedhia**
Editor



From The Editor's Desk

Dear RCBA Rotarians and Rotary Anns,
I am delighted to introduce myself as the new editor of our esteemed Rotary magazine, Udaan. My name is Mukta Dedhia, and it is truly an honor to take on this role within our vibrant Rotary community.

As a longstanding Rotary Ann, I am filled with excitement as I embark on this journey to work closely with all of you. My goal as the editor of Udaan is to create a captivating magazine that reflects the diverse voices and perspectives within our Rotary family. I aim to showcase the incredible work being done by our members to promote the values we hold dear—service, leadership, and fellowship.

This year, our Rotary theme is "Create hope in the world." The power of hope cannot be underestimated; it has the ability to transform lives and bring about positive change. It begins by cultivating optimism, spreading kindness, and fostering unity. Through Udaan, we have the opportunity to amplify positive

narratives, address systemic challenges, and inspire a collective spirit of hope. Together, we can be the architects of hope, igniting change and nurturing dreams along the way.

I invite each and every one of you to contribute your ideas, stories, and experiences to make Udaan a truly remarkable publication. Your contributions will help us become a must-read newsletter not only for our members but also for the wider public. Let us come together to share our triumphs, challenges, and lessons, inspiring others and building a brighter future for all.

I am filled with anticipation for the incredible content we will create and share through Udaan. Your active participation will be the driving force behind our success. Together, let us make Udaan a beacon of inspiration and a testament to the remarkable work of our Rotary community.

RI President's Message

Dear fellow Rotary leaders:

As we begin a new year of service, let us not forget the importance of every one of Rotary's members.

You have been handed the reins of club and district leadership at an historic moment. Rotary has a chance to capture the world's attention and realize possibilities beyond our expectations. But we must build on the work that has come before us if we are to reach our goals, such as defeating polio and empowering girls and women.

Rotary offers people of action a chance to connect and find belonging, and this fellowship gives us hope that we can create lasting change. But in the wake of the COVID-19 pandemic, more people than ever feel hopeless. Many have lost people close to them. Social networks have been uprooted and divisions have grown wider as opportunities for connection have been lost.

To make matters worse, in many parts of the world, asking for help - especially in the realm of mental health - is considered a weakness. But nothing could be further from the truth. It is brave to be vulnerable and to admit you don't have all the answers.

Reaching out for help is courageous - and continuing on a path towards wellness is even more so.

Join me in making Rotary a source of strength for all of those who feel they have lost hope, within and beyond our membership. Let this be the year we Create Hope in the World, and let Rotary be known as an organization that takes care, not only of its members but of the people we serve as well. It is within your power to help bring peace and soothe those afflicted by conflict, both in their communities and in themselves. Remember that your work can and will Create Hope in the World.



**Gordon R.
McInally**
RI President

**Suvendu
Mishra**
IPP



Message From Immediate Past President

Dear Members and Partners,

Every tomorrow is a better tomorrow. Every coming year is a new and possibly more successful year. It's a great opportunity for all of us to welcome the INCREDIBLE year. We at RCBA always look forward to this month of July as a new beginning. Friends, change is the only thing, that's constant in life and every new leader brings some new hope and new possibilities.

Welcome again, our ever smiling & glorious charter member President Dr. Akshay Mehta & the BODs. Let's pledge our support for this new & energetic team more than ever before. We will see new heights than the previous year and reach higher pinnacles in the coming year. I am with them, with all my good wishes, for sure...



Pallavi Choksi
*Centenary District
Chairman 2023-2024*

Message For RCBA

Hearty Congratulations Rotary President Dr. Akshay Mehta and team 2023-2024 on the onset of the new Rotary Year **Create Hope in the World**. First Lady Snigdha and you are dear friends of many years and feel so happy to share your joy. I'm sure that it will be a very fulfilling year with innumerable worthy medical projects. I had a wonderful opportunity to work together with RCBA when Rtn Ashmi was the president of the club and I was the president of IWCBA. It was a year of excellent collaboration and joint projects.

Warm Greetings to all my RCBA friends.

This year is the **Centenary year of International Inner Wheel**. It is a not only a year of service and friendship but also of celebrations. The IIW theme **Shine a light** is most apt for this landmark year. On behalf of Inner Wheel I would like to express my appreciation for the strong bond between our organizations Inner Wheel and

Rotary – we have together been instrumental in driving positive change within our communities to make a difference in the lives of those in need.

Let's continue to embrace the ethos of service, friendship and mutual support that defines our organizations and foster a spirit of camaraderie and unity.

