

THIS TUESDAY, 18 SEPTEMBER, 2026

**Neurosurgeon
Dr. Mazda Turel will
take the Club through
'Bheja Fry: Stories from
the Human Brain and
the Heart'.**

Upcoming events

Saturday, 19 September:

Bridge Tournament at
Royal Bombay Yacht Club.

Tuesday, 22 September:

Paul F. DePasquale,
Partner, Baker &
McKenzie LLP, USA
on Developing Trends
Impacting Global
Families.

Tuesday, 29 September:

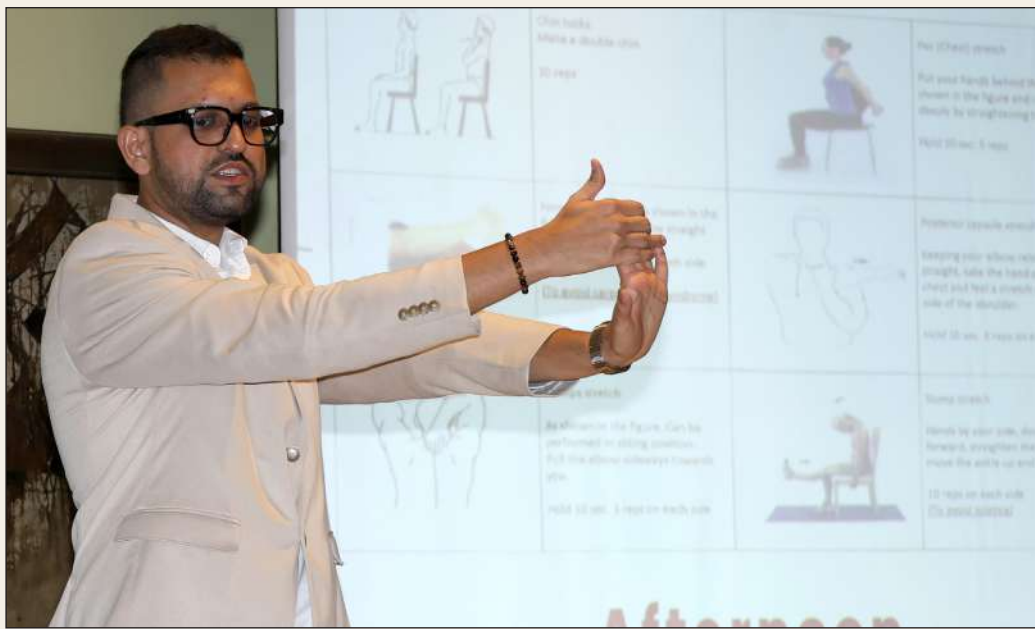
Rotary Club of Bombay
Taru Lalvani Award for
Environmental Protection
to Mr. Arjun Kamdar.

7 - 11 October:

Fellowship Trip to
Khajuraho, Madhya
Pradesh.

17 October:

Afghan Church History
Walk by Urban Heritage
Committee.



Move. More. Better

Dr. Utsav Shah on Desk Fit 10-10-10,

- **Desk Fit 10-10-10 divides movement into 10-minute morning, afternoon and evening routines**
- **Simple chair exercises can improve mobility, strength, flexibility, posture and stiffness**
- **The slump stretch helps mobilise the sciatic nerve and stretch the muscles of the lower body**
- **Aqua therapy offers a low-impact alternative for people who find land-based exercise difficult**
- **A combination of land and water-based exercise can support safer, stronger movement**

Marking World Physiotherapy Day on 8th September, Dr. Utsav Shah introduced Desk Fit 10-10-10, an interactive exercise programme designed to make movement accessible to people across age groups and fitness levels. Rather than a conventional medical talk, the session invited participants to exercise along with him from their chairs demonstrating how simple movements can

be incorporated into the day without requiring a gym, equipment or a dedicated workout space.

