

E-BULLETIN

MARCH

2024



**ROTARY CLUB
OF BOMBAY
SEAFACE**



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PRESIDENT SPEAKS

My dear family of SeaFacers

In the this bulletin I will share with you a true story to give you an insight of inner leadership.

INNER LEADERSHIP

Let me start with a story about a lecture I had to deliver in a well known Management School in Mumbai to a batch of final year management students. It so happened, they had attended and heard a renowned inspirational person Jaggi Vasudeo, whose philosophy of inner Engineering is quite known to all and has worked wonders on people in all fields of life...be it professional or personal. I was scheduled to talk on subject of leadership and question asked was ...Does Inner leadership exist ? Many times we come across a question ...Are leaders are born or made? Before we start talking about inner leadership, it is important for us to realise that , we all have biases towards certain areas of our lives. Some people focus on relationships, some on material success, some on pleasure and excitement and others on personal growth or spirituality. In leadership it is the same – we focus on one particular area – usually performance and / or competence. But life isn't neatly divisible into separate compartments. We need to consider how everything affects us. Our actions come from a combination of our personalities, the people around us, our abilities and what's going on in the world. If we do not look at all these aspects then our actions will not be successful. This is why Inner Leadership is so important; it enables each of us to be clear about what we need to do in all the areas of our lives to be successful overall. Inner Leadership is an approach to looking at these areas through a combination of exercises and processes to support and encourage each of us in our own unique journey.

Inner Leadership is about being true to yourself and doing what you need to do because it is right for you. It doesn't matter to the Inner Leader whether they have followers or not – their own inner vision is what counts for them. It's about honouring and respecting yourself without the arrogance of certainty. And if the Inner Leader truly honours and values him or herself, then they will honour and value others as well.

PRESIDENT SPEAKS

At the core of all of us – acknowledged or not – is a deep caring for and connection with all life. There are many obstacles, some external but more often than not internal, to reaching this inner base of caring, security and joy. Not the least is fear and following on from that the confusion that results from all the stuff we take on board from others that doesn't belong to us. Our task is to understand and release the barriers that have blocked us, through no fault of our own, from being in touch with this source. Once we have done this, like clearing the clouds that stop the sun from reaching us, we can express our joy and caring for the benefit of others.

Inner Leadership is for those who want to undertake this journey to their source and to emerge back into the world as a true Inner Leader – one who cares and is strong enough to do what is right! This may or may not be a difficult or easy journey – that depends on what we need to let go of – but the final destination is one we will all arrive at – peace and joy and a sense of who we really are.

The diagram below sets out a way of looking at Inner Leadership and taking into account all the vital areas that exist in our world. Two key differentiations are between Head and Heart (or task and people) and between what's in us and what's external to us.

THE SELFDOM MODEL

	Head	Heart
External	Leading in Organizations My world - What can I give? Where do I want to be? How can I earn more money?	Companions How can I have more Loving relationships? How can I be with people I Enjoy?
Internal	Being Your Best How can I develop my Talents? How can I learn new Skills? How can I do work I Love?	Telling Your Story How can I live my Values fully? How can I be who I am? How can I be Happy

If we look at the quadrants we can see they all have a part to play in what makes us unique. For example, the stories we tell ourselves about us and others and the world are vital in the way we live our lives.

PRESIDENT SPEAKS

All of us have a unique story which is the way we view our lives. Sometimes the story may be very helpful – more often than not there will be elements which we need to let go of – and we then need to rewrite our story to progress on our inner journey.

“Being Your Best” looks at how we can be the best we can possibly be. So much focus is often on the negative – what we need to do to improve, be better etc. and we often take for granted all those areas that we are good at and tell ourselves, “well anyone can do that!”, when of course they can’t!. Focusing on what we are good at and building on this gives us confidence and strength and the potential to be brilliant at our own unique contribution. Part of this is developing a “Practice”. A practice is a daily set of disciplines (discipline originally means learning not painful processes!) which we use to develop ourselves – much as sportspeople uses coaches and daily workouts. It is something we all could benefit from.

