

The Sydenhamite

THE BULLETIN OF SYDENHAM COLLEGE ALUMNI ASSOCIATION



FOR PRIVATE CIRCULATION ONLY/WWW.SYDENHAMLAC.IN VOLUME NO.2, ISSUE NO.3, SEPTEMBER 15, 2021

From the Editorial Team

Dear Readers,

We would like to extend our heartfelt gratitude for the overwhelming response for our August Edition and the Independence Day event.

In this month, Sydenham Alumni Cell also conducted a virtual interaction with our Alumni, Mr. Rajiv Podar.

The September Edition covers a plethora of articles on topics ranging from Ganesh Chaturthi to Kemp's Corner Nostalgia to Paralympics and much more. From this edition, we have also introduced a separate section specially for our students which will be including book reviews, articles on topics that will increase their knowledge, help them prepare for interviews and enhance their skills etc.

Do feel free to reach out to us, also don't forget to share the newsletter!

We hope you like the newsletter as much as we do.

Happy Reading!

A Sneak Peek into the September Edition

1. Ganesh Chaturthi Article

Ganesh Chaturthi or Vinayaka Chaturthi is a 10-day grand celebration that is commemorated with a lot of zeal and fervor.



2. Virtual Interaction with Mr. Rajiv Podar

"...He spoke about many points right from his experience in the college to the things we experience now, rendering us quality guidance and insight."



3. Cybersecurity and responsible data use – critical issues for a digitizing world

"...As the world remains on the path of aggressive digitization, post-COVID, attention is rapidly shifting to Cybersecurity and Responsible Data use. Data sets are being created and are moving economic activity in a completely different way."

- Mr. Shailesh Haribhakti

4. India's special 19 create history at Paralympics

"...In an epoch-making effort at the Tokyo Games, India's Paralympian's created history, winning an unprecedented 19 medals, including five gold, to finish 24th overall – the highest ever."



5. Virtual Independence Day Celebration Report

"...The students organized this illustrious program which embodies sportsmanship and encourages all towards a better India. The event received a lot of recognition and admiration from the audience."

6. Ageism Revisited



"...Let us reframe the aging process, build a bridge and create a truly intergenerational society. Children should be taught the concept of the life cycle with positive images of old age."

- Mr. Virjanan Mullo



7. Book Review of 'The Ingenious Banker to the Poor'

"...Muhammad Yunus' Banker to the Poor recalls how he chose to transform his life to serve the poor of the globe. In it, he describes the intellectual and spiritual journey leading him to revise the economic connection between rich and poor, and the difficulties experienced by him and his colleagues in establishing Grameen."

8. The Power of Goals

"...It was Conrad Hilton the founder of the world-famous Hilton chain of hotels who said, "Success is made to order." He was right – for an achievement is a sum total of many things – talent, aptitude, knowledge & desire"

- Mr. Nikhil Desai



9. Kemp's Corner Nostalgia

"...Though classic haunts such as the Irani restaurant have disappeared, this palm-fringed boulevard has a great deal of beauty — from St Stephen's Church to the Parsi Doongerwadi, from India House (of the Air India hoarding) to the shop-crusted Chinoy Mansion. Kemp & Co., a prescription pharmacist in a roofed shop, named Kemp's Corner."



10. Nostalgic Memories of the Past

"...Colaba was a lovely place to live in during the '60s, 70's and 80's. Sparkling clean roads. They were cleaned by the BMC with water every day. Luscious old big trees, providing shelter to the flats of old buildings."

11. International Literacy Day

"...International Literacy Day is an occasion to consider and explore how new and successful philosophies and teaching techniques may be used in adolescent and adult literacy programs to combat the pandemic and even beyond."



[sydenham_alumni](#) [Sydenham Alumni Cell](#) [Sydenham Alumni Cell](#) [Sydenham Alumni](#) [SydAlumniCell](#)



|| Ganesh Chaturthi ||

Ganesh Chaturthi or Vinayaka Chaturthi is a 10-day grand celebration that is commemorated with a lot of zeal and fervor. This day is celebrated to honor the birth of Lord Ganesha, revered as the God of wisdom, prosperity and good fortune and the destroyer of evils. He is also called 'Vighnaharta', 'Vinayaka' or 'Ganpati.'



Celebrating the Birth of Lord Ganesha

Lord Ganesha signifies important traits that each of us should include to succeed in our lives.

The auspicious celebration begins with devotees bringing idols of Lord Ganesha to their homes and worshiping him.

The worship is initiated with 'pranapratishta', a ritual to instill life in the idols followed by the 16 ways of paying tribute known as 'shhodashopachara.' Vedic hymns from religious texts are recited while the idols are adorned with red sandalwood paste and yellow and red flowers. The worship is completed with an aarti and offering coconut, jaggery, and 21 modaks to the lord.



The **large elephant head** of Lord Ganesha symbolizes holistic thoughts, broad thinking, and an enlightened mind filled with wisdom and Knowledge.

Lord Ganesha's belly represents the whole cosmos. As per the mythology, the seven oceans and the seven realms are inside lord Ganesha's cosmic belly. The big belly signifies that a person should face all pleasant and unpleasant experiences during his lifetime with calmness and patience. The **Small Eyes** of Ganesha signify that one should be focused on completing tasks. Determined attention and focus are key pillars of success.

