

THE GATEWAY

UNITE
FOR
GOOD

Bulletin of the Rotary Club of Bombay

VOLUME 67 ISSUE NO. 22 DECEMBER 2, 2025



Celebrating 96 Years of Service

This Tuesday, Dec 2nd

Feroz Abbas Khan in conversation
with Rtn. Vita Dani on Directing
Timeless Dreams!

UPCOMING

December 9th, Tuesday meeting

RCB Annual General Meeting

December 12th, 7.30 pm

Christmas Dinner hosted by
Ms. Anita Parekh, PE Manish and
Rtn. Ptn. Rakhee Reshamwala and
PN Vineet and Rtn. Ptn. Rinku
Suchanti

December 16th, Tuesday Meeting



Rotary Club of Bombay Social
Service Award to **HT Parekh
Foundation, Ms. Ziaa Lalkaka** will
accept the award.



Rotary Club of Bombay Arvind Jolly
Award for Excellence in Sports to
Ms. Jiya Rai

*"The challenge is in the
moment; the time is
always now."
~ James Baldwin*

MR. JESH KRISHNA MURTHY, CEO & FOUNDER OF ANIBRAIN, IN CONVERSATION WITH RTN. MANJEET KRIPALANI ON ADVANCED NATURE, AND THE WORLD OUR CHILDREN WILL INHERIT.



Jesh Krishna Murthy: Thank you, Manjeet, and thank you to the Rotary Club of Bombay for having me. It's an honour to be here, so let me dive right in.

We're called Advanced Nature, and our work is simple in spirit but ambitious in scale: we look at waste—everything we discard—and ask whether entire worlds can be built from it. This morning, driving in from Pune across Atal Setu, you couldn't even see the hills or the ocean through the haze. What we call pollution is nothing but waste.

It may seem hard to imagine a circular world today, but circularity is exactly what we aspire to—not just sustainability, but a world where nothing needs a dustbin because everything is reused before it becomes waste. For Indians, this isn't a new idea; 200 years ago our culture was fully circular. Even 40 or 15 years ago, the kabaadiwala system ensured very little was wasted. This idea is in our DNA.

Six years ago, during COVID, watching lakhs of people walk home was a turning point for me. It made me question why we accept a world where cities have no place for them, and why migration feels like the only option. Speaking to many of these so-called migrant workers, I

realised most would rather stay in their villages, even for much less pay, if meaningful work existed there.

At the same time, as a parent of two teenage boys, I kept asking myself what kind of world we are leaving for our children. I've worked in VFX and animation for years and still enjoy it, but I knew I needed to do more.

So, without much of a plan, I invited a few of the people walking back to stay and work with me. That's how Advanced Nature began—an art practice exploring waste, rural employment, and the reasons migration exists in the first place. I call it an art practice because I believe art, science and community must work together, especially today, when mental health challenges are everywhere and corporate life often adds to the burden.

India has a deep tradition of abhyas—practice—whether in Madhubani, Chettinad, plasterwork, metallurgy, or architecture. Historically, our artists were also our scientists. So I immersed myself in researching ancient construction, manufacturing and living practices, and realised how harmoniously our ancestors lived with nature. In India, art, science and mathematics always moved together.



Advanced Nature became the space where these ideas converged. Over four to five years, we conducted intensive R&D in materials—using waste, chemistry, and ancient knowledge to create solutions for a more natural way of living today. Along the way, we rediscovered our own aesthetics, something we’ve lost amid glass buildings and flat walls.

We brought in people with no formal training—bricklayers, taxi drivers, delivery workers—and let them experiment. The skills they revealed were extraordinary. We’re not meant to be delivering packages; we’re meant to be creating sustainable solutions because sustainability is part of our culture. It is as hurtful for an Indian to harm a plant as an animal.

Among our major innovations is a cement-free, high-performance concrete made entirely from waste, with a 70–80% lower carbon footprint than traditional concrete. And we developed it in a simple bamboo shed—not a high-tech factory—just like the metallurgists who made the rust-free iron pillar centuries ago.

We’ve created binders from waste that can encapsulate plastic, textiles, industrial scrap, construction debris, paper waste, metal waste, even nuclear waste. Our materials cure without heat or external energy.

Our R&D has shown me one thing clearly: I have not met an ‘unskilled’ Indian. They may not have computer skills, but they carry the skills that built Belur Temple, mastered ancient metallurgy, and created some of the world’s finest crafts and cuisines.

