

# THE GLOBAL BHATIA

NOV 2017

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## Restoring Bhatia heritage

A close look at the newly restored  
Ruttonsee Muljee fountain

AN INITIATIVE BY



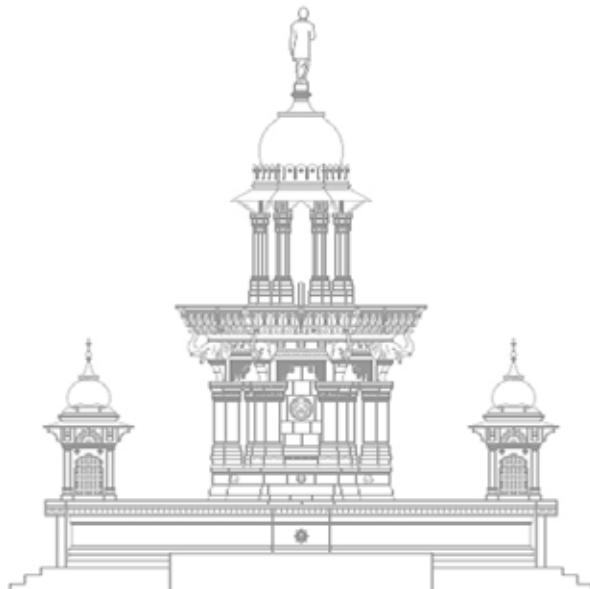


THE  
GLOBAL BHATIA

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# THE GLOBAL BHATIA

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**W**elcome to the November issue of The Global Bhatia.

This month we bring you a detailed update of the newly restored **Ruttonsee Mulji Fountain** at Fort, Mumbai. It is important to appreciate and take care of our heritage, as it tells stories about our lineage, apart from being an important part of history.

Then **Rushina Munshaw Childiyal** shares her nani's recipe of the Kutchi Bhatia Thali. It's definitely going to tickle your taste buds.

Psychotherapist **Hemali Ashar** shares insights on mental health and well-being of children. Whether you have a child or are one yourself it is worth reading and sharing.

Panjo Karate Kid **Nihaan Dutia** is aiming for Olympics 2020. Know him right away to earn get future bragging rights as he keeps hitting harder and higher.

The events calendar at GBBF is packed for the next couple of months. We successfully executed the **Panjo Taano** event with amazing garba, dandiya and cuisine on November 26 in Mumbai. Thanks for turning out in such large numbers to support the event. Do check out pictures of Panjo Taano on [facebook.com/TheGlobalBhatia](https://facebook.com/TheGlobalBhatia) and the GBBF facebook page.

The **6<sup>th</sup> GBBF Annual Sports** began on December 3 with cycling and chess. Our volunteers are working hard towards the final meet on Sunday Jan 7, 2018. Do reach out to them for details on how to participate.

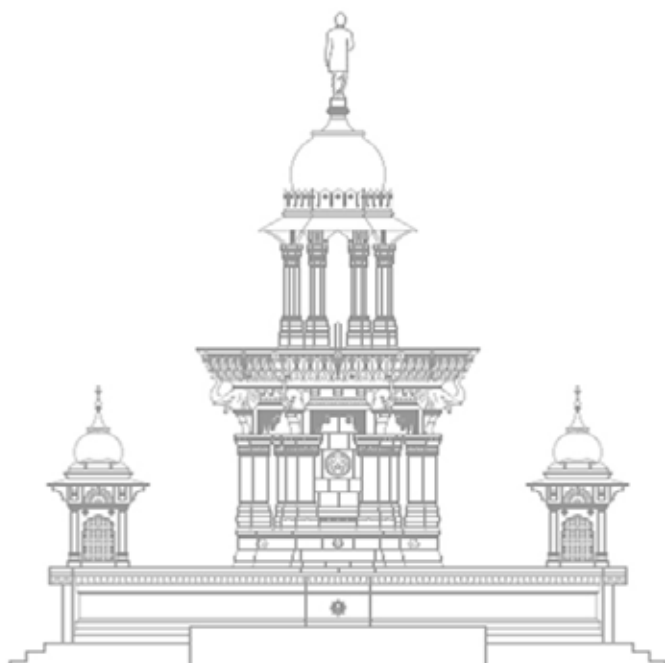
We hope you are enjoying the newsletter. Please share your feedback at [TheGlobalBhatia@gmail.com](mailto:TheGlobalBhatia@gmail.com) We look forward to connecting and meeting in-person at the many events coming up.

