



JVPG CLUB

Office Bearers Elect; 12th October 2017



SHAMIT T. MAJMUDAR
Hon. President



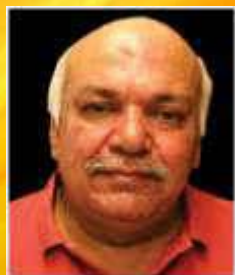
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Hon. Vice President



HIMANSHU V. GOKANI
Hon. Secretary



GAUTAM M. BHUKHANWALA
Hon. Treasurer



JAYESH A. MOTASHA
Hon. Joint Secretary

Member's Information

Ordinary and Life Membership For Existing Members



Children are eligible to apply for their ordinary membership – 3 months before attaining the age of 18 years. This will enable them uninterrupted entry into the club.

Further ordinary members can apply for their Life membership 3 months after attaining their ordinary membership.



JVPGC Joins Global
Green Initiative



One Family, One Envelope One Sandesh

Keeping in mind our commitment towards the 'Go Green' initiative we would like to propose one family receiving just one magazine.

A sincere request goes out to all members to sign the attached form and leave it at the Members Service desk as your support and confirmation towards this initiative

Presentation Of Identity Card Made Mandatory

Due to security reasons and as per the directives of government it is advisable for us to prevent the entry of undesirable/non-eligible guests and individuals posing as members.



In order to detect this and for better control we request and urge all our members to carry their "Identity Card" issued by the club and present them upon request by authorised personnel.

Further it is requested that members should ensure that they instruct their guests to carry relevant photo identities to enable our people manning the receptions and departments to verify the same before being allowed into the premises.



"Of The Members, For The Members, By The Members"

JVPGC Specials ★

Samad Akhtar First JVPGC Cricketer To Play State Level

Ironmen: Nilay Dalal And Zoran Patheria

Raj Vadgama And His Ladhak Run

Entertainment/Contest Leaflet.
Win Free Passes To The Next Events At JVPGC.



Cricket: Rock The Kanga League

Lawn Tennis: Aces Win E.L.L.T.A. Championship

Health Club: Yoga Certification And Cardiac Awareness

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Runners: JVPGC Runners Gear Up For The Marathon Season Ahead

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Education:
Learning Disability

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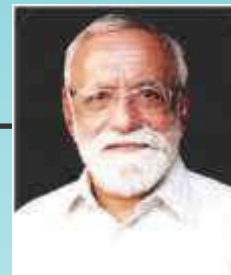
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From The Desk Of The

HON. PRESIDENT



Shamit T. Majmudar

Hon. President

The Greatest Leader Is Not Necessarily The One Who Does The Greatest Things !! He Is The One Who Gets The People To Do The Greatest Things !!

My dear fellow members,

At the recent concluded office bearers election the members of the managing committee elected me President of this great institution for a 4th time.. and my 3rd consecutive season; the honour to spear head one of the most prestigious clubs in the city and state..

When I think of all the eminent personalities who have been my predecessors-in-office, it reminds me of the legacy I have the responsibility of upholding and I remain conscious of the honour and privilege that you have bestowed upon me.

Professionally and vocationally, I have always wanted to help others, create a world, fair and just, brave and kind, but above all, a world where we create a foundation of continued progress, across all spheres of human development, across all ages and genders.

This leadership role, has enabled me to do just that. Think about it for a moment: we are a network of about 20,000 friends, neighbors, business associates and athletes who come together to create positive, lasting change in our community and serve humanity. We are doing an awful lot of good work, and with your support – we are having an awful lot of fun doing it.

I have with me an illustrious team of (office bearers and managing) committee members, along with chairmen and their teams, who have

excelled themselves in their chosen field of profession and giving this opportunity to them to serve the club will ensure that it is in good and safe hands.

The first assurance I would like to give you, members, is that we shall discharge our duties within the contours of tradition that define this club.

We shall make all endeavours to maintain services at a level that befits this institution. If, however, there are shortcomings or if you have suggestions for improvement – I assure you that we are only a call away.

In turn, we request you to engage with the club more frequently. This will augment our income and help to combat spiralling costs.

The managing committee, the office bearers and I, take this opportunity to seek the cooperation of all our chairmen, executives, staff and employees who, I hope, shall continue to render services far beyond the call of duty.

We march on and will continue to serve and will add to our repertoire of services, fellowship and community activities.

Shamit T. Majmudar

Hon. President

From The Desk Of The Hon. Secretary



Himanshu Gokani
himanshu@jvpgclub.com

From What We Get, We Can Make A Living; What We Give, However, Makes A Life

It's déjà vu for me; to experience this feeling of pride and humility together; as gives me immense pleasure in addressing you as Hon. Secretary for a 3rd consecutive term here at JVPGC.

