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Rotary  
Club of DEONAR  
RID 3141

# RODEO REACH

CLUB MAGAZINE OF THE ROTARY CLUB OF DEONAR



## EDUCATION & LITERACY SPECIAL



## FROM THE EDITORIAL TEAM

Dear Friends

September was a triple whammy with the Rotary theme on Basic Education and Literacy, Teacher's day in India and the start of the festive season with Ganapati celebrations! And Ganesha (or Ganpati Bappa) is also associated with intellect and wisdom. Needless to say, what I saw this painting by R/Child Arya, my daughter who is now in Class X, I found that it was a perfect blend with the theme got the month.

And thanks friends, for your continued support and encouragement. We received a lot of feedback on our earlier editions. A few asked me on the workflow for the edition production. So, thought we would share it here. Edition releases run on tight deadlines. Our processes include conceptualization, call for articles, review of submissions, editing, creating layouts, pagination, quality checks, proof reading, optimization, export rendering and finally compression rendering. The typical edition is around 200-350MB in file size! We typically spend around 45+ hours each month. So, yes, its quite an intensive activity. Our submission deadlines are 15<sup>th</sup>, 20<sup>th</sup> and the 25<sup>th</sup> of the month. We try to keep it distributed through the last few weeks of the month, as we too have to manage the work loads at our professional fronts as well.

This month, apart from the regulars, we have tried to bring in articles on the RI theme. And Gunjan is going to introduce us on the various feature articles, in her own special way.

Yours in Rotary Service  
Nick a.k.a. Dr. Leopard  
Editor

On behalf of the Magazine Team  
Gunjan Jain      Devadatta Chandgadkar

Support Members and Patrons  
Suresh Menon      Alka Murli  
Moksh Juneja      Rajashri Mokashi







- **Straight Talk: Page 3**  
*From the desk of our President, Dr. Rajashri Mokashi*
- **Message from the Assistant Governor: Page 4**  
*A message from our AG, Ameeta Vohra*
- **Sanskriti: Bursts of Green! Page 5**  
*If post festivals, you are looking for an escape from Mumbai's heat, no need to leave the city. Come with us on a surprising and fun-filled adventure through the hidden wonders of Byculla Zoo, from lush greenery to fascinating animals and even historical treasures like the Kala Ghoda statue! Expect a blend of nature, history, and pure relaxation in the heart of the bustling city—perfect for a weekend getaway as described by Prakash Pujare.*
- **Director's Cut: Page 10**  
*This month lets hear it all from Sudhir Mehta on his avenue of service.*
- **Health: End of Life Care: Page 12**  
*Experience a heartwarming trip through the world of end-of-life care! This article emphasizes the necessity of compassionate and empathic assistance in a person's final days, as well as knowing and respecting their desires. Learn how caregivers can manage physical, emotional, and spiritual demands and how Advanced Medical Directives can provide clarity and comfort throughout this highly personal journey described by Dr. Shankar Chawla*
- **Travelogue: Reminiscing my Vietnam Visit: Page 14**  
*Join Sanjay Mehta on an unforgettable journey through Vietnam, taking you on a fun ride through the country's quirky Karaoke Bars, countless two-wheelers, and mind-boggling currency exchanges! Explore Vietnam's hidden gems, from scenic landscapes to street food spots with plastic chairs, all while enjoying a travel experience that's as affordable as it is exciting!*
- **Cuisine: Traditional Cuisines... Perspectives: Page 19**  
*Explore the delightful and delicious world of traditional foods with Bhoomika! Just relax and delve into the rich cultural heritage of cuisine, demonstrating how dishes such as Mangalorean fish curry and Kerala's Sadhya connect us to our cultural roots. This article will take you on a mouth-watering journey into how these cuisines bring people together, celebrate festivals, and provide a flavor of history with every bite.*
- **Education: Should Marketing Be Part of Basic Education?: Page 23**  
*Buckle up for an intriguing dive with Vivek Khandelwal into why marketing should be included in all basic schooling! This essay investigates how teaching children marketing skills early on, such as problem-solving, creativity, and communication, might empower them in a rapidly changing environment. You will be amazed by the fun insights into how teaching personal branding, advertising, and digital marketing to children can prepare them for real-world success!*
- **Importance of Vocational Education & Mentoring: Page 25**  
*Discover the wonderful world of vocational education and mentoring with Alka Murlu! Let's learn how career coaching can help students, particularly those from poor backgrounds, discover their latent potential and pursue satisfying careers. Through this informative article, you will also learn about innovative initiatives such as "After 10th What?" and vocational training programs that are changing the future of India's youth!*
- **Report of Projects Completed in September: Page 27**





*"The little things in life are the biggest gifts."*

The smallest gestures in life often turn out to be the most meaningful gifts. This month, the handmade greeting cards I received from the kids filled me with more joy than any expensive gift ever could. It was deeply humbling to receive these tokens of gratitude from children who appreciated even our smallest acts of kindness—whether it was offering time, money, or simply connecting them to the right opportunities.

The most rewarding aspect was witnessing the transformation of these children, who, despite coming from challenging backgrounds, are growing into confident individuals ready to leave their mark on society. This realization became even clearer as I took part in various projects for children: the Ganesh Murti-making competition, the Nazaria film-making project, and the National English School science lab initiative. These are just a few of the projects I had the opportunity to be involved in, but I'm certain many of you have had similar experiences while carrying out your own initiatives.

Of course, much of this progress is thanks to the incredible dedication of the teachers, who, against all odds, are tirelessly shaping these young minds. As the saying goes, 'If your plan is for one year, plant rice. If your plan is for ten years, plant trees. If your plan is for a hundred years, educate children.'

I feel truly blessed to be part of the Rotary movement, which has given me some of the greatest gifts of my life. I firmly believe in building smart communities where all our efforts come together to create lasting change. I encourage my Rodeo family to take some time for these projects to experience these rich and fulfilling moments for themselves.

