

Republic Day Celebration

26 January 2026

The Republic Day celebration at our Club commenced with a dignified flag unfurling ceremony by Chief Guest Mr Amol Muzumdar, Head Coach of World Cup Winning Indian Women's National Cricket Team.

This was followed by the soulful rendition of *Jana Gana Mana* and a disciplined salute parade added grace and grandeur to the occasion.

Renowned cricket commentator and anchor Mr Prasanna Sant compered the entire event and shared details on the cricket career of our Chief Guest.

The Chairman of the Board of Trustees Dr Mohan Nagpurkar welcomed the Chief Guest, setting a respectful and positive tone. The President Dr Mihir Bapat in his brief speech extended his greetings to everyone.

The celebration was further enriched by the thought-provoking address of Mr Amol Muzumdar, followed by a question-and-answer session. His speech will certainly inspire the next generation of women cricketers who were present.

The event concluded with a gracious vote of thanks by Manava Naik, Secretary Culture, expressing appreciation to all who contributed to the success of the programme.

The morning ended on a pleasant note with traditional milk and light snacks, shared in a friendly and cheerful atmosphere.

Deepa Mavinurve



PANORAMA

APRIL 2026



M. I. G. Cricket Club Box Cricket Tournament 2026 Held on 28 February & 1 March 2026

7 teams participated

Winners: Ganatra Motors Runners-up: Maratha Warriors



EDITORIAL

Selection of material

It is not very difficult to get material for PANORAMA anymore. Over the years we have been able to build a team of members writing on different topics like sport, travel, health, major industries, management issues, new fads, individual experiences, contribution to the visual and performing arts. I appreciate that members send articles for publication. But they should first interact with members of the Editorial Board. We do some advance planning. We avoid repetition. We avoid problematic pieces. We insist that there should be either authenticity or achievement to back up your argument. There should be logic and there should be lucidity. Above all, one should avoid hostility. It is not the inherent right of a member to get published. There should be quality as well. We do not encourage second-hand material when we have fresh first-hand material. We encourage 'doers' rather than 'arm-chair' writers. We carry creative and thought-provoking material. Let us keep this tradition and make PANORAMA a readable experience.

IN THIS ISSUE

- Prachiti Nagpurkar, a member of the Managing Committee, is an international referee for mixed martial art. We do not normally give coverage to members involved in the management of the Club, but Prachiti is an exception and I am open to any criticism for this decision. Archana Deshmukh has interviewed Prachiti to understand MMA. PAGES 2 TO 7
- Dr Sheilja Singh has contributed an article on Sleep (management). Dr Alka Walavalkar has also contributed an equally valuable article on Health, especially after 40. PAGES 8 TO 10 & 22 TO 24
- We have two items on travel: a short description on Angkor Wat in Cambodia by Prashant Naik and a photo-feature on Vietnam by Vilas Sali. PAGES 11 TO 12 & 13 TO 17
- Dr Amit Rangnekar, a management expert, writes this time on Indigo Airlines' success story. PAGES 18 TO 21
- The MVA Press Room at Wankhede Stadium carries a Board of Honour which now features our old members Sharad Kotnis and Chandrashekhar Sant. Sonal Kotnis and Prasanna Sant have contributed a short note. PAGES 25 & 26
- Two old members passed away recently and we have obit notes on them. PAGES 27 & 28
- Deepa Mavinkurve, as usual, has covered the busy season of cultural events with photographs and notes. PAGES 29 TO 32

ARUN NAIK

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PRACHITI NAGPURKAR

Interviewed by Archanaa Kelkar

Hi Prachiti. I thank you on behalf of our Club for joining us for this interview. Please tell us about yourself before we proceed.

Thank you for giving me this opportunity to talk about myself, especially in the place

which has given me so much. My name is Prachiti Mohan Nagpurkar. I am a daughter of our Club. I started my journey with sports here, be it running, swimming, badminton. It all started with the Club. I was a girl who loved playing and our Club gave me all the avenues to do so. My roots were always in sport. Be it any sport, it didn't matter to me.

I was told that you are in a very unique profession which has evolved from different forms of fighting sports. It is called MMA which is very new for us. Please give us some insight.

The sport that I chose was MMA: mixed martial arts. You are aware of boxing, wrestling, judo. Now, martial arts consist of two types. One is 'striking', as the name suggests. You strike, you hit, you punch, you kick. That is boxing, kick boxing. The other form of martial arts is 'grappling'. Like in wrestling, judo, sambo and sumo. This happens on the ground, where you cannot hit someone, but you can control someone, you can throw someone, you can probably lock someone, control someone. Now, when you combine striking with grappling, you are mixing martial arts, and so it is mixed martial arts.

This is very interesting.

The one who takes part in MMA should be well-versed in all the martial arts as he should be able to fight on his feet and even on the ground when he isn't able to hit or kick. Around 10-15 years ago, an expert from a specific art form would join MMA. Like a trained wrestler would join mixed martial arts, a boxer would join martial arts to become an MMA

fighter or participate in MMA. But today, the sports world is evolving. Now MMA is a sport in itself. Kids start off as mixed martial artists. From day one, they learn everything. And fortunately, at present MMA is the fastest growing sport in the world.

So, does that mean MMA has good perspectives, like cricket or football?

Oh, cricket is MMA's competition sport. Let me explain. Think of a square arena. In one corner, we have an India-Pakistan match going on, the most popular one. In the other corner, we have Federer versus Nadal going on. In the third corner, we have Manchester United versus Chelsea going on. Three biggest sporting events. But in the fourth corner, there is a fight which breaks out. Where will all the crowd go? To see the fight! Because we humans love to see fights, we love *raadaa*. That's why Big Boss is one of the top-rated TV programs. And so is MMA, the fastest growing sport in the world. We like to see fights. Readers will agree that kids have tremendous energy and one needs to thoughtfully channelise it.

So, what would you suggest? How to go about it?

The one regret that I have is that I didn't start this sooner. I started this at the age of 25. We often say that it is never too late to start. And though it is right, I would really recommend that children must start training as young as possible for MMA. Especially BJJ, a sport called Brazilian Jiu Jitsu, is meant for individuals who are smaller in size. Because it is all about skill over strength. As BJJ is all about skill over strength, I will use my small body, my bony structure, and my elbows to my advantage. My small structure makes me escape efficiently. Before my attacker is going to take me down. I have trained myself to defend myself as swiftly as possible. So, the whole point is muscle memory which is acquired by regular training.

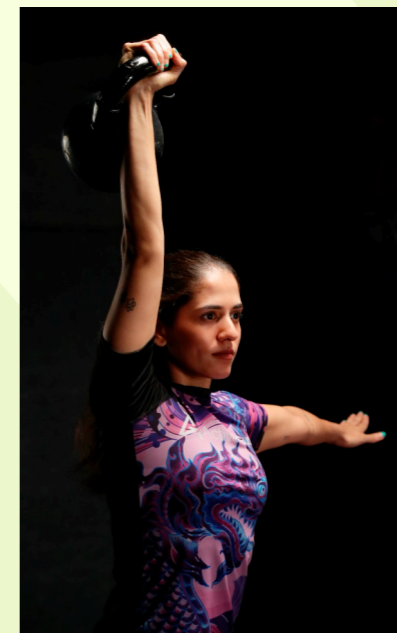
Now, why am I suggesting kids learn this sport?

One of the most important things kids learn while training for this sport is discipline. Unlike other sports, like swimming, running, where you are only doing some activity, MMA demands wholesome discipline. One needs to be fit, strong, super alert, quick thinker and swift as one has to face punches and thuds. So, to take that punch, one has to be in a much better physical state and mind. When you start training at a very young age, for example at the age of five, it is more beneficial.

In my gym, we are training five years old kids. I have a 14 years-old student and she has a record of 5, 0, 5 wins, 0 losses already. When they pick up MMA as a sport, they know that they have to be tough, smart and swift when they are facing a fight. This instils the importance of fitness. When it comes to fitness, from day one, they realize that their body is their temple. This prevents them from opting for bad eating habits or vices. They will never indulge in such things because they worship their own body.

And also, another very important factor we instill in our students is the *guru-shishya* culture. In my gym (One Punch MMA), we specifically have the entire curriculum set as an *aakhada*. We strongly believe and follow the *guru-shishya* culture of *aakhada*. Earlier kids used to go to ashrams, parents used to send them to the *aakhada* so kids would grow healthy, fit, learn skills, become independent and obedient. Follow instructions, life skills and lessons instilled by gurus from *aakhadaas*. So we consider our gym as *gurukul* and *aakhada* is MMA. It is a place where even urban kids develop into strong individuals.

I remember very well that in 2019 my husband, who is the President of the National Federation for MMA in India, was in the lift with an unhealthy 'chubby kid' (boy) of 9 years and his mom. As the kid appeared underconfident and



unhealthy due to concern, my husband urged his mom to take some action and help the kid to improve his health. His parents sent him to us because of his health and also because he was being bullied. And that was the turning point for the kid. The same boy won a fight at the world championship last year. Now he is 5.10 ft tall, lean and is one of the best athletes and I can guarantee that in the next four years he will get us an Olympic medal for the country.

Although he is still an introvert, his training partners are his family and his coach is his final authority. MMA not only changes you as a person, but also shapes your personality.

On the same line I would like you to share your observations. Normally we think that the one who likes to fight or pursue skills of any kind of fighting art, will grow up to be a violent person. How far is it true?

You know, actually that is a misconception. If we refer to the same boy, he has achieved quite a lot because he started his training at his tender age. At present he is in 9th standard. The other day he was going home from the gym, as usual he was wearing a gold chain. Someone attacked him and tried to snatch the gold chain. Since the boy has been training for five years, he has developed muscle memory, he can easily punch the thief and knock the thief down. But the boy did not as he knows the type of damage, he can cause the thief. He knows how to channelise or

control his energy, he's mastered it. So, the boy just took the thief to the ground, looked at him, took his chain and walked away. Because the boy knew that he could cause severe damage and hence he kept his calm. Thus, the training teaches students to be more responsible and hence they learn to control their anger and actions. Thus, we all know the damage we can cause. So, we are trained to control the situation.



