

Black & Gold

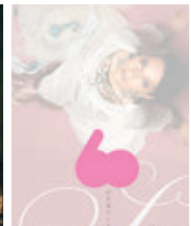
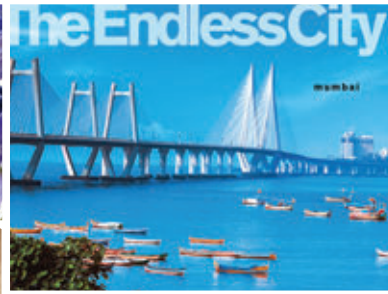
The Bombay Gymkhana Magazine

June 2026 Volume 16 Issue 2



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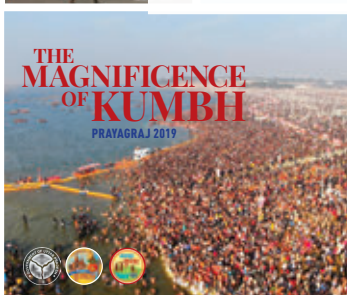
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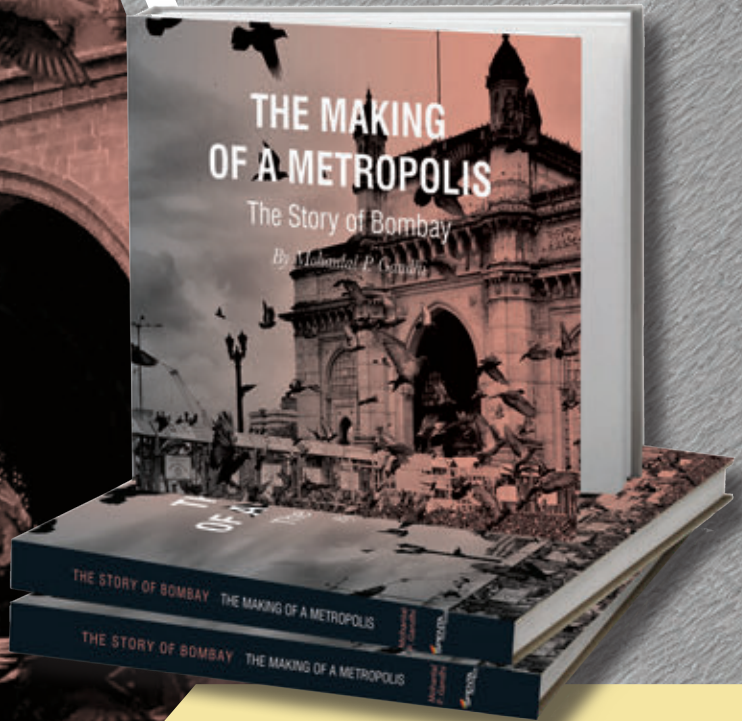
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The historical evolution of Bombay
(now Mumbai) from a small
fisherman's village
to the country's commercial capital
during the 1970s.

Message to our Members



Dear Members,

The spirit of sport and community continues to thrive at Bombay Gymkhana, with an engaging line-up of championships, achievements, and upcoming initiatives across disciplines.

SPORTS NEWS

Third Standard Chartered Bombay Gymkhana Arena Polo Championship 2026 - The most awaited Polo event of the year in Mumbai has firmly established itself as a marquee sporting occasion in the city. For the third consecutive year, this championship continues to be a matter of great pride for both Bombay Gymkhana and Mumbai. Nearly 1,200 spectators were enthralled by the fast-paced and exciting action on display.

Inaugural Bombay Gymkhana Invitational Inter-School Swim Gala 2026 - The first Bombay Gymkhana Inter-School Swim Gala marked the launch of Bombay Gymkhana's broader inter-school outreach initiative across multiple sports. It was a truly commendable effort, featuring 220 participants from 8 schools. The event firmly places Bombay Gymkhana among the leading Swimming organisers in Mumbai and augurs well for the future of the sport in the city.

Bombay Gymkhana Football Team Winners of the Bombay Gymkhana 9-A-Side Football Invitational League - The men's team put up a superlative performance in winning top honours in a field which included top Football playing teams of Mumbai.

Bombay Gymkhana Finalists of the Motiram Cup 2026 Inter-Club Badminton Tournament - The club Badminton team delivered a stellar performance in reaching the finals of the prestigious Motiram Cup for only the second time in nearly 15 years. The team put up an impressive show against a highly competitive and challenging field.

First Bombay Gymkhana Couples Padel Championship 2026 - With a view to encouraging greater participation in the sport, plans are underway to launch the inaugural Bombay Gymkhana Couples Padel Championship, where husbands and wives will team up and compete together on a competitive platform.

151st Founders' Celebrations 2026 - Preparations are underway to welcome the 151st Founders' Day on 19 June. Building on the momentum and success of the landmark 150-year celebrations, members can look forward to an exciting line-up of programmes and activities for themselves and their families.

We look forward to seeing you and your families participate in large numbers in the above celebrations and events.



Sanjiv Saran Mehra

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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.

Pool of Memories, Pool of Hope

At the BG pool, my wedding reception
Each day, at 60, for an hour I swim
Following an hour of cardio
And strength training at the gym

Two hours of a workout
Two hours of a to-and-fro drive
Into a regime of fitness
For 2026 I did dive.

Swimming in 30° Celsius water
A heated and ozone-purified empty pool
My body was active and warm
My mind was calm and cool

It doesn't just make your body float
But makes your spirit light and lift
Mentally satisfying, emotionally
gratifying
A holistic and energising aquatic gift

Every freestyle or breaststroke
Representing a full year
Almost 30 strokes for a length
Almost 30 years of marriage that I've
held dear

I reached the far deep end and looked up
at my younger self
And saw the groom by the poolside
Youthful, innocent, full of promise
Filled with wonder and wide-eyed

He stared back at me
His older self and his present life
What he has gained is significant
Especially two beautiful kids and a
caring wife.

