

THE INCREDIBLE BULLETIN JULY 2023

WORLI WHISPERS



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PRESIDENT SPEAKS

Rtn. Jayesh Ruparel



It fills my heart with immense joy and pleasure to present the very first Bulletin of this Incredible Year for the Rotary Club of Bombay, Worli. First and foremost, I would like to thank all the Rotarians and Spouses for trusting me with the responsibility of a President of Rotary Club of Bombay, Worli. I am sure we all collectively will make this an Incredible Year.



As we all know my induction ceremony took place on 22nd June 2023, at the Imaara Banquet. It was well attended by many district delegates headed by District Governor Rtn. Arun Bhargava and First Lady Seema ji. I was also blessed to have my mother and my mother in law attend it along with my close family and friends and Co Presidents . All of you supported me at this stepping stone ceremony and gave me a lot of courage to take on the responsibility of Presidentship. I am thankful for the same.



EDITORS NOTE

Dear Friends,

It gives me immense pleasure to release the first bulletin of the Incredible year for the month of July 2023. This is the first time I have taken this responsibility since joining the club and I am also looking forward to documenting some memorable experiences.

July has been a happening month with the installation of our new president, the peak of monsoons in Mumbai and the special highlight was the Indore trip which was a fun tour.

In this Incredible year, the Bulletin team comprises of Janhavi Sanghrajka, Dr. Paula Goel and myself. We have introduced some new sections. A medical advice section on sharing tips on maintaining a healthy life. An interesting chapter by the name of "Amazing Encounter" is added. Here, all the Rotarians and Anns are invited to write about an interesting Personality they have met, who have left a deep impact on their lives. Another section added is that of 'Mindfulness' to include everyday tips on maintaining a stress free mind.

We would love to have your suggestions and comments for the topics and also invite more and more Members and Anns to write guest articles on topics of their choices. Looking forward to an incredible year ahead!

Rtn. Akanksha Bector



AWESOME SPEAKERS FOR THE MONTH



6TH JULY

**SHRI. AJAY MEHTA,
CHAIRMAN MAHA RERA**

On 6th July 2023 our first Speaker meeting was organized, wherein our Director for Club Admin Services, Rtn Dr Prafulla Kerkar, had invited Shri. Ajoy Mehta, Chairman MAHA Rera to throw some light on the **RERA Rules and Regulations**. He did a wonderful job by simplifying the RERA Act for us and it as a very fruitful session. It was a very well attended program with Rotarians and Spouses.



20TH JULY

**DR. ANWAY MULAY,
DIRECTOR CARDIAC
SURGERY, SIR HN
RELAINCE HOSPITAL.**

On 20th July 2023, we invited Dr. Anway Mulay, Director Cardiac Surgery, Sir HN Relaince Hospital. The topic was **'Souls go to Heaven, Organs don't !!!!** Dr. Mulay has performed, more than 150 heart transplants. He gave us a lot of information on such surgeries and emphasized on the pressing need for organizations like Rotary to take the initiative and spread awareness about organ donation. This particular meet went on for more than an hour. He had invited his patients to share their experience with us . This program was attended by Rotarians and Spouses.

- **Rera has some very supportive provisions. Citizens need to be aware about their rights**
- **Organ Donation is a Noble Act and a practical solution to bring back needy patients to normal life. Managing the emotional expectations of family members before hand is a required task.**

EXPERTS ADVICE

Projects and Activities

J u l y 2 0 2 3



Induction of DG

On 2nd July 2023, Rtn. Arun Bhargava was inducted as the District Governor for District 3141. Our First Lady (My better half) Chaya Ruparel and myself attended the same and we were deeply inspired by his vision and the various projects which our DG has planned for the whole year.

Blood donation Drive

The incredible year Project started with a bang on 1st July 2023, at Dadar Station where a Blood donation drive was conducted. Our DG also graced the project with his presence. 91 bottles were collected at the venue. Also supported by our Rotaractors connected at the venue which was also supported by our Rotaractors.



Prosthetic Limbs

On the same day RCBW also extended our support to our fellow Rotarian Rajiv Mehta and his organization The Ratna Nidhi Charitable trust, wherein Prosthetic Limbs for differently abled were provided. It was heartening to see people come as physically challenged but go out as a Happy Normal person.



