

# THE GATEWAY

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**Rtn. Farhat Jamal in conversation with Pooja Dhingra (Founder, Le15 Patisserie & Packaged Foods, Author), Aditi Duggar (Director & Founder, Masque & Urban Gourmet India Pvt. Ltd.), and Gauri Devidayal (Co-founder, Food Matters Group) on Food 2.0: What the future holds**

**Rtn. Farhat Jamal:** These three very remarkable women have driven change in their own inimitable way, putting India's culinary skills on the global map, and each one has turned a food business into a delicious success. A very quick introduction:

Gauri Devidayal is a law student-turned-tax consultant and, from

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**“I’ve seen a dramatic change in the way diners are eating out; it’s no longer special occasion-based, it’s no longer once-in-a-while; it’s becoming multiple times a week.” ~ Gauri Devidayal**



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that, she found a way back to Bombay to become a formidable entrepreneur and restaurateur. I can’t imagine anybody here not having eaten at The Table restaurant. I call it a magnet; a magnet for the fashion types, the industrialist types, the not-Bombay types, the south Bombay types, basically the hungry types.

In addition to that, her other offerings include Mag St. Kitchen, Mag St. Cafe, and Iktara and a podcast. Her Insta profile, by the way, says that she can’t cook but can eat. I think she needs to act like she also knows how to make people eat. So, welcome Gauri.

Next to her is this lovely dynamite, goes by the name of Pooja Dhingra. Pooja is a patisserie and a cordon bleu chef who decided to flex her creativity and meet the rising demands of Mumbai and Mumbaikars into loving all things sweet and decadent. If we all had a sweet tooth before meeting her, we now have a full blown relationship and marriage with it after. Whether it’s her tarts or her signature macarons, I don’t know anybody who has made macarons more

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**“You’re now planning your travels or your week around the restaurants you want to go to; when you want to catch up with a friend, you’re looking to go to the most sought-after restaurants.” ~ Aditi Duggar**

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famous in India than Pooja. She should almost patent it.

Pooja is all of it: a judge on MasterChef India, a food entrepreneur, a celebrity, a chef, an author and she also has a podcast. I’m not then surprised that her Insta following is at 7.1 million and growing. Welcome Pooja.

And last but not the least is a friend who again was a finance girl. I don’t know what the connection is between finance that makes you hungry and takes you to the food business but Aditi Duggar is another finance girl who then decided to become a food entrepreneur, had worked at Michelin star restaurants and has put her focus on her ingredients. She is the left brain behind Masque, which as you know has comfortably been sitting on top of Asia’s 50 restaurants for many years now. She’s also turned her innovation and flair to her catering company, Sage & Saffron, to Seesaw cafe, Circle Sixty Nine, and TwentySeven Bakehouse. Gosh, I’m just hungry listening to all these things and all these numbers. Aditi, you must tell us what 27 and all those numbers are for. And, guys, the most important thing about Aditi, which she may

not tell you all right now, is that she’s a mother to three boys. She does all of this and has three children. I mean, she’s nothing less than a force of nature. Welcome Aditi Duggar.

**Tell me, how has the culinary landscape changed since you started your business?**

**Gauri:** It’s been 13 years this week since we opened The Table. I’ve seen a dramatic change in the way diners are eating out; it’s no longer special occasion-based, it’s no longer once-in-a-while; it’s becoming multiple times a week. And, by eating out, I don’t just mean going out but also ordering in; of course, food deliveries have become a huge thing.

The other is being receptive to trying new things. I remember when we started The Table, a lot of the things on the menu, like the zucchini spaghetti, everyone was like: “What is that? And where’s the spaghetti?” And today, people want to see that innovation, try new things, be excited when they dine out. So, the openness to submit to a chef, but also the frequency with which people are going out is definitely a dramatic change that I’ve seen in

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**I got some data from Swiggy and Zomato last week that told me that the amount of people that are actually ordering things with less sugar or sugar-free is very minimal. So, I think people want to (only) show that they are eating less sugar.” ~ Pooja Dhingra**

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these 13 years.

**But what about the ingredients, the menu? How is that looking from the time you started? I mean... It's been over a decade; you've been there 13 years.**

**Gauri:** The Ingredient Queen can shed more light on that but, for sure, the availability of ingredients is far wider. Homegrown brands whether it's cheeses, chocolate, all these things are being sourced locally now, I'm not just talking about produce, but of course, even meats. So it's the whole ecosystem that has evolved in the last 10 years and it's a whole demand-supply thing, right? There's a restaurant opening every week if not more frequently in Bombay alone and we've seen how that has changed even in places like Goa and Bangalore and everywhere. It's not just a Bombay-Delhi story anymore so the whole ecosystem has evolved. There's enough demand from chefs which is what is making suppliers thrive.

I think the biggest thing I've seen is the respect for this profession. So, people who went to culinary school, which is not me again, but like Pooja, you might have more insight on this, but it was always a fall-back when you didn't get into any other programme. Today I've seen kids from my alma mater which is Cathedral and a lot of other

schools proactively choosing to go to culinary school after graduating. So, there's a crazy shift in how dining out is perceived and it's become a form of entertainment and a hobby for most people.

**Aditi:** I resonate with what Gauri is saying because I've been in the industry now for over a decade. Started out with a boutique catering company as a home business with my mom – who's also in the audience today. And we started out as a very humble idea because I felt that vegetarian food, especially because Sage & Saffron started out as a vegetarian boutique catering company and vegetarian food at that time or creative food in general was only available in people's homes.

Like, in homes, you would really be entertained and be able to enjoy a variety of different ingredients and preparations because people would have travelled and brought back a certain memory to represent on their tables and share those memories with family. But in a formal restaurant setting, it was almost predictable and, you know, food lacked innovation or even vegetarian food was almost like a side dish. Obviously, the whole culinary landscape has changed today. And, as Gauri mentioned, dining

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out is not just occasional dining or, you're now literally planning your travels or everything your week revolves around the restaurants you want to go to, or when you want to catch up with a friend you're looking to go to the most sought after restaurant or to even have a quick bite. Even the cafes are doing such innovative food. So, I think food has just become kind of such a long lasting memory for people that the entire culinary landscape has changed and the offerings have expanded so much.

