

The Sydenhamite

THE BULLETIN OF SYDENHAM COLLEGE ALUMNI ASSOCIATION/

FOR PRIVATE CIRCULATION ONLY/WWW.SYDENHAM.AC.IN VOLUME NO.2, ISSUE NO.10, MAY 15, 2022



From the Editorial Team

Dear Readers,

We now reveal the May Edition of "The Sydenhamite".

With this edition we bring forth a multitude of articles, ranging from Dupatta's to Butter Chicken to Executive Education. Yes, you read that right; We have a wild and amusing selection of this month's newsletter.

Furthermore, we have a must read— "India: Key to the Indo Pacific" a well articulated piece on India and its external relations. Then we have articles on the much celebrated occasions of Eid, Buddha Jayanti and Rabindranath Tagore Jayanti, which live up the the spirits of the celebrations. Lastly, an article "Event de Elite", an article on the Cannes Film Festival and its lesser known history.

With all that being said, without wasting any more of your precious time, go ahead and dig in!

Happy Reading!



A Sneak Peek into the May 2022 Edition

1. Dupatta Bazaar: Making Iconic Fashion Statements.



"The sleepless nights, never letting one setback hold their ambitions in place have made 'Dupatta Bazaar' one of the Largest Dupatta sellers in India.

Mr. and Mrs. Garg, has surely let every young lady relive the 'lal dupatta mera' bollywood version by establishing this successful venture. Kudos to them!"

2. Popular Delicacies to feast on in Mumbai.

"...How times have changed. During our college and working days, snacking would mean either a vada pav, bhel, punjabi samosa, dabeli, masala dosa etc etc etc. But nowadays our guys and gals snack mainly on Pizzas and Burgers. Change is constant. The clock must turn. C'est la vie."



3. India: Key to the Indo Pacific

"...The prime talk, lately has been due to the current government who has made several visits to the neighbouring as well as countries seven seas afar concerning bilateral strategies, regional and global issues. The accelerated growth in India's urban sprawl, population and wealth over the last few decades has had a remarkable impact on the commute of its citizens...."

4. Why Executive Education?

"...Executive education is the shield and spear for upcoming as well as experienced professionals which will help them take on any challenge that they are likely to encounter in their work life...."



5. Event de Elite

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6. Eid Al Fitr

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7. Rabindranath Tagore Jayanti

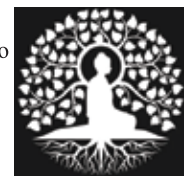


"Sir Rabindranath Tagore, The First Asian to win a Nobel Prize, was an exceptional poet, composer, playwright, painter and social reformer whose works remain evergreen. He was indeed an unparalleled personality without any doubt...."

8. Buddha Jayanti

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Followers from all across the world attend sermons on Buddha's life and teachings. People traditionally wear white, avoid eating non-vegetarian cuisine, and distribute kheer, as a woman named Sujata is said to have offered Buddha a bowl of milk porridge on this day...."



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Making Iconic Fashion Statements.

Mr. Gaurav Garg and Mrs. Ratna Garg, the driving force of the brand, “Dupatta Bazaar”. Alumni of Sydenham College of Commerce and Economics since the year 2005, have already embarked on a remarkable journey since 2011 by setting in motion the gorgeous dupattas for sale. A modern enterprise walking hand in hand with the rural artisans. The fabric embroidered with beautiful prints, the brand is versatile in nature, ranging from retro to ethnic styles, incorporating colours of the seasons, trendy dupattas. Goes without saying that their fabulous Dupattas have caught eyes from the bollywood industry and are accessorised by celebrities.



Their business took a turn for the good in 2014, when they decided to switch to online mode. They launched the online portals for the then start up in India, times were starting to change as online business was accelerating up in the west, it was time for India to reach out its branches on e-platforms, having built up an online platform for the Business, it was a lesson to learn and apply for the years to come, their hard work and their ambition paid off with all the increase in the number of orders that they received as time passed by, on the top they have achieved their ambition of letting each and every woman, in search of her dupatta, embrace the one that belongs to her successfully.

