

# THE SYDENHAMITE

THE BULLETIN OF SYDENHAM COLLEGE ALUMNI ASSOCIATION/FOR PRIVATE CIRCULATION ONLY/WWW.SYDENHAM.AC.IN  
VOLUME NO.1, ISSUE NO.4, NOVEMBER 15, 2020



## CA KEKI MISTRY - A LEGENDARY NAME IN THE FIELD OF BANKING & FINANCE



Mr. Keki M. Mistry is the vice-chairman and CEO of Housing Development Finance Corporation (HDFC). He brings with him nearly four decades of varied work experience in the Banking & Financial Services domain.

### Mr. Mistry's Association with HDFC

In 1981, Mr. Mistry joined HDFC Ltd., India's premier housing finance company. Over the years he held several responsibilities, prior to being inducted onto its Board as Executive Director in 1993. He was appointed as the Managing Director in 2000, as the Vice- Chairman & Managing Director in October 2007 and the Vice- Chairman & Chief Executive Officer of the Corporation with effect from January 1, 2010. Mr. Mistry is responsible for the overall functioning of the Corporation. Mr. Mistry has played a critical role in the successful transformation of HDFC into India's leading Financial Services Conglomerate by facilitating the formation of companies including HDFC Bank Ltd., HDFC Asset Management Company Ltd., HDFC Standard Life Insurance Company Ltd. and HDFC ERGO General Insurance Company Ltd.

## Awards & Recognitions

Some of Mr. Mistry's important recognitions include being awarded 'CEO of The Year' under BFSI Category at CNBC Awaaz CEO Awards 2019 (BMA), 'Management Man of the Year 2016' at the 37th Bombay Management Association (BMA), 'Best Independent Director Award 2014' by Asian Centre for Corporate Governance & Sustainability, the Best CEO Financial Services (Large Companies) 2014 by Business Today magazine, CFO India Hall of Fame by the CFO India magazine in 2012, One of Best CEO for Investor Relations – India at the Thomson Reuters "Extel Awards" – 2012, Best Banker of the Year in 2011 by Financial Express, awarded the QIMPRO Gold Standard 2011– Leader for Quality in Business by the Qimpro Foundation, honored with the 'CA Business Achiever of the year' award in the Financial Sector by the Institute of Chartered Accountants of India (ICAI) in 2011, declared as the Best CFO in the Financial Services category by the ICAI for 2008, CNBC TV18's Award for the 'Best Performing CFO in the Financial Services Sector' for three consecutive years - 2006, 2007 & 2008 and CFO of the Year for 2008 and selection as the 'Best Investor Relations Officer' in the Corporate Governance poll by Asiamoney (2008).

## Mr. Mistry's Achievements

Mr. Mistry is also on the Board of Tata Consultancy Services Ltd and Torrent Power Ltd. He is also on the Advisory Boards of a few Indian Corporates. He is a Member of Primary Market Advisory Committee (PMAC) constituted by Securities and Exchange Board of India (SEBI) and was a Member of Corporate Governance Committee constituted by SEBI in 2017 and Chairman of the CII Corporate Governance Committee 2016-17 to 2017- 2018. He is currently the Chairman of the CII National Council on Corporate Governance from 2019-20. Mr. Mistry has been a Consultant to the Commonwealth Development Corporation in Thailand, Mauritius, Caribbean Islands and Jamaica, guiding the companies to review and evaluate the operations of mortgage financial institutions in these countries and also to Mauritius Housing Company and Asian Development Bank.8).

- Mr. Keki Mistry (Batch 1975)



## Down memory lane

It was over half a century ago (53 years to be exact) that I entered the portals of the most prestigious Commerce College – Sydenham College of Commerce and Economics – the first college of commerce in Asia. Sydenham College is the oldest degree-awarding institution in commerce and was recognized as the best in India and the second-best in Asia.

I cannot believe how fast those years have flown! The year was 1963 - the golden jubilee year for the college which started in 1913 and was housed at Elphinstone College. I can remember some of the jubilee celebrations that took place in our first year, under the able stewardship of Principal K. T. Merchant.

In the sixties, Sydenham College only accepted the brightest students. A high first-class was essential to apply for admission. It is no wonder therefore that the college has produced some of the most successful entrepreneurs in the country. That is not to say that we did not excel in other extra-curricular activities. We had our share of sportsmen and women and also excelled in drama, music, and theatre.