**So, Pooja, the bakery and pastry business today is about 11 billion. It's going to go to about 22 or 1 billion in the next, by 2030 actually. That's the kind of growth that's predicted in India, by the way. What are your thoughts on the new trends in bakery and pastry? Like in APEC, for example, there is a demand for less sugar or sugar-free. Almost 40% of people say they want less sugar.**

**Pooja:** People are saying that, but I got some data from Swiggy and Zomato last week that told me that the amount of people that are actually ordering things with less sugar or sugar-free is very minimal. So, I think people want to show that they are eating less sugar. Le15 will turn 14 in March this year. I think, when I started, there were no standalone pastry shops. We had Theobroma here in Colaba and that was it. The change in the bakery-pastry industries as well over the last decade or so is the number of standalone shops and the specialisation.

First, I feel like everyone needed to have menus that had a hundred items. Now you have people that are only making cookies and only making ice creams. I do see the change now shifting even the way the store experiences the packaging. No one gave that much emphasis to design or how the product was consumed. I am seeing a lot of those changes and I do agree that health and ingredients are going to be a big focus. I just don't know how much time that will happen, but everyone is definitely moving there.

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But the package food industry itself is growing according to you.

**Pooja:** Yes, that is the most exciting thing for us as well. We just started packaged cookies maybe a year and a half ago.

**I saw it on an Air India Flight from New York.**

**Pooja:** Yes, it is on Air India. And already in a year it is about 30% of our business; it is really scalable and for me if I get a fraction of the number that you said in the beginning, I would be very happy.

**Gauri, you touched upon vegetarianism. I think the demand for vegetarian food and cooking for vegetarians in a most exhilarating and more exciting way is becoming very popular. A recent survey at a conference in Mexico showed that 22% of Mexicans wanted vegetarian food which one could never imagine. India is of course largely vegetarian. What are your thoughts on how you promote, are you seeing a more draw towards vegetarian food on your menus?**

**Gauri:** So, it's really interesting... you know that we are about to open a restaurant Mag Street in Bandra and the menu development there is very different from what we have in Colaba. So you can no longer look at things on a macro level because the palette and preferences change within the city itself. So, you have a much larger non-vegetarian demographic when you cross the Sealink, for example. Having said that, great produce is available locally now and with the right talent, you can do wonders with vegetarian food. So, we've been asked about people wanting to be more healthy as well, maybe cutting down on red

meat, things like that. I'll be honest, and especially after COVID, right, because people were trying to be more health-focussed. But I honestly haven't seen that. Truffle fries are still the highest-selling thing on our menu. I think when people go out, they want to indulge, enjoy themselves, and are not necessarily looking to restrain what they eat. Just like Pooja said, when you're ordering dessert, you're not trying to be that healthy necessarily. But at home, your dining habits might be different. So, I feel like this whole idea that we're becoming healthier... it doesn't seem to be reflecting, at least as of now, in the eating patterns.

**Also, the whole millet focus is so huge now; I think that's the new story. Everybody talks about the growth in millet, in vegetarian food. And, people are using a variety of seeds, root vegetables and tubers. I think they're more diverse.**

**Gauri:** There's definitely more discovery of indigenous ingredients, more awareness of local ingredients and experimentation with cooking with that for sure.

**Aditi, your thoughts?**

**Aditi:** For sure because Masque is totally dependent on local ingredients and local produce and the menu changes based on the season. So definitely there's been a growth even in the kind of the service providers or the farmers or people that we can source from than when we started seven years ago. You know, there are more cocoa producers in the country. Every day I have a DM

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saying: “I do organic spices” or “I’m doing this really unique butter” or something. So there are so many more producers as well. And, as consumers, we’ve become very conscious.

There is a brand I’m consulting on called Araku Coffee. The whole story is a product of regenerative agriculture. We started out in Bangalore in 2021 and Bangalore in general as a community is also a very conscious community. There, we’ve seen a huge trend of people who will just be dining in Araku for breakfast, lunch, dinner because they’re such conscious eaters or they care about what they consume. So, there is definitely a shift. It’s still too early but there are definitely people who are very conscious about what they’re eating and what they’re consuming.

**But, Pooja, the bakery and pastry area has a lot of demand for gluten-free. We also have a sourdough fan base now and literally everybody talks of sourdough. Are you talking about more funky and interesting flavours in your area?**

**Pooja:** We definitely are. We have created a product called a dipkie which is a cookie which you dip in your tea and coffee, and we’ve gone with millets and jaggery and there’s no preservative. So, we are building products that reflect the way everyone is moving. I still feel indulgence is here to stay and I think when someone has a birthday or a celebration, they will still indulge in a normal cake. But day to day is where people are trying to make the switch to things that are healthier. So, we are trying to do both, but our core is still indulgence and that’s something that I don’t feel comfortable moving away from.

**My next question is on global flavours. Gauri what are the new global flavours that you are seeing in restaurants like The Table, for example. Chefs are bringing their own new thinking, their own heritage and trying to combine flavours from across countries actually. Italian-Japanese flavours together, for example.**

**Gauri:** When we started, we said we were a globally inspired menu and people asked, “No, but

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are you continental or are you Italian?” And we were like, “No, we’re globally inspired.” And they were like, “What does that mean?” That was 13 years ago, the idea of some chef taking inspiration from all over the world and putting their spin on a dish was a little lesser known, at least in Bombay, and there was this idea of wanting to pigeonhole into a specific cuisine.