The Co-owner, Mrs. Ratna Garg who heads the designing department says, “My days begin with Dupattas and end with them”. The addition to men’s dupattas, letting the customers create their own fashion statements by accessorising



with the dupattas, ways of styling it and bringing up varieties every month along with other avenues is keeping the enterprise on top of their game. The motto of the enterprise since the beginning has been customer satisfaction, their full potential is to make dupattas available in every corner of the world, they do not only ship in main towns of India but in the remotest villages of France, Mexico. Delightful as it sounds, it is an rising opportunity for Indians Apparel to reach corners of the globe, it has surely opened up the portals for many budding entrepreneurs who wish to lead in a niche-running market. The sleepless nights, never letting one setback hold their ambitions in place have made “Dupatta Bazaar ” one of the Largest Dupatta sellers in India. Mr. and Mrs. Garg, have surely let every young lady relive the “lal dupatta mera” bollywood version by establishing this successful venture. Kudos to them !!





A Slice Of Life

Popular Delicacies to feast on in Mumbai.

The Best Butter Chicken, preparation is served at the Dhaba restaurant at Claridges Hotel in New Delhi. There is no doubt about it. Butter Chicken originated from Delhi, sometimes during the 1950s. A man named Kundan Lal Gujral operated a restaurant in the city called Moti Mahal. Staff food would normally be prepared using leftovers of dry Tandoori chicken given moisture with a creamy spiced tomato sauce and butter. It's unlikely the staff even had the faintest idea of what they had stumbled upon; that is an internationally loved delicacy. But it is a simple truth of our world that most things in life are discovered by accident and so was our Butter Chicken. Mozam P Murzban.

Our Bambaiya version of this sumptuous dish can be savoured at the 40 year old Copper Chimney restaurant at Kalaghoda and Worli. The Kalaghoda outlet served this delicacy from the early 70s to the late 80s. It closed down for sometime and reopened at Kalaghoda at a different location in 2002. Alibaba, another famous eatery located near Apollo Bunder specialised in this delicacy from the early 60's to the mid 70's. They also shut shop and reopened in 2000. Back to our main course, This marinated creamy chicken having a specific butter flavour is truly a feast to our taste buds, best with tandoori naan. But I have my Butter chicken with rice. Pour the creamy buttery gravy along with chicken on my portion of rice. Keep the chicken pieces aside. Mix the rice and gravy thoroughly. Relish with a spoonful of creamy rice and slight chicken.

The next popular dish prepared in India is the biryani. If it's Biryani, it must be Mutton (chicken being a close alternative with meat prices skyrocketing) along with the chef's biryani masalas, steaming rice and a few potatoes are cooked together to add flavour to the Biryani, an Irresistible delicacy. To opt for

the tastiest Biryani in Mumbai my vote goes to Great Punjab restaurant (they serve halal meat) at Linking road. GP serves a very authentic biryani with spring/sliced onions (i prefer sliced). Preparation of Saffron cooked rice, alongwith the meat and mini potatoes. Masalas are so smooth in taste, meat so tender that a child could relish along with soft potatoes. Truly a feast to our taste buds. Delhi Darbar (Grant road) also serves tasty biryani and is open till 3pm in the night (always jam packed).



For the tastiest Chole Bhature preparation in Mumbai, there is no doubt that Cream Centre at Chowpatty, stands tall in this mixture of channa. Kailash Parbat at Colaba is a distant second. The chole at CC is prepared from real kabuli channas. To give them the dark colour they are boiled and steeped in tea leaves. Boiling is done all through the night. Next, onions, chillies and ginger are fried and our kabuli channas are cooked with them. Best had or only had with Bhature, which is an Indian deep fried leavened bread made with flour, salt and a leavening agent. Luscious preparation, enjoyed by every food lover since the last 60 years in Mumbai. My favourite vegetarian delicacy. Truly a delight.



