



## ROTRY 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

OCTOBER 2025



# WORLI WHISPERS



## **President's Message – October: Local Roots, Global Reach**

October truly reflected our theme — “Local Roots, Global Reach” — as Rotary Club of Bombay Worli continued to bridge hearts and communities through impactful service and inspiring fellowship.

We began the month with a warm ladies' meet hosted by Rtn. Perna at her home — an evening of bonding, laughter, and purpose. The Charter Night at NSCI brought together members in high spirits, celebrating our club's journey and shared vision.

Our “Walk with a Doc” initiative with senior gastroenterologist Dr. Shankar Zanwar encouraged fitness and preventive health among members. On 16th October, actor Kunal Jaisingh joined us for an engaging session — “Unlock with Kunal” — where he shared his inspiring journey in the world of television.

Service above self shone brightly this month — Rtn. Pankaj Tanna donated a dialysis machine to Nana Palkar Trust on his birthday, while Rtn. Kiran Vora contributed ₹10,000 towards the same cause. Heartfelt thanks to Rtns. Yogesh & Sheetal Gupta for donating 10 computers to Roha Paali School — a true gift of learning for deserving students. Two sewing machines were donated to senior citizens for livelihood support — gratitude to Rtn. Perna Vora for organizing the ladies' meet and to Bhakti for her generous contribution.

We close the month with our special speaker meet on 30th October at Sunville Banquet Hall, where Col. Tushar Joshi shared firsthand insights on the Akshardham Temple attack and Operation Sindoor — a session which was not to be missed!

Together, we continue to serve locally and impact globally — with compassion, courage, and commitment.

**Dr. Paula Goel**  
President,  
Rotary Club of Bombay Worli



## UNSEASONAL SKIES AND UNWAVERING SPIRITS

October is traditionally known as a month of heat and retreating monsoons, a prelude to the approaching festive season in India. But this year, nature seems to have rewritten the script. The rains, usually tapering off by early October, are lingering unexpectedly casting a damp yet refreshing veil over the days leading up to Deepawali. While the weather keeps us guessing, Rotary gives us something steadfast to look forward to.

This month, Rotary International marks **Community and Economic Development Month**—a cause close to our hearts. It's a reminder that sustainable development begins with empowered individuals. As Rotarians, we invest in people so that communities can thrive, economies can evolve, and prosperity can take root in a meaningful and measurable way.

### Across the Globe, Inspiration Strikes

As many of you know, Tejal and I are currently in São Paulo, Brazil. Even from afar, our Rotary spirit remains ever strong—and this city continues to inspire. One such source of inspiration has been our neighbour here, **Mr. Luiz Henrique Arantes**. A Brazilian by birth and a global citizen by mindset, Luiz is a multi-faceted personality. At around 40, he's already an entrepreneur, a student of psychology, a gastronomy consultant, a professor in the food service business, and a passionate disciple of judo. Yes, all of that in one person!

I had the opportunity to attend one of Luiz's training sessions and was deeply moved by the passion and discipline he brought to his work. When I requested him to share his insights with our club, he graciously penned down a thoughtful article for this month's bulletin. I strongly urge all members to read his write-up—it's insightful, inspiring, and offers valuable lessons that transcend borders.

### From Our Own: Voices That Enrich

Back home, I am grateful for the enthusiastic responses to my earlier call for contributions. Two of our vibrant Rotarians—**Rtn. Taizoon Khorakiwala and Rtn. Aswin Shetty**—have shared engaging pieces on their travels, Rotary experiences, and reflections. Your spontaneity and energy are infectious, and I thank you both for bringing a spark to this edition. Your contributions remind us that every Rotarian has a story, and each story has the power to inspire.

### In Closing

Whether it's the rain outside our windows or the stories from across continents, this October invites us to pause, reflect, and reconnect—with nature, with people, and with our purpose as Rotarians. Let's continue to support one another, share what moves us, and work together to create lasting impact in our communities—both near and far. Wishing you all a joyful and meaningful October. Happy reading—and an even happier Deepawali!

