

Black & Gold

The Bombay Gymkhana Magazine

July 2025 Volume 15 Issue 3



Hearts. Heritage. Happiness.



Message to our Members



Dear Members,

On 19 June, we gathered not just to commemorate a date but to celebrate a living legacy: 150 glorious years of Bombay Gymkhana—a name that echoes through the annals of Indian sporting and social history with unmatched dignity, spirit, and pride.

This was not merely a celebration but a moment of reflection, of remembrance, and of reaffirmation. We bow in gratitude to Captain E L Maryyat and Lieutenant C L Young of the Royal Engineers—visionaries who laid the first stone of this institution in 1875. It was their conviction, echoed in the words of the inaugural speech — “A Bombay Gymkhana is a crying want...” — that sparked a movement. What they set out to create was not just a club, but a crucible of excellence in sport and fellowship.

That spark today burns as a beacon. Across 12 thriving sports disciplines, through triumphs and trials, Bombay Gymkhana stands out not just as a club — but as a symbol of endurance, unity, and sporting spirit. Few institutions in the world can boast of such a rich, continuous journey.

We honour the legacy of all past Presidents, Committees, and Management Teams — custodians of our heritage, who, with care and courage, navigated this institution through eras of change and challenge.

Yet, our essence lies beyond the fields and courts. It lives in the unspoken bonds between members, in friendships forged over decades, in the laughter echoing through our corridors, and in the applause from the stands, in the wisdom of mentors, and in the fire of the young.

Bombay Gymkhana is not just a place — it is a feeling. A tradition. A family. As we stand on the shoulders of giants, we must now look ahead — to the next 150 years. Let us rededicate ourselves to the founding ideals: sportsmanship, fellowship, and excellence. Let us nurture this sacred space not just with nostalgia, but with vision and action. Let us remain a lighthouse for generations to come!

Long live Bombay Gymkhana!

Warm regards,

Sanjiv Saran Mehra
President, Bombay Gymkhana

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YOUNG MINDS SMART MOVES



The next generation of talent showcased their skills at the Bombay Gymkhana Members Junior Chess Championship 2025

The Bombay Gymkhana Members Junior Chess Championship 2025 was held on 14 June 2025, bringing together the brightest young chess talents from among our members. The event, which took place at 1875, featured competitive matches across multiple age categories, from 6 to 16 years.

The tournament saw many young players competing in a series of intense rounds, showcasing remarkable skill and strategic depth. In the end, the champions of each category were celebrated for their exceptional talent and determination.

UNDER-10

1st Jahan Bhavnani
2nd Vidur Pant
3rd Vanraj Bajaj

ABOVE-10

1st Azim Hakeem
2nd Zahaaw Roy Kapur
3rd Sahaana Sitapati
3rd Dhriti Shah

The event concluded with a ceremony where winners were awarded medals by BG President Sanjiv Saran Mehra, with the top players gaining recognition for their splendid performance. The championship reinforced Bombay Gymkhana's 150 years' commitment to fostering young talent and bringing out the best in them. **BG**

CHESS: SILENT SPORT WITH A RICH HISTORY

"Monsoon takes the city of Mumbai by storm. As the roads flood, we have to stay inside. However, many sports can be played, even inside. The first experience I have had of competitive Chess is the Bombay Gymkhana Chess Championship on 14 June 2025. I walked in, a sleepy person but walked out promising myself I would participate again. This gives me further reason to believe that Bombay Gymkhana is a multi-sports club, giving a sporting experience to all sorts of people. We meet the same friends on the Football field, Tennis courts and for a game of Chess which gives us a great sense of belonging and makes it truly special for us. Thank you Bombay Gymkhana!"

- Ritvik Pant (12 years)



Mindpower: Chess games in progress



Above-10 winner Hakeem Azim, and Under-10 winner Jahan Bhavnani being felicitated by BG President Sanjiv Saran Mehra

LEGACY IN ACTION

In a spirited collaboration, Bombay Gymkhana and Rugby Association of Maharashtra came together to celebrate the Mumbai Dreamers — Mumbai's premier Rugby team

On a charming Mumbai evening at the iconic Bombay Gymkhana, a rich legacy crossed paths with a future full of hope. The Bombay Gymkhana teamed up with the Rugby Association of Maharashtra (RAM) to celebrate the Mumbai Dreamers — the city's flagship team in the Rugby Premier League.

The Mumbai Dreamers arrived not just as guests but as the embodiment of solidarity—a team representing both home-grown passion and international excellence. Led by their head coach Tim Walsh, a renowned strategist who steered Australia Women's 7s to Olympic Gold in 2016, the side comprises a rich blend of players from across the world. Fijians

Waisea Nacuqu and Jerry Tuwai, Australians Henry Hutchinson and James Turner, USA's Aaron Cummings, Canadians Rhys James, Briar Barron, and Elias Hancock, alongside their Indian teammates Neeraj Khatri, Akash Balmiki, Devendra Padir, Ganesh Majhi, and Nayan K, all wearing the Mumbai jersey with immense city-pride.

Support flowed in from all quarters. The Dream Sports Foundation, the philanthropic arm of Dream11, backed the evening by donating Rugby kits to children from community programmes, which are a symbol of their ongoing mission to empower future generations through sport. Vikrant Mudaliar, Chief

The Bombay Gymkhana Rugby family comes together





Marketing Officer of Dream11, was present alongside members of the Dream11 team, reflecting their deep-rooted belief in growing rugby from the grassroots up.

Senior players—both men and women—from local clubs including Bombay Gymkhana, Mumbai Magicians, Mumbai Strikers, All Dreams, Eleanor, and Thane

shared the field with over 150 children under the age of 14, many of whom came from community-led and slum-area Rugby initiatives across the city.

The session was further elevated by a training masterclass by coach Tim Walsh and a few iconic players - Waisea Nacuqu, Jerry Tuwai, James Turner, and Aaron Cummings.



An energetic coaching clinic in progress

For both the young and older participants, it was more than just a training session. It was a rare opportunity to engage with the pros, take part in spirited Rugby drills, and feel a deep sense of belonging within the grounds of one of Mumbai's most historic sporting institutions.