And how could anyone survive without our Mumbaiya's favourite Vada Pav. Medium size balls of potatoes battered with chillies and coriander and deep fried till it gets its yellowish colour. Had piping hot between one piece of pav (bread) either mixed with a garlic chatni or a red gunpowder masala on the two sides of bread. A must snack for Mumbaiites. Truly enjoyed in the monsoons along with a cup of black tea. Authentic and consistent preparation according to me is at Aaram restaurant situated at Capitol theatre, opp CST Station. Vada pav stalls are spread all over Mumbai. First authentic stall was opened next to Dadar railway station, followed by the Fountain stall next to CTO. Heavenly Maharashtrian preparation.



Bhulpuri/Sev Puri is another mouth watering Mumbaiya snack. A preparation of Sev, Mambra along with sliced onions, sliced potatoes mixed with a slight garlic, tamarind, and lasun chutney with coriander and raw mango slices sprinkled on top, best served at B road Churchgate. (Sydenham College lane), Ooh i can have sev puri everyday, A treat for all taste buds.



How times have changed. During our college and working days, snacking would mean either a vada pav, bhel, punjabi samosa, dabeli, masala dosa etc etc etc .

But nowadays our guys and gals snack mainly on Pizzas and Burgers. Change is constant. The clock must turn. C'est la vie.





INDIA—Key to the Indo Pacific

India has always been in the limelight since its independence days, it is not new to India with the sudden turn of tables around the globe. Recent developments on the global scale has brought India to the attention of the easterners, westerners and the middle east. The ongoing war between Russia and Ukraine has brought India to the forefront by the European Nations to pick a side, whilst the Russian President Vladimir Putin applauds India's stand remaining neutral. The recent visit to India by Sergey Lavrov from Russia, United Kingdom and the US representative sent a bowl rolling down the alley on the same day, 31st March the representatives marked individual visits and were talked about on a global scale. The US has remarks about India forming an alliance with Russia, claiming that the Russians won't come to help if China violates the policy. This has been a direct indication towards any trilateral policy to be formed between Russia, India and China that the west won't be very jolly about it. Nothing substantial came out of the unofficial visit by Wang Yi as the Indian Government has been firm about the Ladakh area's issues with the Chinese army.

Since India has abstained from voting in the UNSC, there might have been strategic conversations between Austria and India, when the Austrian foreign minister Alexander Schallenberg visited india. As Austria has been a part of the European Nation, it is notable how the easterners have made substantial visits to India since the Ukraine and Russia issue has arised.

India stands as a peninsula in the Bay of Bengal in the east, the Arabian Sea in the west, and the Indian Ocean to the south. The nations surrounding these water bodies have had shaken hands with India for its strategic geographic positioning on the globe. It is notable that India has shared mari-time relationships with the Island Nation, Sri Lanka for more than 2500 years. The layouts of both the democracies in the south asian ocean holds

strategic significance. And India has already formed diplomatic relations with Bangladesh right after its independence, marking as the first nation to offer a hand. India has important geopolitical relations with Myanmar due to it lying exactly in the middle of the south east asian land. India's Buddhist Initiative will double the tourist visits from Myanmar. Now onto India's most talked about neighbour, Pakistan. The reconciliation talks among the Prime Minister of both nations have to bring out yet a positive outcome for both the nations.



India had a recent visit by the Japanese prime minister Fumio Kishida for the first time after his tenure began on 4th oct, 2021. The visit not only strengthened global strategic partnership from both sides but it also was to take updates related to highway projects and the 20km long bridge over Brahmaputra River that was built with Japanese Assistance and moreover trade related issues were discussed. Since 2014 both countries have achieved the target of 3.5 trillion Japanese yen public and private investments in India which includes several Japanese industrial townships in states like Rajasthan and Andhra Pradesh. It is remarkable to note that Japan is the 5th largest source of FDI to India. In recent developments many rail-infrastructure projects are being made in India through Japanese assistance like Mumbai-Ahmedabad high speed rail and many freight corridors and metro projects. Japan and India have shown cooperation in 5G and undersea cables, telecom and network security too.

