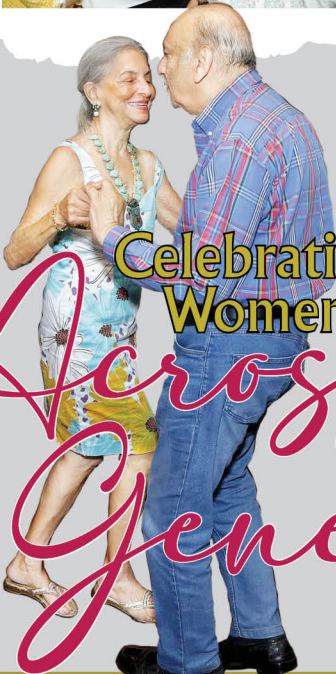


Black & Gold

The Bombay Gymkhana Magazine

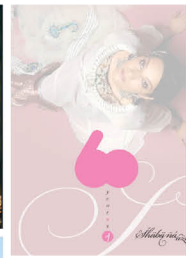
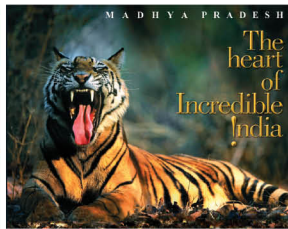
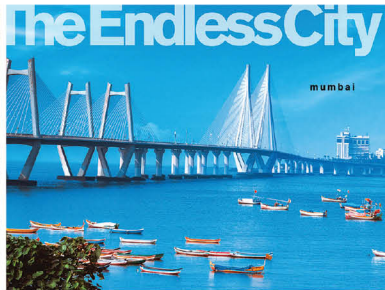
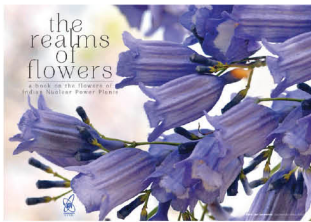
April 2026 Volume 15 Issue 12



Celebrating
Women

Across
Generations





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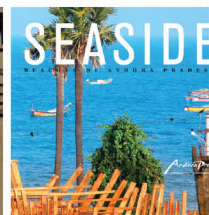
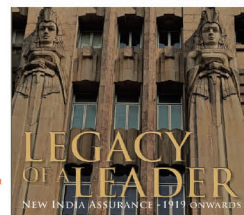
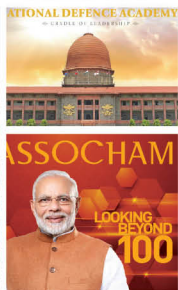
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Message to our Members



Dear Members,

It gives us great pleasure to share with you a brief overview of the past month's activities at the club. March has been an exceptionally busy and engaging period, marked by a series of sporting and social events that saw enthusiastic participation from members across age groups. The vibrant spirit and camaraderie on display truly reflected the essence of our club.

SPORTS NEWS

- (A) Ascend Bombay Gymkhana 10K Run 2026 - The third Ascend Bombay Gymkhana 10K Run was highly successful, with a large number of participants, including over 200 members and employees combined. It has firmly established itself as a landmark annual event that Mumbaikars look forward to each year.
- (B) National Rugby 15s Championship 2026 – The Bombay Gymkhana Rugby Team did us proud by securing the position of runners-up in the highly competitive National Rugby 15s Championship 2026 featuring top-notch club sides from across India.
- (C) Bombay Gymkhana Women's Padel Championship 2026 - The inaugural Bombay Gymkhana Women's Padel Championship was a great success and reflects the growing popularity of the sport among our lady members.

SOCIAL ACTIVITIES (WOMEN'S NITE & HOLI CELEBRATIONS)

The Women's Week celebrations held this year in honour of International Women's Day truly raised the bar. The week featured a range of sporting and social activities, with the highlight being the Annual Women's Nite celebration, which witnessed a packed house.

The Annual Holi celebrations saw record attendance and were truly a vibrant family affair.

As we step into April, we look forward to several exciting events and activities, and to your continued participation, which makes our community so special.

Regards,



Sanjiv Saran Mehra

President

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CORRIGENDUM: In the March 2026 issue of *Black & Gold* (page 9), Ankit Jayant was incorrectly referred to as Ankit Tiwari. The error is regretted.

All contributions to *Black & Gold* should be original and accompanied by your name, membership number and contact details. Material submitted is liable to be edited as may be determined by the Editorial Board.

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A sleek black-and-gold key chain embossed with Bombay Gymkhana's 150-Years logo.



₹ 82

COMMEMORATIVE POSTAGE STAMP & ENVELOPE

Bombay Gymkhana's commemorative postage stamp envelope marking 150 years of its historic sporting journey.

Battle on the Baize

The city's inter club cueists came together for a high-energy showcase of skill, competition and emerging talent at Bombay Gymkhana



A blend of established talent and emerging promise

The fourth Bombay Gymkhana Inter Club Billiards & Snooker Championship recently unfolded at the historic Bombay Gymkhana, a venue synonymous with Mumbai's sporting elegance for over 150 years. This two-day spectacle drew eight formidable teams: two from the host Bombay Gymkhana, alongside powerhouses Khar Gymkhana, Islam Gymkhana, Otters Club, Matunga Gymkhana, Wodehouse Gymkhana, and CCI. What made this edition particularly electrifying was the blend of established talent and emerging promise on the baize.

The tournament attracted a constellation of skilled cueists, including current national and state ranking players who brought precision and intensity to every frame. Adding international flair, two participants are presently competing on the professional tour in England, showcasing the growing global reach of Indian cue sports. Their presence elevated the competition, reminding spectators that Mumbai's club

circuit remains a vital breeding ground for world-class talent.

From the opening frames, the Billiards room at Bombay Gymkhana buzzed with energy. The iconic space—recently revitalised and steeped in legacy—quickly filled to capacity. Spectators lined the walls, perched on chairs, and even stood in doorways, creating an atmosphere more akin to a high-stakes final than a club event. What stood out was the influx of new faces: loads of enthusiastic kids clutching cues, wide-eyed at the masters' finesse, alongside fresh players eager to test their skills. The tournament served as both competition and inspiration, igniting passion among the younger generation in a sport often seen as traditional.