After the on-field activities, the players from the Mumbai Dreamers and Bombay Gymkhana made their way to the clubhouse to enjoy a memorable evening of great food and beverages.

Bombay Gymkhana is committed to the growth and development of the sport across the state. This gathering stood as a powerful example of its collaborative, inclusive, and community-centric approach - honouring tradition while shaping a future made by many. **BG**



MAKING WAVES ACROSS MUMBAI

**BG stars shine at the MIG Club, Matunga Gymkhana, and Otters Club!
Anushree Kudtarkar and Karan Rai bring you the details**

It has been an action-packed end to the season in the city's swimming circuit, and our swimmers have truly outdone themselves across events at the MIG Club, Matunga Gymkhana, and Otters Club. With splashes of determination, strokes of excellence, and the roar of encouragement all around, these events were a celebration of talent, teamwork, and pure love for the sport.

First off was the MIG Club, where the pool buzzed with excitement and the stands echoed with cheers. Anaita Kudtarkar began her medal journey with a bronze in the 50m fly, while Anushree Kudtarkar matched the spirit and secured a bronze in the 50m freestyle. The standout performance of the meet came from Irfan Pabaney,

who impressed everyone with a gold in the 25m freestyle and a silver in the 25m breaststroke, displaying both power and finesse in the water.

Building on that momentum, our swimmers then took on the Matunga Gymkhana meet with equal determination. The competition here was tough, but our athletes rose to the occasion. Anaita once again reached the podium, adding another bronze in the 50m fly. Anushree improved her standing from the previous meet, earning silver in the 50m freestyle. Meanwhile, Vivek Mehta delivered a sensational performance, winning double gold in both the 50m breaststroke and 50m freestyle, firmly stamping his authority in the pool.

And then came the grand finale at Otters Club—a massive, city-wide meet with over 500 participants from all age groups. This iconic event never fails to impress, and this year was no different. Anaita continued her stellar run, securing silver in butterfly. Anushree kept up her consistent form with silver in the under-50 freestyle category. Dinshaw Pardiwala was in fine form, earning silver in the 50m breaststroke and a bronze in the 50m freestyle. Vivek added a bronze in the 50m breaststroke to his season's collection.

Beyond the medals, Otters Club was a true celebration of spirit and personal growth. Swimmers like Jimmy Davar, Samara Naik, Ananya Desai, Narios Poonawala, and Tanish Shah participated with great enthusiasm, pushing their limits and proudly representing BG. Ananya, who also swam at MIG Club, showed commendable grit and commitment across multiple meets. Even more inspiring, Narios, Samara, Jimmy, and Anaita all broke their personal best timings at Otters Club—a powerful testament to their hard work and progress.

One of the most unforgettable moments came from our very own national champion, Moen Shirazi, who—in classic Moen fashion—swam butterfly in a freestyle race and still cruised to a comfortable gold. It was a jaw-dropping performance that had the entire venue buzzing.

These three events were more than just competitions—they were a celebration of perseverance, progress, and passion. Despite the blazing summer sun, our swimmers gave it their all, driven by their love for the sport and an unbreakable team spirit. From the youngest juniors to the seasoned masters, every athlete showed what it means to dive in with heart and emerge stronger.

It has been an unforgettable season for the team but there is also a feeling of immense gratitude for everyone who supported and cheered us on. As we go into the monsoons, there will be a break from tournaments; however, you will still see the team regularly at its Saturday morning training and we will be back for more action after the rains! **BG**



Victorious: Anaita and Anushree Kudtarkar



Dinshaw Pardiwala wins silver



Vivek Mehta wins bronze



TIME TO TILE UP!

Mahjong made its official debut at Bombay Gymkhana with its very first tournament.

Shonali Shivdasani describes how it all played out

“My wife Suchita and daughter Shonali were keen to play and both are experienced players,” says Captain Vijay Shivdasani, when asked what inspired him to initiate the drive to include Mahjong at the Bombay Gymkhana (BG). “We had 80-plus members sign a petition which was then submitted to the President and Managing Committee.”

The first Mahjong game at BG was held on 4 September 2024. Less than a year later, on 11 June 2025, BG held its first members-only Mahjong Tournament. Organised beautifully thanks to the efforts of Kavita Hurry, Veera Sawkar, Durrat Kotak and the ‘Marshals’ – Nita Kapadia and Aban Bapasola, there were 40-plus participants across 10 tables in the BG Dining Hall. The event was meticulously executed through the tireless efforts of the BG staff.

What was truly gratifying was to see veteran players mix with the newly initiated to play a rousing four rounds of Mahjong. Under the guidance of the Marshals and patient explanations by senior players, everyone came together to make this a fun-filled, enjoyable afternoon.

Play was held over two sessions, with a break midway. A sumptuous tea diligently prepared by the Catering staff was served at 3:30 pm enabling our players to relax and rejuvenate, ready for the next round!

A prize-giving ceremony was held after the tournament concluded wherein the winners, and indeed all the players, were felicitated by President Sanjiv Saran Mehra and untiring pioneer Captain Shivdasani.

Mahjong is experiencing a revival and gaining popularity, with several clubs hosting tables and tournaments. This resurgence is fuelled by its strategic gameplay and ability to form social connections, with players being of diverse age groups and backgrounds. The BG Mahjong community has unanimously stated it looks forward to many more such tournament afternoons being held!



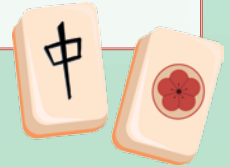
Participants enjoying the game

WINNERS ALL...

