

ROTARY CLUB OF BOMBAY SEAFACE

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E-BULLETIN

NOVEMBER 2023

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PRESIDENT SPEAKS

My dear family of SeaFacers

Have you ever suffered from a sinking guilt: feeling like you didn't get nearly enough done? Does it seem like you're running around? busy all day, but rarely get to the things that matters to you - like spending more productive time or spending time with your loved ones or making a difference?

Focusing on what's still left on your plate or thinking that you didn't accomplish: anything today, can get you stuck in a spin cycle, going in circles and never quite taking off, thereby causing burnout and stress. There will always be more tasks on your to-do list, always more work to do? this is inevitable. What is more important is, we organise ourselves by combining many of our skills include time, activity and people management. November was one such month I had back to back activities, still could manage to spend good time, celebrating Deepawali with the loved ones, watch Team India win 10 word cup league matches including the 1st semi-finals, where we convincingly beat South Africa, raising the hopes of every Indians that we will, win the world cup the third time, Alas, we did not... This is where many times, I believe in the philosophy, what is destined to happen, happens. The Incident of India losing had emotional outbursts across the country and I believe even outside; what actually touched me was our Prime Minister Shri Narendra Modi visiting the Indian Team dressing room and consoling our players, saying "Guys this is not the end of the world... we have to move forward taking the learnings of the past".

Not many club activities happened in November due the festivities and family commitments... also School vacations.

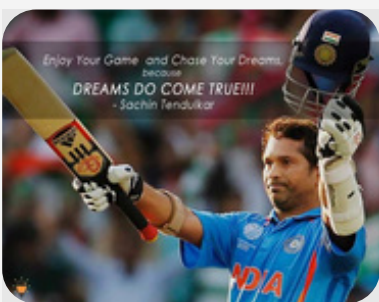
NOVEMBER EDITORIAL

Hello friends



Much before the month end, I decided to pen my editorial on today's promising day of Kartiki Prabodhini Ekadashi or Dev Uthani Ekadashi which marks the awakening of Lord Vishnu after a four-month period of sleep. It is believed to be the end of the four month inauspicious period of chaturmaas and the resumption of all auspicious activities and is dedicated to the worship of Lord Vishnu and Lord Krishna.

Diwali brought great festivities and joy. I have often wondered why playing cards is so important for some of us in Diwali. Well, It is believed that Goddess Parvati played dice with her husband Lord Shiva on Diwali day and, the Goddess commanded that whosoever gambled on Diwali night would prosper throughout the year. Since then, the tradition of playing cards such as bluff and rummy with stakes has become a popular sight.



And then came the huge dampener... with India's hopes for a win at the World Cup Cricket Final game dashed to the ground, it was a sorry Sunday indeed!! Still, the better team on a given day will win! So let's take inspiration from this quote by the legendary batsman: Meet you in India, 2031 World Cup!!

Have a great December, one that will have you zapping your wardrobe, being in and out of weddings and party hopping. Celebrations will abound with Christmas and suddenly the new year will roll in. Cheers!!

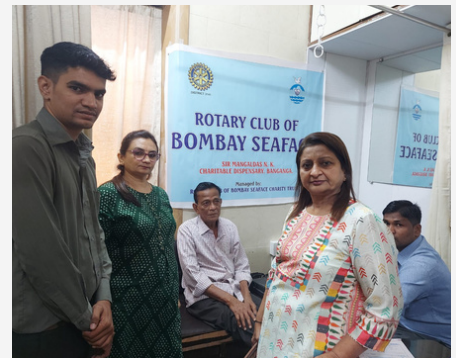
- PP Rtn. Ramola Mahajani



NOVEMBER REFLECTIONS

BONE MINERAL DENSITY DETECTION CAMP

On 1st November PE and Director Rtn. Minal Turakhia organised a Bone Mineral density detection camp in alignment with Dr. Shalini Soni. This was held at Sir Mangaldas N.K. Charitable Dispensary and 53 patients availed the services at this camp.