Warm Rotary regards,

**Yeshwant Datay**

Editor - Club Bulletin

Rotary Club of Bombay Worli



# The Philosophy of Judo:

by Luiz Henrique Arantes



## Strength, Ethics, and the Gentle Way

Martial arts shape not only the body but also the mind and character. They teach us the importance of understanding aggressiveness as part of human nature, without confusing it with violence.

Aggressiveness, when channelled, is a vital force; violence, conversely, is destructive and lacks constructive purpose. This distinction is essential for any practitioner seeking evolution both on and off the mat. In my journey, I engaged with different martial arts, all with their own values and

teachings, but Judo offered something singular: a way of viewing life through balance. When Jigoro Kano developed this practice, drawing inspiration from Jujitsu and other arts, he sought to create an accessible, healthy, and universal discipline—a sport for everyone. This ideal was consolidated with Judo’s Olympic recognition, an achievement few martial arts have managed.

The richness of Judo also lies in the structure of its throws. Each technique can be broken down into up to five stages: the initial strategic grip (Kumikata), the opponents off balancing (Kuzushi), the movement and preparation (Tsukuri), the execution of the throw (Kake), and the conclusion, which is the force applied at the exact moment (Kime).

Experienced athletes can shorten these stages, making movements fluid and subtle, but

understanding this process shows how Judo transcends the physical: it is an exercise in perception, precision, and self-control.



## Falling and Stabilizing

The first lesson on the mat, however, isn’t to attack, but to learn how to fall. Falling safely, falling with confidence, falling in a protective environment. This translates into one of life’s greatest lessons: the fall is inevitable, but the learning is in getting up. Next comes training not to fall,





to resist, to sustain balance. Only then do you learn how to throw. This process mirrors human development: stumbling, stabilizing, running. Just as babies fall many times before learning to walk, in Judo, too, we learn that falls are an essential part of building strength.

### **Philosophy**

Jigoro Kano structured Judo not only as a technique but as a philosophy. Two of its most important principles are Jita-Kyo-Ei, which

means mutual welfare and benefit, and Seiryoku Zenyo, which translates to maximum efficiency with minimum effort. These ideals guide the practitioner not to waste energy, to use force only at the necessary time and measure, and to evolve alongside their training partner, caring for the other's integrity. Applying force without control is ineffective; what gives Judo its identity is precision, subtlety, and a sense of responsibility.

### **Ethics**

This ethic is revealed in the difference between aggressiveness and violence. In a fight with a disparity in technical level, it falls to the more experienced person to win without injuring the less prepared partner. When someone intentionally uses excessive force against a weaker opponent, what manifests is not confidence in technique, but fear of the other's evolution. That is violence. Among athletes of similar levels, there is space for both to explore their full potential, and if an accident occurs, it is not violence, but the consented risk of testing limits. This is the silent ethics of the mat: protect those who need it, challenge those who can handle it, and recognize that the fight is always a mutual learning experience.

### **Technique and Understanding**

Once, during an intense practice, I suffered a slight strain in my leg. My partner noticed immediately and stopped the fight instantly, without needing words. This gesture shows the dimension of respect that exists among practitioners, the trust built in environments where technique is inseparable from ethics. Although I see this often in Judo, I know that in other martial arts, when practiced with respect, the same spirit is manifested.



In the end, when we practice Judo seriously, we realize how every principle translates off the mat. We learn to fall and rise, to use force at the right point, to respect others, and to conserve energy for what truly matters. As Sensei Kimura taught me over thirty years ago: “A person who practices Judo never twists their ankle again.” A simple detail, but one that symbolizes how even the most subtle aspects of the practice stay with us for life.

### **A Path for Everyone**

Thus, Judo fulfils what Jigoro Kano envisioned: a path for everyone. Even those who have no affinity for combat itself can find health, safety, and a philosophy of life within it. Ultimately, this practice invites us to become a little stronger, a little better, and more capable of protecting what we deem good.

**Luiz Henrique Arantes**



## **Local Roots, Global Reach: Service Projects that Bridge Communities**

Service begins at home — in neighborhoods, schools, and local clubs — but its impact can span the world. When local commitment meets global collaboration, communities transform together.