- 1st: Rupande Parekh
- 2nd: Ragini Desai
- 3rd: Gaimai Sachdev
- 4th: Ashita Gupta
- 5th: Shonali Shivdasani
- 6th: Pushpa Shamsher

MORE ABOUT MAHJONG

Mahjong is a tile-based game that was developed in the 19th century in China and has spread throughout the world since the early 20th century. The game's regional variants are widely played throughout East and Southeast Asia and have also become popular in Western countries viz American Mahjong. Similar to the Western card game Rummy, Mahjong is a game of skill, strategy, and luck. The game is played with a set of 144 tiles based on Chinese characters and symbols, although many regional variations may omit some tiles or add unique ones. **BG**



Winner Rupande Parekh being felicitated by BG President Sanjiv Saran Mehra

For the love of Mahjong: Players and staff strike a pose



CAMP OF TALES

The Storyboard Children's Library turned holiday mornings into a joyful blend of stories, play and creativity, writes **Anam Bachooali**

The Storyboard Children's Library held an action-packed Holiday Camp for children aged 3 to 7 years from 3 – 5 June. Ably conducted by library educators Shaila Mallik and Anam Bachooali, who understand the value and urgency for children to read, the focus was on three reading themes- Friendship, Art and Sport (catering to BG's legendary sporting culture)



The children came in excitedly geared up for a day of reading and learning! Each day started off with some warm-up exercises and songs after which the facilitators led them towards a thoughtfully curated themed book display for the day. This helped the children explore the collection and settle down for some quiet reading time. It was a pleasure to see children emulate each other and read. Even the younger children enjoyed browsing pictures, and, in the most heart-warming moments of the camp, looked forward to being read to by the older children.

Library News

The children were absolutely mesmerised by the reading aloud of rare books and what followed was a dynamic discussion centred around their experiences of the theme of the book. Truly, the best learning comes from the 'sharings' after a story. To expend their latent energies and to round off the sessions, the children played several physical games which got their spirits soaring and created a fantastic buzz of energy in the room!

The camp got the kids to don their creative hats. They enthusiastically made friendship bracelets/ necklaces for their friends and created wonderful pieces of art inspired by artists such as Van Gogh and Raza, after listening to stories about their lives.

Parents and grandparents were in attendance as they dropped and received their wards with excitement,

ready to listen to the exploits of their little ones. A holiday well spent in this unique Library Holiday camp where the children read, listened to stories, played games and made new friends. All in a few mornings' work!

Bring your little ones to the two book clubs held for children every month. It's a fun way to spark their love for reading and make new friends along the way! **BG**



PLAYING WITH WORDS

Priya Aga brings highlights from the fun discussion titled
Weird Wonderful Words! conducted by The Storyboard

**What do you call a dog that can tell time?
A watch dog!**

**What kind of shoes do robbers wear?
Sneakers!**

A fun discussion about the weird and wonderful English language with an enthusiastic group of children began with riddles followed by word exercises to consider how the meaning of a sentence can change with the addition of a single word or the emphasis on a single word, etc.

We talked about the etymology of words—a secret code in words that tells of their meanings and origin. We discovered words that were used a long time ago (dowfart, hoddy noddy, argle barge), words that came from history (Badminton), names of people (Sandwich) and places (Denim), words that were borrowed from other languages (Cabbage), or were specialist terms (Venn diagrams), etc.

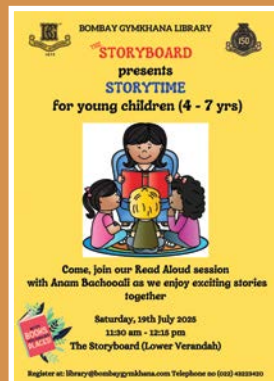
We ended with French fries and a challenge of guessing the origin of some words.

Would you like to try it?

MATCH EACH WORD WITH ITS ORIGIN

- | | |
|-------------|--|
| 1. Petrify | a. from the name of a river in ancient Turkey |
| 2. Cauldron | b. from Old Norse words meaning 'winds-eye' |
| 3. Window | c. from a Latin word meaning 'hot' |
| 4. Meander | d. from a Greek word meaning 'rock' or 'stone' |

(Solution: 1 - d, 2 - c, 3 - b, 4 - a)



MORE THAN JUST LOOT

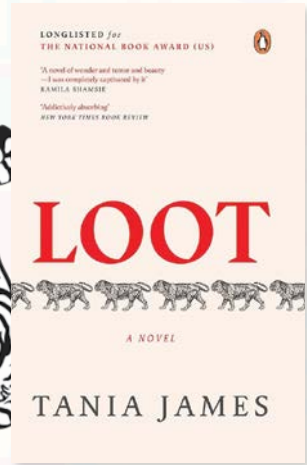
Opinions differed, covers were compared, and a strong case was made for giving **Tania James'** *Loot* another go, reports **Reena Agrawal** of the June Book Club discussion

Over the years, Shefali has unfailingly given us excellent recommendations to read so when I found myself struggling with *Loot* by Tania James, I looked forward to our Book Club discussion on Monday, 9 June, to know what she and other book clubbers had to say about it.

Nive had read it a year ago and remembered giving it a 4-star in her personal review. The author had wrapped the story well, she shared, though it sagged at times. Among many other aspects of human relations, the story reflects on how art can cast a different perspective giving an insight to what might have actually happened (covert rebellion by Tipu Sultan in commissioning a toy automaton of a tiger mauling a European soldier), of celebrating achievement on one's own merit (artisans). Nandita was enjoying what she had read while a few others were still to get to it.



Book Club members share insights about *Loot*



For Shefali, *Loot* worked on several levels as the author writes about politics, power, the history of colonisation, appropriation of the word 'loot' (title of the book), the looting of our riches and the manner in which the spoils were divided among the English soldiers reflecting hierarchy and inequality, of dishonour and greed, of aspirations, grit and resilience, of so much more that comes through the characters in the book in their attempt to reclaim their culture and identity, making the past seem so relevant today. The nuances in the writing require the reader to mull over, she said, after reading a page giving us a flavour of how loaded the story was. By the end of her critical analysis, the book was back in my basket!

Nandita drew our attention to the cover of the book across countries. Most found the white colour of the Indian copy quite understated and preferred the green cover over the others.

So, does the story within the covers change or should the book be judged by its cover? We say, come to the Book Club. You might dis 'cover' a book here. **BG**

Stirring Up Things



The Rear Pavilion at the Bombay Gymkhana hosted a culinary extravaganza, organised by the Bar, Catering and Entertainment section on 14 June. Expertly led by well-known Chef Irfan Pabaney, the event drew several enthusiastic members, all eager to master the art of crafting exquisite dishes.