Wishing you an outstanding ,satisfying and fruitful Rotary year.

Fears and Aspirations of The First Lady

When I first heard that Akshay had decided to take up the president-ship of this big and prestigious club, the first thing I felt was a sense of fear. This was because working in a big organization like Rotary is very different from working in medical profession and it is a challenge to expand our focus and concentration beyond our patients.

However, with every challenge comes an opportunity to learn and the problem comes with its own solution.

The solution my friends, is in the love and faith you have for us and especially Akshay. That is sure to make our journey through these uncharted waters safe and comfortable. Our everyday experience of the suffering around us goads us towards giving our best and dissolves whatever trace of fear that remains.

So, while I hope for an exciting experience with you all, my aspirations for the year are to help the less privileged to the maximum and to have a wonderful bond among all the members and spouses of the RCBA family.

Long live RCBA family



Snigdha Mehta
The First Lady



Suchita Raveshia
IWCBA President

Message From IWCBA President

Dear friends

At the on set, I would like to congratulate the outgoing President Suvendu Mishra and First Lady Ajanta for their successful tenure 2022-23.

My Theme for the Year is **LETS GO LOCAL**

This is an organic and holistic approach where we need to connect with our roots. The unstinted support and strength of our members and my team has encouraged me to take this Post of Centurion President. So let's join hand's together and pledge to leave a lasting legacy

We shall continue our ongoing projects and support our partners in service “ Rotary club of Bombay Airport “ and the Incoming President Dr Akshay Mehta

Congratulations and best wishes to Dr Akshay Mehta and First Lady Snigdha for a wonderful year ahead.



First informal Incredible BOD meeting at PP Sitaram's place on 15th January



Change Of Baton on 29th June



Unveiling plans for 2023-24 on 29th May

Messages From The First Family

Heartiest congratulations Pappa, Nana & Dada! We are so excited about your year as President, especially to see the impact of all the projects you have planned.

- Love Prabir

Pappa,

A true gentleman, Sophisticated and wise, full of warmth and care, and invaluable advice. His life is full of experiences, a man whom I respect. I feel so lucky and grateful to have a father-in-law so perfect. Immensely blessed to have a father who truly loves me with all his heart and thank him for accepting me and supporting me as his own daughter. Love you forever!

- Love Neha!

"He didn't tell me how to live; he lived, and let me watch him do it."

Dear Pappa,

The 3 most important things you have taught me are honesty, to love freely and selflessness. It was as if this role was made for you. All the best for all the amazing projects you are going to take up this year.

- Love Jonaki

I would like to congratulate incoming President & my father-in-law Dr. Akshay Mehta and his team for a successful tenure. I am sure your wisdom and commitment will work in bringing the Club to a greater height.

- Love Nehal

Dear Nanu,

You are truly inspiring and intelligent and my best teacher who always makes learning fun! We love you a lot. Big hugs! Love,

- Anaisha and Aviraj

Dear Dada,

All the best to you and love you a lot. Lots of Hugs and Kisses,

- Samaira



THE INCREDIBLE HEART OF RCBA



Rtn Dr Akshay and Snigdha Mehta
President



Rtn Virag and Ami Shivpuri
Club Secretary



Rtn Suvendu and Ajanta Mishra
Immediate Past President



Rtn Apurva and Mona Patel
President Elect



Rtn Pragna and Dhiraj Mehta
Vice President



Rtn Anjali and Shashank Malviya
Club Service 1



Rtn Bharat and Naina Dhanki
Sergeant at Arms



Rtn Riaz and Nafisa Thingna
International service, global grants, FCRA



Rtn Sandeep and Jyotika Batra
TRF and CSR



Rtn Shashank and Anjali Malviya
Club Treasurer



Rtn Harsha and Nitin Mehta
Club Service 2



Rtn Sanjay and Bijal Merchant
*Community Service 3
Environment*



Rtn Yogini and Sunil Sheth
Community Service 1 Medical



Rtn Rahul and Daksha Patel
Youth Service 1, Vocational Service



Rtn Manish and Urvi Kothari
Youth Service 2



Rtn Nina and Kanir Bhatia
*Community service 2
Non Medical*



Rtn Sandip and Ranjan Tarkas
Public Image and Visibility



Rtn Ashmi and Atul Parekh
Club Trainer

"Kong Maru La Pass: A Treacherous Trail and A Transcendental Journey in the Himalayas"

- by Rtn Bidyut Sen

Kong Maru La Pass, situated in the Himalayas, is a trek that holds a special place in my memory. Despite its lower elevation compared to other treks in the region, it was a truly remarkable and memorable experience. Let me share with you the highlights and challenges of this trek.