The late **Vinod Khanna** – a much loved Indian actor, film producer, and politician was in our batch. In class, he was full of life and fun.

Then there was **Mehli Modi**, son of Sohrab Modi, prominent actor and Director of movies of yesteryears. Mehli followed his father's footsteps.

We also had midst us **Dhanu Khusrookhan** and **Vera Desai** well known for their dramatic prowess. They went on to perform on stage with many local drama companies.

Principal Merchant was instrumental in encouraging sports in the college. In hockey, we were extremely fortunate to have as our coach R.S. Gentle, triple gold medallist in the Olympic games. We fared reasonably well in the intercollegiate tournaments. More importantly, there was great camaraderie, amongst our sportsmen and an enthusiastic cheer squad including our principal K.T. Merchant who came and cheered the teams at the matches. The vocal support from the stands added to the fun – and the creative talents of the cheer squad and their singing motivated us to do our best.

Being a keen sportswoman myself, much of my time was spent at the Bombay University Stadium, representing the college, Bombay University and Maharashtra State in Hockey, Basketball, and Athletics and traveling around India for the various Inter-university and inter-state tournaments which made one professor sarcastically remark on the rare occasion

I attended his lecture, “I see you are still in college – I thought you had left college”. Many years later when I bumped into him, I mentioned this to him for which he profusely apologized.

**Mahakhurshid Byramjee** was a great athletic of our time – her special event was the 100 metres sprint and the pentathlon. She also played Hockey and Basketball, representing Maharashtra state in Basketball.

**Leslie Louis** excelled in athletics – He represented Bombay University, and the state in 100 metres and Long Jump.

**Hansa Narasimhan** captained the US Bridge team which won the World championships.

**Dilip Lakhani** was the Bombay University champion in Table tennis. **Gautam Thakkar** was a champion at Badminton.

In the academic field, many of my classmates have gone on to achieve great success in their chosen fields.

**Keki Dadiseth** has had an illustrious career of 27 years at Hindustan Lever Limited during which term he served as Chairman of the Board. He was also associated with the Unilever Group as a Director between 2000 and 2005. Even today he serves as an independent director on the boards of several companies.

**Mahakhurshid Byramjee**, a successful businesswoman, is an entrepreneur in real estate, buying land and constructing houses. Her late husband, Khushroo, a Chartered Accountant from the UK, was a man of great integrity and also the founder of Centrum, a well-respected Financial Services Group, providing wealth management services to HNIs and family offices, affordable housing finance. It operates from 142 cities

**Nimesh Kampani**, a good cricketer at College has become a Veteran investment banker and chairman of the JM Financial group of companies. He is one of the most successful businessmen in India.

**Dilip Piramal** is the Chairman of VIP Industries – India's largest luggage manufacturer.

**Pranay Vakil** is the founding chairman at Praron Consultancy India Pvt Ltd and on the board of several companies. He was previously the chairman at Knight Frank (India) Pvt Ltd.

**Deepak Parekh** is the Chairman of Housing Development Finance Corporation, India's leading housing finance company.

These are just a few of the success stories. There are far too many others who have done well for themselves. We are proud of each and every one of them.

It would be amiss of me to end without a word of praise for those who moulded us into becoming what we are today – our dedicated professors. The first that comes to mind is the late professor Khandeparkar. Respected by all, dedicated, kind, and helpful, he was always there for his students. Then there was Professor Faredun Merchant for Law, who after returning from France became Professor Freddie Marchant. Professor Kazi was our English teacher, Professor Nagpurwalla for Statistics, Professor Damania for Accounts, and several others whose names I cannot recall. A big thank you to all of you from a grateful batch of students, who themselves are nearing the departure lounge. Looking back over all these years, I can conclude that the four years spent at Sydenham were the most enjoyable, exciting, and valuable years of our lives. Now, in the twilight of our lives, we can sit back and reminiscence those years and say that time was kind and life was sweet.

**Mithi Daver (nee Banaji)**  
- Batch 1967



# THE HUMAN ENCYCLOPEDIA

## Sydenham during his time:

Mr. Ramesh Narayan joined Sydenham College in the year 1972. He enjoyed the first year and liked Professor Ms. Indu Shahani and Mr. Lalit Khanna who are the auditor of the IAA. Mr. Narayan was impressed by Professor Mr. S.V. Ghatalia for the fact that, the prescribed book was written by him. His favourite eating items included college canteen's samosas and flavoured milk near Churchgate station. He also discovered that he liked Economics and Laws and could handle Accounts.