His **Big Ears** symbolize that one should be a good listener. Being a good listener is way more important than being a good orator. The **trunk** indicates that the individual should always be on guard with his/her surroundings. It is a quality of being careful and alert. The **Broken Tusk** represents the ability to make the sacrifice. The **two tusks** signify the two aspects of the human personality, one is wisdom and the other is emotion. The right tusk of Lord



Ganesha represents wisdom whereas the left one represents emotion. Lord Ganesha's **human body** possesses a human heart, which signifies kindness and compassion toward all beings. **The mouse** symbolizes the need to control ego and so it's widely said that one who controls his/her ego has lord Ganesha consciousness. Lord Ganesha indicates the four inner attributes of the subtle body through his four arms. Mind, intellect, ego, and conditioned conscience are the four human attributes.

The celebration of Ganesh Chaturthi

assumed a public observance when Maratha ruler Shivaji Maharaj used it to rouse nationalist sentiments among his subjects who were fighting the Mughals. The festival was revived by Bal Gangadhar Tilak in 1893 when the British had banned political assemblies.

There is something magical about this festival. It transforms the ordinary into the extraordinary, darkness into light, and agony into ecstasy. Lord Ganesha brings along with him unparalleled energy, happiness, and joy.

May Lord Ganesha bless us all with abundant success, happiness, health, and prosperity.

Virtual Interaction With Mr. Rajiv Podar



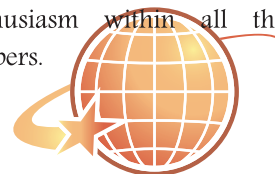
Sydenham Alumni Cell organized a virtual interaction of the committee members with our Alumni, Mr. Rajiv Podar on 8th September 2021 with an objective to interact with sir and learn from his experiences. The idea to converse with sir and connect with him as Sydenhamites brought a great level of exhilaration amongst the members.

Mr. Rajiv Podar is the Managing Director of Podar Enterprises. He has been very actively involved in the day-to-day business of Podar Enterprises and has a wide range of experience in International Trade and Development. He is also the Founder Chairman of the International Business Linkage Forum. Greenville College of USA has instituted a scholarship in his name for Exceptional Indian Students. He was conferred this honor for his Leadership, Statesmanship, and Commitments to Humanitarian Efforts. Mr. Podar was also the president of the IMC chamber of commerce and industry for the year 2020-21. With this, he is also involved in a spectrum of activities from Government relationships to Education to Water & Sanitation.

Mr. Podar started the session in a very comforting way which helped everyone to

open up and share their views. He explained to us how learning from our mistakes and facing them again should go on simultaneously. He gave numerous examples and had a very realistic approach which helped us understand his point of view better. Further, sir initiated a discussion wherein everybody expressed their views on how the Pandemic has affected the learning process. Different perspectives on this popped up and people talked about all the Pros and Cons being faced by them. He further shed light on a very intriguing topic which was 'How can India become a great country?'. A bunch of curious minds in our committee replied to the question with their myriad opinions and understanding that ignited the conversation even more. There were so many suggestions and propositions given by the members which were vigilantly being noted by Rajiv Sir.

He spoke about many points right from his experience in the college to the things we experience now, rendering us quality guidance and insight. Having a direct conversation with our very own Alumnus had a distinctive enthusiasm within all the committee members.



Cybersecurity and responsible data use – critical issues for a digitizing world



As the world remains on the path of aggressive digitization, post-COVID, attention is rapidly shifting to Cybersecurity and Responsible Data use. Data sets are being created and are moving economic activity in a completely different way. Virtually the entire physical world is being represented digitally and all work, movement of goods, people, and services are proceeding virtually. Every human being is in search of an Oculus headset to participate in this revolution.

VR-AR are taking wing, news wars are erupting and being extinguished all over the world. New relationships are being crafted and old norms and businesses are unravelling! In this milieu, Boards are reaching out to identify cyber risks and are overseeing data protection and responsible use (prevention of misuse of data obtained under an NDA or that which is copyrighted). Even Medium-sized businesses are victims of 40%+ of cyberattacks today, and this number continues to increase. Hackers are finding it tougher and tougher to attack larger companies due to the cyber fortresses they are building and so their attention is turning to SMBs.

The threat arena comprises critical data leaks, unacceptable interface controls with digitised upstream customers, Trojan horse attacks to larger ecosystems by penetration through weak SMB systems, non-entombed data, causing duplicate payments. The most common cyber threat delivery mechanisms are phishing, malware, ransomware, denial of service, and impersonation. This can result in huge financial losses, business continuity disruptions, data losses, and employee demotivation.

A FRAMEWORK TO CONSIDER:



- 1. Protection:** Establish infrastructure to capture data sets and sharpen Internal Financial controls to support the business model. Also spread awareness about responsible data use so that reputation of the enterprise remains protected. Use the COSO framework. The aim is to contain the impact of breaches and to build resilience.
- 2. Early Detection:** Choose Auditbots that will monitor and detect unusual data patterns. Deploy them on a weekly cycle. Implementing the right strategy can auto-detect suspicious activities before they spread. Pro action is better than correction!
- 3. Response & Recovery (R&R):** An agile response & recovery system is very important, especially in today's remote employee workforce model. A clear response plan, with well-defined processes, clear roles and responsibilities, and an adequate communication plan are critical to R&R.
- 4. Compliance:** This area has become very important especially as all processes are moving online. For instance, the EU's General Data Protection Regulation (GDPR) and NYFDS have several compliance requirements when it comes to data storage, breaches, and response plans. Digitise all compliance with laws, regulations, and protocols. Staying compliant not only is mandatory but also will make businesses stronger and less susceptible to threats.
- 5. Build employee awareness:** Make password refreshment a religion. Unaware employees are the most vulnerable to threats such as phishing, social engineering, etc. Creating a well-informed cybersecurity culture is important.
- 6. Customise:** decide on the basis of a risk analysis, the specific tools to deploy.