DISTRICT FIRE SIDE MEET - MEMBERSHIP RETENTION



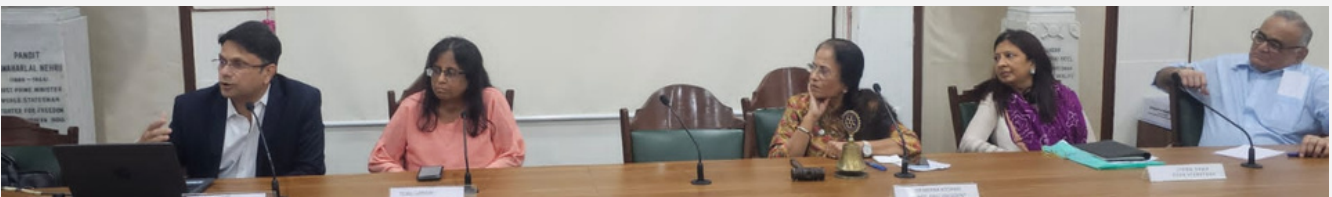
On 5th November we had co-sponsored the District event - Fire side meeting on subject of Membership retention at IMC. Importance of retaining members and the strategy on the way forward was very meticulously explained by District team lead by Rtn. Deepak Jiandani

NOVEMBER REFLECTIONS

SPEAKER MEETING - SHRI RATIN LAHIRI

On 25th November we had a very informative speaker meeting, where Shri Ratin Lahiri spoke on the subject of “Marketing Almost Everything”. He made subject very interesting and unique. Introducing the speaker and giving the vote of thanks was done by Rtn. Tejal Gandhi and Rtn. Manishi Vora respectively.

We also inducted a new member to SeaFacer family; Shri Vaibhav Jain and Ms. Pragati Jain. A special welcome to Rtn. Vaibhav Jain & Rotary Anne Pragati Jain by the E-bulletin team; look forward for your participation.



FEATHER IN THE CAP FOR RTN. MANISHI VORA

It is a proud moment for our Rotary Club, when our member gets recognized in any forum at a national or international level. This month, Rtn. Manishi Vora’s organization, S. Mansukhlal & Co. received an award for Export Excellence in the field of Engineering exports - Star Performer as Merchant Exporter in the categories of Hand Tools from Engineering Exports Promotion Council, India (EEPC) in the National capital of our Country , New Delhi. Congratulations Manishi, you have made the SeaFacers proud.

NOVEMBER REFLECTIONS

ANNAPURNA - KEM

On 2nd November, Annapurna at KEM was sponsored by Rtn. Dina Vipul Shah & Rtn. Leena Shah.



ANNAPURNA - VASHI

On 6th, 19th, 26th November Annapurna at Vashi was organized by Rtn. Rajen Desai



ANNAPURNA - KEM

On 9th November, Annapurna at KEM was sponsored by Rtn. Bharat Merchant and Rotary Anne Smita Gandhi.





DIWALI - ACROSS INDIA

Diwali in North India marks return of Rama, in South, it emphasises offerings to deities. Here is more on its celebrations across the country.

According to the Hindu calendar, Diwali falls on the 15th day in the month of Kartik. History of Diwali can be traced back to ancient India, with several legends associated with it, where many believe that Diwali is the celebration which marks Lakshmi's wedding with Vishnu, while others mark it to be a celebration of Lakshmi's birth, as it is believed that she was born on the new moon day of Kartik.

Diwali in North India:

For Hindus in Northern India, Diwali symbolises the return of Ram with wife Sita and brother Laxman to Ayodhya after being exiled for 14 years. When he returned, Ram was welcomed home with diyas and fireworks which were lighted throughout the kingdom since it was a new moon day. Hence, the lighting of diya signifies the triumph of good over evil.

Diwali in Gujarat:

A very auspicious Diwali custom in Gujarat is to keep a diya lit with ghee and left burning the whole night, collect the residue from this diya the next morning and use it to make kaja, which is applied by women on their eyes, as it is believed to bring prosperity for the whole year.

Diwali in Odisha:

The Hindu community in Odisha pays tributes to ancestors on Diwali while the festival in Western India is mostly associated with business and trade where new ventures, buying of properties, the opening of offices and shops are considered auspicious.

Diwali in Bengal:

In Bengal, the Goddess of strength Kali is worshipped during Diwali. In certain homes, Ganesha is worshipped since he is a symbol of auspiciousness. In Eastern India, the rituals of lighting of lamps, candles, diyas and bursting firecrackers remain the same but additionally, some devotees keep the doors of their lit houses open for Lakshmi to enter as it is believed that the diety does not enter a dark house.