YIRS,  
Rajashri



## MESSAGE FROM THE ASST GOVERNOR

Dear Vibrant President Rtn. Rajashri and all the members of Rotary Club Of Deonar,

It is great honor for me to be given an opportunity to serve as an Asst. Governor of your esteemed Club for the year 2024-25.

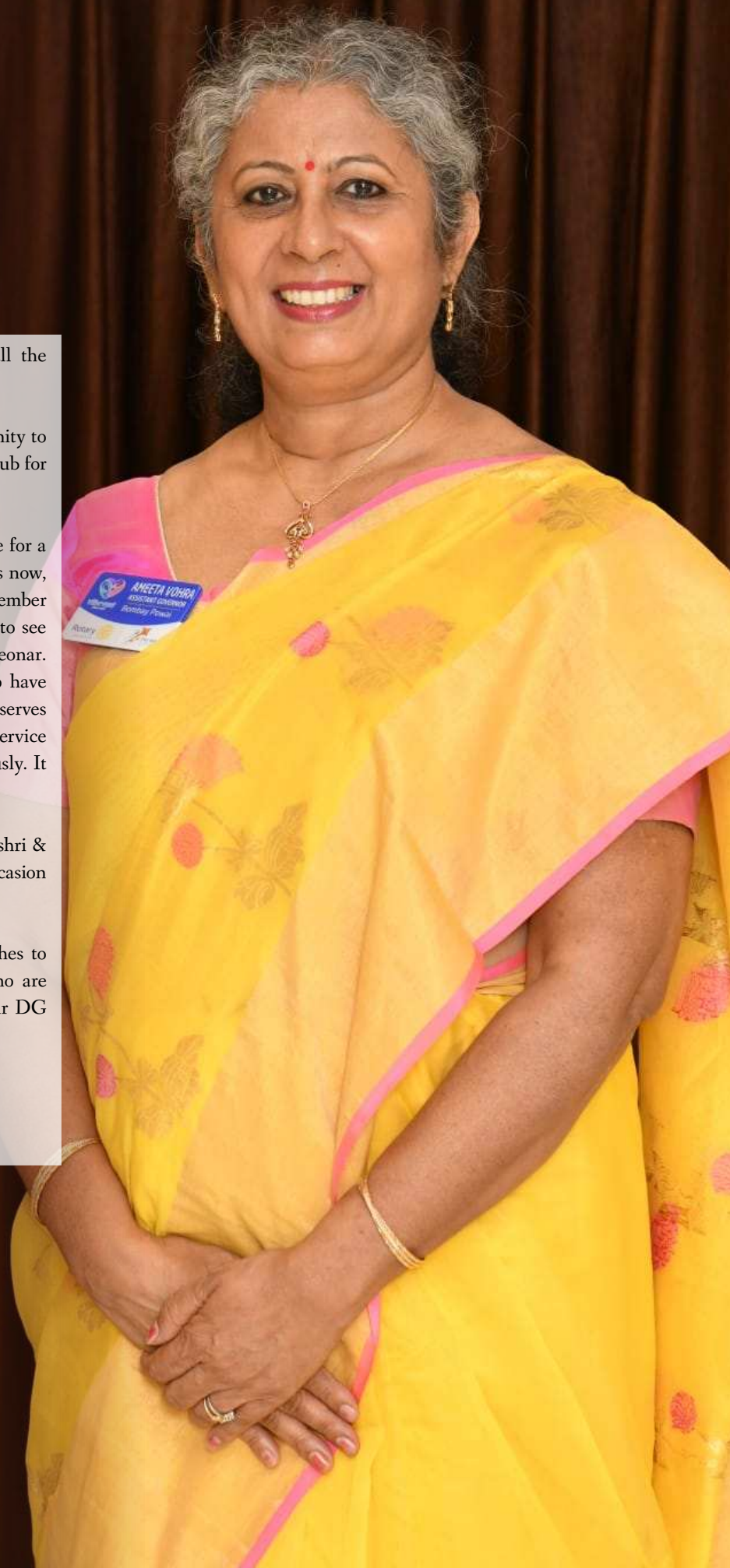
It was a pleasure to see Nikhil reach out to me for a message. While I have known him for 15 years now, as a fellow Rotarian from my club, a team member and a district officer from Powai; it was great to see that he is now handling the Magazine at Deonar. Your club has so many senior Rotarians, who have made a difference by ensuring Rotary serves Humanity. Deonar club is doing a lot of service projects and programs year after year continuously. It is one of the leading club in the District.

I will make myself available to President Rajashri & her Board and to each one of you on any occasion that I may be able to assist with.

I heartily congratulate & convey my best wishes to President Rajashri & entire **Vibrant team** who are going to create - **The Magic of Rotary**. As our DG always says:

**Together, we can and together, we will!**

Always yours in Rotary  
Ameeta Vohra







Welcome To



# The Mumbai Botanical Udyan And Zoo

Veermata Jijabai Bhosale Botanical Udyan and Zoo, also known as The Mumbai Botanical Udyan and Zoo, is a zoo and garden covering 60 acres located at Byculla, in the heart of Mumbai, India. The Mumbai Zoo is the home to hundreds of carnivores and herbivores.

हिंदी

*Sanskriti is a district initiative aimed towards raising awareness and involvement among Rotarians towards the local culture and heritage. We have a separate avenue for that now. In this edition, our own **Rotarian Prakash Pujare***

*Writes on the Byculla Zoo as it is popularly called.*

## BURSTS OF GREEN!

Imagine, in sweltering Mumbai in early July with no rains in sight, that you can easily go into a haven in our midst and spend a few hours in cool surroundings, relax, unwind, where the senses are incredibly soothed and you come back into the big bad city refreshed and ready to again face the brutal heat and grime. Don't just imagine, because this is for real! And the place I'm referring to is the – ho-hum – of all places, the Byculla Zoo!

