



THIS TUESDAY, 22 SEPTEMBER, 2026

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

Upcoming events

Saturday, 26 September:

Visit to Kalina
Biodiversity park.

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.

Tuesday, 13 October:

Ashwin Mittal, Chairman
and Chief Executive
Officer of C5i will
address the Club on
Artificial Intelligence.

17 October:

Afghan Church History
Walk with Conservation
Architect Kirtida Unwalla
by Urban Heritage
Committee.



***Bheja Fry Stories from the Human Brain
and the Heart by Dr. Mazda Turel***

The. Brain. Within.

- Mobile phones and brain tumour links remain scientifically inconclusive
- AI may change how our brains recruit and use neurons
- Doctors draw inspiration from medicine literature and life stories
- Longevity environmental factors and loneliness may influence dementia
- Exercise sleep learning and social connections support brain health

Thank you to the Rotary Club of Bombay for allowing me to speak at the most expensive venue that I've ever spoken at before.

A lot of health-conscious people keep telling me, as a doctor, how can you promote something fried? So then I tell them that the next book is going to be called 'Bheja Air-fried'.

But thank you very much for coming and taking the time out to listen to this talk. In a sense, the talk is not about the brain, but it's about people. It's about the human condition. It's about what happens when a patient comes to the clinic and how the entire saga of a doctor-patient relationship unfolds.

Many people ask me, why did I write this book? Don't I have enough work to do? Don't I

have patients to see? Don't I have people to operate on? But I think instead of answering everybody individually, I decided to make a PowerPoint presentation around it.

So, *the reason that I write is that the brain is this beautiful three-pound mass of jelly that you can hold in the palm of your hand, that can contemplate the vastness of interstellar space. It can contemplate itself contemplating.*

There are about 100 billion neurons in the brain. Don't ask me who counted them, but 100 billion neurons interact with one another to form close to 300 trillion synapses. It is from this interaction that the entire spectrum of human consciousness arises.

We are still trying to really fathom what the potential of the brain is. You've heard a lot of people say that we use only 10% of our brain. And we've all met people who use much less than that.

But the amount of electrical activity that goes on in a single brain is equivalent to all the cell phones in the world put together. Can you imagine? That's the actual amount of activity that's going on. And most of us have two cell phones nowadays, so you can imagine what process is taking place in the brain.

Scientists over millennia have tried to understand the capacity of the brain. Does anybody know what the physical capacity of the brain is, what it can store or how much it can store?



The capacity of the brain is about 2.5 petabytes. But one petabyte is 1,000 TB. Can you imagine? And 1 TB is 1,000 GB. So, if I fill this entire room up with small hard drives, that's the capacity of a single human brain. And the reason I'm telling you that is this: so be a little careful, anybody who is up to some mischief.

While the brain contains about 100 billion neurons, it weighs only about 2 to 3% of your body weight, even if you're pig-headed, but it consumes 20 to 30% of your body's oxygen or your capacity. You can imagine the amount of work that's going on in the brain.

A lot of elderly people tend to ask me, how do I keep my brain sharp? What do I do? How do I prevent Alzheimer's? How do I prevent dementia? And the beauty is that there's no real rocket science to it. Eat less. This is especially after a hearty meal that all of us have had. Try and sleep adequately. Seven to eight hours of sleep is very, very important.

Eliminate stress. I know it's difficult to eliminate stress, but now we have the ability to learn deep relaxation techniques to be able to significantly and scientifically reduce stress.

And we must be very careful about what we eat. All kinds of processed food really, really affect the brain negatively.

A lot of the time, people ask me what foods are good for the brain, and all kinds

of nuts are good for the brain, including friends. **Berries are really good for the brain.** If you want to stick to sweet stuff, then have dark chocolate.

Fatty foods are good for the brain, like fish and eggs, so try and consume some of these.

They say that food that resembles a certain body part is good for that body part. So, walnuts are good for the brain, kidney beans are good for kidneys, mushrooms are good for ears. Tomatoes are good for the heart.

