



THIS TUESDAY, **21 JULY, 2026**

Josy Paul, CCO of BBDO India will address the Club on Meaningful communications that work.

Upcoming events

Tuesday, 28 July:

Dr. Vishaka Shivdasani in a Fireside chat with Rtn. Anushka Jagtiani on Longevity and Disease Reveal.

Tuesday, 4 August:

Commodore Srikant Kesnur will address the Club on The Strategic Significance of Nicobar Port Project.

Friday, 7 August: 7 pm

Parsi Nite @ Allbless Baug, Charni Road.

Tuesday, 11 August:

Falguni Nayar will address the Club.

Tuesday, 18 August:

Panel discussion on Poverty and Rural Upliftment.

Generations. Values. Vision.

Prabhuji Gaur Gopal Das on Building Bridges Across Generations, Values and Vision

- Recognition often matters more than reward; unseen contributors deserve to be seen.
- Every generation sees the world differently; bridges are built by understanding, not insisting.
- Fulfilment comes not from possessions, but from purposeful conversations and meaningful relationships.
- Strong communities are built when empathy takes precedence over ego.



- Success is meaningful only when it is balanced with genuine human connection.
- Rotary, families and workplaces thrive when diverse people unite with a common purpose.
- Progress deserves encouragement; transformation happens one step at a time.
- Building bridges begins with listening, understanding and seeing from the other person's point of view.

Ladies and gentlemen, this afternoon, at your very first meeting of the year at the Rotary Club of Bombay, I make one humble appeal. Build bridges. And to build those bridges, begin by catching people doing the right things. Your children, your partner, your colleagues, your team members, your family, your spouse, your parents and everyone. There is so much goodness. There is so much that is right. Only when we focus on that goodness will we truly be able to bridge these gaps.

There's a beautiful song, *Khamoshiyan*. One line from that song has always struck me deeply: "*Bataun tumhe kya mere saath kya kya hua.*" Think about the young gentleman sitting here, the young lady sitting here, every young person in this room. Do we really know what kind of pressure they're under? They may appear relaxed. They may seem very chilled because they're Gen Z. But do we realise that many times they are under enormous pressure simply to fit into their social circles,

even when they don't want to? When will we sit down and truly listen? When will we try to understand what they're silently carrying? "*Bataun tumhe kya mere saath kya kya hua.*" Do you really know what I'm going through?

And to all the youngsters here, I always say this. I have always seen parents come from a place of love. They may not always express it in the right way. Sometimes it comes across as harsh or controlling. But the place they come from, and the



intention behind it, is almost always love. This principle applies everywhere: at work, in Rotary, at home, in every relationship. We must first seek to understand one another.

Let me conclude by sharing one final story. There was a boy in Class 6 named Arnav. His teacher asked him, "Arnav, if I give you two mangoes and two mangoes, how many will you have?" Simple maths.

He said, "Five."

The teacher said, "Arnav, two and two mangoes. How many will you have?" He said, "Five." The teacher thought, let me change my strategy. She asked, "Arnav, if I give you two strawberries and two strawberries, how many will you have?"

He said, "Four."

The teacher was visibly pleased with this change. She thought, let me check once again. "Arnav, if I give you two apples and two apples, how many will you have?"

He said, "Four."

"Brilliant!"

Just to make sure he had understood his maths correctly, she went back to mangoes. "Arnav, if I give you two mangoes and two mangoes, how many would you say?"

He said, "Five."

The teacher said, "What? Two apples and two apples are four. Two strawberries and two strawberries are four. But two mangoes and two mangoes are five?"

He said, "Yes, Ma'am, because I already have one mango in my bag. So that makes it five. Two and two is four, and the one in my bag makes it five." I am asking you a simple question, ladies and gentlemen. Was Arnav wrong? Was the teacher wrong?

And that is the problem. You as parents are not wrong, and they as children are not wrong. You as a boss are not wrong, and they as employees are not wrong. You as a Rotarian are not wrong, and your fellow Rotarian is not wrong. There is no wrong.

There is just a hidden mango.

The teacher was technically correct, and Arnav was practically correct. Almost all conflicts come from being technically correct and practically correct.

Building bridges means bridging the gap between technical correctness and practical correctness.