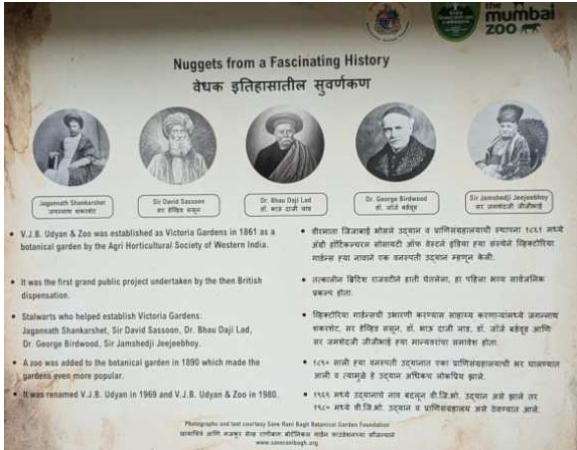
On a whim, while trying to cope with a hot, humid Saturday, Nandini and I landed up at the Byculla Zoo – officially the Veermata Jijabai Botanical Garden and Zoo, or simply Rani chi Bagh. And what a wonderful surprise it was. Having last visited the place forty years ago, just after getting married – we were then probably more interested in each other than any of the surroundings - it was, to use a cliché - an eye opener, a balm for sore and dry eyes and spirits.

Also known as the Mumbai Zoo, it is spread across 60 acres, is home to more than 6600 trees and 350 animals of various species, and gets about 8000 visitors each day going up to 40000 at times.





The Mumbai Zoo was born in 1861 as a botanical garden. The Bhau Daji Lad museum was added in its premises in 1870, and finally came the zoo, which was a private zoo of David Sassoon, who later handed this over to the government. David Sassoon is the one who also gave Mumbai the Sassoon docks, library and Masina Hospital.



### Kala Ghoda

As soon as we enter the zoo, to the left, one finds the statue of the Kala Ghoda. Now, we refer to the area around Rhythm House, Esplanade Mansion, Elphinstone college, Jahangir Art Gallery as Kala Ghoda. Then what is this gentleman on the Kala Ghoda doing here in the zoo?



This is the statue of King Edward VIIth commissioned in 1879 by Albert Sassoon in the area known as Kala Ghoda.

Looking imperiously at his empire astride a horse, the statue was eventually much too “in-your-face” for patriotic Indian citizens after independence. In fact, in such a public place, it was at risk of being vandalised in a frenzy of nationalistic fervour and so it was shifted overnight in the 1960s to its present location, where the royal emperor still sits astride his horse safe from vandals! And in 2017, the statue of just a horse without any rider, was installed in the actual Kala Ghoda area!

### India – World’s second largest tea producer

And what does it have to do with the Mumbai Zoo?

Going further on from King Edward, you come across a beautiful wooden lattice structure housing a large greenhouse, with a huge variety of plants and trees inside, bursting with greenery and foliage. Unfortunately, it was locked and out of bounds, so one could only peep inside.

Now to the question of what tea production has to do with this garden?

The British gave great importance to the exploitation of flora of their colonies and so botanists were very important in the Raj

The biggest example of this is Robert Fortune, a Scottish botanist who stole a great stock of tea from the best tea gardens in China and got them to India for the East India Company to grow.

So great was the impact of this original corporate espionage, that India surpassed China as the world’s largest tea grower within his lifetime! This decimated the Chinese stranglehold on tea exports and made UK self-reliant in tea production and trade. In keeping with this importance, this is the greenhouse, which served as the office of the appropriately named Herbert Birdwood and where much of the research on tropical plants was conducted..

### The Clock Tower

The Sassoon clock tower was originally built outside the garden gates, but was shifted brick by brick in 1926 for road widening, and there it still stands majestically. It has elaborate stone tiles all over, and an original wrought iron staircase.

### Frere Temple

This housed a statue of the wife of Sir Bartle Frere, who is credited with Mumbai’s modern avatar rivalling the then Paris or other great European cities. Why it was known as a temple could be because he worshipped his wife! Anyways, her statue was vandalized into pieces and so replaced by a bronze statue representing Charity.





A boy holding a dove of peace and a girl nestled in the folds of the lady, depicting care and shelter for the needy, are also present. It is indeed an apt 'temple' for the spirit of Mumbai!



### Bal Shivaji

There is a wonderful statue of Bal Shivaji with his mother Jijamata, after whom the zoo is named now.



### Animals

The Byculla zoo has 350 animals apart from the birds, reptiles and insects. However, we couldn't see many of them – maybe they too were holidaying at some hill station in this summer heat! But seriously, the two things worth mention are the Humboldt penguins, cute little creatures for whom there is a pretty cool (literally) large separate building all to themselves.

The second one are the birds, who have very spacious, high enclosures where they can soar and fly, though of course it still saddens that they, or for that matter, any animal is confined to a small place instead of being able to roam free.



### Trees

And of course, the trees! Lush green even in blazing summer when we were there, they have obviously been taken good care of. However, this required all the care of the Save Rani Bagh Botanical Garden Committee which intervened when the BMC planned a makeover of the zoo a few years ago, which would have ruined the beautiful environs with typical government style ugliness.

The Mumbai Zoo has more than 6000 trees and 850 species of plants, encompassing over 80% of Mumbai's overall flora. This includes some very interesting varieties including Krishna's buttercup, whose unique leaf pocket on the underside, is said to be the child Krishna's vessel for stealing butter.





Others are the Tree of Heaven, Beggar's bowl, rubber tree, the White wood tree, the ghost tree (due to its white bark), many many others.

And finally the grand Baobab tree or the tree of life. Native to Africa, the Baobab was probably carried over to India by one of the merchant ships sailing from UK and stopping over at the Cape of Good Hope. Baobabs absorb and store water in their vast trunk, and produce one the most nutrient-dense fruits in the world in the dry and arid Africa, thus becoming "The Tree of Life". In fact, they can live upto 5000 years! You will see two Baobabs at the beginning of the path adjacent the Kala Ghoda statue. They are also called 'upside down' trees because of the broad stem and the relatively narrow top.