So, do you think that to some extent every individual should get such training for self defence?

Yeah, definitely. For the self-defence at least. Again, I take my own example. I am never going to compete, but I train daily like I am going to compete. I train daily because it just makes me fitter. I was a very big girl because of my chartered accountancy. I reached almost 80 kgs. I was extremely fat, unhealthy. I entered a room and I felt under-confident. I didn't like people looking at me. I avoided every mirror. That was me as a person. But this sport actually has changed me.

I have an arranged marriage. When I had the proposal process on, my husband was learning boxing in Kandivali. I used to travel every day from Bandra to Kandivali to pick up a sport, because for me it was just a sport. I didn't care what sport it was. It got me hooked onto it. Eventually, of course, losing weight was a side effect. Just a part and parcel of it. I lost weight. I am 32. I am much more fit than I was at 22. At 32, I am much stronger and fitter. That's only because of this sport. I can enter a room and feel a lot more confident.

It's because I know that I can take care of myself and I am just very confident in my own skin. I would advise someone that you don't need to fight. In my gym, out of 10 people, 8 people don't fight. They just come to the gym because it's a way of life.

For females, when you see someone big coming towards you. None of us are big, muscular. So, we tend to give up. Not even to try, some freeze or start crying. This is nothing but surrendering. We lose the fight before it starts. So, one needs to keep calm and think fast about how much damage I can do? And be sure of the fact that you can do a lot of damage. In my case because I am trained, I will protect myself fiercely.

You have mentioned that you are Asia's first female official to referee. And you were a judge at the World Championships for MMA. How did you pursue it? Can you just explain more about it?

I am Asia's first female official to referee and judge at the World Championships for MMA. I studied the rules and gave a lot exams to qualify. Rules about

what you can do, what you cannot do in the fight. People say MMA is risky, serious injuries can happen. Of course, it can happen, but I have a fracture because of football, not because of MMA.

Would like to know what are the parameters of judging? How does a jury count points? Are there specific techniques that the jury gives points for? What is the format for evaluation? How does it go?

In MMA, there are a lot of rules as I said. As when you are under 18, you cannot hit the face, you cannot strike the head. This makes it extremely safe. You can just hit the body, and with puffy gloves. So, it is more technical. And also you can wrestle, you can take them to the ground, which again makes it a very safe sport. Unlike boxing. In boxing, once you get hit on the head, you get eight counts and then you can fight again. Then again you get eight counts, you fight again. So, there is a lot of brain damage you are taking below the age of 18. Even above the age of 18, you will see many boxers with schizophrenia because of this issue, because of constant head strikes. And in boxing, you hit 80% head and 20% body. In MMA, you hit the entire body. Equal points for entire body and you get hit once the fight is over. You do not restart the fight, which makes MMA a much safer sport.

There are three parts to MMA: youth MMA which is under 18, then there is amateur MMA and then there is professional MMA. Usually, athletes stay amateur as long as they can, because once you go pro, there are less rules. In an amateur MMA, that's where the world championships and all are. You cannot really elbow someone, you cannot hit with elbow, you cannot hit with the knee on the head, you cannot hit the spine, you cannot hit the back of the head, you cannot hit the groin, you cannot pinch, you cannot bite. There are specific techniques that you can do with specific gear and in specific ways. The referee's role is crucial.

What is the most important thing?

There is no other answer. The only answer is safety. The safety of the fighter is the most important thing of the referee. Then the career and everything of

course is important. But safety is of utmost importance. Plus, you have to ensure that nothing is illegal. The referee is the king of the cage, not the fighters.

Are there any levels or grades in MMA?

Unlike any other martial art, like karate has belts, MMA has no belts and someone who tells you that MMA has belts is cheating you. But this happens rampantly in our country. It is something we are trying to stop and trying to make it a standardized sport. Because of the lack of standardization or an apex body, everyone can open up their center and cell belts, but in MMA there is no grading, there is no system of rewarding belts.

The progression that you want to check is on your fight record. Fight record means winning two fights when losing one, winning ten, losing two, so we say ten two, that's how you gauge your progress.

This is just an academic question: Parents across the globe will have the same attitude. Suppose a person joins at about six. How will they know that the child is now in the second year?

Many ask this question. We find it difficult to answer. Till last year, it was like any other sport. I used to call it *langadi* because you can play it anywhere. MMA was the same. But last year it changed, life for us completely changed when MMA was introduced as a medal event, a medal sport at the Asian Olympics. It's not called Asian Olympics, it's called Asian Games actually. It is an event approved by the Olympic

Council of Asia.

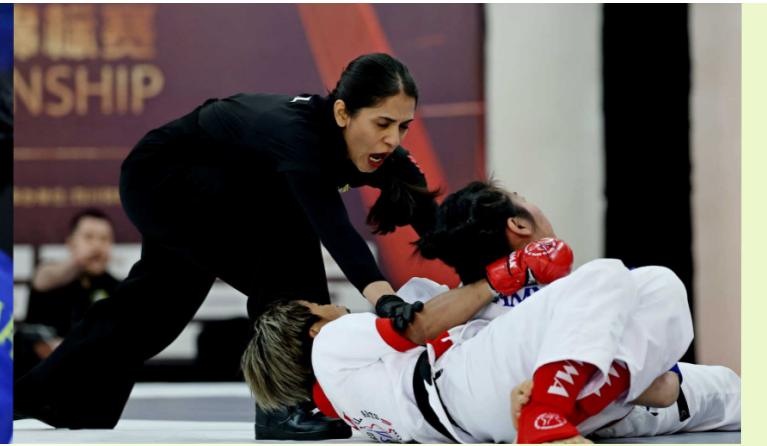
In MMA, we do not have a belt system. If a parent asks me about the progress of their kid after a year then I explain that in MMA there's no such hard and fast chart of progression. It is similar to the training course of swimming. Progress varies per individual and that just can be noticed and not benchmarked with belt system. In MMA the progression that can be measured with the number of competitions you win or the level you go to. Now because it's a sport recognized by the Indian Olympic Association, every national tournament win, every state championship win is going to carry weight. In the future, when they apply for colleges, for jobs, for any interviews, these certificates will have a lot of weight. For any government job also. I have my student, Shriya Satam, 17 years old. She is the first Indian female to win a medal in MMA at the Asian Youth Olympics, which was held for the first time in Bahrain in October. It was an event where all sports were played. Two Indian athletes won medals in MMA.

The Indian Olympic Association in a press release has announced prize award to all winners and she will be getting her three lakh. Her coach will be getting one lakh. Similarly, the boy who won the bronze medal will be getting two lakh and his coach one lakh. So now finally, they're getting monetary compensations also, unlike in the past.

Yeah, you cannot live in extreme luxury and comfort and be a good fighter.

There's a lot of sweat involved. There's dirt involved.





Like whenever I train and I come back and my hair is wet. It is a very messy sport. Someone who stays in comfort can never do this.

Shriya Satam's parents said, 'Our daughter will excel in MMA only if she puts all her time and energy to it and can't pick an academic career which would demand a lot out of her.' She has to choose one. She says 'Anyone can become a doctor, engineer, CA. Not everyone can be an Olympian. Wow. Which is a big deal. And her parents actually have taken the step and they are going to invest completely in MMA.

That's how the sport is growing right now. The first step was the Asian Games and it is going to happen. Till last year, we used to fight in the cage. Today also we fight in the cage. Nothing like we don't fight in the cage. But when you go for the Asian games, we fight on the mats. When you send someone for the Olympics, it just looks safer on the mats and that is why it's on the mats. There are a lot of rules involved. There are sometimes three rounds, sometimes there are two rounds, sometimes the rounds are of two minutes, three minutes, five minutes, depending on what level you are at.

So, like cricket, are there rounds?

This question is difficult to answer because in Asian Games there are two rounds and in other cases there are three. And in professional there are five rounds. This is a very unique sport. It has come top down. First, professionals started fighting, with no rules, and eventually rules were introduced. And in the end the youth was added. So, it went top down in this case actually. So now people can consider it as sport because it is much safer. It's much safer and also the certificate has a lot of value in it. And specifically, it makes you a healthy person and definitely even a layman can come and get some training for their

benefits. And yeah, that's really good.

How many years have you been in this field?

As I said, I was engaged to a man who loved the sport and I used to travel from Bandra to Kandivali to learn boxing. And eventually there was one fine day when we realized that we need more than what this place is providing. There was no place to do it. Let's start on our own. That's how ONE PUNCH MMA started because we could not find any other place in the suburbs to actually pursue our passion. That's why we started ONE PUNCH MMA in 2019. We had a small space in Kandivali. Eventually in three years we moved to a bigger space in Kandivali. And again, after three years now, considering increasing demand, we have moved to Andheri West. So, ONE PUNCH MMA is now one of the best amateur training gyms in the country. We will go pro this year and this could be a big achievement for our gym.

I am aware that there is one more feather in your cap... you are a designer and manufacturer of gym wear as well. How did that happen?