Projects and Activities

J u l y 2 0 2 3



Cochlear Implant

On 5th July 2023, Vaishnavi Singh's cochlear implant surgery was successfully done today by SRCC hospital under the Late F. T. Khorakiwala Project. The next day PP Deepti Rajda, PP Nimesh Sanghrajka, IPFL Meenakshi Singhvi and myself had gone to meet little Vaishnavi, and we were overjoyed to see a broadly smiling Vaishnavi all fine and ready to look at life in a different light.

Notebook Distribution

On 15th July 23 Mahalaxmi Compound Residence Association & RCBW went for Notebook distribution at Night Municipal School. We distributed notebooks to 350 to 400 students from 1st Std to 15th Std. Scholarship to 3 Top Scorers of 10th & 12th students were declared and we also adopted 2 needy and Talented Students. Mr Ketan Lotia Great Magician was invited to entertain the children of the school.



Projects and Activities

J u l y 2 0 2 3



Eggs and Chikki

On 26th July 2023, Kellogs & Milk was distributed in the Roha School.

Interact Club Update



On 22nd July we had the privilege of installing Krisha Golecha as the President of our Interact Club of Young Youth Leaders. Distinguished guests, parents, and members of our Rotary, family, Rotaract Secretary graced the event with their presence, making it a truly memorable affair. Let us all rally behind Krisha Golecha and the entire team of Young Youth Leaders as they embark on this exciting journey of service.



INDORE TRIP

Our first overnight picnic was organized by of Fellowship Director, Rtn. Kavita Godole and Rtn Arun Aggarwal. We were round 27 of us and we went to Indore from 28th to 31st July. It was a very meticulously planned trip. We covered Ujjain, Mandu and of course Indore during the visit. Our Visit to the the Mahakaleshwar Temple , which is one of the Jyotilingas in India, was the highlight of the trip. We were blessed with a very good Darshan of the Mahakaleshwar. The walk through the 1km Corridor constructed with beautiful statues depicting various stories was wonderful.

The next day we went to the historical city of Mandu. We took a detailed tour of the Jahaz Mahal, The Hindola Mahal and gardens around the same. A very well informed Guide Mr . Pervez gave us lots of detailed information.

The highlight of the day was the Antakshari and the Mehfil of songs which was organized by our fun loving Rtn. Prabhakar Nakashe. He brought joy to a very long bus ride and ensured that each and every one of us took part in the Mehefil, with his mind-blowing Commentary.



On that night many of us enjoyed all the local delicacies at the Sarafa bazar which opens only after 10pm.

The 3rd day was kept for sightseeing in Indore itself. We went to see The Lalbaugh Palace, the Rajwada and the Jain Kanch ka Mandir. All the places were extremely beautiful and well maintained. After the city tour we moved to the Brilliant / Nakshatra Convention Centre. This is the largest Convention Center in Central India and is owned by a very close friend of Vishakha Aggarwal , right from her school days. We were touched by Madhu and Sanjay who had organised a special lunch, foot massage, shopping counters. They touched our hearts by giving return gifts to all of us.