As we reimagine waste as unlimited potential, we must also reimagine our rural workforce. Their abilities show that India can be a manufacturing powerhouse, not by copying the West but by building on our own strengths.

That’s the heart of our work. Thank you so much.

Rtn. Manjeet Kripalani:

Thank you, Jesh. Since I have the privilege of having been to your workshop and your factory, I can attest to everything you say. It’s a large, open area with several tables and a limited number of people. I would say you have about 27-30 people who come in through the day. They’re all working and all creating, from their own world, their villages, their knowledge of the gods, which I have to say is tremendous. And city folk like us have disconnected from our own... sort-of spiritual moorings. This is quite a revival. And, as you say, because villages are open places, it is very easy to replicate this across villages.

So, what exactly is this material that you use? Can you explain it to us? I’ve seen it, it’s a kind of grey sludge, a wet grey sludge.

We make multiple materials, and one of the materials you saw is what we call a geopolymer concrete. That is made out of mining waste and fly ash. There was a gentleman I was speaking to earlier about fly ash, and silicon industry waste. We make binders. The sludge

you saw is the binder. It’s like an adhesive. And within that we can encapsulate construction waste, plastic waste, anything. The binder itself is waste, and what can live in it is also waste. So it’s a double barrel, you get two for the benefit of one.

You have people making casts, and when you put this material through this barrel, which is instantly cleaned, everything is very clean, you put it through and all of a sudden you’ve got a table lamp, you’ve got tiles. Everything is possible there. And tell us, when your staff are creating these casts, what is it that they think of? Because you allow them to do anything they want.

Well, not anything, but close to it. One thing I realised working with these guys, literally a window layer, a guy coming to your house, was that I would tell them: whatever comes from your heart, I want to see what comes out. In the first month, they would make something that probably wasn’t what you or I might find aesthetically pleasing. But the more they delved into their own selves and creativity, they were making Ganeshas, replicating temple art, or creating something entirely original.

We are all creative. Everyone is an artist. There’s nobody who isn’t. We’ve just been told we aren’t because we can’t draw like Michelangelo. But no Indian can. We can draw Warli, it comes naturally to us. It was just about remembering our roots and starting creativity from that point. We have no interviews in the art practice. There is no job interview. You show up, you say, “I want to work here,” and if we have a need, we take them in. Every one of them is immensely skilled.

As the staff told us during COVID, they can easily make a living in the village, because the rural Indian can do several things. They can work in a factory, they can work in a field, and they can work with artistry. That is one of the truly remarkable things.

I always joke with a lot of the boys who work in the workshop that I want them on the cover of GQ. I hope one day GQ comes and takes a photo of these guys. They can clean, they can cook, they can make. It’s incredible. They can do everything. They’re not scared of their hands. In a city, we get scared of our hands. They have no fear. That connection is so strong.

How do our traditional construction materials have a connection with the waste today, our traditional materials?

You’ll see a couple of lamps there, and also a big mask. You can touch it, you can feel it. For that, we researched our old lime technology...

To read the entire article

CLICK HERE

Rotary Club of Bombay Flag Exchange at Vienna



Rtn. Peter Born visited the meetings of two Rotary clubs at the famous Hotel Sacher in Vienna, which is already displaying some Christmas decorations. Peter proudly exchanged our RCB banner with the Presidents of Rotary Club of Wien Prinz Eugen and the Rotary Club Vienna-International.



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TUESDAY MEETINGS AT ROTARY CLUB OF BOMBAY



Hon. Secy. Farhat Jamal, Rtn. Akhil Sanghi, Rtn. Mohit Jain and PP Vineet Bhatnagar



PP Vineet Bhatnagar, Rtn. Meera Alreja and Rtn. Khurshed Poonawala



Rotarians Sanjiv Saran Mehra, Rina Deora and Akhil Sanghi



Rotarians Sanjiv Saran Mehra, Dr. Rustom Ginwala and Zaheer Memon



Rotarians Miral Shah, Paritosh Rungta and Uday Sanghani



Rotarians Robin Fernandes, Joint Hon. Sec. Rhea Bhungara and Arish Dastur



Rotarians Mudit Jain, PN Vineet Suchanti, Hon. Secy. Farhat Jamal, PP Nandan Damani and Akhil Sanghi