“ Everything I have been able to achieve is because of relationships. relationships that I learned to make, nurture and forge when I was in college. And secondly, life is about friends and the friends you make early in your life, never leave you. And finally, let me place on record that I am willing to contribute to anything I can do with relation to Sydenham College.

## Professional Profile:

Ramesh Narayan founded Canco Advertising Pv. Ltd. He has been President Advertising Club, President Advertising Agencies Association of India(AAAI), President International Advertising Association(IAA) (India Chapter). He is presently Execom Member-Asian Federation of Advertising Associations. He was also President Rotary Club of Bombay.

## Milestones:

- > Industry doyen Mr. Ramesh Narayan has been conferred the unique distinction of the “International Advertising Association (IAA) Honorary Lifetime Membership Compass Award.”
- > The Asian Federation of Advertising Associations (AFAA) honoured Indian advertising veteran Ramesh Narayan with the AFAA Special Award at the inaugural session of the AdAsia Congress in Bali on November 8, 2017
- > He was inducted into the IAA India Hall of Fame
- > Mr. Ramesh has been Rotarian of the year multiple times

## About his book:

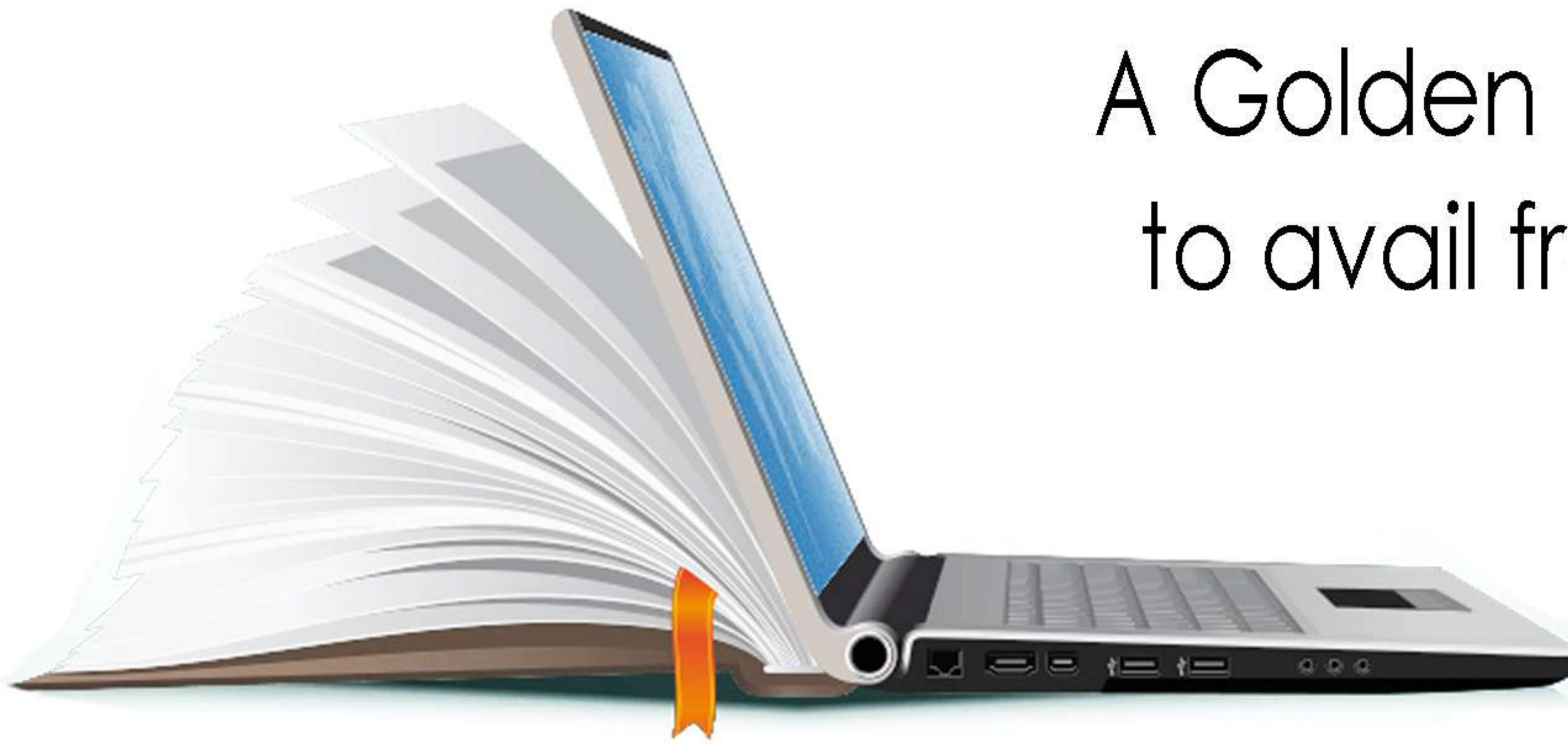
Mr. Ramesh Narayan is known for his immense knowledge of the industry stemming from his 23 years' experience in advertising. In his book 'Reflections-the Advertising and Marketing world around me', he reflects on some of the nuances of this industry and the partnerships forged in the way.