The journey began in Leh, a beautiful town in the Himalayas, and took us through breathtaking landscapes. We passed through Skiu, Markha, Hankar, and Nimaling, covering a distance of 44



kilometers over four days. The final day of the trek was particularly awe-inspiring as we made our way towards Kong Maru La Pass. After a strenuous two-hour climb, we reached the pass, situated at an elevation of 17,300 feet. From there, a panoramic view of the Karakoram Range greeted us, with majestic peaks like K2, Dzo Jongu, and Kang Yatse I/II dominating the horizon. The vistas of the Zaskar and Ladakh Range further added to the enchanting surroundings.

The descent from Kong Maru La Pass presented its own set of challenges. The trail was steep and narrow, requiring us to cross the river multiple times on our way to Chokdo. Unfortunately, during the trek, a fellow trekker from New Zealand fell and

went missing. It was a distressing incident, but after six days of intense search efforts supported by helicopter, he was found in a badly injured condition.

Despite these challenges, what made this trek more memorable were three distinct experiences. Firstly, the bridge over the Zaskar River had been destroyed just before our journey. To cross the roaring river, a makeshift ropeway with a basket was created. Sitting inside the swinging luggage basket, holding on tightly while a porter pulled the rope, was a nerve-wracking experience.

Secondly, this trek marked my longest single-day journey, from 14,000 feet at Nimaling to 17,300 feet at Kong Maru La Pass, and then descending to Leh via Chokdo at 11,200 feet. The ascent was physically demanding, and the young guide, who was faster, often left us behind. The narrow trail, with deep gorges on one side, added to the sense of danger. At times, I experienced breathing difficulties and had to use oxygen from a cylinder, a first for me.

Thirdly, in those moments of fear, I felt a profound sense of support and protection. It was as if my father, who had passed away, was holding me from behind, preventing me from falling and gently pushing me forward. This inexplicable sensation, a feeling of a miracle, saved me from a potential disaster.

On subsequent treks, I had the company of two younger Rotarian friends, Suketu and Mohan. Sometimes I wonder if they were sent by my father following the Leh trek. Their companionship was truly invaluable. However, whether alone or in the company of others, I am determined to answer the call of the Himalayas at least once a year. The mountains have a way of stirring my soul and helping me escape the pollution of city life, bringing me closer to something much greater and important.

In the Himalayas, where the deep blue of the mountains meets the tranquil waters, Where unspoiled snow-capped peaks grace the canvas

of an ultramarine sky, A celestial hymn resonates, expanding the vistas of the mind, Hues intertwine, creating a poetic symphony, As the winds dance across the ranges, chanting incessantly, Om! Om Mani Padme Hum, In rhythmic waves, harmoniously. Vibrating in a transcendent opus, liberating the soul, Releasing the grasp of the mind with gentle focus, Where divinity and nature unite In a sacred journey that illuminates The spirit's infinite light The trek leads me to Him.



A Quintessential Creation by One Of Our Own Talented Poetess....

Trainer Ashmi तो *incredible* है ही और

जब वो *incredible* Dr. Akshay को ट्रेडन कर सकती हैं
तब ये पूरा साल *incredible* ही रहेगा..

So,

सेक्रेटरी विराग पूरे साल जिस डॉक्टरकी नस थामें बैठेगा,
तो हमारा भी फ़र्ज़ है डॉक्टरकी दिलकी बात मान के चलने का,
अंजलि कुछ ख़ास लोगों को बुला कर मीटिंग में चार चाँद लगायेगी
तो नीना कुछ स्पेशियल लोगों के पीछे अपना जी जान लुटायेगी
डॉक्टर योगिनी हर वक़्त की तरह मेडिकलमें अपना नाम जमायेगी
तो प्रज्ञा इस साल IPP सुवेदु की तरह थोड़ा आराम फ़रमायेगी
संजय पर्यावरणकी सुरक्षिता पे संपूर्ण ध्यान धरेगा
तो संदीप तारकस RCBA का नाम सोशयल मिडीया पर रोशन करेगा
यहाँ राहुल इस साल भी Rotractors को अपना ख़ास दोस्त बनायेगा
तो वहाँ मनीष interactors को सही राह दिखलायेगा..
अपूर्व अगले सालकी प्लानिंग में जूट जायेगा
तो बिना हथियार का **sergeant** भरत प्यार से जंग जीतेगा
रियाज़ CSR से ग्लोबल ग्रांट के बड़े बड़े प्रोजेक्ट करेगा
संदीप बाला TRF से ज़्यादा मेम्बरो को AKS बनाने की कोशिश करेगा
इस प्रकार वित्तमंत्री शशांक की झोली भर जायेगी
ऐसे *Incredible* सालके सभी प्रोजेक्ट बढ़िया हो जायेंगे
और हम सब मुक्त मनसे मुक्ता के संग आसमानकी Udaan भरेंगे..
इसलिये RCBA के सभी fellows से बिनती है मेरी मनोरंजन
की ship में सहेल करने 'हर्ष' से आ जाना..

