

The Sydenhamite

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From the Editorial Team

Dear Readers,

We wish you all a very Happy New Year 2022! And hope this year we have fewer virtual and more offline interactions.

With this, we present to you the January 2022 edition of 'The Sydenhamite.'

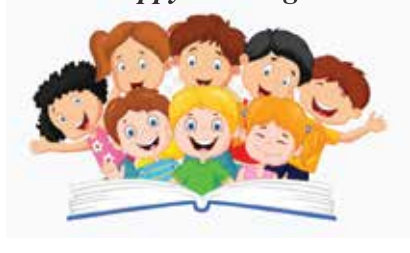
This edition is very special to us as we have featured the first offline meeting of the Sydenham Alumni Cell team! We have also covered our offline meeting with Mr. Rajiv Podar.

The edition covers a variety of articles including the spread of the Omicron Variant, National Youth Day, Makar Sankranti, remembering Netaji Subhash Chandra Bose, and many more.

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

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

Happy Reading!



A Sneak Peek into the January Edition



1. Sydenham Alumni Cell: Offline Meeting

"....After over a year of online activities, meetings, and organizing events the team of Sydenham Alumni Cell organized an offline meeting on the 24th December 2021 in the college."

2. The dangers of Omicron Variant



-Mr. Rajendra Aneja (Batch:1971)

"...All countries should authorize the third booster shot for health workers and senior citizens. The CEO of the Serum Institute of India (SII), has said that they may have to take a production cut, due to weak local demand."



3. Meeting Mr. Rajiv Podar

"....We were thrilled to meet such a dynamic personality and know his perspective on several topics. Sir's insights and his belief in the change that today's youth can bring about fascinated us the most!"

4. New Year Resolutions



".....The year 2022 is officially here, and it will provide us with an opportunity to begin things on a brighter note. It's that time of year again to make some New Year's resolutions for a healthier and more prosperous year ahead."



5. 73rd Republic Day:

Facilitation of World's Largest Constitution

".....India celebrates Republic Day every year on January 26th, and this year will be the country's 73rd Republic Day, marking the day India became a sovereign republic."

6. Makar Sankranti

"....Makar Sankranti is the first major festival to be celebrated in India. It is both a religious as well as seasonal observance, and is dedicated to Lord Surya, the Sun God."



7. National Youth Day

"...Every year on January 12,

Swami Vivekananda Jayanti is commemorated as National Youth Day.

Millions of people throughout the country are still inspired by Swami Vivekananda's teachings."

8. Subhash Chandra Bose Jayanti: A tribute to the Champion of Freedom

"....Every year on January 23rd, Netaji Subhash Chandra Bose Jayanti, or Subhas Chandra Bose's birthday, is commemorated to remember and honor Netaji's zeal as one of India's greatest liberation warriors."



9. Delicacies to feast on 365 days in a year

-Mr. Mozam Murzban (Batch: 1981)

"....The year 2022 has begun. Let's hope the worst is behind us, normalcy crawls back, and we can start with our daily outings. Let's pray for a better tomorrow."



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After over a year of online activities, meetings, and organizing events the team of Sydenham Alumni Cell organized an offline meeting on the 24th December 2021 in the college.

The students were delighted to meet the principal Dr. Mrs. Madhuri Kagalkar ma'am. We discussed the initiatives taken up by the cell and all our plans for the coming years. Ma'am was excited to know the successful events executed and was all praises for the team!

We were also elated to meet the Professor in charge of Sydenham Alumni Cell, Prof. Dr. Ritesh Singhal sir. Sir has been our pillar of support throughout the year and was equally thrilled to meet the team. We had a good discussion on the events Alumni Cell should execute and we made plans for the coming year.

It was a wonderful experience for the entire team to meet in person after a year-long virtual interaction!

Here's hoping for many more offline meetings, interviews with Alumni, and events once the situation becomes normal.

Sydenham Alumni Cell: Offline Meeting

The core team of Sydenham Alumni cell meeting Prof. Dr. Singhal sir (Professor In-charge of Alumni Cell)



The Sydenham Alumni Cell team



Principal Dr. Mrs. Madhuri Kagalkar meeting Prof. Dr. Singhal and the core team of Sydenham Alumni Cell consisting of Ms. Freya Shaikh, Mr. Saurabh Anasune and Ms. Sakshi Chavan



Offline meeting of the students with Prof. Dr. Singhal



The Omicron variant of Covid-19 is posing a severe threat to mankind again. It brings back memories of the draconian lockdowns in 2020 and 2021 when the entire world was traumatized.