He remembered exercising a lot back
then
Just like I am now
A gap of a good 30 years which had just
flown by
And my age meanwhile doubled
somehow.

But in life it's never too late
For a time to springboard a change
A shift in focus, a shift in priority
To rebuild, repair and re-arrange.

Some have rhetorically quizzed
"Why punish yourself, why the gruel?"
"Quite the contrary," was my repartee
"The rigour is a refuel"

After all, if intense exercise
Doesn't end up making you "pool blue"
It will only make you stronger
And to yourself, make you true

For being addicted to good health
Is therapeutic, it helps in healing
Body, mind and soul
It's just a great inner feeling.

And so from the distant past into the
immediate future I have leapfrogged
and lunged
With hope on my shoulders I carry
Into a pool of wellness - gymming,
swimming, baddy and yoga I plunged
New additions in my life to hold fast to
and marry! **BG**

- Kirk D'Souza

SUMMER Moves

Neeraj Anand captures the camaraderie and close finishes at Bombay Gymkhana's Summer Mahjong Tournament



For the love of Mahjong

The Summer Mahjong Tournament on 11 May was a fantastic event, bringing together seasoned players and eager newcomers in a perfect setting for an exciting afternoon at the usual spot, The Dining Hall.

Mahjong's popularity is growing with each new edition, as shown by the increasing number of participants and the overall improvement in play quality. The tournament's thrilling conclusion was a testament to the competitive spirit, with the top two players neck and neck.

Winning Hands

Priti Aggarwal clinched the top prize with 101,200 points, just edging out Prachi Mehta (101,100), who also made an impressive Earth's Blessings hand in the North Round, which deserves special mention.

A total of 48 enthusiastic players

participated in two rounds, showcasing impressive tactical play throughout the tournament. Ashita Gupta secured third place with a commendable score of 96,900.

The space buzzed with happiness as tiles clinked across the tables, and each of the 16 games was a friendly competition filled with camaraderie.



Beginners shine



The winners at the Summer Mahjong Tournament

Mangoes & Mahjong

The afternoon's highlight was the delightful tea break, where everyone enjoyed a refreshing mango snack treat. The sweet and juicy flavour of the mangoes perfectly captured the essence of summer, offering a burst of energy before the next round of games.

Conversations flowed as players shared strategies, celebrated victories, and enjoyed the tournament.

It was heartening to see no last-minute dropouts, everyone arrived on time, and the games were played professionally and without confusion.

Building Community

Bombay Gymkhana recently concluded its first 10-session Mahjong training programme, led by Aban Bapasola. A special beginners' table also helped new players feel comfortable as they learned the game.

Special thanks to BG President Sanjiv



Behind the scenes at work

Saran Mehra and CEO Cmde Bhagat for their constant support in making these tournaments possible. The Sports Department was appreciated for its seamless organisation, along with the housekeeping staff for their assistance. The event reflected the strong sense of community at Bombay Gymkhana, with the Mahjong fraternity growing more vibrant and united with every tournament. **BG**



A Splashing Start

Karan Rai dives into the highlights of the Inaugural Bombay Gymkhana Invitational Inter-School Swimming Gala 2026

On a hot and hectic Saturday morning, 9 May 2026, 220 children between the ages of 7 and 15, from eight premier schools in Mumbai, as well as our own Bombay Gymkhana Swim team, came out to compete in the Inaugural Bombay Gymkhana Invitational Inter-School Swimming Gala 2026.

While events were confined to freestyle and breaststroke, the turnout and enthusiasm were high especially in the younger age groups. To encourage swimmers, the Bombay Gymkhana Swim Committee introduced a unique novice category for the event that allowed

children at all levels an increased chance of a podium finish.

The first half of the event consisted of the individual time trials for U-8, U-10, U-12 and relays for the group. This was also the group with the largest number of Bombay Gymkhana members taking part. The Bombay Gymkhana Swim team had a fine showing with almost half of the



Ananya Desai



Ariana Agarwal



Daniela Nagpal



Team huddle before the splash

who stepped up to take on the advanced category and narrowly missed out on merit certificates. Most of the Bombay Gymkhana team swimmers who were representing their schools also achieved podium finishes and merit certificates.



The force behind the event - Reena, Gauri, Karan, Nandini and Khozema

The second half of the event was the individual time trials for U-14 and U-16 and their relays. First-time club representatives Amatullah Ratlamwala (U-14 Girls) and Aarav Pandey (U-16 Boys) both achieved certificates of merit.

The Bombay Gymkhana Swim team continues to grow and improve. All the swimmers had improved timings as compared to those at the Swim Ladder event just a few months ago and the new swimmers who have been identified from this event will also further strengthen the team.

participants securing merit certificates. The standout performance from the team was Samara Naik who secured gold in both her events. Special mention must be made of Miya Chib and Mila Mansukhani

Working quietly behind the scenes, was a team of dedicated volunteers, all from the Swim team community. Fuelled with endless glasses of fresh lime, the “Crew on Deck” were the backbone that made the event run seamlessly. Shout-out to Neel Kamath (‘Gatekeeper’), Sandeep Kudtarkar (‘Unofficial Official’) and Khozema Hirani (‘Planner at Large’).