It is critical to consider:

- 1. Inventory** of all business-critical assets, information, data, and reports. Data is your most valuable asset. Capture data sets as they occur.
- Extend cyber security to vendors, partners, customers, and employees. The APIs that connect you to them must be **encrypted**.
- Prioritise** external-facing online systems e.g., eCommerce websites, vendor portals, etc. if applicable. Ensure that you install protective software.
- Ensure** all digital devices (like laptops, devices, phones) are in scope, especially given that several of us are working from home today.
- Conduct a detailed **audit/assessment** to identify potential gaps and understand levels of severity.
- Build a plan to address the gaps; use planning services/tools, like **threat modeling** to help you plan better.
- Do not be **constrained** by lack of in-house expertise – work with partners who are experts in this space and can provide a complete range of security solutions.
- Managed services are a great way to resolve the skill gap issue. They are **cost-effective** with better, tried-and-tested solutions.
- Continuous **monitoring** and regular **testing** of the cybersecurity setup is important. Very much like testing your home security system.
- Execution** of the plan is key.

Cybersecurity is not as expensive as it once was. Neither is it as intimidating as it was. It is easy to get started. Get an audit done and understand where you stand and what options you have.

India's special 19 create history at Paralympics

In an epoch-making effort at the Tokyo Games, India's Paralympians created history, winning an unprecedented 19 medals, including five gold, to finish 24th overall – the highest ever. There were also eight silver and six bronze medals in the count, but most significantly, it was a display in which legacy was written practically every day, with the delegation staying true to the Games' slogan of 'Spirit in Motion.'

Before the Tokyo Paralympics, India had a total medal count of 12, but that number has since risen to 31. India had sent 54 athletes to the Games, which was a record for the country. India's previous best medal tally was four at the 1984 Stoke Mandeville and New York Games, and four at the 2016 Rio Paralympics. Shooting took home the most medals, with five, followed by high jump and badminton, both with four.

There were also numerous notable milestones to celebrate, with Bhavina Patel being the first Indian woman to win a Paralympic medal in table tennis, and Harvinder Singh emulating the feat in archery. However, it was shooter Avani Lekhara who made history by being the first Indian woman to win a Paralympic gold medal.

To celebrate India's most successful ever Paralympic Games, let's take a look at its top performers.



India's special 19 create history at Paralympics



Athlete	Medal	Event
Bhavina Patel	Silver	Women's singles table tennis Class 4 category
Nishad Kumar	Silver	Men's high jump T47
Avani Lekhara	Gold	Women's 10m air rifle shooting standing SH1
Devendra Jhajharia	Silver	Men's javelin throw F46
Sundar Singh Gurjar	Bronze	Men's javelin throw F46
Yogesh Kathuniya	Silver	Men's discus throw F56
Sumit Antil	Gold	Men's javelin throw F64
Singhraj Adhana	Bronze	Men's 10m air pistol shooting SH1
Mariyappan Thangavelu	Silver	Men's high jump T42
Sharad Kumar	Bronze	Men's high jump T42
Praveen Kumar	Silver	Men's high jump T64
Avani Lekhara	Bronze	Women's 50m rifle 3 positions shooting SH1
Harvinder Singh	Bronze	Men's individual recurve - open archery
Manish Narwal	Gold	Men's 50m pistol SH1
Singhraj Adhana	Silver	Men's 50m pistol SH1
Pramod Bhagat	Gold	Men's singles badminton SL3
Manoj Sarkar	Bronze	Men's singles badminton SL3
Suhas Yathiraj	Silver	Men's singles badminton SL4
Krishna Nagar	Gold	Men's singles badminton SH6



Sydenham College of Commerce and Economics organized a virtual Independence Day celebration on the 15th of August 2021, on the occasion of India's 75th Independence Day.

The theme of the program was "KHELO INDIA: SAATH HAI HUM" an effort by the students to support and encourage Indian Athletes to pursue Sports and establish India as a great sporting nation.

75th Virtual Independence Day Celebration

The event consisted of multiple performances including dance, music, and much more. The chief guest of the program was Lt. Cdr. Bijay Nair, a Veteran Navy Officer. Mr. Nair is also a Fit India ambassador and an ultra-marathon runner. The special guests for the event included Mr. Ajit Lalvani, Mr. Ashok Pradhan, and Mr. Kaushal Sampad.

The initiative was taken by Sydenham Alumni Cell in collaboration with the NSS Unit of the college under the guidance of Prof. Dr. Ritesh Singhal and Prof. Rajendra Mali. India's pioneers of Karate, championed by Shihan Pervez Mistry, Sensei Shyam Kotak, Sensei Burge Cooper, Sensei Zeenat Mistry also shared their experience in Karate and showcased their skills at the grand event. Along with this, the program also featured the students of Shri Sanskar Matimad Mulinche Balgrah, Dhule an NGO working to support disabled children to face all the challenges that come their way.