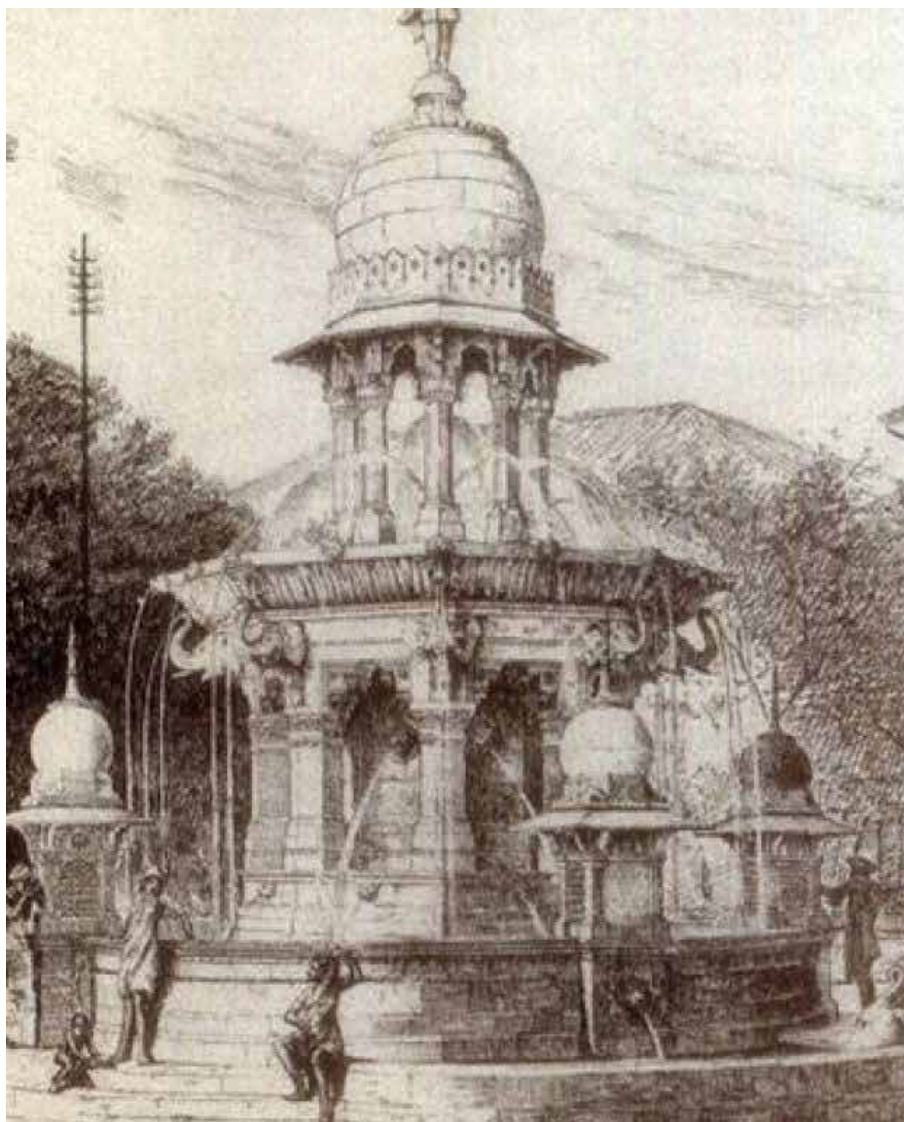
*Maldha si...*

# Restoring Bhatia heritage

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A look at the newly restored  
Ruttonsee Mulji fountain, built  
by a father for his son.