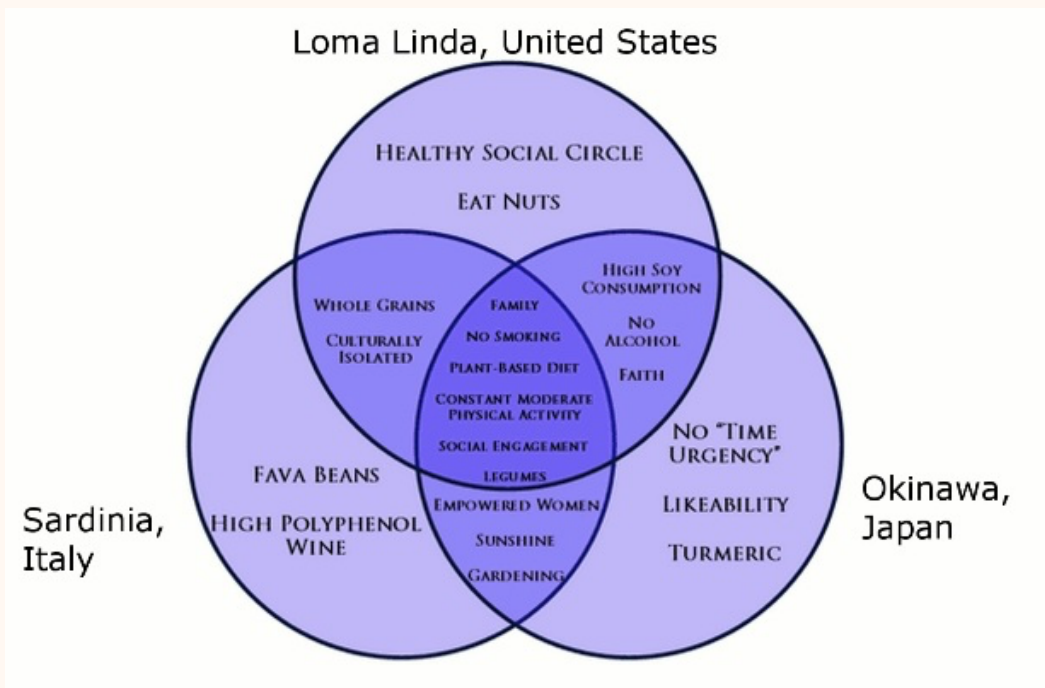


The evening was a fun filled with Couple ramp walk, wherein all the Rotarians and Spouses participated in Black outfits and colorful accessories. This was followed by yet another Antakshari and lots of prizes. We all danced to the tunes of the orchestra quite late into the night..

The last day we went to Khajrana Ganpati Temple visit, followed by the "Must visit" to Chappan Dukkan where in there are 56 shops selling various Chaats and other famous dishes of Indore. We all came back home with funfilled memories which will last us for a lifetime.



EMBRACING THE BLUE ZONE



A PATH TO A
HEALTHIER
AND LONGER
LIFE

In a world where the pursuit of health and longevity is becoming increasingly prevalent, the Blue Zone phenomenon has emerged as an intriguing and inspiring subject of study. Blue Zones are regions around the world where people not only live longer but also experience a higher quality of life. These extraordinary communities have captured the attention of researchers and health enthusiasts alike, offering valuable insights into the secrets of living a long, healthy, and fulfilling life. As a doctor trained in lifestyle medicine, I am delighted to present this article on how embracing the Blue Zone principles can lead to a healthier and more vibrant lifestyle.

**Rtn Dr. Paula
Goel,
Pediatrician &
Adolescent
specialist,
Fayth Clinic**





What are the Blue Zones?

The concept of Blue Zones was introduced by Dan Buettner, a National Geographic Fellow, and author, who identified five regions with exceptionally high rates of centenarians (individuals above 100 years of age) and low incidence of chronic diseases. These Blue Zones include:

- Ikaria, Greece
- Okinawa, Japan
- Ogliastra Region, Sardinia, Italy
- Nicoya Peninsula, Costa



Common Principles of Blue Zones

Despite their geographical and cultural diversity, these Blue Zones share several common lifestyle factors that contribute to the longevity and well-being of their residents. These key principles:

- **Plant-based Diet:** The majority of the Blue Zone populations follow a predominantly plant-based diet rich in vegetables, fruits, whole grains, legumes, nuts, and seeds.
- **Moderate Caloric Intake:** Typically practice caloric moderation, avoiding overeating and embracing the concept of "Hara Hachi Bu" (eating until 80% full) practiced in Okinawa.
- **Physical Activity:** Regular physical activity is ingrained in the daily routines of these populations.
- **Social Engagement:** Strong social connections and a sense of community play a crucial role in the lives of Blue Zone inhabitants. They prioritize spending time with family and friends, fostering emotional well-being.
- **Stress Reduction:** Stress management techniques, such as meditation, prayer, and daily relaxation practices, are commonly employed by Blue Zone residents to mitigate the negative impact of stress on their health.
- **Purpose and Meaning:** Having a sense of purpose and a reason to wake up every morning is a significant aspect of life in these communities. Engaging in meaningful activities contributes to overall life satisfaction.
- **Moderate Alcohol Consumption:** Some Blue Zones, such as Sardinia and Ikaria, have a tradition of consuming moderate amounts of red wine, which is thought to contribute to heart health.