In our corporate world, we often underestimate the importance of others. Jung once said “It’s never a question of what; it’s always a question of who!” Other people are the arena for our growth and both trials and joys. We need to treat others as ourselves with respect and care but that doesn’t mean staying in relations that demean us. Knowing what is needed from relationships will help the Inner Leader be with those who support and lighten their load.

Leadership research shows that the type of organisation we will be happiest in is very dependent on our personality. Even when we have ideal work, if the organisation is not right for our personality, we will not be happy. It is therefore vital to identify the most appropriate organisation for ourselves.

Lightness, positivity and humour are probably the most important attributes an inner leader can have. Especially pertinent to the world today is a positive attitude of saying yes to life as there is so much negativity and gloom around. We have the highest material standards, wealth and health of any generation in history and yet we are miserable. How much better it would be if our leaders could encourage joy! This links to spirituality in terms of reaching wholeness. We cannot isolate parts of ourselves from other parts – all is an interconnected whole. This wholeness is our Self. And key to reaching this is play, fun and artistry – our own creativity in whatever way we express it!

So summarising, Inner leadership is an approach to looking at things through combination of exercises and processes to support and encourage each one of us in our own unique journey . Inner Leadership is about being true to yourself and doing what you need to do because it is right for you



MARCH EDITORIAL

Hello friends

Here we are at the end of March... beginning to feel the heat?

March was actually named for the Latin Martius or Mars, the Roman god of war and a mythical ancestor of the Roman people.

You would have noticed that the surface of Mars has an orange-reddish colour and that is because its soil has iron oxide or rust particles in it. The sky on Mars often appears pink or light orange because the dust in the soil is blown into Mars' thin atmosphere by winds on Mars.

The month is celebrated with a lot of enthusiasm as it marks the beginning of spring, symbolising transformation and growth, and is considered to be one of the most important months in the Hindu calendar. Several days of significance, Womens's Day, Mahashivratri, Happiness Day, Navroz, start of Ramadan, Holi and even a Sparrow's Day among them have marked the month. Then we have ended the month with holy Easter. Unity in diversity... thy name is India.

MARCH EDITORIAL

I must acknowledge the great historic feat of Indian women's team which won gold by beating Thailand in the Badminton Asia Team Championship. And warmest congratulations to Rtn. Tejal Gandhi for felicitation as Woman Achiever of the Year by the World Trade Centre, Mumbai.

As I recently drove in the interiors of Maharashtra, look at what I saw: the splendid flush of Palas (Flame of the Forest) flowers, that bloom during March. One used them, traditionally, to make colour to play Holi.



Closer to our Rotary home, one of its focus themes in March is the Rotaract movement.

TRF Trustee Vice Chair Barry Rassin says that “partnerships are crucial for us and we can't forget our closest ally: Rotaract. Many members still do not know, that as of 2022, Rotaract Club activities can be included in district grants and are eligible for global grants.” So further strength to the elbow!

Well, more as you scroll on; brave the heat as April is upon us...augering those lazy hazy crazy days of summer!

Holi festival

Phalgun Pournima to Panchami. The Holi festival is celebrated for two to five days depending on the regional variations. It has various names such as Hori, Dolyatra in North India, Shimga, Holi, Hutashani mahotsav and Holikadahan (burning of Holika) in the state of Goa and Maharashtra, and Kamdahan (burning of desires) in South India; also called Vasantotsav or Vasantgamanotsav, that is, the festival celebrated to welcome the Vasant (spring) season.



MARCH EDITORIAL

There are several religious stories about Holi. One of the most well known is that of Prahalad and Holika. Prahalad was the son of the demon king Hiranyakashyap, who, unhappy with his son's devotion to Lord Vishnu, attempted and failed several times to murder Prahalad. Hiranyakashyap's sister and fellow demon Holika was gifted immunity to fire, and therefore decided to carry Prahalad into the flames as one last murder attempt.

But because Holika was using her powers for evil, the gods retracted their gift and she turned to ash. Prahalad was protected from the fire by Vishnu and later took his father's throne.

