

THE GATEWAY

UNITE
FOR
GOOD

Bulletin of the Rotary Club of Bombay

VOLUME 67 ISSUE NO. 32 FEBRUARY 17, 2026



Celebrating 96 Years of Service

This Tuesday, Feb 17th

Rotary Club of Bombay Citizen
of Mumbai Award to Mr. Ronnie
Screwvala, Indian entrepreneur.

UPCOMING

February 19th, Thursday

Mahjong tournament organised by
the Animal Welfare Committee.

February 20th, Friday

Ananda Yaan sports day

February 24th, Tuesday Meeting

PRID & Trustee Elect of TRF
A.S. Venkatesh in conversation with
ARRFC & PDG Sandip Agarwalla.

Book reveal of 'Tirelessly Yours'
authored by **Kalyan Banerjee**, Past
President Rotary International.

March 3rd, Tuesday

No meeting due to public holiday

The Annual Jain **Phoolon ki Holi** at
Rtn. Naresh Jain residence.

March 8th, Sunday

Lighthouse Sports Day.

March 21st, Saturday

Celebration of 3rd Anniversary of
Rotary HDFC Dharamshala.

*"Service is not measured by the scale
of what we give, but by the sincerity
with which we empower others to
build their own futures."
~ Paul Harris*

DR. AVINASH PHADKE AND DR. MANISHA TALIM IN CONVERSATION WITH MS. EKTA BATRA, ANCHOR, CNBC-TV18 ON SEMAGLUTIDE AND NEWER WEIGHT LOSS DRUGS: WHERE DO WE STAND TODAY?



Ms. Ekta Batra: Thank you, everybody, for joining in. I think I forgot to mention that we also have Dr. Phadke, who is my father-in-law, on the panel. So this is the first time in my career that I have the opportunity to interview him. We have a lot of conversations over the dinner table, but today it will be wonderful to hear his views as well as Dr. Talim's views on what is probably one of the hottest topics in medicine today, which is basically GLP-1 drugs, weight loss drugs. Lots of people cannot pronounce semaglutide or tirzepatide, but they all know that they are weight loss drugs.

So I am going to kick off the conversation by asking the panellists to explain what these GLP-1 drugs are and why they are so useful to us.

Dr. Avinash Phadke: Thank you so much, Ekta.

These drugs have become the talk of the town. They have been called game-changers. They are among the most abused and the most lauded. The WHO, in September 2025, included them in the list of essential medicines. The essential medicines list already includes metformin and SGLT2 inhibitors, and now

GLP-1 is also included in the list of essential medicines by the WHO.

Semaglutide and tirzepatide, as she said, have been available in India in oral form for two years. Then Mounjaro, which is tirzepatide, has been available in injectable form for six months, and Ozempic is only recently available. So experience is mainly with oral semaglutide and Mounjaro.

Having said that, before we come to why these drugs are game-changers, is there any potential for abuse? Is the corollary that these drugs are to be taken lifelong, just like a blood pressure medicine, the correct way to think about them? Is there a way one can start and then get off? Is it equal to a blood pressure medicine or a statin, where you take it for life, and you are sorted?

The answer is yes and no. They have to be taken for life for the benefit to persist, that is the first answer. But unlike your blood pressure medicine, if one drug does not work, for example, you are on an ARB (Angiotensin II Receptor Blockers) and it does not work, you have a calcium channel blocker; if that does not work, you have another diuretic, a

mineral receptor antagonist, a sympathetic blocker. You have many other options.

Similarly, with diabetes, you have many other options. You have sulfonylureas, you have SGLT2 inhibitors, you have metformin, you have imeglimin, you have saroglitazar, and so many others. In other words, you have a backup plan.

Those of you who are businessmen always draft an agreement with an exit option. You may not read through the whole agreement, as long as the exit option gives you an opportunity to get out of the deal, because that is your safety wall that ensures that if things go wrong, you have some mechanism to exit safely.

