

THE GATEWAY



UNITE
FOR
GOOD

Bulletin of the Rotary Club of Bombay

VOLUME 67 ISSUE NO. 36 MARCH 24, 2026

Celebrating 96 Years of Service

This Tuesday, March 24th

Official Club Visit of
DG Dr. Manish Motwani

UPCOMING

March 29th, Sunday

Project visit and fellowship
at RCB's flagship projects at
Talwada.

March 31st, Tuesday meeting



In Conversation: **Arundhathi Subramaniam, Shernaz Patel and Anahita Uberoi** on The Gallery of Upside-Down Women

April 5th, Sunday

Rotary Club of Bombay
Pickleball Tournament.

April 7th, Tuesday meeting

Rotary Club of Bombay Uma Jain Award for Young Woman Achiever to **Mira Kapoor** in conversation with Rtn. Priya Tanna.

April 11th, Saturday

PE Manish Reshamwala invites all for a session for Incoming Directors, Chairs and Co-chairs and members.

Mrs. Yasmin Karachiwala, celebrity fitness instructor in conversation with Rtn. Mahesh Khubchandani on 'Staying Fit as We Age!'



Rtn. Mahesh Khubchandani: Yasmin, thank you so much for your time. First, I would like to introduce Yasmin's husband, Minhaz Karachiwala. I would say her sweeter half, given that I have known both of them long enough. I also wanted to mention that Yasmin's brother is not here, but he is an outstanding Rotarian. Saif Qureshi, Yasmin's older brother is an AKS Club member from the Rotary Club of Bombay Pier, and they have a strong association with Rotary as a family. I think he has been a Rotarian for over 40 years.

Yasmin, coming from an entrepreneurial family, with a dynamic father, a very enterprising brother, and later a husband in business, how did you decide to pursue fitness as a career choice? What did your parents feel at the time? Was it something that started for fun, or were you thinking of it seriously as a career even when you began?

Mrs. Yasmin Karachiwala: Thank you all for having me. Though I come from this amazing family, I was the black sheep, written off by my parents and my brother. They thought I would never do anything because

I started things and never completed them. I did not really find fitness; fitness found me. I stumbled into an aerobics class because my best friend was dating someone and wanted to lose weight. The club had an offer: two for the price of one, and she forced me to go because she could not afford it alone. Like most teenagers, I did whatever my best friend wanted, so I went along.

She knew exactly what she wanted to do. I, on the other hand, was the laziest person you could imagine. I would not even get up from the sofa to get a glass of water. We had athletics in school every morning, and I would pretend to either have a stomachache, a fever, or pain in my legs. The only things I participated in were shot put, javelin, and march past, because you just had to stand in one place.

When my friend took me to that class, I realised I was so bad at something that it shocked me. I kept going back just to prove to myself that I could not be that bad at anything. It was an aerobics class, more like dance, and until then, I had thought I was a great dancer. As a teenager, you think you have everything sorted.

One day, when the instructor was unwell, she



PILATES WORKS FOR EVERY AGE AND EVERY BODY.

asked me to take her class. When I did, I realised I knew all her routines and could do them without a hitch. After I finished college, I went abroad to study fitness because I thought it was fun, I was earning money, and I could earn more. However, when I went abroad, I was in for a rude shock. You needed to know anatomy, and I failed. I realised this could not be happening, so I studied harder, got my degree, and came back.

In those days, fitness was all about teaching aerobics for women and was not taken seriously. That is what I began with. Soon, people started asking me questions beyond aerobics, and I did not have the answers. So I started reading and learning more, eventually becoming a personal trainer. I realised that fitness comes with great responsibility because people look up to you for their health and wellness. It was no longer about earning pocket money. The more I learned about the human body and how it works, the more passionate I became. At that time, I never imagined this would be my path. It was something that kept growing on me, and I suppose my entrepreneurial background helped shape where I am today.

Given that you had begun training people professionally, how did marriage and motherhood affect your training schedule?