Celebrants often light huge public bonfires on the first night of Holi to pay homage to Prahalad's story. Gulal, thrown during the festival represents the bonfire from which Prahalad was saved. The powders also pay homage to the bright colors seen during the spring season.

Here are some other stories about Holi:

Once upon a time a female demon named Dhundha or Dhoundha entered a village and harassed young children. She generated diseases. People tried their best to drive her away from the village; however she would not budge. Finally, people abused and cursed her; they lit a fire everywhere to frighten her. This made her run away from that village.

Once, Lord Shiva was engrossed in penance and was in a state of meditation. At that time, Madan (also known as Kamdev) entered His mind. Shiva then opened His eyes to see who was distracting Him and in one glance burnt Madan to ashes. The people of South India celebrate this festival signifying the burning of Kamdev. On this day, an effigy of Madan is made and burnt. Holi festival has the ability to win over Madan; hence the festival of Holi.

The moral of the story is that good always prevails over evil, and that goodness is what is celebrated during Holi.



**PP RTN. RAMOLA
MAHAJANI**

JOG THE MIND!

ANOSOGNOSIA

* WHAT IS IT?

Anosognosia, is temporary forgetfulness, according to French Professor, Bruno Dor, of the Institute of Memory and Alzheimer's Disease (IMMA), La Pitié-Salpêtrière Hospital, in Paris.

He addresses the subject in a rather reassuring way:

"If anyone is aware of his memory problems --he does not have Alzheimer's."

1. I forget the names of families
2. I do not remember where I put some things

It often happens in people 60 years and older, where they complain that they lack memory.

"The information is always in the brain, it is the "processor" -- that is lacking."

This is "Anosognosia" or temporary forgetfulness.

Half of people 60 and older have some symptoms that are due to age, rather than disease.

The most common cases are:

1. Forgetting the name of a person.
2. Going to a room in the house and not remembering why we were going there.
3. A blank memory for a movie title or actor \ actress.
4. A waste of time searching where we left our glasses or keys.

After 60 years, most people have such a difficulty, which indicates that it is not a disease, but rather a characteristic, due to the passage of years.

Many people are concerned about these oversights hence the importance of the following statement:

Those who are conscious of being forgetful, have no serious problem of memory.

JOG THE MIND!

ANOSOIGNOSIA

If you pass these three tests without difficulty:

- you can cancel your annual visit to the neurologist.
- your brain is in perfect shape, inspite of your age!
- you are far from having any relationship with Alzheimer's.

So, would you like to share this with your senior friends?
It can also reassure them.



**PP RTN. RAMOLA
MAHAJANI**

RTN. BHARAT MERCHANT'S CORNER

HISTORY AND BACKGROUND : ITS ROOTS IN SURAT ...

Vanita Vishram was established on 1907 by two young widows. Smt. Naniben Gajjar & Smt. Bajigauri Munshi with a view to ameliorate the social conditions of suffering women in Surat.

AIM AND OBJECTIVE OF VANITA VISHRAM:

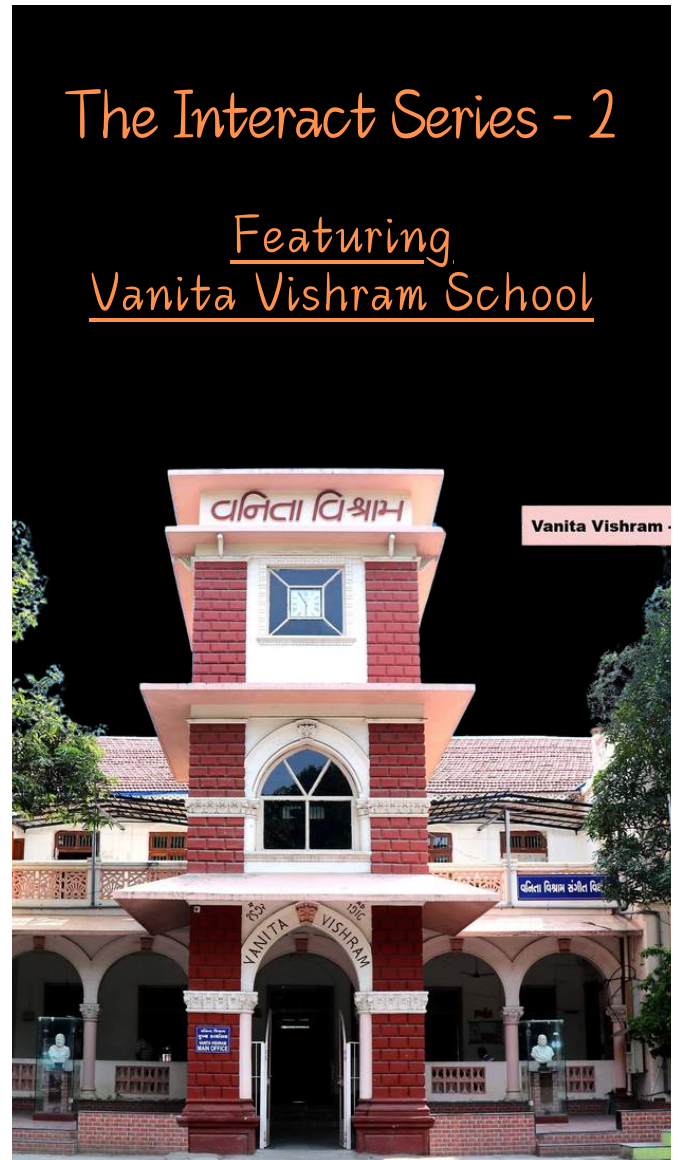
The main aim & objective of Vanita Vishram was to make the women Independent, Confident & Financially self sufficient through education & Vocational training.

AFTER SURAT – NEXT WAS MUMBAI for VANITA VISHRAM:

To start a similar institution in Mumbai, Smt Zaverben Bhagvandas Narotamdas donated in 1915, a princely sum of Rs. 50,000/- towards the cost of the building. Thus, Sir Mangaldas Nathubhai Kanyashala (Gujarati medium) was started in 1915 which exists near Reliance Hospital, Prathana Samaj, Mumbai even today.

This building houses present day office & schools. It was started as an Ashram for single women/widows. Over a period as changes took place, it became a Teacher's Training School. This was later changed to a Co-education School (boys and girls). At a later stage, it was converted to an English Medium School due to public demand.

As of date, the English Medium School has around 750 students.



UPGRADE IN PROGRESS :

The School is in the process of shifting from the existing State Secondary Board (SSC) to Central Board of Secondary Education (CBSE) curriculum. The School owns two Buildings one at SVP Road & other at Khetwadi Road.

At the School, there is a constant endeavour to upgrade the standard of Education & facilities at the School by

RTN. BHARAT MERCHANT'S CORNER

giving training to the Teachers through seminars, meetings & by inviting eminent speakers. This also gives required exposure to students to new areas & streams of studies. There are new teaching styles added, learning & training is done new techniques & it is regularly upgraded with the current requirements of changing times.

ALL ROUND DEVELOPMENT and REPRESENTATION OF THE STUDENTS at NATIONAL LEVELS :

There is equal importance to excellence in studies along with development of sports amongst the girls. The School is proud to say that there is ample representation of the students at District, State & even National levels.

This year, 2024-24 - 12 of the girls have brought immense glory & pride by winning top medals at the national level in different sports.

It is important to mention here that one of the students participated in the 26th January Parade at New Delhi. (She was the only Girl from the state). That was indeed a proud moment for Vanita Vishram.

WOMEN EMPOWERMENT A TOP PRIORITY – ALL THE WAY:

Different Vocations Skills have been nstitutdeveloped for the women, by the women to achieve the objective of the esteemed Institution that makes the girls Institute developed for the women, by the

women to achieve the objective of the esteemed Institution that makes the girls Empowered in many ways through up skilling them at various stages.

STRONG FOUNDATION GIVING FRUITS:

Over a period of 117 years, 19 Institutions at Surat & Mumbai have been established. Pre Primary School , Primary School , High School, Nursing school, Teachers Training School, National Institute of Open Schooling, Sangeet Vidhyalaya, Wellness e , Garment & Fashion Design, Day Care Centre for children (3 months to 6 years old), Sports Complex, Girl's Hostel etc. and many more have been operating.