On 14th Feb, Saudi Arabia General Fahad Al-Mutairi visited India for 3 days. The motto of the visit was to strengthen bilateral relations along with defence cooperation. Two aspects that shape the relation between Saudi Arabia and India are economic prosperity and dealing with terrorism, army officers from both the nations are undergoing various military training in the institution from both the countries. In the month of January, a German Admiral along with a German Naval Ship entered the Indian waters, now when a serving naval admiral enters waters of another nation in a naval ship, this indicates that there are talks related to defence in maritime security between both the nations.

The prime talk, lately has been due to the current government who has made several visits to the neighbouring as well as countries



seven seas afar concerning bilateral strategies, regional and global issues. The accelerated growth in India's urban sprawl, population and wealth over the last few decades has had a remarkable impact on the commute of its citizens. India's transport demand has spiked by 8 times since 1980 – that accounts as more than any other Asian economy. India's overall exports touch an all-time high of \$699.65 bn in FY22. Even after being called out as a developing nation, India has made progress in many sectors in the recent decade and is sitting strong at the table among other developed nations. India has been visited by the main Veto-power holding countries which marks as forming bilateral strategies with these countries which leads to the strategic formation in nature. India will become the centre point of the Indo-Pacific region as the UK, the US, France have been on the policy to form a strategic partnership.





Why Executive Education?

Some of you must have heard the term “Executive Education”, and to those who haven’t, you’re not to be blamed, as it is something which is yet to gain recognition in India.

With ever evolving times and changing market scenarios, what was expected of a professional – even half a decade back, is no more the same. In today’s time, executives need more than what is taught in a university course of marketing or finance. When information travels faster than a blink, there is a need for adept workers. Therefore, making continuous learning the key to a seasoned executive.

Top business schools around the globe have recognised the gap between the workforce and the growing demands of the industry and the need to bridge them. Thus coming up with short intensive courses with the aim of upskilling the workforce to tackle any adversity that may arise. These courses give practical skills on matters like latest technology, negotiations, strategic practices and so on. They focus on building core skills, keeping real life situations in mind.

In comparison to full time management courses, executive education in most cases does not require you to take a break from their career. These courses are designed to construct balance between education and work. You can also apply the newly learnt techniques from the course, in their workplace.

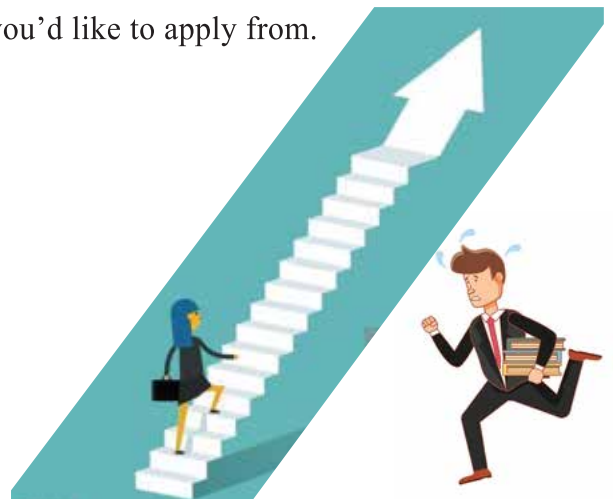
These heuristic certified programmes in resumes not only call for top reputed recruiter’s attention in your niche area, but also strengthens your position in your existing workplace.



Mid-level managers must improve their skills and broaden their perspectives. An executive education programme will put you in the same room as other accomplished leaders from other industries and backgrounds. Working on cases with your classmates, discussing cooperatively, and inventing new best practices will allow you to form strong and valued bonds.

Executive education is the shield and spear for upcoming as well as experienced professionals which will help them take on any challenge that they are likely to encounter in their work life.

In India, there are top management institutions which offer these courses, ranging from XLRI, Xaviers School of Management i.e private schools to IIM of Calcutta, Ahmedabad etc. these schools provide over 200 and more courses in their portfolio, designed from management to various artistic and creative ones too. The institutions set each other aside from all the facilities that they provide that differentiates and wants one to pick one over the other as it ranks over amenities. World’s Best Schools like Harvard, IIM, provide these courses online as well to create a hassle free education, these courses are provided with the in-classroom experiences to the students over the period of online-education. For more information over the courses, reach out to the websites of the institutions that you’d like to apply from.