West Bengal celebrates Diwali as Kali Puja where late night worshipping of Kali is done on Diwali night. It is also for remembering ancestors where diyas are lit on long poles to guide their souls on the way to heaven - a practice followed in rural Bengal even in contemporary times.

Diwali in Maharashtra:

Hindus in Maharashtra celebrate Diwali for four days with Vasubaras being the first day, marked by performing an aarti of cows and calves to signify love between a mother and her baby. Dhanteras or Dhanatrayodashi is celebrated on second day, while the third day is Narakchaturdashi, where people take scented oil bath early morning and visit a temple, then feast on a special Diwali preparation called Faral which consists of delicious sweets like "karanji" and "ladoo" and spicy eatables like "chakli" and "shev" and the fourth day is the main Diwali day when Lakshmi Puja is performed by worshipping Lakshmi and items of wealth.

Diwali in Tamilnadu:

Southern India celebrates Diwali in the Tamil month of Aipasi where Naraka Chaturdashi is the main day of the celebrations. One day before Naraka Chaturdashi, the oven is cleaned, then smeared with lime, religious symbols are drawn on it, filled with water and then used on the main day for the oil bath.

Diwali in Karnataka:

In Karnataka, Bali Padyami is Diwali's third day which is marked by women sketching colourful rangolis in their houses, building forts from cow dung and narrating stories associated with King Bali.

Diwali in Andhra Pradesh:

Andhra Pradesh celebrates Diwali with Harikatha or the musical narration of the story of Hari as it is believed that Krishna's consort Satyabhama had killed demon Narakasura, so prayers are offered to special clay idols of Satyabhama. In Karnataka too, the day of Diwali or Ashwija Krishna Chaturdashi commences with people taking an oil bath as it is believed that Krishna took the oil bath to remove the bloodstains from his body after Narakasura was killed.

Instead of rangolis, like in North India, Hindus in South India decorate their houses with kolam designs. Another unique ritual is where newlyweds spend their first Diwali in the bride's parental home.

Credits: Zarafshan Shiraz, New Delhi

Hope you enjoyed reading about this variety of traditions.

- PP Rtn. Ramola Mahajani

KASHMIR . AN INTOXICATING EXPERIENCE

The Indian Army, renowned for its valor and unwavering devotion to the nation, also plays a crucial role in providing healthcare to the people of India, particularly in remote and underserved areas. Recently, Bhavini and I had the privilege of participating in a medical camp organized by the Indian Army in Baramulla and Uri, two districts nestled within the enchanting state of Kashmir. The experience was nothing short of transformative and heartwarming.



Navigating the Journey to Baramulla and Uri:

The arduous journey to Baramulla and Uri took us through winding roads and over towering mountain passes. Yet, the breathtaking scenery compensated for the challenges. The snow-capped peaks of the Himalayas, the breathtaking valleys, and the crystal-clear lakes painted an unforgettable panorama.

Establishing the Medical Camp:

Upon reaching our destination, we set up the medical camp in a school embraced by the scenic hills. Surrounded by the protective presence of the Indian Army, we found ourselves in a warm and welcoming environment.

The local villagers, eager for medical attention, greeted us with open arms. Our team of dedicated doctors, nurses, and pharmacists provided a comprehensive range of services, including general check-ups, gynecological examinations, and eye screenings.



Serving the Villagers Through Medical Care:

Over the ensuing days, we treated hundreds of patients, addressing a diverse array of ailments such as colds, flu, skin infections, high blood pressure, depression, anxiety, vision issues, and gynecological problems. We also provided free medicines to all our patients.

Kashmir, aptly dubbed "Paradise on Earth," surpassed even our wildest imaginings. The summers were pleasantly mild, with valleys adorned by a kaleidoscope of wildflowers. Meadows teemed with grazing sheep and cows, while the air was infused with the sweet fragrance of pine trees. The apple orchards, in all their splendor, were a sight to behold.

The Indian Army's Indelible Presence in Kashmir:

The Indian Army plays a pivotal role in safeguarding peace and security in Kashmir. Soldiers tirelessly patrol the borders, day and night, standing as guardians against intruders. Their unwavering commitment extends to providing humanitarian assistance to the local populace, encompassing food, shelter, and medical care.