VANITA VISHRAM WOMEN'S UNIVERSITY (VWU) : A POINEERING INITIATIVE

Since September 2021, the First & only Women's University of Gujarat ie. VANITA VISHRAM WOMEN'S UNIVERSITY (VWU) was established at the Surat campus.

As of date, around 17000 Girls are studying in the 19 different Institutions of Vanita Vishram Surat & Mumbai.

Vanita Vishram has witnessed over the decades many top dignitaries who have visited the Campus, appreciated the work done and the facilities offered aimed mainly at Women Empowerment and blessed it to achieve greater milestones.

To name a few dignitaries, who have visited the Campus have been Mahatma Gandhi, Jawaharlal Nehru, Sarojini Naidu, Subhash Chandra Bose, K M Munshi, Morarjee Desai and our current Prime

RTN. BHARAT MERCHANT'S CORNER

Minister Shri Narendra Modiji. It is indeed a honor and privilege for the School to have been enriched with their presence and blessings.

ROTARY CLUB OF BOMBAY SEAFACE AND VANITA VISHRAM : STRONG BONDAGE

Few of the RCBS - Rotarians are active in the Trust. Rtn. Deepak Khambhati is the President of the Trust & President of the Vanita Vishram Women's University, PDG

Nitin Mangaldas is the Hon. Secretary, Dr. Gool Ghadiali is the Director of Education. They are all serving this Vibrant & Noble Institution round the clock and ever

RCBS wishes the School and its officials the very best in their endeavours...

willing to support and guide this large established Institution to take it to new heights.

President Rtn. Deepak Khambhati is always very keen to invite you & your friends to witness the activities of the Vanita Vishram at Surat & Mumbai. He believes that Seeing is Believing and experiencing first hand would be the best thing which words cannot express.

RCBS is proud to have Vanita Vishram as its Interact School and plays a key role to develop the children with leadership qualities and expand their wings to take on the world.



MARCH REFLECTIONS



Early this month we donated projector to Somaiya Vidya Mandir. It will benefit 94 students in this school to move towards modern ways of learning. Few Glimpses and VOT note from the School authorities.



06/03/2024

To,
The President,
Rotary Club of Bombay Charities Trust

Subject: Thanks & Receipt Letter.

Our School Shri. S. K. Somaiya Vinay Mandir Primary & Balvatika Section, is filled with joy while expressing that School Computer lab is equipped with the projector Optoma SAG20 DLP

Thanks to the kind hearted President, Rotary Club of Bombay Charities Trust, and Shri. Rajeesh Sharma from Maharashtra Radio Electronics for taking such initiative.

Such initiative, monetarily would have cost much but surely can not be measured in terms of joyfulness & knowledge exposure- every student will gain.

We express appreciation for associating with us and expect continuing valued support.

Thanks on behalf of 94 nos. of students for every visual a child enjoys.

Regards,


(Minaxi J Damania)
Head Mistress
Shree S. K. Somaiya Vinay Mandir
Primary Section, Vidyavihar
Mumbai - 400077.

 Vidyavihar, Vidyavihar, Mumbai - 400077, India
T. R. U. S. T. Telephone: (91-22) 23027014



Cochlear implant surgery supported by Rtn. Paresh Tejura and family by donating Rs 1,25,000 to SRCC on behalf of our Club . Thank you Rtn. Paresh. To note further all these cochlear implant surgeries are done non other than Dr. Kirtane at SRCC of all patients recommended by our Club.



MARCH REFLECTIONS



Holi Celebrations with the kids of SVRR. Incidentally SVRR is a non-profit, non-commercial organisation dedicated to the rehabilitation and welfare of the mentally challenged persons.