Rotarians Uday Sanghani, Tahera Mandviwala, Sanjiv Saran Mehra, Paritosh Rungta and Rina Deora



PP Vineet Bhatnagar, Joint Hon. Secy. Rhea Bhungara, Rtn. Zaheer Memon and PP Nandan Damani



PN Vineet Suchanti exchanging flag with Rtn. Christopher Bluemel



Hon. Secy. Farhat Jamal, PN Vineet Suchanti, Speaker Jesh Krishna Murthy, Rtn. Manjeet Kripalani, Rtn. Mudit Jain, Rtn. Rina Deora and Rtn. Ptn. Malti Jain



Rotarians Manjeet Kripalani, Ritu Prakash Desai, PP Vineet Bhatnagar and Rina Deora



Rotarians Mudit Jain, PP Kalpana Munshi and Naresh Kumar Jain

FROM THE PRESIDENT'S DESK



Dear Rotarians,

Reflecting on November, it was a month brimming with activity and meaningful progress. We undertook numerous projects throughout the month, each contributing to our mission and strengthening our community.

We began November with the inauguration of St. Jude's, India's largest child care centre, located in Kharghar. In partnership with the Rotary Club of Hanging Garden and the Premalata Vandran Shah Charities Trust, RCB supported the centre's movable capital expenditure. We were honoured to welcome our esteemed chief guest, DG Dr. Manish Motwani, who graced the occasion. Special thanks go to ARRFC & PDG Sandip Agarwalla, PP Vijay Jatia, Rtn. Dilipbhai Shah (the donor and a longtime member of the Rotary Club of Hanging Garden), and my co-president Rtn. Hitesh Fozdar for their invaluable contributions and teamwork on this transformative project.

On November 5th, we celebrated the opening of our 15th dialysis centre at Galaxy Super Speciality Hospital in Mulund East — another significant milestone in our club's ongoing commitment

to providing free medical care to those in need. This achievement would not have been possible without the generous donations from PP Vineet Bhatganar and PP Zulfiquar Memon. DG Dr. Manish Motwani once again joined us for this event. We extend our heartfelt gratitude to Rtn. Swati Jajodia, whose tireless dedication and leadership have been the driving force behind the dialysis project. We have now installed our 90th dialysis machine and are on track to reach our goal of 100 machines soon.

On November 8th, we hosted a medical camp at our Cotton Green Medical Clinic, serving more than 125 beneficiaries. Our clinic continues to grow stronger each year, playing a pivotal role in delivering free medical care to our community. The Wockhardt Foundation team and our Satellite Club members ensured the event ran smoothly. My sincere thanks to the entire Cotton Green committee, especially Rtn. Samina Khorakiwala, Rtn. Mehernosh Dotivala and Satellite President Tanisha, for making the camp a success.

The Heritage Art & Culture Committee, led by Rtn. Aditya Somani and Rtn. Arish Dastur, was especially active in November. In collaboration with the Fellowship Committee, they organised a delightful evening at the Museum of Solutions — a world-class children's museum. Thank you, Tanvi Jindal, for this remarkable addition to our city. The committee also hosted a second event at Nilaya Anthology, where we enjoyed hearing Ragini Vakil share her vision for Nilaya and its support of local art and craft. The evening concluded with

a feast of Thai cuisine and fellowship at Fireback.

Our Anand Yaan, Bhavishya Yaan Committees, Interact and Child Welfare committees organised a variety of impactful programmes, including the NMJ School Lit Fest, GK Marg ITM Volunteer Support Programme, a cataract camp for AY elders, a visit to the Nehru Science Centre for our Lighthouse kids, an excursion to the mangroves and zoo for BY kids, and a nutrition programme led by our children.

This month, we launched our sports development programme at the Talwada Ashram School in partnership with the Dani Sports Foundation. Sports development plays a vital role in a child's overall growth, yet it often receives insufficient attention in our school systems, particularly in rural areas. Through this initiative, we aim to foster holistic development through organised sports, and who knows, perhaps one day we'll nurture a sports champion from Talwada.

On November 21st, Rtn. Tahera Mandviwala, Chair of the Legal Aid Committee, single-handedly organised a legal rights and remedies programme for the tribal community, with a focus on women, at Vikramgad. More than 180 community members attended to listen to distinguished legal experts, including representatives from the Maharashtra Women's Rights Commission. Thank you, Tahera, for delivering such a meaningful programme.