Don't ask me what grapes are good for, but I don't know why everybody really wants to live so long. Everybody is now talking about this crazy longevity brigade.

On account of being Parsi, I'll automatically live to 100, but this is for the rest of you who are really struggling.

Maintain your vitamin D levels very high. Between 60 to 80, whatever your lab says, high vitamin D levels are very, very important for good mitochondrial function.

Exercise is key. At any age, the dictum is to keep moving. Movement is medicine. So, wherever you can move, you just move. It's very, very important.

Avoid sugar, seed oils, starches, all that stuff. But it's important. These are the scientific tips to live to 100. This is what I believe will really help you, irrespective

of the fact that you really take good care of yourself.

Always be willing to learn. I tell everybody, try and learn something new every single day. It'll make a huge difference to your well-being.

If you really want to keep your brain stimulated and constantly recruit new neurons, use your non-dominant hand to do stuff. Use your non-dominant hand to brush your teeth. Try and stand on one leg while brushing your teeth. If you do both at the same time and fall, don't blame me.

Open doorknobs with your non-dominant hand. Use your computer mouse with your non-dominant hand. Walk backwards.

Any other tips that you all have been using?

Try and do something different. Take a different route to work. Wherever you go, you'll get stuck in Ganpati traffic. But it's important to just push yourself a little bit, feel a little uncomfortable daily. And that's what's really going to make a big difference.

That's going to recruit neurons that are not routinely recruited.

They say that right-sided brain people are creative and special and artistic, and left-sided brain people are logical and methodical and all of that. Forget that! It's actually how the two brains communicate with one another, how they interact with one another. What they're doing at that particular time determines your particular personality, your particular disposition.

A lot of the time, the house is completely divided amongst what they see because the way in which light falls on your retina is the same, but the way in which your brain processes a certain visual clue, a shade, a shadow or a hue, is different in different people and might be determined by what you're thinking at that particular time, what you're doing at that particular time...

CLICK HERE
To read the
FULL TRANSCRIPT

World Ozone Day Activity

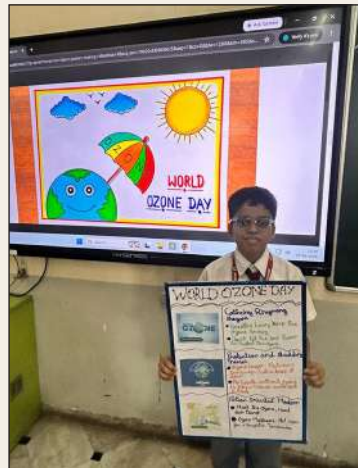
- **Picture colouring competition for Classes 1 to 4**
- **Slogan writing competition for Classes 5 to 8**
- **Students explored the theme "Save the Ozone"**
- **Creative activities promoted environmental awareness**
- **Winners received certificates for their efforts**



On 16th September, the Interact Club of Bharda New High School and Junior College organised a Picture Colouring Competition for students of Classes 1 to 4 and a Slogan Writing Competition for Classes 5 to 8 on the theme "Save the Ozone".

The activities aimed to raise awareness about the importance of the ozone layer in protecting life on Earth and the need to safeguard it. Students participated enthusiastically, expressing their understanding through colourful artwork and meaningful slogans.

Winners were awarded certificates in recognition of their efforts and creativity. The initiative combined learning and creativity while encouraging students to recognise their responsibility towards protecting the environment.



MILTON

Celebrations are
meant to be shared



Explore our range of storage
at your nearest store or log on to www.milton.in

MILTON
Procook

Taste the **love**
in every bite.