Swim Special



U-8 boys - Club President Sanjiv Saran Mehra strikes a smile, with Jahaan in second place



U-10 girls - Samara Naik in first place



U-10 boys - Jimmy Davar in first place and Tanish Shah in second place



Sandeep and Vispi Sir in charge

Finally, a special note of thanks to the Bombay Gymkhana Swim team Coach Vistasp Besania, for always being there for the children. He was front and centre at the blocks, starting races and tracking times, yet found time to smile at the performances his guidance had helped shape.

The end of the event saw an exhausted but excited group, both participants and



U-12 girls - Alisha and Miya



Zuhayr Hirani



Zoe Kamath



Winning Vibes



Mom Squad

organisers. Thrilled by the experience and already looking forward to the next one.

The first year of any event is always the hardest, but the Inaugural Bombay Gymkhana Invitational Inter-School Swimming Gala 2026 has already set a new bar for Swimming competitions in the city and there is no doubt that it will only get better from here. **BG**

Galloping Glory

Rajiv Rajamani brings all the action from the 3rd Bombay Gymkhana Arena Polo Championship 2026



Let the game begin!

For the third year running since its grand revival, the Bombay Gymkhana Arena Polo Championship proved that some legacies only get better with age. We're talking deep-rooted history: Polo has been part of this ground's DNA since the 1800s, with the first official Cup dating back to 1882. But this year as the club

celebrates its sesquicentennial (150th) year, it hit different: four high-octane chukkers, with teams named after the club's founding architects, Captain E. I. Marryat and Lieutenant C. L. Young.



Dilip Vengsarkar greeted by club President Sanjiv Saran Mehra

From the opening throw-in, Team Marryat (TM) established dominance through impeccable horsemanship. At just 20, Neil Malaney's back shots were pure poetry, while Sunny Patel executed daring "ride-offs" with immense aplomb. The air was thick with the visceral energy of the pitch—a cocktail of flying turf, salt-streaked brows and hides, and the raw, rhythmic heat of man and mount working in total unison. It was a display of pure competitive virility, where the players' grit was matched only by the stamina of their ponies. The match served as a stark reminder of the sport's inherent peril when horses stumbled twice in the heat



An exhilarating exchange

of the jostle. Fortunately, both ponies and riders recovered their footing safely.

While Qais Dalal acted as Team Young's lone warrior, with a late-game surge in the final chukker, he was ultimately neutralised by the intuitive horsemanship of Malaney and Patel who secured an 8-5 victory for Team Marryat.

Octogenarian member Suresh Tapuriah, who orchestrated the arrival of the horses, spoke with infectious passion about his life on the field and the promise of young players he has coached. President Sanjiv Saran Mehra summed it up perfectly, noting that in Bombay Gymkhana's 150th year, it's all about showcasing the foundation sports of what is arguably one of the world's oldest multi-sport clubs.



Riders in full flow



Eager eyes fixed on the action



Horse and rider in perfect sync

Polo Is Back



Thrilling on-field encounters

The Indian Naval Band levelled up the prestige, bringing pomp and grandeur with an elegant march past at the opening and between chukker breaks.

But the real VIPs were the horses, travelling all the way from Rajasthan to compete. Behind every sprint was the incredible work of the dedicated grooms, the unsung heroes who keep these athletes in peak form.

The Bombay Gymkhana Arena Polo Championship once again proved that Polo is more than a sport here — it is living heritage, carried forward through skill, spectacle and tradition. **BG**



Catching up between chukkers



Rousing music by the Indian Naval band sets the tone

For the Love of Polo!

“The most awaited Polo event of the year in Mumbai — the 3rd Standard Chartered Bombay Gymkhana Arena Polo Championship — has established itself as a marquee Polo event in the city. For the third year in a row, this is a matter of great pride for both Bombay Gymkhana and Mumbai.

The event celebrates the rich sporting legacy of Bombay Gymkhana, showcasing Polo at this historic venue. Polo enthusiasts and spectators were astounded by this sporting spectacle; nearly 1,200 spectators were enthralled by the fast-paced action. A large number of members gathered to witness this extraordinary sporting extravaganza.

The championship represents Bombay Gymkhana’s contribution to Polo—bringing the game closer to the wider public while helping preserve and promote the sport in today’s rapidly evolving ecosystem.”

- Sanjiv Saran Mehra, President, Bombay Gymkhana



That winning feeling



Rajesh Aggarwal, Chief Secretary of Maharashtra, in conversation with Dilip Vengsarkar



Happy smiles all around

Digging In!

Asheeta Bhavnani captures **Arti Dwarkadas'** foray from growing plants in her balcony to becoming a farmer

What does a senior advertising executive do when she's had enough of the industry? If you're Arti Dwarkadas, you take every stressed-out urbanite's dream of 'turning to the land' - and actually do it. You buy ten acres with visions of farming and no idea how to do it. During a global pandemic.

Why? That question, raised in various forms during her BG Conversations on 19 May, was one she was prepared to answer honestly: she's still asking it herself.

She came to farming with no agricultural bloodline - unless you count a balcony garden, four pots, and what she describes as a psychotic chilli plant. Then her friend Suzanne called. One thing led to another, and the two became, in her words, "two Bandra girls who bought a farm."



Arti Dwarkadas

What followed was a rural education of the most unexpected kind: a man with a trembling coconut striking liquid gold in the form of borewells, mithai diplomacy with irate village neighbours, tussles with wild boars, and Google Lens consultations on things neither of them had any business growing.