Yes, I have one more business that I started along with ONE PUNCH that's called ACTIVE GUARD, a fight-wear brand. It is a clothing company that focuses on high performance gear for fighters. So, when I started training myself, I realized that there was a specific type of clothing that we needed to wear. There was one called rash guard. As the name suggests, it prevents rash during fight and training. While practising or fighting, sportsman's skin rubs against the mat which burns the skin. This can form a blister and pus. So, to avoid that we need to wear full sleeve T-shirts. At the same time if it is loose then finger can get stuck in the T-shirt and get twisted. Therefore, I noted that the outfits have to be tight. So

the tight fitting rash guard was the best solution. Most importantly, when I started training, I realized that at the end of the training I looked disgusting, like Shrek. I wanted to change that look. I knew that it is not possible to do much about my face and hair. The only thing I could do about it was my clothes. Although I'm in a heavily male dominated field, I wanted to be feminine. Being a female who loves to look nice and loves fashion, I started looking for options in the market. Big multisport brands were selling gym wear for 5 to 6 thousand. Thankfully I can afford that. But I can afford maybe one or two. But I had to train twice a day. Now how do I wear this? Because this is going to smell and I can't afford more than one or two. So, the next option, has been selling its gears really cheap but they do not last for two days, due to bad quality. And the second most problem was out of 7 in the room 3 would wear the same design of the same brand. So I finally came to the conclusion that if I don't want to spend a lot and I don't want to be cheap as well then I need to find a mid-ground. Thus, I started sketching how I would like to look in the gear, on my iPad. And then ultimately came up with the sketching of my own designs for gear.

And I launched ACTIVE GUARD. I do not make a lot of profit margin because the whole concept was to give really unique designs at a very good quality and low price to fighters.

I had planned to sell these gears at ONE PUNCH. But on the trial run all were sold out within just a few days after they were launched. And became popular as ONE PUNCH gear. Eventually, to make it a generic brand for everyone, I was forced to change the name from ONE PUNCH GEAR to ACTIVE GUARD GEAR. Now, I have added more qualities like sun protection and dry fit so that you can use it for cycling, for swimming, for surfing, to run, to play cricket. So,

it can be useful for other sports as well. And now it is a brand that is reaching out to the athletes across from India.

This is something I really want to work more on and come up with products for the fighters and athletes who can't afford but still want the nice product. I mean one shouldn't be deprived of necessary things because its not affordable. It is an absolutely incredible thought. Your core of heart is as beautiful as your persona.

How many fights have you judged?

As a referee? There's no count. One of the highlights of my career was that I got to referee an Olympic game which is a South East Asian Games. Just call Sea Games which was this year. It was in Thailand. It was the first Asian Olympic level competition and I was very lucky that I was the only female that got to referee all the finals, which was a big deal and only Indian female to do so.

Wow. Congratulations.

Also, in January at the event in China which was a selection trial for the Asian games. So, I did the Asian Games and the Asian indoor and martial art games selection trials and the qualifiers as well.

At such a young age all your achievements are simply astonishing. It will be apt if I address you as 'Renaissance Woman with Grace, Elegance and Intelligence'.

Let's say like I am CA because of my dad, but I am an also artist because of my grandfather.

Prachiti, we are really proud to have a multi-talented young female as our committee member of our Club. On behalf of the team of PANORAMA I wish you great success in all your endeavours in the future.

Sleep: The Silent Architect of Our Life

Dr Sheilja Singh MD Medicine & Dr P. P. Prabhudesai MD, DNB, FCCP

'Your life is a reflection of how you sleep, and how you sleep is a reflection of your life.'

Dr Rafael Pelayo



Sleep is not a luxury. It is not wasted time. It is the foundation upon which physical health, emotional balance and productivity are built. Most beauty secrets are also linked to quality sleep. Sadly though, sleep is often the first sacrifice in our fast-moving lifestyle, to achieve goals and even to strike a work-life balance. This is not only true among the educated and high performing communities, but also applies to the lower strata of society. This, despite the fact that nothing influences our daily performance more silently and more powerfully than the quality of our sleep.

Mahatma Gandhi beautifully said, 'Each night when I go to sleep, I die; and the next morning when I wake up, I am reborn.'

Or as Shakespeare aptly puts it in his famous tragedy *Macbeth*, Act 2, Scene 2:

*Macbeth doth murder sleep: the innocent sleep,
Sleep that knits up the ravelled sleeve of care,
The death of each day's life, sore labour's bath,
Balm of hurt minds, great nature's second course,
Chief nourisher in life's feast.*

Sleep is, in a sense, a daily rebirth. During those quiet hours, the brain detoxifies, memories are consolidated, tissues are repaired, hormones are regulated, and the immune system is strengthened. The growth hormone is secreted in deep sleep, helping cellular repair and maintaining muscle tone and skin integrity. The heart rate slows, blood pressure dips, and the lungs settle into rhythmic breathing. The body heals in darkness. Modern science confirms what ancient wisdom always knew: restorative sleep is central to longevity and vitality.

As the saying goes, 'A good laugh and a long sleep are the best cures in the doctor's book'.

Sleep and mental well-being

Sleep is deeply connected to emotional health. REM sleep (the deep sleep) is pivotal for creativity and clarity. Irritability, poor concentration, anxiety, and low mood are often reflections of inadequate or disturbed sleep. Many corporate professionals attribute fatigue to 'stress', but the root cause is frequently chronic sleep deprivation. Quality sleep enhances decision-making, creativity, and memory. Students perform better. Leaders think clearly. Relationships improve.

Insomnia: the most common sleep disorder

The most prevalent sleep disorder worldwide is insomnia: difficulty falling asleep, staying asleep, or waking too early. It affects nearly one in three adults at some stage of life.

Common triggers include:

- ◀ Mental stress and overthinking
- ◀ Irregular sleep schedules
- ◀ Excessive screen exposure at night
- ◀ Caffeine overuse
- ◀ Anxiety about sleep itself
- ◀ Certain medications

Insomnia often becomes a vicious cycle: the more one tries to 'force' sleep, the more elusive it becomes. The good news is that insomnia is treatable. Structured sleep hygiene, cognitive behavioral therapy for insomnia (CBT-I), relaxation techniques, breathing exercises, and in selected cases short-term medication, can restore normal sleep patterns.

It is worth noting that, 'A restless mind makes a ruffled pillow' and going to bed with gratitude and a prayer can go a long way.

Obstructive Sleep Apnea (OSA): common, preventable, treatable

Another major yet underdiagnosed condition is Obstructive Sleep Apnea (OSA). It is characterized by repeated pauses in breathing during sleep due to airway collapse.

Warning signs include:

- ◀ Loud snoring
- ◀ Gaspings or choking during sleep
- ◀ Morning headaches
- ◀ Excessive daytime sleepiness
- ◀ Poor concentration

OSA is strongly linked to hypertension, diabetes, heart disease, stroke, and even accidents due to sleepiness. Many a professional may dismiss snoring as harmless, but it is important to note that it could be the cause of serious medical conditions.

The encouraging fact is that OSA is



preventable and treatable. Weight management, positional therapy, oral appliances, and CPAP (Continuous Positive Airway Pressure) therapy can dramatically improve sleep quality and reduce cardiovascular risks.

Other common sleep disorders

- ◀ Restless Legs Syndrome (RLS): An uncomfortable urge to move the legs at night.
- ◀ Circadian Rhythm Disorders: Late sleeping habits, common among teenagers and shift workers.
- ◀ Narcolepsy: A neurological disorder causing excessive daytime sleepiness.

Awareness and early evaluation can provide many solutions. Sleep medicine today offers an effective range of diagnostic tools and therapies.

Sleep and beauty: the truth behind 'beauty sleep'

The term 'beauty sleep' is scientifically valid. During deep sleep collagen production increases and skin repair processes accelerate. Chronic sleep deprivation leads to dark circles, dull skin, fine lines, and premature aging. Poor sleep also increases cortisol levels, which accelerates aging and affects hair and skin health. Truly radiant appearance begins with restorative sleep.

Practical tips for a good night's sleep

1. Maintain a fixed sleep and wake time, even on weekends.
2. Avoid screens at least 60 minutes before bedtime.
3. Limit caffeine after late afternoon.
4. Keep the bedroom cool, dark and quiet.
5. Use the bed only for sleep, not for work or television.
6. Practice relaxation breathing or meditation before bed.
7. Engage in regular physical activity, but avoid intense exercise late at night.
8. Avoid large and heavy meals before bedtime.

Most adults require 7–8 hours of quality sleep per night.

A final thought

Sleep is the most democratic health intervention available to all, costs nothing, and yields immense returns. When we protect sleep, we protect our heart, brain, metabolism, mood and relationships.

If you wish to improve your life, start with your night. Because truly, 'Your life is a reflection of how you sleep.'

And every morning gives us a new opportunity to awaken healthier, calmer, and reborn.

TRAVEL

Angkor Wat

PRASHANT NAIK

We visited the Angkor Wat temple complex at Siam Reap, Cambodia. It was a great experience.

Angkor Wat is a UNESCO world heritage site that contains dozens of temple ruins built by Hindu kings of Indian origin. These famous temples were built by the mighty king Suryavarman in the 11th and 12th century for Vishnu. Its original name was Vrah Vishnuloka. It was later converted into a Buddhist temple by subsequent Buddhist kings by replacing the heads of idols with the Buddha head. Later these were vandalised for the precious stones such as ruby and sapphire used as eyes.

The temple with overgrown trees (named Ta Prohm) was made world famous by the Hollywood blockbuster *Tomb Raider* starring Angelina Jolie. She had etched her name in one of the roots and that place has become a main tourist attraction.



'THIS IS NOT AN ADVERTISEMENT'

Members may contact Dr Shailaja Singh for consultation

Website: <https://abetterwellbeing.net/>

Anand Clinic & Sleep Solutions

501 Mercury, Opposite Hallmark Plaza, Near Guru Nanak Hospital, Bandra (East), Mumbai 400 051

Vietnam THROUGH A CAMERA LENS

During a recent visit to Vietnam, our member Mr Vilas Sali, an enthusiastic photographer, captured several striking images that showcase the beauty and vibrancy of the country. We are delighted to feature a selection of his photographs that he has contributed to PANORAMA.



Presently, this temple is under restoration by the Archaeological Survey of India. All Indians feel happy to see our country's contribution to this great project.

