

THE GATEWAY



This Tuesday's
meeting is at
the Lotus Room,
Trident Hotel



KIDS ACROSS RCB'S
BHAVISHYA YAAN
KIDS SCHOOLS
CELEBRATE

REPUBLIC DAY

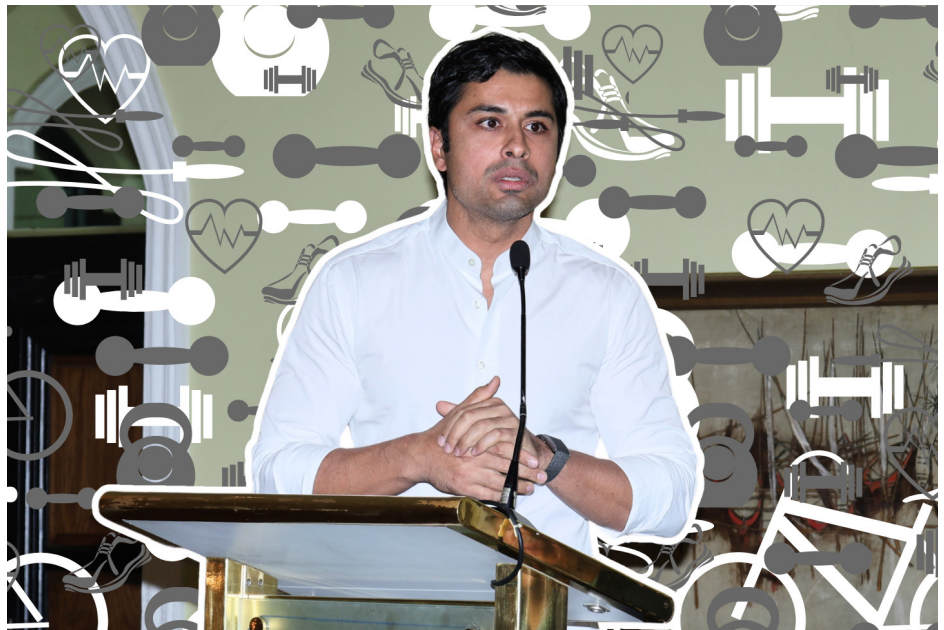
PAGES 18-20

**Rotary Club
of Bombay**



Volume 65
Issue No.27
February 6, 2024
For private
circulation

Bulletin of the Rotary Club of Bombay
<http://rotaryclubofbombay.org/>



Sohrab Khushrushahi, Founder, Sohfit, speaks on following his passion

Fun fact, I was a member of this Club eight or nine years ago but my attendance record has never been good, be it in school, college, law school, anything. My father-in-law Mr. Darabshaw Davar seems to be everyone's favourite from what I understand; he is my favourite as well. He wanted me to join this Club – it was a thing for him – he really wanted me to be a part of Rotary. And I caved. He spoke to me, my mother-in-law spoke to me, my wife spoke to me. It felt like I was going for an exam. But I caved and I became a member. Little did I realise that I had to come here every Tuesday. Now, for anyone who's a lawyer and a capital markets lawyer which I was, in my previous life, forget lunch meetings; lunch itself is difficult on most days. Getting a meal on

[Article continues on Page 2](#)



Winners aim for nothing less than Gold.
The same mindset can add the gilt edge to your portfolio.

45 years | 15 countries | 1.5 Million clients
USD 47 billion assets

Talk to us on 022 2483 1919 | Toll free no.: 1800 221 331 | contact@phillipcapital.in

EQUITIES | CURRENCY DERIVATIVES | INTEREST RATE FUTURES
CORPORATE BONDS | PMS | SLB | INVESTMENT ADVISORY

Investment in securities market are subject to market risk,
Read all the related documents carefully before investing
For registration and detailed disclaimer, kindly visit www.phillipcapital.in

Article continues from Page 1

your table is difficult because you're constantly on calls and doing stuff. So, much to his dismay, I had to kind-of step away from Rotary before I was kicked out; I think that would have happened eventually.

So, as Anand mentioned, I was a lawyer in my previous life; I like to look at it as my previous life. I grew up in a very simple house. My mom has been my inspiration; she's here. She was a lawyer; she still is, practising even at the age of 82. I think the one thing I picked up on – and it's not about passion – was that you needed to work hard in life, whatever you decided to do.

When I was growing up, there were two things I was passionate about: cricket – every boy growing up in the '90s was passionate about cricket, I think; and, I was passionate about training. I wanted to work on myself and get better every single day, physically.

Now, the first one – I wasn't good enough to make it into a career. The second one wasn't the right thing to do in the '90s. You don't give

[Article continues on Page 3](#)

Article continues from Page 2

up a legal career or an opportunity to study and become a lawyer, an engineer, a doctor, to become a coach. Most people call it a trainer; I don't agree with that word, but most people call it a trainer. It wasn't really looked upon very favourably. You're not going to give up a massive career as a lawyer working in a top law firm to become a coach.

I had one choice in front of me and that was to become a lawyer because that's the only thing I knew. My dad's a CA, he's brilliant, but I'm not very good with numbers. That explains why my wife is my business partner and does all the number-crunching for me.

I became a lawyer. Now, there's only one thing you want to do when you're in a law firm – I don't know how many of you are in law firms – which is to become a partner. That's the next progression. You've got to be a partner, unless you're a counsel and you become senior counsel but talking in public wasn't my thing, so senior counsel wasn't going to happen.

There is an incident I remember very clearly from back then, as if it was yesterday: I'd come back from Singapore, and I had a meeting with the managing partner of the firm. Now, your managing partner only takes you for a meeting when you're up for partnership or when he's going to sack you. I really wasn't sure which one I was going to kind-of go through. We sat down for lunch and, just before this meeting happened, a junior of mine on my team quit; she couldn't handle the work. I don't know how many people know this but the capital market is taxing. We're in office practically seven days a week, working 12 to 16 hours a day. That's just the life we have as capital markets lawyers. And she quit; the reason she quit was because it wasn't getting any better – that was her reason. She had to work Monday to Sunday. We couldn't give her any downtime because that's the way work life went. And kids, I like to call them kids because they were 24 when I was 35, but the one thing they all seemed to want is work-life balance, right? That's the favourite

[Article continues on Page 4](#)





Article continues from Page 3

term that people used. Honestly, if you ask me, I don't think it exists.

So, she quit. And, I went in for that lunch meeting; the first thing he told me was: "You're up for partnership. And we're going to see what the process is over the next one year." Well, if you're a lawyer and you're going to be a partner, that's the one thing you want, right? It's what you're working towards. But it didn't make me happy. It actually made me sad that day. I was sitting there at lunch, looking at him, blank face and thinking, "That's it. This is what it's going to feel like to be a partner in a law firm." It was a top law firm, don't get me wrong. It was a great law firm. But it just didn't feel right. Something was off. It just didn't feel like I wanted to be a partner anymore.