The effect of the Blue Zone phenomena can vary across different age groups

- **Middle-Aged Adults** experience reduced rates of chronic diseases, age-related health issues, better metabolic health and lower rates of obesity and related diseases. They are more likely to engage in physical activities, maintain a balanced diet, and have lower stress levels due to the community's influence and support.
- **Older Adults** experience greater longevity and a higher quality of life in their later years. They may continue to participate in active lifestyles and remain socially engaged, which can contribute to better physical and mental well-being. The sense of purpose and belonging derived from strong intergenerational bonds can lead to reduced feelings of isolation and depression.
- **Centenarians** are celebrated and respected members of society, which may positively influence their mental well-being. Their long lives are often attributed to a combination of factors, including diet, physical activity, genetics, and social connections. Centenarians often report a strong sense of purpose and fulfillment in life, contributing to their overall contentment.



Applying Blue Zone Principles to Our Lives

While we may not all live in a Blue Zone, we can certainly adopt and adapt these principles to enhance our own health and well-being:

- **Nourish Your Body:** Embrace a plant-centered diet, avoid processed foods
- **Practice Mindful Eating:** Be mindful of portion sizes and savor each bite
- **Move Naturally:** Incorporate physical activity into your daily routine.
- **Cultivate Social Connections:** Foster meaningful relationships
- **Manage Stress:** Find relaxation techniques that work for you
- **Discover Your Purpose:** Volunteer, pursue hobbies, or explore new interests
- **Limit Alcohol Intake**

AMAZING ENCOUNTERS

BY RTN.TAIZOON
KHORAKHIWALA

My Guru- Dr. Jagdish Parekh



The word for me was 'Courage'

My father was the bravest man I knew and I perceived myself to be a coward, perhaps as compared to him and the challenges he faced in his times.

Fast forward to 2023: Most people who know me today associate courage with me rather than cowardice. This was because of my conscious decision that day in 1999 and my actions since then, all due to my guru's words.

Courage is stepwise journey of life. Every day we face challenges in courage. We either take a step up (show courage) or a step down (duck the hard choices). These small daily choices form our character and determine our destiny. Even big scary decisions then become normal and easy if we follow our chosen path. A life of integrity and purpose, in my view, is small steps taken every day in the right direction.

I met Dr. Jagdish Parikh at Hotel Rajvilas, Jaipur. He was invited to my Harvard reunion class to talk to us about Vedanta and management. This was 1999. He has a PhD from Harvard in management and has taught top leadership program at INSEAD.

At his concluding session he asked us to write out 10 things we wanted to be but were not. He systematically asked us over the next hour to reduce the list one by one until it was down to just one item. Finally, he asked us to write this thought on paper and keep it inside our wallets.

He assured us that if we looked at this paper every day, in a few years we will have that quality that we wanted to be.





The power of breath focus

A mindfulness exercise for inner peace

In a world filled with constant distractions and a never-ending stream of information, finding moments of tranquility and inner calm has become more important than ever. Mindfulness, a practice rooted in ancient wisdom, offers a way to reconnect with the present moment and alleviate stress. Among its various techniques, "breath focus" stands out as a simple yet profound mindfulness exercise that can bring about a sense of serenity and mental clarity.

INCORPORATING BREATH FOCUS IN YOUR ROUTINE

Find a quiet place and start with a few Deep Breaths: Close your eyes and take a few deep, cleansing breaths to relax your body and mind.

Observe Your Breath: Shift your attention to your breath. Notice the sensation of the air entering and leaving your body. Focus on the rise and fall of your chest or the feeling of your abdomen expanding and contracting.

Be Present: If your mind starts to wander, gently bring your focus back to your breath without judgment. Don't force yourself to stop thinking; simply redirect your attention.

Practice Regularly: Aim for a few minutes of breath focus multiple times each day.

In a world that often pulls us in countless directions, the practice of breath focus offers a simple yet powerful way to reconnect with ourselves and find inner peace.

UNDERSTANDING BREATH FOCUS:

Breath focus, also known as mindful breathing, is a foundational mindfulness practice that involves directing your attention to the sensations of your breath. Unlike the habitual and automatic nature of breathing, breath focus encourages you to observe your breath intentionally, fostering a heightened awareness of the present moment. This technique can be practiced anywhere, making it a versatile tool for managing stress and unwanted emotions.

The act of focusing on your breath helps activate the parasympathetic nervous system, triggering the relaxation response. This can significantly reduce stress levels, promote calmness, and improve emotional regulation. Regular practice of breath focus enhances your ability to concentrate and stay present. As you become more attuned to your breath, you train your mind to become less scattered and more focused on the task at hand. Mindful breathing can help reduce symptoms of anxiety by grounding you in the present moment.

RTN. AKANKSHA BECTOR