Across the globe, organizations are proving that “think globally, act locally” is more than a motto. It’s a model for sustainable change. A small-town Rotary club in Kenya, for example, launched a project to provide clean drinking water for nearby schools. Through a Global Grant partnership, the club joined forces with international sponsors and engineers to install solar-powered water systems. What began as a local effort now supports neighboring villages and serves as a regional model for sustainable water access.

In South America, a youth-led literacy project started with volunteers donating books and tutoring children after school. With the help of global partners, it expanded into a network of reading hubs, bilingual education programs, and virtual classroom exchanges. Children who once struggled to access education are now connected to a world of learning opportunities.

Meanwhile, in the Philippines, a small coastal community’s mangrove reforestation effort drew international attention. With support from environmental organizations, it grew into a large-scale ecosystem restoration initiative — one that now inspires similar projects across Southeast Asia.

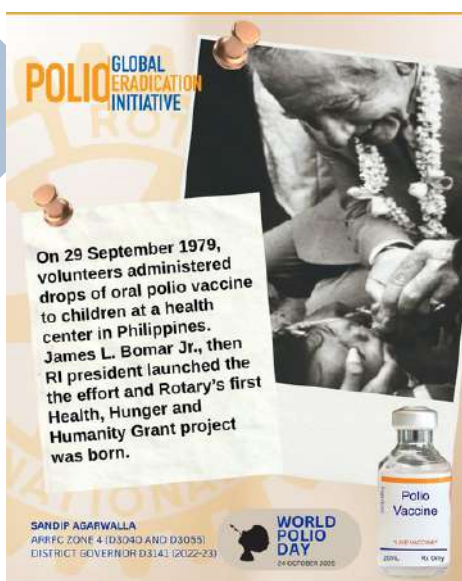
These stories reveal a simple truth: when local passion meets global support, the results are extraordinary. The Global Grant model exemplifies this spirit, aligning community-based service with worldwide goals such as clean water, health, education, and environmental sustainability.

Every global movement begins with strong local roots. By linking these roots across borders, we cultivate a world where service is both local and global — a shared effort that unites communities, strengthens humanity, and proves that compassion has no boundaries.

**Meenakshi Singhvi**  
Creative, Designing Support Team  
(Worli Whispers)



## ROTARY HISTORY



History highlight: 29 September 1979

Volunteers gave oral polio vaccine to children at a health centre in the Philippines. Guided by then RI President James L. Bomar Jr., this milestone launched Rotary's first Health, Hunger and Humanity (3H) Grant and lit the path to a polio-free world.

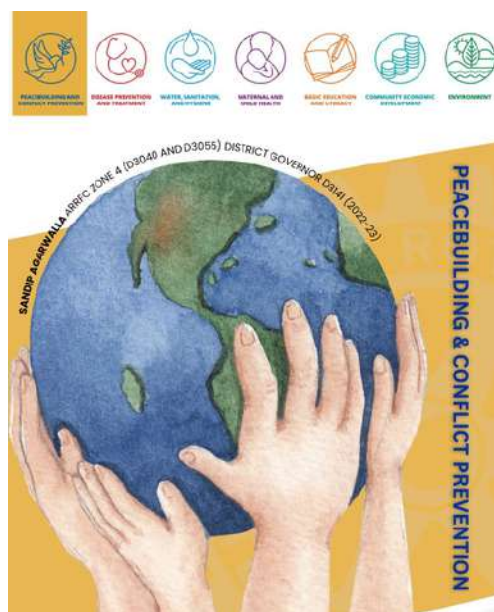
What began as a Rotarian dream became the Global Polio Eradication Initiative (GPEI), led by national governments with six core partners, uniting the world so every child is safe from polio. Since then, cases have fallen 99.9%, vaccines have protected 3 billion children,

Rotary members have contributed US\$2.6 billion and unlocked US\$10 billion in government funding, and WPV2 and WPV3 have been certified eradicated. Only WPV1 remains, limited to Afghanistan and Pakistan. We are close. Let us finish the job.

### Series on the different 7 Areas of Focus of Rotary.

Peace is built, not wished for. As per the most recent data on the Rotary International website, more than 120 million people are displaced by conflict, violence and rights violations, and half are children. Rotary refuses to accept conflict as a way of life.