Is there an exit option for these drugs in terms of diabetes control? Yes. The answer is unequivocally yes. You have an exit option. You can choose another anti-diabetic drug.

But, God forbid, if for some reason you have to stop it, and real-world studies show that 50% of people stop it within 18 months of taking it, then you are likely to regain all the weight back, and this time with less muscle and more fat. You will regain it at a faster speed than the weight loss occurred.

So, in that sense, it is not exactly equal to taking a statin or a blood pressure medicine, except for the fact that it has to be taken for life, and the benefit persists only as long as you take these drugs.

Now, before we start the conversation, I will briefly explain the basic physiology of obesity, and then I will leave it to Ekta to proceed with the questions and answers.

We have hormones called leptin and ghrelin. Ghrelin is a hunger hormone, produced by the stomach. It makes you feel hungry. After eating, you have incretin hormones, which are essentially what we will be talking about GLP-1 and GIP. But in their natural form they last in the body for two to three minutes, and then they disappear. Their role is to delay stomach emptying and make you feel full.

Leptin is a hormone we often forget about, but it is important for energy balance. It is safe to say that most of us are not leptin-deficient. So there is no treatment for obesity by injecting leptin. Leptin injections are approved only in cases of lipodystrophy, which is a genetically inherited disorder. They are not approved for obesity management and are not available in pill form. The injection is also very difficult to obtain.

If leptin levels remain high, just as we talk

about insulin resistance, the body tends to ignore the leptin signal, which is to make you feel full, because we can develop leptin resistance as well. So these are the three basic hormones.

Ghrelin, the source of which is mainly the empty stomach, tells you to eat, that you are hungry. It peaks before eating and then drops after food intake.

Now, these are the hormones we discuss when we talk about GLP-1. These are naturally produced hormones in our own intestines. GLP-1 is produced by L cells in the intestine, and GIP is produced by K cells in the intestine. One is more proximal, one is more distal.

What is the difference? They tell the pancreas to produce more insulin. They suppress glucagon, which is a hormone that tends to increase blood sugar. They slow stomach emptying, and they make you feel full.

Now, if they are so good, then why do we put on weight? Because in their natural form, they last in the body for only two to three minutes, and then they disappear.

What we are talking about are the same hormones introduced in drug form, but modified in a way that makes them last in your blood for a period of one week, rather than two to three minutes. So every time you eat something, this increase in hormones will be sustained for a period of one week. They will last much longer, making you feel fuller, slowing your stomach emptying, and significantly suppressing your appetite. That is how you lose weight.

So do not think that these are abnormal hormones coming from somewhere else. They are based on hormones that your own body naturally produces. These are normally there in your body, produced by your own intestinal cells, but the signals are weak and not long-lasting.

Leptin, as a treatment, is not used for obesity. Nobody uses it. In cases of lipodystrophy, a genetically inherited condition, leptin injections can do wonders. There are cases that show a reduction of liver fat by 50% just on leptin injection, but leptin-deficient states are very, very rare. So, for most of us, leptin is not a management option, but it is a good hormone to understand.

What is the problem in obesity? It is how the WHO defines it. It is not something new. In 1948, the WHO defined it in some other way, they simply called it excess fat and a BMI

of more than 30. Then they redefined it as a state of abnormal hormonal homeostasis with fat deposition and some degree of insulin resistance, which is the most common definition, though there are exceptions.

Now, the core problem in obesity is that your ghrelin signal is very strong. You tend to eat a lot because you are hungry. Each time you eat a carbohydrate meal, the insulin spike is very high. That spike of insulin also makes you more hungry, so you tend to eat again.

Suppose I have eaten cherries or strawberries with cream. My sugar spike is minimal because cream is fat; it does not produce a sugar spike. If I eat the same strawberries with curd, the sugar spike is a little more. But if I eat a slice of bread, just one slice of bread, it is like taking four teaspoons of sugar at one time. That kind of insulin spike will happen, and you will immediately get hungry again after a couple of hours.