Marriage taught me the importance of a supportive husband. One could not have done what I did without that support, especially in the early 1990s. I used to leave home at 8 am, teach kindergarten, then go to Bandra to train clients. I lived in Cuffe Parade and would return home around 8 pm. My husband and in-laws were very supportive, and that is why I could continue.

When I had children, I learned what patience truly means, and that helped me in my profession. My body also changed. I started fitness in my early twenties and had my children in my late twenties. That gave me a different perspective on women, motherhood, and body changes. I understood how confidence can be affected and how training should go beyond appearance to building confidence.

In those days, my training schedule revolved around my children. I worked when they

slept, woke up, or went to school. A positive outcome is that both my sons are into fitness because that is what they saw growing up. They eat healthy and make good choices, so it has shaped their lives as well.

Given that you are observing Ramadan fasting right now, you are, in a sense, already intermittent fasting. What is your view and advice on intermittent fasting?

Let us first talk about Ramadan. It teaches a lot of discipline. At least in India, we continue our daily schedules. You may have clients at 9 in the morning, and you cannot tell them you are fasting, so you cannot train. Intermittent fasting is different because it is not a dry fast; you can drink water, which makes it easier.

I do intermittent fasting, but Ramadan is a completely different experience because the dry fast is more tiring. Intermittent fasting is great if it works for you. Not everything suits everyone. If you feel irritable, impatient, or get headaches, then it is not for you. It works for me because I can manage it well, but it does not work for my husband. He needs breakfast before work.

Each individual has to find the right nutrition that fuels them without making them tired or weak. It is also important to be careful about what you eat when you are not fasting. You cannot justify eating unhealthy food just because you have fasted, as that defeats the purpose. Nutrition plays a very important role, and fitness without proper nutrition is not sustainable, and vice versa.

During COVID, you were doing podcasts and exercise videos to help people stay healthy. You also shared cooking advice and healthy recipes. How did that interest develop, and have you integrated nutrition into your vertical at YKBI?

I am not a nutritionist, but I know enough about nutrition from being in the fitness industry for over 30 years. I understand how my body works and how people's bodies work. It is about choosing the right food. A balanced plate should include protein, a smaller portion of carbohydrates, fibre, and good fats. While cuisines may vary, these components remain constant.

During COVID, I started cooking because my cook, who was Nepalese, had gone on leave and could not return due to the lockdown. I was cooking for my family and realised that healthy eating could be simple and enjoyable. I wanted to share that with others because many people believe healthy food lacks taste, which is not true. You can make it both interesting and delicious.

Given that there are so many trainers and so many gyms today, what gives you the edge over them and attracts the entire Bollywood community to you? Of course, besides the fact that you look like a Bollywood star yourself, what is your main USP?

I think it is intelligent training. It is also about making the people who work out with me understand their body type, what their body requires, and then giving them that kind of training. It is not that one size fits all. Each individual's body is different. Their age, lifestyle, needs, and strengths are all different. You have to understand that and make your client understand it as well. When people work out with intention, their body shows the difference. Many times, we go into gyms or studios, and the trainer simply says, do this, do that, go heavy, push harder, but that is not the way it works. You need to understand why you are doing functional training, whether your body is ready for it, and whether you have enough strength to support those movements. That is where the difference lies. When you have an instructor who helps you realise these things about your body, you tend to stick with them because you feel empowered. Anyone who feels empowered in any field, even while working out, is more likely to remain consistent. We also have an education programme. That is the reason I started the YKBI Pilates Teachers Training Academy, which I have been working on for the last year. We teach instructors and train people to become Pilates instructors. For me, that is one of the..



Bringing Smiles to Young Lives at Talwada

On March 15th, 2026, the Rotary Club of Bombay, led by President Bimal Mehta, distributed 100 Well Baby Kits at Talwada Medical Centre. The centre was filled with children and parents,

creating a lively and heart-warming atmosphere.