So, I went home and talked to my wife. My wife's been a massive support. I don't think it's easy to switch careers at the age of 35 if your wife isn't supporting you. I didn't have the guts to do it when I was 25 with no kids and just a girlfriend. But when I was 35 with a kid, I decided to take that plunge and that says a lot about the support system you have around you. Hats off to her, she didn't even flinch. She said, "Okay, if this is what you want to do and you're not happy doing what you're doing, what next?" I said, "The only thing I know how to do is train and be there for people and make sure people live healthier lives. That's what I'm good at. Could I make a career out of it? I didn't really know." I couldn't answer that question at that point in time.

Had you asked me six years back whether I'd

make a career and be standing here in front of you, I'd be laughing at you; I wouldn't believe it for a second. Then, I met an individual who I've always considered my mentor as far as life and corporate life and decision making are concerned, Mr. Ajay Piramal. Mr. Ajay Piramal has always been a great guide to me. He's always given me the right advice whether I'd like to hear it or not. So, I asked if I could meet him for lunch or dinner or coffee or whatever. He said, "Yes, come over." I went to that meeting shaking because I knew I would tell him I didn't want to be a lawyer anymore and he'd think I was crazy. To the man's credit, he heard me out and the first thing he said, was, "Great, I'm going to be your first student." To me, that was huge.

Walking into a meeting, expecting him to laugh at you and tell you: "Listen, you're bonkers; go do what you're good at." Instead, saying, "It's time you follow your heart." And at the age of 35, with no background in fitness whatsoever and having to start from scratch, that was the support I kind-of needed. We had a conversation once. I remember, I'd already started training him when I was a lawyer. Don't tell my firm that – they might get really upset; I promise I didn't take money from him. It was just fun. I said to him, "I don't know what I'm going to do with my life. It seems really strange that I'm making this decision at a point where everything seems to be going well. I'm going to be a partner next year. It makes no sense, but I'm just not happy anymore. I don't want to do this anymore."

[Article continues on Page 5](#)

Article continues from Page 4

So, the only thing he told me, and this will stick with me for life. He said, “You have two roads in life, right? One, which is laid out for you; everyone’s taken it. People have walked on that road for years. You know you’re going to be successful. Whether you’re happy or not, I don’t know, but I know you’ll be successful.”

“The other is the road you’re going to have to create and walk through. It’s going to be filled with a lot of risk, but if you’re smart and you’re good, the rewards will be way more than the safer path. So, make your choice today. And don’t look back after you make that choice.”

I guess I decided to take the path less travelled because while it was a lot riskier, it seemed like the right thing to do at that point in time. Now, training’s my passion; training’s always been my passion. Working on myself has been my passion. Helping people has been my passion. I loved law, but it didn’t really kind-of go that way as far as I was concerned.

So, I decided to follow my passion and do what I wanted to do. Would it get me success? Even though I’m standing here talking to you, I still don’t think I’m successful at all. I think there’s a long way to go before we get to that. But I knew I wanted to take a chance on myself because if I didn’t, I never would. And it’s really, really hard to back yourself 24x7; you need a really good support system if you ever want to back yourself in life and I’ve had the best support system. I have the best parents, in-laws, and wife. I have an example in the family, Mr. Shiamak Davar himself. What he’s done in the dance world is what I want

[Article continues on Page 6](#)





Article continues from Page 5

to create in the fitness world, and hopefully that will happen someday.

Really fun fact, I was at a Rotary dinner years ago; it's fun now because I didn't take it as fun at that point – it was a shock to the system. So I was at this dinner, and I won't take names, don't worry, but we were sitting and a gentleman who knew my mom really well and, as a result, knew me, came up to me and asked, "How's it going? How's the legal career? What are you up to?" I said, "It's going well but I have quit." So, he's like, "You've quit?" I said, "Yeah, I've quit." He's like, "What are you going to do? You're going to become counsel?" I said, "Not really, counsel is not what I'm looking at." So, he said, "Okay, then what are you going to do?" I said, "I'm going to be a coach." He said, "You're going to be a trainer? You know, it sounds funny," and he said it really loudly in front of the whole party, but I said, "Great, so maybe that's a profession we need to change, right?"

No profession is better than the other. For me, that is something that I always wanted to create. I want kids to look up to what I've done and say, "Okay, I can be a coach; a coach is a good profession." There is no reason why someone cannot be a good coach. There's no reason why kids today cannot take up coaching as an alternative career or as a career for that matter, and I think that starts with us as parents, as the system. If we keep forcing our kids to only go down the legal route or engineers and doctors, and everything else... We've got to give them that ability and freedom to choose what they want to do, and I want to do that with my kids. I was

lucky enough to have a support system around me that let me do it, but maybe back in the '90s I don't think anyone would have done that. So, it took time but I'm happy I did what I did when I did it, because it gave me that experience.

Now, I'll say this, I didn't come here to give you guys a lecture about how to follow your passion. No, I just wanted to tell you what my life story was like and how it went for me. So, there are a few things I learned along the way when it came to following my passion, right? Or following what one wants to do in life.

The first thing that I learned in my life is that it sounds really cool to say I followed my passion. And I know we encourage kids today to follow their passion, follow their heart. But it's not easy. It's not easy at all. You'll have more downs than ups. I promise you that. In six years, I've had more downs, more sleepless nights than I did as a lawyer. I've worked harder than I did as a lawyer, but the ups are worth it. I get up on a Sunday wanting to work. When I was a lawyer, I didn't want to get up, forget getting up on a Sunday. I didn't want to get up to work; I just wanted to sleep. So, it's really, really fun, but that fun becomes hard at some point. And the question you need to ask yourself is whether you're willing to go through those hard times as well, because they will come.

The second thing that I've discovered over these last six years is that there is no secret sauce; there is no secret ingredient. I've heard a lot of people

[Article continues on Page 7](#)

Article continues from Page 6

talk about tricks and things to be successful. The only thing that works is hard work. Nothing else does. You've got to really love what you do, you've got to do it as per the best of your abilities, and you've got to keep going – you've just got to keep going every single day.

The third thing that I believed when I was a lawyer is that you were an individual and you worked as an individual. The last six years have made me realise the importance of working in a team. You can't achieve anything alone; I don't care what people say, I don't care what anyone has to say. I don't think I could have done what I have done without my business partner who is also my wife. Like I said, she is the number-cruncher. She's the one who keeps me in check. I'm the creative one who wants to kind-of do things 24x7. So, that's the third.

The fourth thing, there will be days when you want to quit. I promise you they will come. They come to everybody, no matter what they do and no matter how passionate they are about something. But the one thing I've learned is don't quit for one more day; just give it one more day. When you feel like you want to quit, give it one more day. And the next day will be different. Just go with that principle. Whether it's business, work, your passion, or life in general, give it one more day and you'll be fine.