The other problem in obesity is that the incretin signal is weak. So we have drugs called gliptins. Many of you must be on gliptins because they were considered among the safest drugs. They inhibit this enzyme called DPP-4, which degrades the incretin hormones that are naturally produced in our intestine. By stopping their degradation, instead of lasting for two minutes after a meal, they last longer but not like a week. With DPP-4 inhibitors, they last for a few hours. But when you take a GLP-1 receptor agonist or a dual GLP-1/GIP drug, the signals are much stronger, lasting for a week.

The weight reduction effect is not seen with gliptins, but it is seen only with GLP-1 and dual incretin drugs. Most importantly, the magnitude of sugar reduction is far greater with these drugs than with the earlier gliptin drugs.

If you are going to start them, you have to stop the gliptin because the pathways are the same, through the incretin hormone pathway. In other words, if somebody is taking sitagliptin or linagliptin and wants to take Ozempic, he or she has to first stop linagliptin or sitagliptin before starting Ozempic, because the pathways are common.

Why can't the body fix this naturally? Because satiety is not under good voluntary..



Interact Club of St. Agnes High School Leads Recycling Effort

On February 9th, 2026, the Interact Club of St. Agnes' High School ICSE, Byculla, Clare Road, collected 40 kg of plastic and handed it over for recycling. This meaningful initiative was a valuable learning experience for students and reinforced the importance of environmental responsibility and sustainable practices.



Waste Collection Receipt (DONOR)

Name of the Donor : St. Agnes' High School (ICSE)

Date : 9/2/2026

Weight Collected : 40 kg

Type of Waste : Plastic



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



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ROTARY CLUB OF BOMBAY TUESDAY MEETINGS



Rotarians Pilloo Aga, Guest Speaker Dr. Avinash Phadke, Rtn. Ptn. Malti Jain, Guest Speaker Ekta Batra and Rtn. Swati Mayekar



Rotarians Zinia Lawyer, Sunita Mandelia, Guest Speaker Dr. Manisha Talim, Rtn. Ptn. Malti Jain and Rtn. Uday Sanghani



Rotary Partners Sweta Vakil, Bijal Kara and Rtn. Pranay Vakil



President Bimal Mehta, PP Arun Sanghi and First Lady Aradhana Mehta



Rotarians Miral Shah, Paritosh Rungta and Uday Sanghani



Visiting Rtn. Sarita Goenka from RC of Pune Deccan Gymkhana and President Bimal Mehta



Rtn. Pilloo Aga presents flags of RC of Butwal, Nepal and RC of Baroda to President Bimal Mehta



Past Presidents Ajay Kanoria and Ramesh Narayan



Rotarians Swati Mayekar, Guest, Guest Speaker Ekta Batra and Rtn. Ptn. Malti Jain



PP Nirav Shah, Guest and Rtn. Hiren Kara



PE Manish Reshamwala, Rtn. Swati Mayekar and Rtn. Uday Sanghani



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ANIMAL WELFARE & WILDLIFE CONSERVATION COMMITTEE
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MAHJONG TOURNAMENT

FEBRUARY
THURSDAY **19** **2 PM - 5 PM**
(BANK HOLIDAY) **2026**

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THE TOURNAMENT IS OPEN FOR ROTARIANS,
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THE ENTRY FEE WILL BE RS. 2,500/- PER PERSON.
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**THE PROCEEDS OF THE TOURNAMENT
WILL GO TO THE ANIMAL WELFARE & WILDLIFE COMMITTEE.**



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BY Boosts Confidence of GK Marg SSC Students

Students of G.K. Marg BMC School expressed their heartfelt gratitude to the Bhavishya Yaan and the Rotary Club of Bombay for their encouragement ahead of the SSC examinations. The thoughtful provision of exam kits and best wishes boosted the students' confidence and motivated them to perform to the best of their abilities.