## Current Life:

Mr. Ramesh Narayan is a regular columnist in various publications and plays a very active role in industry bodies like the Ad Club, NRS and others. He is now inclined towards writing and photography apart from advertising.

- Mr. Ramesh Narayan  
(Batch 1977)

## Education beyond Books: A Golden opportunity for students to avail free courses on Coursera



The Sydenham Alumni Cell along with the Proposed Alumni Association took the initiative of providing the students of Sydenham College an opportunity to avail the benefit of the courses being provided on Coursera. The initiative was taken by Prof. Mohd. Virani. It was then discussed in the meeting of the New Courses and Fresh Faculty Department lead by Mr. Khurshed Pastakia. Mr. Ajit Lalvani, the Chairman of the Proposed Alumni Association along with Prof. Ritesh Singal, the professor in-charge of the Alumni Cell and Mr. Yash Babrekar, the Chairperson of the Sydenham Alumni Cell ensured that the students could reap the benefits of this golden opportunity.

The total enrollments on Coursera were 5454 and over 1723 hours of learning and in all 3549 lessons were taken. The courses were provided on various topics ranging from Finance, Communication, Data Analytics, and Mathematics to Computer Programming, Web development, Supply chain and logistics, and many more.

It presented an opportunity to the students of Sydenham College to learn beyond their books and to hone their skills on varied topics and learn a new course. This will help the students learn a new skill set but also increase their knowledge on a new topic and also play an integral role in their overall development

**coursera**  
education for everyone

## THIS DIWALI, BE THE LIGHT TO YOUR OWN DARKNESS

Diwali, one of the biggest festivals in India and one of the brightest festivals in the world illuminates the earth as well as the skies and brings joy abound on this world.

Deepavali literally means a row or array of lights. Diwali's essence lies in the sloka, 'Tamaso ma jyotirgamaya' which means "Lead me from darkness to light." It is the celebration of the awakening and awareness of the Inner Light which has the power to outshine darkness and clear all obstacles in life.

Celebrated on the thirteenth/ fourteenth day in the dark half of the Kartika Masa (October – November), it is a celebration of light despite being the darkest night of the darkest period.

Deepavali, the Festival of Lights, commemorates the return of Lord Rama after 14 years of exile and his victory over the Demon Ravana, thereby signifying the triumph of good over evil and knowledge over ignorance.

On this great joyful occasion people visit each other's houses, eat good meals, enjoy fireworks, buy new clothes for themselves and for others, decorate and light up their houses and shops, pray for success and prosperity and most noteworthy, share joy and happiness.

Diwali has all the charm, grandeur and splendour that can even illuminate our minds and hearts while also promoting the much-needed peace, harmony and brotherhood in the society. It is a festival that unifies every religion, every home and every heart.