On November 13th, we held our first club assembly to update members on committee progress and

plans. I appreciate everyone's dedication and hard work in organising meaningful projects this year.

Our weekly meetings remain engaging and well attended. We began the month with an insightful session on AI by Shubham Saraff, followed by a fireside chat between Rhea Chakraborty and Rtn. Priya Tanna. Rhea's journey resonated deeply with everyone present. On November 18th, we enjoyed another fireside chat with Nyrika Holkar and Devna Vora, gaining valuable insights into Nyrika's journey and her vision for Godrej Enterprises. We closed the month with an enlightening talk by Jesh Krishna Murthy on sustainability, skilfully moderated by Rtn. Manjeet Kripalani.

The highlight of the month was the reception in honour of RI President Francesco Arezzo and First Lady Anna Maria Criscione, co-hosted with the Rotary Club of Bombay North. Special thanks to ARRFC & PDG Sandip, PP Vijaybhai and Paritosh for organising an evening filled with warmth, fellowship and the community spirit that defines District 3141.

We are concluding the month with the inauguration of our 4th IT Innovation Lab and Career Centre at Dahanu this weekend.

I look forward to welcoming each of you at our Christmas Nite, where we'll celebrate the festive season with laughter, music, great food and true RCB spirit.

Warm regards and best wishes for a joyful festive season,

Bimal Mehta
President



Rotary
Club of Bombay
Celebrating 96 Years of Service



DISTRICT 3141

CHRISTMAS DINNER

12.12.2025 | 7:30 PM ONWARDS

OUR GRACIOUS HOSTS

ANITA PAREKH
MANISH AND RAKHI RESHAMWALA
VINEET AND RINKU SUCHANTI



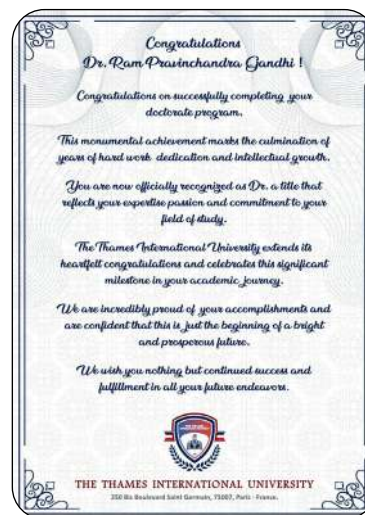
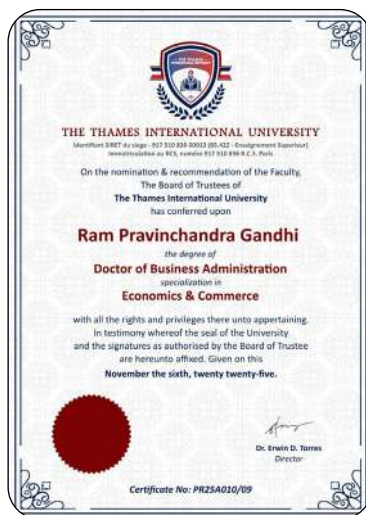
COMMITMENT FEE FOR MEMBER / PARTNER
INR 1000 /- PER PERSON

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RTN. RAM GANDHI PROVES IT'S NEVER TOO LATE TO LEARN

The Rotary Club of Bombay proudly congratulates Rtn. Ram Pravinchandra Gandhi on being awarded his Doctorate in Business Administration, specialising in Economics and Commerce, by The Thames International University. This remarkable achievement comes nearly 50 years after his graduation, reflecting his unwavering dedication to lifelong learning and intellectual growth.

Conferred on November 6th, 2025, the degree recognises Rtn. Gandhi's commitment, perseverance and passion for academic excellence. His accomplishment serves as an inspiring reminder that education has no age limit and that curiosity and determination can lead to extraordinary milestones at any stage of life.



BY: Wockhardt Foundation Launches 'Khel Khel Mein' at G.K. Marg

The Rotary Club of Bombay extends its heartfelt appreciation to the Wockhardt Foundation for initiating its value-based education programme, Khel Khel Mein (KKM), for the Bhavishya Yaan students of G.K. Marg School. This thoughtful and innovative initiative aims to nurture seven core human values — Gratitude, Truth, Love, Forgiveness, Humility, Giving,

and Patience — through engaging, child-friendly methods such as storytelling, role play, group activities, and individual tasks.