The 10-10-10 approach divides 30 minutes of movement into three 10-minute routines. The morning routine focuses on preparing the neck and upper back for the day, while the afternoon routine is designed to counter the effects of prolonged sitting

and work the body from head to toe. The evening routine focuses on stretching and recovery. Participants were taken through a series of movements targeting the neck, upper and mid-back, chest, wrists, forearms, shoulders, hamstrings, glutes, calves and quadriceps. Each exercise was kept deliberately simple, with five repetitions and a five-second hold, making the programme practical for

“We are exercising from head to toe without any props, without going to the gym, without doing yoga! Just with your chair itself. That is the beauty of this exercise. So, from now onwards, there should be no excuses for not having time.”

schoolchildren, working professionals and senior citizens alike.

Particular attention was given to the slump stretch, a nerve-flossing exercise aimed at mobilising the sciatic nerve. The session also addressed a common concern around exercise and pain. For people with arthritis, previous spine surgery, balance difficulties, osteopenia or osteoporosis, where even basic exercises or walking may be challenging, the answer is not necessarily to stop exercising, but to modify the environment. This led to an introduction to aqua therapy, where exercising in water reduces the load placed on the joints while allowing individuals to work on strength, balance and movement.

The speaker emphasised that water-based exercise is not a replacement for land-based exercise, but can complement it by providing a different level of challenge and impact. At Horizon Physio Clinic, Kemp's Corner, a combination of land- and water-based therapy is used to help improve strength, flexibility, posture and movement.

The central message was simple and practical: lack of time need not be an excuse for inactivity. Movement can be incorporated into everyday life, even from a chair, and exercises can be adapted to suit different abilities and physical limitations.



CLICK HERE
To read the
FULL TRANSCRIPT

Music That Lights Up Ananda Yaan

A group of good-hearted singers gave the elders at Ananda Yaan a memorable musical evening, bringing music, dancing and joy to the gathering. Even a power failure could not dampen the spirit of the evening.

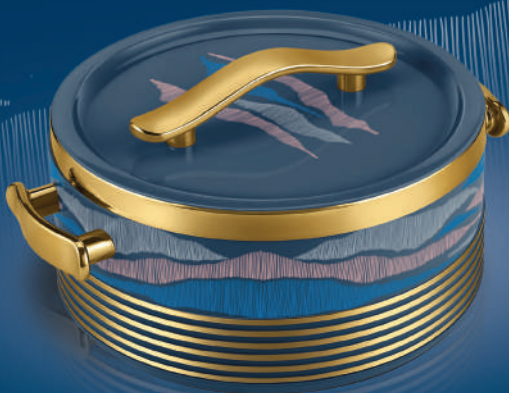
As the elders danced to the music, Ananda Yaan once again proved how aptly it had been named. The Mission to Happiness continues.

Committee Chair Charu Agarwal treated the gathering to snacks as the evening drew to a close.



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Tuesday Meeting, Captured



Guest Kishore Ruparel,
Hon. Secy. Farhat Jamal, Rtn. Mahesh
Khubchandani and Rtn. Dushyant Dave



Guest Rajesh Thakur,
Rtn. Vivek Kothari and
President Manish Reshamwala



Rtn. Puneet Wadhwa,
PP Framroze Mehta and
Rtn. Zaheer Memon



Guests with Rtn. Rashida Asrani
and Rtn. Sonali Parikh



PP Dr. Rumi and Rtn. Ptn. Pervin
Jehangir, Rtn. Ptn. Damani Kamdar,
Rtn. SV Prasad and Rtn. Kirit Kamdar



Rtn. Sharad Lohia, PP Kalpana
Munshi and Rtn. Vivek Himatsingka



Rtn. Ami Jagtiani,
Dr. Viraj and Rtn. Ptn. Niki Sanghi



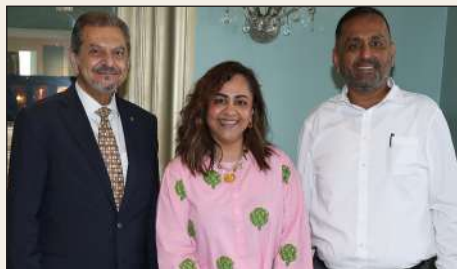
Rtn. Ateeq Agboatwala,
Rtn. Darius Pandole and
Visiting Rtn. Vikas Makharia