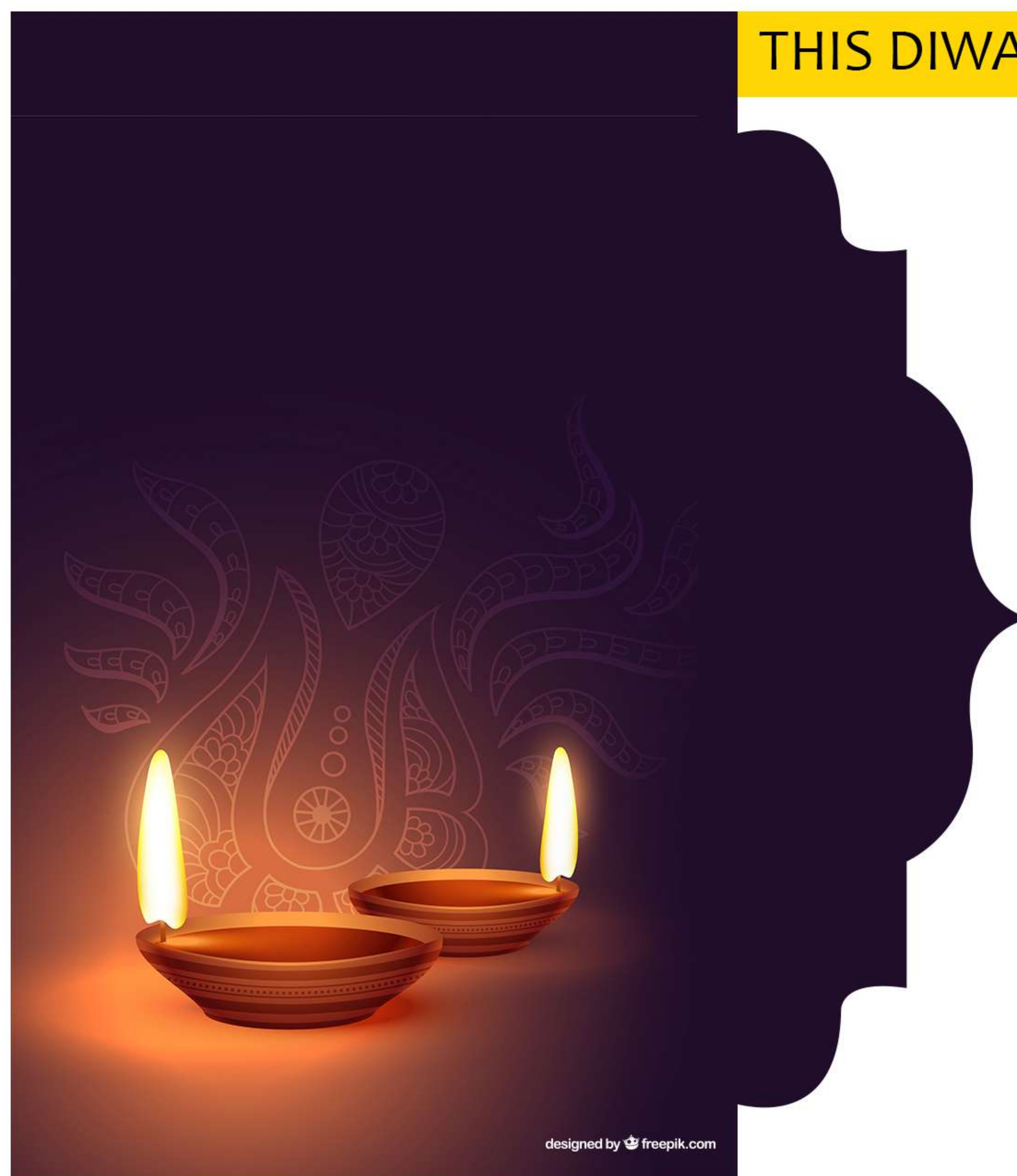
## JUST LIKE RAVANA, MAY ALL YOUR WORRIES BURN DOWN ONLY TO BE REPLACED WITH HAPPINESS AND SUCCESS

The festival's name is derived from the Sanskrit words *dasha* ("ten") and *hara* ("defeat"). It gives us the strong message that good will always win.

Dussehra is celebrated across the country in various ways with great fanfare- Mysore Dasara, Durga Puja, Kullu Dussehra, Vijayadashmi, Dandiya-Raas, Ramlila etc.

Every year, the nine-day Navaratri culminates in Dussehra on the tenth day and is celebrated during the Ashvin month of the Hindu calendar, marking the beginning of Autumn.

Autumn is a season of contemplation, slowing down, and appreciating the impermanence of things. In this season of transition, what are you most thankful for?