Following examinations by Dr. Apte, families received kits along with guidance on their benefits. With 100

beneficiaries, the initiative proved both meaningful and impactful, reaffirming the Club's commitment to the Rotary motto of Service before Self through its flagship Kohinoor Project.



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Rotary Club of Bombay Tuesday Meetings



Rotarians Natasha Treasurywala, Pilloo Aga, Mahesh Khubchandani, Rina Deora, Moy Biswas, President Bimal Mehta and PP Nirav Shah



Rtn. Madhusudan Daga and IPP Satyan Israni



Rotarians Abhishek Saraf and Vikram Daiya



Rtn. Ptn. Khulood Noorani, Rtn. Sameer Tapia, Rtn. Anuj Poddar, Rtn. Ptn. Malti Jain, Guest and Rtn. Mahesh Khubchandani



Rotarians Natasha Treasurywala, Rina Deora, Albert Almeida and Ujjwala Singhania



President Bimal Mehta inducting new member Rtn. Dr. Tanushree Pandey



Rotarians Dr. Nisheeta Agarwala, Pilloo Aga, Paritosh Rungta, First Lady Aradhana Mehta, Rtn. Ptn. Malti Jain and PP Nirav Shah



PP Shernaz Vakil, PP Mahendra Sanghi and Rtn. Meher Vakil Taff



First Lady Aradhana Mehta, Rtn. Roda Billimoria and President Bimal Mehta



Rotarians Mahesh Khubchandani, Anita Paymaster and Guest



Rotairans Mahesh Khubchandani, Ujjwala Singhania and Rtn. Ptn. Malti Jain



Rotarians Anuj Poddar., Sameer Tapia, PP Mahendra Sanghi and IPP Satyan Israni



Rotarians Mahesh Khubchandani, Madhusudan Daga and Hon. Secretary Farhat Jamal



First Lady Aradhana Mehta, PP Mahendra Sanghi and President Bimal Mehta





PLEASE JOIN
PRESIDENT BIMAL MEHTA
FOR A PROJECT VISIT AND FELLOWSHIP AT
OUR FLAGSHIP PROJECTS AT TALWADA

HIGHLIGHTS:
MEGA EYE CAMP – PRVEC
MEGA MEDICAL CAMP – ADMC
WALK THROUGH OF TAPARIA COLLEGE

SUNDAY, 29TH MARCH, 2026

DEPARTURE TIME

6:30 AM NARIMAN POINT
(TRIDENT HOTEL)

6:40AM PEDDER ROAD
(VILLA THERESA SCHOOL)

6:50 AM WORLI
(CHINA BISTRO)

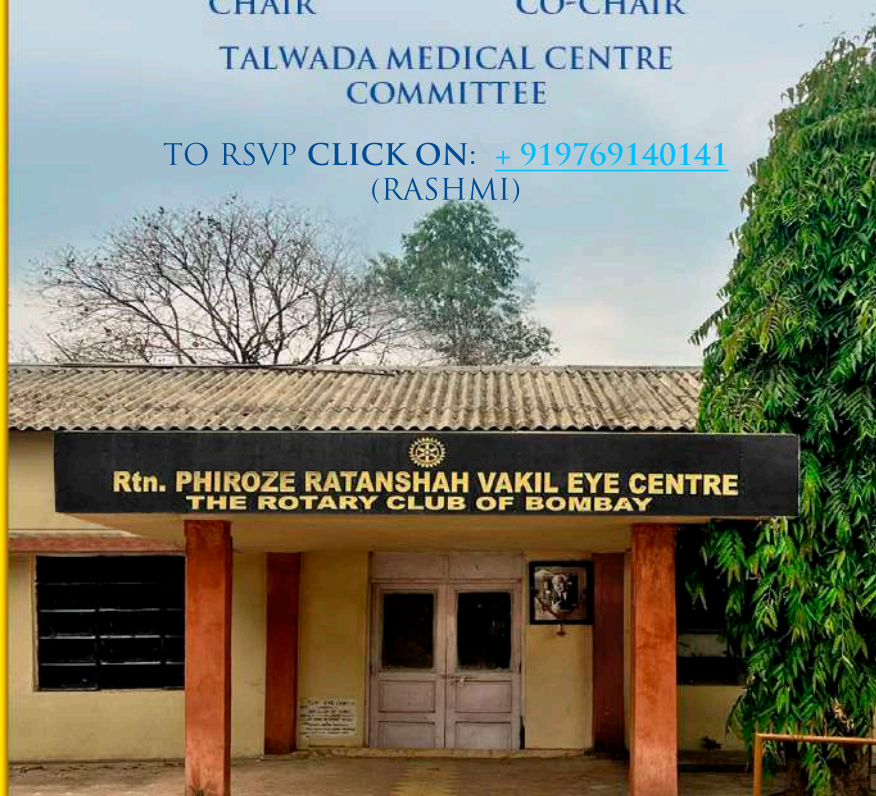
7:00 AM BANDRA SEA LINK
(BANDRA END)