SVRR is tied up with our club for more than seven years and it has become a tradition to celebrate HOLI WITH FLOWERS with the girls and boys. The happiness and energy levels which could be witnessed during this event was amazing. SeaFacers participated and danced to glory with the SVRR students. This event was sponsored by Rtn. Bipin Jhaveri and Rtn. Bharat Merchant distributed chocolates to the students



We are all aware that we have aligned with Narayana Health on a CSR project (driven by Rtn. Nirmal Doshi) of providing toilet blocks and water coolers to Government aided Schools. In January and February we had completed the projects in Mumbai and Palghar, the last phase of this year CSR (the projects have to be completed and closed financially before 31st March) was done at Devji Seth Rashtriya Shala, Ghatkopar , benefitting more than 200 students. We provided a water cooler



MARCH REFLECTIONS



Vocational excellence awards (R.Y. 2023-24) function organised by Rotary Club of Bombay SeaFace (dist 3141) on sat 16th March 2024.

Vocational excellence awards has been our hallmark, signature event for Rotary club of Bombay SeaFace for last many years.

Our club has been recognising the contributions made by individuals and / or organizations - by way of their business, profession, vocation - who have excelled in their chosen field of work & largely contributed to the welfare of the people, community or nation at large.

In line with rotary's motto "one profits most who serves best" & rotary's famous four way test these awardees have achieved great heights in their chosen field of work/profession and by doing so helped the society/community around them/entire nation and touched and improved lives of many.

Life's a journey between being born as a human being to being human. The evolution is the process we all human beings go through but there are only a few who make a difference in their lifetime like our awardees.

We honoured & recognized 3 individuals and 2 companies / organizations whom we will be honouring this evening.

Each one has a very inspiring story and the work they all have done is simply amazing that can inspire many people.

- Thinkerbell labs, Bengaluru – this is a startup by 4 people who have conceptualised designed developed & successfully marketed annie. It is world's first self learning braille device for the visually impaired. We will honoured them with vocational excellence – start up - award.
- Parsi dairy farm - the iconic structure on south Mumbai's princess street at the foot of Marine Drive flyover has been selling the purest & the finest quality of milk & milk products since early 1900's and spreads unadulterated joy to the people of Mumbai. We honoured them with vocational excellence – iconic brand – award.

MARCH REFLECTIONS

- Ashwinbhai Patel – Banker with a difference! Founder chairman of Balgopal bank in the town of Idar in Sabarkantha district of Gujarat who has taught and inculcated value of money & good moral / life practices in to thousands of school going minor children in innumerable villages around. We honoured him with vocational excellence – Bal Sanskar – award.
- Prof Ramesh Panse – A Mumbai university professor who elevated himself to become a primary and early childhood educator in the rural Maharashtra in Palghar & in various other districts by his mission called Grammangal where science-based teaching-learning methodologies and techniques to improve the quality of education at pre and elementary school levels are propagated. We honoured him with vocational excellence award for rural & early childhood education.
- Dr. Anita Borges – the world renowned eminent onco histo pathologist having professional work experience of over 5 decades in the UK, USA and in India. She has received several awards and orations both in India & abroad. We honoured her with vocational excellence – lifetime achievement – award.

These awards were given away at a glittering ceremony at the premier venue IMC Chamber of Commerce & Industry in the evening of sat 16th march 2024 by the chief guest of the evening District Governor Rtn. Arun Bhargava, guest of honour high highness maharaja Rajendra Sinhji of Idar & various members of the club.

This function was also attended by past District Governors Sunnil Mehra, Rajendra Agarwal & Nitin Mangaldas besides various district dignitaries & representatives from Yusuf Meheralli school, partners in service – RCC Palghar, Rotaract Clubs - NSS College & Zenith & Interact Clubs of Vanita Vishram, Modern School & BJPC Institution.

MARCH REFLECTIONS



MARCH REFLECTIONS



With support of Mangaldas Charitable Trust and Rtn. Dr Kulin Kothari's team cataract operation was done on a seven-month-old child. This child at birth had cataract in both the eyes; one was done this month, second will be done on



All Thursdays of March we had Annapurna project at KEM. Sponsor for 21st March was Rtn. Kirti Parikh



MARCH REFLECTIONS



Rotarians Cycled from Chennai to Mumbai

On Sunny afternoon of 29th March we had two Rotarians Rtn. Sathish Kumar & Ann Sankari Yoga Gnanakshi from Chennai, cycle all the way to Mumbai for 40 days travelling 2500 km... creating awareness on Mental Health & Polio eradication.