Dosto, ek baat batao. Agar yahan 9 hoga, toh yahan se dekhunga toh kya dikhega? 9. Udhar se dekhunga toh kya dikhega? 6.

They are on that side, I am on this side. One person is seeing 9, the other is seeing 6. And the conflict begins because the person seeing 9 says, "I am right. It is a nine. This is the right way to do business. Do you understand?"

The other person says, "Hang on, Dad. Hang on. I am seeing a six." The person who sees 6 is strongly convinced that it is a six. The person who sees 9 is strongly convinced that it is a nine.

Building bridges across generations with values and vision means having the ability to move to the other side and see what they see.

If you have a Gen Z child, are you willing to go to their side and see what they see? How do they see the world? Just because you saw it a certain way does not mean they see it that way.

Are children willing to go to the other side and see why their parents see it as a nine?

Ladies and gentlemen, there is essentially only one problem in the world today: the lack of willingness to look at another person's point of view.

If we are able to go to the other side and say, "Let me understand what you see," I am not saying that all problems will be solved. I am saying relationships will become better, generations will understand each other better, and that is what we need in a rapidly changing world.

Have any of you ever done a religious fast?

Some of you have. Wow. Some youngsters are raising their hands as well. These girls are saying, "We have done religious fasts."

It could be Navratri, Roza, Paryushan, whatever your tradition may be.

You know what? If you want to do a fast in 2026, do not fast from food and water. Fast from your phones. No WhatsApp, no ChatGPT, no Claude, no LinkedIn, no Instagram.

For one day, Bhagwan might come down and say, "Bas kar pagle, rulaayega kya?"

It is a fast-changing world, isn't it?

In a world where everything moves so quickly, are we willing to sit down, talk, understand and communicate?

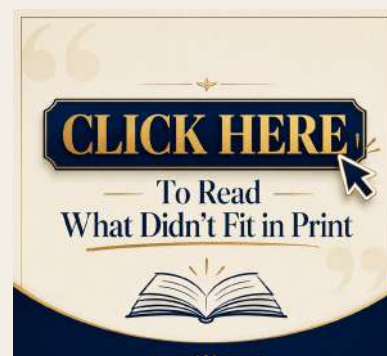
India has one problem. Our families are wonderful. Our people are wonderful. But the singular problem in this country is the lack of willingness to go to the other side and see how others see things.

The lack of willingness to sit down and have these difficult, uncomfortable conversations. Or do we always want everything to remain pleasant and easy?

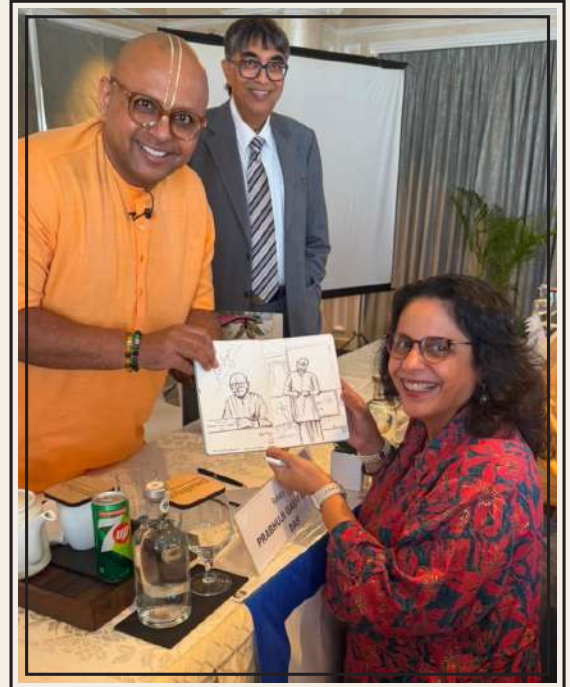
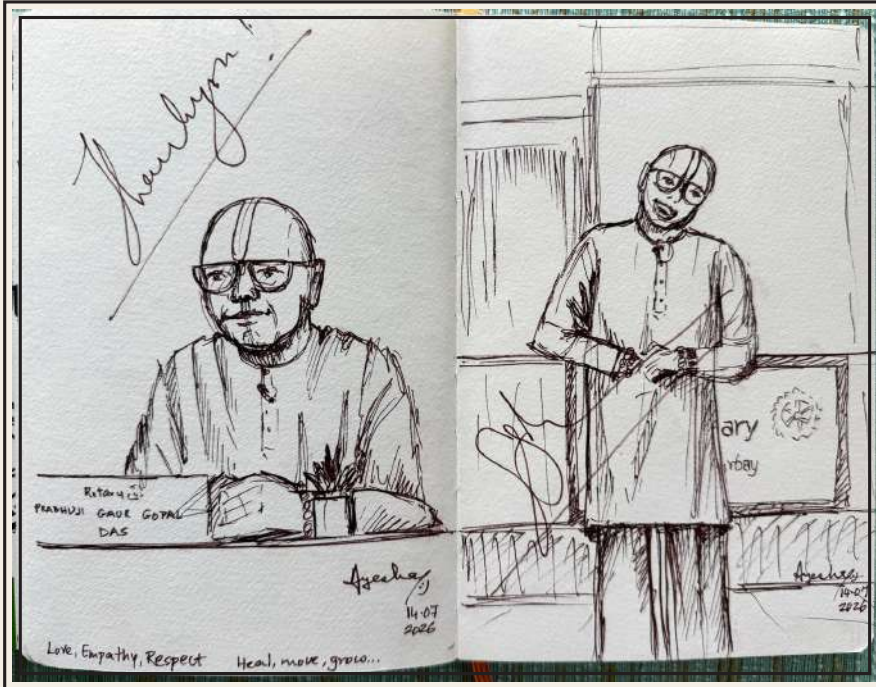
Sit down, talk, understand, clarify and communicate.