PP Ashish Vaid, President Manish
Reshamwala and Guest Speaker
Dr. Utsav Shah



Rtn. Sharad Lohia, Guest Rajesh
Thakur and Rtn. Vivek Kothari



PP Framroze Mehta, Guest Shikha
Banga and Rtn. Vivek Himatsingka

[CLICK HERE
FOR MORE
PICTURES](#)



Rtn. Poonam Lalvani and
PP Kalpana Munshi



Rtn. Christopher Bluemel
presenting RC China Taipei
Flag to President Manish
Reshamwala



Rtn. Pranay Vakil and
Rtn. Arin Master



PP Nirav Shah and
Rtn. Charu Agarwal

Rotarian Pradeep Chinai

Service, Relationships and Family



An achievement you are proud of?

I am proud to have built one of the largest clutch manufacturing businesses in India, catering to cars, trucks, LCVs and two- and three-wheelers.

Passions beyond work?

Sports, travel and social work.

What connects your work and Rotary?

Helping and supporting those in need, meeting as many people as possible and building long-lasting relationships.

A Rotary initiative that made an impact?

Fundraising has been particularly meaningful to me.

A value Rotary stands for?

Service Above Self.

How has Rotary helped you grow?

Almost from the very beginning of my membership, Rotary has contributed to my growth from the start.

What has Rotary fellowship meant to you?

Very much. Rotary has given me the opportunity to spend quality time with many people who, over the years, have become very close family friends.

What perspective do you bring to Rotary?

I would prefer this to be answered by others who know me.

One change you'd like to see in Rotary?

I would like to see young Rotarians involved in policy-making and decision-making. It would give them valuable experience in working with and learning from people across different backgrounds.



HOW HAS YOUR FAMILY SHAPED YOU?

My wife and two daughters have supported me in every activity I have undertaken. Without their support and inputs, it would not have been possible for me to come as far as I have.

A family value you hold dear?

Respect your elders, keep your ego aside and be kind to others.

Your favourite family time?

A quiet dinner or travelling together.





Rotary
Club of Bombay
Celebrating 98 Years of Service



ROTARY CLUB OF BOMBAY

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Saturday, 10 am - 1 pm.



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Lighthouse at the Royal Opera

- *Lighthouse children watched **The Wizard of Oz***
- *A lesson in courage, friendship and self-belief*
- *Dorothy's journey encouraged resilience and determination*
- *The play inspired imagination, empathy and teamwork*

The Lighthouse children enjoyed a memorable outing to the Royal Opera House to watch *The Wizard of Oz*. The experience was both entertaining and educational, introducing the children to important values such as courage, friendship, kindness and self-belief.

Through Dorothy's journey, they learnt that challenges can be overcome with determination and that true strength often comes from within.

The Scarecrow, Tin Man and Lion demonstrated that intelligence, compassion and courage are qualities we can discover and develop through our experiences.

The play also encouraged the children to embrace imagination, teamwork and empathy, while building the confidence to face unfamiliar situations with a positive attitude.



Janmashtami Through Creativity

- *Children explored the story and significance of Janmashtami*
- *Junior KG children coloured pictures of baby Krishna*
- *Senior KG students created colourful matkas*
- *Classes 1 to 5 crafted Krishna's flute using Perk bars*



Janmashtami was celebrated through a lively blend of cultural learning and creative activities. Children learnt about Lord Krishna's birth through storytelling and age-appropriate crafts.

