

# THE GATEWAY

UNITE  
FOR  
GOOD

Bulletin of the Rotary Club of Bombay



Celebrating 96 Years of Service

**This Tuesday, Jan 6<sup>th</sup>**

Mrs. Jaya Row will address the Club on The Power of One.

## UPCOMING

**January 10<sup>th</sup>, Saturday**

**17<sup>th</sup> Golf Fellowship @ Willingdon Sports Club.**

InCamera Event with **Kusha Kapila** hosted by Rtn. Priya Tanna @ Imperial Club by The Leela

**January 13<sup>th</sup>, Tuesday Meeting**

Dr. Pheroza J. Godrej and Mrs. Firoza Punthakey Mistree in conversation with Rtn. Arish Adi Dastur.

**January 17<sup>th</sup>- 18<sup>th</sup>, Pune**

**RCB Asia Golf Challenge.**

**January 24<sup>th</sup>, 10.30 am**

Grand Opening Ceremony of the RCB and ITI Mumbai Centre of Excellence



VOLUME 67 ISSUE NO. 26 JANUARY 6, 2026

**Dimple Jangda in conversation with Rtn. Anushka Jagtiani on The Ultimate Healing Code: energy, nutrition & gut health.**



### Rtn. Anushka Jagtiani:

Good afternoon and welcome, everyone. It is my pleasure to host this talk. It is also very appropriate to have a conversation on gut health after enjoying this buffet here at the Oberoi Trident. Gut health is a very popular topic; everybody wants to know about it. But we are also going to touch on other aspects of healing, depending on how much time we have.

As you heard, Dimple has just authored a book called *The Healing Code*. Healing, in one sense, has become a very fashionable word. Everyone seems to be healing from some mental or physical trauma. Even when there is nothing obvious to heal from, we dig something up. And it is not a one-size-fits-all formula, as we will discover in our conversation with Dimple.

I also want to add that Dimple and I did our yoga teachers' training together, and I have seen her through her journey. Here she is today, a celebrity gut health coach, and we are all so proud of her.

### Dimple Jangda:

Thank you so much, Anushka. It is always a pleasure to have a conversation with a friend. It becomes even more interesting and intimate.

Your journey has been very unusual, Dimple. You were a TV producer and an investment banker, and you really did not have much to do with the healthcare industry, except that you made a lot of doctors very rich because you fell sick quite often. What made you look for this healing code and move into Ayurveda and gut health?

It was all accidental, actually. Like you said, I have been a banker, a TV producer, a TV reporter, all of it. At the peak of my career, nothing made sense. I had everything that I ever wanted: a high-rise career, a high-rise lifestyle in New York City, rubbing shoulders with some of the most powerful men on Wall Street. I had everything, but I still felt empty from within, and I could not understand the reason.

That is when I decided to pack up everything, leave it in storage in New York City, and come back to India to figure out my purpose in life. That is what we call *ikigai*. We are all in search of our true purpose in life. What is the reason for your existence?

I was then able to connect the dots because I took a two-year sabbatical to travel around the world. I realised that the reason I fell sick so often was not to forget the suffering, but to make sure I learned from it and prevented

others from suffering the way I did, because of ignorance. We suffer because of ignorance, and that is why I pursued health and happiness through Ayurveda, yoga and gut health.

### **Ignorance of what? What are we ignorant of?**

We have not educated our senses enough. We go through the schooling and college education process, which is a formal system that teaches us how to make money, how to buy a home, how to own a car, build a career graph, and maybe even find a suitable partner using your qualifications as a trump card in arranged marriage meetings.

But do we really learn how to be healthy and happy in school? Do we teach our children how to be happy? Instead, we place enormous pressure on them through the rat race. They are raised in a competitive environment where they are constantly trying to outdo one another. This gives rise to negative emotions like competitiveness, jealousy and envy, and a burning desire to achieve things at the cost of everything else — at the cost of sleep and health.

We choose to give up our health to pursue wealth, and then in our later years, we give up our wealth to regain health, which becomes very complicated. We are not taught how to preserve health, and we are not taught how to be happy. These are the basics that I wish every school would make mandatory.

**Very well said. We are not taught how to be happy, and happiness in our thoughts and emotions is such an important part of healing. It is all connected to the gut.**

**We will talk about nutrition and gut health specifically, but first I want to ask you about something you mention in your recent book, The Healing**

**Code. You say that everything in the universe has energy and a unique vibrational frequency — plants, water, animals, everything — and that our body is a physical manifestation of the energy we vibrate. Could you explain that before we move on?**

If I had to give an example of how we are a physical manifestation of the energy we vibrate, I would go back to my younger days. I was sick all the time and had four surgeries before the age of eighteen. I was constantly unwell, but we were also mentally trained to get sick.

After every surgery, the doctor would tell me that if the tumours came back, I would need another surgery. Exactly a year later, I was back for the next one. We are trained to expect illness. When we constantly invest money in insurance, we are preparing for sickness. We are not preparing for health.

If instead we invested that money into our daily lifestyle — the food we eat, the kind of workouts we do, the quality of sleep we get, the friends we socialise with, and the environment we live in — whether the air is toxic or clean — we would be preparing for health and wellness, not sickness.

Of course, insurance is a backup plan for emergencies. But what is an emergency? A fracture, a car accident, or even a heart attack. And even a heart attack is largely within our control. If you maintain cardiac health, you can avoid it or postpone it.