A million issues are solved when we are able to do precisely that. And that is how we build bridges across generations with values and vision.

Thank you all very much.



As Prabhuji Gaur Gopal Das inspired the audience, **Rtn. Ptn. Ayesha Soonawala quietly captured the moment on paper.**



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One Guest. Countless Frames.



Rtn. Rina Deora, Hon. Secy. Farhat Jamal, Guest Speaker Prabhuji Gaur Gopal Das, President Manish Reshamwala and First Lady Rakhee Reshamwala



Hon. Sec. Farhat Jamal, First Lady Rakhee Reshamwala, Rtn. Ptn. Gauri Daiya, Guest Speaker Prabhuji Gaur Gopal Das, Rtn. Puneet Bhasin, President Manish Reshamwala, Executive Secretary Rashmi Kotian, Rtn. Rina Deora, Rtn. Anushka Reshamwala and Rtn. Vikram Daiya



PP Dr. Mukesh Batra, Guest Speaker Prabhuji Gaur Gopal Das, Rtn. Ptn. Ekta Shah and Rtn. Ptn. Gauri Daiya



Rtn. Vikram Daiya, Guest Speaker Prabhuji Gaur Gopal Das, Rtn. Ptn. Gauri Daiya and Guest Kartikeya Daiya



Guest Speaker Prabhuji Gaur Gopal Das signing the book for Rtn. Anushka, First Lady Rakhee and President Manish Reshamwala



Guest Speaker Prabhuji Gaur Gopal Das and PDG Sandip Agarwalla



Visiting Rtn. Nupur Desai, Guest Speaker Prabhuji Gaur Gopal Das, Rtn. Ptn. Malti Jain and Rtn. Ptn. Gauri Daiya



Guest Speaker Prabhuji Gaur Gopal Das and Rtn. Uday Sanghani



Hon. Secy. Farhat Jamal and Guest Speaker Prabhuji Gaur Gopal Das

One Page Isn't Enough!

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Rtn. Kiren Srivastav and Guest Speaker Prabhuji Gaur Gopal Das



Guest Speaker Prabhuji Gaur Gopal Das and Rtn. Ptn. Sushmita Bluemel

The First 25 RCB Chhalang Scholars

“A scholarship is far more than financial assistance. It tells a student: we believe in you, your dreams matter, and you do not have to walk this journey alone.”

Education has the power to transform not just one life, but the future of an entire family.

This year, RCB Scholarship Committee is supporting its largest-ever cohort of deserving students. Behind every scholarship is a story of resilience, determination and hope.