The knockout stages delivered gripping contests, with tight breaks, tactical safeties, and dramatic comebacks. Bombay Gymkhana's home advantage shone through in early rounds, but challengers



Winners Khar Gymkhana clinch the title



With the staff who worked tirelessly to make the tournament shine

rose impressively. Matunga Gymkhana and Khar Gymkhana emerged as the standout sides, navigating their paths with composure and flair.

The final pitted Matunga Gymkhana against Khar Gymkhana in a clash of contrasting styles—Matunga's methodical approach versus Khar's aggressive potting. The tension was palpable as the packed room fell silent with each shot. Khar's players displayed nerves of steel, stringing together high breaks and capitalising on crucial opportunities. In a hard-fought battle that kept everyone on edge, Khar Gymkhana finally clinched the title—their victory a testament to teamwork, strategy, and resilience.

This triumph not only crowned Khar Gymkhana champions but also underscored the vibrancy of Mumbai's inter club cue sports scene. The event highlighted how billiards and snooker continue to thrive in the city, bridging generations—from seasoned ranking players and touring pros to wide-eyed juniors discovering the game's magic.

As the trophies were presented amid applause, the Bombay Gymkhana Billiards room echoed with celebration. The fourth edition will be remembered not just for the winner's poise, but for the renewed enthusiasm it sparked. In a fast-paced world, this tournament proved that the quiet click of balls on baize still captivates, unites, and inspires. **BG**

DOUBLE Triumph

The 13th Bombay Gymkhana Blitz 6-A-Side International Soccer Tournament 2026 saw Bombay Gymkhana clinch both the men's and women's titles

With Bombay Gymkhana winning both the men's and women's main cup, BG Football truly seems to be at the best place that it has ever been!

Global Competition, Home Victory

Sixteen men's teams participated, ranging from some of the city's best to teams travelling to Mumbai from Delhi and Goa, and teams representing Japan, Spain, and Italy. It was a hard-fought contest, with BG beating Bombay Japan on penalties in the



Action unfolds in midfield



Celebrations on the Bombay Gymkhana turf

final. CCI won the Plate, earning their first piece of silverware at the tournament.

Women's Game on the Rise

The women's side saw 11 teams with the Bombay Gym Sharks winning 1-0 over a top Mumbai Dynamos side in the final. Their journey included a nerve-racking semi-final

that was decided on penalties. The Plate trophy was also won by a Bombay Gym Sharks team, who impressed with a series of confident performances throughout the tournament. The improvement in the quality of women's football over the last few years was on full display, exemplified by the BG Wildcats (U-16 girls' team), who stormed



A final huddle before a big match

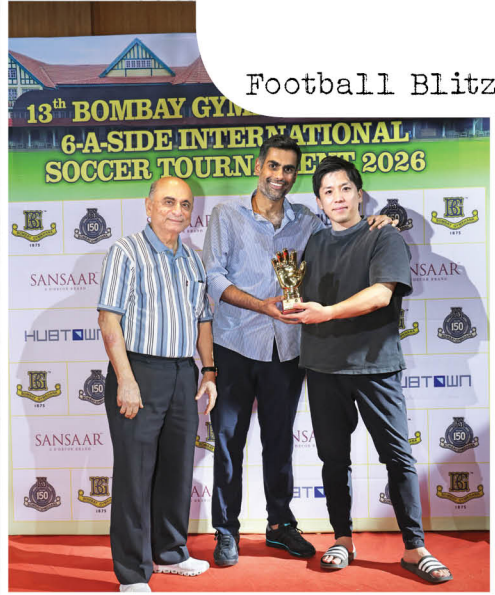


BG Falcons in action with a fierce battle for possession against the Sharks

past several senior sides before falling to the eventual Plate winners. The BG Falcons also enjoyed an impressive run, advancing to the Plate semi-finals after a series of strong performances.

Celebrations and Standout Performers

The prize distribution ceremony and after-party were entertaining as ever, with notable attendees including club President Sanjiv Saran Mehra, Hon Football and



A key moment on the podium



The women's champions celebrate their title

Hockey Secretary Vineet Gangwani, his predecessor and tournament founder Rahul Raichand, as well as Kishen Narsi, former Olympic referee.

Individual honours also reflected Bombay Gymkhana's strong showing. Both Golden Glove awards were claimed by BG goalkeepers, with Ibreez Tyabji winning on the women's side and Ranjeev Carvalho taking the men's award, which he shared with the runner-up team's goalkeeper.

Sponsored by Sansaar and Hubtown, and supported by Fast&Up, the Football Blitz continues to be a key milestone in the sporting calendar at Bombay Gymkhana. **BG**

A Swinging Start

Facing the formidable US Club, Bombay Gymkhana's golfers made a memorable debut

While Bombay Gymkhana may not have a golf course, it boasts over 75 enthusiastic golfing members, always eager to play. Twenty-eight of them teed off on 28 February 2026.

The slick greens and 4.5 km of manicured fairways at the US Club stood testament to its hardworking staff. Set against swaying palms and the blue waters of the Arabian Sea, the picturesque course only heightened the excitement of taking on a formidable home team.



Aryaan Tyabjee - winner of Straightest Drive



Enthusiastic members participating in the Bombay Gymkhana vs US Club Golf tournament



Presentation of the trophy



Karl Nazir played brilliantly for this prize



Bombay Gymkhana President Sanjiv Saran Mehra with Captain Vijay Shivdasani

It was no surprise, then, that Karl Nazir and young Aryaan Tyabjee rose to the occasion, delivering standout performances and winning exciting prizes. Dressed in resplendent black and gold, the Bombay Gymkhana team truly shone.

While the US Club emerged victorious, our team's spirited performance drew admiration and applause from all, with prizes presented by General 'Rocky' alongside our President, Sanjiv Saran Mehra.

The photos say it all! **BG**

Celebrating a **CHAMPION**

Glimpses from Bombay Gymkhana's felicitation of Paralympic gold medallist Praveen Kumar



Praveen Kumar sharing his experience and journey as a Paralympic athlete

Bombay Gymkhana, in association with Olympic Gold Quest (OGQ), felicitated Paralympic gold medallist Praveen Kumar at a special ceremony held at the club's Dining Hall as part of its 150th anniversary celebrations.

The event recognised Kumar's remarkable achievement at the 2024 Summer Paralympics, where he clinched gold in the men's High Jump (T64 category) with a personal best and Asian record leap of 2.08m. This performance marked a significant progression from the silver medal he secured at the Tokyo 2020 Paralympics, firmly establishing him among India's leading para-athletes.