Most of the illnesses we see today are lifestyle diseases — chronic lifestyle diseases like diabetes, cholesterol, arthritis, rheumatism, spondylitis, thyroid issues, PCOS, PCOD and infertility. Lifestyle diseases are by choice. They are not accidental, and they are not contagious, pandemic-based

diseases that come into your home because someone sneezed near you. These conditions are by choice. You suffer by choice, and you heal by choice.

That choice is energy. It is intangible; you cannot see it or touch it. In my first book, I spoke extensively about gut health and the gut microbiome, saying that we are literally 99 per cent gut microbiome and 1 per cent human consciousness. That is tangible. I can see the gut microbiome under a microscope and measure it.

Energy, however, is intangible, yet it can be measured and felt. Have you ever walked into a room and done a vibe check? You immediately sense whether it is your kind of space or your kind of people. People can lie, but energy never lies. Someone can smile at you and say, "Wonderful to meet you," but deep down, you know they did not mean it.

Your intuition is never wrong, and intuition comes from the gut, which is your second brain. Gut and energy, when understood at the core, allow you to access your own ultimate healing code. That is what the second book is about — understanding the intangibles.

**Getting into the intangibles — and I like the way you said that energy never lies. That is so true. So, is the secret to healing and living your best life about putting yourself on a higher vibration? Is that really the secret to healing?**

When you are vibrating at a low frequency, you attract events that have the same low frequency. This is measurable. Dr. Masaru Emoto, a Japanese scientist whom many of you may have heard of, conducted a well-known experiment. He

took three bowls of rice soaked in water. To one bowl, he spoke kind, beautiful words. To another bowl, he gave complete ignorance — it was kept in the same environment and room as the other two, but completely ignored. To the third bowl, he spoke nasty, angry words like, "I hate you, you're ugly, you're not worth living."

They repeated this every single day. Two weeks later, they observed that the bowl which received positive words had a nutty, fermented aroma that made you want to eat it immediately. It had a beautiful, edible quality. The bowl that was ignored had developed black mould. That is what happens to children who are ignored — they fall sick. Bronchial health takes the first hit because that is where grief and depression are often stored. The third bowl, which received negative words, turned rancid — so toxic that you could not even stand the smell.

That is energy. Dr. Emoto also repeated the experiment with water. Different people spoke different words to the water — some positive, some kind, some negative — based on what they were genuinely feeling. They were not pretending or imitating; they were vibrating what was truly in their hearts. When the water molecules were examined under a microscope, those that received kind, beautiful words formed crystal-like structures, resembling snowflakes. The ones exposed to harsh, unkind words formed distorted, ugly patterns.

This experiment proved that what you vibrate is what you receive. Think of a radio station. There are multiple radio channels in a city. If you tune into 98.3, you will not...

**To read the entire article**

**CLICK HERE**

# PP DR. BATRA HONOURED ON WORLD MEDITATION DAY

A moment of pride and honour marked World Meditation Day on December 21<sup>st</sup>, 2025, when PP Dr. Mukesh Batra was felicitated with a special postal stamp released in his honour by Mr. Amitabh Singh, Chief Postmaster General – Maharashtra and Goa. PP Dr. Batra was also honoured as the Guest of Honour at the iconic Mumbai GPO on this occasion.

Built over a century ago, the Mumbai GPO has stood silently and steadfastly as the city transformed from Bombay to Mumbai. While the skyline has risen and the pace of life has changed, this timeless structure has remained calm and constant—much like meditation itself. As the world outside continues to move, meditation teaches us to find stillness within.

Just as the GPO connects people through messages of joy and sorrow, meditation helps individuals connect with themselves. As a doctor, PP Dr. Batra strongly believes—and science now confirms—that meditation supports not only mental peace but also overall health and wellbeing.

The special postal stamp released on this day carries a meaningful message of balance, happiness, and inner peace for the world.



**MILTON** Pro cook

New Year Resolutions 2026

- 1) Learn to Cook
- 2) Eat Healthy Food

**MILTON**

Pack flavour, pack fun!

# ROTARY CLUB OF BOMBAY TUESDAY MEETINGS



Rtn. Gautam Doshi, Rtn. Jaidev Merchant, Guests Kajal Shah and Amol Shah,  
Rtn. Anant Singhania, Rtn. Rina Deora and PE Manish Reshamwala



New Rotarian Nimisha Sheth and  
President Bimal Mehta



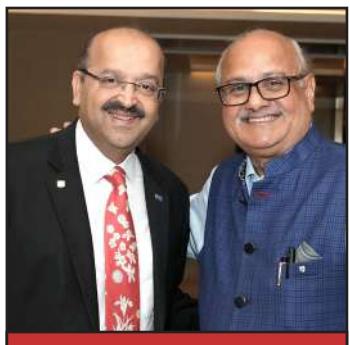
PP Haresh Jagtiani and  
Hon. Secy. Farhat Jamal



Rtn. Ptn. Vandana Daga and  
PP Nirav Shah



Rtn. Rina Deora and PE Manish  
Reshamwala



PP Nirav Shah and  
Rtn. Mudit Jain



Rtn. Anar Shah and  
PP Nirav Shah



Rtn. Rina Deora, Rtn. Anar Shah, Rtn. Anushka Jagtiani,  
Guest Speaker Dimple Jangda, President Bimal Mehta and  
Hon. Secy. Farhat Jamal



PE Manish Reshamwala,  
Rtn. Roda Billimoria and  
Hon. Secy. Farhat Jamal



PP Nirav Shah, Rotarians Suresh Goklaney, Naresh  
Kumar Jain and PP Kalpana Munshi