Today I would say most restaurants are leaning this way because the kind of flexibility and freedom it gives a chef to showcase their talent, using whatever local ingredients or imported ingredients, but basically not being restricted to a specific cuisine necessarily, is the direction that I’m seeing more chefs heading into. I think that it keeps the menu fun and interesting for diners as well. Of course, there are cuisine-specific restaurants as well, and there’s room for both, but there’s definitely a growing movement towards this, a more flexible, globally inspired menu. I think it lends itself to more experimentation. The whole idea is that you want to build a loyal fan following and you want people to become regulars and to come back frequently. So, I think that trends come and go and hopefully restaurants are here to stay.

**Aditi:** Are people still having avocado toast?

**Gauri:** Yes. I tried taking it off the menu and I got lynched.

**Aditi:** I asked the head purchase person from the Food Hall what the ingredients were, what they sell the most, and across all the Food Halls, it was avocados. Actually, we follow a simple formula,

at least with the catering, since we’re catering also to like a 2% audience, it’s called Bata: so, burrata, avocado, truffle and asparagus.

All our menus are engineered around that. But having said that, because Masque is a modern Indian restaurant, I think at least that we’ve seen that the biggest trend has been to really look inwards, and regional food has been taking the spotlight. All our research has now centred around like a festival happening in the Northeast or going to Lucknow next week during the Ayodhya festival. So, all our research is also about the regional buzz happening around the country, and that’s where we draw inspiration from.

**I mean, you’re one of the few individuals possibly in this country who’s actually stood very strongly on a fixed 10-course meal. Where did you get that courage from?**

**Aditi:** I won’t lie, it was very, very tough in the beginning. The restaurant would be empty and everybody would come saying that you’re crazy or too daring. But I think it was a little bit of being a finance person and being in equity and I had a huge risk threshold. But I kind of thought that this is... Because anyways, when you go to a restaurant, even when you go to an À la carte restaurant, you’re always asking the server, what are your top eight dishes or top 10 dishes? Frankly, at the end of the day, you’re leaving it to the chef to decide for you. So... I wanted to stick with my gut and I think that fine dining, there was a big gap in the industry and it needed an experiential dining

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space and that's where I stuck to my vision.

**Fabulous, fabulous. Pooja, tell us about you, apart from your cloud kitchens that are doing very well, are you going to focus more on retail? Do we see more Le15 around the country?**

**Pooja:** Hopefully, that's the plan. In fact, just yesterday, we created a model that we can replicate. So, hopefully, other cities are on the cards.

**So, what are the new offerings in Le15?**

I can't say yet. But it's going to be exciting, it's going to be different and it's going to be a lot of fun.

**Okay, all right. So, going to Gauri, you also did a programme on wines and there's a whole focus on how we mix food and wine, food and beverages, alcoholic beverages particularly. What is it that The Table or you are doing to promote this business of putting food along with matching, so to say, wines and cocktails?**

**Gauri:** So, someone asked me earlier how do smaller restaurants make money with the rents being what they are in Bombay? And I was like: "Alcohol." You probably have a very different take on this, but alcohol is an integral part and it's no longer just an accessory to the meal. It's as important as the food that you're having and there's a growing importance being given to the beverage programme in a restaurant.

Restaurants today have mixologists, sommeliers, and that is a reflection of what not only the diner wants, but also where there's the real business for a restaurant as well, right, in the sale of alcohol. What's amazing is that alongside restaurants, bars are getting that international recognition from India. And, so, there's as much respect for the bartender and the mixologist as there is for a chef. So, we're definitely seeing that. I mean, even when it comes to wine, since you mentioned, again, when I look at the last sort of decade or so, the quality of wines being produced in India has improved significantly and spirits as well. The whole movement of craft spirits in India is just

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incredible, and it's hardly five-seven years old as an industry, at least as far as the craft.

**There's a gin epidemic, literally.**

**Gauri:** Exactly, gin epidemic, exactly.

There are more gins than you ever thought of.

**Gauri:** But you know, if I had to sum it up, this homegrown explosion that's happening is because the consumer is now proud to have Indian homegrown brands. It's no longer an obsession with foreign imports, and they're very happy to be serving Indian gin and wine at home. That, to me, is a huge shift, and this is where it's at, India's where it's at.

**Aditi:** I agree; especially from a wedding business background, everybody's very happy serving very local, good quality spirits as well. And, also at Masque, even though it is purely a tasting menu, we see at least 60% or 70% of the audience opting for a cocktail pairing or a wine pairing, which wasn't the norm earlier. So, you see a real shift in people being very conscious of that curation of food and beverage.

So, we're gonna just talk about sustainability. That's something everybody has to be very conscious of in the hotel and restaurant business. Everybody is looking at what is the new thing that we are doing to make sure we are sustainable. For example, they are talking of making chocolates not from the cocoa because it has caused a lot of deforestation. So, they are trying alternatives, where actual cocoa is not used but the flavour is the same. So, is there anything that you want to add on sustainability?

**Pooja:** I think what Gauri was saying earlier, right, when I moved back from Paris, for me finding ingredients was one of the hardest things. And you had to get everything imported. I think that's the big shift now, like you're talking about chocolate that's, you know, made in India. You have so many different ingredients and we try to stick to as many local ingredients as we can. Price wise, it's as competitive as what you would import. So, it's not that you're shifting to it just because it's cheaper but you're shifting to it because of the quality and sustainability and I think those are the ingredient changes that we are making.

**So, on sustainability, you're using local ingredients. And is there a higher level of consciousness in terms of our customers too?**

**Aditi:** Right from the very beginning, if we wanted to get an indigenous lemon, the distance that we had to travel to source it, the pains that went behind the sourcing, so that consciousness came from the very beginning. We would try to use everything from the skin to the pit or between the bar and the kitchen, we would try to maintain almost like a zero waste system of where everything would be consumed and everything would be made homemade and I think that's kind of become the DNA across all our brands. We try to be less wasteful even in our catering business where, I think, waste is inevitable when you do a wedding. I'll just give you an idea of how we're bringing sustainability and consciousness even to menu planning. Recently, we did a huge

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wedding for a thousand people. Usually, everybody stands with trays and heaps of food and most of that doesn't get consumed because once the *baraat* enters, they go straight to the high tea. So, we came up with the idea of four pre-plated appetisers, including the *muh meetha*, on a mini tray, which would be served to every guest. And the consumption was crazy fabulous. So, it's small shifts of understanding consumer patterns and then how you can apply it to creativity which can make a big difference to sustainability.