CULINARY MASTERY

Chef Irfan's expertise shone brightly as he guided the attendees through a hands-on cooking demonstration. The session featured an array of delectable dishes, including Ravioli of Minced Chicken Cacciatore, Lasagna with Spinach and Mushroom, and Beetroot Salad with Burnt Garlic Dressing. The attendees had a lot of fun and learnt a lot through the chef's techniques and tricks of the trade, leaving them inspired to recreate the dishes themselves.

FEAST FOR THE SENSES

The highlight of the event was the opportunity for attendees to savour the curated dishes, perfectly paired with a complimentary glass of wine that elevated the flavours.

The cookout morning session was a resounding success, thanks to Chef

From fresh ingredients to restaurant-level finesse, **Chef Irfan Pabaney** brought tastebud magic to the cookout at Bombay Gymkhana



Chef Irfan Pabaney with his culinary creations

Irfan's engaging presentation and the active participation of the BG members. The experience fostered a sense of community and culinary exploration. We look forward to hosting and attending more events like this in the future!

CHEF TALK

"This is the second cookout I'm doing at the Bombay Gym. It is always a pleasure to do stuff with the members. They are a great bunch of people, are always interactive and we all enjoy the sessions very, very much," vouched Chef Irfan.

LET'S GET COOKING

Chef Irfan shared his signature recipes – why not give them a shot?

RAVIOLO OF MINCED CHICKEN CACCIATORE ROSEMARY, OLIVES & MUSHROOM

Number of portions: 1

Ingredients	Quantity
CHICKEN LEG	100 gm
TOMATO SAUCE	100 gm
OLIVES	4-5 pcs
MUSHROOM- QUARTERED	4-5 pcs
ROSEMARY	1 sprig
OLIVE OIL	2-3 tsp
CELERY	1 stalk
ONION	2 tbsp
GARLIC	2-3 cloves
RED WINE	50 ml
LASGNA SHEETS	4 nos
CHILLI FLAKES	To taste

METHOD

Chicken Mixture:

1. Heat oil in a pan.
2. Add onion, celery, mushroom, and garlic to the pan.
3. Cook over medium heat, tossing regularly.
4. Add salt, fresh rosemary, chili flakes, and chicken mince.
5. Pour in the red wine and cook for a few minutes until the wine has reduced.
6. Add the tomato sauce.

7. Cook over medium heat for 5 to 10 minutes, stirring occasionally, until the mixture is cooked through.

ASSEMBLE

- In a pasta plate, place a bottom layer of blanched pasta sheet.
- Add a centre layer of the prepared chicken mixture.
- Top with another layer of pasta sheet and a little sauce **BG**



Members eagerly pick up cooking tips

THE HAPPINESS EQUATION

Insights from the talk ‘The Science of Happiness: Why Some Relationships Click While Others Crash’ by Counselling Psychologist **Aarti Rewari**

At the latest edition of BG Conversations, a BG Library initiative, held on 25 June, Counselling Psychologist Aarti Rewari explored the elusive nature of happiness and its deep connection with relationships.

Rewari emphasised that social health—one of the five pillars of well-being—plays a pivotal role. While relationships with family and friends are vital, they can also become sources of pain and abandonment. How do we manage this fragility?

Drawing on Maslow’s theory of needs, she explained that healthy relationships rest on mutual respect, communication, intimacy, commitment, shared interests, and effort. Listening without judgement and sharing openly are essential. She introduced the acronym STARVED as a self-check tool: Safety, Trust, Appreciation, Respect, Validation, Encouragement, and Dedication.



Members absorb important lessons



Aarti Rewari

Global studies affirm that strong social connections are key to happiness. The onus is on each of us to nurture our social health.

She closed with a reflective exercise: members were asked to visualise something they truly wanted to do—and she encouraged a follow-up in a month to revisit those intentions.

A lively Q&A followed. Members asked about coping with empathy fatigue, finding purpose post-retirement, and how to apply STARVED in relationships with cognitive challenges. Rewari advised: “Fill your own cup—mirror neurons will do the rest.” On respect, she noted, “Adaptation is more empowering than compromise.”

She also spoke about the importance of boundaries in professional relationships and how forgiveness can liberate the forgiver. “Happiness,” she concluded, “cannot be taught—it’s deeply personal and ever-evolving. But it begins with you. **BG**



WHEN SOUND MEETS SCENT

Highlights from the sensory wellness session, organised by the Social Committee, to mark International Day of Yoga and World Music Day

Bombay Gymkhana marked a unique intersection of tradition and transformation as International Day of Yoga converged with World Music Day in a sensory wellness experience: Your Everyday Wellness. Held on 21 June, the session, curated by Reena Sheth, Strategic Wellness Events Curator, offered an immersive journey into Naad Yoga—the ancient practice of sound-based healing—elevated by the emotional resonance of Thetapegaasi essential oils.

The experience was co-conducted by Niki Hingad, founder of Thetapegaasi, and Devidatta Sukhatankar, a global expert in Naad and Hatha Yoga. Together, they created a multi-sensory immersion where sound and scent worked in harmony to anchor awareness, balance breath, and reset the nervous system.



Attendees participate in the healing session

Participants were guided through the intonation of “Aa”—the first Naad or primordial sound—while the air was gently infused with high-frequency Thetapegaasi oils, designed to subtly shift emotional states and deepen sensory presence.

This was not just a yoga or sound healing session. It was a moment of stillness in motion—where ancient vibrations met modern alchemy, and the act of simply listening became a pathway to inner balance. The session served as a gentle reminder that wellness is not always about doing more. Sometimes, it is about doing less, feeling more, and simply tuning in to the rhythm within. **BG**

150 YEARS: HEARTS. HERITAGE. HAPPINESS.

A landmark moment, marking 150 years of the Bombay Gymkhana, Founders Day was a celebration of pride, nostalgia, unity and enduring spirit

In a momentous tribute to history, heritage, and community spirit, Bombay Gymkhana marked its 150th Founders Day on 19 June 2025, with a vibrant ceremony that united members in a shared celebration of pride, nostalgia and unity.

The day began with a stirring performance by the Indian Naval Band, which set the tone by playing the National Anthem, followed by a short ceremonial parade from the Main Reception to the Waudby Gate, culminating near the Gymnasium.