**CLICK HERE  
FOR MORE  
PICTURES**



Rtn. Rina Deora, Guest Speaker Dimple  
Jangda, Rtn. Ptn. Malti Jain and Rtn. Ujjwala  
Singhania

# ..... FROM THE PRESIDENT'S DESK .....



## Dear Rotarians,

*On behalf of Aradhana and myself, I would like to extend our heartfelt wishes for a Happy New Year and all the best in 2026 to you and your loved ones.*

December was a particularly eventful and exciting month. We concluded November with the successful inauguration of our fourth IT Innovation Lab (ITIL) and Career Foundation Learning Centre (CFLC) at K.L Ponda School in Dahanu. At the ITIL, students engage in hands-on learning that extends beyond theory to practical applications, including robotics, IoT, and 3D design and printing. Concurrently, the CFLC provides structured preparation for IIT-JEE and NEET examinations, offering guidance and mentorship to talented students who previously lacked access to such resources.

I extend our sincere appreciation to Rtn. Uday Sangani, co-chair of the IT Innovation Lab Committee, for his outstanding leadership and dedication in bringing this project to fruition. I would also like to thank Rtn. Yogesh Mahansaria for his ongoing support and sponsorship of our IT Innovation Labs, including the Dahanu facility. Additionally, a special thanks to the Rotary Club of Dahanu for their continued support.

On December 8<sup>th</sup>, the Heritage Art and Culture Committee visited the newly reopened

F.D. Alpaiwalla Museum on Hughes Road, which features an extensive collection of historical and ethnic artifacts related to the Parsi community, including fine portraits, manuscripts, coins, textiles, and porcelain. Many of these items are in urgent need of restoration. During the visit, RCB signed a Memorandum of Understanding with Alpaiwalla Museum to undertake the restoration of these valuable pieces. Many thanks to Rtn. Arish Dastoor for spearheading this excellent initiative.

Our rural projects continue to grow stronger every year. I have always believed in deepening our involvement in the villages we support. Our work at Pimpurna Village stands out as a prime example. Thanks to the generous contribution from Frashgar Charities last year, RCB installed solar panels that now pump water from the nearby river to the fields, ensuring year-round irrigation for agriculture. This year, we added a second solar panel in another hamlet and also renovated the ZP School. We are grateful to PP Fali Mehta's foundation, Frashgar Charities, for supporting us once again. Our longstanding implementation agency, Chirag Foundation, has been an invaluable partner to our rural initiatives over the years. Many thanks to Pratibha Pai and the entire Chirag team.

On December 20<sup>th</sup>, Dharamshala 2 was inaugurated at the Platinum Jubilee Block of TATA Memorial Centre in Parel Village. This important milestone was achieved thanks to the generous sponsorship and backing of RCB, reflecting a strong sense of community and compassion.

The event began with the unveiling of the Laundry on the first floor, an initiative sponsored by the Rotary Club of Mumbai Western Elite. This new facility offers patients, caregivers, and resident doctors a clean, comfortable environment for

their daily needs. The ceremony then shifted focus to the opening of three additional floors - 10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup> - generously funded by members of the Rotary Club of Bombay, while the 8<sup>th</sup> and 9<sup>th</sup> floors were supported by the Rotary Club of Mumbai Royales. These newly opened floors will provide essential spaces for healing and recovery, creating a welcoming sanctuary for those seeking care and support. The establishment of Dharamshala 2 was made possible by the dedicated team at TATA Memorial Hospital and the efforts of ARRFC & PDG Sandip Agarwalla, PP Vineet Bhatnagar, and PP Vijay Jatia.

In celebration of the festive season, we organised an evening at the Royal Opera House for the Lighthouse Kids to attend the theatre production of Aladdin. Additionally, the Early Intervention Committee marked Christmas with an event at our Mankhurd Centre, which included a special lunch for children and their families, as well as the distribution of thoughtful gifts to each child.

The Christmas party held on December 12<sup>th</sup> at the Willingdon Club was a memorable occasion, enhanced by the Club's classic ambiance and festive Christmas decorations, thoughtfully arranged by Rtn. Ami Jagtiani. The evening was marked by a sense of camaraderie and the festive spirit characteristic of Rotary fellowship. I extend my sincere gratitude to our gracious hosts: Rtn. Ptn. Anitaben Parikh, PE Manish and Rakhee Reshamwala, as well as PN Vineet and Rinku Suchanti, for making this event both enjoyable and successful.

Special thanks are also due to PP Framroze Mehta, First Lady Aradhana, PP Vineet Bhatnagar, and Rtn. Ptn. Rakhee Reshamwala for their flawless execution of the Christmas party.

Our weekly meetings remained engaging. We began the month

with an enlightening fireside chat featuring noted theatre personality Feroz Abbas Khan and Rtn. Vita Dani. Members were captivated by the compelling account of Mr. Khan's theatrical journey. On December 16<sup>th</sup>, we conferred two awards. The RCB Social Service award was presented to the HT Parekh Foundation and received by Ziaa Lalkaka on behalf of the foundation. The RCB Arvind Jolly Award for excellence in sports went to Jiya Rai. Despite being autistic, Jiya's accomplishments in long-distance swimming are genuinely inspiring. Full credit goes to Jiya and her parents for this remarkable achievement. The month concluded with an engaging discussion featuring Dimple Jangda, a nationally best-selling author and gut health specialist, alongside Rtn. Anuska Jagthani. All attendees benefited from valuable insights on enhancing gut health and diet through natural remedies.

January proves to be an exciting month, especially with our Adult Literacy golf fundraiser as a major highlight. Since the programme began, over 150,000 individuals have achieved functional literacy. This year, we hope to reach 65,000 more beneficiaries, and we appreciate your ongoing support.