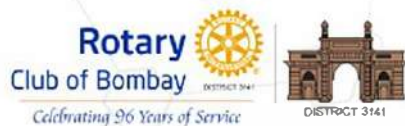
Junior KG children coloured pictures of

baby Krishna, developing their fine-motor and listening skills. Senior KG students created colourful matkas using cotton to represent Krishna's favourite makkhan. Students from Classes 1 to 5 transformed Perk chocolate bars into Krishna's flute, decorating them with golden ribbon and

handmade peacock feathers.

The celebration combined creativity with experiential learning, helping children appreciate the cultural traditions associated with Janmashtami while creating joyful memories.

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Every Animal Is Special

- **Awareness session held for Classes 8 and 9**
- **Focus on kindness, compassion and animal welfare**
- **Students learnt about cruelty-free consumer choices**
- **Discussion included animal testing and veganism**

On 2nd September 2026, an awareness session titled “Every Animal Is Special” was conducted for students of Classes 8 and 9 at Sir J. J. Girls’ High School. Organised by Ms Waheeda Shaikh in collaboration with the Rotary Club of Bombay, PETA India and the Matteredly Foundation, the session aimed to foster kindness, compassion and a sense of responsibility towards animals.

Students were introduced to the “Golden Rule” of choosing cruelty-free products and encouraged to opt for products that are not tested on animals. The session also explored

the concept of veganism and how everyday consumer choices can help reduce animal suffering.

The presentation emphasised that animals are sentient beings capable of experiencing pain and emotions and deserve care, kindness and respect. Students participated with interest and were encouraged to make more responsible choices and develop a protective attitude towards animals.

The session concluded by encouraging students to visit PETA India’s official website for further information and awareness.



CWC - LIGHTHOUSE

Ganpati Bappa Morya at Lighthouse

- **Senior KG children celebrate Ganesh Chaturthi with joy and enthusiasm**
- **Creative sponge-dabbing activity using Ganesh-themed stencils**
- **Children learn the story of Lord Ganesha and his elephant head**
- **Introduction to Little Ganesha adds to the festive learning**
- **Celebration concludes with an energetic dance to “Shankar Ji Ka Damru Baaje”**

Senior KG children at Lighthouse celebrated Ganesh Chaturthi with joy and enthusiasm. They took part in a creative sponge-dabbing art activity using stencils and listened with fascination to the story of how Lord Ganesha received his elephant head.

The children were also introduced to Little Ganesha, making the celebration both engaging and meaningful. They ended the festivities on a cheerful note, dancing enthusiastically to “Shankar Ji Ka Damru Baaje.”



From Classroom to Corporate

- *Bhavishya Yaan student gains first corporate experience*
- *Three-month internship at PhillipCapital*
- *Practical learning in teamwork, communication and work culture*
- *Offsite experience strengthened team bonding and workplace connections*
- *Gratitude to Rotary Club of Bombay, Bhavishya Yaan and Jaya Ma'am*



“Hi,

I am Parth Salavi, a student of Bhavishya Yaan N. M. Joshi School. I am currently pursuing the first year of Bachelor of Accounting and Finance (BAF) at Somaiya Vidyavihar University. I am also completing my three-month internship at PhillipCapital, with this being my final week.

Over the past three months, I have gained valuable practical experience that will benefit me in both my professional and personal life. The internship introduced me to professional work culture, teamwork, communication, coordination, work processes and corporate discipline. It helped me understand how an organisation functions and how collaboration contributes to achieving common goals.

One of the most memorable experiences was an offsite visit to Saya Grand, organised as a treat for employees. Beyond being an enjoyable break from routine,

the experience showed me the importance of workplace activities in reducing stress, strengthening team bonding and creating a positive work environment. It gave employees an opportunity to connect beyond their daily responsibilities and return with renewed energy and motivation.

This internship has therefore been about more than professional learning. It has given me opportunities to connect, have fun, gain confidence and create lasting memories.

