

ROTARY CLUB OF BOMBAY WORLI, DISTRICT 3141

-	Rtn Francesco Arezzo	Rtn Dr Manish Motwani	Rtn Dr Paula Goel	Rtn Sanjay Dosi
	RI PRESIDENT	DISTRICT GOVERNER	CLUB PRESIDENT	CLUB SECRETARY

AUGUST

PRESIDENT SPEAKS

Dear Fellow Rotarians,

August has truly been a month of action, fellowship, and service for our club — a reminder that Rotary is not just about meetings, but about meaningful impact. As we embraced the spirit of "Back to Service," our members came together with energy and purpose, leaving behind a trail of goodwill and transformation.

On **August 2nd**, our visit to Roha with Rtns Yogesh, Sheetal, Jayanth & Netra Nairi, Quresh, and myself was an inspiring experience. Interacting with students and teachers across four schools reaffirmed our belief that dedication and commitment at the grassroots is the true engine of change.

The following days saw us balance health, fellowship, and service. On **August 3rd**, we had an invigorating Walk with Doc session led by hepatologist Dr. Chetan Kalal, followed by an evening of bonding at Someplace Else, BKC. These moments of camaraderie strengthen our collective spirit.

Service continued with tangible impact:

Aug 5: Donation of physiotherapy equipment by Rtns Sachin Singhvi & Netra Nairi

• Aug 6: Blood donation beds gifted to Jagjivan Ram Railway Hospital.

Aug 7: A delightful speaker meet where mentalist & magician Kruti Parekh kept us spellbound.

The highlight of the month came on **August 12th**, with the launch of the second phase of Pediatric Orthopedic Surgeries at SRCC, "Late Rtn. F. T. Khorakiwala Little Hands & Feet" initiative, spearheaded by Rtns Taizoon & Edith Khorakiwala. It was heartwarming to see families express their gratitude for our support. Dignitaries including DG Dr. Manish Motwani and RI Trustee Dr. Bharat Pandya graced the occasion, making it a truly memorable milestone.

Our youth engagement also grew stronger:

Aug 18: Interact installation at Guru Nanak School, Mahim.

Aug 31: Interact installation at Dosti Flamingo — empowering young leaders of tomorrow.

We also continued to support community needs

Aug 21: Speaker meet with Adam Khorakiwala, who shared profound insights on philanthropy at scale.

Aug 22: Donation of a water cooler & purifier to Nehru Science Centre by Rtn Sunil Siraslewala.

Aug 25: Cancer donation drive.

As the month closed, I couldn't help but reflect on the diverse ways in which RCBW touched lives — from health and education to youth empowerment and fellowship. Each initiative was a reminder that service is the heartbeat of Rotary, and together, we can create ripples of change that extend far beyond our own circle.

I thank each member for your contribution and enthusiasm. Let us carry forward this momentum into the months ahead, reaffirming our commitment to Serve to Change Lives.

In Rotary Service, Rtn. Dr. Paula Goel President 2025–26

EDITORIAL

Celebrating August - A Month of Festivities and Growth

August brings with it a vibrant spirit of celebration, rooted deeply in our cultural traditions. Starting with the auspicious month of Shravan, we are greeted by a series of joyous festivals—Naag Panchami, Raksha Bandhan (Narali Pournima), Janmashtami (Dahi Handi), and culminating in the grand Ganesh Utsav. These festivals not only bring people together but also fill our hearts with happiness, devotion, and a sense of belonging.

Being away from India during this festive season stirs a nostalgic longing—for the warmth of home, the sounds of celebration, and of course, the delicious traditional sweets that accompany each occasion. Despite the distance, the spirit of these festivals remains close to our hearts, and we continue to celebrate them in our own special ways.

Here within our community, the energy and enthusiasm remain high. President Paula has been leading with great passion and dedication, actively engaging in numerous social initiatives. Her medical background is proving invaluable, especially in the various health-related projects she is championing. It's heartening to see so many members stepping up and supporting these causes with their time and efforts.

Our weekly speaker meetings are also witnessing encouraging participation. These sessions not only serve as a source of knowledge but also strengthen the bond among members. August is marked as Membership Growth Month, and true to its spirit, our club is focusing on welcoming fresh faces—motivated individuals who will carry forward the legacy of leadership and service.

On a personal note, I'm delighted to hear about the good monsoon back home in Mumbai. It brings with it a refreshing change, much like the festivals that rejuvenate our spirits. As we continue to celebrate, serve, and grow, I invite each of you to share your feedback and suggestions. Your thoughts help us make this bulletin more engaging and meaningful.