We have begun the new year by providing special meals to 150 cancer patients and their caregivers at our Dharamshala centre this month. We remain committed to our mission of offering a 'home away from home' for those in need as they undergo cancer treatment.

*"The future belongs to those who believe in the beauty of their dreams." ~ Eleanor Roosevelt*

May this year be filled with the realisation of your dreams and aspirations!

**Warm Regards  
Bimal Mehta, President**

# IN CAMERA

HOSTED BY RTN. PRIYA TANNA



KUSHA KAPILA

THE BUSINESS OF BEING KUSHA  
COMEDY, CONTENT, AND COMMERCIAL SUCCESS

7-8 PM FIRESIDE CHAT  
8 PM ONWARDS DINNER

SATURDAY, 10<sup>TH</sup> JAN

IMPERIAL CLUB BY THE LEELA  
THE IMPERIAL TOWERS,  
TARDEO

LIMITED SEATS  
PLS REGISTER WITH  
RASHMI

# RCB Inaugurates Dharamshala 2 at TATA Memorial Centre

## Bringing Hope and Comfort to Patients

On a momentous Saturday, December 20<sup>th</sup>, 2025, the heartwarming inauguration of Dharamshala 2 took place at the Platinum Jubilee Block of TATA Memorial Centre in Parel Village. This significant event was made possible by the generous sponsorship and support of the Rotary Club of Bombay, exemplifying the true spirit of community service and compassion.

The inauguration ceremony commenced with the unveiling of the Laundry on the 1st Floor, a thoughtful initiative sponsored by the Rotary Club of Mumbai Western Elite. This facility will provide patients, their caregivers, and resident doctors with a clean and comforting space to attend to their daily needs.

This was followed by the inauguration of three floors—the 10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup>—generously sponsored by the Rotarians of the Rotary Club of Bombay, while the 8th and 9th floors were sponsored by the Rotary Club of Mumbai Royales. These floors will serve as vital spaces for healing and recovery, offering a sanctuary of solace and support for those in need.

The establishment of Dharamshala 2 was made possible by the dedicated team at TATA Memorial Hospital and the committed efforts of ARRFC & PDG Sandip Agarwalla, PP Vineet Bhatnagar, and PP Vijay Jatia, under the leadership of President Bimal Mehta during his presidency year. Their unwavering dedication and

tireless work have brought this beacon of hope to life, ensuring that patients and their caregivers receive the care and support they deserve.

Dharamshala 2 promises to continue the legacy of compassion and care established by Dharamshala in Bhoiwada, Mumbai. Dharamshala aims to provide a comfortable and nurturing environment with fully furnished flats equipped with all basic amenities, allowing cancer patients and their attendants to focus on their well-being without the burden of accommodation logistics. Just as its predecessor has served as a pillar of strength for patients at TATA Memorial Hospital, Dharamshala 2 will stand as a symbol of hope and comfort for those in need.

The inauguration of Dharamshala 2 marks a significant milestone in the ongoing journey of providing compassionate care and support to those battling illness. With the support of the community and the dedication of esteemed sponsors such as Rtn. Ashok Mahansaria and Rtn. Surendra Mohatta from the Rotary Club of Bombay, PP KK Choudhary from the Rotary Club of Mumbai Royales, Rtn. Kishor Bang from the Rotary Club of Mumbai Western Elite, and many others, this new facility will undoubtedly have a lasting impact on the lives of patients, caregivers, and healthcare professionals. Together, they continue to shine a light of hope and healing for all who seek solace in times of adversity.



# TIME TO TEE OFF

## HIGHLY ANTICIPATED 17<sup>TH</sup> GOLF FELLOWSHIP

As in the last several years, the Sports Committee plans to uphold the motto of spreading goodwill and fellowship through sports. What began as a challenge on the greens of the US Club in south Bombay on January 12th, 2008, has flourished into the Golf Fellowship of the Rotary Club of Bombay. It attracts all the talents in the Club and has even sparked inquiries from non-members.

While the inaugural event drew a modest 17 players, the sixth edition was played in January 2013, the number had doubled to 32, of varying age groups from 10-80. This event has become a flagship events in our Rotary calendar eagerly anticipated by both participants and club members. We are delighted to announce that this year marks the seventeenth year, since the fellowship started in 2008.

Our gratitude goes to Rtn. Moy Biswas, the de facto chief of all sporting activities of the Rotary

Club of Bombay who has played a pivotal role in making event a resounding success. Working quietly behind the scenes, Rtn. Moy's family, the office staff and fellow committee members have significantly contributed to the growth of this fellowship.

In 2010, the Biswas family established a specially designed golf trophy crafted by Moy Biswas and made in Singapore. This rotating trophy awarded to the winner of the fellowship.

Preparations for the Seventeenth edition of this fellowship, scheduled to be held on the greens of the Willingdon Sports Club on Saturday, January 10th, 2026, began 3 months in advance.

President Bimal Mehta will commence the fellowship with a ceremonial tee off at 8.55 am. The post-tournament prize distribution ceremony including fellowship attracts even more members, predominately non-

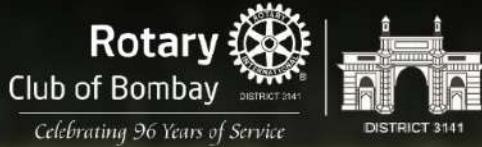
golfers, outnumbering the participants and featuring several past and future Presidents.