The students also acknowledged the invaluable support of Bhavishya Yaan volunteers, whose consistent guidance has strengthened their understanding of English, IT, Science, and Mathematics. Their patience and commitment have played a significant role in enhancing the students' academic preparation.

Through this support, BY has reaffirmed its belief in nurturing confidence and capability among students as they prepare for an important academic milestone.



BY Celebrates Creativity at Vasantotsav 2026

On February 10th, 2026, the annual Vasantotsav celebration was held at N. M. Joshi Secondary School, bringing together teachers from various BMC schools to showcase their artistic talents and creativity.

This unique programme provides a platform for schools where arts and crafts are actively taught, encouraging educators and students alike to express their innovations through hands-on work. The school auditorium displayed an impressive range of creations

made entirely from waste materials, highlighting the theme of 'Best from Waste'.

The exhibition was inaugurated by officials from the BMC Education Department and attended by teachers from several participating schools. A diverse collection of handicrafts was showcased, including paper work, clay models, paintings, woodwork and cloth-based creations—demonstrating how discarded materials can be transformed into durable and meaningful products.

These activities reflect the importance of creative learning in shaping practical skills. As one participating school teacher aptly shared, "Such kind of activities instils a passion for innovation in the students and helps in developing professional skills in the future."

The exhibition stood as a vibrant celebration of sustainability, creativity and skill-building, and will remain open for viewing until the following day.



BHAVISHYA YAAN PROMOTES VALUE OF FORGIVENESS AT GK MARG SCHOOL

Students of G.K. Marg Primary School (Std. 1 to 4) recently participated in a value-education session on forgiveness, organised under the BY initiative in alignment with Rotary's focus on character building.

Through simple explanations, students learned that forgiveness means letting go of anger, bringing calmness to the mind and strengthening relationships. A short story titled Once, Two Brothers helped them understand how honesty, kindness and forgiveness can heal broken bonds.

A real-life classroom example encouraged students to reflect on forgiving a classmate after an apology, highlighting maturity and compassion. The session concluded with a joyful song and body movements, reinforcing the message in an engaging manner.

The activity emphasised that forgiveness nurtures friendship, positivity and helps shape caring, responsible future citizens.



BY HOSTS FAREWELL FOR NMJ CLASS 10 STUDENTS



On February 10th, 2026, the Bhavishya Yaan (BY) students of Class 10 at NMJ School organised a heartfelt farewell for their graduating batch. Continuing a cherished annual tradition, the students took full responsibility for planning the event and invited their teachers to be part of the occasion.

The programme began with the lighting of the ceremonial lamp before Goddess Saraswati, symbolising the pursuit of knowledge. The gathering was attended by the Principals of both the Secondary and Primary sections,

teachers, BY educators, and retired primary teachers.

Elegantly dressed, the students shared reflections on their journey at NMJ School and expressed gratitude towards their mentors. Teachers and principals extended their best wishes, acknowledging the students' contributions over the years in academics, sports, cultural activities, and competitions.

Beyond textbooks, the students were recognised for gaining life skills, building friendships, and creating

lasting memories that will remain invaluable.

As they prepare for their Class 10 examinations, an important milestone, all attendees wished them success in their future endeavours. Ms. Jaya Prasad, Mentor of Bhavishya Yaan, presented each student with an Examination Kit.

The programme concluded with a warm lunch arranged by the students, marking a memorable farewell and celebrating the beginning of new journeys ahead.

AY Receives Support from Rtn. Ujjwala Singhania

The Ananda Yaan Committee sincerely thanks Rtn. Ujjwala Singhania for visiting all three centres and personally interacting with the elders to understand their needs.

Her generous contribution of one month's ration for all 200 members across the centres has brought immense comfort, dignity, and reassurance to the residents.

Her compassion and thoughtful support have made a meaningful difference in their lives, reflecting the true spirit of care and community service that Ananda Yaan strives to uphold.