On November 19th, 2025, teachers at G.K. Marg School attended their first KKM training session, where they gained a deeper understanding of the programme's philosophy and explored ways to integrate value-based learning

into everyday classroom interactions. The phased implementation ensures that each value is introduced gradually, giving students adequate time to reflect, understand, and apply these principles in their daily lives.

The programme commenced with its first lesson on Gratitude for Classes 1 to 4. The children learned the importance of appreciating the people, experiences, and small joys that bring meaning to their lives. They also shared personal reflections on what they were grateful for and concluded the session with a calming mindfulness song that reinforced the day's learning.

The Rotary Club of Bombay sincerely thanks the Wockhardt Foundation for selecting Bhavishya Yaan at G.K. Marg as a pilot centre. This partnership promises to create a lasting positive impact, fostering emotionally aware, responsible, and compassionate young citizens.



BHAVISHYA YAAN – THE LOTUS EFFECT SUSTAINABILITY SESSION

Bhavishya Yaan students of NMJ School recently participated in an engaging and insightful session on sustainability titled “The Lotus Effect”, conducted by Prathamesh Mishra from the Steam Academy, who is also a curator at the Nehru Science Centre. The same programme is also being held for Bhavishya Yaan students of Prabhadevi and Byculla schools.

The session began with a short video that helped students identify key elements such as the lotus flower, its stem, its leaf and the activities demonstrated by children in the film. This formed the foundation for understanding the fascinating scientific principle known as the Lotus effect, nature’s own waterproofing masterclass. Lotus leaves possess nano-scale bumps coated with waxy molecules, causing water to bead and roll off effortlessly—like tiny janitors sweeping away dirt.

This natural mechanism has inspired biomimicry, leading to the creation of ultra-hydrophobic paints and coatings for cars, buildings and textiles. Surfaces designed using lotus logic require fewer washes, less detergent and significantly less water. As explained, a vehicle painted with lotus-inspired material benefits from an efficiency upgrade, courtesy of a plant that never needed a pressure washer. In essence, the biomimicry of lotus design reduces resource consumption while keeping surfaces clean with zero fuss.

Mr. Mishra further demonstrated the hydrophobicity of the lotus leaf through a hands-on activity, giving students a memorable experience of the science behind it. He also explained simple yet powerful principles of sustainability, including keeping oneself and one’s surroundings clean, saving paper through digital alternatives, caring for nature, avoiding waste, maintaining clean environments at home and school, and embracing green innovations. He encouraged students to view nature as their laboratory and to keep exploring.

Overall, the session was highly informative and thoroughly enjoyed by the students. The hands-on experiments kept them completely engaged and inspired to adopt sustainable practices in their daily lives.

PRABHADEVI SCHOOL



NMJ MARG SCHOOL



BYCULLA SCHOOL



BY: Learning the Story of Money at Sarmaya Arts Foundation

On November 25th, 2025, the Bhavishya Yaan students of NMJ School from Classes 8 and 9 embarked on an enriching educational trip to the Sarmaya Arts Foundation for an engaging session titled Rupee Trail. The objective of the visit was to help students understand the Odyssey of the Rupee and gain insight into the evolution of money in India.

Sarmaya Arts Foundation, a museum without boundaries, offered students a vibrant and creative experience through its thoughtfully curated artefacts, traditions, and historical narratives

representing the diverse histories of the Indian subcontinent. The students were captivated the moment they entered the exhibition, astonished by the extensive display of ancient and modern coins and monetary forms. Showcases illuminated with detailed descriptions allowed them to trace the journey of money—from the barter system using cowrie shells and ratti, to punched seals, and later to coins crafted under various kings and queens. They also learnt how the word rupaiya was introduced in 1602, marking the early minting of currency.

Ms. Rungta from Sarmaya delivered an insightful presentation on the history of the rupee, followed by an additional session on financial literacy. Students participated enthusiastically in a question-and-answer round and completed worksheets on topics such as budgeting, interest rates, the Reserve Bank of India, and personal savings.

The visit concluded with light snacks, and the students returned enriched with a deeper understanding of India's monetary history and essential financial concepts.