The number of daily new cases in the USA has reached a stunning 400,000. Around 1,200 people are dying daily in the USA due to the disease. The Netherlands is on a strict lockdown from 19 December 2021 to 14 January 2022, to contain Omicron. The UK is getting around 76,000 new cases daily. In UAE, Abu Dhabi has

introduced scanning at its borders to arrest the spread of the disease.

Mortality data from the USA National Center for Health Statistics, reveals that life expectancy dropped by 1.8 years in 2020, as compared to 2019. Around 528,000 more Americans died in 2020 than in 2019. This is the highest increase in single-year mortality since 1933. Covid has contributed to about ten percent of these deaths and is the third-most-common cause of deaths. Every step should be taken to vaccinate the entire world and encourage vulnerable groups to take booster jabs.



THE DANGERS OF OMICRON'S PROLIFERATION

-THE WORLD CANNOT AFFORD ANOTHER FIRE IN THE HOUSE

BOOSTER JABS

As Omicron invades more countries, it is time for nations to authorize the third booster jab for health workers and senior citizens. The World Health Organisation's Strategic Advisory Group of Experts on Immunisation (SAGE) has underscored that "Evidence on waning vaccine effectiveness, in particular a decline in protection against severe disease in high-risk populations, calls for the development of vaccination strategies optimized for prevention of severe disease, including the targeted use of booster vaccination." Israel has shown leadership, by permitting the fourth booster jab.

India should not be lulled into indifference to Omicron, due to its many vulnerabilities. India is a large and crowded country. Enforcing wearing masks and social distancing has proved difficult. Like many other developing countries, India too has faced serious issues in arranging ICU beds, oxygen, medicines, etc, in 2020-2021. So, India has been wise to permit the third booster shot.

All countries should authorize the third booster shot for health workers and senior citizens. The CEO of the Serum Institute of India (SII), has said that they may have to take a production cut, due to weak local demand.

No country can afford to take its eye off, the Covid-19 crisis. For instance, India is slated to hold elections in many states in 2022. Every time there is an election, Covid-19 cases have risen sharply. During elections, there are public meetings, travels, and interactions, frequently without masks and social distancing. Hence it is crucial to deliver the third jab expeditiously and widely in India, prior to the elections.

Along with ensuring vaccinations, developing countries need to augment food supplies also to the vulnerable. Around 381 million people in Asia and 250 million in Africa do not have access to adequate food, according to Africa Development Bank. Nutrition is essential to fight any infection.

FIGHT VACCINE HESITANCY

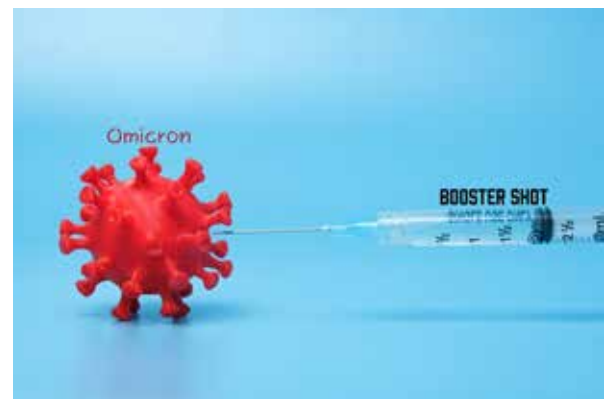
The reluctance to take the Covid-19 amongst many people is a serious cause for alarm. In Britain, youngsters below the age of 30 years have not been enthusiastic about vaccinations. A survey by Oxford University reveals that about 25 percent of the people interviewed, had a fear of needles. Hence, they were hesitant to take the jabs.

Even in some African countries, where only two to five percent are inoculated, there are often vaccines available freely, but there are no takers. The general feeling is that, "I am fine. I do not need the jabs".

A sustained educational campaign, is required to ensure that people welcome the jabs. Opinion leaders like community and religious leaders, professors, movie-stars, should lead the vaccination campaigns.