# 9 Days of Colours, Positive Energy & Joy



Navratri is a nine-day long Hindu festival celebrated with much fervour every year in the autumn. The nine-days of this auspicious and vibrant festival are solely dedicated to Goddess Durga and her nine avatars.

While the festival is celebrated for different reasons in different parts of India but the main theme remains the same—the victory of good over evil — be it Rama’s victory over the 10-headed demon king Ravana or Durga’s slaying of demon Mahishasura after nine nights and ten days of continuous battle.

During this festival families and friends get together to celebrate it as per their tradition. In Gujarat, Dandiya is played during the festival and mostly people fast and spend their time in prayer.

Real Fasting of Navaratri in the intellectual level means purification of the soul in the following ways -

<p>Day 01 / <b>Prathama</b> Black/Grey</p> <p>I will leave all my anger</p>	<p>Day 02 / <b>Dwitiya</b> Orange</p> <p>I will stop judging people</p>	<p>Day 03 / <b>Tritiya</b> White</p> <p>I will leave all my grudges.</p>	<p>Day 04 / <b>Chaturthi</b> Red</p> <p>I will forgive myself &amp; everyone</p>	<p>Day 05 / <b>Panchami</b> Blue</p> <p>I will accept myself &amp; every one as they are</p>
<p>Day 06 / <b>Shashti</b> Yellow</p> <p>I will love myself &amp; everyone unconditionally</p>	<p>Day 07 / <b>Saptami</b> Green</p> <p>I will leave all my feelings of jealousy &amp; guilt</p>	<p>Day 08 / <b>Ashtami (Durga-ashtami)</b> Peacock green</p> <p>I will leave all my fears</p>	<p>Day 09 / <b>Navami (Maha-navami)</b> Purple</p> <p>I will offer gratitude for all the things I have and all the things I will get.</p>	<p>Day 10 / <b>Dashami (Vijaya dashami)</b></p> <p>There is abundance in the universe for all and I will always tap the same and create what I want through unconditional love, sadhana, nishkama seva and faith.</p>

## “The Hub of Gifted Students -

### Our Sports Achievers”

Sport, an integral part of our curriculum, plays an intrinsic role in the holistic development of each child

Sports not only help in staying fit and healthy but also develop essential life skills including leadership, teamwork, decision making, discipline, and time management, which are paramount in long-term success.



“If the changing world is standing as an obstruction between you and your success, be resilient and move it. Never be denied.”

– Mr. Vedant Patil,  
Woodball Player, India



We are proud to announce the remarkable triumph of our dear students who soared to newer heights of excellence!

Mr. Vedant Patil pursued his Bachelors in Management Studies at Sydenham College of Commerce and Economics, Batch 2020

### Achievements –

- Represented India in various Woodball Championships as Vice-Captain
- Bronze medal in Woodball Championship 2017 held in Taiwan
- Gold and Silver medal in various state and National Levels of Woodball Championship



### **Q) How did your journey start?**

*Vedant* – I was in 8th Standard when I attended a Camp. I was interested in playing Golf, but looking at the costs that Golf brings along with it, I decided to opt for something else. At that time, Mr. Praveen Manwatkar had brought the game woodball to India. I found it interesting and I went for it. I played the district championship later and my journey began with a kick start! In 2017, I was selected to represent India in the International Games.

### **Q) At a very young age you have started with your business. Tell us about your company.**

*Vedant* – I always wanted to run my own business. I was never a job-oriented person. I like to take on responsibilities and challenges. The risk excites me and it also helps me learn a lot, especially in decision making. I am the CFO & Co-Founder of N V SOUL Engineering Services. The company deals with noise & vibration analysis. I also run the Unifarm Organics. The company manufactures & sells organic products all over India.

### **Q) What are your other interests?**

*Vedant* – I am fascinated by the stock market world. I was selected in LSE (London School of Economics & Political Science) for Alternative Investment (Summer School) 2019

### **Q) Which quality according to you is the most important for any person?**

*Vedant* – RESILIENCE. Be it a sports person or anyone, in today's changing world one must learn to adapt and rise

### **Q) Can you tell us a bit about the game and how can one master it?**

*Vedant*- Woodball is a sport where a mallet is used to pass a ball through gates. This game can be played on grass, sand, or indoors. It is in the program of Asian Beach Games and was incorporated in 2008. The International Woodball Federation is based in Taipei, Taiwan. Woodball requires a lot of concentration and strength. It is not just about having the strength but also about how to use that strength. Meditation also plays a big role during practice as meditation helps one build patience and power.