Explore our range of hexa cookware
at your nearest store or log on to www.milton.in

Gallery of Moments



Rtn. Amee Tanna, Rtn. Rekha Tanna, First Lady Rakhee Reshamwala, Rtn. Anushka Reshamwala, Rtn. Ptn. Malti Jain and PP Vineet Bhatnagar



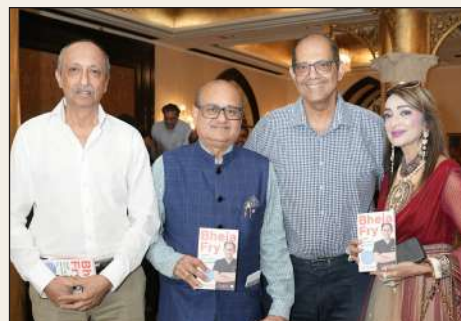
Rtn. Mahesh Khubchandani, Guest Kunti Oza, Rtn. Mudit Jain, Guest Speaker Dr. Mazda Turel, Rtn. Ptn. Malti Jain, PP Nirav Shah, Rtn. Uday Sanghani



PP Nandan Damani, Guest Chaitanya Mehta and PP Nirav Shah



Rtn. Aditya Somani, Guest Speaker Dr. Mazda Turel, President Manish Reshamwala, Hon. Secy. Farhat Jamal and PP Satyan Israni



Guest Kishore Ruparel, Rtn. Mudit Jain, Rtn. Mahesh Khubchandani and Rtn. Ptn. Malti Jain



Rtn. Paritosh Rungta, Rtn. Miral Shah, PP Vineet Bhatnagar and PP Satyan Israni



Guest Chaitanya Mehta and PP Nirav Shah



Rtn. Dr. Dinesh Daftary, Rtn. Mahesh Khubchandani, Guest Speaker Dr. Mazda Turel and Guest Kishore Ruparel



President Manish Reshamwala and Hon. Secy. Farhat Jamal



President Manish Reshamwala and Rtn. Aditya Somani



President Manish Reshamwala and Rtn. Dr. Mehernosh Dotivala

[CLICK HERE
FOR MORE
PICTURES](#)



JOIN US FOR A MORNING WALK AT
KALINA BIODIVERSITY PARK
UNIVERSITY OF MUMBAI

FOLLOWED BY A SUMPTUOUS BREAKFAST

SATURDAY, 26TH SEPTEMBER | 10 AM

Come walk, observe and reconnect with nature.

Wander through the Miyawaki forest, circle the pond,
pause at the Rotary Peace Grove.



Register with Rashmi +91 97691 40141

Eco-Friendly Ganesha Making at Lighthouse

- 30 Lighthouse children create eco-friendly Ganesha idols
- Natural clay encourages creativity and environmental awareness
- Vidya teachers guide children through the hands-on activity
- Children learn teamwork, patience and fine-motor skills
- A meaningful blend of culture, creativity and sustainability

On 11th September 2026, 30 Lighthouse children participated in an Eco-Friendly Ganesha Making Activity with the support of NGO Vidya. Divided into four groups, the children were guided by four Vidya teachers as they shaped and decorated their Ganesha idols using natural clay.

The hands-on activity encouraged creativity, teamwork, patience and fine-motor skills, while introducing the children to the importance

of celebrating festivals in an environmentally responsible manner. The children enthusiastically added their own creative touches, making each idol unique.

The activity was a meaningful blend of culture, creativity and environmental awareness. Lighthouse thanks NGO Vidya and its teachers for their enthusiastic support and guidance in making the experience engaging and memorable for the children.



EXCLUSIVE



SPECIAL DISCOUNTS ON OPD SERVICES EXCLUSIVELY FOR ROTARY CLUB OF BOMBAY MEMBERS AND THEIR DEPENDENTS

10% discount

- Liver Screening (Fibro scan)
- Advanced Comprehensive Health Package
- Nuclear Medicine (PET & SPECT Scan)
- Rehabilitation and Sports Medicine Services
- SHRC procedures (Skin & Hair Rejuvenation Centre)

15% discount

- Consultations
- X-Ray, USG, CT Scan, MRI, DEXA, Mammography, Spirometry, PFT, Audiogram, ECG, 2D Echo, Stress Test, Holter Monitoring, EEG, and EMG
- Laboratory Investigations (excluding outsourced tests)

25% discount

- Ophthalmology diagnostics

30% discount

- CT Angio

TO AVAIL THESE BENEFITS, MEMBERS OR DEPENDENTS MAY PRESENT THEIR MEMBERSHIP ID CARD AT HOSPITAL IN EXCEPTIONAL CASES. A LETTER FROM THE ASSOCIATION CONFIRMING MEMBERSHIP WILL ALSO BE ACCEPTED. OFFER VALID FOR TWO YEARS.