Five years later, she has a book - *Two Bandra Girls Buy A Farm*, a farm that continues to surprise her, and a philosophy shaped by the soil she gets her hands into every week: be present, stay open, and let happy accidents do some of the work. Members left with stories, laughter, and a taste of her beautifully bottled chilli pickle. The boar pickle, she's been promised by the men of her hamlet, is still on the horizon - when those hunts finally pay off! **BG**



Face Value

Insights from an engaging talk by **Nomita Hathiramani** on cellular nutrition, mineral balance and more



‘Decode Your Face & Reverse Ageing with Cellular Nutrition & Minerals’ presented by Nomita Hathiramani on 7 May at Bombay Gymkhana, explored the connection between cellular health, nutrition and ageing gracefully.

The session focused on the idea that true vitality and longevity begin at the cellular level, with the face often reflecting underlying imbalances in the body. Drawing from Ayurvedic principles, the talk examined concepts such as Ojas — the essence of vitality associated with radiant skin, strong digestion, mental clarity and energy — and Ama, described as toxins produced by incomplete digestion.

Attendees also learned about the role of Doshas in skin health, particularly how aggravated Vata can contribute to dryness, wrinkles, bloating and anxiety. Warm, nourishing foods such

as ghee, avocados and sesame oil were recommended, while excessively dry, cold or processed foods were advised in moderation.

The discussion also covered cellular minerals and facial analysis, explaining how mineral deficiencies may manifest through wrinkles, puffiness and sagging skin. Factors such as stress, pollution, poor soil quality, EMF (electromagnetic field) radiation and refined foods were highlighted as contributors to mineral depletion.

The well-attended session generated considerable interest among members. Neomy Khatau appreciated its exploration of non-allopathic wellness approaches and Bioforce remedies, while Genevieve D’Cunha found the discussion on Ojas, mineral deficiencies and cellular wellness particularly insightful. **BG**



Understanding Perimenopause

Highlights from a session that encouraged women to approach midlife with greater awareness

Bombay Gymkhana recently hosted an engaging talk show on perimenopause and menopause by wellness coach, nutritionist and Zumba instructor Radhika Sibal. The session aimed to help women better understand the physical, emotional and hormonal changes that accompany midlife, while encouraging open conversations around a topic that is often overlooked.

Addressing women from their late 30s to late 50s, Sibal explained how awareness and lifestyle changes can significantly improve quality of life during this transition. She emphasised three key pillars of wellness — movement, nutrition and mindset — and encouraged women to work with their bodies rather than against them.

The workshop covered hormonal shifts, sleep disturbances, stress, emotional well-being, metabolism and body changes, while also offering practical lifestyle tools to support overall well-being. Participants learned about mindfulness, nervous system

regulation and the importance of creating sustainable habits instead of relying on quick fixes. Sibal also spoke about preventive health, emotional resilience and the importance of supportive communities where women can openly share experiences and ask questions.

Convenor of Social Activities Aditi Jain described it as “a very interesting, informative and engaging session for all those who joined,” adding that Sibal “patiently answered all their queries.”

Sharing her takeaways from the session, Aarti Kelshikar said that Sibal highlighted health concerns linked to post-menopause, including heart disease and bone health. Interestingly, one symptom of perimenopause is an ear itch! She also stressed the importance of nutrition, exercise, sleep and stress management. “Let’s reach out, support each other and take care of ourselves,” she urged, “because menopause, like puberty and pregnancy, is an equally important transition.” **BG**

Cheesy Hues

An imaginative cheese craft workshop saw members transform cheeses into edible works of art

The Dining Hall came alive on 2 May 2026 with 'Experience an Edible Cheese Masterpiece' that blended gastronomy with creativity. This unique workshop saw several enthusiastic pairs exploring the art of cheese craft, using premium cheeses swirled, piped and decorated with florals, fruits and textured designs to create stunning edible centrepieces.

From delicate patterns to bold sculpted creations, every masterpiece reflected imagination and skill. The hands-on session was filled with energy, learning and laughter, offering participants a memorable culinary experience where food became art in its most delicious form. **BG**



Goan with the Flow

An afternoon of live music and authentic Goan cuisine brought warmth, rhythm and flavour

Goa came to Bombay Gymkhana on 17 May as the Gym's Inn Bar and Dining Hall resonated with music, laughter and delicacies from India's party capital. 2 Girlz & A Guitar delivered a lively performance filled with soulful melodies and foot-tapping tunes, while members and guests enjoyed a delicious spread of authentic Goan favourites, including seafood, vegetarian delicacies, and the ever-popular Bebinca. **BG**



Did you know?

Bebinca is often called the 'Queen of Goan Desserts'. Historians believe its layered recipe was inspired by Portuguese convent baking traditions, later adapted in Goa using local ingredients like coconut milk.



Tales & Tomes

Highlights of World Book Day celebrations at the club, by **Anam Bachooali and Priya Aga**



Loads of prizes to be won at the end of the Bookopoly Reading Challenge.

On the same day, the older children enjoyed a session of jokes, storytelling and fascinating facts about William Shakespeare. They discovered the scale of Shakespeare's legacy — from his 38 plays and 150 sonnets to the many words and phrases he introduced into the English language, including “eyeball,” “heart of gold” and “break the ice.”



The session turned especially lively with a Shakespearean insult generator, producing hilarious combinations such as “bootless clay-brained barnacle”!

Children also learned about the mysterious inscription on Shakespeare's grave and explored why his stories remain loved worldwide over 400 years later.

Storytime at The Storyboard on 25 April took on a magical twist as young patrons celebrated the birthday of William Shakespeare with a fantasy retelling of *A Midsummer Night's Dream* for children. James Mayhew's vivid illustrations and Puck's mischievous antics kept listeners thoroughly entertained, while a short pictorial biography sparked curious questions about Shakespeare's life and family.



