



# Rotary CROSSROADS

by Rotary Club of Singapore



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Founded on 6 June 1930 | Proud of our Heritage, Committed to our Future  
Lifetime Achievement Award Winner for 'Best Bulletin in District 3310'



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16 July 2025

# 2ND WEEKLY MEETING

By **PIPR Vice Danielle Jiang**

## Longevity Capitalism: Profits, Purpose & the Race to Delay Aging

A keynote presentation by Vishal Harnal, Managing Partner of 500 Global

Vishal Harnal, Managing Partner of 500 Global, opened his presentation by steering away from typical AI discussions to focus on a more personal yet globally significant topic: longevity capitalism. His journey into this field began with personal bio-hacking experiments to manage ADHD, but the watershed moment came when his mother suffered multiple heart attacks during his 38th birthday celebration. This crisis exposed him to the stark limitations of modern medical technology, particularly in cardiology, where treatments like stents have remained largely unchanged since the 1950s.

Through his investigation, facilitated by his position teaching at MIT, Harnal discovered a medical establishment often too conservative to embrace revolutionary changes. This led him to explore the broader longevity space, connecting with key figures like Peter Diamandis of X Prize, David Sinclair known for NMN (nicotinamide mononucleotide) research, and Aubrey de Grey, a pioneering philosopher in longevity studies.

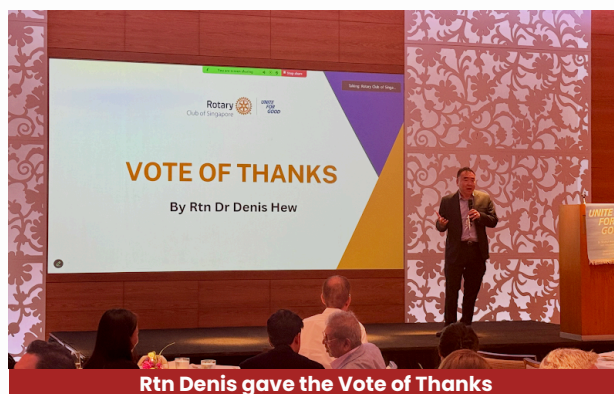
Harnal highlighted a crucial paradox in modern healthcare: while humans are living longer than ever before (from under 30 years in the 1770s to 70–80 years today), we're not necessarily living healthier. The gap between lifespan (how long we live) and healthspan (how long we live healthily) has grown to 9.6 years, meaning people spend more years in poor health despite medical advances.



**Rtn Vlad welcomed all the guests**



**Hon. Secretary Ting Yong welcomed Rtn Paul of RC Kenilworth**



**Rtn Denis gave the Vote of Thanks**

The opportunity in longevity capitalism has emerged from three key factors: enhanced understanding of human biology, technological acceleration particularly in AI-driven drug discovery, and society's ability to focus resources on longevity due to relative global stability. The market opportunity is substantial, with estimates ranging from \$2.7 trillion to \$27 trillion by 2025, and extending healthspan by just one year could add \$38 trillion to the global economy.

Harnal presented his "ten levels of longevity" investment framework, ranging from basic lifestyle management to futuristic concepts:

- Lifestyle Management
- Consumer Diagnostics
- Supplements
- Clinics
- Disease Management
- Disease Prevention
- Disease Reversal
- Systemic Aging Reversal
- Organ Preservation
- Consciousness Preservation

He explored fascinating second-order consequences of longevity advances, such as reimagining education for 120-year lifespans, reconsidering relationship structures, and developing new financial products for extended lifespans. He cited innovative examples like Embassies, a European company reimagining retirement communities as social clubs.

Despite 500 Global's success with tech investments in companies like Canva and Grab, Harnal expressed that his greatest satisfaction comes from backing entrepreneurs in the longevity space. He concluded by emphasizing that while mortality remains partially outside our control, purpose drives longevity, and the potential impact of longevity solutions far exceeds traditional tech investments.