Governments need to ensure 100 percent vaccination of their people. Britain is planning vaccination passports, for the public to attend football matches and even universities, to incentivize the young to vaccinate. In France, the vaccinations surged only when President Macron told his countrymen they would need vaccine passports to enter bars. Many companies in the USA plan to ensure that all office staff is fully vaccinated, before resuming work.

People need to understand that if they do not take the jabs, they are not merely endangering themselves, but also their families, friends, and neighbors.



THE WORLD MUST NOT RETURN TO THE TRAUMA OF THE LOCKDOWNS OF 2020 AND 2021. THE PANDEMIC RESULTED IN 280 MILLION INFECTIONS, 5.4 MILLION DEATHS, LOSS OF JOBS, LIVELIHOODS, HOMELESSNESS, HUNGER, AND EVEN DEPRESSIONS. THE WORLD CANNOT AFFORD ANOTHER FIRE IN THE HOUSE.

-Mr. Rajendra Aneja
Batch 1971



Meeting Mr. Rajiv Podar



"A true leader has the confidence to stand alone, the courage to make tough decisions, and the compassion to listen to the needs of others. He does not set out to be a leader, but becomes one by the equality of his actions and the integrity of his intent."- Douglas MacArthur

On the 25th of December, 2021, we, the students of Sydenham Alumni Cell got the opportunity to meet Mr. Rajiv Podar, an illustrious Alumni of Sydenham College of Commerce and Economics.

Mr. Rajiv Podar is the Managing Director of Podar Enterprise. He is also the Founder Chairman of the International Business Linkage Forum (IBLF), a forum patronized by Governments and used as a platform to promote Trade, Joint Ventures and Investments between Government and Private bodies.

The Ministry of Foreign Economic Relations, of the Republic of Belarus and the Ministry of Industries of the Republic of Benin, had conferred upon him special rights to negotiate any matter concerning, expanding and deepening of the trade and economic relations with India. The two countries based on consultations with corresponding Indian Ministries, other governmental bodies, companies and establishments.

With this, Greenville College of USA has instituted a scholarship namely Rajiv K Podar International Scholarship for Exceptional Indian Students. Mr. Podar was also the President of the IMC Chamber of Commerce and Industry for 2020-21.

We were thrilled to meet such a dynamic personality and know his perspective on several topics. Sir's insights and his belief in the change that today's youth can bring about fascinated us the most!

Sir's vision and the way he looks at things had a profound impact on each one of us.



There were a plethora of things that we took back from the interaction and so much that we learnt and realized. The conversation was truly inspirational.

**We were deeply honoured to get the opportunity to meet Mr. Podar!
We thank sir for giving us his valuable time.**

The year 2022 is officially here, and it will provide us with an opportunity to begin things on a brighter note. It's that time of year again to make some New Year's resolutions for a healthier and more prosperous year ahead. After the emergence of the new COVID variant Omicron, it appears like the pandemic is here to stay for the foreseeable future, necessitating some reforms.

Setting self-improvement goals at the start of a new year can be a good idea. Effective New Year's resolutions provide practical ways for establishing positive behaviors. One of the most prevalent causes for New Year's resolution failure is setting unrealistic objectives and feeling overwhelmed by the pressure you place on yourself. However, there is a method to avoid this in 2022—start by making small, attainable goals.



Stay Fit and Healthy

The COVID-19 epidemic has compelled everyone to stay at home, particularly working-class individuals who are unable to leave their homes. As a result, everyone has grown irresponsible, ignoring the need of staying healthy and exercise. Maintaining excellent physical and emotional health necessitates regular exercise. Regular exercise may seem overwhelming to people who are accustomed to a more sedentary lifestyle, but there are numerous options available to help you get started. Cardiovascular workouts such as walking or biking can be included in regular routines.

Do One New Thing A Month

New Year's resolutions sometimes fail because they attempt to do too much too soon. You may, however, take things at your own pace. Moving ahead at your own speed is the key to making successful New Year's resolutions. Once a month set a goal for yourself to accomplish something you've never done before. It's still something to reflect on at the end of the year, no matter how tiny or large it was.

Be Kind To Yourself And Others

Consider how you can bring a dash of optimism to your day and the days of others before you start your day. The greatest part is that you won't have to go to great lengths to keep this New Year's resolution. It will be enough to perform a tiny act of compassion. It may be easier to be nice to others than it is to be kind to yourself, but remember that you don't need a reason to treat yourself to something that makes you happy.