The fifth thing, there are no free lunches. You're not going to get anywhere in life unless you're willing to put yourself out there and willing to back yourself. No one's going to back you if you don't back yourself. For me, that's the most important thing. So, you've got to back yourself. You've got to believe in yourself. You've got to believe in what you're doing. You've got to stop looking at what other people are doing; I think that's the biggest downfall. With social media, with Instagram, everyone's looking at what everyone else is doing, but you lose focus of what you're doing and you base your decisions on what everyone else is doing.

[Article continues on Page 8](#)





Article continues from Page 7

And it happens to all of us. This one's doing this, so maybe I should do this. No, that's not what you do. You do what you're good at and keep going with it and you'll be successful.

I'm going to end with a quote that I love by Nike:

All your life, you're told the things you cannot do.

All your life, they will say you're not good enough or strong enough or talented enough.

They will say you're the wrong height or the wrong weight or the wrong type to play this or be this or achieve this.

They will tell you no a thousand times until all the no's become meaningless.

All your life they will tell you no quite firmly and very quickly and you will tell them, yes!

ROTARIANS ASK

What advice would you give to this group to follow as a daily fitness regimen?

And, second, given that you work with all these Bollywood actors, maybe you can give us a couple of anecdotes.

The older you get, the more strength training you need, that's my perspective. People believe walking will solve all their problems – it doesn't. You can try it all you want, but it won't. So, a little strength training, even if once or twice a week. Basic stuff, nothing fancy. And you'll be much better off in terms of your own health.

I know my mother-in-law sitting on your left

will not agree with my second point, but you need to eat a little better. She's been trying to feed me for the last, what, 14 years? Hasn't really worked. So, being smart about the way you eat is a very important aspect of our life. So, eat well, strength train maybe once or twice a week. And the most important thing, I think the one thing we all forget to do, is move. We're constantly sitting down, even this meeting, right? For the last one hour, you guys have been sitting down, so movement is important. And that's why I like to just stand and move around when I'm talking.

In terms of Bollywood, they are a fun bunch of people to work with, that's all I can say. They are very hard-working, contrary to what most people believe. They don't have it easy; it's hard for them. It's not easy walking out every single day and being judged by the way you look. I know people think that it's fame and great, but it's hard. So, just a great bunch of people. That's all I can say.

Where do you work from?

For the last five and a half years we were working out of everyone's homes. We used to train people where they trained. We used to travel as coaches and now, three months back, we just set up our first studio in Bandra.

The importance of being healthy as against being skinny and the importance of having protein in your daily diet.

I'm not a fan of skinny. I say this all the time:

[Article continues on Page 9](#)

Article continues from Page 8

skinny is overrated. Everyone wants to be skinny, and I've never bought into that principle. Especially girls today, I think it's unfortunate that the social media world has taken over their lives and when they see a model in a bikini, they think they should look like that and that's not fair. It's hard to take. You're constantly comparing yourself to someone who's possibly Photoshopped themselves. Or has taken it under the perfect lighting. There are tons of reasons why they're looking the way they are. And they're also paid to look that way. Let's be honest, that's their life. They train, they eat, they sleep, they work. That's what they do. Girls and women today have lives, they work. They're busy, they're stressed. It's very important to understand what works for you rather than what works for everybody else. I'm not a fan of skinny, so I believe women should strength train more than men should. That's my objective and that's what I try to do when I train girls.

In terms of protein, I think it's very essential that all of us have enough protein. No one's ever going to die of protein deficiency. So, it's not gonna affect you, right? Let's accept that as a fact. But I think an average human being, and I'm not going to go into numbers, but you need something like a gram of protein per kilogram of body weight just to survive. I promise you, 90% of people in this room are not getting that. I guarantee that. And half of that is because, well, our food habits aren't the greatest. We're averse to supplementing our food with adequate amounts of protein because we believe protein shakes are bad, which I have never understood. A funny thing happened.

A kid in my building came to me and said, "Can you talk to my mom?"

He was 15 years old, and I was like, "I don't even know you, but why am I talking to your mom?"

He said, "Because I want to start protein shakes, and she has a problem with it."

[Article continues on Page 10](#)





Article continues from Page 9

So, I was like, “Why does she have a problem with it?”

He said, “She says it’s bad for me.”

So, I said, “Does your mom allow you to have cola?”

“Yeah, totally fine.”

“Is your mom OK with you having cake and sugar and everything else?”

And he said, “Yeah.”

So, I said, “Okay. So, she has no problem with all that, but she has a problem with protein.”

That just kind of summarises where people are today. Even as parents, and I’m a parent to two young boys, they’d rather have cake, chocolate, ice-cream, than go and have a piece of chicken somewhere or get some meat into their system. Get vegetarian sources of protein; get paneer. You’ve got to get whatever it is. But that’s the environment in the system we’ve created. We are setting them up for this. We make that very easily available to them. But if they want a part of it, we’re going to do it. Piece of chicken, we’d be like, oh, that takes half an hour to make. So, let’s get the next best thing. Let’s get some chocolate. Here you go. Take it and go, right? It’s also on us as parents. So, I mean, do the math. I think everyone should get anything between 0.8 to one gram of protein per kilogram of body weight. And if you’re training regularly, you want to go up to about 1.4 and 1.6. That’s how much protein you generally need.



Fitness trackers, smartwatches, yay or nay. How important is it to have a fitness tracker? Like, you have an Apple Watch and at the end of the day, it tells you that you haven’t done your 10,000 steps, or even worked out or something. How important do you think is tracking your workouts and tracking your fitness?

It depends. I have fitness trackers. I also wear the Apple Watch. But, again, it depends on the individual and their psyche. Can you handle the data? If you can’t handle data, don’t wear it. There’s a 25-year-old boy who used to train with me and is now studying in the US; he bought himself a WHOOP. He comes to me a week later and says, “I’m throwing this away.”

I was like, “What happened?”

He says, “It always says my recovery is in the red, bro; I can’t do this. I’m a college kid, I go out, I drink, I have a nice time.”

So, that data messed with his head. And then he didn’t train because he thought that he wasn’t good enough to train because he hadn’t rested enough, or he hadn’t recovered enough. So, it depends on the individual and their psyche. I know people talk about movement and you need to get 10,000 steps and your Apple Watch tells you that you have not got 10,000 steps on a particular day and you get all worked up.

If that’s you, don’t wear it, right? I know people who look at their heart, and say, “My heart rate is 160, I shouldn’t work out.” No, you’re fine, you

[Article continues on Page 11](#)

Article continues from Page 10

can breathe, you're okay, relax, calm down. So, can you handle that? If you can't, don't wear it, I love data. I work off data, I use it to tailor what I need to do based on data. So, what I also tell my students sometimes, is, let me handle the data, I'll watch it, you just do what you need to do. So, it really depends, honestly.

You have the 40-day challenge. And you have the 21-day challenge. What's the difference between the two?

It's the intensity. I'd love to have people for six months and one year, but the generation we live in today, if I make an Instagram reel of more than 20 seconds, people won't watch it. So, to get them to commit for six months is a bit of a task. What I'm trying to focus on right now, and what we're trying to focus on as a team is – let's get them started, let's get them moving. If they're constantly moving anyway and they're good at what they do, let's make them better. And let's take it to that level.