Wishing everyone a joyful and fulfilling festive season. Happy reading!

Yeshwant Datay
Editor (Worli Whispers)

"BONDING AND AUGUST FESTIVALS IN INDIA"

India is a land of diverse cultures, and one of the most beautiful things about our country is how we celebrate our differences together. And if there's one month that truly reflects the spirit of bonding and unity, it's August.

Let's begin with Raksha Bandhan, a festival that celebrates the special bond between brothers and sisters. A simple thread — the rakhi — becomes a powerful symbol of love, care, and lifelong protection. It reminds us how precious family relationships are.

Then comes Independence Day on 15th August — a day that unites every Indian. No matter our language, religion, or region, we all come together to celebrate the freedom that was earned through unity, courage, and countless sacrifices. It teaches us that when we bond as one, we become strong as a nation.

Around this time, many also celebrate Krishna Janmashtami, marking the birth of Lord Krishna. Families and communities come together through stories, dances, and the playful breaking of the dahi handi. It connects generations through shared traditions and joy.

In southern India, Onam often falls in August as well — a harvest festival that brings people of all backgrounds together for grand feasts, floral decorations, games, and cultural programs. Onam shows us how festivals can bond entire communities in joy and celebration.

And we must not forget Paryushan, one of the most sacred festivals for the Jain community. Paryushan is not about loud celebrations, but deep inner reflection, forgiveness, and spiritual bonding. During these days, Jains focus on fasting, meditation, and asking for forgiveness through the words "Micchami Dukkadam", meaning "I seek forgiveness if I have hurt you knowingly or unknowingly."

What a beautiful message Paryushan gives us — that true bonding is not only about celebrating the good, but also about healing, forgiving, and reconnecting from the heart.

All these festivals — though different in customs — carry a common message:

- * We grow stronger when we grow together.
- * We find joy when we connect with our families, our communities, and our inner selves.

So in August, everyone celebrates not just with rituals and colors, but with kindness, compassion, and deeper bonds.

Meenakshi Singhvi

Creative, Designing Support Team (Worli Whispers)

ROTARY TRAVELS

BRASILIA

During our family holiday, we had the opportunity to visit Brasília, the capital of Brazil. We discovered many fascinating aspects of this uniquely planned city that made our trip truly memorable.



Brasília in Focus: A Planned Utopia Carved from the Highlands <u>Genesis of a Capital</u>

Brasília, the federal capital of Brazil, was inaugurated on April 21, 1960, spearheaded by President Juscelino Kubitschek as a bold national project to shift Brazil's political and developmental attention inland. Conceived through a visionary collaboration—urban planner Lúcio Costa, architect Oscar Niemeyer, and landscape artist Roberto Burle Marx—Brasília was built from scratch to embody modernist ideals and to serve as a symbol of Brazil's aspirations.

Occupying more than 5,800 km² at 1,172 meters above sea level, the city is now the third most populous in the country with nearly 3 million inhabitants; its metropolitan area extends into the surrounding Goiás state and hosts around 3.55 million people.

In recognition of its radical urban blueprint and architectural significance, UNESCO designated Brasília a World Heritage Site in 1987—and later named it a "City of Design" in 2017.

Urban Design and Architecture: A Vision Made Real

Brasília's layout, famously resembling a bird or airplane, reflects Costa's bold planning ideals: the "Pilot Plan" zones specific functions—residential blocks, hotel areas, banking, embassies, and government sectors—offering both order and aesthetic coherence.

