



THIS TUESDAY, 4 AUGUST, 2026

Cmde (Dr.) Srikant B. Kesnur will address the Club on the Strategic Significance of the Nicobar Port Project.

Upcoming events

Friday, 7 August: 7 pm

Parsi Nite @ Allbless Baug, Charni Road.

Tuesday, 11 August:

Ms. Falguni Nayar in conversation with PP Vineet Bhatnagar on 'From Vision to Legacy: Building Nykaa and Shaping Consumer India'.

Thursday, 13 August:

Independence Day at Lighthouse, Cuffe Parade.

Friday, 14 August:

Independence Day with Satellite Club at TATA hospital.

Tuesday, 18 August:

Ms. Nirmala Kokate will be honoured with the RCB Somchand Parikh Award for Best Teacher.

Lt. General Tinakar will address the Club.

One. Month. In.

President Manish Reshamwala writes

It's hard to believe that a month has already passed since I had the privilege of taking on the role of President of the Rotary Club of Bombay. Stepping into the President's shoes has been exciting and humbling—and I must admit, the calendar does seem to fill up rather quickly!

The year began with our Installation, which was a wonderful way to set the tone for the months ahead. Since then, we have had a great mix of service, fellowship and thought-provoking evenings.

Our first two meetings gave us a rather interesting contrast. Prabhuji Gaur Gopal Das, speaking on "Bridging Gaps," reflected on connecting across generations and building meaningful relationships. In a world where our phones are often the first thing we reach for, his message was a timely reminder to occasionally put the phone away and simply talk, listen and connect.

The following week, Josy Paul showed us how meaningful connections can also be created through the screen. Through campaigns such as Ariel – Share the Load and Whisper – Touch the Pickle, he demonstrated how powerful ideas can

challenge social norms, start conversations and connect with millions.

One speaker reminded us to put our phones down to connect with people; the other showed us how those very screens can help us connect with millions. Two very different perspectives, but ultimately the same message – meaningful connections matter.

But Rotary is ultimately about turning conversations into action.

One of the highlights of the month was the opening of 13 dialysis machines, along with the inauguration of a mammography machine at Bhatia Hospital. These initiatives reflect what our Club stands for—creating meaningful access to healthcare and building projects that make a lasting difference.

And there has, of course, been plenty of fellowship along the way. It was especially wonderful to see some of our senior members attending meetings and to welcome familiar faces back into the Rotary fold. Their



presence is a wonderful reminder of our Club's rich legacy—and that once you are part of this family, you never really leave!

Looking ahead, we have our Parsi Nite on the 7th, followed by our Independence Day celebrations with the Lighthouse children, which I am particularly looking forward to.

So, one month down—and what a month it has been. The calendar may already be fuller than expected, but the enthusiasm of our members makes it all worthwhile!

I am deeply grateful to our members, donors and volunteers for embracing the year with such enthusiasm. If this first month is anything to go by, we have a wonderful year ahead.

Here's to service, fellowship, good company and a year of service becoming legacy.

Mastering. *Healthy.* Ageing.

Dr. Vishakha Shivdasani in conversation with Rtn. Anushka Jagtiani on Longevity and Disease Reversal.

- Healthy ageing is driven more by lifestyle than genetics.
- Building and preserving muscle is one of the strongest predictors of longevity and independence.
- Weight-loss medications should be used only for appropriate medical conditions under expert supervision.
- A healthy gut supports immunity, nutrient absorption, brain health and long-term wellbeing.
- Consistent habits such as balanced nutrition, exercise and metabolic health have a greater impact than trendy biohacks.



Rtn. Anushka Jagtiani: Longevity is the global craze these days. It's the new buzzword. Of course, everyone wants to be immortal, but you always talk about healthspan over lifespan. What differentiates conventional medical practice from longevity medicine?

Dr. Vishakha Shivdasani: The average lifespan in India 30 years ago was about 60 years. Does anyone know what the average lifespan is today? It's about 72 to 73 years. In urban India, it's even higher, which means modern medicine, particularly emergency medicine, has done a fantastic job of helping us increase our lifespan. But has it been able to do much for our healthspan? Sadly, the answer is no.

The last decade of life is often spent battling complications of diabetes, heart disease, dementia and different kinds of cancer. That is where the conversation shifts from lifespan to healthspan.