### **Q) How was your life at Sydenham?**

*Vedant*- I am an extrovert, with many friends. Sydenham has been an amazing journey for me, had a lot of fun with my friends. Academically also I have been an above-average student. I enjoyed all the fests in college. Today I realize their importance because my participation in these events has taught me a lot of things. It has taught me how to take responsibility and fulfill it with utmost sincerity. It has also helped me develop my communication skills and other soft skills. Leadership quality is something that cannot be learned through textbooks, but experiences like these in college help you prepare to face challenges in the real world.



“...And at that moment, I just took a deep breath, dealt with my fear, and dived into the ocean.”

– Ms. Mahima Bhatkhande,  
Open water swimmer, India

Ms. Mahima Bhatkhande pursued her Bachelors in Management Studies at Sydenham College of Commerce and Economics, Batch 2020 She is a current student at IIM Shillong.

## Achievements –

► Represented India at the world’s longest open water swimming competition, completing 19 Kms in 2hrs and 39 minutes

► Represented Maharashtra and won the Gold medal at National level Sea swimming competition for 10 Kms

**Q) What sacrifices did you make during your training?**

*Mahima*- When I decided that I wanted to become a swimmer, the positive feeling about this came straight from my heart. When my coach laid few ground rules like- I could not watch TV after 8 pm, no rice at dinner, no fried food, no colas or aerated drinks, no chips, etc, I was a bit nervous at first, but my love for swimming made it easy for me to give up on all these things. There is so much that a Sportsperson must sacrifice to be in shape and healthy, but the determination and devotion, keeps one going.

**Q) How were you as a child and how did you develop your interest in swimming?**

*Mahima* – Honestly, I wasn’t a very sincere child. I lacked discipline, I used to be unhealthy and didn’t have a proper routine. I wasn’t confident in my own skin and used to imitate others. But the year 2013 was a turning point in my life when I joined a Summer Camp and realized how much I enjoy swimming. Swimming gave me happiness as it made me feel good about myself. My appetite improved and my body started transforming. All of this helped me gain assertiveness. It gave me immense joy and satisfaction. After a year, my interest turned into a passion as Swimming gave me a Sense of Purpose in life.

**Q) What role did your family play in making you what you are today?**

*Mahima* – There are so many things that my family has done for me which cannot go unnoticed. They have a huge contribution to my success and in making me who I am today. I come from a humble, clichéd upper-middle-class family. My parents were a little apprehensive initially as my decision involved a lot of risks. But they believed in me and supported me. Both my parents have a government job and that's why they had to work extra hard, to get a leave for taking me to tournaments. My dad used to travel with me everywhere and used to wait patiently for me in the scorching heat until my competition was over. My mom took care of my diet and made sure I ate properly and that I slept on time. They both motivated me to never give up on my dreams and keep working hard. They are not just the strong supporting pillars for me, but also for my younger brother who is a National level Rifle Shooter.

**Q) What is that one moment in your journey that you hold very close to your heart?**

*Mahima* - I was 16 years old when my father and trainer insisted me to participate in the National level competition at the Indian Navy Sea for 6 Kms. I thought I wasn't ready, but they told me that I should take part in order to overcome my fear and for good exposure.

While I was on the deck, a few minutes before the competition, tears started rolling down my cheek as I saw the other participants. They all were elder to me. Taller and stronger. I was really nervous. That's when one of the assistants at the deck came towards me and told me, they all are better than you but you are the bravest of them all. And at that moment, I just took a deep breath, dealt with my fear, and dived into the ocean. Although I lost that competition I won over my fears. That's the biggest win because the competition is always with yourself. Later, I won my first bronze medal in 2015 and I knew that my journey is on!

**Q) Who is your role model?**

*Mahima* – My role model is Mary Kom because she overcame every kind of obstacle in life. Despite coming from a small place where there are no doors for opportunities, she became the first Indian woman boxer to win a medal at the Olympics. What I learn from her is, that if you can convince your mind to face any difficulty, you can have every zenith of success.