Our scholars are the sons and daughters of domestic workers, taxi drivers, tanker drivers, hawkers, small shop owners, gardeners, cleaning staff, caretakers, watchmen and many others who work tirelessly to keep Mumbai moving. While rising educational costs often place higher education beyond their reach, these parents never stop believing in their children's potential.

Despite financial and social challenges, these remarkable young men and women have excelled academically.

They have secured admission to courses in engineering, information technology, finance, accountancy, social work and other professional fields. They aspire to build successful careers, support their families and contribute meaningfully to society.

A scholarship is far more than just financial assistance. It is a vote of confidence. It tells a student, “We believe in you. Your dreams matter. You have earned this opportunity, and you do not have to walk this journey alone.”

At the Rotary Club of Bombay, we believe that investing in education is one of the most meaningful ways to serve society. These scholarships are not merely grants; they are investments in human potential.

Their success will be our greatest achievement.



Tanuja Ghugare
D. G. Ruparel College, Mumbai,
SYJC Commerce



Shairan Veigas
St. Xavier's College Mumbai
BSc Biotechnology &
Computational Biology



Parth Salavi
Somaiya, Vidyavihar University,
BCom Accounting & Finance



Prathemesh Pimpale
Kirti M. Doongursee College,
Bachelor of science



Shivam Chauhan
KJ Somaiya college of Arts
and Commerce, BCom



Dilip Pal
Vidyalankar Institute of
Technology, Bachelor of
Engineering in IT



Siddhi Pawar
Wilson College
Bachelor of science



Gauri Salunkhe
K.P.B Hinduja College of
Commerce, Masters in Banking
and Finance



Dhanashree Parab
Dr. DY Patil University,
Pune, Bachelor of Business
Administration



Fatma Shaikh
Moonstar Junior college,
FYJC Commerce



Babli Pal
Vidyalankar School of
Information Technology
Bachelor of Financial Markets



Sonu Yadav
Guru Nanak Khalsa College
SYJC Commerce



Kaif Siddique
Anjuman I Islam Junior
college, FYJC Commerce



Ravishankar Yadav
Shiddharth College of
Commerce, Bachelor of
Accounting and Finance



Faizan Ansari
Akbar Peerbhoy college of
Commerce and Economics,
FYJC Commerce



Vijay Hanumandla
Vidyalankar Institute of
Technology, B.Tech in
Computer Engineering

The Rotary Club of Bombay extends its sincere gratitude to PP Preeti Mehta for facilitating a generous donation of Rs. 15 lakhs from Janmabhoomi Patro Rahat Nidhi Trust, and to PP Ramesh Narayan for securing contributions of Rs. 2 lakhs from Indian National Press Pvt. Ltd. and Rs. 3 lakhs from Rtn. Ptn. Devi Narayan towards the Chhalang Scholarship Programme.

Their generosity will enable more deserving students to pursue higher education, opening doors to opportunity and a brighter future.

For many talented students, the cost of higher education is the only barrier between them and their future.

Your support can bridge that gap.

Every contribution helps deserving students pursue higher education, realise their ambitions and build independent, dignified lives.

A scholarship opens the door to education. A mentor opens the door to confidence, guidance and opportunity.

Many of our scholars are the first in their families to attend college. They often have no one to guide them through academic choices,

career decisions or the transition into the professional world.

Just a few hours of your time each month can make a lasting difference. Whether your expertise is in engineering, finance, medicine, law, business, technology or any other field, your experience can help a young person navigate challenges with confidence.

A word of encouragement, a listening ear or practical advice can change the course of a student's journey.

Become a mentor. Share your experience. Inspire a dream. Build a future.



Pancham Rajput
Sydenham college of
Commerce & Economics,
BCom - Banking & Insurance



Pallavi Patil
College of social work Nirmala
Niketan Mumbai, Bachelor in
social work



Suraj Kanaujiya
Hazarimal Somaiya College,
BScIT



Azim Hajam
Burhani Junior college,
FYJC Commerce



Aditi Thorat
College of Social Work Nirmala
Niketan, MA Social Innovation
and Entrepreneurship



Gauri Pednekar
Gurunanak Khalsa College,
FYJC Commerce



Ananya Jha
Vidyalankar school of
Information Technology,
Bachelor of Finance & Analytics



Shreya Godse
D. G. Ruparel College,
Mumbai, SYJC Science



Aman Gupta
Vidyalankar Institute of
Technology, B.E/B.TECH in
Computer Engineering

Share Your Time. Become a Mentor.