For me, fitness has always been a lifestyle. It's the way I live my life. It's like getting up and brushing my teeth. I get up and I go train, no matter what, no matter how bad my day is, no matter how shitty my day is, no matter what I've done, I've not had a great time, I'm having a great time, whatever it is, I will train. It's just part of my life.

And that's what we want to create. So, six weeks gives me more ability to do that with people because you have to change their mindset. You

[Article continues on Page 12](#)





Article continues from Page 11

have to change a lifestyle. And it takes time to change a lifestyle. The ones who do the 21 are what I call adrenaline junkies. They want that adrenaline. They want to kind-of keep going, keep going, keep going. It's the same problem I'm having right now. When I train somebody and if they don't feel like they're dying by the end of the work-out, they believe they've not had a good enough work-out. That's the system we live in. That's the ecosystem we've created, which I'm dead against. So, it just depends on what we're trying to do with that particular programme.

What should people look for in a trainer?

COVID created a lot of Instagram trainers and I had a massive problem with that because people started believing what people were saying on Instagram. And it became a bit of an issue. It was like I'm following this Instagram work-out and tomorrow I'll follow that Instagram work-out and after that I'll follow that trainer and then you go for a toss, and you get injured. So, what you look for when you go for a coach or a trainer is, well, I'd say experience, but that's not really fair because someone who's just started out might be equally good. It's just that they don't have the experience. Look at their qualifications. Have they studied? And when I say experience, have they been training? Can they walk the talk? I wouldn't go to a physiotherapist, for example, who's not a sports physiotherapist because he doesn't know what it's like to play sports and train. So, his first opinion of me, his or her opinion of me when I get injured, would be to stop training. I will never

go to someone who tells me to stop training. I have broken legs, I have broken bones, everything, but I will train. All I go to a physio for is to tell me how I can train. Don't tell me what I can't do. Tell me what I can do. So, experience in terms of your own training. So, can they walk the talk? Can they tell me what I need to do and do it themselves? And, can they engage with you? Can they inspire you? If they can do all those things, and the one thing most coaches need to get is that they need to care about the person they're training more than they care about themselves. Only then will they be able to affect that change. If they don't care about what they're doing, if they're just watching over you and going through the motions, you're going to leave them in six months. You're going to go to the next trainer and the next trainer. So, the life we live right now, there's a coach popping up in every corner, every other week. I promise you, I have been shocked with the amount of coaches that are popping up on my Instagram feed. But I still have people who have been with me from the first day we started and six years later so that's more important and it's an ever-changing industry, so, just be smart about who you pick.

A lot of trainers are pushing for Keto or intermittent fasting. Your thoughts on that?

I'm not a diet person. I know my mother-in-law will laugh when I say that. I'm not a diet person. I believe in eating as clean as possible, so I won't follow a particular diet. I have a very simple rule

[Article continues on Page 13](#)



Article continues from Page 12

when it comes to food. Eat something that grows off the ground or that has been alive at some point of time, so meat and vegetables. Have your greens. My mom told me all my life to have my greens, and I never listened to her, but there was a reason behind what she said. So, eat your greens and try to be good with your food 8 out of 10 times. I was an average student. I got 80% and I was very happy with being an 80% student. So, try and be good with your food 80% of the time and you'll still succeed. Just that simple. I'm not a fan of diets, sorry.

Coffee – yes or no?

Totally fine. I have a lot of coffee myself. What I don't do is have coffee first thing in the morning on an empty stomach. That's all. It's an inflammatory food, causing a bit of inflammation in your system. So, you want to line your stomach up before you have the first coffee and don't have 6 or 7 cups. Two coffees a day is totally fine. I have three, so you're fine. You're good.

Your advice for seniors?

Same advice. Always the same advice.

You mean all the exercises, everything, even the seniors can follow those?

Of course, they can. I train three individuals who are above the age of 65. One of them has just recovered from a stroke and he's a brilliant guy. But, yeah, I think everyone should stretch, no matter what age.





TUESDAYS WITH THE ROTARY CLUB OF BOMBAY





Successful finish to BY Boys' Box Cricket & Girls' Football tournaments

The second edition of the BY Boys Box Cricket Tournament and the Inaugural BY Girls Football Tournament was held on Saturday, January 27th, 2024, at NSCI Club's Astroturf. Due to the super success of the first edition of boys' box cricket, girls' football was added on. This event showcases the successful joint venture of the Sports and Bhavishya Yaan Committees.

Both the cricket and the football matches took place simultaneously and side by side on the Astroturf. There were six teams each of boys and girls named as follows: Ambedkar Warriors, Byculla Tigers, Colaba Ninjas, GK Giants, NM Lions, and Prabhadevi Panthers.

Both the tournaments were played in a league format with each team playing two matches.

In box cricket, the bowlers had to bowl underarm. Each team had eight players, and it was mandatory



[Article continues on Page 16](#)



[Article continued from Page 15](#)

that every player be given a chance to either bat or bowl. The students looked good in their colour-coded and personalised different-coloured T-shirts, with the names of their schools written on them, and their new sports shoes organised by the BY mentors.

Each school received Best Batsman and Best Bowler trophies:

1. Team Ambedkar Warriors: Best Batsman Uddesh & Best Bowler Abhishek.
2. Team Prabhadevi Panthers: Best Batsman Sai & Best Bowler Ganesh.
3. Team Byculla Tigers: Best Batsman Yasin & Best Bowler Sameer.
4. Team GK Giants: Best Batsman Ali & Best Bowler Aryan.
5. Team Colaba Ninjas: Best Batsman Tushar & Best Bowler Saurabh.

6. Team NMJ Lions: Best Batsman Akshay & Best Bowler Yashraj.

For girls' football, each match was of a duration of 15 minutes. Any ties were decided by a sudden-death penalty shootout. On two occasions, the games went to penalty shootouts, which were exciting and nerve-racking.

Each school received Best Footballer Trophy:

1. Team Ambedkar Warriors: Archana
2. Team Prabhadevi Panthers: Tanvi
3. Team Byculla Tigers: Ameena
4. Team GK Giants: Lakshmi
5. Team Colaba Ninjas: Priyanka
6. Team NMJ Lions: Kangana

The boys and girls of these BMC schools got an opportunity to play on Astroturf which is not easily accessible to them, and they made the most of it.



[Article continued from Page 16](#)

Another noticeable aspect was the sportsmanship spirit among all teams, evident in them cheering for each other, clapping, shaking hands, and clapping high-fives all around, which is really the beginning of character-building exercises.

PE Satyan Israni had already shared the basic format of the matches with Rtn. Moy Biswas, the Chairman of the Sports Committee, and other committee members: Rotarians Dr. Mehernosh Dotivala, Jamshyd Vazifdar, Anand Dalal, Mohit Jain, Sanjiv Saran Mehra, and Akhil Sanghi, the Chairman of Bhavishya Yaan. They took turns to umpire/referee the various matches and, also, kept score.