#### **A Huge Farewell**

A statue of an elephant will greet you when you come out, if you look hard enough. Done in the sixth century AD, it stands non-descript in a corner outside the Bhau Daji Lad museum. This elephant originally stood in the Elephanta caves 1500 years ago. The British were so fascinated with it that they tried to ship it to England, but while lifting it fell and shattered into many fragments. The curator of Bhau Daji museum at that time lovingly restored it and there it stands till today.

The fuel that your mind and soul get within the Mumbai zoo is worth every minute one spends in those premises.







## COMMUNITY SERVICES: RCC

**RR: Tell us something about yourself**

SM: First Generation Entrepreneur working in field of Water / Waste Water Recycling from last 37 years. Having passed out Mechanical Engineering from Amravathi University and PG Systems Management worked with companies like Tata Consulting and MNC in field of Water.

Presently on Board of 2 companies - YAHA Water Systems and JSK ENGG PVT LTD . YAHA is focussed filtration company for Municipal and Industry. JSK ENGG is company specializing Instrumentation for Hydro power Stations.

On personal front have 2 Children in Medical profession : Dr Rachna pursuing MD ( PED) at D Y Patil and Dr Rohan completing his internship at KEM.

*Its the Education and Literacy month (per RI theme), we have this month's special spotlight on*

**Director – RCC, Sudhir Mehta**

*As he speaks about his portfolio and plans, while sharing his views on a wide range of things.*

Have always tried to connect with Nature with long walks in the hills , gardening and reading with stay at Khandala frequently. Always looking forward to rains and experience the different seasons with birds , butterflies, Mountain crabs in the hills. Widely travelled across the globe for Business & pleasure. Also invited as speaker at National forums for Water / Waste Water Filtration .

**RR: Could you introduce us to your team?**

SM: Rtn Kannan / Rtn Ajit Pappu / Rtn Jaisal / Rtn Ram Mallya / Rtn Sanjay Mehta

**RR: What are the projects and initiatives that you have lined up for the year?**

SM: Among the many are the following:

- Solar Plants in 2 schools
- Drinking Water Plant in one Village of 1500 people
- School Benches
- Computers
- Annual RCC Kabadi Tournament
- Skill Development

**RR: Have there been any changes in the mode of execution? How have we improvised on the methodology this year?**

SM: In this year we had a meeting with local RCC Presidents and to understand the ground situation much better in Karjat region. The gathering attended by RCD members and RCC Presidents agreed to focus more on SKILL DEVELOPMENT for the youth to open up employment opportunities.



## DIRECTOR'S SPOTLIGHT

Presently RC Deonar is seeking to make a framework wherein the local institutions and schools are involved and resources can be made available to them to develop skills like plumbing, Electrician, Hospitality, Nursing for young people especially girls.

**RR: Do you see basic education and literacy as a challenge for the RCCs? How do we plan to address the gaps in them?**

SM: Yes basic education and literacy is always a challenge for RCC's. But in today's times, with incentives and reservations available from Government, this is significantly reduced. Even after basic education, finding jobs for youth in RCC is a major challenge and opportunity together. Challenge is to open up sites wherein these skills can be given to majority of the youth at minimum cost and also certified by ZP / institution. Karjat today itself is coming up very fast in Resorts and drive in destination. Hospitality skill set combined with basic culinary and other skill sets like plumbing, electrician in good demand in the area.

**RR: There is a huge income disparity in the villages. While we see some of the villagers have large houses, fairly large land parcels and good commercial businesses, there are others who are very poor. How do we ensure that our beneficiaries are the lower income groups there?**

SM: Rotary Deonar ensures all its grants programmes is targeted audience is for the underprivileged and poor people. One of the criteria is by way of Ration Cards and Schools which cater to tribal and Adivasi children of the area.

**RR: How do we ensure the right level of engagement in this avenue, from the villages?**

SM: Right level of engagement can be done by establishing process and structure in place. The responsibility of execution would be RCC Presidents and their teams. RC Deonar members can only help in establishing this framework and providing resources to sustain.

**RR: On a similar note, we often see 4-5 rotarians coming for the RCC visits. How do you propose to increase or ensure the right level of engagement from fellow Rotarians?**

SM: As it takes a complete day for travel and engagement on sites hence response is sometimes less but RCC has a soft corner for all Rodeos. We have seen number of Rotarians come in subsequent visits to have this unique experience.

**RR: Are there any initiatives on your wishlist, apart from those planned for the year?**

SM: None at present







*Healthcare has multiple dimensions. And perhaps the most complex phase in anyone's life is the End-of-Life phase. This is also a recognized challenge for practitioners abroad, with very few focusing on this area in India. Navigating this journey with compassion and empathy is key, says*

**Dr. Shankar Chawla**

*as he speaks about how this works and his own model of engaging with patients.*

## END-OF-LIFE CARE

Imagine navigating a treacherous sea without a compass, relying solely on the whims of the wind to determine your course. This is what it feels like for families and healthcare providers when faced with making crucial end-of-life decisions without knowing the patient's wishes.

Many factors come into play in healthcare settings, from finance to technology. However, compassionate care can transform the end-of-life experience for a dying person and their loved ones, turning what could be a dehumanizing experience into peaceful and person-centered final days.

End-of-life care is support for people in the last few weeks, months, or year of their life. It aims to ensure individuals live their remaining days comfortably, with dignity, and to the fullest, surrounded by loved ones, support, and respect.

Healthcare providers should ask about patients' wishes and preferences, taking them into account when planning care. They should also support family members, caregivers, and others important to the patient. Patients have the right to express their wishes about where they want to receive care and where they want to die.



In the past, diseases were shortened and were rapidly becoming terminal. Today diseases are complex, longer and prognosis more uncertain, leading to extended stay in institutes. Therefore, when prognosis are uncertain, the time to say good bye is never clear. It becomes difficult for treating physician and team to openly discuss openly about dying. Despite most people preferring to die at home, limiting factors include:

- Absence of family or friends to provide care
- Lack of social/ economic support for caregivers
- Preoccupation with treatment to sustain life
- Absence of medical and nursing resources to provide end-of-life care at home

Today, most deaths occur in institutional settings with professional caregivers, often ignoring spiritual and emotional realms. Contemporary medicine has been accused of suffering under the delusion that we can win the battle against disease and death.