DR. RUMI JEHangIR
CHAIRMAN EMERITUS

MIHIR MODY DR. SHEELA KERKAR
CHAIR CO-CHAIR

TALWADA MEDICAL CENTRE
COMMITTEE

TO RSVP CLICK ON: [+ 919769140141](tel:+919769140141)
(RASHMI)



Bhoomi Pujan for New Wing at Anusaya Devi Taparia College



The Anusaya Devi Taparia Junior College, located in Talwada, was established in 2004–05 through a generous donation by Mr. Bharat Taparia in honour of his mother. The college was founded to build upon the educational foundation laid by the residential Ashram school on the same campus, one of the oldest institutions in Maharashtra. The transition to a junior college offering education beyond Class X was a natural progression towards providing a comprehensive learning experience.

Situated in Talwada, Taluka Vikramgad, District Palghar, the college has supported economically disadvantaged Adivasi students since 2004. With a strong emphasis on academic excellence and extracurricular activities, it has nurtured over 6300 students and continues to make a meaningful impact.

The Adiwasi Seva Mandal Samiti has approved the construction of a new wing to enhance infrastructure and improve the learning environment.

On March 15th, 2026, the Bhoomi Pujan ceremony for the new wing marked an important milestone. The event was attended by members of Rotary Club of Bombay, including President Bimal Mehta, Hiranmoy Biswas, Mihir Mody, and Kajal Shah.

The Taparia Foundation has generously supported this initiative. The new wing is expected to further strengthen the institution's mission and serve as a beacon of progress and educational excellence.



Understanding Emotions Through Creative Expression at Bhavishya Yaan N. M. Joshi Marg School

On March 7th, 2026, a Lifes Skill class on Emotional Expressions was conducted for BY students at NMJ by Dr. Jabeen. The session combined creativity with meaningful learning, helping students understand and express their emotions in a healthy way.

The class began with an engaging activity where students were given materials to create masks representing different emotions they experience. This hands-on exercise encouraged them to explore feelings such as happiness, sadness, anger, fear, excitement, and disappointment. Following the activity, each student spoke about their chosen emotion, sharing when they feel it and how it affects them.

Through the session, students learned that emotional expression means showing or sharing what we feel inside in a healthy and honest manner. They were guided on the importance of not wearing an emotional mask, where one hides true feelings and projects something else. Suppressing emotions can lead to stress and prevent others from understanding and offering support.

The discussion also highlighted why emotional expression is important. It helps individuals understand themselves better, enables others to relate to their feelings, reduces stress, and strengthens relationships and friendships.

Students were introduced to healthy ways of expressing emotions, including speaking to a trusted person, writing in a diary, engaging in art, participating in sports, and practising calming techniques before responding.

The session concluded with an important takeaway that emotions are natural and valid, but the way they are expressed matters. By learning to communicate feelings respectfully, students can build stronger emotional awareness and healthier connections.