His consistent excellence on the global stage was further acknowledged with the prestigious Padma Shri, adding to his earlier Arjuna Award. "It feels great receiving this honour. The key has been the support of my family, my coach, and everyone who stood by me. This recognition motivates me to keep improving and aim higher," said Kumar.

A Record-Breaking Performance

Kumar's gold-medal performance in Paris was nothing short of exceptional. Competing in the T64 classification for athletes with limb deficiencies, the Noida-based athlete cleared all seven heights—1.89m, 1.93m, 1.97m, 2.00m, 2.03m, 2.06m and 2.08m—on



Praveen Kumar being felicitated by the BG President

his first attempt, underlining his dominance in a highly competitive field.

Reflecting on his mindset, he shared, “My aim in Paris was to better my personal best and set a new record. What matters most is improving my own performance. Even if I had finished fourth or fifth, it would not have mattered as long as I improved.”

Rising Against the Odds

Born in Jewar, Uttar Pradesh, and training under coach Satyapal Singh, the 23-year-old has risen rapidly in international para athletics since taking up the sport in 2019. His journey, however, has not been without challenges. He spoke candidly about facing discouragement from a young age—being labelled ‘bechara’, excluded by peers, and even prevented from participating in sports at school.

“These are experiences many disabled athletes go through,” he noted. “For me, the real meaning of disability is not physical or mental—it is when someone stops you from doing what you want to do.”

Felicitations

In addition to his Paralympic success, Kumar has won gold at the 2022 Asian Para Games and secured medals at the World Para Athletics Championships, including a recent bronze in New Delhi. He remains one of India’s youngest and most promising para-athletes.

Looking Ahead

During the ceremony, he was presented with a commemorative salver and a limited-edition Bombay Gymkhana T-shirt by President Sanjiv Saran Mehra, who praised his achievements and highlighted the significance of celebrating such excellence during the club’s landmark year.

Looking ahead, Kumar expressed his determination to continue raising the bar. His immediate focus is on the upcoming Asian Games, while he also has his sights set on winning gold at the World Championships and pushing beyond the 2.10m mark at the 2028 Los Angeles Paralympics.

The ceremony concluded with an engaging interactive session moderated by former India No. 1 Badminton player Ajay Jayaram, along with a video presentation on Kumar’s journey. He received a standing ovation from members, sports enthusiasts, and media representatives—an apt tribute to a champion whose story continues to inspire. **BG**



COURTING GLORY

From Mumbai to the international courts, Bombay Gymkhana member Vijay Sule reflects on his journey with Malika D’Cunha

Vijay Sule, a professional Basketball player with international experience across Sri Lanka, the UAE and Thailand, has carved a niche on the global stage. A University of St Andrews graduate and championship-winning captain, he is the first Indian guard to try out for the NBA G League and to play in Lithuania’s top league, and has founded Sniper Sports Ventures LLP to promote Basketball in India.

How did your love for Basketball begin? Who was your favourite player?

My love for Basketball began in school, competing with friends and pushing myself to improve. Honestly, it started because all my friends were playing and I didn’t want to feel left out! But very quickly, I fell in love with the game. It brought out my competitive edge while still being fun. My favourite player has always been Russell Westbrook. His explosive playmaking and athleticism really inspire me, and I try to model parts of my game on his intensity.



What was your first competitive match like? Do you prefer scoring or defending?

I remember my first competitive match like it was yesterday. It was the MSSA U-11 tournament, and I was vice-captain of the team. We were playing St Scholars—a team I had struggled against in football—so I was a bit nervous. But we ended up winning comfortably. I scored three baskets—six points—which I was incredibly proud of. My first points came from a lay-up after stealing the ball, and that moment has stayed with me.



Back then, scoring felt more exciting than defending. But as I've grown in the sport, especially at a higher level, I've realised that defence is just as—if not more—important. Strong defence is what ultimately helps teams win games and championships.

Was there a moment that changed your perspective on the game or life?

A major turning point was tearing my ACL (knee ligament) in my second year of university. The timing couldn't have been worse—we had just won our first-ever Scottish National Championship, and I had been named Finals MVP (Most Valuable Player). I was riding that high when, just five days later, everything changed.

That experience taught me to value my health and appreciate the ability to play the sport I love. It also strengthened me mentally. It was

a difficult phase, but it ultimately helped me grow and return stronger, both physically and emotionally.

What was it like transitioning from India to playing internationally?

The transition was challenging. The level of Basketball internationally is significantly higher than in India. At the University of St Andrews, many of my teammates were from the US and had competed at very high levels, even against NBA-calibre players. It pushed me to adapt quickly, understand my role within the team, and constantly improve. That experience helped me become a more complete and self-aware player.

How did you balance academics, sport, and personal life growing up?

Academics were always a priority, especially studying at Cathedral, which is highly competitive. Seeing



Game Changer

my peers excel motivated me to stay focused. Balancing studies, Basketball, and a social life wasn't easy, but it taught me discipline and time management. Over time, it became easier to manage both academics and sport, allowing me to maximise my potential in both areas.

What do you do to relax and stay motivated?

Outside Basketball, I enjoy reading, making and drinking coffee, and cold plunging. While reading and coffee are more leisurely, cold plunging has become an important part of my routine—it's both challenging and incredibly refreshing.

What does a typical training day look like?

It depends on whether it's the season or off-season. Off-season training tends to be more intense. Most days involve two sessions: gym in

the morning and Basketball in the evening. I train Basketball five days a week and hit the gym four times a week, with two rest days. Recovery is just as important—I aim for 10,000 steps, cold plunges, and proper rest to ensure my body stays in top condition.

What changes would you like to see in Indian Basketball?

Basketball in India has great potential, but it needs stronger grassroots development. This includes better infrastructure, coaching, and more opportunities for young players.

I've been working towards this through my own initiative, Sniper Academy in Pune, where we focus on training and exposing players to competitive opportunities. What India really needs is a clear, structured system of leagues and progression pathways to help players grow and succeed at every level. **BG**

New Turf!



Two brand-new Padel courts were inaugurated at Bombay Gymkhana. The courts feature the Padel Galis Special Edition system with Mondo X3 turf. **BG**

Medals & MILESTONES

A spirited Bombay Gymkhana Swim contingent impressed at the CCI Swimming Gala

category and earned certificates of merit in three. The star of the event was Samara, who took part in four events and won medals in each of them.