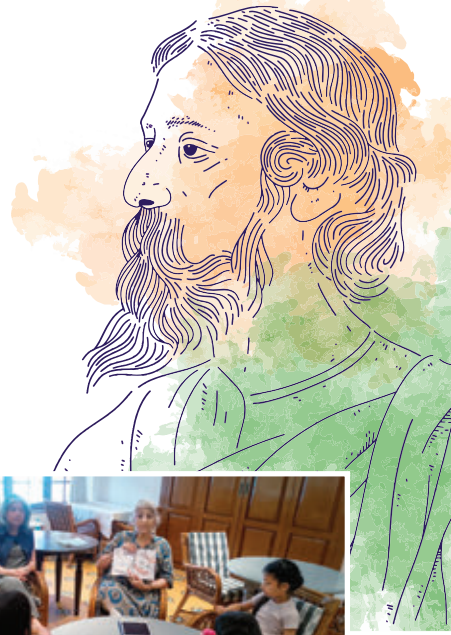
Fantasy themes like witches, ghosts and magic particularly fascinated the audience, especially after watching a *Harry Potter* scene inspired by *Macbeth*. **BG**

To commemorate World Book Day, The Storyboard launched its Summer Reading Challenge: Bookopoly for children aged 4 to 7 years and 8 years plus. Don't forget to collect your Bookopoly board from the library and play your way through all the reading challenges over the summer holidays!



Tagore

for Tots



Shaila Mallik describes the Storyboard's lively session celebrating Rabindranath Tagore

The Storyboard session on 9 May celebrated the genius of Rabindranath Tagore, born on 7 May 1861 and known affectionately as Robikaka among Bengali children. It was heartening to find that most of our group had already heard of Tagore, and many knew that he had written the national anthem.

After a brief introduction to Tagore, we read aloud his poem *Paper Boats*, and following a discussion about it, we did some origami to fold our own—talking about what messages we might want to put on them if we were to float them away.

The children heard interesting anecdotes about Tagore's life: how he became the first Indian to win the Nobel Prize in Literature for *Gitanjali*, his collection of poems; how, when his



prize was stolen from Santiniketan, the Nobel Academy replaced it; and how the Jallianwala Bagh massacre and the British army's cruelty towards Indians upset Robikaka so deeply that he returned the knighthood he had received from the British Crown.

We looked at pictures of Tagore and of Santiniketan, and talked about his vision for a world that would live in harmony with nature—lessons held under trees in open-air classrooms at his beloved school. It was only apt, then, to move the rest of the session to the garden, where we too sat on the grass among trees and heard some Rabindra Sangeet, ending with the national anthem.

The children were lively and interested, making it a truly rewarding interactive session. Do keep sending your children to The Storyboard's thoughtfully curated Saturday sessions each month. **BG**



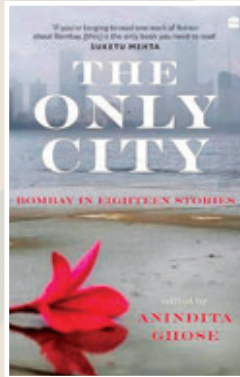
City Chronicles

Saloni Jhaveri captures an engaging discussion exploring Mumbai through *The Only City*

The Only City, an anthology by Anindita Ghose, sparked a lively discussion at the Book Club on 11 May around what makes this collection of stories distinctly Bombay/Mumbai. Among those who had read the book were those who enjoyed it, and a few who did not!

More than a common thread, readers felt the anthology carried a thematic coherence that reflected the city itself — real estate, aspiration, loneliness, intimacy, anonymity, grandeur, exhaustion and the constant search for belonging. One reader described it as a book that every Mumbaikar would relate to in some way, with each story resonating differently depending on one's own experience of the city.

The group agreed that the anthology



does not romanticize Mumbai. Instead, the stories feel like impressionistic snapshots — moments in time that many residents would recognise emotionally, if not literally. Shanta Gokhale's contribution prompted reflection on the “ownership” and authorship of stories and memory.

Questions arose about whether the book offered hope or whether its view of the city was necessarily dark. Comparisons to *Maximum City* led to laughter when Suketu Mehta's own endorsement of the anthology was read aloud — calling it the only “new” work of fiction one needs to read about the city.

Readers also debated whether Mumbai possesses a distinctive cultural identity comparable to cities like Paris or New York, lamenting the city's neglect, lack of planning and shrinking green spaces. Vaibhav Wankhede's essay questioning Mumbai's celebrated “resilience” generated particularly thoughtful discussion.

Overall, the anthology received a strong recommendation - to quote - especially for those who leave Mumbai, and perhaps even more for those who return. **BG**



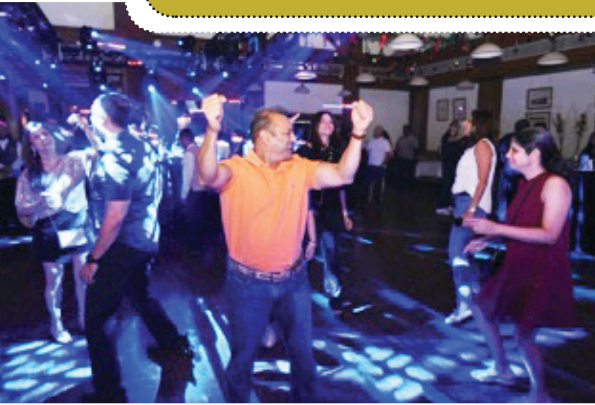
Hitting the Highs

From retro rock to late-night dance hits, the energy stayed high

The Pink Floyd tribute night struck all the right notes. Members were transported into the world of psychedelic rock as timeless classics like *Comfortably Numb* and *Another Brick in the Wall* filled the Dining Hall, creating an evening of nostalgia, music and camaraderie that lingered late into the night.