Warm applause all around



A stirring performance by the Indian Naval Band

Applause echoed as members braved the inclement weather to be a part of this occasion and witness the marching men in white, many capturing the moment with photographs.

A highlight of the morning was the traditional ringing of the Bombay Light Horse Bell—a cherished ritual symbolising the enduring legacy of the club, founded in 1875.



BG President Sanjiv Saran Mehra and BG Vice President Dinesh Advani (below) ring the Bombay Light Horse Bell



The unfurling of the newly-unveiled Bombay Gymkhana flag

In a particularly proud moment, the newly-unveiled Bombay Gymkhana flag was unfurled by the Bombay Gymkhana President, Sanjiv Saran Mehra, who extended heartfelt wishes to all the members and reflected on the club's storied journey through the ages.



Managing Committee members at the cake-cutting ceremony



A close-up of the beautiful cake to mark the occasion

The festive atmosphere continued with a second stirring march by the Naval Band, a joyful cake-cutting ceremony graced by the Managing Committee and senior members, and a hearty breakfast enjoyed by all.



The Indian Naval Band marches on

The morning session activities were greeted with great enthusiasm and joy by the gathering while the celebrations continued in the evening with a series of key events that were lined up to complete an eventful and momentous day.

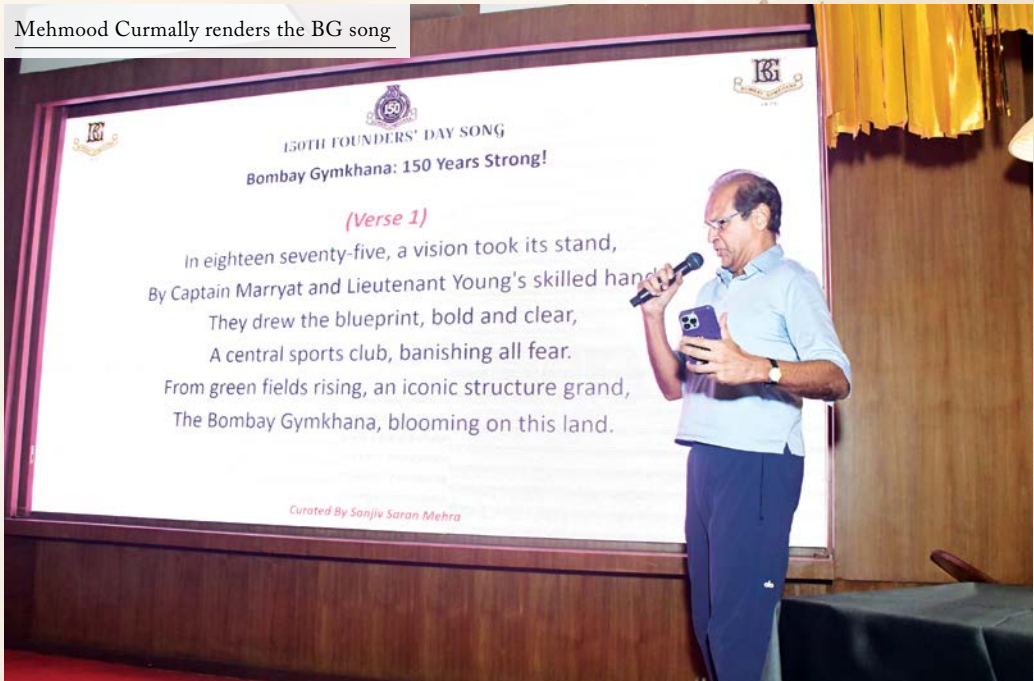
The official release of the much-anticipated Bombay Gymkhana song marked yet another milestone in the club's illustrious timeline. It drew an encouraging response from the members present at the Dining Hall.

Following this event, BG's Mehmood Curmally added more fervour to the evening with a zestful singing performance that included the newly unveiled club song and a few numbers of Elvis Presley—his lively performance certainly added more colour and nostalgia to the occasion.



Sweet moments

Mehmood Curmally renders the BG song



Cover Story: Founders Day

Another striking highlight of the Founders Day activities in the evening session was the introduction of the time capsule initiative wherein the members were required to pen their thoughts, hopes and vision on how they foresee the club in the next ten years – a forward-looking gesture.

A special arrangement was made for the kids. A specially designed T-shirt, featuring the 150th year logo, was distributed among the children as they gathered for a photo session during the cake-cutting ceremony, creating cherished memories.

As one of Mumbai's most iconic and enduring institutions, Bombay Gymkhana's 150th Founders Day was a resounding tribute to its legacy of camaraderie, culture, and excellence.



A time for all to celebrate

BG members surround the time capsule





BG kids cluster around the special cake



BG Vice President Dinesh Advani and President Sanjiv Saran Mehta at the cake-cutting



Children listen in rapt attention

Last but not the least, credit in huge measure should be given to the various departments particularly the Food & Beverage (F&B) team, who had a huge role to play in the Founders Day celebrations, and went about their work in an efficient and warm manner with a sense of occasion.

Cover Story: Founders Day

A Special Lunch

As part of the 150th Founders Day celebrations, members and families came together for a specially organised family lunch, held on Sunday, 15 June. Hosted at various locations in the club, the feast featured a great spread of gourmet delights, thoughtfully created by the F&B team.

Families not only had a great time enjoying the food, but a wonderful chance to unwind in a relaxed atmosphere amidst the graceful surroundings of the club.

Overall, it was a relaxed affair, embodying the essence of togetherness and community. **BG**



Raising a toast to BG

Happy faces all around



Cover Story: Founders Day



Members unwind during the special lunch



Bonding with family and friends



Celebration time



Connecting Generations

At Bombay Gymkhana, memories aren't just made — they're inherited. As part of our ongoing series capturing what BG means to its members, we invited a few families to open their memory books

What do you call a place where childhoods are shaped, friendships are forged, and family traditions are passed on—sometimes over several generations? The answer is simple: Bombay Gymkhana! In this feel-good feature, members from different generations share what the club has meant to them—from first swims and teenage mischief to family brunches and everything in between.