The Ruttonsee Mulji Memorial is a stone fountain built in the Indo-Saracenic style, and situated at the junction of the P D'Mello Road (Old Frere) and the Mint Road. This fountain was built by a Bhatia merchant to honor the memory of his 15-year-old son Dharamsee who had died at 15.

A marble plaque on the side facing the Asiatic Library—another plaque on the opposite side (facing the Mint) has a similar inscription in Gujarati—which proclaims, “*This fountain was erected by Ruttonsee Muljee Esquire, in memory of his late and only son Dharamsee whose statue crowns the structure. The fountain was presented to the corporation of this city for the benefit of the public on 8<sup>th</sup> Jan 1894.*”

○ ————— ○

***The fountain was erected 120 years ago by businessman-philanthropist Ruttonsee Mulji Esquire, in memory of his late and only son Dharamsee.***

### HISTORY OF THE FOUNTAIN

The fountain was designed by the well-known 19<sup>th</sup> century architect, Frederick William Stevens, and the sculptor was John Griffiths, the head of Sir JJ School of Art, which was then known as Bombay School of Art.

In Mumbai, like in other Indian cities, fountains were erected in memory of important people or to commemorate an event. Benefactors of the city often donated drinking water fountains which were either free standing structures or were combined with drinking water troughs for horses or cattle. There are many other significant fountains at different city squares like Flora fountain, Wellington Fountain, Emerson-designed fountain at Crawford Market, and a fountain in the courtyard of the BMC office.

However, the Ruttonsee Mulji Memorial fountain stands out because of the architectural style that it is built in. Indo-Saracenic was a style created

by the British in an effort to merge the British and Indian sensibilities. Also, in this case, the sponsor was an Indian businessman and the fountain was located in the native quarters of the Fort area.

### TOWNSCAPE

The Ruttonsee Mulji Memorial fountain is located strategically at the intersection of three significant roads, namely the Shahid Bhagat Singh Road, Mint Road and Pherozshah Mehta Road. It is also in the vicinity of the Fort market and was set in a traffic island or a roundabout.

The sculpture of the boy atop the fountain looks southwards in the direction of the Town hall area and thereby the White Town (i.e. the European Quarter). Interestingly, the sculptures that incorporate British/European figures like Queen Victoria, Flora Fountain, and others face northwards, i.e. the native town.

### ARCHITECTURE

The Indo-Saracenic style incorporated elements such as oriental domes, forming *cupolas* and *chattris*, *chajjas*, minarets, use of *jali*, local flora and fauna, and animal sculptures.

It is an interesting composition featuring a large circular trough with four cardinal points that feature four miniature-domed pavilions, which then start ascending vertically in a pyramidal fashion. There is an octagonal drum at the centre with trough and a domed octagonal pavilion; the dome features the statue of a boy reading a book.

The fountain had provision for drinking water from two troughs namely East and West and North and South trough was for animals.







## TYOLOGY

The fountain is composed of three major elements. The fountain is atop with a sculpture of the boy, with a book in his hand, facing the Asiatic Library at the apex. Below him, a rounded domed octagonal pavilion, with an octa-style colonnade, stands above a shallow basin on the second level, and another octastyle colonnade stands on a base above a large pool on the lowest level.

Around the pool there are a series of four miniature-domed pavilions, equidistant from one another. Two of these contain drinking fountains for the public, while the lower trough, which is larger, offered water to animals. There are 9 jets of water at the top-most cupola; 8 radiate out to the lower trough.

## ORIGINAL CONSTRUCTION

The fountain was built with a variety of stones. Kurla Basalt for the large lower troughs and steps, with four intricately carved lion spouts. The inner layer of the trough is also of Kurla basalt.

The drum above is of buff coloured basalt “Malad” stone and so are the carved cow head spouts. Ornamentation work like the top trough, brackets, domes, elephants, alligators, iguana, and flora and fauna, chajjas, and the statue of the boy are in soft limestone i.e. Porbandar stone.