“On the 26th of January 1950, we are going to enter into a life of contradictions. In politics we will have equality and in social and economic life we will have inequality. In politics we will be recognizing the principle of one man one vote and one vote one value. In our social and economic life, we shall, by reason of our social and economic structure, continue to deny the principle of one man one value. How long shall we continue to live this life of contradictions? How long shall we continue to deny equality in our social and economic life? If we continue to deny it for long, we will do so only by putting our political democracy in peril. We must remove this contradiction at the earliest possible moment or else those who suffer from inequality will blow up the structure of political democracy which this Assembly has so laboriously built up.”

— Bhimrao Ramji Ambedkar

73rd Republic Day: Facilitation of World's Largest Constitution



India celebrates Republic Day every year on January 26th, and this year will be the country's 73rd Republic Day, marking the day India became a sovereign republic. While India acquired independence from the British in 1947, the Indian Constitution did not come into force until January 26, 1950, making it a sovereign state and designating it a republic. This day is observed with great fervour throughout India, with parades, tableaux, and magnificent performances by the defence forces on display at Rajpath in India's capital Delhi. The Indian flag is also flown everywhere throughout India.

But this is something that we have all disserted diligently, today we present to you some lesser known fact about this momentous day in the antiquity of modern India.

1. Republic Day marks the day when the Constitution of India came into effect in 1950, replacing the Government of India Act (1935) as the governing document of the country. But the celebrations actually last for three days. 'The Beating Retreat' ceremony is held on January 29 to mark the end of the celebrations.
2. During the Beating Retreat ceremony, English hymn 'Abide by Me' has been played every year till 2020. It was said to be a favourite of Mahatma Gandhi. It was dropped last year as the ministry tried to introduce more Indian tunes to the celebration.
3. The preparation of the parade begins from the month of July every year. The participants are informed and are asked to start their rehearsal. It is in December when the participants assemble in New Delhi and show their preparations.
4. In order to keep the tanks and canons ready for the Republic Day celebration, a special camp is set up near the India Gate. The tanks are then investigated, cleaned and whitewashed. On the 26 January every year, the tanks and canons are placed for the display of military strength of India.
5. The army personnel performing stunts in the parade need to pass through four different levels of tests. Right before the event begins, the army personnel go through a strict test to make sure they aren't carrying any live bullets or restricted objects.
6. The tableaux that are involved in the celebration are driven with a speed of 5 km/hr. This speed is maintained to make sure the audience and the important people present in the parade can watch them thoroughly.
7. One of the major attractions of the parade is the 'flypast', which involves the participation of 41 aircraft. All of these aircraft take off from the different air-force station and reach Rajpath at the same pre-decided time.
8. On Republic Day, bravery awards are given to deserving candidates. Veer Chakra, Maha Veer Chakra, Param Veer Chakra, Kirti Chakra and Ashoka Chakra are distributed during the celebrations.



Makar Sankranti is the first major festival to be celebrated in India. It is both a religious as well as seasonal observance, and is dedicated to Lord Surya, the Sun God.

Makar Sankranti also marks the beginning of the auspicious Uttarayan period, which lasts for six months, and the starting of the month of Magh in the Hindu calendar. The festival suggests the movement of the sun towards the northern hemisphere, signifying the onset of warmer and longer days.

For those who believe in astrology and zodiac signs, Makar Sankranti also signifies the movement of the sun from the zodiac of Sagittarius to that of Capricorn.

The festival is significant as people pay their gratitude to the sun god for a good harvest. Different rituals and activities are carried out in different communities to celebrate the festival, including the much-loved kite flying. Food is another element, which brings people together on this festival. Preparations made from til or sesame seeds and jaggery are common on Makar Sankranti.

For one, flying colourful kites with family or buddies under the morning sun from a rooftop is an unbeatable experience. The joy of flying kites and cutting the strings of other kites is unmatched, and the air of celebration is euphoric.