If I were to tell you that someone could help you live to over 90 or even 100 years while remaining mobile, recognising your children and travelling the world, who wouldn't want to live those extra years? Every hand would go up. But if I changed the question and said you would live to 90 or 100 but spend the last decade bedridden, with a catheter, constantly visiting different specialists, I can guarantee all those hands would come down. That is why we talk about longevity and healthspan, not just lifespan.

Conventional medicine is brilliant. It is excellent at treating acute diseases and managing illnesses once they have appeared. Longevity medicine asks a different question: what can we do 10 or 20 years before someone develops diabetes, obesity, which is a disease, or heart disease? We intervene much earlier, and that represents a fundamental change in the narrative and the way we treat our patients.

Wonderful. As you always say, Dr. Vishakha, we must add life to our years, not years to our life. I think that is so well said.

Can looks be deceiving where health is concerned? Most of us assume that someone who is slim, fit and looks young must be healthy. But what parameters do you use as a doctor to assess someone's health?

First of all, looks can be very deceptive, particularly in this context. The Indian, or Asian, phenotype is often described as TOFI, which stands for "Thin Outside, Fat Inside". You could be very lean and slim, someone who looks like me, yet be metabolically completely dysfunctional. I could have insulin resistance or fatty liver. I don't, just for the record, but I could have all of these conditions while appearing perfectly healthy. That is why we never judge health by appearance alone.

Instead, we measure metabolic parameters. These tell us not only how you are ageing

today but also how you are likely to age 10 or 20 years from now.

I am going to share five parameters that every person in this room should know. You should use them as a measure of your current health and as an indicator of what could happen in the future. The next time you visit a specialist or have blood tests done, pay attention to these five metrics because they will tell you whether you are truly healthy.

- **First**, your blood pressure should be below 120/80 without medication.
- **Second**, your fasting blood sugar should be below 90 without medication.
- **Third**, if you are a man, your HDL, or good cholesterol, should be above 40. If you are a woman, it should be above 50.
- **Fourth**, if you are a man, your waist circumference should be under 40 inches. If you are a woman, it should be under 35 inches.
- **Finally**, your triglycerides should be below 150. The newer guidelines, however, recommend keeping them below 100.

CLICK HERE TO READ

The full transcript of the talk

Cyber Bullying Awareness and Counselling Session



- **Around 190 students from Classes VIII to X attended**
- **Organised by Brush of Hope in collaboration with the Rotary Club of Bombay**
- **Focus on cyber bullying, digital safety and responsible online behaviour**
- **Interactive session empowered students to become responsible digital citizens**

On 24th July 2026, Sir J. J. School hosted a Cyber Bullying Awareness and Counselling Session for approximately 190 students from Classes VIII to X. Organised by Brush of Hope in collaboration with the Rotary Club of Bombay, the programme marked the first activity of the school's Interact Club for the academic year 2026–2027.

The session was conducted under the guidance of Ms. Waheeda Shaikh, In-charge of the Interact Club.

The session was led by Ms. Neha Nirban and professional counsellor Ms. Alifya Unwala, who explained the different forms of cyber bullying, including online harassment, fake profiles, threatening messages and the non-consensual sharing of personal information.

They also highlighted the emotional impact and legal consequences of cyber bullying, emphasising the importance of responsible digital behaviour.

Students received practical guidance on protecting their personal information, creating strong passwords, avoiding interactions with strangers online and reporting abusive behaviour to trusted adults. The counselling segment also addressed peer pressure and online negativity.

The programme concluded with an interactive question-and-answer session and a Vote of Thanks, equipping students with the knowledge and confidence to stay safe online.