Use of granite is seen too; red granite columns for the top and grey blue

granite for the middle level octastyle colonnade. All together, there are 42 exquisite figures of different animals: 4 lions heads on outer lower trough, 8 goats on base of drum of lower level trough, inner drum with 8 cow heads, 8 pillars with elephants at the corners of chajja, with 8 alligators and 8 iguanas in between them. Lime mortar was used as binding material.

## PRIOR TO RESTORATION

The fountain has been in a non-operative state for the last few decades and subsequently has fallen into disrepair. Many of the ornate elements are missing or damaged. The busts of these animal water spouts have been defaced over time.

Earlier uninformed interventions have caused the construction of an RCC slab covering the ground trough and subsequently this has been filled with refuse. The stones were painted upon in different layers of paint too. The trough was used as residence by squatters.

## CURRENT STATE

With careful investigations and trials on Flora Fountain’s water engineering, we could crack the redundant water engineering repairs. The other important aspect was to restore the aesthetics of the monument by repairing the missing and damaged elements and cleaning the monument to expose its original surfaces.

These were done by traditional stone craftsmen using stone materials.

Moreover, it is ideal to restore the landscaping and the immediate vicinity of the monument provided there are caretakers or permanent security staff to look after it as the vandalism level is fairly high.

*GBF played a key role in bringing the poor condition of the Ruttonjee Mulji fountain to the attention of the BMC Authorities, including then Corporator Mr. Ganesh Sanap. We are glad that these efforts paid off and the BMC restored this proud Bhatia monument to its original glory.*



Article source: Architectural Digest

# NANI-JE HATTH JI RASOI

By Rushina Munshaw Ghildiyal  
(ABP Cook Studio)

The Bhatia community is rich in culinary traditions. While our food is unique, it is often lost in larger Gujarati classification. However, there is a marked difference in the cuisines. It takes a talented and well-hearted chef like Rushina Munshaw-Ghildiyal to keep this uniqueness alive and spread the message of our authentic traditional recipes. "Though I am only half-Bhatia – from my Nani's side," she is prompt to clarify.

Although, there are many dishes common to both Gujarati and Kutchi Bhatia cuisine, the difference shines through in the style of cooking. Kutchi Bhatia food happens to be one of the healthiest Indian community cuisines today; from the balance of nutrition to the flavours, textures and combinations. A proper Kutchi Bhatia meal will consist of a Daal, one or two vegetables, thin ghee dabbled rotlis or Phulkas and some form of salad, all washed down with copious amounts of Chilled Kutchi "beer" or Chaas. There might be a dessert and a farsan preparation to augment the meal if there are guests. It is also the endeavour of the Kutchi Bhatia cook to achieve a balance in flavours. Salty, sweet, spicy, and sour, all make their presence felt on your palette at every meal, either through a combination of ingredients or through a combination of dishes i.e. if a dish is characteristically sour it will always be accompanied with a sweet one.

Rushina runs the APB Cook Studio at Chandivali, Mumbai where she doles out wonderful food and trains others into the fascinating world of food. She shares with The Global Bhatia her nani's recipe of the Kutchi Bhatia Thali. *Vaachi nej augrota achi vanno!*

## Kutchhi Bhatia Thali



### Welcome Drink

Chaas – Buttermilk to get the meal going

### Appetizer

Kand ji Pattice - Purple yam pattice made the Kutchi Bhatia way!

### Kutchi Bhatia Spread

Osaman - Spiced clear lentil soup with white radish (similar in concept to south Indian rasam)

Lachko or Kathan Daal -

A thick preparation of Tur dal

Sambhariye jo shaak - A side dish of onions, brinjal and potato stuffed and cooked in a wonderfully spiced coconut base

Nani's Dahiwal Beetroot salad - Beetroot tossed with yogurt and spices, made the way Nani used to make it

Teliya batata - Mustard potatoes (the name doesn't do justice to this dish, you must try it to find out what is so great about it!)

Phansi jo shaak - Tender green beans with coconut

Kobi ja Muthia - Muthia the name evolved from Muthi or fist. This dish is so named because the fist is used to shape these cabbage and besan dumplings that are steamed and then tempered

Green Coriander Chutney - Oh yeah!