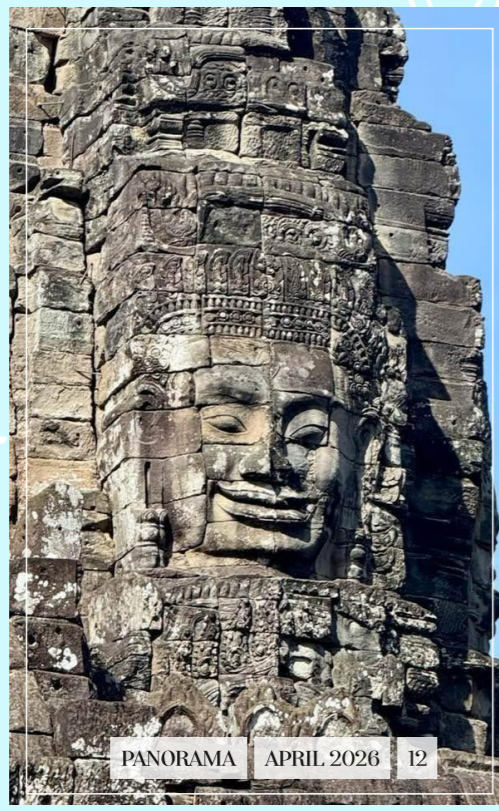
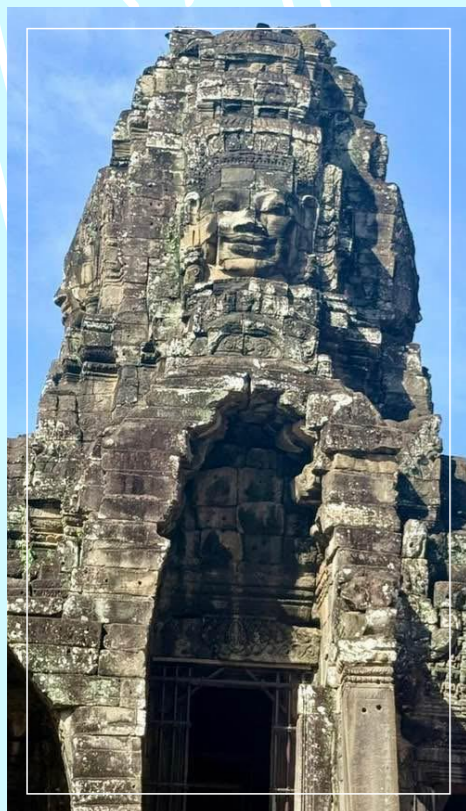
The temple with huge faces of Shiva is Bayon Temple (banyan temple mispronounced in French). There were around 200 faces of Shiva on the temple *gopuras* or *shikhar*. Now only a few are remaining.

French archeologists tried to cut and remove

the overgrown trees on the *gopuras* and in the process there was damage to some areas of the already fragile temple. Now it is being restored by Japanese archaeological personnel.

The brass structure photo was taken at Siam Reap Airport.

● If you are planning to visit Angkor Vat, be prepared to walk a lot in the scorching sun and don't forget to enjoy the foot massage at \$ 3 for 1 hour. It is very relaxing and is necessary. ■



<< **The Văn Miếu** (Temple of Literature) is Located in west of Hanoi's Old Quarter in Hanoi, Vietnam. It features the Great Portico, the main entrance gate to the complex. This is one of Hanoi's most iconic and historically rich landmarks. It was founded in 1070 by Emperor Ly Thanh Tong to honour Confucius and celebrated scholars. In 1076, it became the Imperial Academy (Quoc Tu Giam), the first national university in Vietnam. Initially established for royals and aristocrats, it later opened to talented commoners from the mandarin class. The complex is divided into five distinct courtyards surrounded by ancient brick walls. It houses 82 UNESCO-listed stone tablets that honour scholars who passed royal examinations. Known for its peaceful, well-maintained gardens and ponds, it offers a tranquil escape from the city's bustle.

>> **The Drum House** (Nha Trong), a historic structure located within the Temple of Literature (Van Mieu-Quoc Tu Giam) in Hanoi. The Temple of Literature is dedicated to Confucius and served as the site of Vietnam's first national university, the Imperial Academy. This specific pavilion houses the Great Drum. A similar pavilion containing a large bell often stands opposite it, known as the Bell House. The complex was originally constructed in 1070 to honour Confucius and celebrate scholarly achievements.





^ **The Corridor** is a long interior colonnade with red wooden pillars and bronze crane statues inside Hanoi's Temple of Literature.



^ **One Pillar Pagoda** (Chùa Một Cột) is an iconic 11th century Buddhist temple located in Hanoi. Many locals still visit the pagoda to pray for luck and fertility.



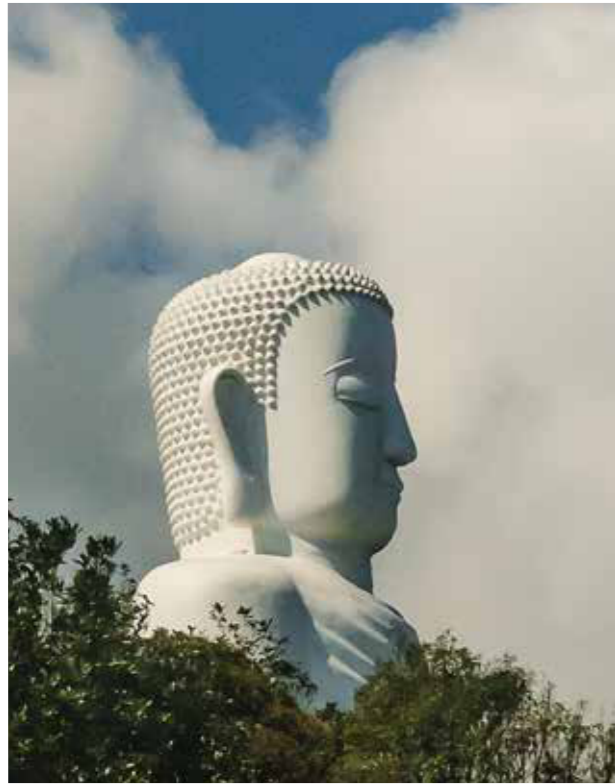
^ **Hanoi Train Street**

This is what we at least from Mumbai need to learn from the Vietnamese: how to encash the everyday local train system by converting the filthy railway tracks into a tourist spot.

This is a narrow, century-old residential alley in the Old Quarter where cafes operate inches from active railway tracks built by the French in 1902, with homes built shortly after, directly adjacent to the tracks thereby housing railway workers and their families since 1956. Originally a quiet, local neighbourhood, it gained massive social media fame in 2017, leading to over-tourism, safety closures, and now a restricted, cafe-only entry system.

∨ **The Reclining Buddha** at the Vinh Trang Buddhist Pagoda. This iconic temple is situated in My Tho, located in the Mekong Delta region of Vietnam. The reclining position represents the final Nirvana, a state of deep meditation which the Buddha entered before passing away. The Vinh Trang Pagoda is an ancient temple, nearly 200 years old, and is a major landmark in the My Tho area.





<< **The Giant Shakyamuni Buddha** located at the at the Linh Ung Pagoda in the Ba Na Hills near Da Nang, Vietnam. This 27 metre tall statue is crafted from pure white stone and sits atop a 14 metre tall lotus base. It is considered one of the largest Buddha statues in Southeast Asia. It is situated at an altitude of approximately 1,400 metres above sea level on Chua Mountain.

Linh Ung Pagoda at Ba Na Hills is one of three famous Linh Ung temples in Da Nang, forming a sacred trio believed to protect the city. It features a harmonious blend of traditional Buddhist architecture and majestic mountain scenery.

The Giant Laughing Buddha (Budai or Maitreya) >> and a statue of the monk Khương eq Tăng Hội (a revered figure credited with significant contributions to Buddhism and Zen study in Vietnam) are both located at the Vinh Trang Pagoda. It is one of the most significant historical and cultural landmarks in the Mekong Delta region. Originally built in 1849 by the abbot Venerable Thich Hue Dang, the temple's architecture uniquely blends Asian and European styles.

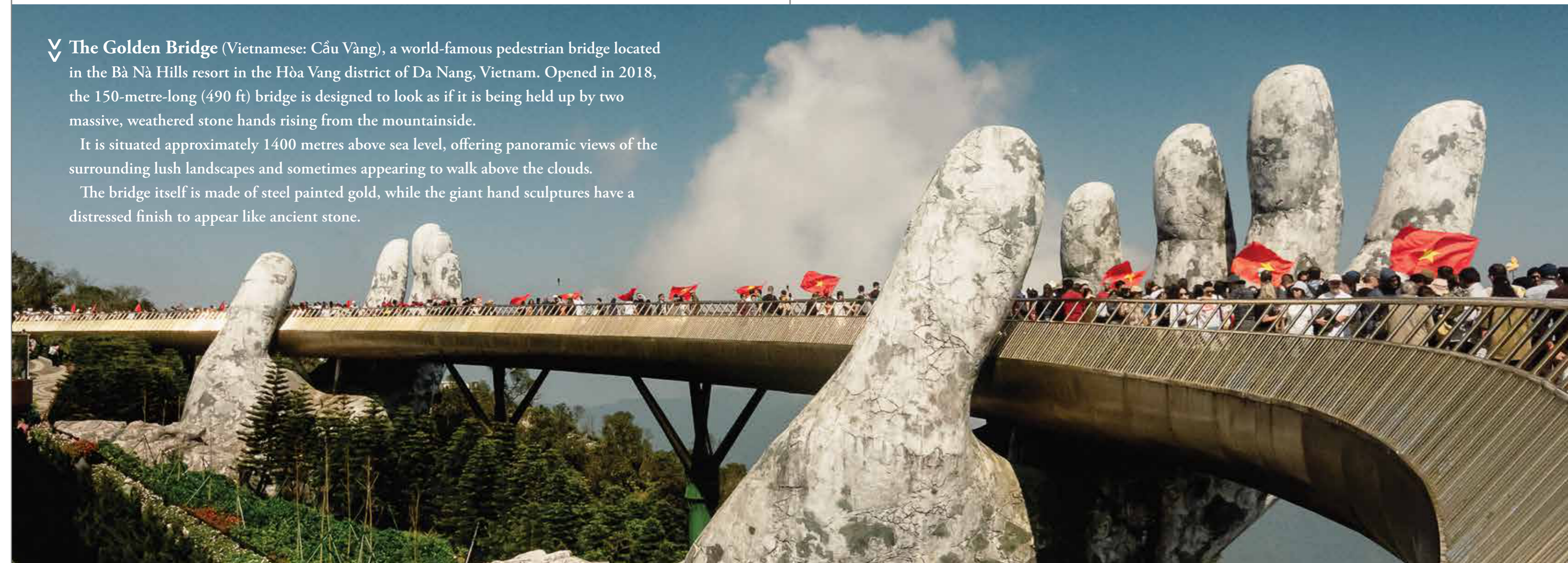
The Laughing Buddha, a massive white seated statue is a representation of Budai, a 10th-century Chinese monk known for his jolly nature and humorous personality. He is often referred to as the Fat Buddha or Happy Buddha and is a symbol of abundance and happiness.