The masters team featured Anushree Kudtarkar, Dinshaw Pardiwala, Neel Kamath, Mimo Shirazi, Irfan Pabaney, Jayant Bakshi, Vivek Mehta and Team Captain Karan Rai. The men's masters team had a superb showing, with every swimmer securing at least one podium finish.

Results aside, the event truly highlighted the best aspect of the BG Swim team: the camaraderie among its swimmers. Young and old, fast and steady, everyone came together to cheer each other on. Wins and losses were shared. The BG Swim team may not have been the largest group or the most decorated, but there was no doubt that it had the most spirit, in and out of the pool. **BG**



Stronger together!

On 7 and 8 March 2026, the Bombay Gymkhana Swim team took part in the 78th Annual CCI Swimming Gala. There was an excellent turnout, with the team fielding 16 participants across a dozen different categories.

The junior team comprised Samara Naik, Miya Chib, Ananya Desai, Jimmy Davar, Zayd Kamath, Zuhayr Hirani, Tanish Shah and Narios Poonawala. All performed admirably, with many achieving personal bests. Jimmy competed in all five events in his age



Hard work, proud moments



Bombay Gymkhana marked Women's Week with a vibrant series of events celebrating women. Flip on for the full festivities.



Speaking on Women's Day, spiritual thought leader Jaya Row highlighted that Indian philosophy has long upheld equality, rooted in the idea of one universal Spirit present in all. While individuals are unique, these differences are superficial; true growth lies in seeing oneself in others, fostering respect and harmony. Citing texts like the Bhagavad Gita and the

Upanishads, she noted that spiritual knowledge was open to all, including women, who were once equal participants in education and society. Though distortions arose over time, Row emphasised that real change today requires a shift in mindset—celebrating daughters, empowering women, and building a more balanced, compassionate world. **BG**

Sacred Awakening



A workshop on Divine Dance and Cosmic Meditation by Payal Mehta offered participants a deeply immersive experience. Blending intuitive movement with guided meditation, the session encouraged women to release suppressed emotions and reconnect with their inner selves. Drawing on practices such as Theta Healing®, sound meditation

and inner child work, Mehta created a safe, reflective space for healing. The experience moved from expressive dance to stillness, leaving participants feeling lighter, energised and more centred. "I am but a facilitator guiding them to their own inner light," she shared, emphasising empowerment through self-discovery and renewed clarity. **BG**

Padel POWER



The inaugural all-women's Padel Championship brought together 16 participants for an engaging evening at Bombay Gymkhana. Played in the popular Americano format, players rotated partners across multiple rounds while competing individually, ensuring ample court time and a lively, inclusive atmosphere. Matches across both courts kept the leaderboard tightly contested, with live score updates adding to the excitement.

As participant Roshni Dadachanjee notes, the tournament created a rare and welcome opportunity for women to connect through the sport. "In the past, I've struggled to find women to play Padel with at Bombay Gym, but this inaugural all-women's tournament brought everyone together. It was four hours of high energy—we were cheering even for those we didn't know. It was fun, engaging and very encouraging for the future of women's Padel at the club."

After a thrilling finish, Rashi Mehta emerged winner, followed by Neha Mehta as runner-up and Roshni Dadachanjee in third place. The evening concluded with small gifts for all, celebrating sport, camaraderie and Women's Day in style.

- Joy Kapoor



Celebrating Women

Housie BUZZ

The Women's Day Housie evening at Bombay Gymkhana came alive with energy, laughter and excitement, as participants eagerly marked their numbers, hoping to win from an array of prizes. Friends gathered around tables, sharing smiles, banter and the thrill of the game. With every number called, cheers and anticipation filled the room, creating moments of suspense and delight. The prizes included luxury watches from Just In Time, stylish watches, cosmetic hampers, skincare vouchers and more. By the end, winners



celebrated happily, while everyone left with a gift hamper and fond memories of a warm, vibrant and truly fun-filled evening.

- Mala Sampat

Mahjong Challenger

A sea of pink set the tone as lady members gathered for the International Women's Day Mahjong Challenger at the Club's Dining Hall on 11 March 2026. The event saw 52 participants across 13 tables, combining seasoned players and newcomers in a spirited yet focused setting. After four closely contested rounds, Ritu Soni (97,500 points) emerged winner, followed by Shaan Khanna (96,700), who also notched five consecutive hands, and Asha Sah (94,100). Played under standard Asian rules with a creative "Mahjong Bingo" twist, the tournament reflected rising skill levels. Supported by sponsors and a dedicated organising team, it was a seamless, engaging and memorable afternoon. **BG**





Laughter & LUNCH

Bombay Gymkhana's Women's Day Sunday Lunch was a vibrant celebration of womanhood, blending global cuisine, music and dance. A spectacular live performance captivated the audience as members relaxed, mingled and took to the dance floor.



Celebrating Women

Party

Nite



The Women's Nite party began when the ladies of Bombay Gym arrived—and what a night it was. Held on the club's open lawns, the celebrations unfolded under perfect weather. A lavish spread and live band set the tone, as members came together for an evening of laughter, bonding and retro tunes. Gift hampers added a delightful touch.

- Aditi Aggarwal



Heady Hues

Comfortable and inclusive, Bombay Gymkhana's annual Holi celebration sparkled, writes Arya Punj



This year's Holi celebration at Bombay Gymkhana was a joyful reminder of how festivals bring generations together. Attending with my children and parents, it felt like an intimate celebration for the entire BG family.



The atmosphere was vibrant and beautifully organised. Children revelled in the festivities—running through splash pools, dancing under rain showers and chasing bubbles. Organic colours and flower petals added to the carefree spirit, while *dhol* beats, the DJ and Bhangra dancers kept energy levels high. A delicious spread of Holi fare and thandai was enjoyed by all. **BG**





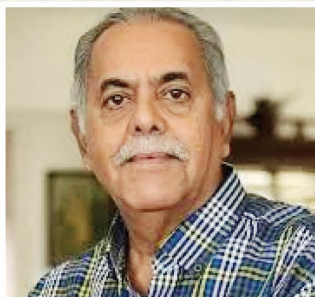
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Black & Gold invited former Indian cricketer **Yajurvindra Singh** to share his take on India's dominant T20 World Cup 2026 triumph

A smashing and convincing win for India in the final of the T20 World Cup 2026 showed the mastery the Indian players have acquired in the shortest format of the game.