### RAPID FIRE

#### One dish you wish you had invented.

**Gauri:** I don't know, just eggs, I'm going to say cooking eggs, it's a survival technique.

**Pooja:** I wish I'd invented croissants.

**Aditi:** Ice-cream.

#### Your favourite restaurant in India and all overseas.

**Aditi:** A pizzeria in Japan called Mandarin 38, it's a pizza bar on the 38.

**Pooja:** Indian Accent, Delhi

**Gauri:** Madras Cafe.

#### One ingredient that you can't do without.

**Pooja:** Chocolate.

#### The most peculiar and unusual customer anecdote.

**Gauri:** For that, read my book, it's full of customer anecdotes. It's not a recipe book, rest assured.

**Aditi:** Somebody who had too much alcohol and pooped on the bathroom floor.

#### A career high point

**Gauri:** Just still surviving, celebrating year 13 is a career high point.

**Pooja:** I started making macarons in Paris because I was inspired by a French chef. Three years ago, I had the opportunity to meet him, and he came to me, and he said, "I hear you're making eggless

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macarons in India. Can you help me with the recipe?” And that for me was like... Oh, what a thing.

**Aditi, your career high point.**

Yeah, everyone thought that Masque would fail and now we have a huge wait list.

**Pooja, one MasterChef India moment.**

Lots. MasterChef moments were just discovering a lot of local regional food that I hadn't seen or tasted before and yeah, just working alongside Chef Vikas and Ranveer was amazing.

**And the last one, what would one find on the dinner table for you at home?**

**Aditi:** *Khichdi.*

**Pooja:** Really bland, under 500 calories food, like really the nutrition part is at the dinner table.

**Gauri:** Toasted sourdough with butter.

**ROTARIANS ASK**

**Do you see a vegan The Table in Bombay sooner?**

**Gauri:** Actually, a lot of the food is naturally vegan, especially a lot of Indian food. But at least at our restaurant, I don't necessarily see it as a focus area. Because, like I said, I think we can't be everything to everyone. And our food uses a lot of butter...

**What do you see as the future of Brand India's food story from your lens?**

**Gauri:** It was always North Indian cuisine that

was being showcased as representative of India and today we're seeing South Indian restaurants doing exceedingly well in New York. Regional food, like Aditi said, is going to have its moment not just in India now but overseas as well.

**A lot of Indian restaurants already have a lot of vegetarian food but on the sustainable part what is it that specifically we should be looking at?**

**Gauri:** Those who are vegetarian are largely continuing to be vegetarian. But I haven't necessarily seen a shift for those who aren't, who are non-vegetarian and going out to eat vegetarian food, changing that diet so to speak. But when it comes to plant based meats it's going to be a very slow pickup in India is my personal point of view because it's still at a very high price point and vegetarians aren't looking for a meat-like flavour, as far as I know.

**Aditi:** I agree. I don't think they're looking for alternatives. The plant-based alternates haven't really kicked off the way they may have in the West but definitely we see a huge rise in people choosing a vegan tasting menu even at the restaurant or people asking for vegan options across the board.

We recently did a collaboration with 11 Madison Park which is a complete plant based restaurant and the demand was huge. We could have continued doing two or three more nights and it would have been full. That was the demand, so I think there's definitely people wanting to switch. But it's still a slow rise, it's still very early.



**TUESDAYS WITH THE ROTARY CLUB OF BOMBAY**



# AY Sports Day scores big!



The Ananda Yaan Sports Day, held on January 13<sup>th</sup>, 2024, was a collaborative effort led by the Rotary Club of Bombay, in partnership with the Rotaract Club of ATLAS SkillTech University and the Dignity Foundation. Their enthusiasm was evident as they warmly welcomed esteemed guests, including President Manoj Patodia, committee chairman Rtn. Anand Dalal, co-chair Rtn. Kaushal Mehta, Rtn. Ptn. Chaya, Rtn. Vandan Shah, and PE Bimal Mehta.



The event commenced with an assembly of participants from Ananda Yaan centres and guests who sang the National Anthem. The spirited participants, ready for a day of friendly competition, enjoyed a lively Zumba session and a specially prepared dance by each centre, with enthusiastic participation from Rotarians.



Following the Zumba session, anticipation for the games grew. The first challenge involved a display of agility as

participants balanced lemons and spoons on the tracks. The excitement continued with engaging games such as book balancing relay, ball & bucket, and cotton straw games.

Rotarians, also in high spirits, awarded winners with medals and thoughtful gifts. The constant support from Mr. Dilip Chauhan and Mr. Mohit from the Dignity Foundation, along with the Rotary Club of Bombay, played a crucial role in the planning and execution of the project.

In a heartwarming conclusion, food boxes were distributed to all participants, adding warmth and sustenance to the day's festivities. Special thanks to Ms. Meher (PP Shernaz Vakil's daughter) for providing 400 dry snack packets, enhancing the enjoyment for all participants.

The shared meal strengthened the sense of community and camaraderie among attendees, leaving a lasting impression of goodwill and inclusivity.



## BY Byculla unlocks historic secrets



Children of Bhavishya Yaan Byculla enjoyed a workshop led by Ms. Marina Dutta that delved into the realm of ancient sculptures to commemorate 75 years of Indian Independence. Ms. Dutta highlighted India as a perfect amalgamation of art and culture, a true exemplar of unity in diversity. An upcoming workshop at the Chhatrapati Shivaji Maharaj Vastu Sangrahalaya promises hands-on activities for our children.