Another 'nite', another full house as DJ Jay Makhijani transformed the evening into a high-energy celebration with an electrifying set that seamlessly crossed genres. Members and guests packed the dance floor, dancing as though there was no tomorrow. The unforgettable party atmosphere kept the celebrations going well into the early hours.



ALL IN THE Family!

The Bombay Gymkhana's Staff Annual Day 2026 brought together staff members and their families for a joyful evening



On 1 May, in celebration of Labour Day, Bombay Gymkhana hosted its much-awaited Staff Annual Day, continuing a cherished tradition of the past four years by welcoming staff members along with their families. Over 300 staff members and family members attended the vibrant evening, making it a memorable celebration of togetherness and appreciation.

The event was inaugurated by Bombay Gymkhana President Sanjiv Saran Mehra, in the presence of Arun Bewoor and Ashwini Kakkar, members of the HR Sub-Committee. The evening





featured exciting entertainment for all ages, including carnival-style games, rides, live food counters, and musical performances by Sharmila & Savio, creating a lively, festive atmosphere.

A special highlight was the felicitation of staff members who completed 25 years of dedicated service, recognising their invaluable contribution and commitment to the club. The celebration concluded with dinner, dancing, and gift vouchers presented to all staff members as a fitting token of appreciation for those who form the heart of the Bombay Gymkhana family. **B&G**

Evening of Tribute

Honouring **BABASAHEB**

Dr Babasaheb Ambedkar's birth anniversary was marked by an evening of reflection, music and fellowship



Bombay Gymkhana commemorated the 135th birth anniversary of Dr Babasaheb Ambedkar on 18 April at the Gymkhana Grounds, with staff members in attendance alongside members of the Managing Committee, Balloting Committee, and HR Sub-Committee.

The event paid tribute to Dr Ambedkar's invaluable contribution to the nation as the principal architect of the Indian Constitution and a champion of social justice and equality.

The evening commenced with an address by club President Sanjiv Saran Mehra, followed by reflections from Committee members on Dr Ambedkar's enduring legacy and relevance in contemporary society.

A soulful qawwali performance added a cultural touch to the celebration, which concluded with dinner and fellowship, making it a memorable occasion of remembrance and unity. **B&G**

Play On!

Marking World Music Day, **Malika D'Cunha** reflects on music's power to connect, nurture and celebrate

World Music Day, or Fête de la Musique, is celebrated annually on 21 June across the globe. Launched in France in 1982 by French Culture Minister Jack Lang and music director Maurice Fleuret, the initiative encouraged amateur and professional musicians alike to perform freely in public spaces, making music accessible to everyone. Held on the summer solstice — the longest day of the year in the Northern Hemisphere — the celebration has grown into a worldwide movement observed in more than 120 countries and 1,000 cities.

At its heart, World Music Day recognises the dedication, discipline and creativity of musicians from all backgrounds. It offers a platform for emerging talent, including young and street musicians, helping them gain visibility, confidence and encouragement to pursue their artistic journeys.

Educational institutions also play an important role through cultural events, workshops and competitions that give

students opportunities to explore music more seriously. Beyond performance, music serves as a valuable creative outlet and a welcome respite from the pressures of everyday life.

World Music Day also highlights music's role in promoting cultural exchange, inclusivity and diversity. India's rich musical heritage offers a powerful example. From the classical traditions of Hindustani and Carnatic music to regional folk forms, devotional music, Bollywood and contemporary fusion, Indian music reflects the country's remarkable cultural breadth. Legendary artistes and traditional instruments continue to inspire newer generations while preserving deep-rooted traditions.

More than entertainment, music builds community, understanding and shared experience. It allows people to appreciate different cultures while strengthening bonds across backgrounds and generations.

At Bombay Gymkhana, we celebrate and honour our members who are musicians in their own right, recognising their talent, passion and contribution to society. In doing so, we also reaffirm music's enduring ability to inspire, unite and enrich lives. **BG**

BARBER Bonds

Aarti Kelshikar meets **Dilip** and **Prathamesh Jagtap**, whose family has been part of the Bombay Gymkhana salon for four generations

In our endeavour to feature employees' backstories at the club, this month we spoke to the barbers at the Bombay Gymkhana salon: the father-son duo of Dilip and Prathamesh Jagtap.

The club isn't just a workplace for them- it's a family legacy. Four generations of barbers have worked here, beginning with Dilip's grandfather Suryakant (1955-1970), followed by his father Sukhdev (1970-1997). Dilip joined in 1997 and Prathamesh came on board in 2018.



So what explains this long and deep bond with Bombay Gym, we asked them. Beyond the setup and benefits, it is the relationship with members that keeps them here. "They trust us. They support us. It feels like family. They don't treat us like staff- they ask how we are, how our day is going. That's why four generations have stayed here," says Dilip.

Their customers range from young kids to accomplished professionals. Some show photos of hairstyles they want, inspired by celebrities or sportspersons. Virat Kohli's haircut remains popular, while younger members often ask for Ronaldo-inspired styles. "This is a sports club, so naturally we get such requests," they laugh.

For Prathamesh, barbering is both passion and purpose. Though he studied Commerce at Chetna College, he was always creatively inclined. After a 6-month course at Lakmé Academy, he chose to join his father at the club instead of pursuing a corporate career. Specialising in fades and mullets, he has introduced newer styles in a traditional setting.



The Jagtap family



Dilip and Prathamesh Jagtap at the club salon with Roger Pereira

On a lighter note, it was my first visit to a barber shop and I was told how men like to inspect the back of their haircut carefully through mirrors on the (rear) wall - something women usually manage with a quick glance in a handheld mirror!