Sensei Shihan Pervez Mistry
Sensei Zeenat Mistry



Sensei Shyam Kotak
Mr. Prameet Kotak



Mr. Kaushal Sampat

The students organized this illustrious program which embodies sportsmanship and encourages all towards a better India. The event received a lot of recognition and admiration from the audience. With more than 1.5k views in just an hour of being premiered, it was an outstanding effort taken by the students.

Some of the reviews received by our Professors and Alumni include the following:

Well organized program. Students participated with great enthusiasm. Indeed it was a day of Khelo India saath hai hum which was a tagline of Independence day celebration 2021.

- Prof. Dr. Saumitra Sawant



The 75th independence Day was virtually celebrated by Sydenham Alumni Cell in collaboration with the NSS unit of Sydenham college was a well organized and nicely conducted program by the students. From the girls' point of view, the Self Defence Techniques session by Mistrey couple & Shyam Kotak and his son Permeet Kotak was a good initiative.



Students of
Shri Sanskar Matimad Mulinche Balgrah,
Dhule



A casual interview with chief guest Mr. Bijay Nair, Lt. Commander, to know about his struggle & motivation, his achievements, as well as a motivational message to the students was an innovative thing instead of a routine kind of speech. A video clip on the theme of the program 'Khelo India' showing the achievements of the college students, was also nice.

The performances
by the students were nice
& the song
'Dil Diya hai Jaan bhi
denge a vatan tere liye '
was fabulous.



In all, the program was really nice and a great initiative by Alumni Cell and NSS unit of the college. I congratulate Dr. Ritesh Kumar Singhal & his team as well as Prof. Rajendra Mali & his team for the well-organized program.

- Prof. Smita Kuntay

Congratulations to the team Sydenham for a superb show. The programme contents are improving with every programme. Keep it up.
 - Mr. Ashok Shah



Congratulations to the Team for a very inspiring effort to project the importance of sports, and physical and mental fitness for our youth.

-Mr. Khurshed Pastakia

Excellent program by Alumni Cell. You can start a TV Channel. Congrats for utilizing your freedom so artistically and with such superb aesthetics. Keep it up.

-Mr. Ashok Pradhan

It was so nice. Well organized and perfect presentation.

-Prof. Dr. Gawli

Ageism Revisited



- Virjanan Mulloo
Batch 1973

What is Ageism?

This article is not necessarily meant for elders and Senior Alumni but is aimed at people of all ages as they are all concerned.

We all have quite often come across the words- racism, casteism, etc. all of which connote an element of discrimination. So is Ageism which is another form of prejudice and discrimination on the grounds of age which in fact is more resistant to change. It is not a new concept but is rarely talked of but on the other hand, is practiced quite often without one's knowledge.

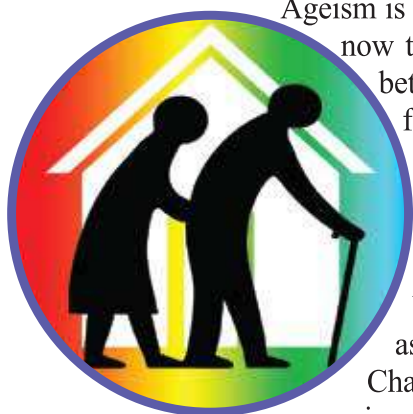
Ageism deprives the elders of choice, respect, independence, dignity and negatively impacts their confidence, job prospects, financial situation, and their quality of life.

Ageism is the practice of treating our elders as helpless, unproductive, and powerless. Age discrimination is not a new phenomenon but it is a serious issue as it may contribute to depression and lacking self-worth among the elders.

Ageism can be present at a family level, at work level, and also elsewhere.



Ageism in the family



Ageism is often directed at elderly family members. Respect to elders seems now to be a forgotten episode. The question of elderly abuse at home between children and parents for various reasons is also a common factor. Teaching family members about ageism and the elderly increases their awareness and empathy for issues that affect older relatives.

By exposing family members to older relatives, the chances of these family members exhibiting ageism are decreased. They will learn better ways to approach the elders and will discover the positive aspects of 'growing older.'

Changing the language the family uses is one method of combating ageism. Using ageist language does not contribute to a family environment that accepts elderly relatives. Any language that talks about old age as negative or unwanted should not be used.

Americans make jokes and comments about growing old that perpetuate negative stereotypes about ageing. Seniors are portrayed in a negative light.

In fact, the whole attitude towards our seniors should undergo a thorough shift from indifference to a more humane and genuine concern about their physical and emotional changes.

Ageism and employment

Studies have shown that interest, motivation, and skill do not decline with age. It is a fact that some employers do continue to perceive older workers as resistant to change, slow to learn new skills, and uncomfortable with new technologies.

Although we know that productivity may decline with age, research has revealed that some intellectual functions do improve with age.

Ageist attitudes, which may be hidden persist in the workplace. Sometimes older employees are denied promotions as they are considered as lacking potential or drive.

Dr. Staudinger of Columbia University, New York City pointed out that older persons are passed over for jobs despite their experience and qualifications. Also, their bosses assume that they are not open to change and hence they are not included in new projects or assignments.

An example is that Actor Pierce Brosnan cited ageism as one of the contributory factors as to why he was not asked to continue his role as James Bond in the Bond film 'Casino Royale' released in 2006.

On the other hand, it is claimed that certain attributes of older workers, such as greater experience and less absenteeism make older workers comparable or even of greater value to employers than younger workers.