Event de Elite

Festival de Cannes is a mythical film festival, where only the industry's most acclaimed make the invitee cut. Glamorous red carpet entries, opulent meals and feature films screening for days together is usually how every year it is described as.

Although the festival is not open to the public, the city is still a destination for movie lovers from around the world. The parallel scheduled to follow the main festival, known as sidebars, offers tickets for purchase. For those who are in business, festival attendance is a must every year. And for filmmakers, artists and actors, the event is where new talent and the latest trends are discovered. Cannes is a place to come and explore the entire world of cinema: students from film schools, art cinema, seasoned filmmakers and industry powerhouses. Although the Cannes film festival is a widely known event, very little is known about the history and politics behind it.



The International Film Festival was conceived as a rebuke of the interference of Adolf Hitler and Benito Mussolini. At the 1938 Venice Film Festival, Axis leaders were forced to change the official results, forcing propaganda films to be declared winners. In keeping with the outrage, French diplomat Philippe Erlanger launched a festive project without political power. In September 1939, this new festival was held for the first time. However, the German invasion of Poland on September 1 triggered World War II, forcing the festival to be canceled. Another repeat event would not take place until 1946 after the Axis defeat when Erlanger promoted the event again in Cannes. Despite the devastation of the war, money for the effort was raised through public registries.

Throughout these changes, the scandal continued to restore and strengthen the reputation of the festival. However, Cannes has made every effort to update its image and remain as the "Event for the Elite", even in the 21st century.



Eid Al Fitr

The aroma of delicious dishes and desserts adrift in the air, the children playing and frolicking around happily in their new clothes, collecting gifts and blessings from elders and joyous family gatherings are some of the things that come to mind and make us smile when we think of Eid. Eid Al Fitr which roughly translates to “the feast of breaking the fast” is an important Islamic festival celebrated with great delight by Muslims all across the globe. The festival features two or three days of celebrations wherein people greet each other with formal embraces and wish each other “Eid Mubarak” (Blessed Eid). They also offer special prayers in the morning. It is a common practice of offering the prayers (Namaaz) in congregations (Jamaat) in many countries. A delicious traditional dessert known as Sheer Korma is also prepared in several households and money and gifts are given to the children and the needy. The festival is mainly characterised by gift giving, offering prayers, social gatherings, festive meals and obligatory charity known as Zakat.

EID AL FITR BEGINS THE DAY AFTER THE SIGHTING OF THE NEW CRESCENT MOON WHICH MARKS THE END OF THE HOLY MONTH OF RAMADAN (THE NINTH MONTH OF THE ISLAMIC CALENDAR).



This year Eid AL Fitr is to be celebrated on 3rd May 2022 in India. The festival marks the end of the month of Ramadan, during which the Muslims fast every day from dawn to sunset. During the fast, one must not eat or drink anything at all. Besides being one of the 5 essential practices of Islam, fasting has many health benefits too. Studies have shown that this method of fasting helps in burning fats and detoxification of the body. Dr. Ruchika Midhas, a practising Dietician and Nutritionist says that studies have proved that this practice helps in increasing the number of red blood cells, white blood cells, platelet count, high density lipoprotein cholesterol and decrease the blood cholesterol, triglycerides, low density lipoproteins cholesterol. Apart from the fasting, other attributes of Ramadan include practising self control, charity, prayers and reading the Holy Quran frequently. This year, as several eagerly scan the horizon for the crescent moon on the night before Eid, we hope that along with it come good tidings, joy, happiness and prosperity to all families and people throughout the world. We wish all of you a very Happy Eid Al Fitr !!