Rotary club of Bombay SeaFace team welcomed them at Gateway of India , which was their conclusive point of their trip On 30th March there would a formal welcome to them at Vanita Vishram School at 10 am , where our District Secretary Rtn. Anand Ramnani was invited as chief guest .Sathish & Sankari shared their experiences of this wonderful and adventurous cycle journey



Rotary Chennai Korattur Chennai to Mumbai Awareness Cyclothon 3232

Rotary club of Bombay Sea Face RID 3141 organized a program with 3 of their Interact schools in Bombay this morning.

We did flag exchange and shared about the campaign to about 100 students today. Thanks to Principal Rtn. Gool Ghadiali madam and Rtn. Minal mam.

Many thanks to President Rtn. Uday sir, Dist Sec Rtn. Anand Ramnani sir, Club Secretary Rtn. Jigna ma'am. @Jigna Shah mam & team for all arrangements and support for us. Rtn. Harsha mam for the stay & food arrangements for last night. Rtn. Bharath sir, Rotractor Kanishk and all rotarians of Bombay Sea Face.

Glad to connect with students and End the campaign on a high. Very satisfying session and felt really grateful for the program and all arrangements at Bombay. 🙏🌱

Regards

Sathish & Sankari

MARCH REFLECTIONS



Speaker Meeting of March

Dr. Aashish Contractor, Director of Rehabilitation and sports Medicine , Sir H.N.Reliance Foundation Hospital spoke in the most simplistic way of how one take care of her of his heart. End of the talk, very person in the audience was resolved to follw the simple steps to keep themselves healthy. Rotary Anne Bhavana Kothari introduced the speaker while Rtn. Dr. Sarita Bhalerao gave a vote of thanks.



One more SeaFacers achieved a milestone this month.

Rtn. Tejal Gandhi was awarded the Women's achiever award by World Trade Center Mumbao on the international Women's day. Congratulations Tejal on behalf of E Bulletin team