Peacebuilding and Conflict Prevention is one of Rotary International's seven Areas of Focus. We create environments where peace can happen, funding Peace Fellowships, community training and projects that foster understanding and practical skills to resolve disputes. Our work tackles root causes, from poverty and discrimination to lack of education and unequal resources, so local action can lead to lasting global change.





## Kellogg's Distributed to Children at Adhar Tirth Ashram

As part of our outreach initiative, Kellogg's packs were distributed to the children of Adhar Tirth Ashram, bringing smiles and joy to their faces. It was a small gesture of care and nourishment, reflecting our commitment to sharing happiness and supporting the community.



## Fellowship & Charter Night 4th October 2025 | Prince Hall, NSCI



An unforgettable evening of bonding, music, and dance lit up Prince Hall, NSCI, on 4th October 2025! The Charter Night Fellowship brought together 60 members who shared heartfelt conversations, joyful dance circles, and true camaraderie. Talented singers Sharmila and Savio kept the energy high with a mix of popular English and Hindi hits, turning the evening into a vibrant, foot-tapping celebration. The atmosphere was alive with laughter, rhythm, and togetherness – a perfect blend of friendship, fellowship, and fun. With excellent food, lively music, and spirited dancing, it wasn't just an event – it was a night of pure connection and joy. Here's to friendship, rhythm, and memories that last!

## Walk with Doc, 5th October



### Topic: "What Does a Gastro Treat Beyond Acidity?"

Speaker: Dr. Shankar Zanwar



In a thought-provoking session of Walk with Doc, Dr. Shankar Zanwar shed light on the wide range of conditions treated by gastroenterologists beyond just acidity. From IBS, fatty liver, and GERD to pancreatitis and GI cancers, he highlighted the importance of early diagnosis, lifestyle changes, and gut health awareness. The talk broke common myths and encouraged listeners to look beyond quick fixes and understand the deeper signs of digestive health.

## Donation of Dialysis Machine at Nana Palkar Trust



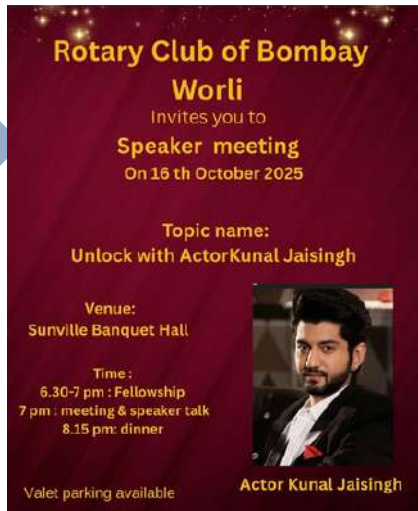
On 14th October 2025, Mr. Pankaj Tanna generously donated a dialysis machine to Nana Palkar Trust, supporting their ongoing mission to provide affordable and compassionate healthcare to patients in need. This noble contribution will help enhance the trust's medical facilities and benefit numerous individuals undergoing dialysis treatment.

In addition, Mr. Kiran Vora contributed ₹10,000 to Nana Palkar Trust, further strengthening the club's collective effort toward healthcare and community welfare.

These heartfelt gestures of service and generosity truly reflect the spirit of giving back to society and making a meaningful difference in people's lives.



## Ulock with Kunal Jaisingh: Inspiring Words from the Heart



The charismatic television actor Kunal Jaisingh captivated audiences at a recent speaker session titled "Ulock with Kunal Jaisingh,"

Known for his memorable roles in Ishqbaaaz and Dil Boley Oberoi, Kunal spoke candidly about his journey in the entertainment industry – from facing early rejections to finding success through perseverance. Every failure teaches you something important. Keep believing in your passion," he shared, drawing applause from students and fans alike. The interactive session was filled with laughter, motivation, and meaningful insights as Kunal answered questions and shared behind-the-scenes stories. His honesty and positivity left a lasting impression, reminding everyone that success is not about fame alone but about staying true to oneself.