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- Shreebadi Hospital, Kandoli (**Free**)
- Satyavanai Dayals & Thalassemia Centre, Chhatrapur (**Free**)
- Lifeline Medicare Hospital, Charkoo (**Free**)
- Dr. M.L. Desai Memorial Trust Hospital, Palghar (**Subsidized**)
- V.J. Sonawale Hospital & Research Centre, Gori (**Free**)
- Acharya Sri Parshad Dialysis Centre, Andheri East (**Free**)
- Melika Hospital, Jogamoni, Mumbai (**Free**)
- Symbiosis University Hospital & Research Centre, Durgam Chawl
- Sankshi Shreshthanand Hospital, Vasa (**Free**)
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ROTARY CLUB OF BOMBAY PICKLEBALL TOURNAMENT

The **RCB Sports Committee** invites all our members and their families to participate in the first ever RCB Pickleball Tournament!



APR 5, 2026
9:00 AM - 12:00 PM
Sunset Courts
Ocean's Edge Pickleball Club
Jai Hind College

Register with:

Rtn. Mahesh Khubchandani +91 98200 62442

Rtn. Moy Biswas (Chairman of the Sports Committee) +91 98200 51887

Underwater Adventures Spark Creativity at CWC Summer Camp 2026

The Summer Camp 2026 for Junior and Senior KG has embraced the vibrant theme of Underwater Creatures, transforming classrooms into immersive and engaging learning spaces. The camp is thoughtfully designed to build confidence, communication skills, creativity, and self-expression among young learners through a variety of activities including rhymes, songs, dramatised storytelling, role play, and extensive art and craft.

A key highlight of the programme is the Final Presentation Day, where Senior KG students will present a skit, while Junior KG students will participate in speaking and recitation, showcasing their learning in an enjoyable and interactive manner.

On Day 2 of this underwater adventure, the focus shifted to the fascinating



world of octopuses. The teacher shared intriguing facts, explaining that octopuses have eight arms, three hearts, and the remarkable ability to change colour and shape. The children were delighted to discover that these creatures are highly intelligent and can squeeze through tiny spaces.

The session included the lively rhyme “Ooh la la octopus” and the engaging story of Olly the orange octopus, encouraging children to mimic movements and actively participate. Creative expression continued through colouring activities and octopus crafts, particularly among Senior KG students. The day concluded with a rehearsal for an upcoming role play, leaving the children excited to present their talents.

Strengthening Bonds with Rotary Club of Colombo

On March 12th, 2026, at Courtyard by Marriott, a meaningful Club Pennant exchange took place with the Rotary Club of Bombay. Chartered in 1929 and comprising 360 members, the Club continues to uphold a strong legacy of service.

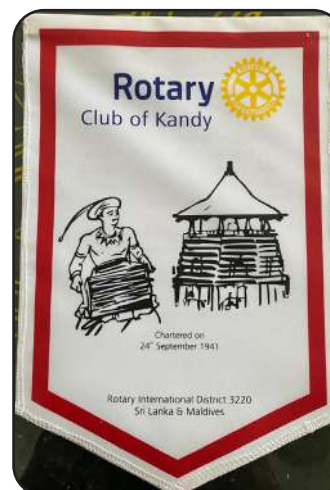
Rtn. Pilloo C Aga, accompanied by her husband Cyrus Aga, was introduced

by Club Service Director Suren Karunakaran. The event was attended by K. P. Nagaraja, Shuvo, and Suren Karunakaran.

Aruna Fernando of the Rotary Club of Colombo was also present and exchanged pennants with the visiting Rotarian. Chartered in 1929, the Rotary Club of Colombo is Sri Lanka's first

Rotary club and a founding member of District 3220. It is also the home club of K.R. Ravindran.

With 106 active members, the club leads impactful initiatives across healthcare, education, and community development, continuing to embody the Rotary motto of Service Above Self.