There are numerous examples of seniors achieving excellence in various walks of life ranging from political, scientific, social and sports fields abound both at local and at international levels.



Ageism and Health care

Seniors often face difficulties accessing quality health services. Ageism can have a negative impact on their health and wellbeing. Research has shown that discrimination against the elderly in health care does exist and that older patients actually receive less aggressive care than do younger patients.

A study by the Help age International revealed the existence of deep-rooted ageism within the health sector including denial of medication, abuse, neglect, and negative attitudes by health workers.

There should be increased access to health services for older people and their involvement in all efforts towards the achievement of healthy ageing.

Ageism and Covid-19 Pandemic Impacts.

The Covid-19 pandemic is a health, economic, social, and humanitarian crisis of unprecedented scale. Evidence has shown that people in older age are among those at risk of complications from the disease.

The United Nation Secretary-General has expressed 'deep concern over the escalation of ageism, including age discrimination and stigmatization of older persons, which aggravate their vulnerabilities, highlighted the need for solidarity between generations and have pledged to fully promote and respect the dignity and rights of older persons and to mitigate the negative impacts during and after the Covid-19 pandemic on their health, lives, rights, and wellbeing.'

Ageism has been evident in many forms throughout the pandemic. This includes the use of dehumanizing language by certain media and also some decision-makers and

influential persons who have been ageists and treat older people as frail rather than with dignity and equal members of the society.

Older people have also had their income and standard of living impacted by the crisis, due to insufficient provisions during the lockdown, disruption to social pensions payments, lack of access to cash transfers or food. Lockdown has meant losing their source of income.

It has been found that the absence of an international legally binding human rights instrument for older people contributes to all those problems.

Hence a new UN Convention on the rights of older people would provide a solid foundation for the world to recognize that a person's rights in society does not diminish with age. Let us hope the UN now corrects this anomaly.

OVERCOMING AGEISM

1. Promote intergenerational activities. Younger people, as well as seniors, should be invited to discussions and ask for their input. Being old does not necessarily entitle one to more respect. Kids deserve respect too. Let us reframe the aging process, build a bridge and create a truly intergenerational society. Children should be taught the concept of the life cycle with positive images of old age.

An attempt should be made to participate at family gatherings where there are people of all ages.

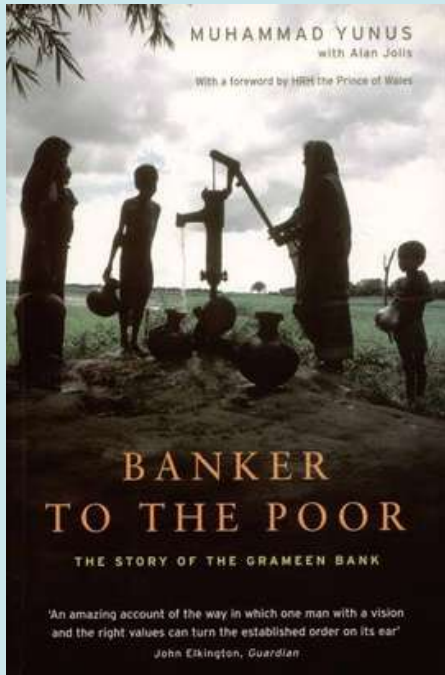
2. Older people should follow the news, live in the present, and look to the future. They should show their children and grandchildren that they are also aware of what's going on around them. Use email and social media for communications.

3. Organize Consciousness-raising discussions to get rid of perceptions and prejudices using personal experiences to allow new thinking. This is where the role of associations dealing with seniors comes into play.

4. Show more positive images of seniors and of ageing in the media like featuring productive, active, and successful seniors in television shows and commercial advertising, and other domains. Let the youngsters be influenced.



Book Review of The Ingenious Banker to the Poor



Dr. Muhammad Yunus is that rare thing: a profound visionary. His aim is to completely wipe away the world's poverty. In 1983, Yunus founded Grameen, a bank dedicated to giving little loans to the poorest of Bangladesh despite the recommendations of banking and government officials. Grameen Bank is presently providing over \$2.5 billion in micro-loans to over two million rural people in Bangladesh based on the conviction that credit is a fundamental human right, not the privilege of a wealthy few. 94% of Yunus customers are women and the payback rate is around 100%. Globally, Grameen-inspired micro-lending initiatives thrive with more than 300 programs in the United States alone.

Muhammad Yunus' Banker to the Poor recalls how he chose to transform his life to serve the poor of the globe. In it, he describes the intellectual and spiritual journey leading him to revise the economic connection between rich and poor, and the difficulties experienced by him and his colleagues in establishing Grameen. It also offers intelligent, high-spirited counsel to all those who want to join him, so that one day our children visit the museum and ask them how we would have permitted such an awful thing to last so long.

Banker to the Poor is a necessary and inspirational reading for anyone interested in economics, public policy, philanthropy, social history, and business.

Dr. Yunus proved that it is possible to lift the poorest out of poverty. He opened the eyes of bankers who stick with the idea that lending could happen only when collateral is secured. His experience illustrates the private sector is not only for the greedy but also for social-minded individuals.

We would encourage students and adults to give this book a read as it will help in establishing the idea that businesses can be used for social benefit without exploiting the impoverished while reaping profits.