A victory at home, never before achieved by any other country and a second in a row was itself a feat to admire.

The Indian Premier League (IPL) has been the catalyst in the development of a barrage of young Indian cricketers emerging to make their mark. One marvels at their



Yajurvindra Singh

confidence and positive attitude in their ability when given an opportunity. It reflects significantly on the forthright demeanour of the millions of Indian youth of today.

Power-Hitting at Its Peak

“Smashing” is the right word for the Indian Cricket team's

performance. To hit 106 sixes in 9 matches, averaging over 10 sixes per match was what made the Indian side a missile-hitting unit. With 8 big-hitting batters in the side

all given carte blanche to play freely, the opponents were always on the back foot. It needed just a few players to deliver in this short format and India did so via several individual performances.

Suryakumar Yadav, the captain did so in the very first match against the United States, establishing him as a leader. Ishan Kishan and Hardik Pandya did the same against Namibia and the former shone with a scintillating innings against India's premier foe, Pakistan. Shivam Dube, thereafter, came to the table with two cameo innings against the Netherlands and in India's only defeat against South Africa.

Turning Point

The defeat then put India into a "must-win" in all the remaining match situations and the team rose like a beacon of light with consistent performances from their batters to ultimately retain and win the coveted trophy.

The hero, Sanju Samson, came through with peachy performances in the last three important matches, to finally showcase his artistic talent that was spoken about for several years, waiting for when he would finally deliver. He did so for India in style.

One has to give kudos to the selectors and Gautam Gambhir, the coach, for bringing about a healthy positive team attitude and pursuing with players who he felt would deliver. The young Abhishek Sharma was a classic example of it. His 52 runs in 21 balls was just the innings needed to put the nerves of the rest of the team at ease in the final.

Depth and Direction

The beauty of this Indian team's win is that none of the batters are in the Test side and most not even in the ODI squad. It shows the depth, quality and strength of the

players available in India to choose from.

The BCCI has done a wonderful job in enriching Indian Cricket through good facilities available in all corners of the country. Although they have made Cricket into a financial and commercial success, the proof of the pudding is only relished when one enjoys the fruit of it.

Beyond T20

The T20 format of the game has become the most popular version amongst the millions of Cricket followers around the world and especially in India. It is short and easy to follow and the slam bang approach makes it even more entertaining. However, the true test of cricketer is only tested through Test Cricket. This has been completely overshadowed by the shorter version of the game.

The T20 and the ODI are formats where Cricket is basically played as a 30-yard game. One that one played with a Tennis ball in the garden! The field restrictions in the first power play and the fast, smaller outfield, as well as the meaty bats, make batting into a far easier task. Added to it, the protective gear and the bowling restrictions, for a Cricket connoisseur, making a mockery of the game. One needs only to whack the ball to make it fly into orbit hoping it does not land into the hands of the two, then four and thereafter the five restricted fielders placed on the fence.

One hopes this smashing, glorious T20 win gives the Indian team the pep and vigour to win the more prestigious trophies: the ICC Test Championship and the ODI World Cup, the latter being one that we last won in 2011.

Congrats to the Indian team, you were definitely the deserving winners! **BG**

BREATH of Reality

Shaila Mallik shares insights from a compelling session on air pollution and lung health with Dr Nimish Shah



the highest incidence of non-smoking COPD - chronic obstructive pulmonary disease, increased chances of getting lung cancer and 13,000+ pollution-linked deaths in five years.

'The City and our Lungs' - Quite the topical subject for a talk and so it was no wonder that the room was packed to capacity with standing room available only, during our BG Conversations with BG member and eminent pulmonologist Dr Nimish Shah on 24 February 2026.

The talk put into context and explained several terms that are bandied about during party conversations these days - AQI, PM2.5, PM10, etc. A lot of what was learnt wasn't exactly reassuring, but hard facts are the reality of city life these days.

Dr Shah commented that in his practice, he has seen a significant increase in asthma cases, pneumonia in young persons, decreased lung capacity in children and remarked that India has

Of course, the question is - what can we do to help ourselves - to which the reply is: reduce outside exposure especially strenuous outdoor activity, air purifiers help to some extent, monitor air forecasts, stay indoors as much as possible. Yoga, followed by Tai Chi, are the exercise forms that have been the most effective in strengthening lungs and helping our bodies fight against pollution damage.

It has been heartening to see Mumbai's air quality improve with the halt of some construction projects. Let us hope that our air continues to get cleaner and we see bluer skies and healthier bodies soon.

Meanwhile, keep coming to BG Conversations, our monthly series of talks by members, for members. **BG**

Living Stories

Shaila Mallik captures highlights from Malvika Bhatia's 'Nation of Stories'



'Nation of Stories' - a talk by Bombay Gymkhana member, historian and oral archivist, Malvika Bhatia on 9 March at BG Conversations (a monthly event where members share their interests and passions with other members) touched a chord with many in the audience. Bhatia manages a digital oral history archive where personal histories and material memories are collected from ordinary citizens, of the historic times they have lived through, which reflect changes over time through their eyes. By sharing some of these recorded stories, she took the audience down memory lane as they related to and reminisced about the past - of sometimes surprising and sometimes heartbreaking historic times they have lived through, personally or through stories from their parents and grandparents.

What made the talk very interesting was the point of view that Bhatia brought in as a millennial interested in the past. Gleaning stories from three and four

generations before her, her grandmother being one, she has interviewed hundreds of men and women who have spoken candidly about their memories.

Touching a chord close to home, was Vivian D'Silva who played Rugby for the Bombay Gymkhana in the 1970s - yes, women played Rugby then! There were the quiet ways people revolted, supported national leaders, passionately strove for India's Independence, the films they watched, the thrill of finding the opening night cinema ticket of *Mughal-e-Azam*, a meeting with her oldest interviewee, a hundred years old! And the perspectives which change when one listens to the unfolding of narratives of our shared past.