Among the spectators present were Bhavishya Yaan Co-Chair Rtn. Charu Agrawal, mentors – Rtn.

Ptn. Avaan Vakharia, Rtn. Ptn. Ekta Shah, Ms. Rashmi Bapna, Rtn. Ptn. Priyanka Jatia, Rtn. Ptn. Vandana Kakar, Rtn. Jagdish Malkani, Rtn. Miral Shah, and other Bhavishya Yaan teachers along with Rashmi Kotian and Vishnu from our Rotary office.

The Bhavishya Yaan Committee arranged snack boxes and refreshments for all the BY participants and others present at the tournament.

In the end, it was another feather in the cap of the Rotary Club of Bombay, with more than 125 people attending, including 84 children from various BMC schools. This event was a result of the precise planning, coordination, and execution of the Sports and Bhavishya Yaan Committees and was a roaring success!



Bhavishya Yaan's Colaba School celebrated Republic Day with students from both Marathi and Hindi mediums. The event featured speeches on the Constitution and the Right to Education, a skit on

Excitement filled the air as **Bhavishya Yaan's Byculla School** geared up to celebrate our 75th Republic Day on January 26th, 2024. As part of the vibrant celebrations, the primary and secondary students enacted a role play on women's empowerment, gave patriotic speeches, and performed dances, celebrating the diversity that makes us truly unique.



Right to Education, an homage to Dr. Ambedkar, a skit on our fundamental rights, a Republic Day poem, and patriotic songs.



Last week, during the Republic Day celebrations at **Bhavishya Yaan's Dr. Ambedkar School**, the children delivered heartfelt speeches, presented entertaining skits, and performed vibrant dances. Songs were sung with enthusiasm, making it a memorable event that celebrated the essence of unity and pride in the nation.

BY celebrates R Day with patriotic fervour

Bhavishya Yaan G.K. Marg's event began with the 3rd standard giving a speech on the reason behind celebrating Republic Day, and the need to reflect on its values.

Following that, both the 3rd and 4th standards collaborated to deliver a speech on the Constitution. They highlighted the principles of equality and freedom.

The 3rd standard also presented a short but impactful speech about freedom fighters, honouring courageous individuals who fought for India's independence and recounting stories of bravery and sacrifice.

Another speech by the 3rd standard focussed on the benefits of old age, emphasising the wisdom and experience that older adults bring to society, urging everyone to cherish and respect their elders.

The 1st and 2nd standards performed a skit on unity, followed by a song and separate speeches on the



value of working together and pursuing dreams.

Secondary students engaged in a discussion about the changes they want to see in the Constitution. They shared their ideas on topics like gender equality, environmental protection, and social justice, demonstrating their commitment to a better future.

To conclude the event on a high note, the secondary students performed a patriotic dance, filling the room with a sense of pride and love for the country.

Overall, it was an incredible event with Mr. Priyansh as the anchor. Everyone had a fantastic time celebrating the country and its values.

BY NMJ School's Republic Day gala: a flag-bearer for future visions!

As is the tradition every year, on January 26th, 2024, students and teachers of Bhavishya Yaan (BY) at NMJ Marg School participated in the Republic Day Flag Hoisting programme.

The theme for this year's celebration was "My Dream India." In contrast to previous years, the emphasis on speeches about the Constitution of India and our leaders was reduced. Additionally, the focus on dance and song was minimised, as the primary principal usually prepares the students for these performances.

Several weeks before the celebration, BY had its students articulate their visions for the country. The entire programme was then crafted around these "Dream India" ideas.

The event commenced at 8 am with the National flag hoisting by the cleaning staff of N.M.J. Following this, students performed songs and delivered speeches, all prepared by the school's principal.

The BY students' programme kicked off with a skit presented by students of years 5, 6, and 7. In a humorous manner, they shared their visions for a technologically advanced country with flying cars, machines handling household chores, and families enjoying holidays.

Next, students from years 8 and 9 performed a street play covering themes such as reduced



pollution, eradicating corruption, and creating a country that is empowered and safe for women in India.

Primary students in year 4 shared their aspirations, relating what they liked most to what they wished for their country. For instance, a child interested in art wished for a country full of colours, while others expressed a desire for a hunger-free nation or excellence in sports.

The students performed enthusiastically in front of their school teachers, parents, and fellow students. The programme concluded with the principal's speech, expressing gratitude to the participants for their wonderful presentation on how they envision "their future India to be." Chocolates were distributed to all the students as a token of appreciation.



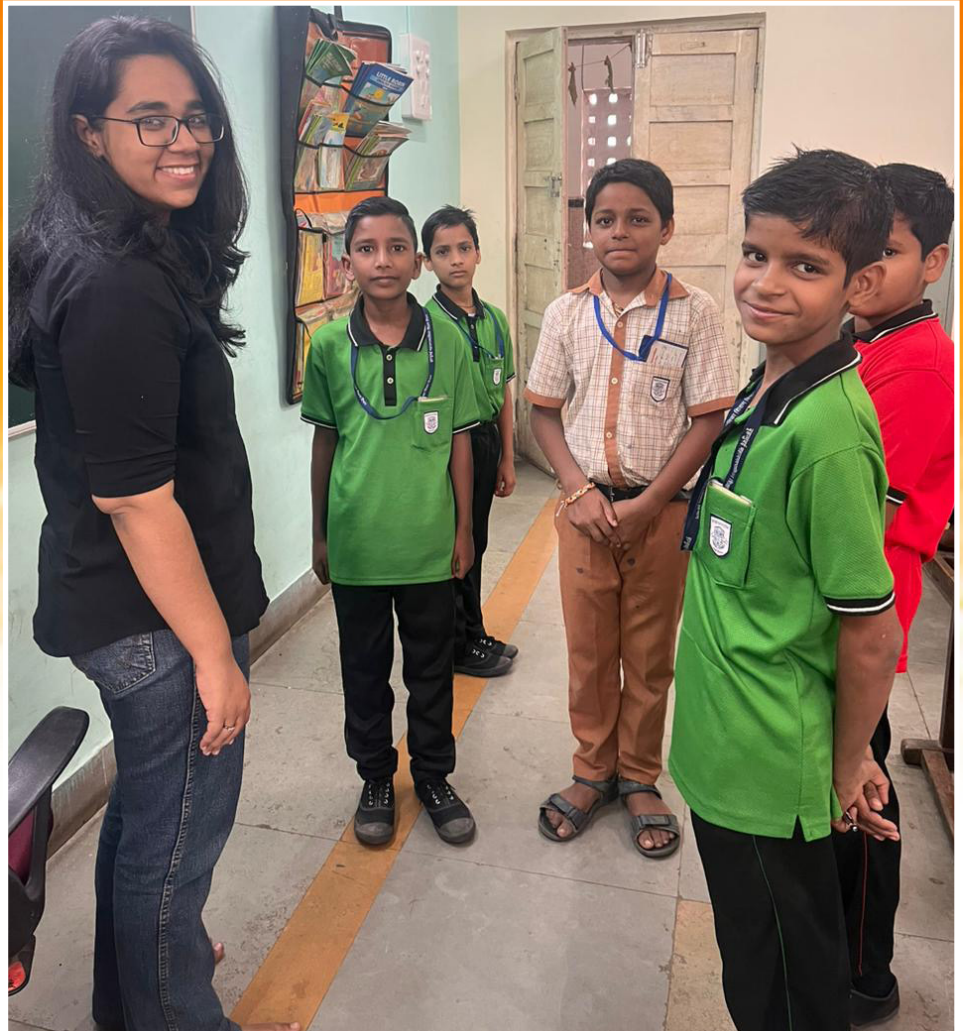
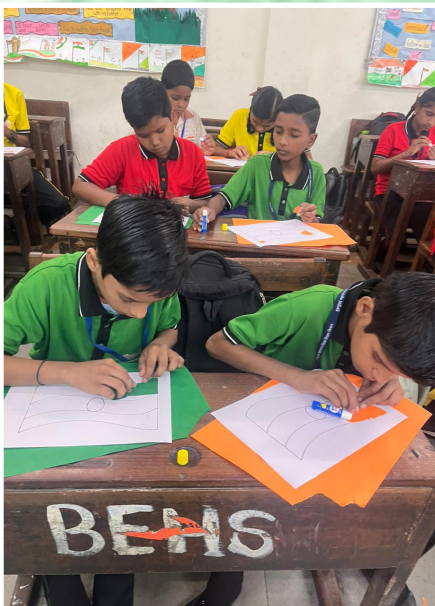
Celebrations at Bhavishya Yaan's Prabhadevi School