About the Author

Dr. Muhammad Yunus is a Bangladeshi banker and economist. He previously was a professor of economics and is famous for his successful application of microcredit—the extension of small loans given to entrepreneurs too poor to qualify for traditional bank loans. Dr. Yunus is also the founder of Grameen Bank. In 2006, Yunus and the bank were jointly awarded the Nobel Peace Prize "for their efforts to create economic and social development from below."

He has also received several other national and international honours. Dr. Yunus is one of the founding members of Global Elders, a group of public figures noted as elder statesmen, peace activists, and human rights advocates whose goal is to solve global problems by using "almost 1,000 years of collective experience" to work on solutions for seemingly insurmountable problems like climate change, HIV/AIDS, and poverty, and "use their political

independence to help resolve some of the world's most intractable conflicts."



Dr. Muhammad Yunus



THE POWER OF GOALS

It was Conrad Hilton the founder of the world-famous Hilton chain of hotels who said, “Success is made to order.” He was right – for an achievement is a sum total of many things – talent, aptitude, knowledge & desire. If we analyze each of our achievements, we will soon discover that it all started with the goal that we wanted to achieve. Well-defined goals, tackled with competence and confidence through a proper plan of action are the building blocks of achievements. They are our escalators to tomorrow, a vehicle that takes you to success.



WHAT ARE SOME OF THE IMPORTANT POINTS
TO REMEMBER WHEN YOU GO ABOUT
SETTING GOALS AND PLANNING FOR THEM?



1

YOUR GOALS SHOULD BE “SMART”

It is very important that your goals be:

Specific Measurable

Attainable Realistic Time bound

2

WHAT EVER YOU DO, PUT YOUR WHOLE MIND TO IT

In America, Swami Vivekananda saw some kids standing on a bridge, shooting eggshells floating in the lake. The children were always off the target. Swamiji took a gun, stood still for few minutes and then fired twelve shots. Each time it hit an eggshell. Swamiji turned around and told the awe – struck boys “Whatever you do put your whole mind into it. If you’re shooting, your mind should be on the target. If you’re learning, think only of the lesson.”

3

BE & ACT ENTHUSIASTIC

The worst bankrupt is the person who has lost enthusiasm.

Let one lose everything but enthusiasm and that person will come through to success. Of course there will be difficulties and obstacles.

There are two possible attitudes to take at such a time.

One is to let it discourage you, making you feel helpless and hopeless.

That attitude is of course disastrous.

The other way is to cultivate a positive attitude towards what you can do to solve the problem in the best manner possible.

4

TAKE EFFECTIVE DECISIONS

Most people have no idea how much stress they can create through indecision. If you are the kind of person who cannot decide between two courses of action, afraid that the course you choose might turn out to be a mistake, it is important to bear in mind that indecision is expensive and nearly always the worst mistake you can make.

Of course some decisions require a great deal of thought and maybe some more information. But once all the facts are available, the successful individual will reach a decision and stop thinking about the various pros and cons, so that he can devote all his energy and effort to making the decision work.

5

AVOID PROCRASTINATION

Procrastination is the greatest disease that afflicts mankind. Although the disease is wide spread, it is important that we do not ignore it. Successful people do not procrastinate especially in matters they know are important to them. As someone has rightly said people don't fail because they intend to fail. They fail because they fail to do what they intend to do."



- Mr. Nikhil Desai
Batch 1979

To sum up, setting "SMART" goals, putting your whole mind to the task at hand, being enthusiastic, taking effective decisions and avoiding procrastination are five keys to help you climb higher in life.

Kemp's Corner Nostalgia



Palmer confectioners located next to Kemp & Co., the pharmacy that was called after Kemp's Corner; Palmer's famous baker was Pierotti. The still-standing, magnificent Renaissance Revivalist-style home simply labelled 'No.125 Kemp's Corner' may be found next to Palmer's. To consider a joke like this "What did one banana ask to another? Marry me, I'm akela " got Amitabh Bachchan burst out laughing. In Allah Beli, the Kemp's Corner café, now the Gangar Opticians showroom, he and Anwar Ali, comedian Mehmood's brother, cracked jokes nonstop. They celebrated with kheema pav and paani kam chai, having been given a few hundred dollars for eyeblink parts as lads singing and drinking in Merchant-1970 Ivory's film Bombay Talkie.



Though classic haunts such as the Irani restaurant have disappeared, this palm-fringed boulevard has a great deal of beauty — from St Stephen's Church to the Parsi Doongerwadi, from India House (of the Air India hoarding) to the shop-crusted Chinoy Mansion. Kemp & Co., a prescription pharmacist in a roofed shop, named Kemp's Corner. Since 1964, the city's first flyover has altered the area's east end. Residents, who were unaccustomed to a cement giant nuzzling their windows, hated the invasion of privacy and were concerned that pissing visitors would have new walls to relieve themselves against. The motorcade of Pope Paul VI, the first Pontiff to visit the nation, was met by a rapt audience to open this civil engineering masterpiece.



Manize Salon has relocated to a location near to where Manize Kharas first opened it in a yellow-washed house in 1959. "Manize was a true entrepreneur," recalls her nephew Cyrus Driver. "She carried Bombay Dyeing fabrics, had a hair and beauty treatment cubicle with two seats, a tiny ice cream stand, and a mezzanine tailoring area. Jean Junction, India's first dedicated jeans boutique, opened in 1974."