## BY NMJ hosts parent meetings

Bhavishya Yaan on NMJ Marg conducted three parent sessions last week, covering classes 3 to 9 in separate batches. Certificates were distributed to acknowledge and appreciate students for achieving Rank 1, 2, and 3, outstanding performance, and best attendance in each class.

## BY NMJ dives into kite-making



In last week's session at Bhavishya Yaan NMJ Marg, the focus was on Makar Sankranti. The teacher explained the significance of this festival and why it holds a special place in the community. Following the explanation, the primary class students engaged in a lively kite-making activity.

## Career guidance for BY Colaba

The Rotary Club of Bombay took an initiative towards empowering students by organising a comprehensive career counselling session on January 13<sup>th</sup>, 2024. The event, held at Colaba School, focused on utilising career assessment tests, including aptitude, interest, and personality assessments, to guide students in making informed career choices.

The session included a dynamic Career Talk, covering various career options in Science, Commerce, Arts, and ITI, aiming to provide valuable insights to the students.

A total of 37 students and their parents attended



the session, engaging in discussions and gaining valuable information about potential career paths. For those who were unable to attend, an online option for the counselling session has been made available, ensuring that every student has access to this valuable resource.





# Cyber security and self-defence skills for BY Colaba kids

The Rotary Club of Bombay, in collaboration with the IMC (Women Wings), orchestrated a transformative Skill Development Programme on January 13<sup>th</sup>, 2024, at the Colaba Centre. The workshop aimed at enhancing the cyber security awareness and self-defence skills of students from Bhavishya Yaan's Colaba Secondary School Section (Hindi medium).

Ms. Suvarna Shinde, Police Inspector of Cyber Cell Security, took the lead in delivering crucial information on secure mobile phone usage and raising awareness about cyber fraud. Members of Rotary, including Rtn. Akhil Sanghi and Rtn. Vandana Kakkar, joined forces with Rtn. Rina Deora from the Indian Merchant Chamber (IMC) to make the workshop a comprehensive and insightful session.

The session commenced with Ms. Suvarna Shinde elaborating on the advantages and disadvantages of mobile phone usage. The identified disadvantages included the health risks associated with excessive mobile phone use, the potential misuse of shared photos and information on social media platforms, and the risks of financial fraud through sharing passwords and OTPs. Ms.

Shinde also highlighted the dangers of accepting requests from unknown profiles, emphasising the potential leakage of personal information and photos.

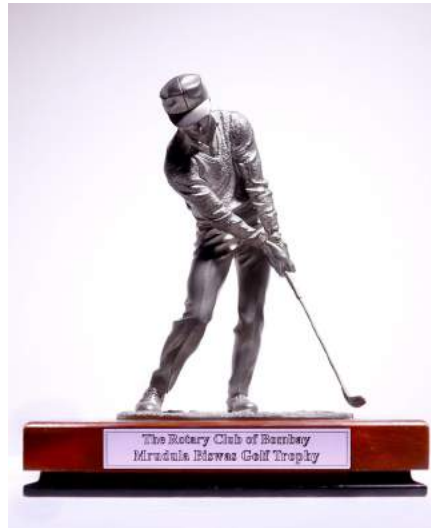
On the positive side, the advantages of mobile phone usage were underscored, such as leveraging Google apps for various purposes, exploring educational content on platforms like YouTube, and using study apps for different subjects. Ms. Suvarna encouraged students to balance their online presence with outdoor activities to maintain a healthy lifestyle.

Addressing the importance of cyber security, Ms. Shinde shared the helpline number 1930 for online fraud complaints. Practical advice on securing and handling the privacy settings of popular social media and online apps was also imparted.

As the workshop concluded, gratitude was expressed to all members of the IMC and Ms. Suvarna Shinde by representatives from Bhavishya Yaan and RCB. The event left students equipped with valuable skills and knowledge to navigate the digital landscape safely and responsibly.

# TIME TO TEE OFF

As in the past 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 Tournament of the Rotary Club of Bombay. It attracts talents within the Club and has even sparked inquiries from non-members.



While the inaugural event drew a modest 17 players, the sixth edition in January 2013 saw the number double to 32 participants spanning various age groups from 10 to 80. This tournament has become a flagship event in our Rotary calendar, eagerly anticipated by both participants and Club members. We are delighted to announce that this year marks the fifteenth anniversary since the tournament's inception in 2008.

Our gratitude goes to Rtn. Moy Biswas, the de facto chief of sporting activities at the Rotary Club of Bombay, who has played a pivotal role in making the event a resounding success. Working quietly behind the scenes, Rtn. Moy's family, office staff, and fellow committee members have significantly contributed to the growth of this tournament.

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

Previous winners of the golf tournaments include Rtn. S. K. Mitra (2008), Rtn. Anil Goyal (2009), Rtn. Dr. Rohini Chowgule (2010), Rtn. Dev Thukral (2011), Rtn. Dev Thukral (2012), Rtn. Dr. Rohini Chowgule (2013), Kush Shah (2014),

Rtn. Dinesh Lal (2015), Kush Shah (2016), Bhavya Jain (2017), Rtn. Dr. Rohini Chowgule (2018), Rtn. Dev Thukral (2019), Abhiram Sheth (2020), and Rtn. Darious Irani (2023).

Preparations for the fifteenth edition of this tournament, scheduled to be held on the greens of the Willingdon Sports Club on Saturday, February 3<sup>rd</sup>, 2024, began 12 months in advance.

President Manoj Patodia will commence the tournament with a ceremonial tee-off at 8:55 am. The post-tournament prize distribution ceremony, including fellowship, attracts even more members, predominantly non-golfers, outnumbering the participants and featuring several past and future Presidents.

This year, the award ceremony and fellowship are sponsored by the Jolly family in memory of late PP Arvind Jolly, a regular participant from the first to the fourteenth golf tournament. President Manoj Patodia 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 2024 tournament remains to be seen, but there is already a buzz about the event, and avid golfers are eagerly anticipating the sporting chance.