commenced with the rendition of 'The National Anthem.'

Both primary and secondary students, accompanied by their parents, attended the programme where they were reminded about

Republic Day and its significance.

The sequence of events included speeches delivered by secondary students, musical performances featuring songs and poems by primary students, and a lively dance performance presented by both primary and secondary students.



RCJC brings R-Day fun for BY Byculla



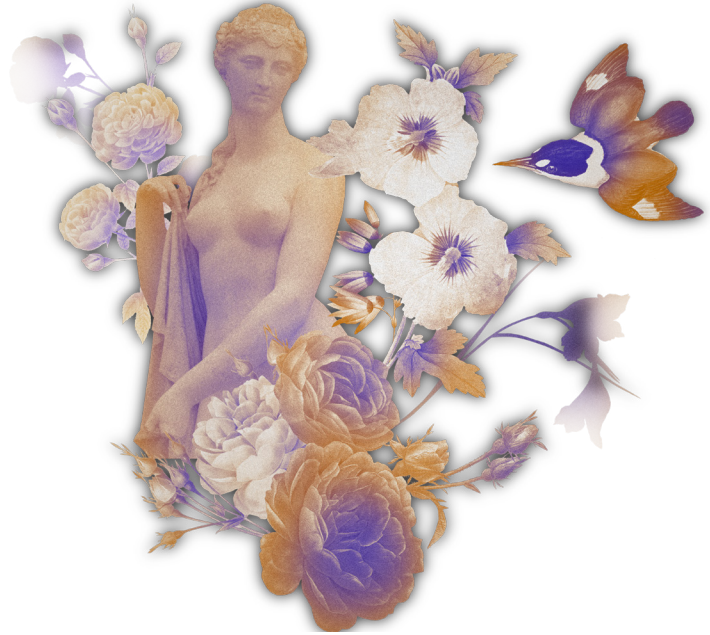
Rotaractors from Jai Hind College visited Bhavishya Yaan in Byculla on January 27th, 2024. The volunteers engaged in an interactive session on the significance of Republic Day and India's independence. They conducted a rapid-fire round of questions, with the students answering most of them and learning the remaining answers. The students also participated in a craft activity where they tore and stuck green and orange paper scraps on a template of the Indian Flag.

Magical sculpture safari for BY kids

Our students of Bhavishya Yaan at the G.K. Marg School had an engaging session on archaeological sculptures led by Ms. Marina Dutta. She passionately delved into the archaeological sculptural heritage of various countries, including Egypt, Assyria, Greece, and India.

Marina Ma'am illustrated her explanations with printed pictures and written descriptions of historical statues and pillars worldwide. The session included insights into renowned museums in the USA, UK, and India.

However, there was a moment of hesitation among students, particularly in grades 6, 7, and 8, when female statues and idols were introduced. The session involved an instruction for students to recognise female idols by pointing towards specific body parts, which some found a bit embarrassing.



1929 RC Madras

*Also formed in 1929, RCB members
are heartily invited by RC Madras
on the auspicious occasion of their
95th anniversary celebrations*

*on: February,
23rd & 24th 2024
Friday & Saturday*



*exact programme yet to be announced
limited places*

Please register with Rashmi



Your Internationalers

RCHR conducts heartwarming session on kindness and gratitude for Bhavishya Yaan kids



The event took place on January 27th, 2024, for Bhavishya Yaan's N.M. Joshi Marg School. A total of 45 students from classes 6 to 9 participated in the session that was structured around the primary objective of instilling values of kindness and gratitude through interactive engagement. Sixteen members of the Rotaract Club of the H.R. College were present at hand to conduct the event.

During the project, the Rotaractors actively connected with the children, imparting insights on the significance of kindness and gratitude in their lives.

For teaching kindness, the students were involved in painting stones with positive words, creating tangible reminders to be kind and giving.

The concept of gratitude was explored through activities such as writing appreciation letters to their loved ones and filling a jar with chits expressing gratitude for various aspects of their lives. These activities aimed to shift the children's focus towards the positive aspects of their lives and foster a mindset of appreciation.



The Rotaract Club of H.R. College express their sincere gratitude to Rtn. Siddhant Jatia and Rtn. Akhil Sanghi for their invaluable support throughout the project. Special appreciation is extended to Rtn. Ptn. Jaya Prasad and Ms. Lima Ma'am for their guidance and assistance, making the 'Art Of Kindness' a memorable and heartwarming experience.

The session proved to be innovative, creative, and a novel approach to learning about kindness and gratitude.





Pizza, Purpose, and Rotary Passion: Satellite members unite for a slice of success!

Satellite members of the Rotary Club of Bombay gathered on January 19th, 2024, at Rtn. Supriya Shah's residence for a delightful evening filled with camaraderie and purpose. Amidst discussions on key agenda points for the Club's feminine hygiene project and its fundraiser, the aroma of pizza added to the warmth of the occasion.

New and potential members were warmly introduced, fostering a sense of community and shared commitment. PP Nirav Shah also dropped by, welcoming all the members to the Club, and even walked them all through Mumbai Ethos, a painting that adorns his house. The event at Rtn. Supriya's house exemplified the Rotary spirit, blending fellowship with meaningful conversations that helped solidify fundraiser plans and new projects for the coming months.