Equally interesting was the contrast in conversation styles. Unlike women's salons, where deeply personal conversations are common, the barber shop chats revolve around politics, current affairs, Gymkhana gossip and elections. Yet, there is genuine care. When one elderly member was hospitalised for a month, Dilip visited him at home. Their philosophy is simple: quality service and making customers happy. "When I see a customer smile and say, 'I'll be back,' that's reward enough," Prathamesh says. Someday, he hopes to open his own salon.



Posing with Sunil Gavaskar

Together, the father-son duo combine legacy, creativity and care - qualities that keep members coming back year after year. **BG**

FASHIONING Change

Fashion is not the usual suspect for sustainability, but **Kaveri Shah** speaks with **Anjali Mehta** of Verandah on how it is integral to everyday sustainable living

How do you define sustainable fashion personally?

Sustainable fashion is about creating with intention. I prefer the word conscious as opposed to sustainability as we can all make conscious choices about choosing better and living better given that we often don't control all parts of the life cycle of a garment. Fashion is complex as is the supply chain, and for me it is about making things that people truly love, hold onto and build memories around. Sustainability is, at the end, the circularity around it.

At Verandah, we have a strong focus on CSR, recycling, biodegradability and textile design. So, we can play around with certified and natural fibres to create pieces of wearable luxury and comfort, bearing a strong signature of handmade. Conscious fashion is also about the idea of timelessness, versatility, craftsmanship and creating products that feel special for years. It is "that" piece that you gravitate towards. Fashion should create joy as well as value and support to the makers. I love when you can flip the label and learn more about the how, the why and by whom.

India has historically had sustainable traditions. Is modern sustainable fashion rediscovering India's past, or is it something new?

We grew up around ideas of repairing,

reusing, passing things down, valuing craft and respecting resources. We simply did not call it sustainability. What feels exciting today is that the world is beginning to use these ideas and recognise them as relevant, beautiful and intelligent. Modern sustainable fashion feels less like a new movement and more like a rediscovery of something India has known for generations. We've all grown up repurposing clothes into beautiful clothes or objects and what's interesting to me is how to do this at scale and data-backed, given that we'd like to promote conscious consumption at a global level which is inherently just part of our country's DNA. Modern sustainable fashion helps just put these frameworks in place.



Anjali Mehta, founder, designer and creative director, conscious luxury travel label Verandah

Rural weavers and craftspeople are at the heart of India's sustainable fashion story. What's their biggest barrier to entering the mainstream market?

I do not think the challenge is creativity or skill. India's craftspeople are extraordinary. The biggest barrier is access, enablers and understanding design IPR. Access to markets, to visibility, understanding implications of IPR infringements to fair pricing and to long-term partnerships. Artisans and makers are treated as part of a supply chain instead of being recognised as creative partners. I believe the future of

fashion lies in building stronger bridges between traditional knowledge and contemporary design so that craft can evolve and be reinterpreted in modern design. Artisans are one of India's biggest strengths. However, only understanding that isn't enough to drive sustainable outcomes unless the ecosystem is viewed as a whole.

Can sustainable fashion remain affordable in India's price-sensitive market?

I think affordability is an important conversation, but I also think we need to redefine value. Sustainable fashion does not necessarily mean buying expensive. Often, it means buying fewer things, choosing thoughtfully and keeping pieces for longer. At the same time, brands have a responsibility to make conscious choices more accessible. The goal should be to create products that are meaningful and well-made without making sustainability feel exclusive. Given our craft-based culture, one can derive value in a price-sensitive market. However, in the world of luxury, sustainability often means a heavier price tag given the input costs to do it the 'right' way, keeping ESG (Environmental, Social, and Governance) frameworks in place.

Circular fashion, plant-based textiles, resale platforms, which innovation excites you the most right now?

What excites me most is circular thinking. I am interested in systems that encourage longer life cycles for products. Given my interest in circular economies, we are particularly excited to support programmes such as Baagh Pari in Ranthambore, educating Moghiya tribal girls, as well as imparting sewing livelihood training. I also love seeing innovation work alongside heritage, using the old to

create the new, understanding how we can work with the communities and the textile industry to create responsible and beautiful fabrications which then become the baseline for our designs. Drawing inspiration from the earth, nature and travel, I'd like to do my part to give back and scale with a net positive impact. We are also in the process of our updated data-backed assessment for retaining the Butterfly Mark from Positive Luxury in the UK and we're excited to quantify how far along we've come.

What can the fashion industry do that would make the biggest environmental difference?

Recycle, upcycle and repurpose. We make renewable energy from our upcycled post-production waste which cannot be upcycled into bags or accessories, which then fuels the cement industry. In an ideal world, buy less and make more thoughtfully. If you must dump; then make it biodegradable and don't leave waste to collect. Fashion has a volume problem, not a creativity problem. If fewer products are created with a focus on quality, longevity and originality, the impact would be significant. There is something very powerful about realising that there is no planet B! We are proudly zero waste and each of you can be too!

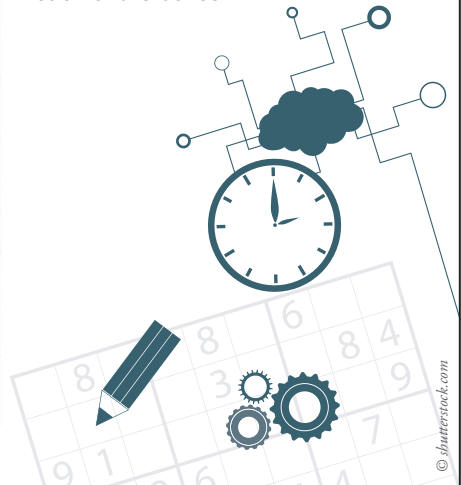
One message you'd want members to remember before buying their next outfit?