ROTARY CLUB OF BOMBAY MEDICAL FACILITIES

Cotton Green Clinic

Charitable clinic with Bombay Cotton Merchants & Mucodams Association Ltd.

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- Dental department in association with Indian Institute of Continuing Education & Research. **[Concessional rate]**
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Dr. Shital Fulzele
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- Cancer Aid:** Supporting cancer patients with treatment

Rtn. Swati Jajodia
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 - Pediatric OPD
 - Dental OPD
 - Pathology Lab
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Timings: 9 am - 5 pm, Mon - Sun

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- Shreebdi Hospital, Govandi **[Free]**
- Shatabdi Hospital, Kandivali **[Free]**
- Samarpan Dialysis & Therapeutic Centre, Charkopar **[Free]**
- Upline Medicare Hospital, Charkopar **[Free]**
- Dr. M.L. Dhawale Memorial Trust Hospital, Palghar **[Subsidized]**
- Dr. Sarmaya Hospital & Research Centre, Son **[Free]**
- Ashangshi Damesh Dialysis Centre, Andheri East **[Free]**
- Malika Hospital, Jogeshwari, Mumbai **[Free]**
- Symbiosa University Hospital & Research Centre, Pune
- Suvarni Shreechandra Hospital, Vasai **[Free]**
- Adhikari Upline Hospital, Bolser **[Free]**
- Galaxy Superspecialty Hospital, Mulund East **[Free]**

Rtn. Swati Jajodia
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Inner Wheel Club Brings Joy to Ananda Yaan

The Rotary Club of Bombay extends heartfelt appreciation to the Inner Wheel Club of Bombay Queen's Tiara for their compassionate Ananda Seva initiative held at the Ananda Yaan Mazgaon Centre on November 21st, 2025. The event created a heart-warming and joyful atmosphere for the senior citizens, who enjoyed an afternoon filled with music, dance, laughter, and uplifting conversations.

The Inner Wheel team curated a lively musical session that brought smiles and a sense of togetherness to all present. The seniors participated

with enthusiasm, cherishing the warmth, companionship, and celebratory spirit that the occasion offered.

In a meaningful act of support, the Inner Wheel Club distributed towels crafted by physically handicapped artisans from FPH, thereby extending encouragement not only to the seniors but also to a community of differently abled creators. Delicious snacks were also served, adding to the delight of the afternoon.

The Rotary Club of Bombay gratefully acknowledges the presence and dedication of President Gopika Dosh, IPP Siddhi Sakhrani, Treasurer Rakhee Reshamwala, and Secretary Sejal Kanakia, whose involvement contributed greatly to the success of the programme.

We deeply value the Inner Wheel Club of Bombay Queen's Tiara for their continued commitment to the well-being of Ananda Yaan's senior members. Their Ananda Seva reflects a spirit of kindness, dignity, and collaborative service that enriches our shared mission.



IT Labs Innovation – Vigyasa 2025 National Achievement



On November 20th, 2025, students from the IT Labs Innovation Programme across Palghar, Boisar, Dahanu and Wada proudly represented their centres at the national-level AI & IoT Innovation Competition – Vigyasa 2025, held at KES' Shri T. P. Bhatia College of Science, Kandivali (W), Mumbai. Focused on climate sustainability and environmental solutions, the competition invited students from Standards 8th to 10th to

design impactful, technology-driven prototypes.

Among 25 outstanding teams from across India, our Innovation Labs fielded six strong teams who showcased remarkable creativity, technical skill and confidence. Their projects reflected real-world thinking and a deep understanding of pressing ecological challenges.

Participation certificates were awarded to teams from S. T. Kadam Vidyalaya,

Palghar, P. J. High School, Wada, and Dr. S. D. Vartak Vidyalaya, Boisar (Marathi Medium), whose projects addressed landslides, forest conservation and water pollution.

The Rotary Innovation Labs celebrate these young innovators for their dedication, teamwork and vision. Their achievements reaffirm that with the right support, young minds can shape meaningful solutions for a sustainable future.



Project: Smart River Plastic Waste Segregation & Management System

The team impressed the judges with a working model that tackled river pollution head-on — earning them a well-deserved 2nd Runner-Up position!

Students: Divy, Vedant, Aksha.

Teacher: Richa Jha and Dipali Jadhav



Project: Smart Helmet for Coal Mine Worker Safety

Innovative, impactful, and brilliantly presented — this safety-focused IoT project earned the team the Rising Star Award, recognizing them as emerging trailblazers.