An honor I have a distinguished group of ardent like-minded supporters and peers at the managing committee along with each of you, to thank for; for reposing your belief in me.

I take this opportunity to congratulate the uncontested and re-elected members into the honorary managing committee and further pay my respects to the newly elected office bearers who I am a part of and look forward to burning the midnight oil with, through the next season.

I am well aware, that with this honor and power comes the inevitable responsibility to ensure that our great institution built over the last 40 years by our selfless predecessors, creates, achieves and sustains premium status amongst being the very best institutions for social, economic, cultural and

athletic value add for all its members. And if I might say so myself, along with the assistance of a very able group of committed office bearers and managing committee members, I can assure you we will do just that, in the season to follow.

We have come a long way over the last few years. Apart from streamlining all operational red flag issues faced, we have successfully implemented many agendas on our priority list.

And for people in positions such as us, this is a bottomless list. Keeping in mind our vision of ensuring we provide you not just with the best global practices but the next best global practices, the immediate future requires us to delve and almost immediately create a more secure monitored entry system into our club. **Aka: Using access control systems, which will enhance our security, whilst at the same time, negate the flow of unauthorized people through our gates along with greatly saving costs that arise from theft and misuse of the premises.**



As tradition audits, a lot of our (unwilling to accept change with the times) members adamantly walk straight through our gates without showing their ID cards. A lot of unauthorized outsiders use this trick to enter our club, use its facilities; this being a huge safety breach. Hence the management has unanimously chosen to immediately procure and install access barricades at all entrances which will allow entry to authorized personal only, on production of their cards and or biometric fingerprints.

This will considerably reduce the risk for internal theft and damage to assets and inventory as access can be logged and recorded for later review if necessary.

Reports can be generated to see who has accessed where, and at what time. This creates an audit trail and enables us to electronically manage time and attendance. Muster reports will further allow us to instantly see exactly who is where in our building in case of a shut down or emergency.

Above all we believe we may be able to reduce energy bills, save huge costs and protect the environment. This is achieved by arranging for the access control system to exchange data with the building management system.

Since the access control system knows which areas of the building are occupied, it can configure the building management system to automatically turn off unnecessary lighting and reduce the heating in unoccupied areas, keeping in mind our go green initiative, as well.

As I have mentioned on innumerable occasions, this post gives me the opportunity to fulfil my passion of giving back to the society and serving the needy, enjoying entertaining programs and enhancing fellowship with club members, of all ages and genders.

And having said that, I assure you that during my tenure, my team and I will use all our collective knowledge, available resources and time to make 2017-2018 a memorable year for all our club members and take our club to new inconceivable but achievable heights.

Your tireless support and selfless involvement in all our initiatives will give the required boost to the philanthropic purpose of life, which will nourish our hearts and rejuvenate our lives with boundless enrichment, joy and peace.

Yours, through committed to our progress.

Yours faithfully



Juhu Vile Parle Gymkhana Club



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(Free Copy For Members Only)

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From The Desk Of The Hon. Joint Secretary



Jayesh Motasha
jayesh@jvpgclub.com

Dear Members,

It gives me immense pleasure to address you once again as Hon Jt. Sports Sect here at JVPGC. A role I feel most humble to command and extremely very responsible to succeed at. Over the last year, the athletic graph across all our departments has jubilantly shot north and this is only cause the team I represent along with the tireless support of the current governance and you the members, have done all we possibly can to ensure we create and nurture the athletic talent available at JVPGC. And the result of this has over exceeded our expectations. Our time and money both well spent as our athletes across all ages and genders, on various platforms, be it locally, state, national and now even internationally are glorifying the name of our country and JVPGC, by adequately leveraging and utilizing these facilities.

Be it squash, lawn tennis, badminton, table tennis, snooker, billiards, skating, chess and even contact sports like taekwondo, our competitive athletes are shining bright across the athletic skies.

In lieu of this, and the visible promise of the future, the management has decided to encourage and invest in sports, in every conceivable way possible over the next season and we will do everything required and more, to create and sustain an environment with an objective to perform well at all competitive arenas.

Training and coaching camps are being conducted in all the departments of the club through full time recognized coaches and we are bringing additional part-time trainers too where necessary.

I am confident that with the encouragement of my fellow governance and the cooperation of members at large, sports will be developed in a big way and with these opportunities the players at JVPGC, whether recreational or competitive will get the maximum benefit and will bring glory to the nation, themselves and JVPGC.

My heart felt respect and kudos go out to all the people involved in this endeavour and more so to all the athletes who have made us so very proud.