Within this structured grid lie Niemeyer's iconic creations: National Congress - A futuristic edifice marked by twin towers flanking a central dome, symbolizing Brazil's legislative heart. Cathedral of Brasília - A striking hyperboloid structure formed by 16 towering concrete columns, opening into a luminous interior filled with suspended angels and stained glass, touching the soul of the city. Praça dos Três Poderes - The "Three Powers Plaza" unites the Executive, Legislative, and Judiciary around a central square, and features the world's largest regularly flown flag, weighing some 600 kg. Brasília Digital TV Tower ("Flor do Cerrado") - Completed in 2012, this observation and broadcast tower stands 182 meters tall with a restaurant and gallery nestled in its upper floors. Estádio Nacional Mané Garrincha - One of Brazil's largest stadiums, refurbished for major global events like the 2014 World Cup, holding over 70,000 spectators. The city also doubles as an open-air art gallery—Niemeyer's architecture incorporating the work of artists like Athos Bulcão, whose tile works and murals add vibrant texture to public spaces. **Culture, Parks & Legacy** Though Brasília's early years were lauded for ambition and modern elegance, some criticisms surfaced over time: its rigid zoning and dependence on automobiles have created urban sprawl and traffic challenges. Yet, the city blends functionality with green expanses: Parque da Cidade Sarah Kubitschek - Brazil's largest urban park, featuring lakes, trails, and spaces for leisurely activities. Jardim Botânico de Brasília - Offers immersive exposure to Brazil's diverse ecosystems—from Amazon flora to the Cerrado landscapes. Brasília National Park - A haven for hikers and nature lovers, located just outside the city; home to native wildlife and serene natural pools. Cultural offerings abound at institutions like the Museu Nacional, the JK Memorial, Catetinho Museum, and the Dom Bosco Sanctuary—with its mesmerising illuminated Murano glass sky ceiling. Brasília's economy is anchored by government services, which form around 40% of employment, while the broader service sector (banking, IT, communications) accounts for nearly 91% of GDP. Despite its relatively small agricultural and industrial footprint, the city boasts Brazil's highest GDP per capita.

Brasília Today: A Symbol and a Living City

Half a century since its founding, Brasília remains one of the most ambitious urban projects in history—a modernist canvas still alive with traffic, growth, and debate. Yet, its spirit of innovation and regional integration endures. From Niemeyer's bold edifice designs to Costa's structured layout and Burle Marx's landscaping, Brasília tells a story of beauty and idealism, celebrated but not without its contradictions

Rtn. Yeshwant Datay Editor

ROTARY HISTORY

In 1979 Rotary embarked on an ambitious multiyear grant project to immunize children in the Philippines against polio. On 29 September RI President James L Bomar Jr administered the oral vaccine to a child in Guadalupe Viejo, Metro Manila, marking the first step in Rotary's fight to eradicate the disease.

That single act proved what coordinated volunteer effort and strategic funding could achieve. It inspired PolioPlus, launched eight years later, and ultimately helped form the Global Polio Eradication Initiative. More than 2.5 billion children have since received the vaccine, and wild poliovirus now survives in only two countries worldwide.

The finish line is in sight but not yet crossed. Support End Polio Now, advocate for routine immunization and keep Rotary's promise alive until every child is safe.



KAILASH MANSAROVAR: TREK OR A YATRA?

They say Lord Shiva must call you to Kailash Mansarovar — only then does the yatra unfold, and only then can you complete the sacred parikrama.

My yearning began in 2020. I had even made the initial payment, only for the yatra to be cancelled when the official routes closed that year. Life carried on for five years, until the longing resurfaced earlier this year. This time, the timing was perfect — the window of 20 days was available, and with it, the courage to say yes.



We were warned that permits might not come through again as they were getting issued after 5 years. But once the "bulawa" (the call) was there, everything aligned seamlessly — visas, permits, group selection, travel arrangements.

I didn't over-read or over-romanticize the journey. I knew the challenges of altitude and terrain would be real. I would have loved to go with my sisters, but they planned their trip with another tour operator. My dear friend Vinaya, equally drawn to the adventure, was able to get leave for this, once in a lifetime journey. Both of us are fairly fit — regular gym and running helps — so our prep was limited to breaking in our trekking shoes with a few 5k walks. Packing was harder — balancing warmth, layering, and comfort with the desire to look great in photographs!

We chose to go with Countryside Adventure, under the guidance of Milind Bhide. Their itineraries are designed to give you the best of acclimatization, safety, and camaraderie. And that makes a difference — on such journeys, 30 of us did the parikrama and in the first 5 days itself, the like-minded group had become a family.

Kathmandu & Blessings

On August 9, 40 of us gathered in Kathmandu from Mumbai, Delhi, Chennai, Dubai, Singapore, and the US.

On August 10, we visited the sacred
Pashupatinath Temple. Though not one of the
Jyotirlingas, the darshan was deeply moving.
Many of us bought rudrakshas, got them blessed,
and later dipped them in the holy waters of
Mansarovar. The temple visit set the tone: I felt
my mind quieten — no judgment, no complaints
— just a state of being.