Stories live on. Someone has to listen and document them for posterity. Bhatia is doing just that for us. The Citizens' Archive of India has several hundred hours of recordings and archival material. If you have a story to tell, share it with her. **BG**



Man In The Mirror

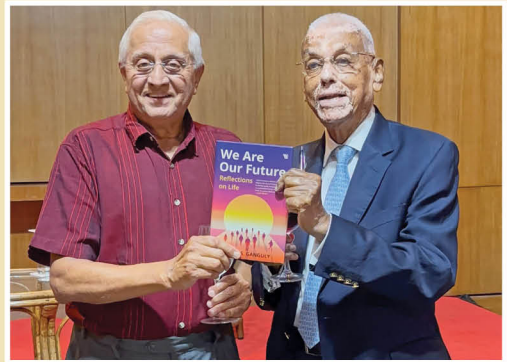
Nive Von Raitz reports on **Dr Ashok Ganguly's** conversation with **R Gopalakrishnan** at a thought-provoking BG Library event

At one point during the discussion on his latest book, *We Are Our Future*, Dr Ashok Ganguly remarked, “If you have nothing to worry about, you worry about not worrying” — a line that drew knowing smiles from the audience. In conversation with fellow Bombay Gymkhana member R Gopalakrishnan (RG), whom he credited as an inspiration, Dr Ganguly reflected on a life lived alongside the unfolding story of modern India, as captured in his book.

Expertly steered by RG, the exchange was rich with humour, candour and introspection. Together, they explored questions of destiny and design — whether life is preordained, shaped by foresight or simply a matter of circumstance. Dr Ganguly acknowledged that while his journey had been purposeful and deeply fulfilling, he did not subscribe to any rigid method behind it.

He spoke of the powerful influence of family, attributing much to inherited traits and early upbringing. “My father was a sage, but taciturn. I was influenced more by his genes than by his words,” he said, adding with a smile that his own loquacity came from his mother.

A firm believer in the importance of harmony at home, Dr Ganguly reflected on choosing India over opportunities abroad, driven by a deep commitment



Dr Ashok Ganguly with R Gopalakrishnan

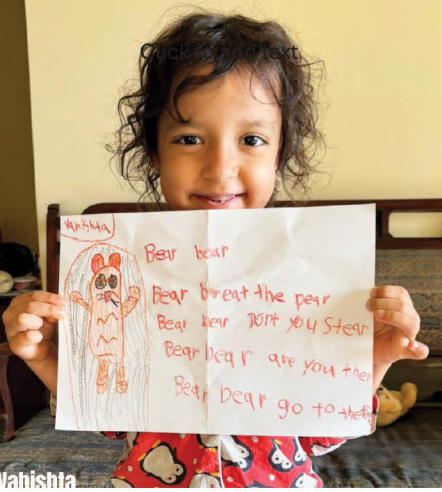


to family. He also spoke movingly of his late wife, Connie, to whom the book is dedicated.

Peppered with anecdotes—from interactions with government to his friendship with Rajiv Gandhi—the evening ended on a contemplative note, as Dr Ganguly described himself as a “non-practising learner” grappling with AI, and left the audience pondering a final question: is India a nation or merely a geography? **BG**

POEMS FOR BREAKFAST

A fun-filled morning of rhyme and imagination



What a delightful morning of poetry the children were treated to on a Saturday morning last month. At Poems for Breakfast, we explored how to use rhyme to create humour in our poems. Rhyme—or rather nonsensical rhyme—is an integral part of humorous poems. Children tried out different versions to see how they fit together and move ahead. We also discussed limericks which are full of mischief and nonsense. Everyone crafted their own poems by the end of the workshop.

Read some fun poems written by our budding poets... **BG**

The mat and the cat
The bear had a hair
he eats a cat and
had a mat the mat
was fat so the cat
made friend with the
mat,

Pranaya

There was a computer
It had a made booter
It was stolen by a looter
And that's the end of the looter, computer,
and booter

There was a plate
Who was Lobe
For a meeting of the cutlery
Because he was acting butlery
The knives decided it's Lobe

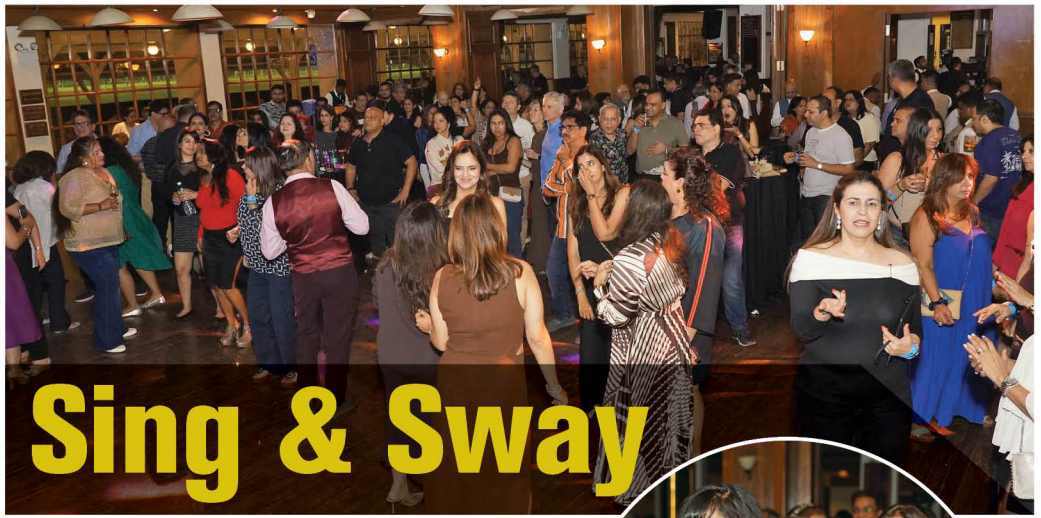
Freya



The funny poem
The fly went high
in the month of
July and he gave
a sigh when he
went high in the
sky in the month
of July and at
nie.

Jimmy

Bar Nites



Sing & Sway

The Bombay Gymkhana Bar Nite on 13 March came alive with Manasi Scott's enchanting vocals. Her captivating playlist and charismatic presence had members on their feet, swaying to every beat.



On 27 February, the Dining Hall hosted a lively Bar Nite with the band Sing and Tonic. Members danced the night away to electrifying music, complemented by fine drinks and cuisine. **BG**



Heritage Tables

Prof Nandini Sardesai savours the distinctive flavours and cultural richness of Pathare Prabhu cuisine

A Pathare Prabhu food pop-up was arranged at the club from 6 - 8 March. The cuisine of the Pathare Prabhus, who claim to be among the original inhabitants of Bombay (Mumbai now), is quite different from the typical Maharashtrian fare. For one, barring a few dishes, it does not use coconut in its preparation and does not involve the grinding of masalas as different types of spice powders are used.



kokum chutney, green chutney and bombil koshimbir. Specials were available to order separately, including prawn *khichdi*—which I relished!