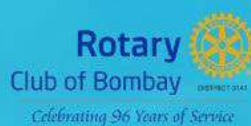
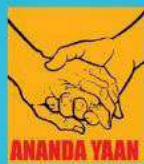


RCB Connects at District 3141 DISCON 2026



Rotary District 3141 hosted 'DrishtiKon' DISCON 2026 on February 7th–8th, 2026, at Hotel Sahara Star, Mumbai. The annual District Conference brought together business leaders, Rotarians, and influencers for engaging sessions on AI, leadership, and networking. Sunday morning was well spent connecting and engaging with RCB friends at DISCON.





THE ROTARY CLUB OF BOMBAY
×
THE ROTARACT CLUB OF JAI HIND COLLEGE
Invites you to

SILVER STRIDE

ANANDA YAAN SPORTS DAY



20th February, 2026
8:00 A.M. onwards
Rani Baug Ground,
Byculla (E)



INTERACT CLUB SHINES AT WORLD WAR I LEGACY COMPETITION

On February 7th, 2026, students from Sir J. J. Girls' High School, under the guidance of Teacher-in-Charge Ms. Waheeda Shaikh, participated in the "World War I" Inter-School Competition held at Jai Hind College. The event was organised by the Rotaract Club of Jai Hind College as part of its Legacy Event series and aimed to provide a platform for students to showcase their creativity, artistic talent, and intellectual abilities.

Five schools participated enthusiastically in the competition, which was divided into three categories

— Literary Art, Fine Art, and Quiz. The Literary Art segment included Extempore, Poetry Writing, and Picture It, while the Fine Art category featured Clay Modelling, Memory Sketching, and Art in a Box.

Seven students from Sir J. J. Girls' High School — Safiya Dalal, Samaira Qureshi, Shima Shaikh, Priyanka Yadav, Priyanshu Yadav, Onaiza Anthoor, and Swarangi actively participated across all categories. Their enthusiasm, creativity, and confidence were highly appreciated by the judges.

The school achieved notable success,

with Samaira Qureshi (Class 9) securing 1st Prize in Picture It and Safiya Dalal (Class 7) winning 1st Prize in Poetry Writing. The team was also awarded the 1st Runner-Up Trophy.

This achievement reflects the dedication and talent of the students, supported by the guidance of their Principal and Ms. Waheeda Shaikh. The World War I competition proved to be an enriching experience that fostered healthy competition and holistic development, bringing pride to the Interact Club and the school.



Honouring tradition, fostering global friendship

Rtn. Pilloo Aga exchanging flags at Rotary Club of Baroda



Satellite Club Brews Fellowship at Coffee Tasting Meet



The Satellite Club of the Rotary Club of Bombay recently hosted a Coffee Tasting Fellowship, bringing together 30 members for an engaging morning of learning, interaction, and camaraderie over coffee and breakfast.

Participants were introduced to the fascinating world of coffee, exploring the origins of coffee beans, diverse flavour profiles, and how brewing techniques influence taste and texture. The session offered valuable insights into the craftsmanship behind creating the perfect cup.

Members also enjoyed a hands-on experience with latte art, discovering the skill required to create intricate designs on a creamy brew. Adding to

the uniqueness of the session was an introduction to matcha whisking, offering a glimpse into another popular brewing tradition.

The interactive format encouraged lively discussions and meaningful conversations, making the event both informative and enjoyable. With strong participation, the gathering strengthened bonds within the club while providing a refreshing break from routine.

Overall, the Coffee Tasting Fellowship reflected the Satellite Club's spirit of fellowship, offering members an opportunity to connect, learn, and unwind together in a warm and relaxed setting.

CWC: A Young Heart Leads with Kindness

The Child Welfare Committee of RCB extends heartfelt thanks to Master Adiv Nevatia, a 6-year-old student of Ascend International School, for his touching act of compassion.

Adiv, currently in KG2, visited the children at Lighthouse and was

deeply moved by his interaction with friends of his own age. Inspired by the experience, he requested his mother to donate his toys and storybooks to them. He also spent meaningful time with the children and expressed his wish to make this thoughtful act of

sharing an annual ritual.