Buy something that you resonate with, not something that simply fills a moment! Can you imagine wearing it, loving it and reaching for it again in a year or two? The pieces we value most are usually the ones that become part of our story and our world so the next time you're tempted, just imagine that outfit should check the box of longevity, investments or recyclability. **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



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.



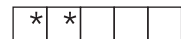
- | | |
|--------------------------|--------------------|
| 1 Lure | 6 Get up |
| 2 Celestial body | 7 Instrument faces |
| 3 Reduces or pares | 8 Trainer |
| 4 Burglar | 9 Severe |
| 5 Former French currency | 10 Small branch |

SCRAMBLE

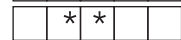
Solve the four anagrams and move one letter to each square to form four ordinary words

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

NRUER



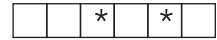
LPYOO



AEHRLW



ONIEKV



There is time for _____. And there is time for _____. That leaves no other time. - Coco Chanel (4,.,4) **BG**

(All solutions on page 35)



Bombay Gymkhana Library



UPCOMING EVENTS

<b style="color: red; font-size: 1.5em;">JUNE 26	<b style="color: red; font-size: 1.2em;">WED 3 6 - 7 pm DINING HALL	<b style="color: red; font-size: 1.2em;">MEET THE AUTHOR Dr. Mazda Turel In conversation with Tinaz Nooshlan  BHEJA FRY
	<b style="color: red; font-size: 1.2em;">FRI 5 10.30 am - 12 pm Ages 3 - 7 	<b style="color: red; font-size: 1.2em;">SUMMER CAMP Celebrate World Oceans Day! Shark Tales and Tooth-y Truths By Ilchi Pilchi
	<b style="color: red; font-size: 1.2em;">SAT 6 10.30 am - 12 pm Ages 8+ 	<b style="color: red; font-size: 1.2em;">SUMMER CAMP Cartooning Basics Learn to make your comic strip! with Abhijit Kini
	<b style="color: red; font-size: 1.2em;">MON 8 5.30 - 6.30 pm LIBRARY	<b style="color: red; font-size: 1.2em;">BOOK CLUB <b style="color: blue; font-size: 1.2em;">THE CORRESPONDENT Virginia Evans
	<b style="color: red; font-size: 1.2em;">TUE 16 6 - 7 pm 1875	<b style="color: red; font-size: 1.2em;">BG CONVERSATIONS WORLD MUSIC DAY CELEBRATION with Mehmood Curmally
	<b style="color: red; font-size: 1.2em;">FRI 26 5.30 pm onwards 1875	<b style="color: red; font-size: 1.2em;">MOVIE NIGHT <b style="color: blue; font-size: 1.2em;">TBA

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:

- — — — —
- Tara Ismail Kanga
2 May 2026
- Ajay I Thakore
10 April 2026
- Aspi Khambata
9 March 2026
- — — — —

SOLUTIONS

— SUDOKU —

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

— CRISS WORD —



— SCRAMBLE —

Coco Chanel
leaves no other time.
There is time for love. That
There is time for work. And

Answer

Rerun, loopy, whaler, invoke

Words

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Summer Sans FLOWERS

Sunita Rajwade reflects on the delicate balance between progress and nature

Let's hope that by the time you are reading this magazine, you are sitting in the lower verandah of the club and enjoying the cool breezes the rain brings with it. Honestly, this has been the hottest summer ever. Obviously, summers are going to be hot. And we do need the different seasons. Imagine how boring it would be if we had the same weather every day. We would have nothing much to talk about. We would also have nothing much to grumble about.

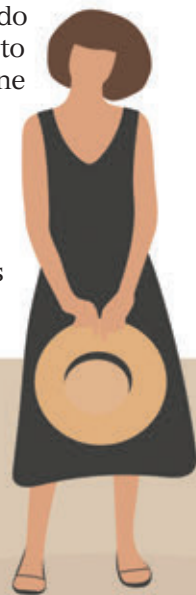
So, I'm happy that we do have a summer. A summer that lets us swim without shivering. A summer that lets us enjoy mangoes. And a summer that dazzles with its bright colours. I love the large trees outside our club, the hundred-year-old Rain trees, the Rusty Shield Bearers and the Gulmohars with their vibrant red flowers. Walking on the broad pavement outside the club literally transports us to a different world, particularly in the hot summer months when the old trees bring comfort in their quiet shade.

When I look outside my house, the few green patches peeping through gaps amid the towering buildings soothe my eyes, which have to squint in the harsh glare of the midday sun. And when the green is interspersed with red, yellow, and purple flowers, they feel even better. But this year, very few trees have dared

to bloom and actually seem distressed with the hot sun bearing down on them. They look tired and withered. Is it the heat? Or is it the rampant construction that is causing climate change and preventing the trees from flowering?

Progress is a double-edged sword. We cut down trees to make more houses because every human deserves a roof over their head. We need transportation for an efficient and productive economy. So we have better roads, bigger cars, more railroads, faster trains and more bridges for better connectivity. Industrialisation, mechanisation, and modernisation have changed the way we live and think. With the time freed up by modern amenities, we do not have to work ourselves to the bone with routine, mundane tasks. We can work ourselves to the bone on the treadmill or stationary bike in a gymnasium instead. It's far more fun to work up a sweat in the air-conditioned gym rather than walk two miles in the sun to fetch a pot of water.

As for me, I'm neither going to fetch a pot of water nor sweat it out in the gym. I'm going for a stroll under those trees that do not flower and hope that the monsoon winds do not bring them crashing down!**BG**





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