Served with

Steamed Kolam Rice

Ghee Phulkas

### Dessert

Mohan thal and Copra pak - Mohan thal is a Rajasthani dessert that is ideally known to be served to Gods and Goddesses as prasad while Copra Pak is a mithai made from freshly grated coconut, sugar, milk and mawa



# the Karate Kid Nihaan Dutia

Nihaan Dutia is a 15-year old from Chira Bazar in south Mumbai who excels in a range of sports and has identified Karate as his calling. His superhero role models are Bruce Lee, Sachin Tendulkar and parents Falguni & Pritesh Dutia. Let's know him better...

## TRAINING DAY

4 am  
Homework

7 am - 1:30 pm  
School

2 pm - 3:30 pm  
Tutions

3:45 pm - 8 pm  
Training

Saturdays 5 am - 7 am  
Jogging to build stamina



TURNING POINT AT  
AGE  
**10**

## FIRST GOLD MEDAL

## ACHIEVEMENTS

**Age 12**  
World Gojukai Tournament

**Age 13**  
Interschool Gold and Silver

**Age 14**  
Black Belt from  
Grandmaster Hanshi Cuba  
1 Gold and 1 Bronze for  
Maharashtra State Tournament

2 bronze at AIKF National  
Championship at Jaipur

**Age 14**  
First place at Mumbai  
District DSO

## GOALS

Represent India at the Olympics  
Pursue Engineering after school

## DIET



High protein



Veggies

Absolutely no  
junk food

With the exception of  
post-tournament indulgence  
of pizza and ice cream



## STUDENT OF SCIENCE

Dedicated • Focused • Hardworking  
Likes Physics, Chemistry, Biology  
and English Literature

## OTHER SPORTING INTERESTS

Football  
Cricket  
Swimming  
Badminton  
Chess  
Skating



Captain of school cricket team

## KARATE HAS HELPED HIM

Remain calm and composed  
Adapt easily to change  
Achieve a sense of balance  
Attain a sense of respect for others



## LOVE FOR AUTOBIOGRAPHIES

Abdul Kalam - Wings of Fire  
Barack Obama

*"Karate keeps me calm and makes me able to defend myself on my own in any situation. It is an art of self-defense which is important, especially for women."*

## PARENT TALK

*I'd like to tell all parents that they should believe in their child and support and encourage him or her to live the dream. Whatever the child wants... just be a pillar of strength and support. Do not force them for anything. Each child is different, so do not compare.*



# It's okay to not be okay

Hemali Ashar has been working with high-schools, pre-schools and counseling centers as a child psychologist, psychotherapist and remedial educator, advising parents and teachers on ways of mental health and well-being of children. A graduate with a Masters degree in Psychology, she shares interesting insights on this sensitive matter with The Global Bhatia. She can be reached at [hemali\\_psychologist@yahoo.in](mailto:hemali_psychologist@yahoo.in)

Mental Health and Well-being is just as important as physical health, but is rarely spoken about. It becomes all the more critical when children are concerned. Their limited ability to understand and deal with thoughts and emotions makes them vulnerable to drastic steps coming from innocence and immaturity. Growing cases of suicide and depression over many years have alarmed us of the growing pressure that children face in normal everyday situations. Authorities have taken notice and our education system is trying to evolve, but it has its own advantages and disadvantages. For instance, exams and bad results are generally identified as the source of stress. Hence boards and schools have explored doing away with exams all together. *"While this might reduce cases of suicide due to bad results, it is also making children less patient and tolerant. It is also making parents more carefree because they know their child will be promoted irrespective of performance."* says Ashar.

The most common issues are ADHD (Attention Deficit Hyperactivity Disorder) and Dyslexia.

She compares a visit to a psychologist with a visit to a Doctor for treatment of an illness. *"We don't feel ashamed about having Malaria, so why treat mental health differently?"* she says pointing towards movies like Taare Zameen Par and Dear Zindagi that not just highlight the need for mental care, but even make it look cool. "It is OK to not be OK all the time," she says in an empathetic tone. According to her, happiness and sorrow are parts of life and need to be experienced. However, what matters is how you deal with the temporary sadness and come convert it into a higher mood, is up to you.