-Rtn Harsha Mehta



MEDICLIPS - Non Sugar sweeteners

A new guideline from the World Health Organization (WHO) on nonsugar sweeteners (NSSs) recommends not using them to control weight or reduce the risk for diabetes, heart disease, or cancer. These sweeteners include aspartame, acesulfame K, advantame, saccharine, sucralose, stevia, and stevia derivatives.

The recommendation is based on the findings of a systematic review that collected data from 283 studies in adults, children, pregnant women, and mixed populations.

The findings suggest that use of NSSs does not confer any long-term benefit in reducing body fat in adults or children. They also suggest that long-term use of NSSs may have potential undesirable effects.

by Dr. Akshay Mehta

An insight into the RI Theme 23/24 by PDG Bansi Dhurandhar

Way back in 1955, RI President A. Z. Baker announced a theme, “Develop Our Resources”, to serve as Rotary’s program of emphasis. Since that time, each Rotary International President has issued a theme for his Rotary Year, indicating important annual programme of emphasis. RI themes have always been timely and in tune with philosophical thinking of the respective RI Presidents.

Every year, District Governors elect from all over world come together in California to attend the ‘International Assembly’ for an intensive training for a week. The RI president elect addresses this congruence and lets out his heart on priorities, thrust areas and the humanitarian work that Rotary has been doing all these years. It’s a highly motivating speech which ends with declaration of his Annual RI Theme. RI theme, until it is declared by the RI President Elect is a highly guarded secret. Though known to official merchandise providers, so that they can manufacture pins & ties etc.in advance, they maintain strict secrecy. The declaration of RI theme is done in style with lots of pomp, frolic and music. In olden days when there were no mobile phones, the Governor elects used to be seen running to the nearest telephone booth to call their respective Districts back home, to break the news. Now of course, smart phones and internet have stolen that thunder!

This year RI president Elect Gordon Mcinally, a dentist by profession from Edinburgh, Scotland, while addressing the International Assembly, on 9th January 2023, declared “**Create Hope in the World**” as his RI Theme of Rotary Year 2023-24.

He believes that Rotary can bring lasting change to the world by Just one newly created hope, at a time. Sighting various examples how Rotary’s timely assistance created hope in the minds of affected, he appealed to the District leaders to support those who are affected by conflicts, deal with our own internal struggles and Create Hope which will bring peace to the world. Creating hope will automatically end the stigma associated with asking for help.

A theme, indeed with deep rooted thought provocation, that will motivate Rotarians all over the world, to conceive and execute novel projects to assist communities.



Cheers to Years

Birthdays

01 Rani Bhalla	16 Haresh Dhoot	20 Sandip Tarkas
02 Surendra Gupta	18 Shashank Malviya	23 Chetan Mashru
03 Suman Ambati	18 Virag Shivpuri	25 Bansi Dhurandhar
03 Vinod Bhalla	18 Bina Jariwala	25 Anjali Malaviya
14 Alice Pant	19 Amita Timbadia	29 Chetan Sangani
14 Hetal Gandhi	20 Quresh Habibulla	29 Ratnavali Patel
		31 Priti Shenai

Anniversaries

07 Suwendu & Ajanta	14 Shashank & Anjali
13 Manish & Jayashree	28 Ajay & Pooja

Programs For July

Meetings

3 rd	Installation Of New BOD
10 th	Speaker Meeting
17 th	No Meeting
24 th	Fellowship
29 th	Speaker Meeting

Projects

1 st	Blood Donation Camp at Andheri Station (Collected 145 Bottles Of Blood)
8 th	Tree Plantation At John Galt Factory, Badlapur
13 th	Medical Camp At Oshiwara Police Station
3 rd Week	CPR & AED Training at Jamnabai Narsee School

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