Makar Sankranti



Science behind the tradition:

The main source of Vitamin D is made by the body with the help of sun light. The sun rays and light are rather the main source for us get the essential Vitamin D which is an essential nutrient that your body needs for many vital processes, including building and maintaining strong bones. Vitamin D is often referred to as “the sunshine vitamin” because the sun is one of the best sources of this nutrient. So that answers the first fact. Moreover, what better way can you get loads of this Vitamin D than by spending ample time in the Sun.

Another important scientific fact is that the body is capable of storing vitamin D up to a year, and can use the reserves for quite some time.

-The body is capable of getting its vitamin D reserves with 3 full days of sunlight.

-the best quality of sunlight is during end of winter & beginning of January, which coincides with Sankranti.

Since the festival falls in winter, eating of sesame and jaggery is considered beneficial to health as it produces heat. These warm foods are good for the body in this season, thus, signifying health.

-Sesame seeds(til) have the highest amount of calcium and calcium is needed for healthy bones.

Now connect the dots between Sunshine, Sesame Sweets and Kite flying, to understand the science behind these rituals!

Some Life lessons from Kite Flying:

Patience is a virtue.

Anyone that has flown a kite knows that you cannot force the kite to take flight. The conditions have to be just right for your outing to be enjoyable and not stressful. Having patience to find the right day, and allow the wind to gust and take your kite high up in the air is a great reward.

Know when to pivot.

There are times when the direction you are standing just needs a slight pivot in order for the kite to catch the wind. Such is life, when things aren't going quite right, all it takes is a little shift in gears, and things may fall in to place.

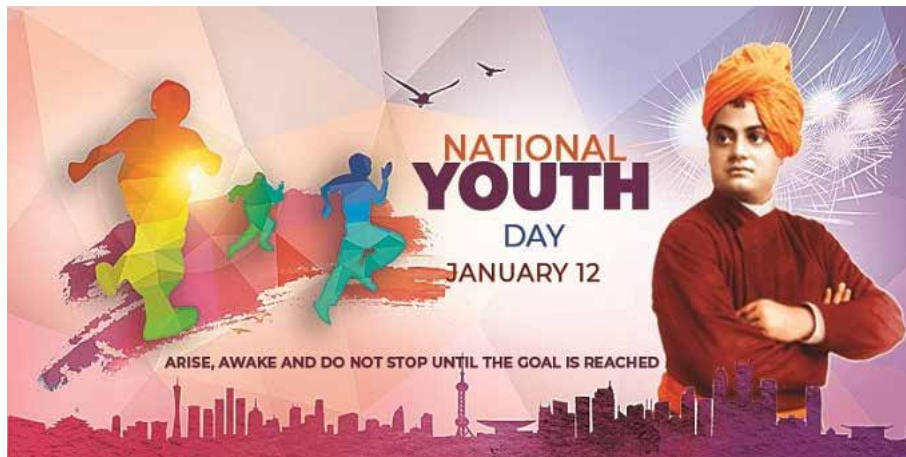
Quality over quantity.

When we are new to flying kites, we purchase the inexpensive plastic ones, fancy ones and not just one but so many. But eventually we realise, it is not the number that matter, but picking the right one does. Same goes for most things in life, quality friendships, clothing, and toys are so much more meaningful and long lasting than having large quantities of disposable relationships and possessions.

Sometimes disappointment happens.

In spite of choosing the best kite, and flying it to great height, we face failure. A kite may get cut by another kite. Similarly, sometimes we may be defeated by someone who is better than us. But it's not something to be ashamed of. We can always learn and imbibe a new lesson from every difficult situation instead of running away from it.

National Youth Day



Every year on January 12, Swami Vivekananda Jayanti is commemorated as National Youth Day. Millions of people throughout the country are still inspired by Swami Vivekananda's teachings.

Every year, the National Youth Day Celebration motivates the younger generation to propose unique ideas and initiatives to help India become a developed country. Every year, the National Youth Day Celebration inspires the younger generation to fabricate innovative ideas and strategies to make India a developed country. It is laudable to encourage all of the country's young people to adopt Swami Vivekananda's style of thinking and ideas.

Swami Vivekanand was designated the "National Saint of India" for his tireless efforts to help India's youth reach their full potential. By pushing outside of his comfort zone, he was able to carve out successful routes. He thought that if a person has the guts to look beyond what he is and what he wants to become, he can achieve practically anything. He perceived potential in every youngster and felt that with "muscles of iron" and "nerves of steel" they might affect societal transformation. Swamiji embodied the endless energy of youth as well as a relentless search for truth.