A hectic lifestyle in a fast city like Mumbai, for example, can take a toll on a person without even realizing. Even adults get mood swings and can become mentally unstable. How do we manage in such a situation? ***"It is natural to experience highs and lows. As adults, we can sense our mood change and also throw tantrums, but can even engage in activities like sports, work-out, a walk or jog or other healthy recreational activities. The same has to be for children. We need to find constructive ways to channelize their extra energy, without which they get restless."*** she explains.

The question then arises is – how to channelize this energy? What activities or hobbies or sports do you engage the child in? Like many counselors, Ashar too uses the DMIT (Dermatoglyphics Multiple Intelligence Test) – a test that uses the unique fingerprints of an individual to gauge personality type and suitable

trained counselors make recommendations to parents and teachers. For instance if the child has good motor skills, it is recommended to train in appropriate sports that use his strength and at the same time, work on his weaknesses. This helps 'future-proof' the child's career and maximize chances of success by reducing any incorrect career decisions that may be irreversible.

***We don't feel ashamed about having Malaria, so why treat mental health differently?***

Such choices may need bold decision-making by parents. Ashar feels that many parents from traditional family backgrounds lack the exposure and awareness about activities apart from studies. ***"It is important that the child's all-round skills are given a chance to develop. For instance, elocution and language help oratory skills, which is an important trait in leaders. A child must be pushed to absorb as much as possible till the age of 8 years, which is the peak learning period of the human brain. The more the input in this age, the more will be output in future."*** she adds. At the same time, she warns of the tendency parents might have to make the child do things they want to see them do. Only because cricket is a more popular sport doesn't mean a child should play more of it than say football, for which there could be genuine interest and skill.

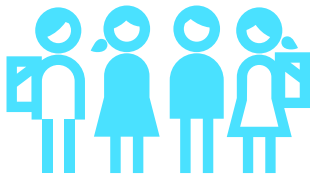


**Ashar shares her views on the most common areas of child health that need attention:**



## ENVIRONMENT

It is important that the home-environment during a child's upbringing is kept conducive for their mental well-being. Parents should avoid swearing, shouting, quarrels, fights, etc. and generally keep a loving and caring atmosphere at home.



## PEER PRESSURE

Keeping the right company is critical to ensure children don't get bogged down by oneup-manship and must also not be compared to other children.



## FAMILY AND GRANDPARENTS

Other family members may tend to be over-protective and pamper the child. This may result in the child getting inclined towards them and may form a negative image of parents. Children

take advantage of such patronizing behaviours and this should be avoided by talking to family members and sensitizing them about it.



## SOCIAL MEDIA

A common behavior nowadays, which could be a sign of lazy parenting, is the child's usage of phones, gadgets and social media. To reduce their own stress from work, etc. parents hand the child a gadget. While this keeps them occupied and relieves the parent, it makes the child glued towards screens rather than develop from looking around and experiencing things. It also takes away from time that could be spent together with parents.

While it is important to keep children updated with technology as per their generation, it is also essential to keep a check on their online activities.



## GOOD TOUCH-BAD TOUCH

This subject has become a good way to help children identify 'touch' which can be classified as 'good' or 'bad' depending on part of the body, manner of touch, frequency of touching, person who touches, etc. It helps children identify persons of trust and also trains them to signal friends or family in case of a bad touch.





**The Global Bhatia** is a monthly outreach programme which aims at bringing together a widespread community over the world.

We invite our fellow community members to contribute in terms of content, achievements, opinions and stories to this monthly publication.

Do share your views and stories on **theglobalbhatia@gmail.com**

For more content visit us at **www.theglobalbhatia.org**

  @theglobalbhatia



## Calling out to all Designers and Writers!

The team is looking out for talented designers and writers to be a part of The Global Bhatia Zine.

On-the-job perks and unlimited supply of *chhaas* included.

Send in your work samples to [theglobalbhatia@gmail.com](mailto:theglobalbhatia@gmail.com)

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