GK Marg School Mangrove Conservation Awareness Session

- *Environmentalis Dharmesh Barai interacted with Bhavishya Yaan students*
- *Students learnt about the importance of mangroves*
- *Focus on reducing plastic use and protecting the environment*
- *Beach clean-up planned with the students*

Bhavishya Yaan students at GK Marg enjoyed an engaging and educational session with renowned mangrove conservationist Mr. Dharmesh Barai, joined by Ms. Pooja from the Free Press Journal.

Ms. Pooja introduced Mr. Barai and explained why he had been recognised by the Free Press Journal as an Angel of Mumbai. He

then spoke to the attentive and enthusiastic students about the importance of mangroves, their vital role in protecting Mumbai during the monsoon, and the need to reduce plastic use and keep the environment free of litter.

The students participated enthusiastically and greatly enjoyed the informative session. It concluded with

Mr. Barai promising to organise a beach clean-up drive near the school with the Bhavishya Yaan students.



Responsibility and Mindfulness Session at NM Joshi Marg School

- *Students of Grades 8 to 10 attended the session*
- *Focus on responsibility, respect and mindfulness*
- *Encouraged positive decision-making and empathy*
- *Practical tools for emotional well-being and self-awareness*



An interactive session on mental health was conducted for students of Grades 8 to 10 at NM Joshi Marg School on 11th July, 2026 by the Ekam Saksham Team.

The session explored the importance of responsibility, respect and mindfulness in everyday life. Students learnt that being responsible means making the right choices, keeping promises, respecting others and

accepting the consequences of their actions. They were encouraged to practise honesty, kindness, empathy and gratitude, while taking care of their surroundings and supporting those in need.

The speakers also highlighted the value of mindfulness in helping individuals stay calm, think clearly and make thoughtful decisions. Students were introduced to the STOP Technique

of pausing, breathing, observing and proceeding wisely, and were encouraged to resist peer pressure, focus on what they can control and reflect before acting.

The informative and engaging session provided practical guidance for building emotional resilience, strong character and responsible behaviour, leaving students with valuable life skills they can apply both in school and beyond.



Caring Beyond the Classroom

- Rotaract Club of Hinduja College visited Ananda Yaan Byculla
- CPR and First Aid training conducted for the team
- Seniors and volunteers bonded through games, music and dance
- A memorable day of learning, compassion and fellowship



The Rotaract Club of Hinduja College recently visited Ananda Yaan Byculla and conducted an engaging CPR and First Aid training session for the team.

The volunteers then spent quality time with the senior



citizens through games, music, dance and heartfelt conversations, creating a warm atmosphere of joy and companionship. The visit fostered meaningful intergenerational bonding,



leaving everyone with cherished memories.

The Rotary Club of Bombay extends its sincere appreciation to the Rotaract Club of Hinduja College for its time, compassion and thoughtful initiative.

ANANDA YAAN

Unleashing Creativity Among Senior Citizens at Byculla centre

- Nishkam Seva Trust volunteers organised a creative afternoon
- Senior citizens enjoyed painting bags inspired by Warli art
- The activity encouraged self-expression and confidence
- Creativity fostered joy, connection and togetherness

Volunteers from the Nishkam Seva Trust spent a delightful afternoon at Ananda Yaan, engaging senior citizens in a Paint Your Own Bag activity inspired by the timeless beauty of Warli art.

The highlight of the session was seeing many of the male members enthusiastically embrace their creative side, painting with remarkable focus, pride and joy. The activity beautifully demonstrated that creativity transcends age and gender, bringing people together through shared experiences.

Every brushstroke reflected self-expression, confidence and togetherness, making it an afternoon filled with warmth, creativity and lasting smiles.