APRIL BIRTHDAYS



04 - LEENA MODI



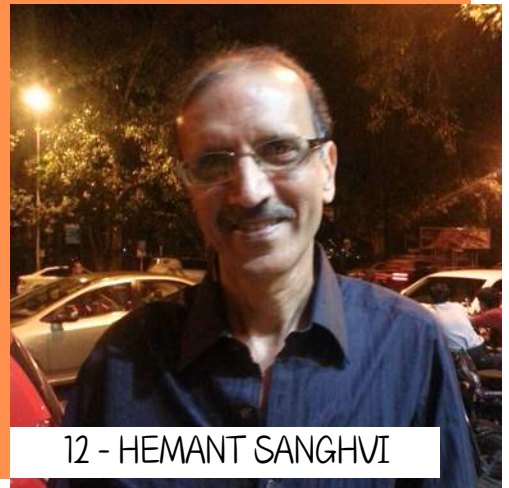
05 - SHRIKUNJ SHAH



05 - ASHIT SHAH

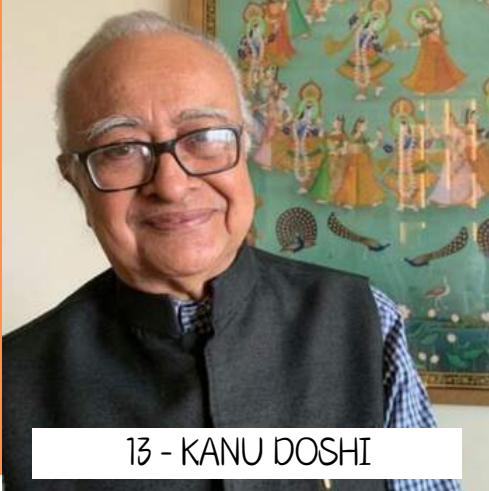


06 - MANISHI VORA



12 - HEMANT SANGHVI

APRIL BIRTHDAYS



13 - KANU DOSHI



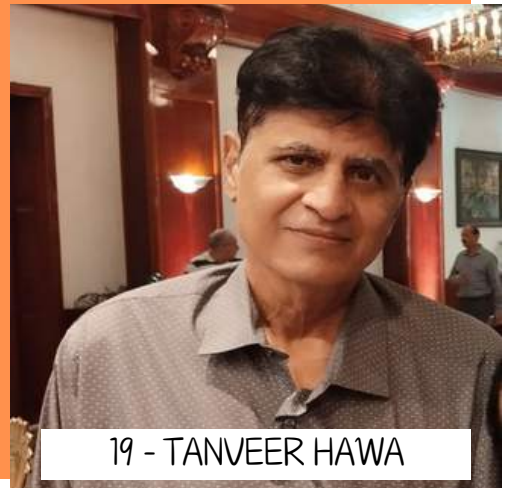
13 - SONAL SHAH



14 - NITIN MANGALDAS



14 - RUPA TEJURA



19 - TANVEER HAWA

APRIL BIRTHDAYS



20 - ANIL MEHTA



24 - VANDANA KATTI

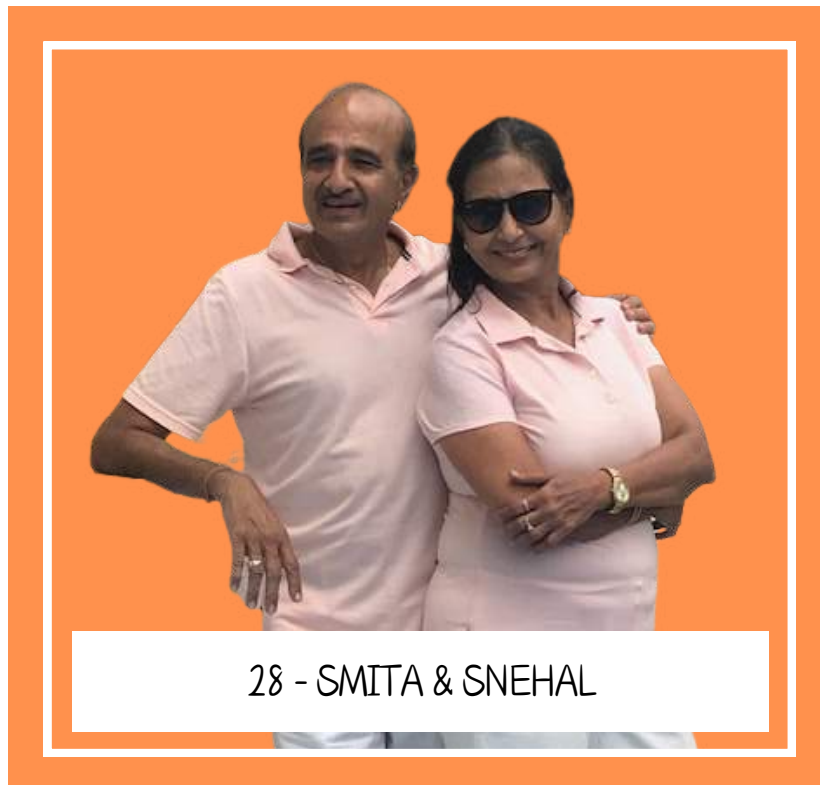


26 - NIRMAL DOSHI



28 - ANJANA SAVLA

APRIL ANNIVERSARIES



CONCLUSIVE NOTE

IN THE CLOSING, LET US REMEMBER THE WORDS OF ROTARY FOUNDER PAUL HARRIS... WHATEVER ROTARY MAY MEAN TO US, TO THE WORLD IT WILL BE KNOWN BY RESULTS IT ACHIEVES.

AS WE CONTINUE OUR JOURNEY OF SERVICE, LETS REMAIN COMMITTED TO OUR IDEALS, STRENGTHEN OUR BONDS OF FELLOWSHIP AND STRIVE TO MAKE A POSITIVE IMPACT IN OUR COMMUNITIES AND BEYOND.



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