This year the award ceremony and fellowship will be held at the 'Pool Side' of Willingdon Sports Club from 1.30 pm onwards. President Bimal Mehta and other past Presidents will present awards to the winners and special mementoes to all participants. Family members of Rotarians are welcome to join the ceremony, especially for the fellowship.

The winner of the 2026 fellowship remains to be seen, but there is a buzz about the event and avid golfers are eagerly anticipating the sporting chance.

Those interested in participating in the fellowship are requested to get in touch with Moy Biswas, (Mobile no. 9820051887 and Email ID - mail@hiranmaybiswas.com).

We look forward to the participation of all Rotarians and a successful fellowship meet.



# 17<sup>th</sup> GOLF FELLOWSHIP

**SATURDAY, JANUARY 10<sup>TH</sup> 2026**  
**WILLINGDON SPORTS CLUB**

**CEREMONIAL TEE OFF  
AT 8.55 A.M**

**AWARD CEREMONY & FELLOWSHIP  
BEGINS AT 1.30 P.M**



**FOR REGISTRATION CONTACT - RTN. MOY BISWAS  
9820051887 | [MAIL@HIRANMAYBISWAS.COM](mailto:MAIL@HIRANMAYBISWAS.COM)**

# Students Showcase IoT Innovation at EcoInnovators Ideathon 2026

Ninth standard students, Suraj Ramdas Athare and Avinash Milind Gadwe, represented S.T. Kadam Vidyalaya, Palghar at the EcoInnovators Ideathon 2026 National Level Competition on December 14<sup>th</sup>, 2025. They successfully demonstrated their IoT project and were awarded a participation certificate for their efforts.

The students presented their project titled “Smart Aqua Step”, which addresses water wastage in schools. The system filters used water from handwashing, monitors its quality, generates small amounts of electrical energy via a turbine, and reuses the clean water for school gardening. This innovative approach not only conserves water but also optimises energy use and promotes sustainability.

The project was developed at the Innovation Lab, Palghar, reflecting the students' creativity, technical skills, and commitment to environmental solutions. Their participation highlights the school's focus on fostering practical, technology-driven solutions for real-world challenges.



## S.T. Kadam School Wins First Prize for Waste Management Project



Suraj Athare, Pratigya Prajapati, and Naitik Patil, students of Class 9, S.T. Kadam School, Palghar, presented an outstanding project titled “Health and Hygiene – Waste Management” as part of the “स्वच्छता अपनाई रोगराई भगाई” competition organised by the Palghar Municipal Corporation.

The school takes immense pride in sharing that the students secured the 1st Prize among all participating schools in Palghar. Their project demonstrated practical solutions and strong awareness related to health, hygiene,

and effective waste management, reflecting a commendable sense of social responsibility and innovation.

The students identified a key problem within school premises: improper waste disposal and delayed garbage collection leading to unhygienic conditions, foul odour, and health issues. Overflowing dustbins, caused by the absence of a system to alert the municipal corporation when bins are full, further aggravated the situation. In addition, littering outside dustbins contributed to unclean surroundings.

To address these challenges, the team proposed an IoT-based Health and Hygiene Waste Management System. The system uses sensors to monitor waste levels in dry and wet dustbins and automatically sends alerts to the municipal corporation for timely collection. A camera captures images when garbage is thrown outside the dustbin. This solution promotes cleanliness, improves hygiene, and helps maintain a clean and healthy school environment.

# Executive Summary of the Rotary Club of Bombay IT Innovation Lab, 2025 Overview

ROTARY CLUB OF BOMBAY - IT Innovation Lab & Career Foundation Learning Centre									
IT Innovation Lab						No. of models created			
S #	Lab Name	Name of the School	Date of Initiation	Duration of Operation	No. of students taught till date from date of inception till date	3D	IOT	ROBOTICS	TOTAL
1	Palghar	S T KADAM VIDYALAYA	27/1/2022	4	5760	294	22	200	516
2	Wada	P J HIGH SCHOOL	3/9/2024	1.9 year	2090	80	12	15	107
3	Boisar	DR. S D VARTAK HIGH SCHOOL	22/2/2025	10 months	748	88	8	32	128
4	Dahanu	K L PONDA SCHOOL	26/9/2025	3 months	360	15	3	12	30
5	Mumbai	ITI ELPHINSTONE	22/12/2025	7 days	125	0	0	0	0
					9083	477	45	259	781

CFLC						
S #	Lab Name	Name of the School	Date of Initiation	Duration of Operation	No. of students taught till date from date of inception till date	
1	Palghar	S T KADAM VIDYALAYA	1/1/2025	1 year	100	
2	Wada	P J HIGH SCHOOL	15/4/2024	1.5 years	100	
3	Boisar	DR. S D VARTAK HIGH SCHOOL	17/2/2025	11 monrhs	100	
4	Dahanu	K L PONDA SCHOOL	22/9/2025	3 months	100	
5	Mahim	MAYURESH KIRTANE SCHOOL	19/6/2025	6 months	29	
TOTAL						429

# IVDP Phase 2 Inaugurated at Pimpurna, Jawhar

President Bimal Mehta inaugurated the Integrated Village Development Project – Phase 2 at Pimpurna in Jawhar on December 13<sup>th</sup>, 2025, in the presence of PP Framroze Mehta, PE Manish Reshamwala, Chair of the IVD Committee Rtn. Pulin Shroff, Rtn. Charu Agarwal, and Rtn. Uday Sanghani.