Dharmashala Project: Supporting Cancer Patients During the Monsoon

- 100 umbrellas donated to patients and caregivers
- Lunch sponsored on 11th July, 2026
- Support received from V Care Foundation and IWC Bombay North
- Thoughtful initiative brought comfort during the monsoon

The Rotary HDFC Dharmashala received a generous donation of 100 umbrellas from V Care Foundation and Inner Wheel Club of Bombay North (IWC Bombay North) for cancer patients and their caregivers.

On behalf of President Manish Reshamwala, PDG Sandip Agarwalla,

PP Vineet Bhatnagar, and Rtn. Swati Mayekar and Rtn. Miral Shah, the current and past Chairs of the Dharmashala Project, the Rotary Club of Bombay extends its heartfelt gratitude for this thoughtful gesture. The organisations also sponsored lunch, including a sweet, for the patients on 11th July, 2026.

The donation will provide much-needed comfort and protection to patients during the monsoon, reflecting the true spirit of Service Above Self. The Rotary Club of Bombay is grateful for partnerships whose compassion continues to make a meaningful difference in the lives of those who need it most.



INTERACT

Digital Safety and Mental Well-being Workshop

- More than 60 students from Standards VIII to X participated
- Focus on mental well-being, cyber bullying and online safety
- Interactive discussions encouraged awareness and responsible digital behaviour
- Students learnt practical strategies to stay safe online



Matterly Foundation, in collaboration with Brush of Hope, conducted an awareness workshop for the Anjuman-I-Islam School, Fort Interact Club of the Rotary Club of Bombay on 16th July, 2026.

More than 60 students from Standards VIII to X participated in the interactive session, which focused on mental well-being, cyber bullying, sextortion, online safety and responsible digital behaviour. Students learnt to recognise

the warning signs of cyber threats, understand the emotional impact of online abuse and adopt practical measures to protect themselves in the digital world.

The workshop encouraged students to ask questions, share their perspectives and seek help whenever needed, equipping them with the knowledge and confidence to navigate both the online and offline world safely and responsibly.



Interact Club's Installation Ceremony 2026-2027

- **New Interactors and Board Members inducted for 2026-2027**
- **Past President Hunaif Khan reflected on the year's achievements**
- **Principal Mrs. Vinita Lewis administered the badges and addressed the students**
- **Members reaffirmed their commitment to service and leadership**

The Interact Club held its Installation Ceremony on 17th July, 2026, formally inducting new Interactors and installing the Board Members for the academic year 2026-2027.

The ceremony began with Past President Hunaif Khan, who reflected on his tenure and the club's service projects and achievements. Principal Mrs. Vinita Lewis

then presented the Interact badges to the new members, officially welcoming them to the club.

President Patni Mohammed administered the Interactors' Oath, with members reaffirming their commitment to the ideals of service and leadership. Addressing the gathering, Principal Mrs. Vinita Lewis congratulated the newly

inducted members and Board, commended the club's consistent service initiatives, and encouraged the students to continue serving society with dedication, responsibility and enthusiasm.

The ceremony concluded with a Vote of Thanks by Past Vice President Muizz Shaikh, followed by the National Anthem.



SU KAROCH? JAMUA CHALO JI!
FORGET CALORIES. COUNT MEMORIES.
WE'LL HANDLE THE LAGAN-NU-BHONU.
PARSI NITE



FRIDAY 7TH AUGUST - 7PM ONWARDS
ALLBLESS BAUG, CHARNI ROAD

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MEMBER/SPOUSE: INR 2000/- PER HEAD

ROTARIAN BIRTHDAYS



23 July
Rtn. Sushil
Jalan



24 July
Rtn. Vivek
Gupta



25 July
Rtn. Anirudh
Chowdhary



26 July
PE Vineet
Suchanti



27 July
Rtn. Peter
Born



27 July
Rtn. Ameet
Tanna

ROTARIAN PARTNER BIRTHDAYS

21 July
Rtn. Ptn. Nalini Puri

24 July
Rtn. Ptn. Siddharth Rawat

25 July
Rtn. Ptn. Radhika Mehta

27 July
Rtn. Ptn. Soha Parekh

NEXT TUESDAY:

July 28th, 2026: Dr. Vishaka Shivdasani in a Fireside chat with Rtn. Anushka Jagtiani on Longevity and Disease Reversal.