Those interested in participating in the tournament are requested to get in touch with Rtn. Moy (Mobile no. 9820051887 and Email ID – mail@hiranmaybiswas.com).

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

Rotary  
Club of Bombay



DISTRICT 3141

# 15TH GOLF TOURNAMENT

FELLOWSHIP OVER DRINKS & LUNCH  
HOSTED BY  
THE JOLLY FAMILY



**3<sup>RD</sup> FEB 2024**

**SATURDAY**

**1.30PM TO 4.30PM  
THE CABBAGE PATCH  
WILLINGDON SPORTS CLUB**

For Registration Contact: Rtn Moy Biswas - 9820051887



1929 RC Madras

Also formed in 1929, RCB members are heartily invited by RC Madras on the auspicious occasion of their 95<sup>th</sup> anniversary celebrations

on: February,  
23<sup>rd</sup> & 24<sup>th</sup> 2024  
Friday & Saturday



exact programme yet to be announced  
limited places

Please register with Rashmi



Your Internationalers



Members, please note that we have tied up with Masina Hospital for a great discount for our members, family, and friends.

To avail discount kindly contact PP Vijay Kumar Jatia on email along with a brief medical history: [vkj.rotary@modernindia.co.in](mailto:vkj.rotary@modernindia.co.in)



Rotary  
Club of Bombay



# BY GIRLS INAUGURAL FOOTBALL LEAGUE 2024

Saturday  
January 27 2024  
8am at NSCI Astro Turf



Rotary  
Club of Bombay



# BY BOYS CRICKET LEAGUE 2024

Saturday  
January 27 2024  
8am at NSCI Astro Turf





WE ARE CONTINUING  
TO CHANGE THE FACE  
OF RURAL INDIA -  
ONE VILLAGE AT A TIME

PLEASE JOIN  
PRESIDENT MANOJ PATODIA  
AS HE INAUGURATES THE  
INTEGRATED VILLAGE  
DEVELOPMENT PROJECT  
AT  
SUKSALE VILLAGE, VIKRAMGAD TALUKA  
PALGHAR DISTRICT, MAHARASHTRA  
9.30 AM, 4TH FEBRUARY, 2024  
MIHIR MODY  
CHAIRPERSON  
INTEGRATED VILLAGE DEVELOPMENT COMMITTEE

RSVP : RASHMI [+919769140141](tel:+919769140141)



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In-charge - Ms. SHILPA PAWAR



	Tuesday / मंगळवार	Friday / शुक्रवार
Homeopathy Clinic / होमिओपॅथी दवाखाना	9 to 5 / ९ ते ५	9 to 5 / ९ ते ५
Eye Clinic / डोळ्यांचा दवाखाना	9 to 5 / ९ ते ५	9 to 5 / ९ ते ५
Dental Clinic / दाताचा दवाखाना	9 to 5 / ९ ते ५	9 to 5 / ९ ते ५
GP & Child Care Clinic / जीपी आणि लहान मुलांचा दवाखाना	2 to 5 / २ ते ५	2 to 5 / २ ते ५
Blood Tests / रक्ताची तपासणी	9 to 12 / ९ ते १२	9 to 12 / ९ ते १२



Rotary Club  
of Bombay



SPEAKER SESSIONS



## MARTIN MAIER

CONSULATE GENERAL OF SWITZERLAND  
IN MUMBAI

speaks about

**India Switzerland**  
*A partnership for success.*

THE GATEWAY ROOM

THE TAJ MAHAL PALACE HOTEL  
LUNCH AT 1 PM. MEETING AT 1.30 P.M.

GUEST ATTENDANCE CHARGES APPLY VISITING ROTARIANS - ₹300  
GUEST - ₹400 (ADDITIONAL CHARGE FOR LUNCH)

**TUES | 23 | JAN**

rotaryclubofbombay.org | @rcb1929 | incredible

## NEXT WEEK

### Sohrab Khushrushahi

Sohrab, an ex-corporate lawyer, gave up a decade-long career in law to pursue his passion for fitness. Having been into training since an early age and playing cricket at youth level, he founded SOHFIT in the year 2017 to share his experience, training methods and ideologies with people.

Sohrab has worked with renowned sports teams like Mumbai Indians and Pro Kabaddi League, training over 100 players over the last 6 years. He has also trained (and continues to) various celebrated artists and sportspersons like Alia Bhatt, Robin Uthappa etc . He contributes regularly as a fitness expert with HT Brunch and was also voted the Vogue Fitness Expert of the year in 2019.