I remain available and committed and at all times available to each one of you towards the common cause of adding value and enhancing athletics across all realms within JVPGC.

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From The Desk Of The Editor and Chief

Greetings KinFolk !!

As I take the reins for yet another season, as Editor and Chief here at Sandesh, it's only fair for me to optimistically believe that by now, most of you regulars know us, the editorial team at Sandesh. The work we have done over the past 2 seasons remains as a testimony to the legacy we want to build, create and sustain.

And beginning with this first of the new season issue, I'd predominantly like to thank our clubs gate keepers and current governance, for their reinstated trust in me and the team I lead, who I assure, will continue to do our very best to redesign and reimagine Sandesh, so that along with keeping you abreast with all the happenings within the club and JVP, we further bring you some fresh, new and interesting reads with each periodical.

Our constant endeavor will remain to learn from one another what a magazine is, and more importantly what it can be, within the dynamics of an ever changing world.

As I write this, my first note of the new season, I would like to thank my team of Sonal, Tanvita, Sanjiv, and all the guest editors of the last season, for assisting us to create a wonderful platform for Sandesh to maneuver into and build on; making it so very easy for us to take command of this periodical.

Although, I am no stranger to writing in monthlies, however as I write this editorial note I find myself acquainted with the nightmare of the empty page. So I write to you from the heart and share a vision, one, you the readers must add value too in the subsequent issues to follow.

Magazines, like every other relationship are about trust and partnership: We, the team will strive always to keep you entertained, energized and engaged.

To start with, let me reiterate that I am a complete magazine enthusiast, a junkie who from my earliest school days have been obsessed with flipping through the pages of magazines, first absorbed in the wondrous splendor of their images and captivating stories, later assigning and editing my own BPO tabloid.

I really believe that no matter whether a magazine is delivered to your doorstep or to your computer, printed on glossy stock or on cheap tabloid paper, appearing on your iPad or your cell-phone screen, it is still and foremost the work of an editorial team for a discerning audience, a beautiful and meaningful package of ideas, words and images that a group of experts prepares for its readers.

We couldn't be more excited to have made it to this point. The one thing we the editorial team are sure off is the purpose of the magazine. Although we have found and carved our own niche where we proudly work and feel most comfortable, Sandesh stands tall as a voice of the Juhu Vile Parle Gymkhana club; a common platform of free expression and honest opinions, where we all can get together and share, well almost everything, through the well-informed written word and appealing reading.

Sandesh must be a voice "Of the Members, For the Members and By the Members". From here on, each of you readers are also co editors of our magazine !!

Through the natural maturation process, I'd love for next features to include more stories by readers. Has something miraculous happened to you, someone in your family, someone you know, worthy of being celebrated?

If something rubs you the wrong way, tell us, but be thoughtful and level headed in your statements. Baseless provocations only lead to unhealthy arguments; only make meaningful conversation redundant and force the unpretentious people to shy away from sharing what really matters to them and us all. Send us your incredible story, your questions, your bones of contention to nikhilpnrao@gmail.com and we will be sure to voice, advocate and respond; wherever necessitated.

In the next few months, over the next few issues we plan to give Sandesh a new face lift, not just in terms of the presentation of the magazine but in terms of structure and content. We wish to dedicate and allocate structured pages for non-negotiable content, which we request all chairmen of all respective departments to supplement into each month.

We would also want to make Sandesh a profitable publication. With a print run of over 7,500 copies and a minimum of 20,000 odd affluent eyeballs I'm sure we can

attract the right business seekers to advertise into it.

We will soon have a very special and discounted rate card broadcasted for you, to air your very own business' and network if you so wish too. Lets connect on propagating your business.

We hope to have dedicated pages for sporting accolades, academic achievements, health, fashion, the latest happenings in and around J-49 perhaps and a whole lot more, enough to make the experience of reading Sandesh memorable for you, so that you come back craving more.

Enjoy our new contest and entertainment leaflet. Send us your answers to Sanjeev Pawar at the MSD in our club. The first five accurate answer will receive free passes to our upcoming events at JVPGC.

Finally, and again, an infinite big fat thank you to our wonderful writers, photographers, collagers and all value adders who have been invaluable to this publication over the past glorious seasons. Without your value addition none of this would have been possible.

Stay with us JVPGC, expect more.. and yes.. enjoy this issue!!

SKIPPY'S WORKOUT FOR KIDS

Re-launching our one-of-its-kind after school program to bring out the best in your lil ones!!
Shift them from screen time to healthy playtime!