∨ **The Golden Bridge** (Vietnamese: Cầu Vàng), a world-famous pedestrian bridge located in the Bà Nà Hills resort in the Hòa Vang district of Da Nang, Vietnam. Opened in 2018, the 150-metre-long (490 ft) bridge is designed to look as if it is being held up by two massive, weathered stone hands rising from the mountainside.

It is situated approximately 1400 metres above sea level, offering panoramic views of the surrounding lush landscapes and sometimes appearing to walk above the clouds.

The bridge itself is made of steel painted gold, while the giant hand sculptures have a distressed finish to appear like ancient stone.



Building Indian Super Brands III IndiGo Flying High

Dr Amit Rangnekar

Dr Amit Rangnekar is a pharma industry professional, professor of marketing at India's top business schools, and among India's largest collectors of sports memorabilia. This is his third article on Indian super brands after BISLERI and CHITALE BANDHU.

ABSTRACT: IndiGo is India's biggest aviation success story. Built on a low-cost, high-efficiency model since its launch in 2006, IndiGo's focus on fast turnaround times, large bulk aircraft orders, and no-frills service have ensured reliable on-time performance at competitive fares. IndiGo has dominated the Indian skies with a 66% market share and is expanding on international routes. IndiGo remains profitable when rivals have struggled, making it a benchmark for low-cost airline execution in emerging markets. This piece explains how it was achieved.

INDIAN AVIATION INDUSTRY: THE DRIVING FORCE

Globally the aviation industry is considered the toughest to do business in, as many airlines are loss making, because critical variables are beyond the industry's control: aviation turbine fuel (ATF) prices, supply of aircraft, government policy. India is no different and the table below illustrates the airlines that have been grounded due to losses, debt and unsuccessful mergers and acquisitions (M&A).

Key Airlines Grounded in India

Airline	HQ	Take Off	Grounded	Why Grounded
Tata Airlines	Mumbai	1932	1946	Nationalised
East-West	Mumbai	1992	1995	Debt
Modiluft	Mumbai	1994	1996	Issues between partners
Vayudoot	Delhi	1981	1997	Losses
Damania	Mumbai	1993	1997	M&A NEPC (Skyline NEPC)
NEPC	Chennai	1993	1997	Debt
Air Sahara	Mumbai	1991	2006	M&A Jet 2007 (JetLite)
Air Deccan	Bangalore	2003	2007	M&A Kingfisher 2007 (Red)
Paramount	Chennai	2005	2010	Legal leasing issues
Kingfisher Red	Mumbai	2006	2011	Debt
Kingfisher	Mumbai	2005	2012	Debt
Jet Airways	Mumbai	1993	2019	Debt
GoFirst	Mumbai	2005	2023	Debt

The Indian aviation industry has grown through strategic policy interventions. The monopoly of government-owned Indian Airlines on domestic routes ended in 1994 as private airlines were allowed to operate. In 2004 the 5-20 policy enabled airlines with 5 years flying experience and a fleet of 20 aircraft, to fly international. In 2012, Foreign Direct Investment (FDI) was allowed up to 49%, with 100% FDI permitted under automatic route for NRIs. As more airlines entered the fray, the government tweaked the policy from 5-20 to 0-20 in 2016, where airlines with a fleet of 20 were allowed to fly international even with no prior flying experience. Private airlines started operating international routes in code sharing arrangements with other airlines to ensure a harmonised flight experience, and take a bite of the international traffic. In 2016 the UDAN (*Ude Desh ka Aam Nagrik*) scheme, increased regional connectivity by making air travel affordable and accessible to citizens in remote areas, tier-2, and tier-3 cities with major hubs through subsidized fares and incentives for airlines.

By 2024, these strategic policy initiatives propelled India from the fifth largest domestic aviation market to the third, after USA and China. Over 16.1 crore passengers, 13.7 crore domestic and 2.4 crore international passengers, flew across Indian skies in 771 aircraft across 148 airports, up from 54 in 2004 and 74 in 2014. Today India is the world's largest lowcost carrier (LCC) market with a 74% LCC share of all flights as compared to USA 37% and China 13%.

INDIGO 2024

Indigo started operations in 2006 with two friends, Rahul Bhatia (Interglobe) and Rakesh Gangwal (Caelum), investing Rs 100 crore to start the airlines. By 2010, Indigo was number 3

in the Indian market after Air India and Jer, it went international in 2011 and became number 2 that year. In 2012, Indigo became India's largest domestic airline with a 27% national market share. From 75 aircraft and 459 flights across 36 destinations in 2013, Indigo flew 400 aircraft and 2,200 flights across 126 destinations (80 domestic and 36 international), and flew over 10 crore passengers in 2024, a quantum leap. In 2022, co-founder Gangwal resigned from the Indigo board and sold most of his stake, but this did not impede Indigo's progress. In 2024, Indigo's revenues were Rs 71,200 crore with a net profit of over Rs 8,000 crore and a market capitalisation of over Rs 1 lakh crore!

INDIGO'S UNIQUE STRATEGIES FOR SUCCESS

Indigo orders aircraft from only one supplier, viz. Airbus: A320 and A320 Neo. This ensures cost and operational efficiencies as the technicians as well as the crew on-board and on-ground are familiar, compatible and interchangeable across aircraft, parts, maintenance duties, training etc. With aircraft from multiple suppliers, their competitors spread their staff thin and result in grounding of planes and delays. Most airlines send two sets of pilots, engineers and crew to aircraft manufacturing facilities in Toulouse France (Airbus), and Seattle USA (Boeing) to train on the new aircraft for two weeks and fly them back. Indigo instead gets the aircraft delivered in India and instead deploys the two sets of pilots, engineers and crew on domestic sectors. New route planning and new sector bookings start even before the new aircraft land in India.

Indigo places *bulk aircraft orders*: 100 aircraft in 2005, 180 in 2011, 480 in 2015 and 530 in 2023, a total 1,290 aircraft ordered, of which 400 have been delivered and balance 890 will be delivered every year till 2035. An average Airbus

A320 Neo aircraft list price is \$110 million (Rs1000 crore approximately @ Rs 90 per US\$), but when a bulk order of 100 aircraft is placed, airlines typically negotiate for \$50-65 million (Rs 450-585 crore @ Rs 90 per US\$) for a new A320 Neo, based on configuration, engine selection, and volumes. The down payment for the bulk order of 100 aircraft is usually 5% of the discounted value, so the airline pays around \$250-300 million (Rs 2,500-3,000 crore) as down payment for the full order.

Most airlines follow this strategy, but Indigo goes a step further: they follow the *Sale and Lease Back* strategy. Indigo pays 5% down payment on the discounted price, the aircraft is delivered, Indigo sells the aircraft to a leasing company for a profit as they have procured the plane at only 50% of the price, clear their outstanding amount to the aircraft maker. Indigo then leases the same plane from the leasing company for 5 years, operates on full routes and makes profits as operational expenses are only 19% of costs. After 5 years, Indigo returns the aircraft to the leasing company at a profit of \$5 million per aircraft. By using the aircraft for 5 years, Indigo avoids the draconian 'D check' for aircraft which is mandatory after 8 years, and which results in major repairs. This ensures average age of their aircraft fleet is 3 years and the planes are maintained in good condition.

Indigo ensures the *highest level of operational efficiency* through pioneering strategies: 30 minutes turnaround time between flights, highest aircraft utilisation of 16 hours flying time per aircraft daily, longer flights of 90 minutes and above, aligning all flights to depart or land from/to profitable sectors, like operating over 50 daily flights on the busy Mumbai-Delhi sector. Initially, Indigo avoided all hot meals on board, which ensured lighter aircraft and thus better fuel efficiency. These strategies ensure a passenger load factor per flight of almost 90% and on time

performance of around 85%.

Indigo enters into very expensive *full guarantee/warranty contracts* with aircraft makers and vendors for critical components. Their legal team tracks and capitalises on every warranty/guarantee clause. Inability to invoke warranty and guarantee clauses caused competitors like Kingfisher, Jet and Go Air to be grounded. In the recent past 70 Indigo planes were grounded at various time periods due to faulty Pratt & Whitney engines, but by invoking key agreement clauses, Indigo was fully compensated by the engine maker.

Indigo employs *strong revenue up-sell strategies* from cargo, excess baggage, special service requests, ticket modification, cancellation, inflight services and selling seats. These strategies netted Indigo revenues of Rs 6,579 crore in 2024. Indigo's food and beverage (F&B) revenues were over Rs 800 crore, higher than the dedicated food company Barbeque Nation's Rs 761 crore. Indigo's F&B profit was Rs 500 crore, higher than Jubilant Foodworks' (Domino's) Rs 356 crore, India's leading fast food chain!