#### CERTIFICATIONS:

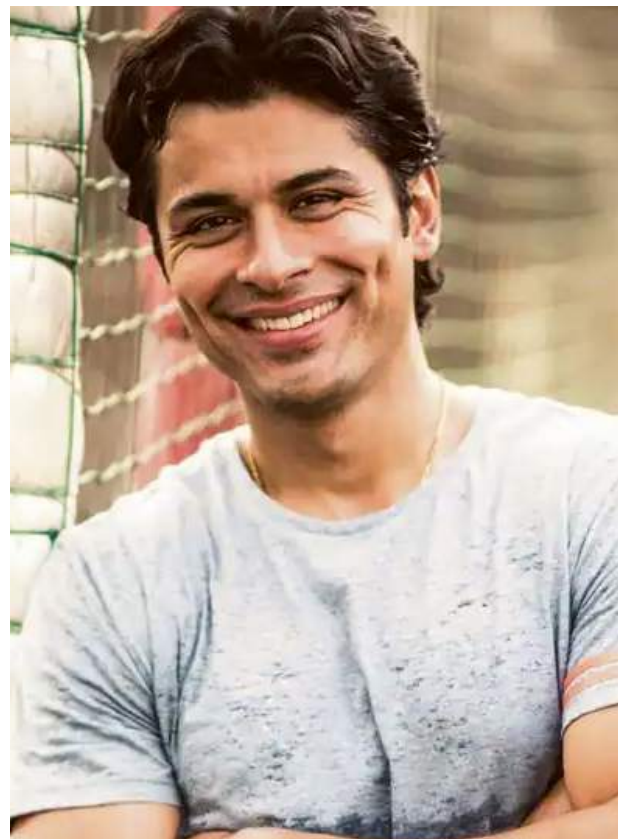
Crossfit Level 1

Ready State Level 2

RFT Level 1

ProNatal Fitness Pre and Post Natal

Rehab Specialist





# Rotarian Member Birthdays



**JANUARY 23**  
Rtn. Albert Almeida



**JANUARY 23**  
Rtn. Subhash Sagar



**JANUARY 24**  
Rtn. Gautam Trivedi



**JANUARY 25**  
Rtn. Dr. Akshay Batra



**JANUARY 25**  
Rtn. Pradeep Chinai



**JANUARY 25**  
Rtn. Vivek Himatsingka



**JANUARY 26**  
Rtn. Sherebanu Baldiwala



**JANUARY 28**  
President Manoj Patodia



**JANUARY 28**  
Rtn. Ulhas Yargop

# Rotarian Partner Birthdays

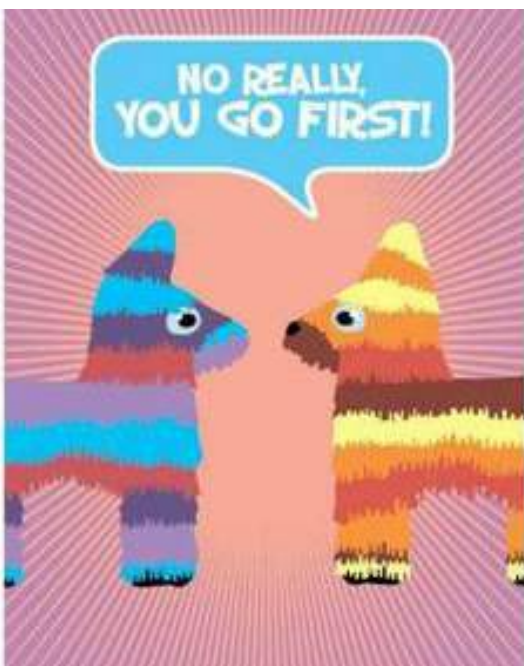
**JANUARY 24**

Rtn. Ptn. Rangita Bhatnagar

**JANUARY 25**

Rtn. Ptn. Dr. Anahita Pandole

## BIRTHDAY PIÑATA



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## Anniversaries

### Anniversaries

**JANUARY 23**

Rtn. Ptn. Pallvani & Rtn. Miral Shah

**JANUARY 23**

Rtn. Ptn. Amita & Rtn. Ravi Sheth

**JANUARY 23**

Rtn. Ptn. Minal & Rtn. Madhup Vaghani

**JANUARY 24**

Rtn. Ptn. Manek & Rtn. Cyrus Guzder

**JANUARY 24**

Rtn. Ptn. Damini & Rtn. Kirit Kamdar

**JANUARY 24**

Rtn. Ptn. Reema & Rtn. Vivek Kothari

**JANUARY 24**

Rtn. Ptn. Bhavani & Rtn. P.V. Ramana  
Piniseti

**JANUARY 24**

Rtn. Ptn. Nidhi & Rtn. Nikhil Sanghai

**JANUARY 24**

Rtn. Ptn. Nikesh & Rtn. Aditi Shah

**JANUARY 24**

Rtn. Ptn. Rinku & Rtn. Vineet Suchanti

**JANUARY 25**

Rtn. Ptn. Prakash & Rtn. Seema Makhija

**JANUARY 25**

Rtn. Ptn. Mandini & Rtn. Dr. Rajeev  
Narvekar

**JANUARY 25**

Rtn. Ptn. Roma & Rtn. Anant Singhanian

**JANUARY 26**

Rtn. Ptn. Priti & Rtn. Pradeep Gupta

**JANUARY 26**

Rtn. Manju & Rtn. Mahendra Sanghi

**JANUARY 27**

Rtn. Ptn. Padma & Rtn. Dinesh Kumar Lal

**JANUARY 27**

Rtn. Ptn. Manish & Rtn. Purvi Mehta

**JANUARY 27**

Rtn. Ptn. Samira & Rtn. Kasimali Merchant

**JANUARY 27**

Rtn. Ptn. Heena & Rtn. Kasturbhai Sheth