NATIONAL YOUTH DAY 2022 THEME

The Theme of National Youth Day 2022 is "It's All in the Mind". On the occasion of National Youth Day, the Indian government selects a new theme each year. The topic has been chosen based on the country's current and relevant status. By giving Yuva Diwas a narrative, it becomes more vibrant and significant, and it aids in the togetherness of the country's youth. Almost half of India's population is under the age of 25 today. The country's future rests on their shoulders, which is why festivities that empower young people are so vital.

5 TEACHINGS OF SWAMI VIVEKANANDA THAT WILL ENLIGHTEN YOU

IT'S ALL IN THE MIND

"Whatever you think, that you will be. If you think you are weak, weak you will be; if you think you are strong, strong you will be."

FOLLOW THE THREE PS

"Purity, patience, and perseverance are the three essentials to success, and above all, love."

WHAT VEDANTA CALLS RELIGION

"This is the gist of all worship — to be pure and to do good to others."

END HUNGER AND IGNORANCE

"So long as millions live in hunger and ignorance, I hold every man a traitor who, having been educated at their expense, pays not the least heed to them."

EVERY MAN'S TRUE RELIGION

"No man is born to any religion; he has a religion in his own soul."

Every year on January 23rd, Netaji Subhash Chandra Bose Jayanti, or Subhas Chandra Bose's birthday, is commemorated to remember and honor Netaji's zeal as one of India's greatest liberation warriors. This day commemorates the birth of India's most famous revolutionary and idealistic freedom warrior, who dedicated his whole life to championing his country's independence and honor. People all around India get together to celebrate this day, and some states even declare it a public holiday. Netaji Subhash Chandra Bose was a man of enormous courage and resolve; a scholar, a patriot, a leader, an intellectual, a visionary, a socialist, and a warrior, he was a real son of his homeland. His unwavering commitment to his country's liberation won him the title of Netaji, the greatest and most prestigious honor in history.



Subhash Chandra Bose Jayanti: A tribute to the Champion of Freedom



Let's dive into the early life of our valiant hero!

Subhas Chandra Bose was born on January 23, 1897, in Cuttack, Orissa Division, Bengal Province, to a well-to-do family. He was the ninth child of attorney Janakinath Bose and his mother, Prabhavati Devi. Netaji had always been a patriotic person, and his early life was littered with nationalist discoveries. His college, when he was expelled for participating in and conducting nationalist actions, is one such renowned case from his academic years.

He thereafter moved on to Fitzwilliam College at the University of Cambridge in England to study.

He then traveled to London, where he passed the Indian Civil Services Exam with a 4th-place finish and was assigned to duty, but after learning about the Indian nationalist movement, he resigned and returned to India. After that, he worked as a newspaper editor for Chitranjan Das until founding his publication, *Swaraj*. He was elected President of the All India Youth Congress and Secretary of the Bengal State Congress in 1923.

Bose then went on to explore Europe and wrote his first book 'The Indian Struggle'. In 1938, he was elected as the President of the Indian National Congress where he tossed the term Purn Swaraj or complete self-governance from British rule. Next year, he won the Presidency again but resigned to form the All India Forward Bloc.

He promoted the ideals of complete self-governance throughout his political career and didn't hesitate to use force and power to achieve that. In 1943, he took charge of the Indian Independence Movement in East Asia and the leadership of the Azad Hind Fauj, or the Indian National Army which comprised the Indian POWs, soldiers, and volunteers, to establish the first provisional independent Indian Government. Subhas Chandra Bose Jayanti is celebrated to pay respect to this great leader, who envisioned an independent India.

How is Subhas Chandra Bose Jayanti celebrated and where?

His birthday is commemorated by the garlanding of his monument, the display of the Indian national flag, and the organization of cultural events in schools and universities throughout India. On the occasion of Subhas Chandra Bose Jayanti, three states, including West Bengal, Tripura, and Orissa, observe a public holiday on January 23rd. Although the celebration takes place all across the country, on his birthday, people go to a few particular sites.