Caregivers must address various dimensions. Like (a)Physical: pain and symptom management, (b)Psychological: anxiety and depression, (c)Social: feeling isolated from friends and family and (d)Spiritual: hope as a powerful force against despair

Humanization goals include elements like Learning who the dying person is and listening to their story, Honoring their wishes, Questioning preoccupation with complicated medical interventions, Creating a comforting person-centric environment, Insisting on physical, emotional, and spiritual comfort, Refusing to participate in the conspiracy of silence about dying, Preventing isolation and abandonment, Encouraging providers and loved ones to draw near

Advanced Medical Directives (AMD) facilitate important conversations among patients, families, and healthcare providers. AMD includes living wills and durable power of attorney for healthcare, representing autonomy and commitment to living and dying on one's terms.

AMD serves as a roadmap for healthcare providers, ensuring patient preferences are respected, preventing unwanted interventions, and upholding the patient's right to die with dignity. It relieves family members of emotional burdens, prevents conflicts, and reduces stress.

Just as birth is a natural, celebrated, and supported experience, death should be viewed and approached with the same reverence, acceptance, and empathy. Normalizing death as an inevitable part of life, rather than something to be feared or fought, is essential.





# REMINISCING MY VIETNAM VISITS



The two most common businesses that you see all over Vietnam, are Karaoke Bars and Massage Spas. At the rate both of these services seem to be in demand, you'd imagine someone getting a spa on the one side, and at the same time, singing away on a Karaoke Mic. If such a combo offering is not yet on offer, that could be one big business opportunity in Vietnam!

That apart, Vietnam has a lot of similarities with India.



*This month, our travelogue is from our own  
**Sanjay Mehta***

*Who is currently on a sabbatical, but had agreed to  
send in a beautiful account of his Vietnam visits.*





I presume at many levels, the two countries are similarly placed economically, at least where an average citizen is concerned. Emerging economies, offering a lot of opportunities for its respective citizens, industrious people, working to make a decent life for themselves.

Language though, is a big challenge in Vietnam. Most people on the road – from taxi drivers to hotel staff to the average worker – don't get English well. Or at all. There are many who do. For people in business, this may not be much of an issue, but for a tourist, it can be a bit of a pain.

As I had reason to drive around a fair bit (well, "driven around" strictly speaking), I got a chance to see some countryside parts of Vietnam. I took a 3-hour long drive from Ho Chi Minh, an hour long drive from Da Nang, and a 4-hour long trip from Ha Noi.

In almost all of these drives, I could barely find barren land. One small town (village?) led to the next. Almost.

And the characteristic with all these small towns / villages was that the people there all seemed to be reasonably settled. Unlike in India, where often, as you leave the cities and go to the interiors, you see a shade of poverty, that was not the case here in Vietnam. There were proper houses, sometimes large ones, there were many small stores, with proper rolling shutters in most cases.

What seemed strange was that a lot of these stores were closed. In any case, there weren't a lot of customers to be seen anywhere. Or in fact, there weren't a lot of people to be seen. So that, in fact, was one of the bigger differences between Indian and Vietnam. All else remaining same, the people were a lot lesser. Both, in the cities, and in these smaller towns.

Besides Karaoke Bars and Massage Spas, two other areas where Vietnam may be highly over-indexed (per capita usage) are two-wheelers and plastic tables and chairs.





For a population of around 90 mn, I understand that Vietnam could be having as many as 40 mn two-wheelers. I wonder if these are to the benefit of Indian giants like Hero and Bajaj? Whoever it is that benefits, what we see on streets of all cities, like Ho Chi Minh, Hanoi, etc. as well as the smaller towns, are the large number of these zipping around. However, they are much more disciplined in their driving compared to what we see in India. And pretty much, everyone wears a helmet. Though the helmet is not the astronaut kind covering the entire head and face, but in fact, just a half-helmet, covering the head. But I can't remember seeing any two-wheeler rider without one!

And then comes a phenomenon that would certainly please Neelkamal Plastics, if it was a supplier here.

There's lots and lots of street food, and then there are an extremely large number of simple food joints that could accommodate say, anywhere from 20 to 100 people at a time. Almost ALL of these have simple plastic chairs and tables. Even the street food vendors will have tiny plastic chairs or stools, and you are expected to sit on these and have a bite, unlike in India, where you stand across the bhel-wala and have your sev puri and such!

And then there's the crazy currency! Well, crazy for a foreigner!

Vietnamese currency VND's rate is VND 100,000 to INR 300. So you change say, USD 100 and you could end up having upwards of VND 2 million in change! Which: a) will last you a while, and b) are a handful to carry around and figure the notes, and the change and what not.