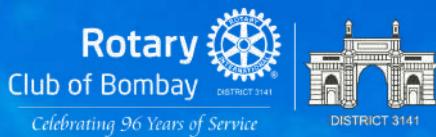
The project will positively impact 186 families in the remote village of Pimpurna, under Dabosa G.P. in the Jawhar block, enabling them to move away from seasonal, monsoon-dependent farming towards a more secure and healthier future through an Integrated Clean Energy Rural initiative. Earlier, 833 residents faced acute shortages in electricity, water, educational and social infrastructure, and livelihood options.

As part of the initiative, 21 farmers have received water on their farmland through a solar lift irrigation system. Mango and cashew saplings have been provided as long-term livelihood support, along with seeds and agricultural training to kick-start their new journey. In addition, 21 jalkunds, or farm ponds, have been constructed on individual farms to ensure reliable water access.

This project is the result of support from the donor Frashogar and the Rotary Club of Bombay under Phase 1 of the community electrification and WASH programme, which addressed key livelihood and infrastructure gaps. The project will benefit 833 villagers, help avoid 3,300 kg per year of carbon emissions, irrigate 42 acres of farmland throughout the year, reduce forced migration, save 355 trees, and generate 8,300 KW of clean energy annually through solar power. The implementation partner for this project was Chirag Rural Development Foundation.



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Rotary Club of Bombay

# ASIA GOLF CHALLENGE

## 2026 -3rd Edition

Supported by  
**SAFGR**



**LET'S TEE OFF FOR CHANGE...**

PUNE, INDIA : 17 JAN - 18 JAN, 2026

PHUKET, THAILAND : 29 JAN - 2 FEB, 2026

MUMBAI, INDIA : 14 FEB, 2026

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.

**WORLD CLASS GOLF**

**ONCE IN A LIFETIME EXPERIENCE**

**POWERING THE INDIAN ADULT LITERACY MOVEMENT**



President Bimal Mehta, Rotary Club of Bombay  
PDG Sandip Agarwalla and PP Vineet Bhatnagar, Project Initiators  
Rtn. Uday Sanghani, Co-Chairperson IT Labs, Centre-in-Charge  
*warmly welcome you to the*

# GRAND OPENING

*Ceremony*  
of the

## RCB AND ITI MUMBAI CENTRE OF EXCELLENCE

for Industry 4.0 Skill Development & Innovation

**24th January 2026 | ITI, Mumbai 01**

*10.30 a.m onwards*

*C/o Elphinstone Technical Highschool and Jr. College,  
3 Mahapalika Marg, Dhobi Talao, Mumbai, 400001.*

*Inauguration ceremony by*

**SHRI MANGAL PRABHAT LODHA**

*Minister of Skill Development & Entrepreneurship,  
Government of Maharashtra*

*Guests of Honour*

**DR. MANISH MOTWANI**  
*District Governor RID 3141*

**RTN. YOGESH MAHANSARIA**  
*Project Donor / Chairman, Mahansaria Group*

**R.S.V.P. Rashmi +91 97691 40141 [ADDRESS LINK HERE](#)**



# Christmas Carnival for BY Students at CCI

The most exciting time of the year arrived for Bhavishya Yaan students with their much-awaited annual Christmas Carnival at the Cricket Club of India (CCI) on December 22<sup>nd</sup>, 2025. Year after year, this special outing is eagerly anticipated, as it offers the students a joyful break filled with laughter, music, and celebration.

Students from NM Joshi, Byculla, Prabhadevi, and GK Marg schools reached CCI accompanied by their dedicated Teachers and Mentors. The excitement was palpable from

the moment they boarded the buses, building up to their arrival at the festively decorated venue. The play area, adorned with a cheerful Christmas theme, welcomed the children warmly and set the tone for the celebrations.

The carnival featured popular food stalls serving popcorn, candy floss, and other treats, along with a range of rides that the students thoroughly enjoyed. Trampoline jumping remained the most sought-after attraction. Music and songs added to the festive spirit, with students, Teachers, and Mentors

dancing together, especially to the much-loved trending Dhurandhar song.

A special highlight was Santa Claus, who delighted the children by distributing gifts and posing for photographs. The celebrations concluded with ice cream, a snack box, and a return gift for every student.

The day ended on a joyful note, creating lasting memories for all. Special thanks to Rtn. Suresh Agarwal for his continued support in organising this annual Christmas event over the years.



## Reflection through Wishing Tree Activity at BY's NMJ School

As part of a Christmas activity, NMJ Class 9 students created a Wishing Tree on December 24<sup>th</sup>, 2025. Each student made a leaf from chart paper and wrote a personal wish on it. The students were excited and deeply engaged throughout the activity. Once completed, the teacher collected all the leaves and assembled them into a beautiful Wishing Tree.

Students then shared their wishes with one another, fostering the values of sharing feelings and expressing thoughts openly. When the teacher read out the wishes, she was surprised by their variety—ranging from gaining knowledge and earning wealth to aspiring to become a footballer. Touched by their sincerity, the teacher prayed for the students and wished that all their dreams come true.



**CELEBRATING  
CHRISTMAS AT  
BHAVISHYA  
YAAN'S GK MARG  
SCHOOL**



# BY Welcomes Protean Representative at NMJ School

A visit under the Bhavishya Yaan initiative took place at NMJ School on December 18<sup>th</sup>, 2025, Thursday, with Ms. Sneha Bharti Pawar, Assistant Manager, Protean, spending the day interacting with students and observing classroom activities.

Ms. Pawar began her visit with the 8th Std. English class, where she quietly observed the teaching session. She later engaged with the students, asking questions about their current lessons, their experience with the AI Tutor, and whether they enjoyed working with it. The students responded confidently, reflecting their comfort with the learning tools.