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ROTARY CLUB OF BOMBAY **DIALYSIS CENTRES**



Sr.No.	Centre / Location	Address	No. of Machines	Charges for Poor Patients
1	Aastha Hospital, Manor	First Floor, Rais Arcade, Palghar-Wada Road, Manor District Palghar 401403	3	Free
2	Platinum Hospital, Mulund	Neptune Colorscape, Dumping Rd, Siddharth Nagar, Mulund West, Mumbai 400080	2	Free
3	Sukh Sagar Hospital, Dahisar (Rotary Dialysis Centre)	Lokmanya Tilak Rd, Mhatre Wadi, Dahisar West, Mumbai 400068	2	800
4	Shatabdi Hospital, Govandi (Rehbar Foundation)	Rehbar Foundation Malik Rakia Khatoon Dialysis Centre, 1st Flr. Shatabdi Hospital, Centenary Building, WTP Marg, Deonar, Govandi East, Mumbai 400088	3	Free
5	Shatabdi Hospital, Kandivali	Swami Vivekananda Rd, Kandivali, Fateh Baug, Kandivali West, Mumbai 400067	2	Free
6	Samarpan Dialysis & Thalassemia Centre, Ghatkopar	Aaradhya Edu-Health Centre, , H-wing, 3rd Flr., Aaradya One Earth, Naidu Colony, Pant Nagar, Ghatkopar East, Mumbai 400077	14	300
7	Lifeline Medicare Hospital, Charkop	Near Rustonjee Meridian, Charkop Gaon / Village, Kandivali West, Mumbai, 400067	10	300
8	Dr. M.L. Dhawale Memorial Trust Hospital, Palghar	Boisar Rd, Opp. S.T Workshop, Industrial Co-Op Estate, Palghar 401404	3	250
9	K.J. Somaiya Hospital & Research Centre, Sion, Mumbai	Somaiya Ayurvihar, Eastern Express Hwy, Sion East, Mumbai 400022	10	Free
10	Acharya Shri Ramesh Dialysis Centre, Andheri East, Mumbai	316 B-Wing, Dattani Plaza, near Safed Pool, Sakinaka, Andheri Kurla Road, Andheri(East), Mumbai 400072	10	Free
11	Mallika Hospital, Jogeshwari	Sharma Estate, S V Road, Jogeshwari west, Mumbai Maharashtra 400102	4	Free
12	Rotary Yoda Dialysis Centre, Symbiosis University Hospital & Research Centre, Pune	Building #1, Mulshi Rd, Lavale, Pune 412115, Maharashtra	8	Free
13	Swami Shraddhanand Hospital, Vasai	Near Shankaracharya Samadhi Mandir Navale, Nirmal, Vasai (W, Vasai-Virar, Maharashtra 401304	6	Free
14	Adhikari Lifeline Hospital, Boisar	Adhikari Lifeline Hospital, Nagzari, Boisar	9	Free
15	Galaxy Superspeciality Hospital, Mulund	CTS No. 1124, Ambedkar Nagar, 90 Feet Road, Mulund East, Mumbai, Maharashtra 400081	2	Free

7 Oct 2025

To know more reach out to:

Rtn. Swati Jajodia +91 9821028587 swati@spentose.com










Solar Water Project Inaugurated at Dhamni Village

The inauguration of the Solar Based Water Lifting Project for drinking and irrigation in Dhamni Village marks an important milestone under the Integrated Village Development Project. This initiative has been implemented through the collaborative efforts of the Rotary Club of Bombay and the Diganta Swaraj Foundation, with the support of EAAA India Alternatives Limited. The project aims to strengthen rural infrastructure by improving access to irrigation and safe drinking water, thereby enhancing agricultural productivity and overall quality of life.

Project Objectives

- To provide reliable irrigation facilities for farmers in the village
- To ensure sustainable access to safe drinking water for residents
- To promote community development and environmental awareness
- To strengthen rural infrastructure through renewable energy and water management solutions

Inauguration Ceremony

The inauguration ceremony, held in Dhamni Village, brought together representatives from partner organisations, along with villagers, farmers, women representatives, and students.