COMPETITIVE STRATEGY

From a consolidated market consisting of Air India, Indigo, Vistara, Jet, Spice Jet and **Go Air** in 2015, a variety of factors like a hostile business environment and financial profligacy, have led to a duopoly. Indigo and the Tatas (Air India, Air Asia), together account for 90% market share, with Akasa and SpiceJet, both weak followers, accounting for the balance. The Tatas are making a concerted effort to compete with Indigo, with a domestic market share of 29% and 300 aircraft on the ground, pending aircraft orders of 475, and 8,500 weekly flights.

With the Tatas pruning their premium brand Vistara, there was no one to compete with Air India, a full service airline, with business and first class seats. Indigo introduced 'Stretch' premium

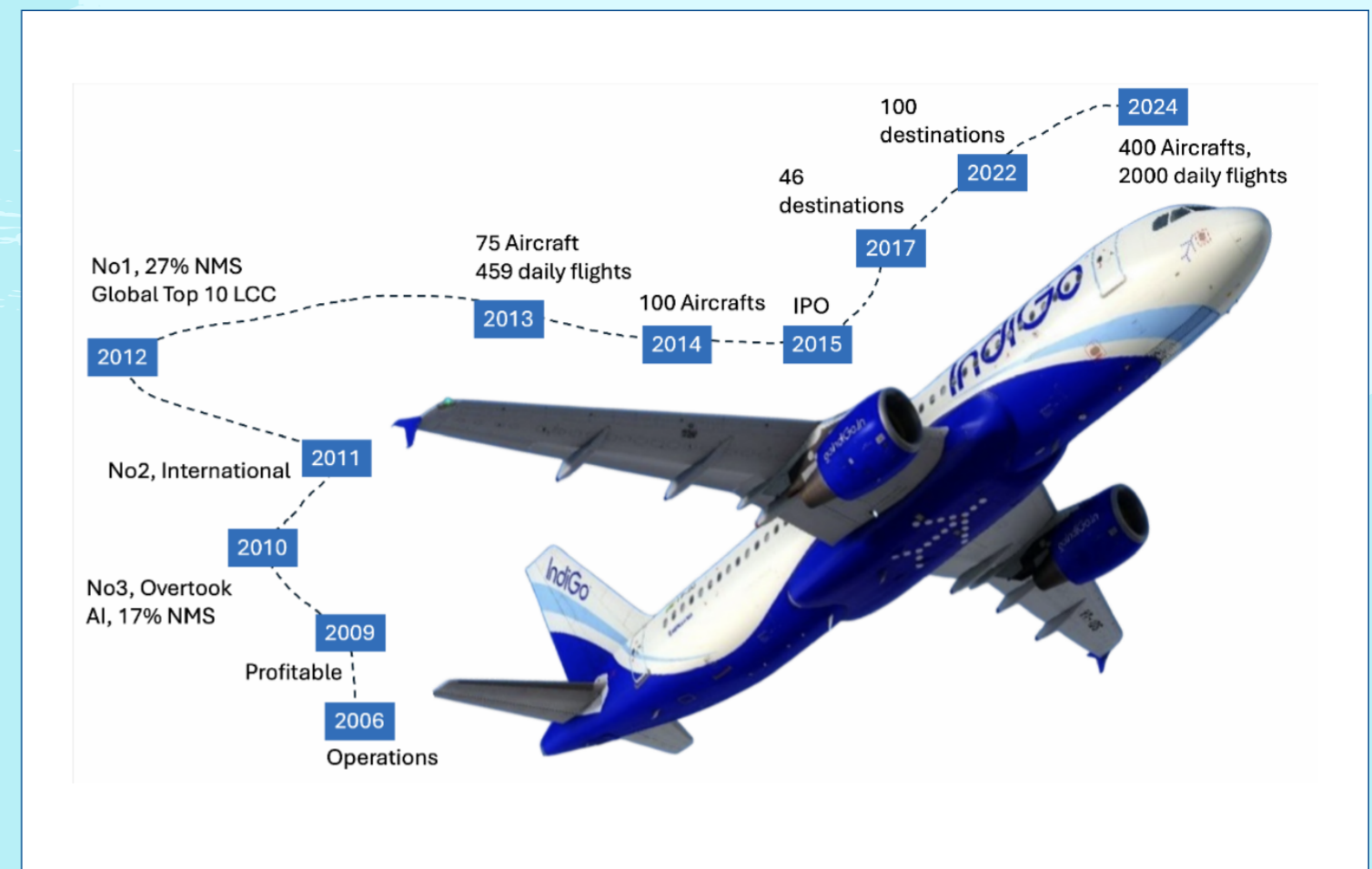
class by customising 12 seats per aircraft, pricing them at 2-3 times the price of a normal seat, and providing a premium experience. The Blue Chip loyalty program was introduced to retain and convert high end customers.

The next battleground for Indigo is air cargo and allied services, where India commands only a 1% global market share. Blue Dart with 8 aircraft called freighters, Pradhaan Air with 2 and Quikjet with 1 are the incumbents, while Indigo with 3, Spicejet with 3 and Air India with 1 are the new entrants. Indigo has ordered 30 wide body A350s over the next 10 years to capitalise on this opportunity and are tied up with Air France and KLM for expertise.

Affordable prices, effective operational

strategies and superior performance have ensured Indigo's position in the Indian passenger's mind: that of 'Reliability' and 'High Value' which will be very difficult for Air India to emulate in the short term. But with Tata's 'Trust' and 'Values' they look set to take on Indigo, who need to improve their patchy customer service. The government brought in stringent rules for rostering pilots and operational safety. In the busy December 2025 quarter, which is full of weddings and travel, Indigo's response saw severe blips in customer service and led to apathy issues. Indigo should correct this on priority to regain customer confidence and trust, if they want to continue their dominance. ■

Chronology of Brand Indigo



HEALTH

WHY WHAT WORKED EARLIER STOPS WORKING

Dr Alka Walavalkar



Dr Alka Walavalkar is a clinical nutritionist and integrative health and lifestyle medicine practitioner with over 30 years of experience in metabolic health. As Director of Resonance Wellness and a certified diabetes educator, she works extensively with individuals living with conditions such as pre-diabetes, type 2 diabetes, fatty liver, weight gain and chronic fatigue. Her approach focuses on identifying the underlying metabolic imbalance and using structured, practical lifestyle interventions to improve, and in many cases significantly reverse, disease progression alongside medical care. An Ambassador of the Government of India's Fit India Movement, she is committed to helping people regain health in a sustainable and real-life manner.

On most clinic days, a conversation like this happens within the first five minutes.

'Doctor, I really don't understand what is happening. I am eating the same food as before. I am walking regularly. But suddenly I am putting on weight, especially on the stomach.'

And then, almost as an afterthought:

'I also feel more tired than before . . . and my sleep is not as refreshing.'

This is not one person. This is now the most common story I hear. From men in their 40s who never worried about food earlier. From women who managed home, children and career effortlessly for years. From people who considered themselves active and healthy.

Nothing dramatic has changed in their lifestyle. Yet, the body feels different. Clothes fit differently. Energy feels different. Even mood feels different.

Most people assume something is going wrong. In reality, something very natural is happening. Your body is not failing. Your body is changing.

THE AGE NO ONE WARNS YOU ABOUT

We are prepared for old age. We expect problems at 60 or 70. But what surprises most people is the transition that begins much earlier, usually somewhere between 38 and 45. It does not announce itself loudly. It begins quietly:

- Slight increase in waist size
- Mild acidity
- Afternoon fatigue
- Occasional joint stiffness
- Irritability without clear reason
- Disturbed sleep

Because reports are usually normal, people ignore it. But this phase is important. This is the stage where the body moves from a high-tolerance metabolism to a regulated metabolism. In simpler words: in your 20s and early 30s, your body adjusts to your lifestyle. After 40, your body expects you to adjust to its biology.



Nothing has changed . . . yet everything feels different

WHY WEIGHT INCREASES EVEN WHEN DIET DOES NOT CHANGE

One of the biggest frustrations people express is: I have not increased my food intake. Then why has my weight increased? The answer is not in the food



Health improves when lifestyle matches biology

alone. It is in the muscle.

From our early 40s, the body slowly starts losing muscle mass every year. This process is natural and happens to everyone, whether we notice it or not. Many people think muscle only matters to athletes or gym-goers. Actually, muscle is your body's metabolic engine. It decides:

- How efficiently you burn calories
- How you handle sugar
- How energetic you feel

WHEN MUSCLE GRADUALLY REDUCES:

- Calories burn slower
- Abdominal fat appears
- Fat storage increases
- Stamina decreases

So even if you are eating the same food, the body is processing it differently. This is why the same morning walk that worked ten years ago now gives much smaller results. It is not lack of effort. It is change in physiology.

THE SUGAR HANDLING PROBLEM

Another quiet change occurs in the way the body handles carbohydrates. Earlier, you could eat sweets at a function, have dessert at dinner, or eat a heavy meal, yet feel normal the next day.

AFTER 40 MANY PEOPLE BEGIN TO NOTICE:

- Sleepiness after meals
- Sweet cravings in the evening
- Need for tea or coffee to stay alert
- Difficulty staying full for long



This happens even when blood sugar tests are still in the normal range. This confuses people. 'How can sugar be normal if I feel so tired?', they ask.

Because laboratory reports detect disease, but the body experiences imbalance much earlier. After 40, the body takes longer to manage sudden rises in blood sugar. Energy rises quickly and falls quickly. That afternoon dip at 4 pm, when you start looking for tea and something to snack on, is often the first signal. It is not laziness. It is your metabolism struggling to maintain steady energy.