- **Netaji Museum:** The Netaji Museum in Giddapahar, Kurseong is like a shrine to Subhas Chandra Bose. The museum belongs to his brother Sarat Chandra Bose who was also a lawyer and a freedom fighter. This house is so very special because this is the house where Netaji spent seven years. It is also said that his famous Haripura sessions address was also written here. The Netaji Institute of Asian Studies reopened the place as a Netaji Museum and a study center in Himalayan languages, culture, and society.

- **Netaji Bhawan, Kolkata:** Another place on the list is the Netaji Bhawan in Kolkata. This place used to be where Netaji stayed in Kolkata and ran away from in disguise to Germany and later Japan. Today the house is under the Netaji Research Bureau and used as a library, museum, and place of an archive of Netaji. Here you can also see the Wanderer car which he used to escape his house arrest in 1941.

- **INA Museum, Morang:** This is the place where Netaji hoisted the first tricolor flag of free India for the first time in Indian history. This museum showcases the achievements and contributions of Bose in developing the INA. You can also find a big statue of Bose in the vicinity of the museum. This place holds a special spot on the list because after taking the leadership of INA, founded by Captain Mohan Singh, Bose recruited thousands of people to fight for the freedom of their motherland.

- **Swatantra Sainani Museum:** Located in the RedFort complex in Delhi, this museum is dedicated to INA heroes who were subjected to a trial of INA.

Without freedom warriors and revolutionaries like Subhas Chandra Bose, the notion of an independent India would not have been viable. These heroic men who took it upon themselves to offer India a future will be remembered for the rest of their lives. Visiting these sites should be treated as if it were a pilgrimage.

The year 2022 has begun. Let's hope the worst is behind us, normalcy crawls back, and we can start with our daily outings.

Let's pray for a better tomorrow.

And so we begin with snacking at Sunshine Cafe at the tip of Colaba. The reinvented eatery, serving a luscious chicken mayonnaise sandwich, replicating the original proper British style. Inducing a subtle taste with very slight sweetness.....-truly continental. A must for all taste buds. Chicken crust pattice, Mambaiya Frankie, Chicken Manchurian roll, all prepared delicately. Lunch in the form of Chicken Biryani, Tandoori Chicken (what a piece), and Chicken Farcha.....thus our journey begins. Ratan Tata Institute (RTI) at Colaba now introducing a delectable Egg and Cheese mayo sandwich (too tasty), Bell pepper Cheese and potato patties, Yummilicious Petrel, Mutton sandwich (real good filling). Memories of old Paradise revisited along with a choco orange pastry and a lot more. Savouring Khari biscuits, Cheese Bites, Cheese Straws along with Bhakras also prepared. Tasty morning snacks to relish with tea.....yes Sunshine and RTI will be our daily energy fix for 2022. The past was good but the present, better.

Eating out



Delicacies to feast on 365 days in a year

Central lunch home at Colaba, now preparing a special Kerala chicken masala, the sort you get at Mahesh, Pratap, and all our Mangy eateries at Fort. Sunday Special is amazingly coconutty. Best had with parboiled rice and sliced onions. Drown your rice with the curry and relish sizzling china, keeping on delighting us with our traditional Chinese recipes truly a must for all our American Chopsuey lovers, best veg and non-veg preparation in town.

Some more stray thoughts and opinions of my own, waiting to rush to Jimmy Boy restaurant and savor Mutton Pulav Dal along with Lagan nu Achar and kachumber (small square pieces of onions cut with tomato, cucumber, kotmir and green chili) amazing delicacy with tender meat, so tender that it melts in our mouth. Aspi Irani's (owner) secret ingredients used to titillate.

You've also got to taste the Chicken Biryani at Bombay Blue, Kala Ghoda. Old-timers swear by it reminding them of George's famous biryani preparation in the '70s. Some of my friends who have visited the place say it's too tantalizing.

How can one imagine Bombay city without Olympia restaurant! Entertaining us with the best Kheema Pav preparation for over a century, also Dal Pakwan of Kailash Parbat to relish before 10.00 a.m. Pulses so fresh that will make our early morning dew feel shy, Crusty Pakwan to compliment along with vinegar sliced onions, original Sindhi Puri Bhaji to be enjoyed.....five potatoes puri rolls embedded with a luscious mango pickle and vinegar onions. Lovely Sindhi breakfast with Jamas at Chembur serves a delectable portion.