I sincerely thank the Rotary Club of Bombay, Bhavishya Yaan and PhillipCapital, and especially my mentor Jaya Ma'am, for giving me this wonderful opportunity. I am grateful for the guidance, support and encouragement I received throughout the internship.

This journey has been an important step in my learning and growth, and I will always cherish the experiences and memories I gained along the way.

”

Art Inspires Young Minds

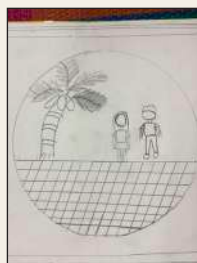
- *BY NM Joshi students explored art through two creative activities*
- *Students imagined India in 20 years through the theme of Viksit Bharat*
- *Individual ideas and creative expression were encouraged*
- *Sara Suchanti conducted the workshop under the guidance of Rtn. Ptn. Jaya Prasad*

As part of her social service initiative, Sara Suchanti, daughter of PE Vineet and Rtn. Ptn. Rinku Suchanti, conducted an art workshop for students of Grades 7 and 8 at N. M. Joshi Marg Municipal Secondary School.

The students participated in scenery drawing activities and explored the theme of Viksit Bharat, imagining how they believed India might look 20 years from now. Sara guided them through the activities, helping them develop their ideas while encouraging creativity and confidence in their work.

The sessions also gave Sara an opportunity to observe how differently the students approached the same activity and expressed their ideas through art. Their enthusiasm and unique perspectives made the experience meaningful and rewarding.

Sara expressed her gratitude to Jaya Aunty, who guided and mentored her throughout her endeavour to pursue something close to her heart. The experience, she said, taught her to appreciate different ways of thinking and expressing creativity.



ROTARIAN BIRTHDAYS



15 September
Rtn. Aditi
Shah



16 September
Rtn. Pilloo
Aga



17 September
Rtn. Meher Vakil
Taff



18 September
Rtn. Khurshed
Poonawala



20 September
Rtn. Aziz
Javeri



21 September
Rtn. Suresh
Jagtiani



21 September
Rtn. Shyamniwas
Somani

ROTARIAN PARTNER BIRTHDAYS

15 September

Rtn. Ptn. Dr. Renu Raina

18 September

Rtn. Ptn. Dr. Soonnu Balsara

20 September

Rtn. Ptn. Chetan Daiya

20 September

Rtn. Ptn. Dr. Fernaz Dotivala

NEXT TUESDAY:

September 22nd, 2026: Paul F. DePasquale, Partner, Baker & McKenzie LLP, USA on Developing Trends Impacting Global Families.



Paul F. DePasquale is a Partner in Baker McKenzie's Tax and Global Wealth Management practices in New York, where he advises individuals, family offices, family-controlled and founder-backed businesses on a broad range of domestic and international tax and legal matters. His practice encompasses mergers and acquisitions, business reorganisations, partnerships,

financial transactions, trust and succession planning, and cross-border investments.

Paul has extensive experience advising high-net-worth individuals and families on international tax planning, wealth preservation, estate and trust planning, business succession, family governance and family office matters. He also advises multinational corporations and investment funds on US inbound and outbound tax issues, and financial institutions on regulatory and information-reporting matters. His experience includes advising on areas such as FATCA and the Common Reporting Standard, and he is a frequent speaker and writer on international tax compliance and information reporting. He previously

practised in Baker McKenzie's Zurich and Hong Kong offices, giving him significant experience in cross-border and international tax matters.

Paul is a member of the New York State Bar Association's Tax Section, the American Bar Association's Taxation and Real Property, Trust and Estate Law Sections, and the Society of Trust and Estate Practitioners (STEP). He is admitted to practise in New York.

He earned his Juris Doctor, cum laude, from the University of Michigan Law School in 2007 and his Bachelor of Arts in Government and International Relations, magna cum laude, from the College of William and Mary in 2004. Paul is also a Mandarin speaker.

Rotary Club of Bombay 2026-27

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President Manish Reshamwala

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Published by President Manish Reshamwala 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
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