She then visited the computer classroom, where 9<sup>th</sup> Std. students were learning Financial Literacy and preparing for workshops scheduled for December 20<sup>th</sup>. Ms. Pawar expressed her happiness at seeing students introduced to this important subject, which is also

part of future sessions planned by Protean's Volunteers. She interacted with the students, asked questions, and took photographs.

The visit continued to the Primary section, where 4<sup>th</sup> Std. students, guided by their Nisrin teacher, were engaged in class. The students enthusiastically presented a Povada, a traditional Marathi folk song based on the bravery of Shivaji Maharaj, performed earlier during the school's Multi Lingual Literature Festival. Shivanya recited the lines with clarity and confidence, supported by her classmates in chorus.

Ms. Pawar also visited the 7<sup>th</sup> Std. class and interacted with students there. She was briefed about the Literature Festival, which she could not attend, and shared feedback that the reports submitted by the school were extremely useful for the CSR Committee meeting. She was accompanied throughout the visit by a colleague from Protean.



## BY HOSTS EAST BYCULLA SCHOOL ALUMNI MEET



The Alumni Meet of East Byculla School was held on January 2<sup>nd</sup>, 2026, bringing together former students from various batches to reconnect, reminisce, and celebrate shared memories. The occasion was graced by Rashmi ma'am and Jaya ma'am, who appreciated the alumni's achievements

and highlighted their continued bond with the school.

The event featured lively games, songs, and dances that kept the atmosphere vibrant and engaging. Several successful alumni shared valuable insights, guidance, and opportunities

for junior students, inspiring them to aim higher.

The meet concluded with a vote of thanks, refreshments, and a group photograph, proudly carrying forward Bhavishya Yaan's enduring legacy and soaring towards greater heights.

EXCLUSIVE



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

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- Liver Screening (Fibro scan)
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- Rehabilitation and Sports Medicine Services
- SHRC procedures (Skin Health & Rejuvenation Centre)

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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.

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### Diamond ₹12,000

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FOR APPOINTMENT BOOKINGS AND ASSISTANCE CONNECT TO:

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- Platinum Hospital, Mulund [Free]
- Sunil Sagar High Tech Hospital, Kandivali [Subsidized]
- Shabadi Hospital, Govandi [Free]
- Shabadi Hospital, Kandivali [Free]
- Samarpriya Dialysis & Transplantation Centre, Chhatrapur [Free]
- Lifeline Medicare Hospital, Charni Road [Free]
- Dr. D. D. Dabholkar Memorial Trust Hospital, Pakhriwadi [Subsidized]
- KJ Somaiya Hospital & Research Centre, Ghatkopar [Free]
- Acharya Shri Ramdas Dialysis Centre, Andheri East [Free]
- Malibaug Hospital, Juhu, Mumbai [Free]
- Symbiosis University Hospital & Research Centre, Pune
- Sivansh Shradhhanand Hospital, Vasai [Free]
- Adyar Kovai Lifeline Hospital, Boisar [Free]
- Galaxy Superreproductive Hospital, Mumbai, East [Free]

Rtn. Swati Jajodia  
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## Warmth for All: Blankets Distributed by AkshayaShakti Foundation via Tata Memorial Centre





# TEACHING ADULTS USING CREATIVE METHODS

## THE INNOVATIVE TECHNIQUES OF ROTARY CLUB OF BOMBAY'S ADULT LITERACY PROGRAM

### Training Prerikas for Effective Teaching:

One key aspect of the program is the training of Prerikas to conduct teaching sessions for adult learners. These Prerikas play a crucial role in delivering the curriculum

### Classes tailored for beneficiaries:

The Adult Literacy program conducts classes for 50 beneficiaries in two separate batches, allowing for a more personalized teaching approach.

- The classes are structured to cover a variety of topics and skills that are essential for adult literacy.
- Weekly assessments are conducted to monitor progress and understanding.

The cost of making an adult functionally literate is approximately **INR 290** per adult only. This includes study material kit consisting of various books and flash cards, stationary, final exam facilitation costs, graduation certificates and salaries to the coordinators/facilitators.

### ACHIEVEMENT

Year	Beneficiary Count
2022-23	14,977
2023-24	44,682
2024-25	95,000
2025-26	1,500 (Expected 61,500)
<b>Total Achievement</b>	<b>156,159</b>

**Over 1.5 lac adults have already achieved functional literacy, gaining a vocabulary of 700 words to read bus signs, newspapers, and bank documents and manage their daily arithmetical household accounts.**

**The Rotary Club of Bombay is conducting a pioneering initiative that hopes to eradicate adult illiteracy and promote adult education across India with implementing innovative techniques to teach adults using creative methods.**

### GOAL

This year we aim to educate an additional 61,500 adults in Palghar / Mumbai, with the ultimate goal of making Palghar completely (100%) adult literate.

### FOCUSING ON THREE VERTICALS OF LEARNING

By incorporating these three verticals into the curriculum, the program ensures that adult learners receive a well-rounded education that equips them with essential skills for daily life.



### 1. ALPHABETS AND VOCABULARY

Prerika introduces a new alphabet that incorporates familiar items to enhance engagement and relatability.

Each day, a new word is introduced and thoroughly discussed to facilitate better understanding.

Prerika boosts confidence by encouraging beneficiaries to present their learnings.