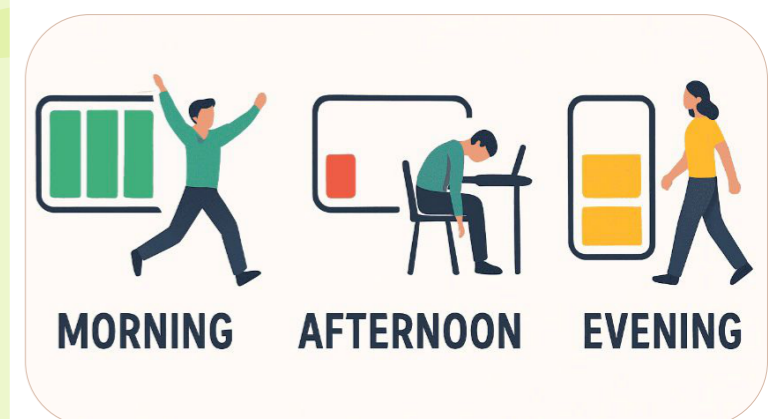
SLEEP: THE CHANGE PEOPLE IGNORE MOST

One of the earliest and most ignored changes is sleep. Many people tell me: I sleep for 7 hours, but I wake up tired. Earlier, the body could recover even after irregular sleep. Now, sleep quality becomes more important than sleep duration.

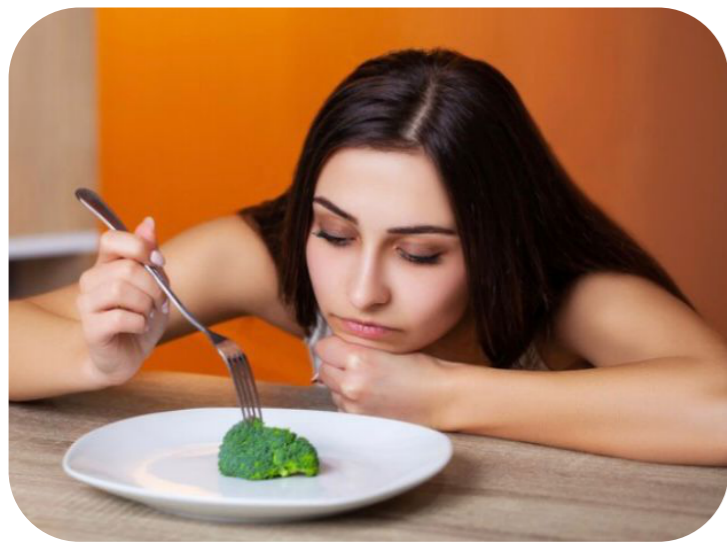
LATE DINNERS, LATE SCREEN EXPOSURE, AND IRREGULAR SLEEP TIMINGS START AFFECTING:

- Morning freshness
- Concentration
- Mood stability
- Hunger patterns

People then try to compensate with more caffeine or more rest during the day, which further disturbs the body rhythm. The body after 40 becomes deeply dependent on rhythm: regular sleep time, regular meals, regular activity.



That 4 pm hunger is a metabolic signal



Most people respond by eating less. The body actually needs regulation

WHY ACIDITY, GAS AND BODY ACHES SUDDENLY APPEAR

ANOTHER VERY COMMON COMPLAINT IN THIS AGE GROUP IS DIGESTION:

- I never had acidity earlier. Suddenly it has started.
- I feel heavy after eating.
- I cannot tolerate the same spicy food now.

Digestion is an energy-dependent activity. As metabolism slows and meal timings become irregular, digestion weakens first, long before any disease develops. Similarly, joint stiffness, neck pain and body aches appear not only because of age, but because recovery capacity reduces. Earlier, the body repaired overnight. Now, it needs support through proper rest, nutrition and timing.

THE MISTAKE MOST PEOPLE MAKE

When these changes begin, most people react in a very predictable way. They start eating less. They skip meals. They try fruit-only dinners. They reduce carbohydrates drastically. They walk more and more hoping to 'burn fat'. Unfortunately, this often worsens fatigue, sleep, and cravings. Because after 40, the body is not asking for less nourishment. It is asking for better regulation. The focus shifts from quantity to timing and composition.

Health after 40 is not built by extreme dieting. It is built by consistency.

WHAT THE 40+ BODY ACTUALLY NEEDS

AT THIS STAGE, SMALL CORRECTIONS MAKE LARGE DIFFERENCES:

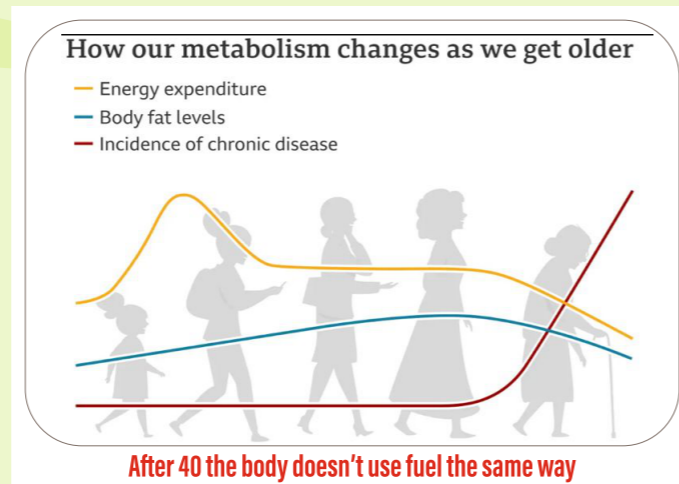
- Eating meals at regular times
- Not delaying dinner too late into the night
- Adequate protein in daily meals
- Avoiding frequent snacking
- Supporting sleep timing
- Allowing recovery, not just activity

Many people are relieved to discover that they do not need aggressive restrictions. They need understanding. When lifestyle begins matching physiology, weight gradually stabilises, digestion improves, and energy returns, often without medicines.

A DIFFERENT WAY TO LOOK AT AGEING

We often think ageing means deterioration. But biologically, ageing is actually a shift in priorities. In youth, the body prioritises performance and tolerance. In midlife, the body prioritises maintenance and repair. If we continue living with a 25-year-old routine in a 45-year-old body, problems appear. But when we adjust habits to the body's stage, health improves surprisingly quickly. The body is not becoming weak. It is becoming wiser, and is asking us to live a little more in rhythm with it. Understanding this phase early is important. Because many lifestyle diseases such as diabetes, blood pressure, fatty liver begin silently during these years, long before diagnosis. This is the stage where prevention is still possible.

And prevention, in medicine, is always easier than treatment. ■



After 40 the body doesn't use fuel the same way

RECOGNITION

MCA Honours

The Mumbai Cricket Association honours Sharad Kotnis and Chandrashekar Sant on the Honours Board at the Press Box at Wankhede Stadium

The Mumbai Cricket Association honoured the invaluable contribution of the sports media fraternity to the growth and legacy of Mumbai cricket. The Honours Board stands as a symbol of gratitude from the cricketing fraternity to those who have chronicled Mumbai's cricketing journey with passion and responsibility.

It was a thoughtful gesture from the Mumbai Cricket Association (MCA) to honour the contribution of Mumbai's sports journalists (deceased) by dedicating an Honours Board with their names at the Balasaheb Thackeray Press Box at the iconic Wankhede stadium. It was a wonderful ceremony where MCA's visionary President Ajinkya Naik unveiled the Honours Board. Secretary Prof. Dr Unmesh Khanvilkar, Joint Secretary Nilesh Bhosle and the Apex Council Members of the MCA were present on the occasion. Also present at the ceremony were Sports Journalists Association of Mumbai's (SJAM) President G. Viswanath and Secretary Clayton Murzello along with other sports journalists and families of the honoured journalists. The SJAM team has done a great job in selecting the appropriate names for the board.

Mumbai cricket has a rich history. The contribution of Mumbai cricket and its cricketers to Indian cricket goes beyond the boundary of words. All their achievements, records, runs, wickets, victories and performances could reach the common man mainly because of the devoted work of these Mumbai's sports journalists.

The Honours Board has names of two of M. I. G. Cricket Club's former members: Mr Sharad Kotnis, trustee and founder member, and Mr Chandrashekar Sant, Committee Member.



Sharad Kotnis was a disciplinarian with a golden heart who helped M. I. G. Cricket Club get its identity in the early days. Sharad Kotnis was passionate about maidan cricket and groomed some of the stars of Mumbai and Indian cricket then. He nurtured the club Shivaji Park Youngsters for a long period. Kanga League was his favourite tournament, and he probably hated when it rained and never wanted it postponed. He covered many cricket matches along with the coverage of the 1982 Asian Games and 1988 Seoul Olympics. Over the years, as a committed sports journalist, he at the *Free Press Journal* in the 1960s, moved to *Sportsweek*, then *Mid-Day* and ended with *Afternoon Despatch and Courier* where he gradually progressed from the roles of a reporter to an editor. Sharad Kotnis also served as the treasurer of the Mumbai Cricket Association, where his experience and expertise of knowing Mumbai cricket and its budding cricketers went a long way in cricket administration.



Chandrashekhar Sant was the Sports Editor of *Maharashtra Times*, a leading Marathi publication and he also worked as a commentator and analyst on All India Radio and Doordarshan. Among all the multiple sports events that he covered, the most special ones were the coverage of India's historic 1983 World Cup triumph at Lord's and the unforgettable test match at the Eden Gardens in 2001 where India beat Australia after having to follow-on, a match that is a true example of epic comebacks in the world of cricket. Chandrashekhar Sant, through his articles in the Marathi media, helped Indian sports like *kabaddi*, *kho-kho* and wrestling (*kusti*) gain popularity. His commentary on Mumbai's local radio channels and articles on local Mumbai's sportspersons/heroes are still remembered fondly by players. In 2013, when M. I. G. Cricket Club hosted a few matches of the ICC Women's ODI World Cup,

Chandrashekhar Sant played a key role in the overall press and media management at the Club, in co-ordination with our office-bearers and the Committee.