The Committee applauds Master Adiv for beginning so young and inspiring many hearts. Compassion nurtured at an early age becomes a lifelong virtue, and his gesture serves as a beautiful reminder of the impact of kindness.



The Annual Jain *PHOOLON* *ki Holi*

Aaon Holi Khelen !
Chandan ki Khushbbo, Kesar ka Rang
Phoolon ki Baarish
Delhi ki Chaat aur Live Music !

Tuesday, 3rd March, 2026
11:00am ~ 2:00pm

Rtn NARESH Jain
Rtn MOHIT ~ RADHIKA Jain
Rtn BHAVYA Jain

ASHOK BHAVAN, 14th ROAD KHAR (W)
BEHIND SATGURU ON LINKING ROAD
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RCB IT Innovation Lab-Palghar Lab Winners

Omkar, a proud achiever from the RCB IT Innovation Lab – Palghar, has successfully completed his schooling and is now pursuing Grade 11. Despite advancing academically, his passion for learning and innovation remains unwavering. Whenever time permits, he continues to visit the Innovation Lab to explore and build upon his interests.

Recently, Omkar once again demonstrated his dedication to robotics by designing and constructing a construction crane model using gears

and pulleys. His project effectively showcased his understanding of key mechanical concepts such as load lifting, force distribution, and motion transfer. By integrating gear and pulley systems, he created a functional model that reflects real-world construction mechanisms.

His continued enthusiasm for robotics and hands-on experimentation is truly commendable. Omkar's initiative to keep learning beyond classroom hours highlights his curiosity, creativity, and strong problem-solving abilities.



RCB IT Innovation Lab- Boisar Lab Winners



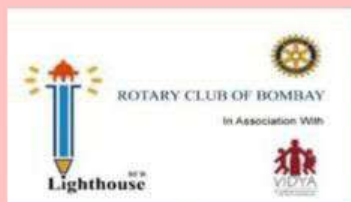
Students from the Innovation Lab of Dr. S. D. Vartak Vidyalaya, Boisar proudly represented their school at various National and Taluka-level science competitions during 2025–26, showcasing remarkable innovation, creativity, and scientific skills.

At the National-Level AI & IoT Innovation Competition, VIGYASA 2025, held at KES' Shri T. P. Bhatia College of Science, Mumbai, Priya Rajbhar, Rajkiran Prasad, and Ankit Yadav (Class 9 – Hindi Medium) presented their project, Smart Precision Farming. The project is an IoT-based

smart irrigation system designed to conserve water, reduce fertiliser waste, and support sustainable agriculture. Their innovative approach and practical solution were widely appreciated, and the team was honoured with the Rising Star Award.

The students also actively participated in the Taluka-Level Science Exhibition 2025–26 conducted at Nutan Vidyalaya, Umroli, where they showcased creative STEM-based projects under the theme STEM for Vikasit and Aatmnirbhar Bharat.





LIGHTHOUSE SPORTS DAY



Join us for an exciting day
of sports, competition, and fun!

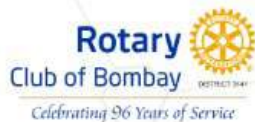
Date: 8th March 2026

Time: 8:45 a.m.

**Venue: Lighthouse, Opp. Bayroute,
Gate no. 3, Bhai Bhandarkar,
Machimar Nagar, Badhwar Park,
Cuffe Parade, Mumbai: 400005**



EXCLUSIVE



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

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RCB & BOMBAY YMCA CELEBRATE NIGHT STUDY CENTRE GET-TOGETHER

On February 6th, 2026, the Rotary Club of Bombay, in collaboration with the Bombay YMCA Outreach and Development Department, hosted the Night Study Centre Get-Together Programme, an inspiring celebration of a partnership that has supported underprivileged students across South Mumbai for over five decades.