Students: Daksh, Gunjan, Pratigya, Gargi

Teacher: Rajashri and Khushi



Project: Smart Precision Farming System

A practical and timely solution for farmers, this project showcased how IoT can make agriculture smarter and more sustainable.

Students: Priya, Ankit, Rajkiran

Teacher: Devashish Y. Narkhede and Khushboo Lokhande



EXCLUSIVE

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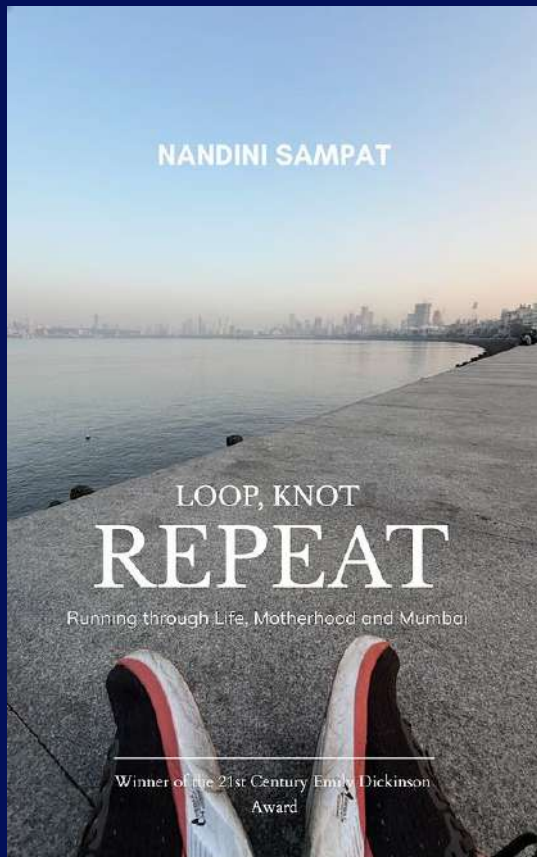
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**SCAN AND MESSAGE ON
WHATSAPP FOR BOOKINGS**



Celebrating Loop, Knot, Repeat by Rtn. Nandini Sampat

Rtn. Nandini Somaya Sampat, a distinguished Mumbai architect and passionate runner, has released her debut poetry collection, *Loop, Knot, Repeat: Running Through Life, Motherhood, and Mumbai*. The book has already garnered media attention for its sensitive and compelling reflections drawn from her daily runs across the city.

Described as her “love letter” to Mumbai, the collection captures the rhythm, breath and pulse of the city through intimate observations made while clocking kilometres on familiar routes. Each poem stems from a simple ritual that begins every run—

forming a loop, tying a knot, and repeating the journey both on the road and within oneself.

Rtn. Nandini beautifully expresses how running, though deeply personal, is never a solitary act. “It takes a village. It creates a community, and it leaves us altered,” she shares. Her poems honour this shared spirit, blending movement with memory, and landscape with emotion.

Loop, Knot, Repeat stands as a tribute to Mumbai, motherhood and the transformative journey of running—celebrating connection, resilience and the city that shaped her.

INTERACT CLUB FITNESS AWARENESS WORKSHOP

On November 21st, 2025, the Interact Club of the Rotary Club of Bombay hosted an energising and educational fitness workshop at Bharda High School, Fort. The session was conducted by Mr. Nimish Sanaye, the visionary founder of Focus Fitness, in collaboration with the Matterly Foundation. His aim was to raise awareness among students about the value of simple, equipment-free home workouts and the importance of daily meditation in cultivating a healthy and disciplined lifestyle.

Mr. Sanaye’s dynamic and approachable style immediately captured the students’ interest. He demonstrated a series of practical exercises that can be performed anywhere, encouraging children to adopt fitness as a daily habit. Alongside physical activity, he introduced the fundamentals of mindful meditation, emphasising how a few minutes of deep breathing and reflection each day can improve concentration, reduce stress, and support overall emotional well-being.

The workshop was highly interactive, with students participating enthusiastically throughout. Mr. Sanaye’s passion for fitness and his ability to engage young minds made the session both enjoyable and impactful.