Both Sharad Kotnis and Chandrashekhar Sant were regulars at the M. I. G. Cricket Club and it was actually the senior Kotnis who literally 'convinced' his junior in the world of sports journalism (Sant) to become a member of M. I. G. Cricket Club in the early 1990s!

What a beautiful co-incidence it is that both of them find a mention on the Sports Journalists Honours Board at the Wankhede Stadium and have their names together in this article published in PANORAMA, a magazine which initially gained popularity under the editorial eyes of Mr Kotnis.

After retirement Sharad Kotnis spent a lot of time at the M. I. G. Cricket Club and was instrumental in starting the PANORAMA magazine, which subsequently changed hands and was managed by Chandrashekhar Sant.

Some of the other prominent names on the MCA Press Box Board are Raju Bharatan, *Illustrated Weekly*, and Sunder Rajan, *Times of India*, who also were our esteemed members and lived in Patrakar Colony in Bandra (East).

This gesture is a fitting tribute to all of them and we at M. I. G. Cricket Club are very proud.

Sonal Kotnis
Prasanna Sant

The proud children of the veterans from left to right: Chaitanya Sant (son of Mr Chandrashekhar Sant), Sandeep Kotnis (son of Mr Sharad Kotnis), Sneha Rajan (granddaughter of Mr Sunder Rajan), Sonal Kotnis (daughter of Mr Sharad Kotnis), Sucharita Iyer (granddaughter of Mr Raju Bharatan), Mrs Pradeep Vijaykar and her daughter, Mohan Rajan (son of Mr Sunder Rajan)



PHOTO CREDIT: MID DAY

IN MEMORIAM

Anil Kalelkar

7 February 1947 - 11 December 2025

Mr Anil Kalelkar was a member since inception. He was born on 7 February 1947 and he passed away on 11 December 2025. The M. I. G. Cricket Club honoured him with a Gaurav Puraskar on 1 May 2025.

The following introduction was made at the function on The Rooftop.

'It is with great honour and enthusiasm that I stand before you today to introduce the luminary of the literary world, Mr Anil Kalelkar, eldest son of the late Madhusudan Kalelkar.

'Anil began his career as an assistant director in 1969 in *Mehel*, *Banarasi Babu* and *Faraar*. In 1985 he did his own picture *Shantata Khoon Zala Aabe*, a suspense thriller. His first TV serial *Bandidni* was highly acclaimed. He went on to write over thirty serials like *Paramveer* and *Hello Inspector*. He also wrote for Hindi and Gujarati films and serials.

'We see very long serials these days. But in the early days, serials would be normally of 13 or 26 episodes, and rarely 52. One always resented when his serial would get over.

'Anil Kalelkar got many awards, but the most important was the Ga Di Ma Puraskar, which even his father had received.

'He was also felicitated by Gujrat Government for his work in this field.'



HIMALAYACHI SAVLI

This name stokes goose bumps on me because he was a great friend with a great heart and a great helpful soul. He was the son of a great father, Madhusudan Kalelkar, a great lyricist, story writer and producer. Anilji was no less. He authored numerous serials, films, plays. Though he was always shadowed by his father's work, he had made his presence felt. His writing, his aura, his words and speech cannot be forgotten. He will create a place in heaven as he had created here on earth.

Shreekant Wadegaonkar

VIVEK LAGOO

15 October 1953 – 19 June 2025



Vivek Lagoo was born in Pune and educated there. After obtaining a degree in science he joined the Union Bank of India where he worked for 25 years. During this period, he took a keen interest in theatre and dominated once-act completions as an actor and director in over 30 one act plays in Marathi and Hindi and received prizes for best production, best direction, best acting, best lighting, best set designer and best writer multiple times.

Vivek worked as an actor in all mediums: theatre, film and television. He also worked as writer, director, music composer, set designer and producer in Marathi, Hindi and Gujarati theatre: both parallel and mainstream.

He adapted Girish Karnad's *Bikhre Bimb* in Marathi as *Tula Mi Mala Mi*, which he also

directed and composed the background music. He also produced and directed the Hindi play *Bin Aaye Na Bane* adapted by Shafi Inamdar from the English *Same Time Next Year* written by Bernard Slade. Shafi Inamdar and Reema Lagoo gave excellent performances.

Vivek was awarded the gold medal for best actor for his role of Iago in Shakespeare's *Othello* translated by Arun Naik and directed by Vijay Kenkre. The Akhil Bharatiya Marathi Natya Parishad acknowledged this performance as best amateur actor in 1985.

Vivek acted in more than 25 Marathi mainstream plays like *Jangli Kabootar*, *Ti Velach Tashi Hoti*, *Raanbhool*, *Aapla Buva Asa Aahey*, *Gharaat Hasare Taare*, *Khara Saangaycha Tar*, and worked under eminent directors like Damu Kenkre, Sai Paranjape and Vijay Kenkre.

Vivek participated in two National Drama Festivals at New Delhi and Kolkata. He worked on panels of judges for mainstream and parallel plays. Vivek loved the arts. He did not only make a career out of being multi-talented, be it writing, directing, acting and music, but he was a keen observer and lifelong student attending film festivals, stage events and performances of touring companies for over fifty years.

Vivek was a keen swimmer and gym buff and he was a regular in the Club for many years. We will miss him reading newspapers in the Lobby.

Arun Naik

Bumper Housie: A Super-Duper Success

7 December 2025



This year's Bumper Housie event was an outstanding hit.

Everything—from the ambience and seating arrangements to the refreshments, runner boys, and especially the efficiently managed ticket window—was appreciated by the attendees.

A special highlight was the creative coinage of phrases and fun terms used to call out each number across all five rounds. This added an extra spark, keeping players enthused, entertained, and eagerly engaged throughout the game.

The enjoyment was universal. Even those who did not win any prizes remained excited, involved, and smiling from start to finish. The thrill and energy in the packed Rooftop venue were simply electric.

Overall, this has been described as one of the Club's most successful and memorable events.



CULTURE

Christmas Carnival & Festive Flea Market

24 December 2025



The Christmas Carnival was a grand and joyful celebration, especially for children. The event began with a cheerful Christmas Carnival Parade, creating excitement and festive joy. Children enjoyed over 25 rides and games, designed for different age groups. There was non-stop entertainment, laughter, and happy energy throughout.

Alongside the carnival, a vibrant flea market with 30 stalls added to the festive atmosphere. Children and families enjoyed interactive attractions such as the glitter bar, hair-braiding stalls, and instant photo booth.

A magnificent 15 feet tall Christmas Tree stood as the highlight of the celebration.

Lively music and spectacular fireworks added magic to the celebration. With over 1,200 attendees, from tiny toddlers to senior members, the carnival brought families together. It was a joyful, child-friendly and memorable Christmas celebration for everyone.



CULTURE

Haldi Kunku – A Celebration of Womanhood

18 January 2026

The *haldi kunku* celebration was organised with great enthusiasm and warmth, creating a joyful experience for all the women present. All were welcomed with traditional *halad*, *kunku*, *laadoo*, *tilgul*, and a beautiful gift, setting the perfect tone for the festivities.

The celebration began with a meaningful message: Beyond tradition and status, our *haldi kunku* celebrates womanhood — a celebration of every woman, because a woman's journey deserves respect. Women play many important roles in life: as doting daughters, supportive wives, devoted mothers, and affectionate daughters-in-law, always giving and always sharing.

The programme formally commenced with a warm welcome, followed by the lighting of the lamp and Ganesh Vandana.

Fun Games and Quiz: the event moved into a lively 'break the ice' game: Name the Adjective. The participants played with great confidence, creating a cheerful atmosphere. Three winners were awarded for 'Maximum Adjectives', 'Most Creative Adjectives', 'Most Confident Self-Introduction'. This was followed by a light fun quiz round, where the participants truly proved that women are not just excellent multi-taskers, but also sharp, quick thinkers. Next came the exciting 'Grab the Glass Game' with music, where women participated in huge numbers, with prizes awarded to the last two winners.

Dance, Energy and Smiles: One of the highlights of the evening was 'Follow the Leader Dance Challenge', in which several groups participated and performed beautifully. The Winner Group was chosen based on coordination, enthusiasm, energy, and smiles.

A talented dance group, Natkhat Sakhi, gave a wonderful performance and was duly awarded. The excitement continued with fun spot prizes and concluded on a happy note with the distribution of a beautiful and useful *vaan* to all. All present thoroughly enjoyed this joyous celebration.

The programme was awesome. Everything was so well organised, with no flaws at all. The decor was fantastic with a well-designed backdrop, a beautiful selfie point alongside *halwyache dagine*. The snacks were sumptuous, the games were new and well selected, the *vaan* was very useful. The Committee conducted the event with professional efficiency. We all had a fantastic evening.

A Participant



CULTURE

Rang Barse: Holi Celebration

3 March 2026

Holi was celebrated with great enthusiasm and joy at the Club's ground this year. A beautiful *mandav* was set up to provide a welcoming space for over 600 members and their guests. The ceiling was decorated with vibrant multi-coloured fabrics creating a warm, cheerful ambience.

The celebration began with members applying organic colours to each other, keeping the spirit of Holi vibrant and environmentally friendly at the same time. The DJ provided lively beats and the dance floor came alive. Members and guests of all age groups joined in dancing and celebrating together in the true festive spirit.

One of the highlights of the evening was the Vodka Gola counter, which quickly became a crowd favourite. The colourful ice gola station was a delightful addition to the celebration. Guests also enjoyed capturing joyful moments at the instant photo booth. The well managed bar area added to the relaxed and enjoyable atmosphere. A tempting spread of scrumptious food and refreshing beverages was enjoyed by all, with traditional *thandai* adding a special festive touch.

The Holi celebration truly brought people together. With its lively music, colourful surroundings and warm camaraderie, the event beautifully reflected the true spirit of togetherness and joy.



M. I. G. Cricket Club Annual Athletic Meet 2026

Held on 25 January 2026