Lhasa & Acclimatization

On August 11, we flew to Lhasa (12,000 ft). Two days here allowed acclimatization. We visited Potala Palace, Norbulingka (the summer palace), and Jokhang Temple, immersing ourselves in Tibet's spiritual essence. Tibet is stark yet soft — green meadows, clear streams, crisp skies. Birthdays were celebrated, laughter shared — small joys amidst the larger journey.

From Lhasa, a six-hour drive brought us to Shigatse, Tibet's second-largest city [after Lhasa], before heading further into the plateau.

Saga & Mansarovar

On August 15, we crossed Saga (14,500 ft), a windswept, simple town that serves as a crucial acclimatization stop. From there, we drove across surreal landscapes — endless plains, turquoise rivers, sometimes what felt like ghost towns, and snow peaks — until the shimmering vision of Lake Manasarovar (15,000 ft) appeared. No words can do justice to that first glimpse. The tears came unbidden. As Mt. Kailash revealed itself from the lake's edge, shlokas and chants [courtesy-Vivek and Divya] filled the air. The stillness, the colors of the water shifting from emerald to sapphire, and the energy of the place felt otherworldly.

Darchen - Gateway to the Parikrama

From Mansarovar, we drove to Darchen (15,000 ft), the small windswept town that serves as the entry and exit point for the 3-day Kailash parikrama. Excitement was high, and more so the nervousness. The parikrama is 52 km long, and though many trekkers describe it in kilometers, and I saw it in steps of surrender.

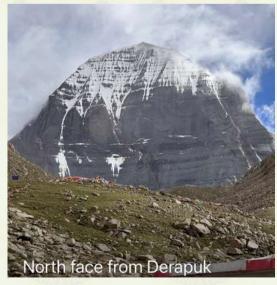
Yet, one cannot romanticize everything. The facilities in Darchen, and throughout the parikrama, are as basic as it gets. Food is simple, accommodation spartan, and sanitation almost unspeakable. The paradox hits you hard — to bow your head in prayer and, in the same moment, face the indignities of poor hygiene against the backdrop of the holiest mountain on earth.

Perhaps that is the deeper lesson of Kailash: stripping away comfort, ego, and control. The mountain makes you face both the sublime and the stark in the same breath.

Day 1 - Darchen to Dirapuk (22 km, 16,500 ft)

The walk began gently across the valley, for some on the horseback. After hours of walking, the mighty North Face of Kailash rose before us. By evening, we reached Dirapuk guest house, perched against the backdrop of Kailash in full glory. Exhausted but exhilarated, we knew this was sacred ground — where the divine and silence converged.





Day 2 - Dirapuk to Zuthulpuk via Dolma La Pass (19 km, 18,600 ft)

The toughest day. The climb to Dolma La Pass (18,600 ft) and the steep descend tested body and spirit. At the top lies Gauri Kund, a shimmering turquoise lake said to be where Goddess Parvati bathed. Descending was treacherous — loose stones, thin air — but somehow for me, it was surrender in motion, one step at a time. There was always someone on the path who encouraged you to the next and the next.





Day 3 - Zuthulpuk to Darchen (12 km)

A gentler, shorter walk along rivers and meadows. By mid-morning, the parikrama was complete and the heart was overflowing. Some actually completed the parikrama not walking or on a horse, but in a vehicle a night earlier.

Return Journey: On our way back, we visited the great Tashilhunpo Monastery at Shigatse, seat of the Panchen Lama — serene and massive. Travel restrictions in Lhasa due to the Chinese President's visit meant detours, but as always, the journey unfolded perfectly in its own way.

Back in Mumbai, exactly a week later, I sat with my morning coffee, watching the calm Arabian Sea. A shift had happened. For years, I had written "surrender and acceptance" as a goal on my vision board — elusive, intellectual. At Kailash, I lived it. This was not a trek. It was never meant to be. A trek challenges your body. A yatra transforms your being.

Yes, the altitude tests you. The permits frustrate you. Nothing goes as per "your" plan. And yet, everything goes as per "His" plan – to perfection!

Kailash Manasarovar is not a destination. It is a mirror — showing you silence that speaks, stillness that heals, and surrender that liberates.