Special Home Care Packages

Silver ₹3,800

Includes: CBC; Fasting Glucose; Lipid Profile (TC, HDL, LDL, TG); Kidney Panel (Urea, Creatinine, eGFR, Uric Acid); Basic LFT (ALT, AST, Total Bilirubin); TSH.

Gold ₹7,100

Includes all Silver tests plus: HbA1c; Electrolytes (Na, K, Cl); Full LFT (adds ALP, GGT, Total Protein/Albumin/Globulin); Ferritin; hs-CRP.

Diamond ₹12,000

Includes all Gold tests plus: Thyroid Profile (FT3, FT4); Vitamin D; Vitamin B12; Fasting Insulin (HOMA-IR with fasting glucose); Apolipoproteins (ApoB, ApoA1); Lipoprotein(a).

Platinum ₹15,300

Includes all Diamond tests plus: Homocysteine; Serum Magnesium; Infectious Screens (HBsAg, Anti-HCV).

FOR APPOINTMENT BOOKINGS AND ASSISTANCE CONNECT TO:
MR. YADVENDRA YADAV 99206 19707 /
YADVENDRA2.YADAV@RFHOSPITAL.ORG



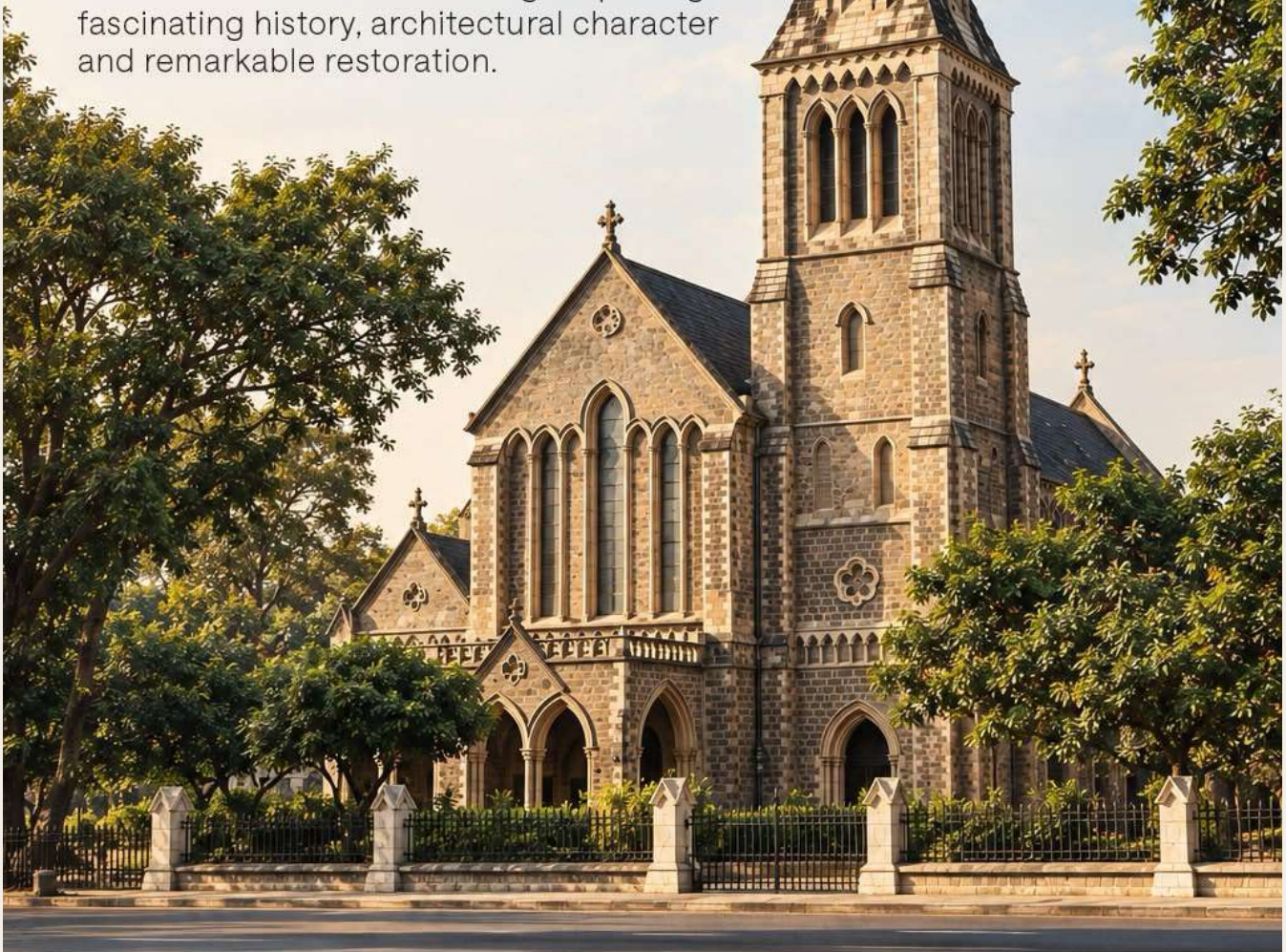
Rotary
Club of Bombay



Afghan Church

STEP
INSIDE
MUMBAI'S
HISTORY

Rotary Club Bombay invites you to **an exclusive insider's tour** with **Conservation Architect Kirtida Unwalla** of one of Mumbai's most iconic buildings exploring its fascinating history, architectural character and remarkable restoration.



DATE
October 17,
2026 (Saturday)

TIME
9 am - 11 am

PLACE
Afghan Church,
Colaba

LIMITED TO 30 PAX
RSVP - Rashmi at Rotary Office