**Q) What other Sports do you like?**

*Mahima* – I like Athletics, Diving, Water Polo, & Gymnastics

**Q? What are your future goals?**

*Mahima* – I want to represent India and swim across the English Channel. I hope Covid-19 pandemic doesn't keep me away from the ocean longer and I can soon resume my training for my goal.



**Q) What was your life at Sydenham like?**

*Mahima* – I am an introvert person so I had two very close friends and a few other friends. I knew I wanted to do an MBA from IIM, along with swimming and that requires good grades, therefore I was very sincere towards my studies. I always managed to maintain my 9 GPA and I even got second position during my first year. I was also a part of the Student Council in my second year and represented Sydenham in various competitions. I was awarded as the outstanding performer in the GMAA inter-school swimming championship held at Borivali. Sydenham helped me a lot in my overall development.

– Ms. Mahima Bhatkhande, (Batch 2020)

# Welcome Back Home!



College days are called the golden era of a youngster's life and during these days they evolve emotionally and mentally. Fest is the opportunity for youngsters to cherish the values and spirit of co-operation.

Remembering one's Alma Mater always brings back fond memories and to relive those fond memories and bonds again, the students of Sydenham Alumni Cell came up with 'Fest Month 2020 - Relieving the joy of Sydenhamites.' The feeling of rush and excitement during college fests was somewhere lost amidst the COVID-19 pandemic.

The Fest Month included some spectacular past year Chairpersons from different societies sharing their experience and funny stories on the Instagram page. The host asked questions to the speakers and received helpful advice and humorous answers. They also had a game round lined up for all the speakers putting them in a tough spot!

Sydenham is well known for its glory, alumni and placements in addition to this the fests around the year make the college look lively, vibrant, and fun.

It was pretty clear by the end of the month that every speaker had a different level of attachment with the fest but they all shared the same emotion. The emotion of nervousness on the day of the event, the emotion of excitement to get things done, and emotion of sadness and satisfaction when the fest ends.

Fest Month 2020 was a success because it could open that box of memories which was closed for a long time. The long-faded stories were recollected again, the videos which they never saw in all these years were shared during the live session and the friends they couldn't meet were reunited through the rectangular device. In the end, it is always good to come back to the place you never really left and Sydenham will always embrace sydenhamites by saying, "Welcome back Home."

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## Step at a time :

### Laying the Foundation for Sydenham's first Rotaract Club

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The Rotaract Club of Sydenham College has started functioning with great zeal and ardor. The club received its charter on the 1st of October 2020. The club aims to uplift the individual personalities of each of its members and to serve the society in every possible way. The club has also successfully passed its Bylaws and has brought them into action.

The club has conducted several activities in various avenues. The Club service avenue organized an Intra Club tournament of the popular game "Among Us". The basic agenda was to increase club interaction and act as an icebreaker event for all the members. The game was organized as a two-day tournament with the first day an elimination round and the semi-finals and finals on the next day. The initiative by the club service avenue received an overwhelming response from the members and was well appreciated by all.

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As an initiative towards the Professional development of all members, a leadership talk was organized with the speaker as Prof. Mohd. Virani on the topic of Individualism Vs Collectivism. It was an interactive session filled with learning and the session ended on a very positive note leaving all the members motivated.

A master class was organized with Mr. Nikhil Desai, an International Trainer, motivator and coach, and a prominent Alumni of Sydenham College. The session aimed at enhancing the soft skills in individuals for adapting the new norms to their highest efficiency. The major highlight of the event was the '7D framework' taught to master the Centre for Excellence. The participants had a first-hand insight for learning the time management matrix and prioritizing their schedule. All in all, it was an enriching experience to attend the webinar.

The members also participated in several Inter-Club projects which included sessions on Art Therapy which explained how art can work as a stress buster. Another session was on Music and its importance to calm down our minds. The members also participated in an event organized on the National

The directors for all the other avenues are also coming up with various ideas and projects that can be implemented. The members are determined to bring about a change and achieve milestones.

A book club was started to inculcate the habit of reading in the members and to provide a platform for all the readers to interact with like-minded people and have healthy discussions and debates

Sydenhamites can send their E-mail Addresses/ Contact Details at [sydenhamalumnicell@gmail.com](mailto:sydenhamalumnicell@gmail.com) for the free subscription of our monthly Newsletter.

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