Together, both organisations have jointly run Night Study Centres (Abhyasikas) in BMC schools and community spaces within slum areas, offering children a safe and structured environment for learning. Operating daily from 6:00 pm to 8:00 pm, these centres support students from the 5th standard up to graduation level. Each centre serves 40 to 50 students, guided by teachers and volunteers who assist with homework and studies, while also providing study materials and nutritious snacks.

Beyond academics, the programme conducts a range of educational and social initiatives throughout the year, including School Chale Hum, Children's Day, Diwali and Christmas celebrations, career guidance sessions, Olympiad exams, and summer camps.

This year's Get-Together brought together nearly 300 students from 14 centres. The Chief Guest, President Bimal Mehta was joined by Guests of Honour Mr. Vinod Jain, Vice President of Bombay YMCA, and Mr. Manmohan Londhe, Chairman of ORD and Board Member. Also present were Mr. Robin Sathri, Senior Executive Secretary, along with Mr. Bhaskar Kumar and Mr. R. K. Amul Raj.

President Bimal Mehta and Mr. Manmohan Londhe addressed the gathering, encouraging students to pursue education with dedication and confidence. Senior students shared their journeys, expressing gratitude to Bombay YMCA and the Rotary Club of Bombay for continued support through scholarships and career guidance.

Prizes were awarded to winners of inter-centre competitions in drawing, painting, project-making, and essay writing. Cultural performances added vibrancy to the occasion. Notebooks and school bags were distributed to all students, with Mr. Bimal Mehta generously sponsoring educational kits.

The programme concluded with a vote of thanks by Mr. Robin Sathri and the National Anthem.



VTCE CERTIFICATE DISTRIBUTION PROGRAMME

The Rotary Club of Bombay, in collaboration with the Bombay YMCA Outreach and Development Department (ORD), proudly supported the Annual Certificate Distribution Programme of the Vocational Training Centre of Excellence (VTCE) for the academic year 2025–26, held on February 10th, 2025.

The programme recognised the achievements of 35 students who successfully completed vocational training courses designed to enhance employability and build sustainable career pathways. Through this ongoing partnership, RCB continues to reinforce its commitment to skill development

and community empowerment.

The event was graced by RCB President Bimal Mehta as Chief Guest. Other distinguished dignitaries present included Mr. Manmohan Londhe, Chairman, ORD and Board Member, Dr. Philip Kassey, and Mr. Allen Kotian, General Secretary of Bombay YMCA.

The programme featured a lively fashion show, ramp walk, and dance performances by VTCE students, reflecting the confidence and personal growth nurtured through the training. Four students shared heartfelt testimonies about their learning journeys, highlighting the vital support

received from YMCA and how the skills gained at VTCE helped them secure employment and establish stable careers.

In his address, President Bimal Mehta encouraged students to pursue their aspirations with confidence and determination. The highlight of the evening was the presentation of certificates to all 35 graduating students by the dignitaries.

Through initiatives like VTCE, RCB remains dedicated to enabling meaningful livelihoods and empowering individuals through skill-based education.





TOPICS TO MASTER

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We are delighted to announce
the celebration of the

3rd Anniversary of Rotary HDFC Dharamshala

MARCH
SATURDAY 21 11 AM - 2 PM
2026

The occasion will be graced by



DR. MANISH MOTWANI
District Governor RID3141

along with other dignitaries from
HDFC, TATA and Rotary.