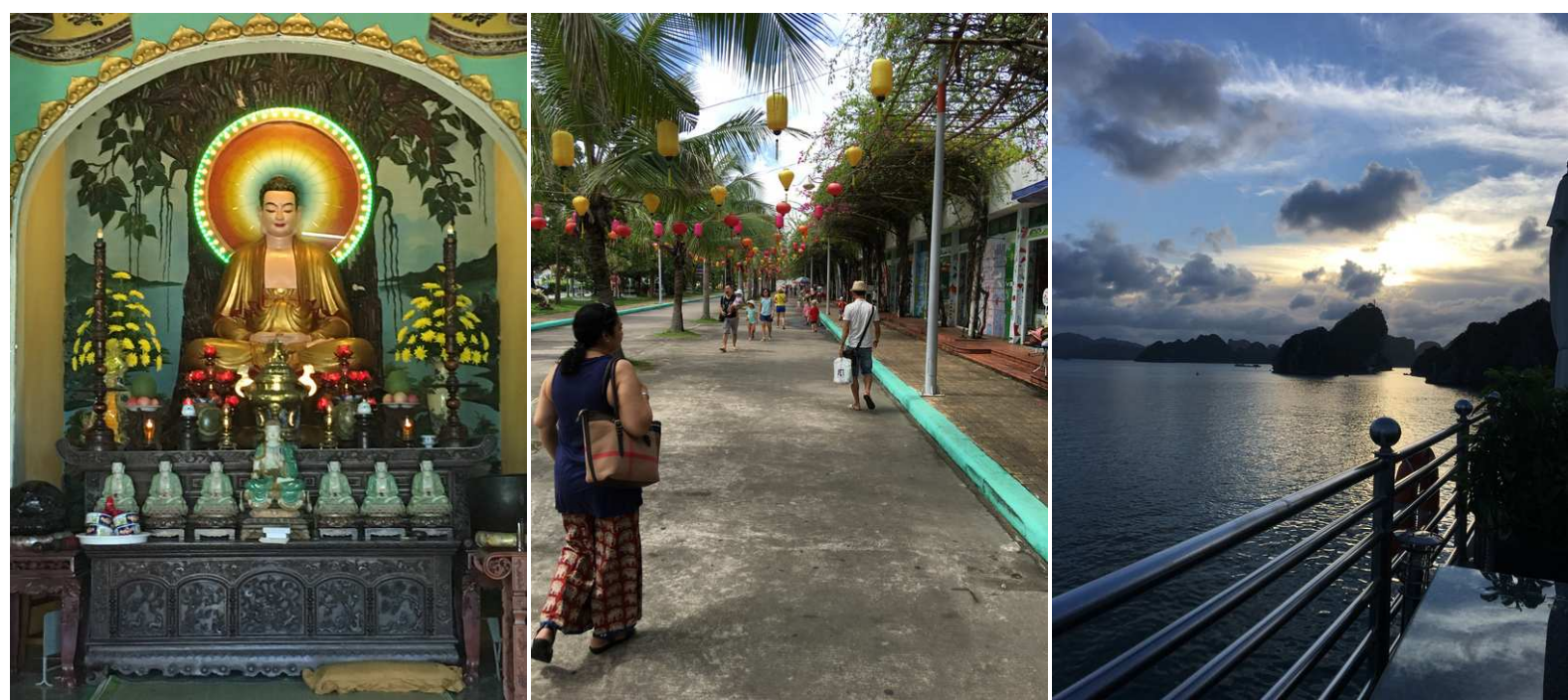
So a water bottle could cost VND 20,000 or a glass of sugar cane juice could cost VND 10,000 or a shirt could cost a whopping VND 350,000 and you're never sure without constantly calculating, as to whether it's a fair price or not! Didn't need to practice my Sudoku, as I got plenty of math exercises just figuring the money!

With all these, the one reason you'd visit Vietnam is of course, the amazing natural beauty. From a sea to a river to lakes to wonderful mountains. You get it all. And everything is pristine. There is a fair amount of tourism professionalized, so you get good hotels and food and transport. And yet, the currency factor ensures that you get a good vacation that does not necessarily drills out a deep hole in your pocket!













# TRADITIONAL CUISINES... PERSPECTIVES

Traditional Cuisine are passed on through generations or which have been consumed for many generations. Traditional foods and dishes are traditional in nature and may have a historic precedent in a national, regional, or local cuisine. As I belong to the southern part of India, I will display some traditional food items.



**Bhoomika Shetty**

*Takes you through a world of interesting facts as she explains the different perspectives in traditional cuisines. Flavors that cause that tang, the tingle and the yummy stir in the tummy... well, they are all here in this article.*





Kottige: Idli in jack fruit leaves. Specially made on Gokulashtami. Eaten with chutney or coconut milk



Pattoli: Jaggery and grated coconut stuffed in rice paste rolled inside of turmeric leaf and steamed  
Idiappam: Vermicelli is made out of steamed rice balls.

Pooran Poli too is prepared on many good occasions. Like this there are many different cuisines prepared for many other festivals. On festival day's most of the celebrations at home are dictated by the food items that we make.

Cuisine is a key part of cultural and significance marker of regional and ethnic identity. Food can represent our cultures and connect us with our ancestral heritage. For example in the South we serve the food on a banana leaf and the leaf is kept in such a way that the broader side is on your right while eating.



Even while serving the food, they start from the left side of the leaf with salt, pickles, chutney and then the bhajiyas and papad. In the centre they serve rice on which dal or sambhar or any curry is served. Before that on the right side of the leaf they serve the vegetables cooked or any other items because that has a bigger space. Finally they serve payasam, Pooran Poli or laddoos as dessert. In the end they serve buttermilk to digest the food. The significance of specifically served in banana leaf is because it is hygienic and the food does not stick to the leaves because of its waxy exterior. It also gives a mild earthy flavour. These South Indian cuisines are similar in most of the south houses due to similar geographical location and culture.







Mangalorean fish curry, traditionally cooked in an earthen pot, holds deep cultural significance. The earthen pot, or “manchatti,” enhances the flavour by imparting an earthy aroma that resonates with the region’s coastal roots. Freshly caught fish, coconut, tamarind, and local spices like red chilies are key ingredients, reflecting Mangalore’s abundant coastal produce. The slow cooking process in the manchatti preserves the natural flavours of the fish and the tangy coconut gravy, creating a rich, authentic taste. This traditional method has been passed down through generations, celebrating Mangalorean heritage and the region’s deep connection to the sea and nature.

During Mangalorean harvest festivals, payasam holds a special place as a symbol of gratitude for nature’s bounty. Traditionally prepared with freshly harvested rice or lentils, jaggery, and coconut milk, it reflects the rich agricultural heritage of the region. Coconut, a staple in Mangalorean cuisine, is freshly grated and milked, enhancing the payasam’s creamy texture. Jaggery, sourced from sugarcane, represents the sweetness of the harvest season. The dish is slow-cooked, often in an earthen pot, and garnished with roasted cashews and raisins. Served during festivals like Suggi or Pongal, Mangalorean payasam embodies the region’s deep cultural connection to the land and its harvest.