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A Few of Our Favourite Moments

CLICK HERE
FOR MORE PICTURES



Joint Hon. Secy. Madhusudan Daga,
President Manish Reshamwala, Dr. Vishakha Shivdasani,
Rtn. Anushka Jagtiani and Rtn. Kiren Srivastav



The Meeting Before the Meeting



President Manish
Reshamwala and
Rtn. Zaheer Memon



President Manish
Reshamwala wishes
Rtn. Abhishek Sharman for
his birthday



President Manish
Reshamwala wishes
Rtn. Arif Lokhandwalla for
his birthday



Rtn. Hiren Kara introduces
new Rotarian Sonica Arya



President Manish Reshamwala
inducts new Rotarian Sonica Arya



A Full House:
The Heart of Every Rotary Meeting



President Manish Reshamwala
thanks Guest Speaker Dr. Vishakha
Shivdasani for the time spent with
the Club

A Tradition of Rotary Friendship

- *Rtn. Pilloo Aga attended the RC of Wien-Albertina meeting together with Rtn. Peter Born at the historic Café Gerstner*
- *Fellowship strengthened international Rotary connections*
- *A Rotary emblem discovered in the café's historic interiors*



INTERNATIONAL COMMITTEE

Call for Recipes for a Global Millet Cookbook

- *International Committee to publish a Millet Recipe Book*
- *Inviting recipes from Rotarians, chefs and food enthusiasts*
- *Celebrating healthy eating, sustainability and culinary diversity*
- *Selected contributors will be featured in the publication*

Inspired by the millet counter at the recent Installation celebration, the International Committee of the Rotary Club of Bombay is launching an exciting initiative: a Millet Recipe Book celebrating the diversity, nutrition and global appeal of millets.

Millets reflect many of the values championed by Rotary International, including community health, sustainable

agriculture, food security and the empowerment of local communities. The book will bring together a collection of recipes that showcase the versatility of this nutritious grain.

The Committee invites Rotarians, chefs and food enthusiasts to contribute their favourite millet recipes, whether they are traditional family dishes, contemporary creations or internationally inspired specialities. Members

are also encouraged to connect the Committee with renowned chefs who may wish to contribute.

Selected recipes will be published in the book with due credit to the contributor or chef. Together, let us create a publication that celebrates healthy eating, culinary creativity and the joy of sharing food across cultures.



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

R.S.V.P - RASHMI (9769140141)
MEMBER/SPOUSE: INR 2000/- PER HEAD

PARSI NITE

7.00 PM ONWARDS, ALLBLESS BAUG
CHARNI ROAD, MUMBAI. FRIDAY, 7TH AUGUST, 2026

MENU

VEGETARIAN

Starters:

Paneer Palti
Sev Puri
Veg Sesame Toast

Main Course:

Achaar, Rotli, Saria
Shrikhand / Apple Jalebi
Papri Undhiyu
Spicy Kanda Batata
Sambhariya
Spicy Butter Paneer
Tiranga Baked Dish
Parsi Stew
Veg gravy cutlet
Dahi Vada
Papri Chaat
Veg Parsi Pulav
Dhansak Dal

Dessert:

Malai Kulfi
Lagan nu Custard

NON-VEGETARIAN

Starters:

Cheese Toast
Chicken Farcha
Botti Roll

Main Course:

Achar, Roti, Saria
Sass ni Macchi
Salli Chicken
Bharuchi Akuri
Topli Paneer
Russian Pattice
Mutton Pulav
Masala Dal

Dessert:
Malai Kulfi
Lagan nu Custard

khavanu, peevanu ne gavanu!!!



Recognising Rotary Club of Bombay's TRF Donors



Recognising Rotary Club of Bombay's TRF Donors



Nine Years of Spreading Happiness

- *Celebrating nine years of service to underprivileged senior citizens*
- *Nearly 300 elders supported across three centres*
- *Holistic programme promotes health, companionship and active ageing*
- *A flagship Rotary Club of Bombay community initiative*

The Rotary Club of Bombay's Ananda Yaan has completed nine years of dedicated service, enriching the lives of underprivileged senior citizens across Central Mumbai. Launched in partnership with the Dignity Foundation, the initiative has grown from a single day-care centre to three centres in Byculla, E. Moses Road and Mazgaon, serving nearly 300 elders.

Created to address loneliness and social isolation, Ananda Yaan offers a range of activities five days a week, including yoga, Zumba, music lessons, antakshari, picnics, celebrations and cultural outings. The programme also provides monthly medical consultations, free medicines and cataract surgeries, supporting both the physical and emotional well-being of its participants.

Over the years, Ananda Yaan has evolved into a vibrant community where senior citizens rediscover companionship, purpose and dignity. Through Anand Seva, Rotarians sponsor meals, outings and celebrations, while collaborations such as the Shankar Mahadevan Academy have given participants the opportunity to learn music and perform before live audiences.