SCHEDULE OF EVENTS

Fellowship: 11.00 am - 11.30 am

Tour of Dharamshala: 11.30 am - 12.00 noon

Dharamshala Presentation and Team

Recognitions: 12.00 noon - 12.30 pm

Lunch: 12.30 pm - 1.30 pm

Looking forward to your presence!
Thank you

President Bimal Mehta

Rotary Club of Bombay

Rtn. Miral Shah

Project Chair, Dharamshala

R.S.V.P. RASHMI +91 97691 40141



ROTARIAN BIRTHDAYS



February 18
Rtn. Priyasri
Patodia



February 21
Rtn. Deepak
Kapadia



February 18
Rtn. Manju
Sanghi



February 23
Rtn. Azim
Tapia

ROTARIAN PARTNER BIRTHDAYS

February 21

- Rtn. Ptn. Anita Almeida
- Rtn. Ptn. Swati Dalal
- Rtn. Ptn. Radhika Saraf

February 22

- Rtn. Ptn. Dina Nagar

ANNIVERSARIES

February 18

- Rtn. Charu & Rtn. Ptn. Ashish Agrawal
- Rtn. Ptn. Swati & Rtn. Rohan Dalal
- Rtn. Ami & Rtn. Ptn. Sharan Jagtiani
- Rtn. Ptn. Faryal & Rtn. Homi Katgara

- First Lady Aradhana & President Bimal Mehta

February 19

- Rtn. Ptn. Binaifar & Rtn. Hoshang Nazir

February 20

- Rtn. Ptn. Sakshi & Rtn. Rajan Gupta

- Rtn. Ptn. Malti & Rtn. Mudit Jain
- Rtn. Ptn. Priti & Rtn. Premnath
- Rtn. Meher & Rtn. Ptn. Matthew Taff

February 21

- Rtn. Ptn. Neeraja & Rtn. Bharat Kumar Taparia

24TH FEBRUARY, TUESDAY: PRID & TRUSTEE ELECT OF THE ROTARY FOUNDATION, A.S. VENKATESH IN COVERATION WITH ARRFC & PDG SANDIP AGARWALLA.

BOOK REVEAL OF 'TIRELESSLY YOURS' AUTHORED BY KALYAN BANERJEE, PAST PRESIDENT ROTARY INTERNATIONAL.



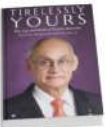
Dr. Manish Motwani
District Governor RID3141
and
Bimal Mehta
President, Rotary Club of Bombay

Cordially invite you to

A spotlight on
AS Venkatesh
Trustee-Elect of
The Rotary Foundation
Past Rotary International Director

In conversation with
PDG Sandip Agarwalla
Past District Governor RID 3141

Also join us for a book reveal of
Tirelessly Yours
authored by
Guest of Honour
Kalyan Banerjee
Past President,
Rotary International



At the weekly RCB meeting
24 February 2026

1:30 pm
Rooftop, Trident Hotel, Nariman Point



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

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IPP Satyan Israni	PE Manish Reshamwala
PN Vineet Suchanti	Honorary Secretary Farhat Jamal
Joint Honorary Secretary Rhea Bhungara	Treasurer Manish Sampat

CENTENARY YEAR COMMITTEE

ARRFC & PDG Sandip Agarwalla	President Bimal Mehta
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Additional Director PP Vijaykumar Jatia

President Bimal Mehta	
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CSR, Reporting & Compliance	IPP Satyan Israni

PN Vineet Suchanti

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Director Pradeep Chinai

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Sergeant-at-Arms	Khurshed Poonawala

Director Sherebanu Baldiwala

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Animal Welfare & Wildlife conservation	Bipin Vazirani
Legal Aid and Awareness	Tahera Mandviwala

Director Siddharth Bhimrajka

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Ananda Yaan	Kaushal Mehta
Transformation Salon	Ratna Kapoor Sharma

Director Renu Basu

Rural Development	Pulin Shroff
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Museum & Contemporary Arts	Priyasri Patodia
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	Mihir Mody
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Anusuya Devi Taparia College	PP Pradeep Saxena

Director Akhil Sanghi

Bhavishya Yaan	Jagdish Malkani
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Director Swati Jajodia

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Cancer Aid	Farokh Balsara
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Dharamshala	Miral Shah
Dialysis	Swati Jajodia

Director Mudit Jatia

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Director Jaymin Jhaveri

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Satellite Club	Murad Currawalla
Interact Schools	Mudit Jain