'BG IS THE BACKDROP TO COUNTLESS MEMORIES'

"It was 1974, just one day before my 30th birthday, when I received the best birthday present of my life – membership of the Bombay Gymkhana! Not only did my nervous waiting end, I also had to pay an entrance fee of only ₹1,500 instead of ₹3,000 had I been selected one day later!" beams **Dr Rumi P Jehangir**, as he goes down memory lane.

"Ever since, this iconic club has been an integral part of our family's life. We have enjoyed the array of unmatched sporting facilities, classic ambiance and warm fellowship with members as well as staff," he continues.

Dr Jehangir's son, **Peshwan Jehangir** corroborates the feeling... "It's hard to put into words what Bombay Gymkhana means to me. It's not just a club—it's where

we grew up. From playing tennis, football, swimming, to celebrating birthdays and making lifelong friends. We even ran summer camps teaching archery and having sleepovers on the lawns! BG is the backdrop to countless memories."

Pointing out that sports was always his "obsession", Tennis soon became no less than "an addiction" for Dr Jehangir. He remembers winning a crate of 12 beer bottles in an intra-club Tennis event in the 1970s. "I carried it home to Nariman Point on my head, coolie style, much to my dad's delight!" he chuckles.

His cache of memories also comprises some that caused him considerable embarrassment... "There was the time my youngest son loudly rang the Bombay Light Horse Bell and sprinted out of



sight. This was followed by a thunderous yell from Sarosh Nagarwala: 'WHO DID THAT?' I quickly dissociated myself from my son! From the very next day, the dangling dong of the famous bell was securely tied up and immobilised!"

Looking ahead, Dr Jehangir lists out his suggestions for the future, if found practical and acceptable--trips for senior citizens; sports tourism e.g. Wimbledon, Olympics, etc.; residential facilities; tie ups with time share groups and resorts; mobile phone usage even in enclosed areas – phones being kept in silent mode, to facilitate seniors and doctors, etc.; election of a vice-president who succeeds the president automatically after the tenure is over, so that he/she is familiar with the club issues; and revival of the Aga Khan Hockey Tournament and the Pentathlon.

Peshwan maintains that the club's old-world charm and its focus on sports have always been at its core – something he hopes will continue. That said, he suggests a few upgrades, namely strategic tie-ups for access to global sporting events beyond cricket, such as the Grand Slam tennis tournaments, Formula 1 races, and international football leagues. "This could add a new dimension to the member experience without compromising its essence. Perhaps also more premium dining options," he adds.

"I am sure Bombay Gymkhana will continue to encourage sports and nurture sporting talent and live harmoniously ever after," concludes Dr Jehangir, as Peshwan adds, "Here's to the memories made, and the ones still to come!"

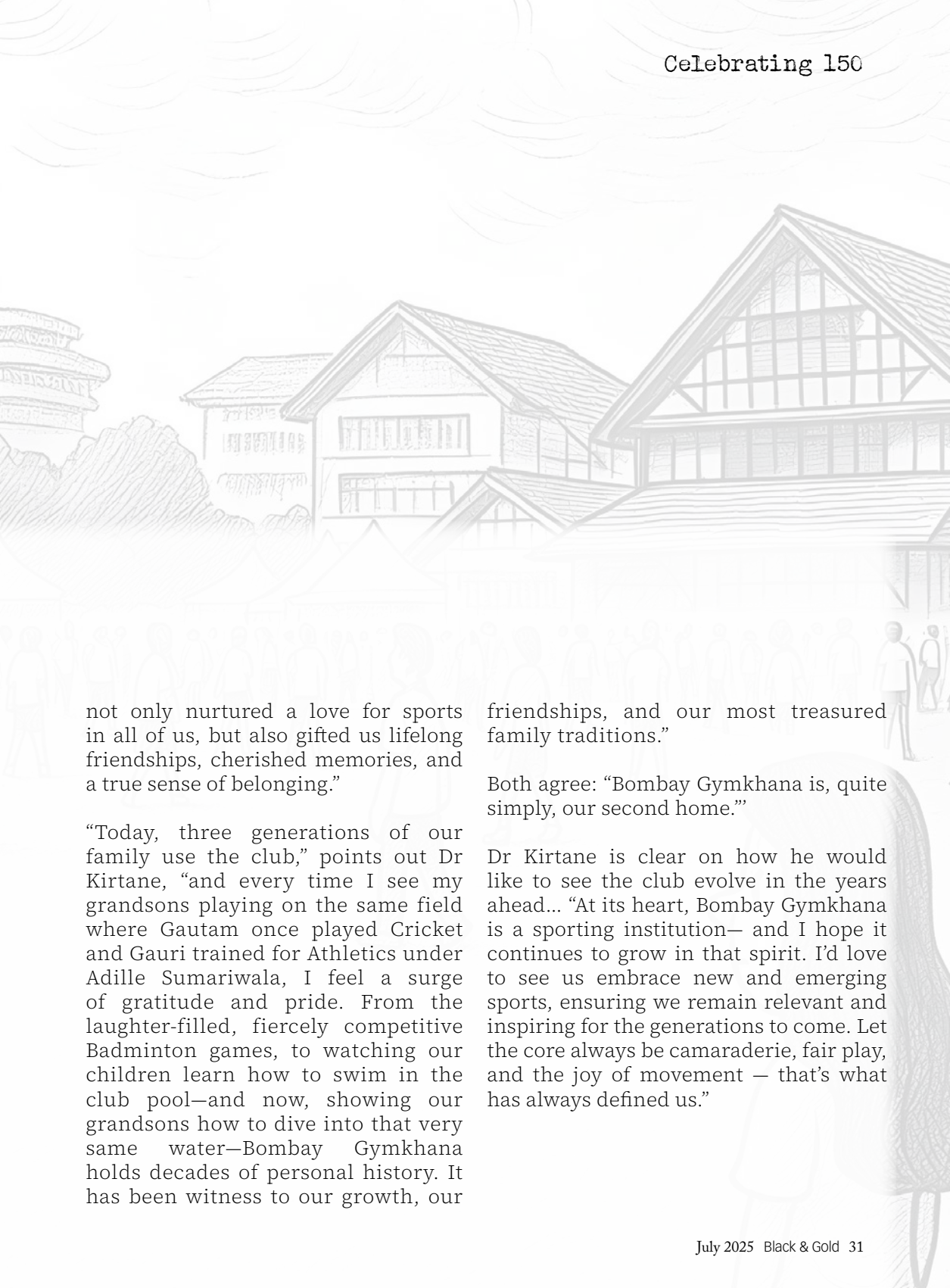


‘A LOVE FOR SPORTS & LIFELONG FRIENDSHIPS’

“Bombay Gymkhana has been an integral part of our family’s life since we became members in 1984. When our children were little, Sunday mornings had a joyful rhythm — I’d complete my hospital rounds early while the family waited patiently in the car, and then it was straight to BG. I’d head to the badminton courts for an hour with my steady group of four, while the kids played tennis and Jyotsna enjoyed a swim,” shares **Dr Milind Kirtane**.