Key attendees included Vaibhav Bhandari and Khyati Parekh, President Bimal Mehta, Rtn. Vinti Gajree, Rahul Tiwrekar, and Shraddha Shringarpure.

The programme began with the inspection and inauguration of the solar panel system, followed by the agricultural irrigation pipeline. The dignitaries were welcomed in a traditional manner at the village entrance with folk dance and music performed by school students. The domestic water storage tank was also inaugurated.

The formal programme included a welcome address, with Shraddha Shringarpure introducing the dignitaries and Rahul Tiwrekar explaining the purpose and importance of the project. Farmers and women representatives shared their experiences and expectations. The dignitaries highlighted the importance of sustainable rural development, community participation, and effective water management. Saplings of Sonchafa and Mogra were planted as a symbol of environmental sustainability.

Project Infrastructure Details

- Agricultural Irrigation Pipeline
 - Pump Capacity: 10 HP
 - Pipeline Length: 1800 metres
 - Beneficiaries: 29 farmer families
- Domestic Water Pipeline
 - Pump Capacity: 5 HP
 - Pipeline Length: 1500 metres
 - Purpose: Drinking and household water supply

Beneficiaries

- Total Village Population: 743 residents
- Direct Agricultural Beneficiaries: 29 farmer families
- Indirect Beneficiaries: Entire village community

Expected Impact

The project is expected to:

- Improve agricultural productivity through reliable irrigation
- Enhance access to clean drinking water
- Reduce water shortages during dry seasons
- Strengthen community resilience and rural development

This initiative reflects a strong commitment to sustainable development and demonstrates how collaborative efforts can bring meaningful and lasting change to rural communities.



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Rotary
Club of Bombay



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invites you to a session for
Incoming Directors, Chairs, Co-Chairs and Members
Rotary Year 2026 - 2027

to discover a year that celebrates

WHERE SERVICE BECOMES A LEGACY

APRIL

11

9 AM - 5 PM

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Rotarian Birthdays



March 24
Rtn. Puneet
Wadhwa



March 25
Rtn. Dr. Anand
Somaya



March 28
Rtn. Shariq
Contractor



March 25
Rtn. Joseph
Koshy



March 28
Rtn. Nikhil
Bhatia



March 28
Rtn. Leela
Deshpande

Rotarian Partner Birthdays

March 24
Rtn. Ptn. Rashna Cooper
March 24
Rtn. Ptn. Divyaa Kummar

March 26
Rtn. Ptn. Berryl Hirani
March 28
Rtn. Ptn. Swati Piramal

March 28
Rtn. Ptn. Mina Somani
March 29
Rtn. Ptn. Gauri Daiya

Anniversaries

March 28
Rtn. Ptn. Radhika & Rtn. Dipan Mehta

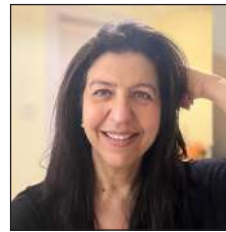
Next Tuesday, 31st March: Arundhathi Subramaniam, Shernaz Patel and Anahita Uberoi in conversation on The Gallery of Upside Down Women.



Arundhathi Subramaniam is an acclaimed author of fifteen books of poetry and prose. She was shortlisted for the TS Eliot Prize in 2015 and won the Sahitya Akademi Prize for Poetry in 2020. Her recent works include Women Who Wear Only Themselves and the anthology Wild Women.



Shernaz Patel is a distinguished theatre actress and producer with over four decades of experience. She has worked extensively across Indian cinema, web series and television, and is also a highly regarded voiceover artist and voice coach.



Anahita Uberoi is an accomplished actor, director, producer and creative consultant with over forty years of experience. She has made significant contributions to Indian theatre and film, and is widely respected for her versatile and impactful body of work.



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