Cost - Rs. 1,500 (Non Refundable)



— ROTARY CLUB OF BOMBAY —
**ASIA GOLF
CHAMPIONSHIP**
— 2027 —

DRIVING LITERACY · EMPOWERING WOMEN · TRANSFORMING LIVES



OXFORD GOLF RESORT
PUNE, INDIA
29 - 30 JAN 2027



HUA HIN
BANGKOK, THAILAND
28 FEB - 5 MARCH 2027

Destination fellowship in Thailand

**A GOLF BALL CAN TRAVEL FAR.
SO CAN OPPORTUNITY.**



SPONSORSHIP
OPPORTUNITIES



ADVERTISING
OPPORTUNITIES



PLAYING
EXPERIENCE



NON-PLAYING
EXPERIENCE



**SCAN TO
KNOW HOW
OR CLICK HERE**

4,50,000

lives have been touched
through our Adult Literacy
mission across rural and
underserved communities.



Gautam Doshi



+91 98206 23258



gautam@gdcapital.in

ROTARIAN BIRTHDAYS



23 September
Rtn. Mihir
Mody



24 September
Rtn. Dilip
Dalal



24 September
Rtn. Jamshyd
Vazifdar



26 September
Rtn. Rajesh
Shah



26 September
PP Dr. Zerxis
Umrigar



27 September
Rtn. Purvi
Mehta



28 September
Rtn. Sushil
Chandiramani

ROTARIAN PARTNER BIRTHDAYS

22 September Rtn. Ptn. Geetu Kirpalaney

26 September Rtn. Ptn. Arpita Gupta

26 September Rtn. Ptn. Rekha Jalan

28 September Rtn. Ptn. Nusrat Memon

ANNIVERSARIES

27 September Rtn. Anjani & Rtn. Ptn. Siddharth Rawat

NEXT TUESDAY:

September 29th, 2026: Rotary Club of Bombay Taru Lalvani Award for Environmental Protection to Mr. Arjun Kamdar.