Dr. Vishaka Shivdasani, widely known as Dr. Vee, is a medical doctor specialising in disease reversal, lifestyle medicine and longevity. She is recognised for her evidence-based approach to reversing obesity, PCOS, diabetes, fatty liver disease, dyslipidaemia and other chronic lifestyle conditions by integrating medicine with nutrition.

A bestselling author, her book COVID and Post-COVID Recovery, published by HarperCollins, has been widely acclaimed. Dr. Vee has served as Vice President of South Mumbai's Medical Association and was recognised by Vogue India as one of the country's leading wellness influencers.

An accomplished speaker and thought leader, she regularly addresses corporate audiences, medical forums and international conferences on preventive health and longevity. Her work has been featured across leading national media, including India Today, NDTV, CNBC, ABP, Hindustan Times and Mint. Through her Instagram platform, @doctorevee, followed by over 280,000 people, she shares the latest evidence-based insights on health, longevity and disease reversal.

Anushka Jagtiani is a Rotarian, Consulting Editor at the Free Press Journal, and the host of Buzz by the Bay, the publication's flagship interview series featuring thought leaders, changemakers and prominent voices from across the country. A seasoned journalist and engaging interviewer, she brings insight, warmth and curiosity to every conversation.

Passionate about spirituality, wellness, yoga and music, Anushka believes in exploring stories that inspire growth, purpose and meaningful change. Her commitment to thoughtful storytelling, authentic dialogue and service above self makes her a respected voice in both the media and the Rotary community.



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Rotary Club of Bombay 2026-27

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PP Ashish Vaid	PP Framroze Mehta
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IPP Bimal Mehta	PE Vineet Suchanti
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Joint Secretary - Madhusudan Daga	Treasurer - Manish Sampat

Additional Director - PP Preeti Mehta

Centenary Year Committee

PDG Sandip Agarwalla	President Manish Reshamwala
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President Manish Reshamwala

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Shakti Awards	Rtn. Ptn. Rangita Bhatnagar
The Rotary Foundation	PP Vijay Jatia

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Satellite Club	Rtn. Sidhant Jatia
Interact Schools	Rtn. Rustom Vakharia
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Fund Raising	PP Vineet Bhatnagar
Paediatric Neuro Sciences	Rtn. Dr. Viraj Sanghi
Public Awards	Rtn. Anand Dalal
Transformation Learning (Toy Bank)	Rtn. Ami Jagtiani

Director Rhea Bhumgara

Bulletin	Rtn. Mudit Jatia
Early Intervention Neurodivergent Children	PP Shernaz Vakil
Scholarships	Rtn. Alok Sekhsaria
Overseas Scholarships	Rtn. Niloufer Lam
International Programmes	Rtn. Christopher Bluemel
Attendance	Rtn. Mahesh Khubchandani
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Sergeant At Arms	Rtn. Khurshed Poonawala

Director Mihir Mody

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Cotton Green Clinic	Rtn. Kaushal Mehta
Rural Development Programme	Rtn. Alok Sekhsaria
Anusuya Devi Taparia College	Rtn. Rhea Bhumgara

District Thrust Areas

Legal Aid and Awareness	Rtn. Sameer Tapia
Sports in Schools	Rtn. Abhishek Saraf

Director Vikram Daiya

Fellowship & In Camera	PP Satyan Israni
Fellowship Trips	PP Satyan Israni
Assimilation	Rtn. Vrinda Rajgarhia
EVS Curriculum	Rtn. Runit Shah
Programme	Rtn. Rina Deora
Ananda Yaan	Rtn. Charu Agrawal

Director Pulin Shroff

Cancer Aid	Rtn. Sharad Lohia
Adult Literacy	Rtn. Paritosh Rungta
Dharamshala	Rtn. Swati Mayekar
Sports	Rtn. Hiranmay Biswas
IT Innovation Labs	Rtn. Uday Sanghani
Elder Day Care (Alibaug & Awas)	PP Ashish Vaid

Director Pranay Vakil

Fellowship Senior Citizens	Rtn. Deepak Kapadia
Animal Welfare	Rtn. Tara Deshpande
Paediatric Heart Surgeries	Rtn. Rajesh Shah
Night Study Centre	Rtn. Varsha Daiya