Kemp's Corner like a St Mary's School reunion in progress. There are far too many interviews who prove to be old guys. They offer upbeat to raucous anecdotes, ranging from "Millionaire (couturiers) was Atta Tailors where we played hand-cricket while waiting for the bus" to "God, how we stole Bull's Eye chocolates and Phantom cigarettes from Variety Stores!"

The legendary radio journalist Ameen Sayani, who used to live at Pervez Mansion on Cumballa Hill Lane. New Era School teacher Amy Moos concealed nationalists Aruna Asaf Ali and Achyut Patwardhan in Cumballa Chambers, directly across the street from the Sayanis. "For dinner, they came to us. We were well aware of the need of keeping their whereabouts a secret. Kemp's Corner conjures up images of patriotism and commitment to the greater good."



Note: The article is inspired by the experiences of Meher Marfatia, who describes her vivid interactions with distinguished celebrities as well as people associated with Kemp's Corner.

Nostalgic Memories Of The Past

Colaba was a lovely place to live in during the '60s, '70's and '80's. Sparkling clean roads. They were cleaned by the BMC with water every day. Luscious old big trees, providing shelter to the flats of old buildings. Exuberant greenery all around. Ahead of Colaba Post Office began the armed forces area. R. C. Church, Afghan Church, Holiday Camp, were the mini Deolali of Bombay city. If you just walked straight from Colaba Post Office to the end of the road, straight a 2 km stretch you would end up at the Arabian Sea. No land to be seen for miles ahead. Just before the end of Bombay (about 300 meters before) was our delectable Defense cinema, resembling a cinema hall on a hill station resort. It was a scenic location, full of greenery.

Two buses that transported us to the end of Bombay were 123 (Bombay's best route) and 103. Mr. Mehrotra was the manager till the early '80's and Mr. Rajoo was the Assistant G. M. of our cinema hall. Memories gush back of many a movie viewed at this small cinema hall. Geet Gaata Chal, Piya Ka Ghar, Aan Milo Sajna, Khotey Sikkey, Johnny Mera Naam, Deewar etc. There were only 2 sections to sit in our hall.

First was the Upper Stall and the second was the Lower Stall. The upper Stall comprised of 5 rows whereas the lower Stall comprised of 24 rows. I loved the E row at Defence. This was the entry for Upper Stalls ticket holders. The beginning and Interval of the movie would be irritating since most of the crowd would come into the theatre. But by the time the movie started, you could stretch your legs and have a siesta.

Those days when movie timings were 6 PM. Movies would start at 6:20 PM. Nice breathing time was given to wash up, strike a conversation with Mr. Mehrotra or Mr. Rajoo and then proceed to our seat, Tan Ta Tan, for the main movie. It was a non A/c theatre, but we never felt too hot. Our Bombay city was never so hot 40 years ago. Interval time means snacking on two samosas along with popcorn.

One of the most exciting aspects of viewing a movie at Defence theatre was its crowd. Deewar was a pleasure to view here. Whenever Amitabh spoke a "zara hatke se" dialogue, the crowd would burst into raptures. Whistling, clapping, applauding. The excitement of the crowd made you enjoy the movie more. Our theatre for



the last 10 years has been renamed Sena and is very much functional. Refreshing memories.

How many of you remember Mithun Chakraborty swinging, singing, and shaking every part of his body to "I am a Disco Dancer". Yes, the '70s were the beginning of our Disco era in Bombay. Most of our discos were located in South Bombay. And what fun it was shaking our body to "She's crazy like a fool What about Daddy cool.....". Those were the memorable days. It began with Bullock Cart (more of a jamming joint than a disco) in 1969 (situated where old Copper Chimney was located at Kalaghoda). Slip Disc (the most happening disco in the early '70s, Blow Up (Taj Mahal Hotel), Cellars (Hotel Oberoi Sheraton), and Studio 29 (located where Bombay International Hotel stood at Marine Drive) along with a few discos in the suburbs. Take off, Xanadu (at Holiday Inn), and Cavern (Hotel Sea Rock) were the discos visited in the suburbs (nice long drive) by us. Bullock Cart closed down in 1971. Cellars was swinging till the early 90s. Blow Up at Taj was renamed as the 1900s and Studio 29 shut shop in the late 80s.



Saturday night was Disco night. Most probably we would jam at Studio 29 or Blow Up. At times Slip Disc. And Rarely Cellars or Cavern and quite often at Xanadu.

At 7:30 PM we would start dressing up (like John Travolta in SNF), shave, bath, shampoo, blow-dry, comb, wear chains, wear bracelets apply Givenchy, or Jovan Sports or Grey Flannel or Brut. Smell like a garden, gearing up for our night's fiesta. The meeting place would be fixed at 9:30 PM.

Two cars minimum. At times 2 couples in one car. And sometimes 3 couples in one car and we would zoom off to our destination. Find a decent table, get seated, order snacks, and then dance wildly. Normally we would begin our night requesting our DJ to play "Night Fever", "Night Fever", "Night Fever" in the beginning. Off the Wall (Michael Jackson) sometime in between and waltz away the night on "Night's in White Satin". Around 1 AM and 2 AM, our DJ would play the Saturday night masala song. Beginning with "Come to Bombay, Come to Bombay, Bombay meri hai" and ending with "Galya Sankli sona chi hi porgi kona chi" and some Discos even added "Bombay se aaya mera dost – dost ko salaam karo".