Arjun Kamdar is a wildlife conservation scientist and PhD scholar at the University of Cambridge, UK. His work focuses on helping people and nature thrive together by combining insights from ecology, behavioural economics, public policy and conservation science.

He is also the Behavioural Conservation Lead at the El-Erian Institute for Behavioural Economics and Policy at Cambridge Judge Business School, where he leads research into what works in building public support for behaviour change. His work explores the role of narratives, values and emotions in creating social tipping points for environmental action.

Before beginning his PhD, Arjun worked with WWF-India, grassroots organisations and government agencies

to design and implement conservation initiatives. He has translated behavioural science and ecological research into practical solutions, including securing a wildlife corridor, developing nature-based livelihoods in the Himalayan foothills and creating tools for safely managing snakes. He has also taught at the National Institute of Design, India, universities and ranger training courses worldwide.

Arjun's work has taken him across the globe, from monitoring tigers along the Indo-Nepal border and radio-collaring wild elephants in north-east India to training snakes for educational programmes in Australia. He is a recipient of the prestigious Inlaks Scholarship and El-Erian Studentship, along with several other grants and fellowships.



Award-winning photographer, writer and storyteller, Arjun's recent work explores connections between human cultures, evolution and the natural world.

Arjun holds an MPhil in Land Economy Research from the University of Cambridge, an MSc in Wildlife Biology and Conservation from the National Centre for Biological Sciences, and a BCom from the University of Mumbai.

Rotary Club of Bombay 2026-27

Trustees

PDG Sandip Agarwalla	PP Nandan Damani
PP Ashish Vaid	PP Framroze Mehta
	Ishraq Contractor

Office Bearers

President Manish Reshamwala	
IPP Bimal Mehta	PE Vineet Suchanti
PN Akhil Sanghi	Secretary - Farhat Jamal
Joint Secretary - Madhusudan Daga	Treasurer - Manish Sampat

Additional Director - PP Preeti Mehta

Centenary Year Committee

PDG Sandip Agarwalla	President Manish Reshamwala
----------------------	-----------------------------

President Manish Reshamwala

Website, Social Media & Rotary Uploads	Rtn. Albert Almeida
Shakti Awards	Rtn. Ptn. Rangita Bhatnagar
The Rotary Foundation	PP Vijay Jatia

Special Director Preeti Mehta

PR Committee	Rtn. Renu Basu
Finance, CSR & Investments	Rtn. Mehul Sampat

PN Akhil Sanghi

Classification & Membership	PP Framroze Mehta
Information	PDG Sandip Agarwalla

Director Swati Jojodia

Dialysis	Rtn. Vinay Rajgarhia
Bhavishya Yaan	Rtn. Jagdish Malkani
Lighthouse	Rtn. Dilip Dalal
Child Welfare	Rtn. Meher Vakil
Anaemia Project	Rtn. Vishal Vora

Director Sherebanu Baldiwala

Urban Nature Habitat (Bio Diversity Park)	Rtn. Rustom Vakharia
Rotaract Clubs	Rtn. Murad Currawalla
Satellite Club	Rtn. Sidhant Jatia
Interact Schools	Rtn. Rustom Vakharia
Women Empowerment	Rtn. Tahera Mandviwala

Director Pradeep Chinai

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
Heritage, Art & Culture	Rtn. Arish Dastur
Sergeant At Arms	Rtn. Khurshed Poonawala

Director Mihir Mody

RCB Medical Centre, Talwada - Chairman Emeritus - PP Dr. Rumi Jehangir	Rtn. Dr. Mehernosh Dotivala
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



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
WPP licence No. MR/TECH/WPP-89/South 2015