Chef Bimba Chinchgar Nayak excelled in serving members a delicious *thali* which was a treat - from the yummy, cool *panha* to vegetarian and non-vegetarian starters (*prawns wadi* and *kheema mutha*). The main course included black pepper chicken, mutton *sukha*, prawn curry, fish *aachari* and pineapple curry (the only item with coconut). Besides *chapatis* and steamed rice, the accompaniments included *panchamrut*,

The desserts, especially the *modaks*, were prepared by the chef's GSB daughter-in-law with jaggery and coconut. It was a most satisfying experience.

The culture of the Pathare Prabhu community goes beyond food - it encompasses a wide spectrum including their role in the Indian Freedom movement. **BG**



The annual Parsi Bhonu was a great success, with two well-attended seatings. Highlights included the ever-popular *patra ni macchi*, along with



mutton *pulao*, *dhansak*, *salli* chicken and *topli paneer*. Kudos to the team for a delightful spread celebrating Parsi cuisine. **BG**

TREASURED TRIBUTE

Remembering **Pankaj Jain**, former Treasurer, whose stewardship strengthened Bombay Gymkhana's financial foundation



With a heavy heart, I write this tribute to my esteemed former Managing Committee colleague and dear friend, Pankaj Jain, who passed away suddenly. Pankaj served as Hon. Treasurer of Bombay Gymkhana from 2013 to 2021, making significant and lasting contributions to the institution. With foresight, discipline, and prudence, he strengthened the Gymkhana's financial management and investment practices, building on the work of those before him. A key initiative under his leadership was the creation of a robust Investment Sub-Committee and the transition to Direct Plans, eliminating intermediaries. This move alone is estimated to have saved the Gymkhana ₹ 8 crore – ₹ 10 crore over the years. He also streamlined the investment portfolio, making it more efficient, transparent, and easier to manage.

Committed to safety and stability, Pankaj ensured that investments were limited to AAA-rated securities. He further guided the Gymkhana towards long-term financial planning, committing funds to bonds with tenures of 15-20

years, securing sustained benefits for the institution.

During the Covid-19 pandemic, he strongly supported the Managing Committee's decision to protect staff livelihoods, ensuring there were no salary cuts or retrenchments.

The systems he established continue to benefit the Gymkhana today—a testament to his vision and dedication. Even after his tenure, he remained ever willing to offer guidance and support.

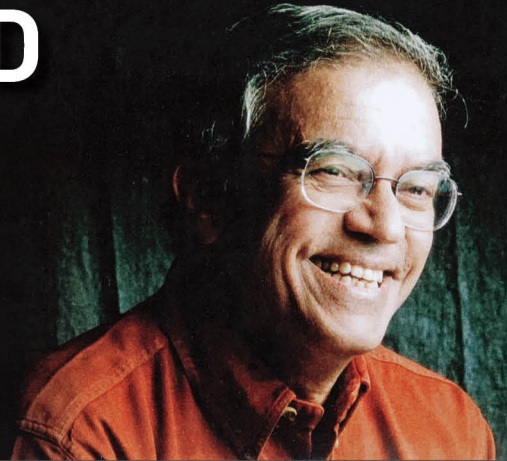
Pankaj will be remembered for his integrity, sound judgement, and selfless service. His wisdom and presence will be deeply missed.

May his family find strength and solace in this difficult time.

- **Sanjiv Saran Mehra, President,
Bombay Gymkhana**

A LIFE LIVED FULLY

On the passing of Vijay M Crishna, former Bombay Gymkhana Hockey Secretary who conducted the Aga Khan Tournament for three years, we honour a life lived with distinction



The journey of Vijay M Crishna, Executive Director at Godrej & Boyce Manufacturing Company, was defined not only by professional accomplishment, but by a deep curiosity, cultural engagement and a spirit of exploration that touched many spheres.

Educated at Bishop Cotton School, Shimla; Mayo College, Ajmer and St. Stephen's College, he began his career in shipping and tea in Kolkata before moving to advertising with DaCunha Associates in Mumbai. In 1977, at the urging of N P Godrej, he joined Lawkim Ltd, then a struggling light engineering company, and played a key role in its turnaround. Lawkim was later integrated into Godrej & Boyce in 2008. He also headed Godrej-GE Appliances, the joint venture between Godrej and GE, from 1993 to 2001.

In 1992, Crishna founded the Naoroji Godrej Centre for Plant Research, dedicated to conserving rare and endangered medicinal plants of the Western Ghats. The centre continues to contribute to biodiversity conservation

and scientific research, standing as a lasting reflection of his commitment to environmental stewardship. He served on the Board of Trustees of the Bombay Scottish Orphanage Society and other advisory bodies.

A passionate theatre practitioner, Crishna acted in over 100 productions across Delhi, Kolkata and Mumbai, performing works by playwrights such as William Shakespeare, Anton Chekhov and Arthur Miller. He also directed several acclaimed plays and appeared in films including *Gandhi*, *Devdas* and *Guzaarish*, bringing the same depth and discipline to the stage and screen as he did to his professional life.

An avid traveller and Life Member of The Himalayan Club, he trekked extensively across the Himalaya, Antarctica and beyond, reflecting a lifelong curiosity about the world.

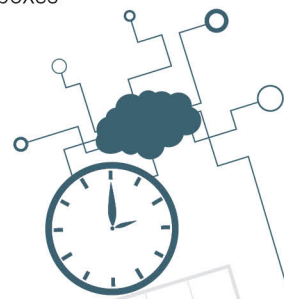
Crishna's life remains a testament to intellectual depth, artistic passion and an enduring commitment to nature and society. **BG**

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

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



CRISSWORD

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.



- 1 Masticates
- 2 Swift
- 3 Lag behind
- 4 Flies like an eagle
- 5 Cut completely

- 6 Enraged
- 7 Percussion instruments
- 8 18 holes
- 9 Distributed cards
- 10 Ferocious fish

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:

- FYAIR
- AYSSS
- HATTER
- IMTYGH

	*	*	*	
*		*	*	
*				*
		*	*	

For my part I know nothing with any certainty,
but the ___ of the ___ makes me dream.