Flavorsome meaty meat Dabba Gosht with Rotis, the piquant peppery aroma of our egg and mutton delicacy makes us salivate along with a saffron-based Mutton biryani and Mixed grill. Yes, DD has to be visited more often.

Diagonally opposite stands Noaman. Maknojia's Food Inn (bang opposite Colaba Police Station) serving delicious Chicken Tikka Masala, real northern Tandoori Chicken (the taste lingers on) Lazeez Chicken and a delectable Dal Fry.....yesyes.....go to Food Inn...you will never be disappointed. Tasty food becomes tastier at Food Inn.



-Mr. Mozam P Murzban
Batch 1981

Tomato puree, curd, saffron preparation of Chicken Korma is our all-time favorite Khyber at Kalaghoda. So creamy and smooth for our taste buds to be relished along with Maa Ki Daal, a yellowy piece of butter merging with the pulses. Oh, how enchanting! And some more stray thoughts linger on and on.

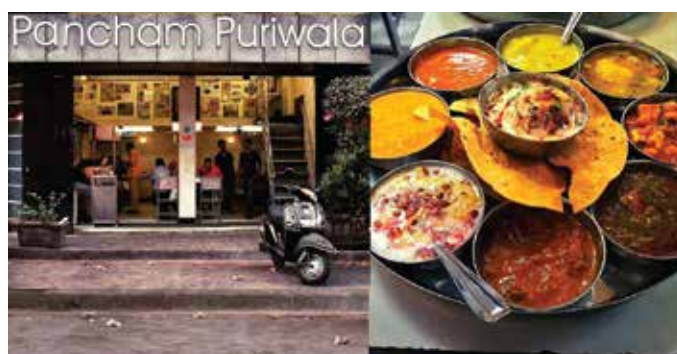
Gujarati thali, Maharashtrian thali, Jain thali, Diet thali all have delectable vegan options, batata bhaji to die for, gulab jamun so sweet, veg korma immersed with cream floating on top, and a lot more to savor at Chetana restaurant. Butter Chicken, Bhuna Gosht, Green Prawn Curry Rice, Mutton Biryani, complete North Indian paradise is our favorite Copper Chimney. Dislodged from its original position at Kalaghoda, it is now slightly ahead.

Take a trip to Ankur Coastal Bistro, lust on Fried Bombil (Bombay duck) squeezed with lime on top and relish with bone. The golden-brown crust is so crunchy and delicious making it a must-have butter chicken. So authentic, creamy, and smooth. Delectable preparation. Yes, surprisingly the South also excels in this preparation.

And we got to make Ideal Corner our lunch habit, mutton dhansak served with mutton kebabs, chicken curry rice, chicken Alicia, and fish fillet with tartar sauce (made the Parsi way) is a timeless classic to relish.

Savor Puri Bhaji at Pancham Puriwalla. Tuck some potatoes in puri and relish the best mini veg Frankie of Bombay city. From there let's head to Martin's at Colaba, where tasty Goan delicacies are prepared. Prawn Curry, Fish Curry, Chicken sorpotel, Potato mince patties are all vivacious delicacies that have been around for more than 60 years.....always excite our taste buds.

One of the must-visit destinations is Shamiana at Taj. Cona Coffee sipped along with a delectable chilly cheese toast, fish fillet with tartar sauce with a Truly classy preparation enjoyed with bread rolls. They say marriages are made in heaven and I agree but some marriages are also made at Sea Lounge. A 5-star matrimonial meeting place, serving luscious Non-veg club sandwiches with huge fillings of chicken, cheese, eggs, ham, and silky mayonnaise, dipped with ketchup. Follow up with the original Viennese French ice cream, so flavorful with a subtle hint of coffee. Go in the afternoon and request the pianist to play "Love Story", have a seat by the seaside facing the Gateway of India. Welcome to heaven on earth! That's our Sea Lounge. Some old habits die hard..... Memorable habits.



If our favorite Bhel Puriwalla is still at 'B' road Churchgate, go relish the appetizing bhelpuri, sevpuri and pani puri have a peek behind your car. If you're lucky, Mukesh and Neeta Ambani could also be in the queue. Best chaat preparation of our city. Also, say hello to our college!!

Many memories emerge at the thought of revisiting the succulent eateries around. We have only 365 days to go and so much more to munch on.



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