“Breakfast at the club was always a treat—rich conversations with friends over chicken toasties and mutton samosas, while the kids played Table Tennis nearby,” he recalls.

His daughter, **Gauri Kirtane Vanikar** shares, “Over the years, the club has



not only nurtured a love for sports in all of us, but also gifted us lifelong friendships, cherished memories, and a true sense of belonging.”

“Today, three generations of our family use the club,” points out Dr Kirtane, “and every time I see my grandsons playing on the same field where Gautam once played Cricket and Gauri trained for Athletics under Adille Sumariwala, I feel a surge of gratitude and pride. From the laughter-filled, fiercely competitive Badminton games, to watching our children learn how to swim in the club pool—and now, showing our grandsons how to dive into that very same water—Bombay Gymkhana holds decades of personal history. It has been witness to our growth, our

friendships, and our most treasured family traditions.”

Both agree: “Bombay Gymkhana is, quite simply, our second home.”

Dr Kirtane is clear on how he would like to see the club evolve in the years ahead... “At its heart, Bombay Gymkhana is a sporting institution— and I hope it continues to grow in that spirit. I’d love to see us embrace new and emerging sports, ensuring we remain relevant and inspiring for the generations to come. Let the core always be camaraderie, fair play, and the joy of movement — that’s what has always defined us.”

‘BG MAKES YOU WALK TALLER’

“The first thing that strikes you as you walk into Bombay Gym is the amalgamation of tradition with new age facilities. The feel of the club is regal, the kind that one gets when one enters any historical monument in Europe. You embrace history, whilst still enjoying the trappings of modernity. This is what I do not experience in any club or gymkhana that I visit in Mumbai,” vouches snooker ace **Yasin Merchant**.

His daughter **Anam Bachooali** echoes the sentiment, “Belonging to such a giant of an institution makes me feel proud and compels me to appreciate what membership to Bombay Gymkhana entails. The uniqueness, culture and the bustling nature, whenever you visit the club, is something I look forward to.”

Yasin’s memories as a sportsperson are closely linked to the club. “First on the list would be my first competition victory, which happened at Bombay Gymkhana, when I was 13 years old and I won the U-21 Western India Junior Snooker event. It was special to me, as it launched my career. This was in 1980. Nine years later, I got the prestigious Bombay Gymkhana membership at the age of 22. I had just won the Asian Snooker championship and that qualified me to apply for membership, which was very graciously granted to me. From then onwards, I went on to win quite a few events at the Bombay Gym, viz., the Bipin Bodani All India event, which was a premier event on the Cue-sports calendar then, the Insta Snooker event which too I won, followed



by a couple of other tournaments. I even had the privilege of conducting two coaching camps at our gymkhana, thereby giving back to the place which kick-started my career and gave me a platform to hone my skills.”

Now, he is proud to have transferred his legacy to his children, who are regular visitors to the gymkhana, and who are keen on doing their bit for this institution. “My daughter Anam Bachooali has already got involved in quite a few Library activities and Kids programmes. My son-in law frequents the gym often, and both of them proudly flaunt their membership, and why not? Bombay Gymkhana is one of a kind, and makes you walk taller, when you flash the ID card!”

Dubbing himself guilty of being old school, Yasin declares that he honestly would not like to see many changes at Bombay Gym. What he would appreciate seeing at BG are international-level competitions in every sport, as well as more sessions of professional speakers educating the members on a variety of topics. “A theatre would be a good addition to our gymkhana,” he sums up.

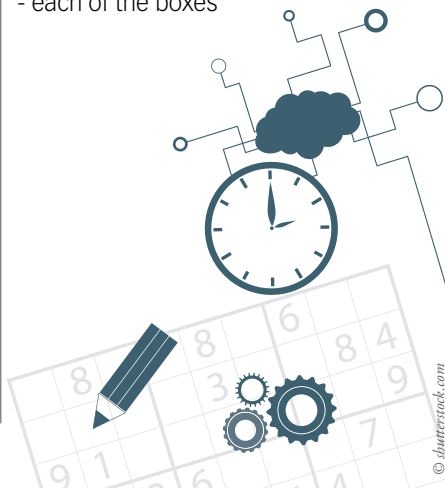
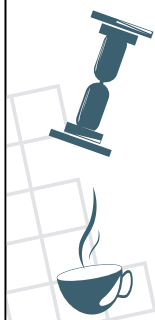
In a fast-changing world, Bombay Gymkhana remains a steady heartbeat—linking past, present, and future through tradition, sport, and the bonds of family and friendship. **BG**

SUDOKU

To solve a Sudoku puzzle, every digit must appear once in:

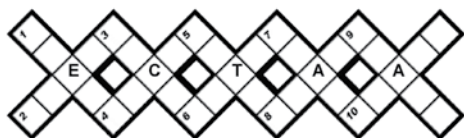


- each of the vertical columns
- each of the horizontal rows
- each of the boxes



CRISS WORD

Ten five-letter words cross and interlock to complete these crisswords. Some of the letters have already been filled in. Can you fill in the rest? Clues are given.



- Devil
- Odour
- In the near vicinity
- Russian country house
- Ancient Mexican
- Water lily
- Submerges in a liquid
- Abyss
- Intends to
- Small meal

SCRAMBLE

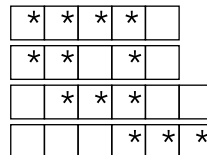
Solve the four anagrams and move one letter to each square to form four ordinary words

Now arrange the letters marked with an asterisk (*) to form the answer to the riddle or to fill in the missing words as indicated:

I don't think it's possible to have a sense of _____ without having a sense of _____.