As it enters its tenth year, Ananda Yaan continues to stand as one of the Rotary Club of Bombay's most impactful service initiatives, demonstrating the lasting difference that compassion, commitment and community support can make.

FREE PRESS JOURNAL

HOME MUMBAI NEWS FPJ SHORTS ENTERTAINMENT BUSINESS GAMES FEATURES INDIA

Ananda Yaan Completes 9 Years Of Spreading Happiness To Underprivileged Elders Across Central Mumbai Centres



Exploring Flavours Through Sensory Learning

- Children enjoyed a hands-on fruit tasting activity
- Learnt to identify fruits using their sense of taste
- Explored flavours such as sweet, sour, tangy and juicy
- Strengthened observation, concentration and communication skills

As part of the July Fruits Theme, the children at Lighthouse participated in an engaging fruit tasting activity designed to encourage sensory learning. Blindfolded during the activity, they tasted orange, watermelon, lemon and banana, and identified each fruit using only their sense of taste.

The Montessori-inspired exercise helped children recognise different flavours, including sweet, sour, tangy and juicy, while expanding their vocabulary through hands-on exploration. It also strengthened their observation, concentration and communication skills, making learning both enjoyable and meaningful.



Growing Confidence, One Fruit at a Time

- Children dressed up as their favourite fruits
- Activity encouraged confident speaking and self-expression
- Reinforced healthy eating habits through fun learning
- Interactive session combined creativity with communication

As part of the month's theme on Fruits, the children at Lighthouse took part in a lively Fruit Parade, dressing up as their favourite fruits and confidently reciting a few lines about them.

The activity provided a fun and encouraging platform for children

to develop their communication skills, build confidence in speaking before a group and express themselves creatively. At the same time, it reinforced positive attitudes towards healthy eating by helping them learn more about different

fruits in an engaging way.

The joyful showcase transformed classroom learning into a memorable experience, nurturing self-confidence, creativity and healthy habits among the young learners.





You Are Cordially Invited to the

Independence Day Celebration at Lighthouse

Let us come together to celebrate the spirit
of freedom and pay tribute to the heroes who
brought us independence



Thursday, 13th August 2026
5 pm

Opposite Bayroute, Gate No 3, Ground Floor,
Bhai Bhandarkar, Machimar Nagar,
Captain Parkash Pethe Marg,
Badhwar Park,
Cuffe Parade,
Mumbai - 400005