Bharda High School extends sincere appreciation to Mr. Nimish Sanaye for his commitment to promoting physical and mental wellness and for inspiring students to lead fitter, more mindful lives through accessible home workouts and meditation.



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Diamond ₹12,000

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2026

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PUNE, INDIA : 17 JAN - 18 JAN, 2026

PHUKET, THAILAND : 29 JAN - 2 FEB, 2026

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Start 2026 on a high note by participating in a series of global golf fundraisers. The monies raised will be used to fund the Rotary Club of Bombay's Adult Literacy Initiatives.

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ROTARIAN BIRTHDAYS



Dec 2
Rtn. Dr. Sharukh Golwalla



Dec 5
Rtn. Zulfiquar Memon



Dec 7
Rtn. Abhinav Aggarwal



Dec 3
Rtn. Rahil Shah



Dec 6
Rtn. Mahesh Khubchandani



Dec 7
Rtn. Rustom Vakharia

ROTARIAN PARTNER BIRTHDAYS

December 2

Rtn. Ptn. Malini Agarwalla
Rtn. Ptn. Joanna Chhatwal
Rtn. Ptn. Ayesha Soonawalla

December 3

Rtn. Ptn. Vandana Kakar

December 6

Rtn. Ptn. Meenakshi Kumar

December 8

Rtn. Ptn. Rakhee Reshamwala

ANNIVERSARIES

December 2

Rtn. Ptn. Vasudha & Rtn. Abhin Alimchandani

December 3

Rtn. Ptn. Smita & Rtn. Naresh Pachisia

December 4

- Rtn. Ptn. Dr. Sonia & Rtn. Dr. Saumil Kothari
- Rtn. Ptn. Nandita & PP Manoj Patodia

December 5

- Rtn. Arin & Rtn. Ptn. Percy Master

- Rtn. Rajyalakshmi & Rtn. Ptn. Dr. Papa Rao Meka

December 7

- Rtn. Ptn. Amita & PP Shailesh Haribhakti
- Rtn. Ptn. Santosh & Rtn. Jyotivardhan Jaipuria

December 8

Rtn. Ptn. Rekha & Rtn. Ravindrakumar Ruia

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ARRFC & PDG Sandip Agarwalla	PP Nandan Damani
PP Ashish Vaid	PP Framroze Mehta
Rtn. Ishraq Contractor	

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Joint Honorary Secretary Rhea Bhungara	Treasurer Manish Sampat

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ARRFC & PDG Sandip Agarwalla	President Bimal Mehta
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President Bimal Mehta	
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PN Vineet Suchanti

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Director Pradeep Chinali

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Programmes	Rina Deora
Sergeant-at-Arms	Khurshed Poonawala

Director Sherebanu Baldiwala

Public Awards	Anand Dalal
International Programmes	Christopher Bluemel
Water Resources	Siddharth Bhimrajka
Animal Welfare & Wildlife conservation	Bipin Vazirani

Legal Aid and Awareness	Tahera Mandviwala
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Director Siddharth Bhimrajka

Child Welfare	Meher Vakil
Elder Day Care Centre, Alibaug	PP Ashish Vaid
Urban Nature Habitat	Jamshed Vakharia
Ananda Yaan	Kaushal Mehta
Transformation Salon	Ratna Kapoor Sharma

Director Renu Basu

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Museum & Contemporary Arts	Priyarsi Patodia
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	Mihir Mody
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Satellite Club	Murad Currawalla
Interact Schools	Mudit Jain

TUESDAY, DECEMBER 16TH: Rotary Club of Bombay Social Service Award to the HT Parekh Foundation, with Ms. Ziaa Lalkaka accepting the award, and the Rotary Club of Bombay Arvind Jolly Award for Excellence in Sports to Ms. Jiya Ra



Ziaa Lalkaka is a Chartered Accountant with 30 years of experience across corporate finance, banking, and development. After roles at KPMG, ICICI, BNP Paribas, and the HDFC Group, she led the HT Parekh Foundation for a decade, driving major social investments and shaping impactful initiatives in education, healthcare, environment, and climate resilience.

Jiya Rai, a 16-year-old para swimmer with Autism Spectrum Disorder, is a world record-holding open-water athlete. She became the youngest and fastest female para swimmer to conquer the English Channel and the Palk Strait, earning major national and international awards, including the Pradhan Mantri Rashtriya Bal Puraskar and the National Award of Disability.



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