A very short, inspirational story

A man found a cocoon of a butterfly.

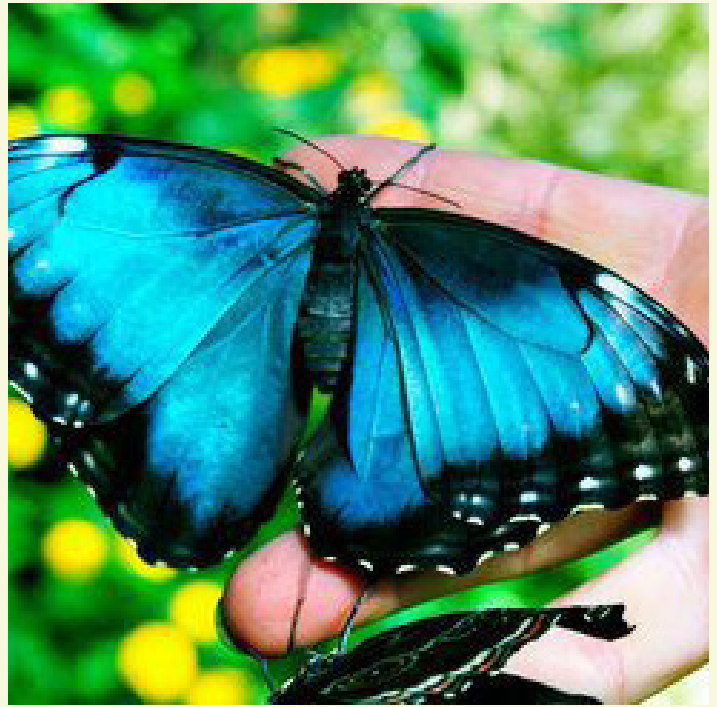
One day a small opening appeared. He sat and watched the butterfly for several hours as it struggled to force its body through that little hole.

Until it suddenly stopped making any progress and looked like it was stuck.

So the man decided to help the butterfly. He took a pair of scissors and snipped off the remaining bit of the cocoon. The butterfly then emerged easily, although it had a swollen body and small, shriveled wings.

The man didn't think anything of it and sat there waiting for the wings to enlarge to support the butterfly. But that didn't happen. The butterfly spent the rest of its life unable to fly, crawling around with tiny wings and a swollen body.

Despite the kind heart of the man, he didn't



understand that the restricting cocoon and the struggle needed by the butterfly to get itself through the small opening; were nature's way of forcing fluid from the body of the butterfly into its wings. To prepare itself for flying once it was out of the cocoon.

Members, please note that we have tied up with Masina Hospital for a great discount for our members, family, and friends.

To avail discount kindly contact PP Vijay Kumar Jatia on email along with a brief medical history:
vkj.rotary@modernindia.co.in

BOMBAY COTTON MERCHANT AND MUCCADAM ASSOCIATION LTD.

ROTARY CLUB OF BOMBAY

FREE CLINIC

ADDRESS:

NEAR COTTON EXCHANGE BUILDING,
OPP. RAM MANDIR, 5 MINUTES WALK FROM
COTTON GREEN RAILWAY STATION,
COTTON GREEN (EAST), MUMBAI – 400 033

PHONE: 022-2373 7301

In-charge - Ms. SHILPA PAWAR



	Tuesday / मंगळवार	Friday / शुक्रवार
Homeopathy Clinic / होमिओपॅथी दवाखाना	9 to 5 / ९ ते ५	9 to 5 / ९ ते ५
Eye Clinic / डोळ्यांचा दवाखाना	9 to 5 / ९ ते ५	9 to 5 / ९ ते ५
Dental Clinic / दाताचा दवाखाना	9 to 5 / ९ ते ५	9 to 5 / ९ ते ५
GP & Child Care Clinic / जीपी आणि तहान मुलांचा दवाखाना	2 to 5 / २ ते ५	2 to 5 / २ ते ५
Blood Tests / रक्ताची तपासणी	9 to 12 / ९ ते १२	9 to 12 / ९ ते १२



Rotary Club
of Bombay



SPEAKER SESSIONS



ARETI SIANNI

Chief of Mission for **UNHCR** India

speaks about

Refugee Protection

A case for balance between
National Security & Humanitarian Concerns

NEW
VENUE
ALERT

THE LOTUS ROOM, TRIDENT HOTEL

LUNCH AT 1 PM. MEETING AT 1.30 P.M.

GUEST ATTENDANCE CHARGES APPLY VISITING ROTARIANS - ₹300

GUEST - ₹400 (ADDITIONAL CHARGE FOR LUNCH)

TUES | 06 | FEB

rotaryclubofbombay.org | @rcb1929 | incredible

NEXT WEEK

AMIT CHANDRA, CHAIRPERSON AND FOUNDER OF BAIN CAPITAL'S INDIA OFFICE

Mr. Amit Chandra was a part of Bain Capital Asia's leadership team for over a decade. Prior to this, he spent most of his professional career DSP Merrill Lynch, India's leading investment bank at that time, and retired as its MD and Board Member in 2007.

Mr. Chandra also co-founded the ATE Chandra Foundation (ATECF), with his wife Archana, which works closely with non-profits and governments to design and scale solutions that impact the most marginalised populations. The couple was listed in Forbes Asia's Heroes of Philanthropy list in 2016 and has been consistently listed amongst India's top 25 donors and top 3 professional donors in the



country in the Hurun-Edelgive Giving list.

Mr. Chandra has served on the Boards of some large companies including, Tata Sons, Piramal Enterprises, Genpact, Emcure, and L&T Finance.

In the not-for-profit sector, he has been a trustee of the Tata Trusts, Chairperson of Give India and The Akanksha Foundation, is a founder/trustee of Ashoka University, a member

of the advisory boards of Bridgespan India, and the Centre for Social Impact and Philanthropy.

Mr. Chandra is a BE, MBA, and was named a Young Global Leader by the World Economic Forum in 2007. He has or continues to serve on multiple committees constituted by the Central and State Government relating to Finance, NITI Aayog, CSR, and Economic Affairs.