Rabindranath Tagore Jayanthi

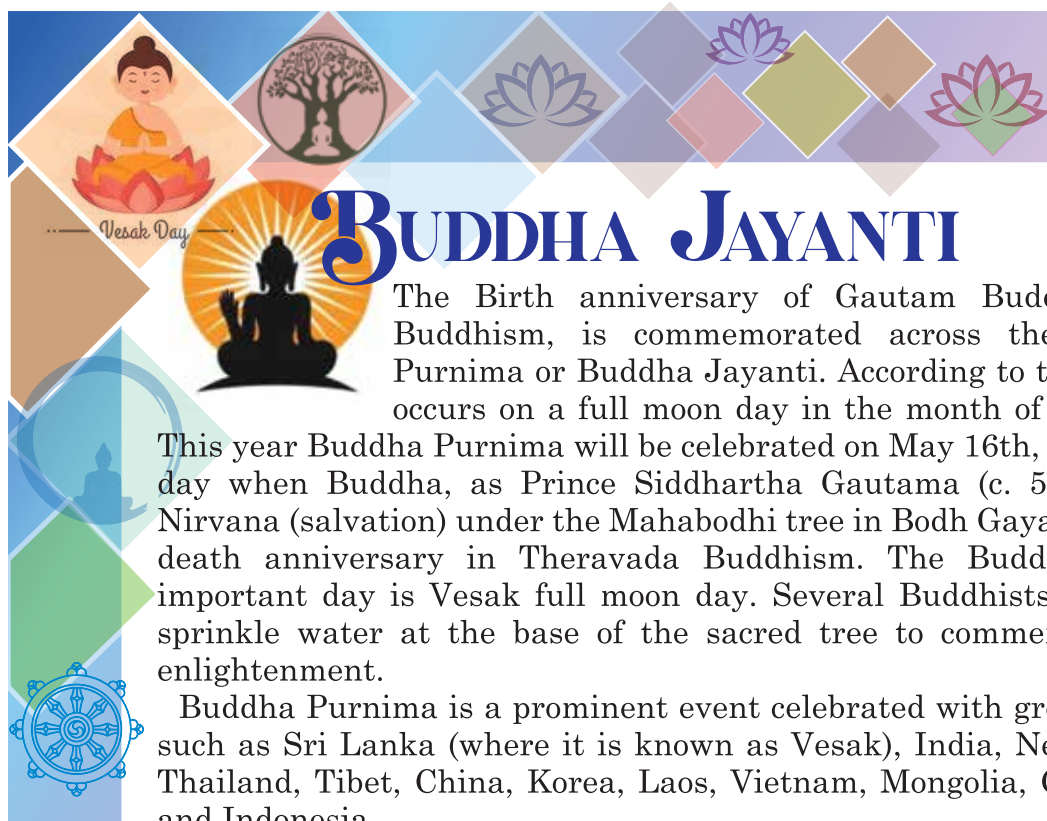
Sir Rabindranath Tagore, The First Asian to win a Nobel Prize, was an exceptional poet, composer, playwright, painter and social reformer whose works remain evergreen. He was indeed an unparalleled personality without any doubt. Every year, his birth anniversary is celebrated as Rabindranath Jayanti with great enthusiasm, around 7th May, to commemorate the influence, works and life of this incredible personality. Born on 7th May, 1861 in Calcutta, Rabindranath Tagore began composing verses at an early age. Every year, his birth anniversary is celebrated as Rabindranath Jayanti with great enthusiasm, around 7th May, to commemorate the influence, works and life of this incredible personality. Born on 7th May, 1861 in Calcutta, Rabindranath Tagore began composing verses at an early age. After completing his education in England, he came back to India in the late 1870s and started publishing many poetry books in the 1880s.



He also laid the foundation of an experimental school in Shanti Niketan where he strived to blend the best of Indian and western traditions and education. He travelled, delivered lectures and read his poetry extensively across the Americas, Europe and East Asia. He also became an important spokesperson for independence of India against British colonial rule. His writing includes portrayals of common people's lives, literary criticism, philosophy and social issues among many other themes. He was also a highly accomplished songwriter who wrote the Indian national anthem and many other wonderful songs. He was also a remarkable artist. Some of his paintings include the Dancing Woman, Woman's Face, Head Study (Geometric). His literary works have a reputation for revolutionising Indian literature. Some of his most

famous short stories include Kabuli Wala, The Postmaster, The Broken Nest, The Conclusion, Bhikharini etc. Not to forget, The Geetanjali, a collection of Bengali poems written by him won him the Nobel Prize for literature and is also a part of the UNESCO collection of Representative Works.