Sadhya is more than just a meal; it is a cultural and traditional expression of Kerala's rich heritage. Served on a banana leaf, each dish in Sadhya reflects the region's deep connection to nature and community. The variety of vegetarian dishes, including sambar, rasam, avial, and thoran, are prepared using locally sourced ingredients, particularly coconut, symbolizing Kerala's tropical abundance. Puli inji, pachadi, and pickles add a balance of flavors, representing the harmonious blend of spicy, tangy, and sweet tastes found in Kerala cuisine. Traditionally served during festivals like Onam, Sadhya embodies a spirit of togetherness, gratitude, and cultural pride, offering not just nourishment but a celebration of life and shared customs.

**Cuisine as bonding Elements:** Cooking together can provide an opportunity to create lasting memories. Building family bonds, which is missing in recent years. Cooking and eating together as a family can strengthen the bonds, promote healthy eating habits and create a meaningful conversation and also improve relationships. These days as most of the young couple both are working they seek for quality time together. So cooking together with the partner can help to improve the bond and also spend quality time together. Exploring diverse cuisines can help and understand the culture of other communities.

In a city like Mumbai we mostly live in a cosmopolitan society. We easily share our culture and bond with them. This sharing of food and culture enriches the bonding which is very important.

Culinary skills should be emphasised as basic education and life skills. Because cooking can encourage creativity and experimentation. This helps to develop teamwork and communication skills. Also enhance practical skills in life.

Food being a basic need, can also generate employment. Rotary can build a community service kitchen which will generate employment.





# ROCKET SINGH

MAN OF THE YEAR

DIRECTOR SHIMIT AMIN  
PRODUCER ADITYA CHOPRA WRITER JAIDEEP SAHNI



*It's the RI month for education and literacy and*  
**Vivek Khandelwal**

*Touches upon an interesting discussion about skills based education, especially when it comes to sales and marketing.*

## MARKETING... A PART OF BASIC EDUCATION?

The world has changed manifold times just in the last 2 decades. This has also changed many aspects of the way we see, absorb and consume. Offline has moved to online and it is today operating like an aligned world where both are co-existing.

The aftermath of the pandemic definitely taught us that the education system was crippled at multiple levels and needed a complete transformation. It is not just about getting the certificate from the school but it's about the real impact that one has been able to draw out of the education.

Introducing marketing concepts in elementary and middle level school education system can help in raising awareness and interest in this field. For instance, a lesson on personal branding or advertising can spark curiosity about marketing careers among students who might not have considered it otherwise. A quick example could be the importance of problem solving and critical thinking. Marketing requires analysing data, understanding target audiences, and developing effective strategies. These skills are crucial for success in various fields. Thus, it is about understanding the importance of skills that can make us thrive at various levels.



Marketing involves understanding a variety of facets when it comes to human behaviour since it encompasses various disciplines, including psychology, finance, and analytics as well. People draw inspiration via communication. They get persuaded and also deep dive into critical thinking leading to informed decision making. These are essential life skills that go beyond just selling products. Learning marketing teaches individuals how to present ideas, advocate for themselves, and influence others effectively. It's relevance becomes even more stronger when an individual has to hustle to do things which is out of the linear curve that used to exist in the past.



In context of the online scenario, early education can equip students with essential skills in areas like social media marketing, SEO, and content creation. This knowledge will be invaluable as they enter a workforce that demands proficiency in digital marketing strategies. When it comes to learning years – if there are students who are involved in engaging projects such as designing advertisements - then it can help them in understanding the relevance of marketing in their everyday scenarios.

It can also have an overall impact on the business success. In today's world, everyone is a marketer in some capacity or the other. Whatever world we talk about right from promoting personal brands on social media, selling homemade goods, or advocating for a cause, understanding basic marketing principles is invaluable.

As per a survey that I did to enquire on this – what came out loud is over 80% of the people feel that indeed marketing should be made as part of the basic education.

Many life skills come only when one progresses in real life. Some of the relevant one includes:

- Entrepreneurship
- Problem-solving
- Critical thinking
- Develops creativity
- Communication
- Adaptability
- Persuasion
- Awareness

...and this list can go on.

Just imagine what can be the kind of impact that one can create if this much needed change sees progress.





# UNLOCKING POTENTIAL - VOCATIONAL PATHWAYS

*In this edition,*

**Alka Murli**

*Takes us to the genesis of vocational projects that were meant to unlock the potential of school students, by spreading awareness in various career options. This initiative continues even to this day as a dedicated vocational set of projects.*

Potential is equally distributed, but opportunity is not. This is especially true for students who are on the brink of their comfort cocoon of school education and progressing towards higher education and a right career path.

As Rotarians, we work with a number of underprivileged schools and we notice that they are bustling with students who are talented, eager and with curious minds but lack the right support and mentoring to channelise their potential towards a suitable academic route that will lead to a fulfilling career. It doesn't help that the parents are equally ignorant and unaided. Therefore, need for career guidance and mentoring is not just crucial but transformative.

Approximately 93% of India's youth are aware of only seven career streams out of nearly 250 available in the Indian job market. Even the Centralised Admission Process for admission for Junior Colleges mentions only 4 streams – Science, Commerce, Arts and Vocational. However, there is whole world outside these streams and innumerable options that are available now, making the process even more challenging. SSC or 10th standard, is the key educational stage for students to reflect on their own strengths and preferences, and how they can align themselves with the right higher education and career opportunities. This is the stage that we must guide them to select the best stream, based on their talents, aptitude, capabilities and dreams.







The integration of vocational and technical training within the National Education Policy (NEP) 2020, marks a paradigm shift, aiming to reflect 21st-century realities in education. Yet, a persistent gap exists between the education system and employability.

A smooth school-to-work transition is being recognised as a critical challenge facing India's education system today. This perspective provides a deep-dive into the world of Career Guidance and Youth Development.