**JANUARY 28**

Rtn. Ptn. Gauri & PP Vijaykumar Jatia

**JANUARY 28**

Rtn. Ptn. Aparna & Rtn. Venkat Ramaswamy

**JANUARY 28**

Rtn. Ptn. Seena & Rtn. Vinay Sanghi

**JANUARY 29**

Rtn. Ptn. Irma & Rtn. Pradeep Chinai

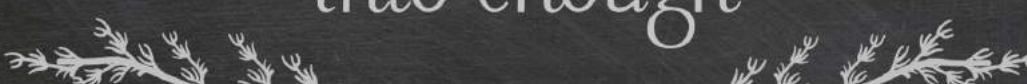
**JANUARY 29**

Rtn. Ptn. Tanuruha & Rtn. Sandipan Roy

**JANUARY 29**

Rtn. Ptn. Sita & Rtn. Madhusudan Ruia

*Gratitude*  
turns what we have  
into enough



# TRUSTEES OF THE ROTARY CLUB OF BOMBAY



Trustee  
PP Dr. Adi  
Dastur



Trustee  
PP Arun  
Sanghi



Trustee  
PP  
Dr. Zerxis  
Umrigar



Trustee  
IPDG Sandip  
Agarwalla



Trustee  
PP Nandan  
Damani



Membership  
PP Nandan Damani



Assiilation  
IPP Vineet Bhatnagar



Attendance  
Rtn. Mahesh Khubchandani



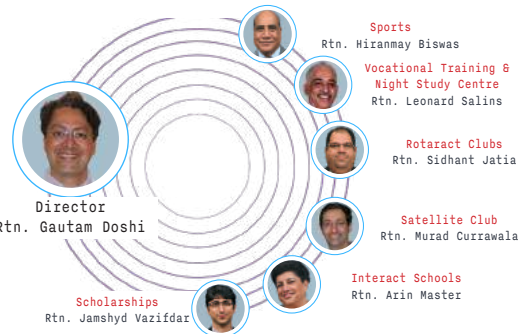
CSR Reporting  
Rtn. Kirit Kamdar



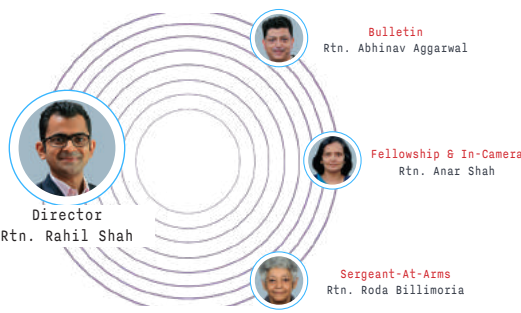
Director  
PN Bimal Mehta



Special Director  
IPDG Sandip Agarwalla



Director  
Rtn. Gautam Doshi



Director  
Rtn. Rahil Shah

## OFFICE-BEARERS



President  
Manoj Patodia



IPP Vineet  
Bhatnagar



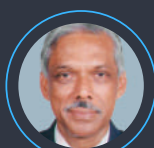
President-Elect  
Satyan Israni



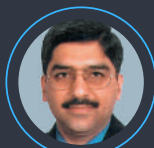
President-Nominee  
Bimal Mehta



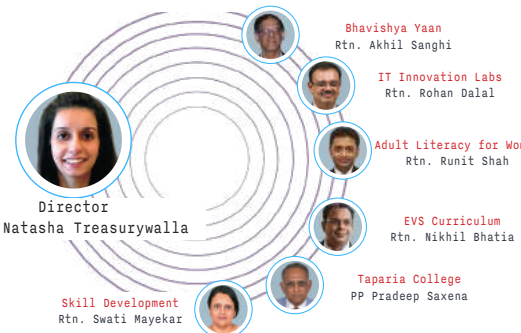
Hon. Secy  
Pradeep Gupta



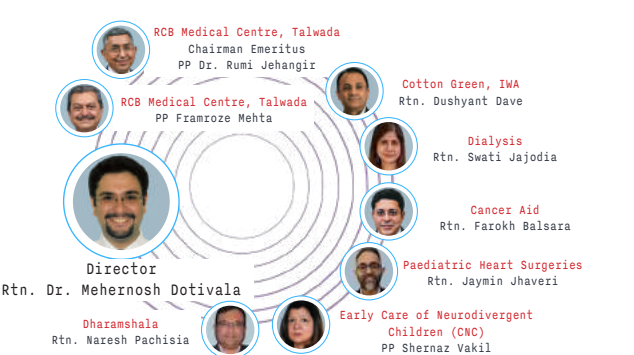
Hon. Jt. Secy  
Sunny Pariyaram



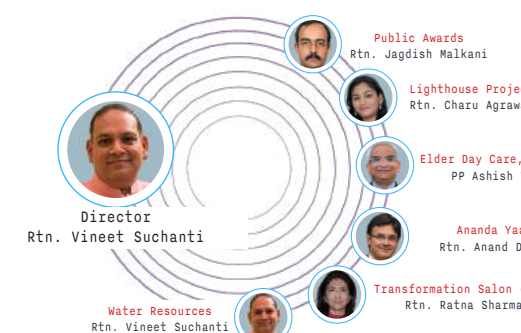
Hon. Treasurer  
Kirit Kamdar



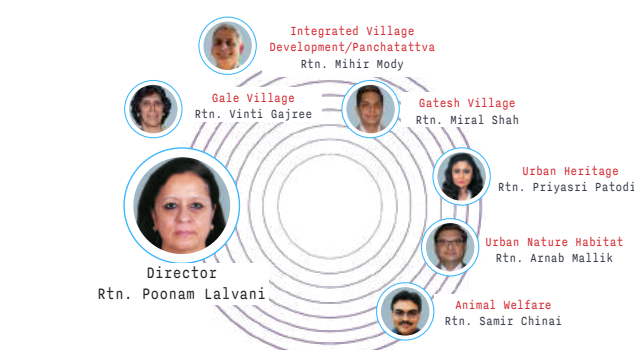
Director  
Rtn. Natasha Treasurywalla



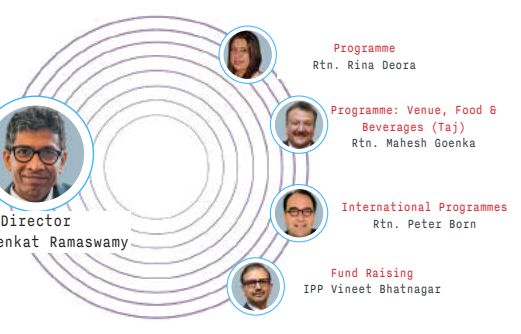
Director  
Rtn. Dr. Mehernosh Dotivala



Director  
Rtn. Vineet Suchanti



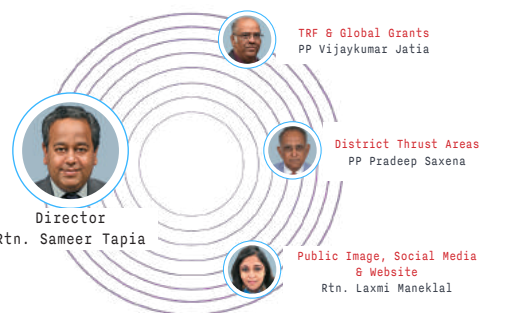
Director  
Rtn. Poonam Lalvani



Director  
Rtn. Venkat Ramaswamy



President  
Manoj Patodia



Director  
Rtn. Sameer Tapia

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