- **Vincent van Gogh** (5,.,5) **B&G**

(All solutions on page 35)



Bombay Gymkhana Library



UPCOMING EVENTS

APR '26 THU 02 6 - 7 pm	MEET THE AUTHOR R Gopalakrishnan & Nirmala Isaac In conversation with Jamal Mecklai  CHANAKYA AND SUN TZU
WED 15 6 - 7 pm	BG CONVERSATIONS SEROTONERGIC PSYCHEDELCS with Vidita Vaidya
MON 20 5.30 - 6.30 pm	BOOK CLUB
FRI 24 5.30 pm onwards	MOVIE NIGHT MUCH ADO ABOUT NOTHING A film by Kenneth Branagh
SAT 25 11 am Ages 5 -8 & 9+ 	MEET THE BARD A World Book Day event celebrating Shakespeare

FOR MORE INFORMATION LOOK OUT FOR OUR DETAILED POSTERS OR CALL/VISIT THE LIBRARY

In Memoriam

The Bombay Gymkhana deeply regrets the sad demise of:

— — — — —

Homi R Patel
4 July 2025

— — — — —

SOLUTIONS

SUDOKU

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

— CRISS WORD —



— SCRAMBLE —

Vincent Van Gogh
the stars makes me dream -
any certainty, but the sight of
nothing with
Answer: For my part I know
Fairly, sassy, threat, mightly

Words

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NEW BEGINNINGS

Sunita Rajwade reflects on how quickly life adjusts to uncertainty and change

We all welcomed the new year this January, but three months later, many people around the world brought in their New Year with the Spring Equinox just passed. It also heralded the start of spring and the end of the cold winter months. But for us Mumbaikars who haven't experienced any winter months, it only means the official start of a long, hot summer that awaits.

A summer that promises to be more than hot and long. Especially with the current upheaval in the world. What began as a localised conflict that was supposed to be over in a weekend or a week at most has surprisingly dragged the whole world into it. And it has lasted for a whole month! Our lives have been turned upside down, reminiscent of the days of Covid when we had to restructure our lives due to a new virus.

How quickly we adapted to restricted movements with online schools, online shopping and online celebrations. After

the initial grumbling, we realised we were happy to be alive and soon adjusted to a new way of life.

Similarly, it won't be long before bombings in the Middle East become old news, and we will accept the daily fluctuations as par for the course because every day is a new day with unexpected developments and consequences.

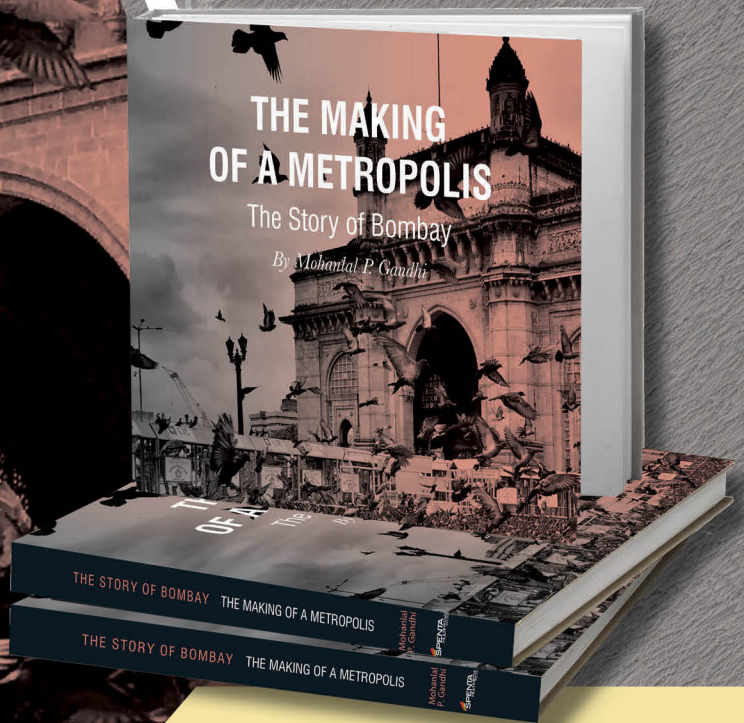
Soon, we will learn to use our cars judiciously (to conserve fuel), perhaps even venture into the Metro. We will accept limited menus in restaurants and possibly switch to induction cooking. Rationing, shortages and price rises will become normal. Holiday plans will have to be re-worked and social events re-jigged. The possibilities are endless.

And if, by any chance, hostilities cease by the time this goes to print, it will be quite a while before things get back to what they were when we woke up to a new year in January. **BG**

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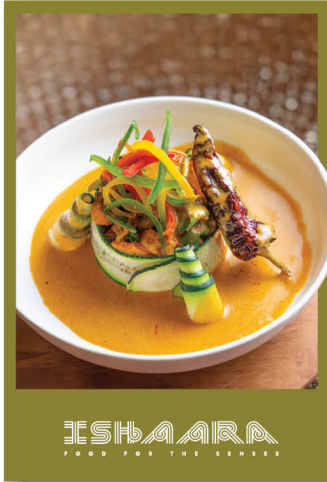
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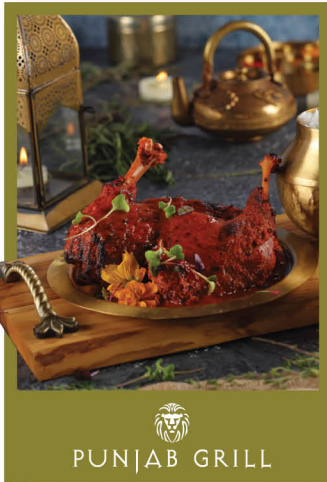
ISHARA
FOOD FOR THE SENSES



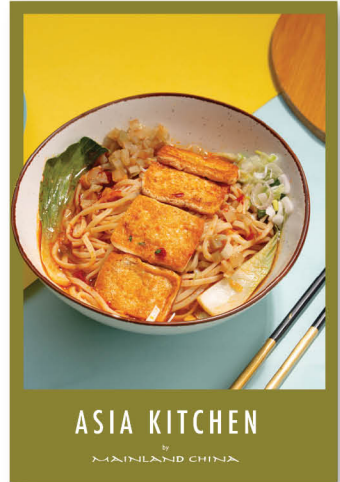
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