Shaking our body wildly, sitting, snacking, drinking, and enjoying ourselves thoroughly to our lovely musical medley. Never to be forgotten, there was an amazing disco at Worli. It had a heavenly ambiance to soak in. Terrific fun. Those were some nostalgic memories to be cherished.

The other discos or nightclubs that sprung us by the '90s were RG's (Hotel Natraj), Rock Around the Clock (Bandra – Hotel Metro Plaza), Cyclone (at The Leela), and Fire n Ice at Lower Parel. We visited RG's quite often, but it was more of a nightclub (not our typical disco).



And how could we forget our toddler days when we could hardly walk but go pony riding at the Bandstand of Cooperage situated between Wellington Mews (these were horse stables during the Britisher's time), Taj Group of hotels took over and made it their godown for about 50 years. Last 15 years they have built a Taj resident's hotel. Colonial Bandstand next to Oval maidan was our favorite destination during our childhood days.....Ghodawallas ferrying us for seven rounds of Bandstand on our favorite ponies. My favorite pony's name was Badshah (cute brown and white pony, not too tall, not too short).



While going round and round we would wave at our parents at every round. Very picturesque location, full of lustrous greenery, lovely gardens and old trees..... 2 swings, a slide, and the wooden plank for two people sitting opposite each other to go up, go down, go up, go down.

Dad told us that during the mid 30's to the mid-'40s a Naval band would play every Sunday at Bandstand between 5:30 to 6:30. Our stand would be packed. Chairs would be placed and roadside eateries would thrill our patron's taste buds with delicious snacks. What fun. Yet alive. Yet kicking on.



Mozam P Murzban
Batch 1981



Bade Miya behind Taj Mahal hotel opened shop in the late '60s. They would serve only sheikh kebab, mutton boti, liver boti, chicken boti, and kheeri boti along with rotis. Within a span of 3 years, this road stall became so popular that people would queue up for their barbequed delicacies from 8 PM in the night to 4 AM in the morning. Such was the craze of Bade Miya. Preparation of botis was really tasty, the chunks of mutton/chicken marinated with garam masala, salt, red chili paste, and ginger garlic paste along with a dry masala paste and papaya paste added with curd. The botis would be placed on skewers and prepared on burnt coal pieces. A cane fan would be used to make the coal pieces reddish black. And within 20 minutes your sheikh kebab would be served on a steel plate along with lime and chutney. The meat was so tender that a child would relish. The taste was so exotic and fiery that your taste buds would yearn for more. By the mid 70's Bade Miya became a household name.

People would come from Thane, Andheri, Goregaon to feast on our exotic delicacies. Their mutton roll was to die for. One would not be enough. You would yearn for more. Their chicken roll was also a sumptuous choice to relish. Pricing was reasonable those days and the taste was exquisite.

Some say that the Arab countries discovered the kebab preparations. Some insist on Persia being the pioneers. All in all, a kingly preparation of various meats.

INTERNATIONAL LITERACY DAY



Education is one of the most crucial components of a person's intellectual and psychological growth. Being educated and well-informed allows us to progress and leads to a more secure existence. The major goal of International Literacy Day 2021 is to promote this idea.

Every year on September 8, International Literacy Day is celebrated to remind people that literacy is the most significant part of their life. Individuals need literacy and education to flourish and build a sustainable world, however many individuals in the twenty-first century lack fundamental literacy skills.

International Literacy Day is an occasion to consider and explore how new and successful philosophies and teaching techniques may be used in adolescent and adult literacy programs to combat the pandemic and even beyond.

The COVID-19 issue has wreaked havoc on the education of children, teenagers, and adults on an unimaginable level. It has also exacerbated pre-existing disparities in exposure to meaningful literacy development opportunities, affecting 773 million non-literate children and adults disproportionately.



HISTORY

The United Nations Educational, Scientific, and Cultural Organization (UNESCO) designated September 8 as International Literacy Day to raise awareness and educate people about the significance of literacy as a subject of integrity and human rights. At the World Conference of Ministers of Education on the Eradication of Illiteracy in Tehran in 1965, the concept of an International Literacy Day was created. In 2015, this day was also designated as part of the United Nations' Sustainable Development Goals program.

THEME FOR 2021

For over two years, the world has been afflicted by a global pandemic caused by the COVID-19 virus, and education and literacy have been severely impeded as a result. UNESCO has declared that International Literacy Day 2021 would be held under the subject "Literacy for a Human-Centered Recovery: Narrowing the Digital Divide" to help narrow the education gap.

According to the United Nations' website, International Literacy Day 2021 will concentrate on how literacy can help set the groundwork for a human-centered revival, with a particular emphasis on the interaction of literacy and digital skills that non-literate children and adults need. It will also look into what makes technology-enabled literacy learning accessible and engaging in order to ensure that no one is left behind. It will be a chance to envision modern literacy teaching and learning, both inside and outside of the context of the pandemic.





Sydenhamites can send their E-mail Addresses/Contact Details at **sydenhamalumnicell@gmail.com** for the free subscription of our monthly newsletter

Editor: Sakshi Chavan
Sub-editor: Paras Dhuliya
Layout Designer: Kaumudi Pradhan.

The views and opinions expressed or implied in THE SYDENHAMITE are those of the authors or contributors and do not necessarily reflect those of the Editorial Team or the SYDENHAM COLLEGE ALLUMNI ASSOCIATION . Material in this publication may not be reproduced, whether in part or in whole, without the consent of SYDENHAM COLLEGE ALLUMNI ASSOCIATION