The Medical Camp's Profound Impact:

The medical camp proved to be an overwhelming success. We not only delivered much-needed medical care to the people of Baramulla and Uri but also forged meaningful connections with the local community. We savored the culinary delights of Kashmiri Wazwan, ventured to the India-POK border, gaining an intimate understanding of the region's intricate history, and formed lasting friendships with the locals.

Living in the Indian Army camps was a life-altering experience. Witnessing their selfless service firsthand instilled in us a profound sense of national pride and reinforced our conviction to give back to our brave soldiers.

We urge you to support the Indian Army at every opportunity, demonstrating our collective gratitude for their unwavering dedication to our nation's security and well-being. Together, let us honor their sacrifices and contribute to the betterment of our society.

We were extremely grateful for the opportunity to have been a part of this important work.

Kashmir is so addictive that we keep wanting to go back again and again and for many days after this camp we were yet to recover from this intoxicating beauty.

- Rtn. Dr. Milan Balakrishnan

EVOLUTION OF FAMILY PHYSICIAN'S PROFESSION IN LAST FIVE DECADES AND... FUTURE



At a young age of ten, I went to my family physician for treating my cold and cough. At that time, I was very impressed with how he received me and treated me. With a stethoscope around his neck, white coat, torch in hand, sweet smile and courteous manner he put me at ease and decreased my suffering. At that moment, I decided, that is what I want to do... that is what I want to be... **a family physician.**

After passing MBBS I started my practice as a family physician in 1970. Within a short period of time I developed good rapport with families in my area, who considered me as a friend, philosopher and guide. For any medical problem I was consulted first and then consultants came in the picture when necessary. My patients expected me to recommend the consultants and only after that they moved ahead at the same time kept me posted on a daily basis if not hourly basis. Family physicians were also involved in other non medical problems of families. We were able to make correct diagnosis without tools like sonography, CT scan, MRI scan. We used our clinical acumen for the same. It was an era of work satisfaction, self respect, good social status. However as time passed, the family physician started losing importance and the profession became less lucrative. Most of the family physicians' children who have become doctors are today consultants. It is more lucrative than family practice with less work. Family practice which I felt was the back bone of healthcare in the society, is losing its charm. Over a period of time we have started aping the western world where the concept of family physicians does not exist. I have fully enjoyed my career as a family physician and today touchwood, at the age of 79 I am still a full time family physician. Opinions may differ, this transition from a family physician to a consultant, I believe is a great loss to the society.

About more than 80 percent diseases are psychosomatic. Patients want sympathy, reassurance and ear to their problems. Most consultants do not have much time to listen to their patients, hence the doctor patient strong bond is not established. Consultants will recommend complex treatments for simple ailments like cough, fever, loose motions, certain skin conditions and many other minor diseases that can be diagnosed quickly, treated efficiently and economically by a family physician. More complicated and major illnesses can be diagnosed in time and patients can be referred to consultant or hospital by the family doctor. My hope is that the family practice specialty will continue and have a resurgence in the future and serve the society.

- Rtn. Dr. Rajesh Sheth

RTN. BHARAT MERCHANT'S CORNER



Dear Rotarian friend,

We continue with the **ROTARY knowledge flow series** for the second month.

Did you know :

- That we are a fraternity of about 12 lacs Rotarians round the globe in over 200 countries, waiting to share and care for our society at large?
- We can take pride for being a Rotarian and why not try to meet some of the leaders of society, outside our club, at least once a month? Why not attend a ROTARY meeting from the 37K CLUBS around the globe? Why not start with a visit to any of the 80 plus clubs in AMCHI MUMBAI and make new contacts, new friends, explore new horizons and learn more about ROTARY? By being a visiting Rotarian will it not be BENEFICIAL to all concerned?
- Why can we not pass the news of our meetings and projects with other ROTARY clubs, our friends, our neighbours and our business contacts? Will it not build BETTER FRIENDSHIP and GOODWILL?
- Can we not invite and introduce a new member to our club and make it healthier and vibrant? Can we not be a motivator to a NEW MEMBER and make him comfortable to enjoy ROTARY? Can we not participate in any of the 4 AVENUES of service and be a pillar to the club?
- Let us contribute our bit to the club by being active and positive in any field of our choice. Our fellowship meetings are one to be looked out for. They are quite popular in the district and one should take advantage and get involved. Our fellowship meetings are painstakingly planned for maximum participation so as to know each other better and build a long lasting bonding amongst ourselves.