- Christopher Hitchens (7,6) **BG**

NAERR
TROUT
GSYDMU
DGUHYO



(All solutions on page 35)

SOLUTIONS

SUDOKU

4	8	1	6	7	2	9	5	3
5	2	3	9	8	4	7	6	1
9	7	6	5	3	1	4	2	8
1	9	8	2	4	7	5	3	6
3	6	4	8	9	5	2	1	7
7	5	2	3	1	6	8	4	9
6	4	7	1	5	8	3	9	2
8	1	9	4	2	3	6	7	5
2	3	5	7	6	9	1	8	4

- CRISS WORD -



Words: reran, tutor, smudgy, doughy
Answer: I don't think it's possible to have a sense of **tragedy** without having a sense of **humour** -Christopher Hitichens

ADD SOME BG COLOUR
TO YOUR INBOX!

Black & Gold is available via email. To receive the electronic version of Bombay Gymkhana's monthly magazine, simply send an email to relations@bombaygymkhana.com. You can also download it from the BG App. So, check out the latest BG happenings on the 'go'.



Bombay Gymkhana
presents
The BG LIBFEST 2025

Wednesday, July 30th
The Great BG Quiz : 6 pm - 7 pm

Thursday, July 31st
The VERDICT
A play directed by Akash Khurana 6 pm - 8 pm

Friday, August 1st
Film Screening 5.30pm - 7.00pm

Saturday, August 2nd
A Poem Waits Into A Room
A poetry writing workshop 4.00pm - 4.30pm

Saturday, August 2nd
NOT DONE A friends chat with the irrepressible
Shobha De & the indefatigable Rajdeep Sardesai 6.00pm - 7.30pm

Sunday, August 3rd
Hang-In-There ! Dr. Parulshi Bhandari
A theatre performance for children. 11.00am - 12.00 noon



Guest Charges as applicable
For further details and registration contact the BG Library

Bombay Gymkhana Library
Presents
RG CONVERSATIONS
A monthly event where members can engage in a wide range of topics with the knowledge and experience of our speakers.
Interests through interactive & enriching discussions.

Reclaim Your Health
with
Aisha Sah

Decoding Nutrition in the age of Social Media Misinformation

Are you drowning in Nutritional Noise, with conflicting advice on social media? Do you often question your food choices?

Join us for an insightful, talk designed to cut through the clutter and uncover your nutritional clarity.

Aisha Sah, Registered Dietician and Sports Nutritionist empowers you with the knowledge to make informed food decisions with confidence!

Are you
sick and
fed up?

Is that a
good
protein
protein?

Does Apple
Color
Vegan
work?

Is sugar
the
enemy?

Can you
eat
and
enjoy?

Wednesday 16th July 2025 | 5.30pm to 6.30pm | 1875

Seating on first come first serve basis

Register at: library@bombaygymkhana.com Telephone no: 8322432428

BOMBAY GYMKHANA

FOR POSTS
OPEN TO ALL AGES

THE GREAT BG
**QUIZ
NIGHT**

Register at the nearest recruiting
station (Library) by 4th July, 2025
to be part of a crazy team.

Or just come along for a fun &
laughter filled evening!

on **Wednesday 30 July 2025**
8-9 pm - Dining Hall

Guest charges also applicable

For further details and registration contact the Ed. Librarian

A CHERY, ALACAZOR, MISREVENING
AND WITHY QUIZ ABOUT YOUR
SECOND HEAVEN
WITH
JONAS BERGACIA

*I Want
You!*



In Memoriam

The Bombay Gymkhana deeply
regrets the sad demise of:

Madhukar P Sangani
7 June 2025

Sandeep Patker
2 May 2025

Sanjaya Saran
24 January 2025

HUMOUR IS NOT A JOKE ANYMORE

BG's Sunita Rajwade finds unexpected relief in the simple, ever-evolving art of laughter

It all began with the terror attack at Pahalgam. The stress and tension in the world, I mean. Just when everything seemed to be settling down, things started heating up in the Middle East with the Israel-Iran conflict. I needed some serious lightheartedness in my life. So, I went to a stand-up comedy show that was packed. I had never really been to a comedy show, and found it rather strange that people actually go to hear a person talk for about an hour or so about normal things and pay a pretty penny for it! This newly revived form of entertainment (in the olden days, they were called skits, and consisted of one or two people making fun of all the rest) is now available in all forms, in real life and virtually. One can laugh all day long if one wants, with every second person making funny reels or shorts or whatever you want to call them and posting them on various online platforms. People talk about life, about parents, children, politicians and whatever takes their fancy and have a huge fan following to boot.

I'm not being judgmental about the content or the creators, because laughter is the best medicine. I do believe that laughing does release happy hormones and especially look forward to my last Thursday of the month Yoga class, where we spend a good ten minutes laughing. This forced laughing – where the coach encourages us to laugh in different ways: loud laughter, high-pitched laughter, deep belly laughs, covering the mouth and laughing, rolling on the floor and laughing, clapping your hands and laughing

does seem a bit foolish to uninitiated. But after the first few tries, I feel like laughing at the silliness of it all and by the end of the session, I am grinning like a jackass.

I still prefer reading the funny pages in newspapers and magazines. 'Life's Like That' and 'Humour in Uniform' were two pages I always visited in the magazine Reader's Digest. I also used to look forward to the cartoons that came in the daily newspapers. Cartoonists like R K Laxman, Mario Miranda and Dr Hemant Morparia were my favourites. These days, I don't read the papers very much, so I have no idea who the current cartoonists are. And in any case, my grandchildren tell me that cartoons and cartoonists don't exist anymore. Like everything else, humour has also evolved. Amar Chitra Katha is not a comic- it is a graphic novel; Tom & Jerry is not a cartoon- it is an animated movie. And, the people who make them are called caricaturists, graphic artists or illustrators.

Standup comedians have sellout shows the world over and even those 'amateurs' with homemade content on social media platforms have followers in millions and are laughing their way to the banks. Obviously, humour is not a joke anymore. **BG**