Practical Guide for the Kailash Manasarovar Journey:

- 1. Choose your Operator well: Not only an experienced ones with acclimatization built in but someone you trust to have your back and your health (Countryside Adventure is the best). Permits, travel tickets etc is what they take care off to the 'T'.
- 2. Fitness & Preparation: Build stamina, cardio and strength: Walk 10 km regularly for
- 4–6 weeks before the trip. If possible, practice uphill climbs are a must. Jogging, stair climbs, and light weight training help. Focus on breathing exercises and lung capacity.
- 3. Packing Essentials:
- Break in your trekking shoes. Get the best water proof shoes you can and not the

the cloggy heavy ones [Reco: Columbia]. Carry good socks (wool + synthetic). • Layering is key and Comfort with Looks: Thermal inners [Uniqlo or Columbia], fleece, long sleeves dry fit T-shirts, down jacket, waterproof windcheater, quick-dry track pants or trekking trousers. Weather changes in minutes. • Accessories: Woollen cap, gloves, neck gaiter, Sunglasses (100% UV-protected, for high altitude sun), trekking pole (essential for Dolma La descent), Sunscreen (SPF 50+), lip balm, wet wipes, torch/headlamp, personal medicines. 4. Altitude & Health • Acclimatization is everything: Don't rush. Walk slowly. Listen to your body. Rest is part of the yatra. • Hydration: Drink 2-4 litres of water daily. • Medicines: Consult your doctor for Diamox or other altitude-related medication, basic first aid, and personal prescriptions. • Mind over matter: Altitude affects everyone differently. Stay calm, breathe deeply. The mind's surrender helps the body cope. My SPO2 was low but my body did not show any symptoms at all. Take a porter [must] for the parikrama. Book a horse as a back-up. You will need it and you cannot get one midway, even if you pay for the 3 days. Don't Expect anything. Go with an open mind. Delays, detours, weather changes they are all part of the divine plan. COURTESY Rtn VARSHA CHAINANI

2nd August

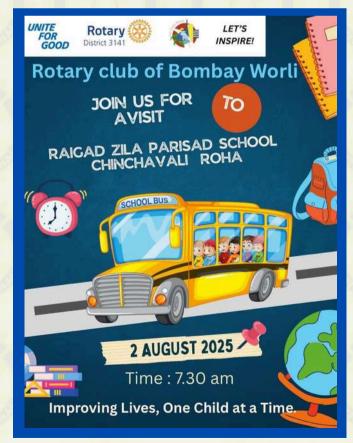






THOUSAND.





VENUE: ROHA SCHOOL

2nd August



(FIRST)







VENUE: Kalachowki

Installation of Rotaract Club of Worli Lalbaug



Walk with a Doc

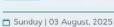
Topic: Know Hepatitis Say No to Hepatitis.



Dr Chetan Kalal Associate Director - Hepatology, Gleneagles Hospital, Parel, Mumbai.



Dr Shirish M. Hastak Regional Director - Neurology, Stroke & Neurocritical Care Gleneagles Hospital, Parel, Mumbai.



💆 7 am onwards

Mahalaxmi Race Course (Next to Polo Gate)



of the re-

💈 Gleneagles Hospital 🛮 Walknoo





COMMO!



VENUE: MAHALAXMI RACE COURSE **WALK WITH A DOC**





6th August







of the last



VENUE: Jagjivan Ram Railway Hospital
Bombay Central

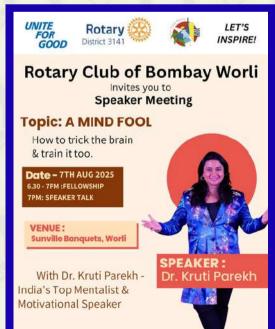
Donation of 2 Beds











VIEWS:

VENUE: SUNVILLE BANQUET

A MIND FOOL

How to trick the brain and train it too



18th August











PRINCIPAL, STAFF & STUDENTS

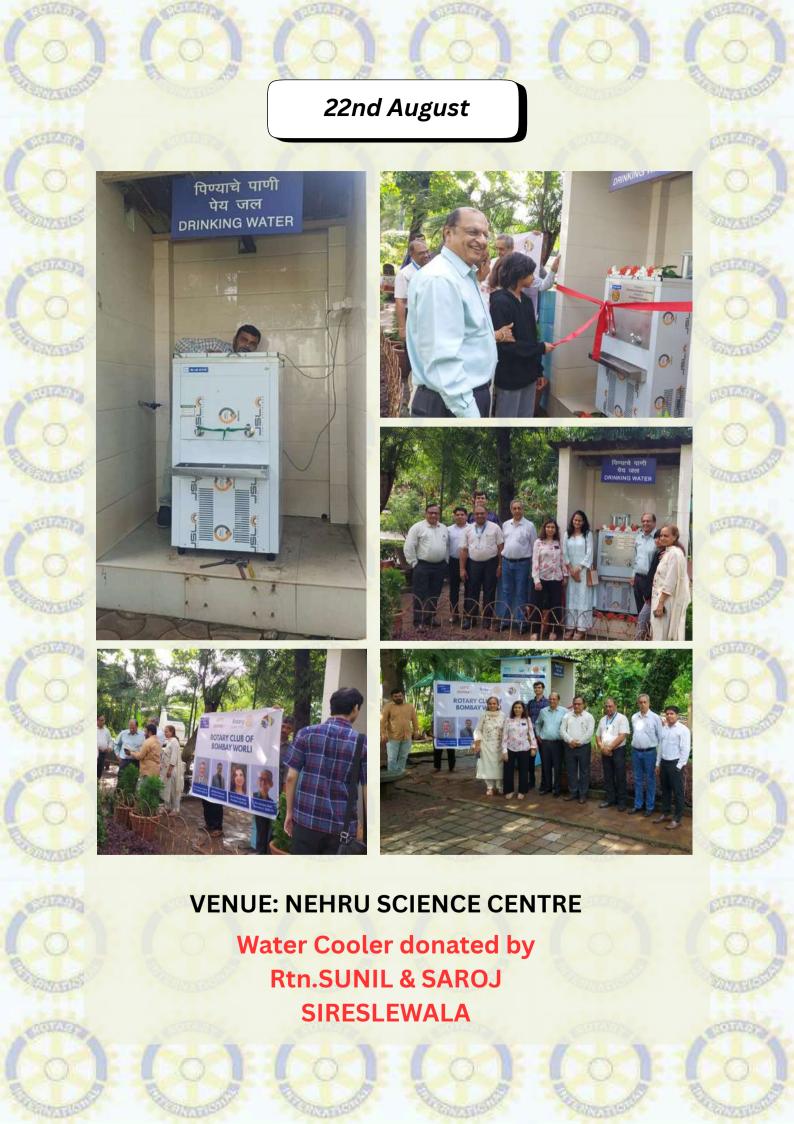
GURU NANAK HIGH SCHOOL



VENUE:
GURUNANAK SCHOOL
INSTALLATION OF

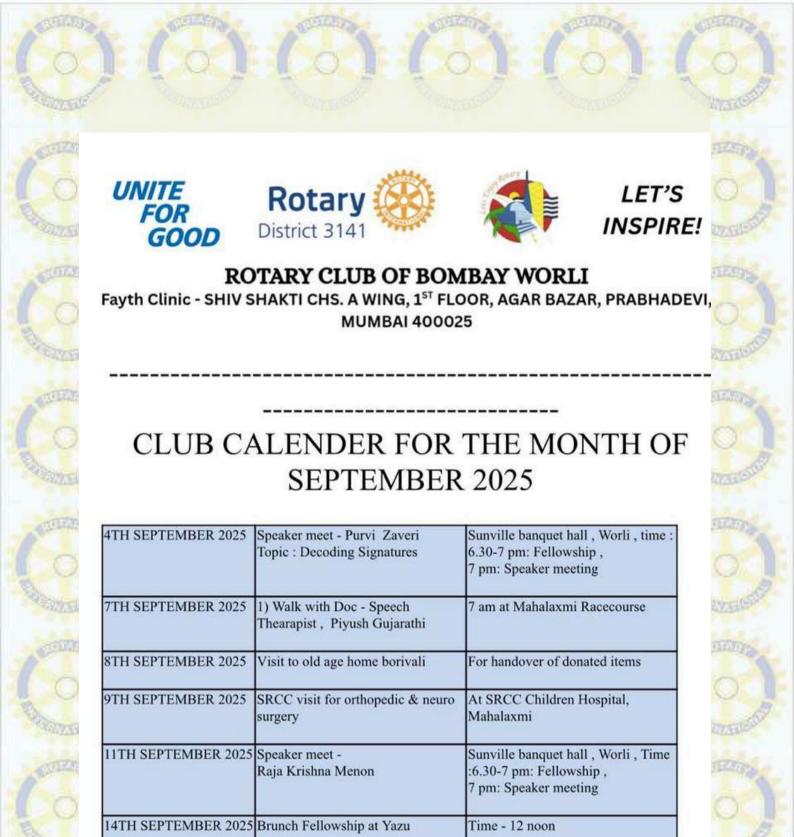
INTERACT CLUB











Donation at Tata Memorial

Hospital

29TH SEPTEMBER 2025 Cancer Donation