As the Vocational Services Director in year 2021-22 & 2022-23, I was able to bring about this transformative change in the lives of hundreds of students from under-privileged backgrounds, to look up the enormous opportunities available to them and get a personalized guidance to choose their educational path for a rewarding career.

**'After 10th, what?'** was our flagship endeavour to introduce students from 9th & 10th standards, to the vast canvas of higher education options leading to a good livelihood opportunity. We brought in various specialised institutes such as 'Tulsi Technical Institute, VES Polytechnic, Dr BMN College of Home Science, Command Recruitment officers from Indian Army & Indian Navy, to our schools to give the students, the first-hand information on the careers available after SSC. Various initiatives that followed, such as MasterClass in Maths, MS-CIT Certificate course and the Rotary Career Fair that brought over 40 institutes under one roof for students. These initiatives helped them to get access and prospect to a path more suitable and fulfilling to their needs and aspirations.

As we continue our efforts in Vocational Support to students, in the form of Chetna – Basic Skills Development sessions & Teen Chaupal - Workshops for emotional wellbeing of students, we rededicate ourselves to the cause of Career Guidance, skill development and mentoring the young minds.

I believe firmly that the youth today, needs just that one push, one opportunity, one mentor who can lead them to a brighter future!



# Blood Donation Drive: Camp 2

02 September 2024

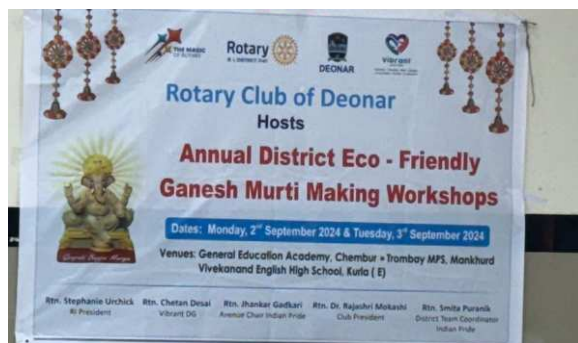
In the huge bustling city of Mumbai, Blood is a constant requirement for the patients and the blood banks across the city constantly face shortage of blood. Hence the project is aimed at collecting blood from random donors in collaboration with different blood banks in the city. A blood donation drive was held on the 2nd September at Ghatkopar station, in association with Rotary Club of Mumbai Ghatkopar and Blood bank of Rajawadi hospital.



# Ganpati Idol-Making Workshops

02 September 2024

The district 3141 conceived this project, leading up to Ganesha celebrations across Maharashtra. Our club conducted 3 sessions in 3 different schools. The material for making and decorating the idols was given by the district. A renowned artist/sculptor - Nityam, was invited to give basics about sculpting a Ganesha idol. He was super excited to do this for all 3 locations and was highly impressed by the talents displayed by the children. This project was under heritage & Indian Pride avenue headed by our own Jhankar Gadkari. Going by the enthusiasm and response, we are encouraged to do this project every year and give opportunity and encouragement to the talented children of our schools.







# Jagrukta- Awareness on HPV Vaccination

14 September 2024

Cervical Cancer is caused due to infection by Human Papilloma Virus and now, it can be prevented by vaccination. There is a general lack of information and awareness amongst the general public regarding this. The awareness campaign was conducted for the parents of students of Classes 5,6,7,8&9 of General Education Academy. Around 500-600 parents attended the lecture. Our member & Director Medical Avenue, Dr. Manju Phadke, who is Retd HOD, Dept of Microbiology & Vice Principal, SIES College of Arts, Science & Commerce, conducted the lectures on awareness.



# Notebooks for Slum Children

15 September 2024

Our club distributed 400 small and 400 long books to the children of Gadkari Khaan slum area, to motivate school going children to practice writing and learn more. This was initiated by the NGO - Venkatesh Memorial and was sponsored by our Rodeo member - Dr Suneet Gupta. The notebooks were distributed with the help of the Venkatesh Memorial, headed by visually disabled Kusha Kattimani.



# Operation Restore: Camp 27

19 September 2024

Operation Restore is a project aimed at correcting physical deformities sustained by burn patients so that their lives can be physically and emotionally restored and the patients can get back to their normal routines. The surgeries are performed by a team of experienced doctors and anaesthetists at the National Burns Centre, Airoli, free of cost for people coming from rural and lower-income strata of society. The project aims to give medical support to burns patients for life. Extensive outreach is done by the team and the patients come from all over the country for the correction surgeries. The Camp 27 carried out corrective surgeries on 6 patients.







# Science Lab for School

27 September 2024

National English High School is an unaided school managed by the Samta Trust, since 20 years. The school is located in the SRA development scheme in Mankhurd and caters to the children of families who were living in slums along the roads and railway tracks in Mumbai. The Non-Medical Team sought different vendors, and bought the equipment and apparatus needed by the school. The school upgraded an existing classroom by fixing shelves and demonstration tables to accommodate the new equipment. The laboratory was inaugurated with much fanfare. The excitement and gratitude of the students was palpable.



# Onam Fellowship

29 September 2024

Keeping up with the club tradition to celebrate Indian festivals in the year, Onam was celebrated with much grandeur and enthusiasm. A dance troupe by Rtn Deepa Mani performed traditional Kaikottikali folk dance. Rtn Suresh Menon and his wife Geeta conducted a quiz program and kept the members entertained. A team of 10 club members organised the event with great ambience, impeccable decoration and engaging cultural program. We inducted 2 new members in the club on this day - Aishwarya Agarwal & Ashok Sankaran. The dress code of off-white ensemble was religiously followed by each and every member...adding the grace and allure to the festivities.





Images from the Idol-Making Project described by the President in her Monthly Address

यूनियन बैंक ऑफ इंडिया  Union Bank of India



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### Appeal

To contribute to the projects, please consider donating to the UPI code here.



**Rotary**  
Club of DEONAR   
RID 3141

If You Are Interested In Joining Our Rotary Club, Please Connect With  
Ravishekhar At +91 98202 28303