The event ended on a high note and expressing gratitude for the inspiring words that truly unlocked new perspectives.

## Installation of Computers and Inverters at Pali School



Rtn. Yogesh Gupta and Rtn. Sheetal Gupta generously donated 10 computers, while Rtn. Alok Agarwal contributed inverters to Roha Pali School. These valuable contributions will greatly enhance the school's digital learning infrastructure and ensure uninterrupted power supply for the students.

This initiative will make a meaningful difference to the hardworking students of the school, supporting their education and growth. A wonderful example of teamwork, generosity, and commitment to empowering young minds.

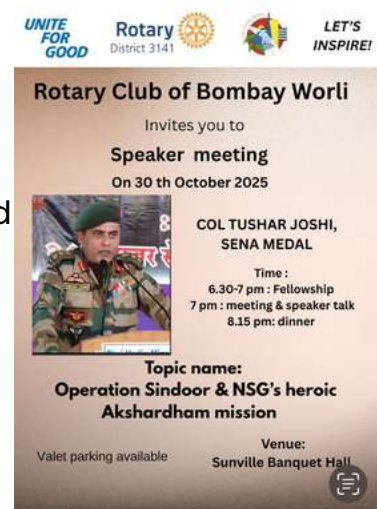
## WATER FILTER INSTALLED



A new water filter was installed at the Nehru Science Centre on 16th October to provide clean and safe drinking water for visitors and staff. The initiative aims to promote health, hygiene, and environmental awareness. Visitors appreciated the Centre's efforts to improve public facilities and ensure access to pure drinking water.

## Talk by Col. Tushar Joshi, Sena Medal

Col. Tushar Joshi, recipient of the Sena Medal, delivered an inspiring and motivational talk sharing his remarkable experiences during the National Security Guard's (NSG) heroic Akshardham Mission and Operation Sindoor. He spoke about the challenges faced by commandos during high-risk operations and highlighted the values of courage, discipline, and teamwork that define the armed forces. His powerful stories of bravery and sacrifice deeply inspired by offering a glimpse into the dedication and resilience of India's soldiers who selflessly serve the nation and protect its citizens during times of crisis.







**Rotary**  
District 3141



**LET'S  
INSPIRE!**

## **ROTARY CLUB OF BOMBAY WORLI**

Fayth Clinic - SHIV SHAKTI CHS. A WING, 1<sup>ST</sup> FLOOR, AGAR BAZAR, PRABHADEVI,  
MUMBAI 400025

### CLUB CALENDAR FOR THE MONTH OF NOVEMBER 2025

2nd November 2025	Walk with Doc Speaker: Dr. Gayatri Harshe Consultant Radiologist Glenegales hospital Topic : Pain in the abdomen-how imaging can help you?	7:00 AM at Mahalaxmi Racecourse
3rd November 2025	RSW - Cyber Crime	Online Talk, 8:30 PM.
5th November 2025	Blood Donation Drive	Venue at VT Railway Station, 10 AM.
6th November 2025	RSW - Senior Citizen Event: Visit to old age homes for donations.	Venue at 9-9.30 am JJ Dharamshala 10-10.30 am Shepherd Home 11.30-12 noon King George
6th November 2025	Speaker: Bijal Doshi - "The Breath of Life: Healing & Longevity"	Venue at Sunville Banquet Worli. 6.30-7 pm - Fellowship 7 pm - Speaker talk
8th November 2025	Disability Camp : Jaipur foot camp with Ratnanidhi Foundation	Venue at Palghar, 9.30 am - 4 pm
13th - 18th November 2025	Andaman Trip.	
20th November 2025	Speaker Meeting - Sanjay Mehta - "What if you live to be a 100?"	Venue at Sunville Banquet Worli. 6.30-7 pm - Fellowship 7 pm - Speaker talk
24th November 2025	Cancer Donation	Venue at Tata Memorial Hospital

### PROJECTS FOR THE MONTH OF NOVEMBER 2025

1. Cancer patients Donation Rs. 1,00,000/-
2. Walk with the Doc

President. Rtn. Dr. Paula Goel

Club Secretary: Rtn. Sanjay Dosi