### 2. NUMBERING AND COUNTING

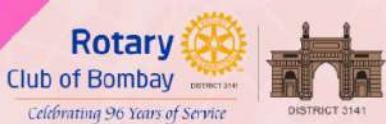
Various counting games and activities are organized to make learning engaging and practical. For example, walking on the number line backwards and forwards to understand sequence and direction.

Counting using sticks, stones, or leaves - grouping them in multiples of five to strengthen the concept of bundling and skip counting.

### 3. BASIC SKILLS TRAINING

Beneficiaries are taught how to use a calculator for basic arithmetic. They are also taught how to read calendars and are given guidance to improve their daily life skills and time management abilities.

EXCLUSIVE



Exclusive Offer  
from Eva Health by NM Medical

Avail of this exclusive limited-time discount on  
**Eva Health Women's Health Check-up Packages**

**10% off for an individual**

**15% off when two women book together**

**20% off for a group of three**

**25% off for a group of four women**

For RCB members, spouses, family members and team members.



SERVICES INCLUDE

**3D/4D Ultrasound | DEXA scans | 3D Mammography |  
Pap Smear | HPV testing | Whole Body MRI | Advanced  
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**Why choose Eva?**

- A fully women-led clinical team that intuitively understands women's health testing needs covering various stages of women's life from adolescence, PCOS, pregnancy, to menopause and general health check-ups
- A thoughtfully designed, calm and woman-centric environment
- The trusted diagnostic legacy of NM Medical



SCAN AND MESSAGE ON  
WHATSAPP FOR BOOKINGS

# ROTARIAN BIRTHDAYS



**January 6**  
Rtn. Aruind Agarwal



**January 10**  
Rtn. Reema Damani



**January 8**  
Jt. Hon. Secy.  
Rtn. Rhea Bhumgara



**January 10**  
Rtn. Mahesh Goenka



**January 9**  
Rtn. Rajan Gupta



**January 11**  
PP Dr. Adi Dastur



**January 9**  
Rtn.  
Hoshang  
Nazir



## ROTARIAN PARTNER BIRTHDAYS

### January 6

- Rtn. Ptn. Sushmita Bluemel
- Rtn. Ptn. Dr. Sandesh Mayekar

### January 9

- Rtn. Ptn. Vaidehi Dhoot
- Rtn. Ptn. Karishma Sharman
- Rtn. Ptn. Swati Rajgarhia

**13<sup>th</sup> January, Tuesday: Dr. Pheroza J. Godrej and Mrs. Firoza Punthakey**

**Mistree in conversation with Rtn. Arish Adi Dastur.**



**Dr. Pheroza J.  
Godrej**



**Mrs. Firoza  
Punthakey  
Mistree**

- Advisor of the F.D. Alpaivalwalla Museum
- Art-historian, Ph.D. in Ancient Indian Culture,
- Chairperson of the Museum Society of Mumbai.

- Advisor of the F.D. Alpaivalwalla Museum
- Independent researcher and writer in the field of Zoroastrian studies.



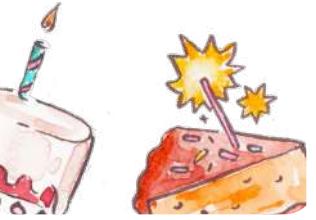
**Rtn. Arish Adi  
Dastur**

- Scholar of Religious Studies
- Former World Bank Urban Sustainability Specialist



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Best  
wishes of  
the day



## ANNIVERSARIES

### January 6

- Rtn. Ptn. Dr. Natasha & Rtn. Mahesh Khubchandani

### January 7

- Rtn. Ptn. Sheila & PP Paul George
- Rtn. Ptn. Naveena & IPP Satyan Israni

### January 8

- Rtn. Ptn. Hasmina & Rtn. Dr. Mirza Asad Karim Khan
- Rtn. Ptn. Geetu & Rtn. Ramon Kirpalaney

### January 9

- Rtn. Ptn. Kulsum & Rtn. Farhat Jamal
- Rtn. Ptn. Zainab & Rtn. Arif Lokhandwala

### January 10

- Rtn. Ptn. Kavita & Rtn. Kamal Bulchandani
- Rtn. Ptn. Niloufer & Rtn. Hormazdiyaar Vakil

### January 12

- Rtn. Ptn. Ritu & Rtn. Nikhil Bhatia

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Director Siddharth Bhimrajka	
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Urban Nature Habitat	Jamshed Vakharla
Ananda Yaan	Kaushal Mehta
Transformation Salon	Ratna Kapoor Sharma
Director Renu Basu	
Rural Development	Pulin Shroff
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Museum & Contemporary Arts	Priyanshi Patodia
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	Mihir Mody
Sports for all	Abhishek Saraf
Anusuya Devi Taparia College	PP Pradeep Saxena
Director Akhil Sanghi	
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IT Innovation Labs	Nikhil Sanghvi
Adult Literacy	Runit Shah
ESS Curriculum	Gautam Doshi
Scholarships	PP Preeti Mehta
Night Study Centre	Jamshyd Vazifdar
Director Swati Jajodia	
Cotton Green Clinic	Dr. Mehernoosh Dotivala
Cancer Aid	Farokh Balsara
Early intervention in Neurodivergent Children	PP Shernaz Vakil
Dharamshala	Miral Shah
Dialysis	Swati Jajodia
Director Mudit Jatia	
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Fellowship & In-Camera	PP Vineet Bhatnagar
Assimilation	Akhil Sanghi
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Director Jaymin Jhaveri	
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Paediatric Heart Surgeries	Natasha Treasurywala
Rotaract Clubs	Amee Tanna
Satellite Club	Murad Currawalla
Interact Schools	Mudit Jain