Rotarian Member Birthdays



FEBRUARY 6

Rtn. Ashok
Gokal



FEBRUARY 7

Rtn. Ravindra
Fotedar



FEBRUARY 10

Rtn. Mayank
Kummar



FEBRUARY 11

Rtn. Hiren
Kara



FEBRUARY 11

Rtn. Hita
Tolia



FEBRUARY 12

Rtn. Manoj
Murarka

Rotarian Partner Birthdays

FEBRUARY 6

Rtn. Ptn. Ummehaani Bagasrawala

FEBRUARY 7

Rtn. Ptn. Zarine Davar

FEBRUARY 7

Rtn. Ptn. Honey Harish

FEBRUARY 10

Rtn. Ptn. Dilnavaz Meghani

FEBRUARY 10

Rtn. Ptn. John Franklin

FEBRUARY 12

Rtn. Ptn. Farah Batra

FEBRUARY 12

Rtn. Ptn. Reema Kothari

Anniversaries

FEBRUARY 6

Rtn. Ptn. Chetan & Rtn. Varsha Daiya

FEBRUARY 9

Rtn. Ptn. Kavita & Rtn. Anand Dalal

FEBRUARY 9

Rtn. Ptn. Vatsala & Rtn. Ashok Jatia

FEBRUARY 9

Rtn. Ptn. Anshuma & Rtn. Runit Shah

FEBRUARY 11

Rtn. Ptn. Namrata & Rtn. Dr. Ashok
Kirpalani

FEBRUARY 11

Rtn. Ptn. Rita & Rtn. Subhash Sagar

FEBRUARY 11


Rtn. Ptn. Gopi & PP Ashish Vaid


FEBRUARY 12

Rtn. Ptn. Amisha & Rtn. Vivek
Himatsingka

FEBRUARY 12


Rtn. Priya & Rtn. Ptn. Anshuman Tanna


**S. P. SANGHI**
AIRCONDITIONING PVT. LTD.





**BREATHE BETTER,
LIVE HEALTHIER**

WITH OUR RANGE OF AIR PURIFIERS



98193 73057 

SPSANGHI.COM 

AKHIL@SPSANGHIAC.COM 

TRUSTEES OF THE ROTARY CLUB OF BOMBAY



Trustee
PP Dr. Adi
Dastur



Trustee
PP Dr. Zerxis
Umrigar



Trustee
IPDG Sandip
Agarwalla



Trustee
PP Nandan
Damani



Director
PN Bimal Mehta



Membership
PP Nandan Damani



Assimilation
IPP Vineet Bhatnagar



Attendance
Rtn. Mahesh Khubchandani



CSR Reporting
Rtn. Kirit Kamdar



Special Director
IPDG Sandip Agarwalla

OFFICE-BEARERS



President
Manoj Patodia



IPP Vineet
Bhatnagar



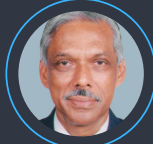
President-Elect
Satyan Israni



President-Nominee
Bimal Mehta



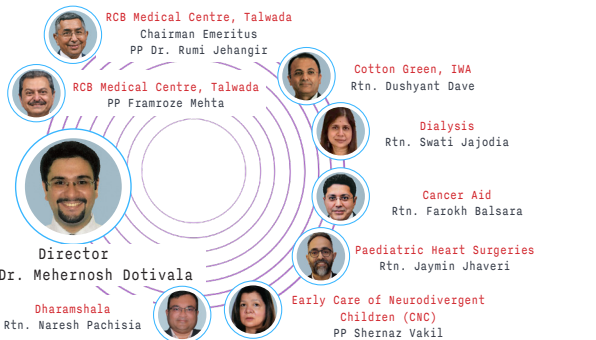
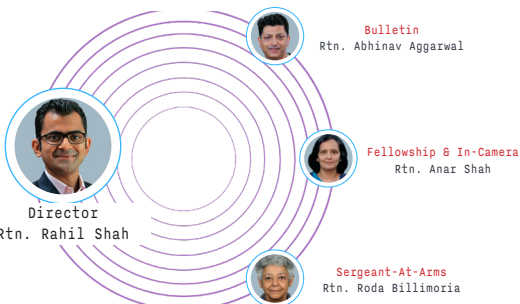
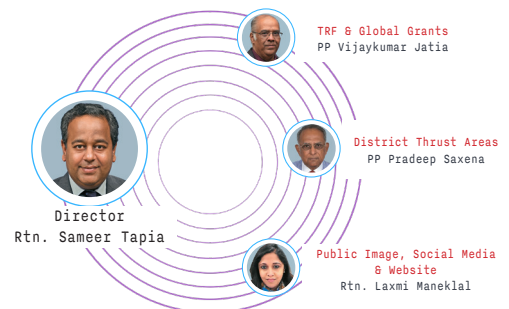
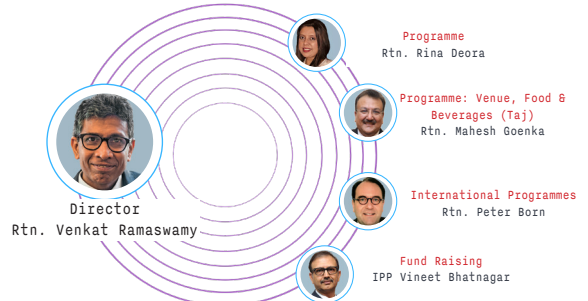
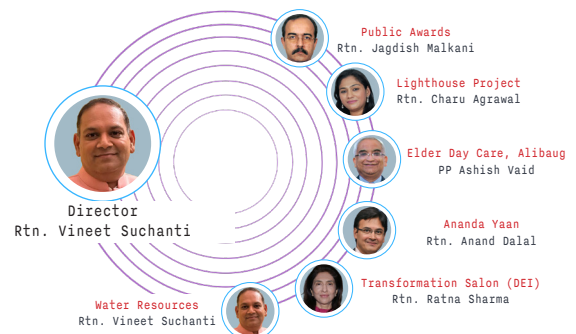
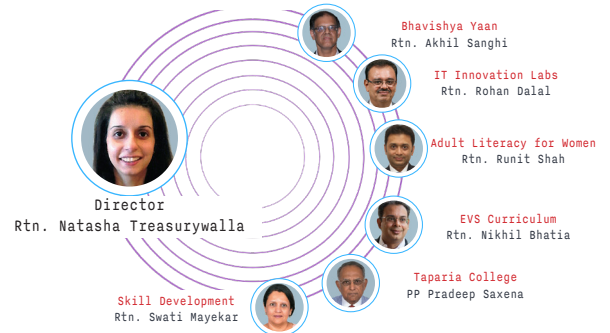
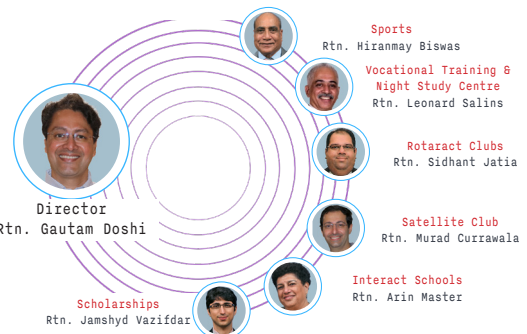
Hon. Secy
Pradeep Gupta



Hon. Jt. Secy
Sunny Pariyaram



Hon. Treasurer
Kirit Kamdar



PUBLISHED BY
PRESIDENT MANOJ PATODIA
FOR ROTARY CLUB OF BOMBAY;
CONTACT@ROTARYCLUBOFBOMBAY.ORG

EDITORIAL CONTENT, DESIGN & LAYOUT BY
THE NARRATORS (THEWRITEASSOCIATES@GMAIL.COM);

REGD NO. MCS/091/2015-17; R.N.I NO. 14015/60.
WP P LICENSE NO. MR/TECH/WPP-89/SOUTH 2015;