**Rtn Louisa Lee & Dr Yue Weng Cheu**  
**MAJOR DONOR 1**

**Rtn Louisa and Dr Yue were honoured for their generosity**





**Adnan Ansari**  
PHF+2



**Jacqueline Koh**  
PHF+2



**Lynn Yeoh**  
PHF



**Shaun Roache**  
PHF

**Our Paul Harris Foundation awardees were honoured too.**



# 1ST VSC MEETING

**By Rtn Divika Jethmal**

**17 July 2025** – The first Vocational Service Committee (VSC) meeting of Rotary Year 2025–26 was chaired by Rtn Grace Roache and welcomed President Sonali alongside committee members and three prospective members.

The committee reaffirmed its support for ongoing projects, including the ISCOS Global Grant which enables ex-offenders to acquire Classes 3, 4, and 5 driving licenses. Interviews for candidates are underway, with Rtn Dennis leading efforts to involve more VSC members as interviewers.

Other ongoing projects include the NeuGen Tuition and Enrichment Programme, successfully running since January in partnership with YSC, to offer structured tutoring to children of incarcerated individuals. An older grant with Sree Narayana Mission is also being reactivated, with a projected spend of \$4,400 by September to support volunteer training and reduce turnover.



Plans for this year's Artisan of the Year (AotY) and Entrepreneur of the Year (EYA) awards are already taking shape. Rtn Hulya is assembling a working group to elevate AotY in 2026, while EYA interviews are in progress. Members reflected on the legacy of the EYA award, now in its third decade, an initiative first championed by PP Stanley as the 1988–89 chair of VSC.

The committee also reviewed new and emerging initiatives. These include upcoming Junior Achievement career panels, which will start with a focus on IT.

In May, the 'Empowering Women through Digital Skills' programme brought together girls from Gladiolus Place and young professionals for a day-long, no-code app-building workshop using FlutterFlow. Rotary also donated ten laptops to support long-term learning. With the training complete, the team is now designing two tailored mentoring tracks led by RtNs Grace and Danielle.

VSC also confirmed a partnership with Art:Dis, a social enterprise supporting disabled artists. Pop-up stalls are planned for Deepavali and Chinese New Year events, and an exhibition featuring past AotY winners alongside Art:Dis work is being explored.



Other early-stage discussions include potential partnerships with Talent Trust, SPD, and Colours Foundation.

On the fellowship front, visits are being planned to venues including Brass Lion Distillery, URA, SGX, and the National Orchid Garden. These outings, curated by Rtn Deepa, aim to foster camaraderie and shared learning.

Future VSC meetings will feature segments like "Kopi Chat" (vocational insights), "In Focus" (expert panels), and "Milestone Madness" (stories from Rotary veterans).

Members also suggested a skills directory to support speaker and mentorship requests.

The meeting closed with excitement for the year ahead.

## VOCATIONAL SERVICE COMMITTEE

The Vocational Service Committee initiated two innovative and original projects, through the leadership of Stan Low.



Stan Low

They were:

***Walking Stick for the Visually Handicapped*** – In conjunction with the Association of the Visually Handicapped and the NTI, a special cane that flashes intermittently had been designed. It also makes a beeping noise to inform the user that the battery and light are working. The prototype and specifications were completed in December 1988 and presented to the Association, which plans to use the prototype for mass production by local companies.

# FOOD FROM THE HEART

**By PIPR Director VJ Africa**

**19 July 2025** – The first Food from the Heart (FFTH) activity for the new Rotary Year required the delivery of food packages to 103 households, and we didn't skip a beat!

Rtn Kishin (a FFTH veteran) led the charge, surrounded by "regulars" President Sonali, VP Vineet, VSC Director Grace, Rtns Shaun, Rajesh, Eva, and Hulya and her son, Arda. Two first-timers (Rtns Sarah and Anson) joined in on the fun.

As always, Interactors from Nanyang JC and Tanjong Katong Girls School supported the cause. There were 8 young volunteers, and we needed every one of them to get the job done.

Hope to see more Rotarians and Friends in the next FFTH on 16 August!