INDEPENDENCE DAY CELEBRATION 2026

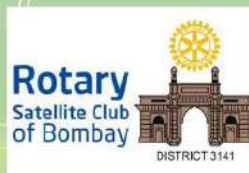
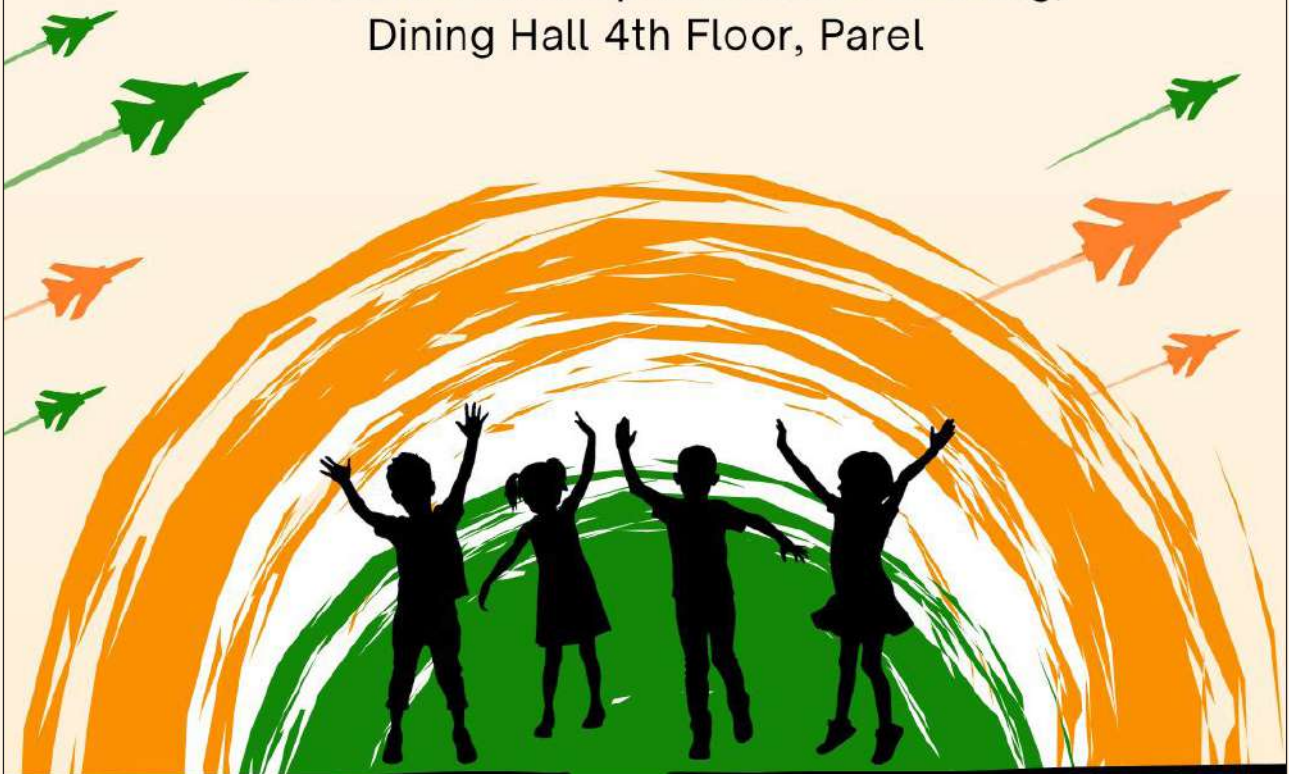
Join the Rotary Satellite Club as we celebrate
Independence Day with the children at Tata
Memorial Hospital through music, games, and
fun activities.

AUGUST

14

10 AM - 12 PM

Tata Memorial Hospital Annexe Building,
Dining Hall 4th Floor, Parel



ROTARIAN BIRTHDAYS

			
4 August Rtn. Sabira Merchant	5 August Rtn. Bharat Taparia	7 August Rtn. Darabshaw Davar	7 August Rtn. Camellia Panjabi
			
8 August Rtn. Hormazdiyaar Vakil	8 August Rtn. Zaheer Memon	9 August Rtn. Vishal Vora	

ROTARIAN PARTNER BIRTHDAYS

5 August Rtn. Ptn. Priyanka Chavan	9 August Rtn. Ptn. Sunita Saxena	10 August Rtn. Ptn. Dr. Prafulla Kerkar	10 August Rtn. Ptn. Mayuri Sekhsaria
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ANNIVERSARIES

5 August
Rtn. Ptn. Bijal & Rtn. Hiren Kara

NEXT TUESDAY:

August 11th, 2026: Ms. Falguni Nayar in conversation with PP Vineet Bhatnagar on 'From Vision to Legacy: Building Nykaa and Shaping Consumer India'.



Falguni Nayar is the Founder, Executive Chairperson, Managing Director and Chief Executive Officer of Nykaa, one of India's leading beauty and lifestyle companies. Since establishing the company in 2012, she has transformed Nykaa into a pioneering consumer technology-led business, creating an integrated ecosystem spanning beauty,

fashion, retail, digital commerce, content and owned brands. Under her leadership, Nykaa became India's first woman-led unicorn to be listed on the stock exchanges in 2021 and was recognised among TIME's 100 Most Influential Companies in 2022.

Before founding Nykaa, Falguni spent nearly two decades with the Kotak Mahindra Group, where she served as Managing Director of Kotak Mahindra Capital. She is currently an Independent Director on the boards of Dabur India Limited and Kotak Securities Limited, and a member of the Governing Board of the National Council of Applied Economic Research (NCAER).

A graduate of Sydenham College of Commerce & Economics and the Indian Institute of Management Ahmedabad, Falguni is widely regarded as one of India's most influential business leaders. Her achievements have been recognised through numerous honours, including the EY Entrepreneur Of The Year Award, the World Retail Congress Lifetime Achievement Medal, the CNBC-TV18 India Business Leader Award, and repeated recognition among India's and the world's most powerful women by leading business publications.

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Rotary Club of Bombay 2026-27

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