In one of his poems, a favourite of everyone in particular called "Where the Mind Is Without Fear", Tagore has described his version of a harmonious, prosperous and nearly perfect society. This Rabindranath Jayanti, let us pay a tribute to him by striving our best to achieve his vision and work towards the betterment of the entire human race, just like he wished us to do.

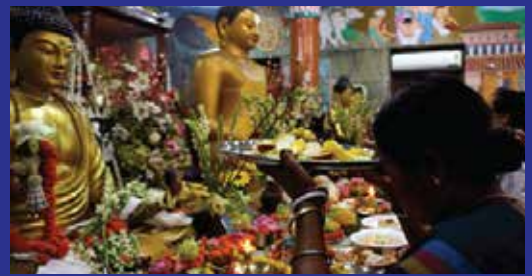


BUDDHA JAYANTI

The Birth anniversary of Gautam Buddha, the founder of Buddhism, is commemorated across the world as Buddha Purnima or Buddha Jayanti. According to the Hindu calendar, it occurs on a full moon day in the month of Vaisakh (April/May).

This year Buddha Purnima will be celebrated on May 16th, Monday. It is also the day when Buddha, as Prince Siddhartha Gautama (c. 563-483 BCE), gained Nirvana (salvation) under the Mahabodhi tree in Bodh Gaya, Bihar, as well as his death anniversary in Theravada Buddhism. The Buddhist calendar's most important day is Vesak full moon day. Several Buddhists visit the pagodas to sprinkle water at the base of the sacred tree to commemorate the Buddha's enlightenment.

Buddha Purnima is a prominent event celebrated with great fanfare in nations such as Sri Lanka (where it is known as Vesak), India, Nepal, Bhutan, Burma, Thailand, Tibet, China, Korea, Laos, Vietnam, Mongolia, Cambodia, Singapore, and Indonesia.



Buddhist devotees go to temples, light candles and incense sticks, pray, and offer sweets and fruits to Lord Buddha's statue. Followers from all across the world attend sermons on Buddha's life and teachings. People traditionally wear white, avoid eating non-vegetarian cuisine, and distribute kheer, as a woman named Sujata is said to have offered Buddha a bowl of milk porridge on this day.

On this day, many followers release imprisoned birds as a symbol of empathy and compassion for all living beings, which is one of Lord Buddha's most fundamental teachings.

"Every full moon day is an auspicious day for Buddhists,". According to the British Library's blog, "but the most important of all is the day of the full moon in May, because three major events in the life of the Gautama Buddha occurred on this day."

Buddha presented his first talk, Dhammacakkappavattana Sutta or Turning the Wheel of Dhamma, to five ascetics at the deer park at Isipatana in Benares, shortly after achieving enlightenment (present-day Varanasi). These five ascetics became his first pupils, and his teachings drew a large number of people to join the Sangha or monastic community. Lord Buddha went to his sick father to preach the Dhamma. Before he died, the king acquired arahatta (absolute holiness) after hearing his teachings. The Buddha then preached the Abhidhamma, or Higher Doctrine, to his former mother, who had been reborn as a deva in the Tavatimsa heaven alongside other deities. He then established a Buddhist nuns' order.



Here are some of Gautam Buddha's teachings that you can use in your daily life:

"It is better to conquer yourself than to win a thousand battles. Then the victory is yours. It cannot be taken from you."

"Believe nothing, no matter where you read it, or who said it, no matter if I have said it, unless it agrees with your own reason and your own common sense."

"The tongue is like a sharp knife... Kills without drawing blood."

"Teach this triple truth to all: A generous heart, kind speech, and a life of service and compassion are the things which renew humanity."

"We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves."



The Sydenhamite

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