RTN. BHARAT MERCHANT'S CORNER

- In our RCBSF membership WA group let us maintain decorum and follow basic norms. Let us share news and views of fellow members concerning ROTARY and our club and not unnecessarily get drifted to unwarranted messages. Constructive messages are always welcome and see that ITS FAIR to all CONCERNED .
- These are small but necessary steps to learn about ROTARY and enjoy the real flavour of this great service organisation which has survived for more than 115 glorious years in the service of humanity.
- Should we not read the interesting and informative magazine ROTARY NEWS every month? Each one of us pay Rs. 480 annually to subscribe to it and its a wealth of interesting articles on many topics. From education, to health to sanitation to climate to books to parks and what say you.
- The photographs and the articles are a treasure dove of immense interest and I guarantee you will crave for the magazine month after month once you read it. Just try to have an idea of what ROTARY can do to change the society, people, and the world on so many fronts. Its truly a magazine one should go through it regularly.
- Same is the case of our club bulletin so meticulously and timely brought out by the editorial team. It, too , is so important and interesting for every club member to have the insights of our esteemed club. Do go through it and contribute in it.

- Rtn. Bharat Merchant

DECEMBER BIRTHDAY'S



HEMA SANGHVI
01ST



KALPANA KHIRA
02ND



MILAN KAPADIA
03RD



PANKAJ PAREKH
05TH



HARSHA PARIKH
08TH



SANJAY PARIKH
16TH



KUNJAN KAPADIA
16TH



VIJAY HEMDEV
23RD



RAMOLA MAHAJANI
23RD

DECEMBER BIRTHDAY'S



ANUJA PURANDARE
23RD



ABHAY BHALERAO
24TH



HEMA PAREKH
30TH



DECEMBER ANNIVERSARIES



**HEMANT
&
GEETA**
02ND



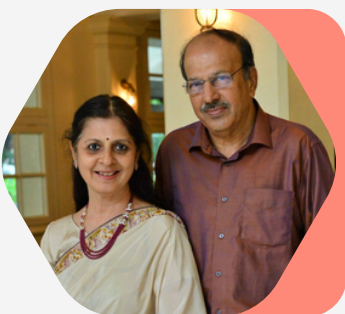
**HARSHA
&
PARESH**
04TH



**BHUVAN
&
GOPI**
08TH



**MINAL
&
JANAK**
08TH



**DEEPAK
&
VARSHA**
14TH



**ABHAY
&
SARITA**
04TH



**VIPUL
&
LEENA**
05TH



**ANIL
&
BHAVNA**
08TH



**VIJAY
&
NISHA**
11TH



**KASHYAP
&
PARUL**
15TH

DECEMBER ANNIVERSARIES



**PARESH
&
RUPA**
15TH



**SURENDRA
&
SMITA**
16TH



**VIMAL
&
FALGUNI**
16TH



**CHAROO
&
GAUTAM**
19TH



**MINAXI
&
DILIP**
22ND



**ARUN
&
SHASHI**
25TH



**SWATI
&
ASHIT**
25TH



**MAHESH
&
VIBHA**
26TH



**DHIREN
&
SONAL**
26TH



**DHIREN
&
MANISHA**
29TH

CALENDAR FOR DECEMBER



DECEMBER

**09TH - FELLOWSHIP
(HAWAIIAN SUNDOWNER)**

**16TH - AGM & CLUB
ASSEMBLY**

**18TH - BOARD MEETING
(VIRTUAL)**

शुक्रिया

In the month of October, E-bulletin team headed by Rtn. Ramola Mahajani received accolades on the bulletin format and contents. Thank you SeaFacers for your encouragement. Infact it was a pleasant surprise when on the 25th Speaker meeting we had an impromptu Quiz on October E-bulletin contents. The energy levels and eagerness, which could seen and felt during this Quiz session conducted by our club secretary Rtn. Jigna Shah was great. October E-bulletin prizes were won by Rotarians Nisha Shah, Manishi Sikka & Rajubhai Koradia. Congratulations E bulletin prize winners. We will continue with this quiz in every speaker meetings.



IN CONCLUSION

SeaFacers, the New year is going to begin in 31 days... Time to start working on new year resolutions. Our World consists of our family at home and in Rotary and our profession and our resolutions should be build around them. All the best in formulating the resolutions and E-bulletin will see you on the eve of New Year.



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