# 1ST BOARD MEETING

**8 July 2025** – The first Board Meeting of RY2025-26 was held on 8 July 2025, with strong attendance from Directors. President Sonali shared her vision for the year: impactful service, financial transparency, and process integrity. She encouraged committees to operate independently within their scope and focus on projects that meet real community needs. Key discussions included approval of ambassadorial and leave of absence applications, allocation from the Phyllis and Charles Rudd Fund to the major project Global Grant, and updates from all service and club committees. The Board also agreed to streamline service committee hosting fee collection and explore creative fundraising ideas.



# 1ST JOINT PRESIDENT'S MEETING

**11 July 2025** – The first Joint Presidents Meeting of RY2025–26 was held on 11 July 2025, hosted by President Sonali of the Rotary Club of Singapore, in keeping with tradition. The meeting brought together 16 Presidents from Singapore Rotary clubs, 6 Assistant Governors, and District Governor Dr. Shahul Hameed. President Sonali opened with a brief history and context of the JPMs, followed by DG Shahul's remarks outlining his hopes for club leadership this year. Each President then shared their goals and priorities, fostering a spirit of collaboration and mutual support. Key discussions included the joint project—World Understanding and Peace Day (WUPD)—and a presentation by Rtn Pearl Wong on the upcoming FRCS Flag Day. The evening ended with camaraderie and fellowship, setting a positive tone for the year ahead.



# TRF HIGHLIGHTS

**Thank you DG Dr Shahul!**



*Thank You*

**Rotary**   
District 3310

**UNITE FOR GOOD**

District Governor  
**DR. SHAHUL HAMEED**  
Rotary Club of Singapore  
AKS Trustees Circle, Benefactor

Thank you for generously supporting The Rotary Foundation by upgrading to a named fund within the Endowment Fund, "Dr Shahul, Michelle and Mirza Hameed Endowed Fund" and achieving the Arch Klumph Society Trustees Circle recognition level on 2 July 2025.

Dedicated to  
**DOING GOOD TOGETHER**

*Ng Yaw Hua*  
DRFC Ng Yaw Hua  
District Rotary Foundation Chair

*Joanne Kam*  
PDG Joanne Kam  
District Endowment/ Major Gifts Chair

**Thank you PP Tapan!**



Major Gift Donor 2025-26

**Rotary**   
District 3310

*Thank You*

Past President  
**TAPAN KUMAR RAO**  
Rotary Club of Singapore  
Major Donor Level 3

Thank you for generously supporting The Rotary Foundation with a Major Gift donation to Annual Fund-SHARE on 2 July 2025.

Dedicated to  
**DOING GOOD TOGETHER**

*Shahul*  
Dr. Shahul Hameed  
District Governor 2025-26

# OUR GUIDING PRINCIPLES

## THE FOUR WAY TEST

Of the things we think, say or do:

1. Is it the truth?
2. Is it fair to all concerned?
3. Will it build goodwill and better friendship?
4. Will it be beneficial to all concerned?

**UNITE  
FOR  
GOOD**

## THE GUIDE TO DAILY LIVING

Before doing the things we want to do, consider first, the Precepts of the guide. Ask ourselves these 4 questions and act upon them:

1. Have I spent some time in self-examination?
2. Have I spent quality time with my family?
3. Have I given my best to my work?
4. Have I given some time to someone near and far?

The Guide, in fact, encompasses the 4 parts of the Object of Rotary.

## BOARD OF DIRECTORS 2025-26



Sonali Sinha  
President



Tom Wolf  
Immediate Past  
President



Rajkumar PS  
President Elect



Vineet Iyengar  
Vice President &  
Major Project Chair



Suzanne Ng  
Vice President & Speaker  
Programme Chair



Ong Ting Yong  
Hon. Secretary



Pia Bruce  
Hon. Treasurer



Jeyanthi RK  
Membership  
Director



VJ Africa  
Public Image & PR  
Director



Yogesh Dodani  
TRF Director



Varun Gulati  
CSC Director



Grace Roache  
VSC Director



Navaneeth Rajkumar  
ISC Director



Mukund AP  
YSC Director



Ng Jun Dong  
Sergeant-at-arms



Hitansh Vij  
Sergeant-at-arms