HIGHLIGHTS OF THE PROGRAM:

- Promoting "Old Indian Games" to develop key motor skills
- Storytelling, Role play, Soft Gymnastics & Personality Development
- Swimming, Beat boxing, Eye Yoga & DMIT (futuristic fingerprint analysis)
- Free workshops for moms and dads
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AGE GROUP: 4-6YRS, 7-9YRS

LAST DATE OF ADMISSION: 24TH NOVEMBER, 2017

BATCHES STARTING FROM: 3RD DECEMBER, 2017

Preview on 18th, 19th, 23rd and 24th November from 11am-12pm at The Learning Pad

For Enquiries: **Jyoti Gandhi** - 98201 38538

Address: **The Learning Pad**, 28, Juhu Supreme Shopping Centre, 1st Floor, Above Gangor Sweets, JVPD, Gulmohar Road, Mumbai - 400049.



Serve It!! Smash It!! Win It!! Ace It!! Love It!!



Nikhil P. Rao
Chairman, Lawn Tennis



At the recently concluded Elite League of Lawn Tennis Aces Championships, sponsored by HEAD, Enerzal, OCTO and Prystne; the grand finale which was hosted at our very own JVPGC, our clubs no 1 doubles team came out championship winners. What was truly remarkable about this feat, was the fact that this league was hosted and competed at 6 renowned clubs in Mumbai. Each team in total had to play about 50 matches, and our team of club champion **Dr. Himanshu Bhatia** and Chairperson and doubles champion **Nikhil Prabhakar Rao**, successfully won not just the Championships but every single match throughout the league. The prize distribution was attended by lawn tennis sub committee members and most

of the distinguished sponsors. The Chief Marketing Officer of Enerzal India Mr. Anang Basu gave away the prizes along with JVPGC Lawn Tennis Tournament Director Uday Vora who crowned the ultimate champions. A special mention goes out to JVPGC Aces **Nirmal Patel** and his partner **Rahul Kejriwal** too for their outstanding performance during the league and recipients of best forehand and overheads respectively.

When asked how they were able to sustain such remarkable performances the champions answered by saying "Tennis is what defines the two of us; Tennis uses the language of life. Advantage, service, fault, break, love — the basic elements of tennis are those of everyday existence, because every match



is a life in miniature. Although we've got to get to the stage in life where going for it is more important than winning or losing, we have to agree that we hate to lose more, than we love to win.

Theres No Traffic On The Extra Mile!! Teamwork Makes The Dream Work!!

You have to believe in the long term plan you have but you need the short term goals to motivate and inspire you. Success is a journey not a destination. The doing is usually more important than the outcome. Spectacular performances are preceded by spectacular preparation. That is what the ASPIRE lawn tennis academy at JVPGC is all about. Successfully run by Isha Lakhani under portfolio head Sanjeev Shah, the last season as seen some remarkable feats accomplished. After years we have JVPGC students competing and

winning on competitive arenas. All the credit goes out to a dedicated team with stringent coaching methodologies.



Parents Open House

The evening saw the largest gathering of parents at the season ending Aspire Parents Open house. Over 80 families of the 100 enrolled, came together to applaud not just the department for a great job done, and address some issues but predominately too felicitate some of the remarkable students who have excelled on a competitive platform over the last season.



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Cricket Department Begins Prestigious H.D. Kanga League With A Bang

Left-arm Spinner Ankit Mithawala

Bamboozles The Batsman Vs Young Friends CC In The Kanga League 2017/18

Played at the LIC cross maidan on 6th of August between two promising teams namely Young Friends CC and Juhu Vile Parle Gymkhana, it was Juhu who won the toss and bravely elected to bowl first to restrict the opposition to a low total.



Jilesh Babla
Chairman, Cricket

Batting first, Young Friends CC which is relatively a more experienced team were bundled out for 89/10 in 36.4 overs. Left-arm spinner Ankit Mithawala impressed one and all with his bowling efforts as he came up with envious bowling figures of 5/23 in



9.4 overs. In reply, Juhu Vile Parle boys declared their 1st innings at 103/2 with Chintan Shah and Amit Patil remaining unbeaten on 37* and 26* respectively. Young Friends CC were 75/3 in their 2nd innings before the end of the day's play where in Juhu VP Gymkhana won on 1st innings. It was again Ankit who scalped all the 3 victims in the second innings.

There is no better sight than a left arm spinner bowling in full flow and Ankit just did that yesterday picking up 8 wickets in the match making it the highlight performance of the match. Cricketgraph congratulates Ankit and wishes the whole team luck for a great cricketing year ahead.



JVPGC'S H. D. Kanga League 'D' Division 2017 Squad With Coach Sanjay Khamkar



Indian Cricketer Wasim Jaffer At JVPGC Nets



India International Cricketer Wasim Jaffer practiced at the JVPGC Cricket Nets and interacted with the Juhu Vile Parle Gymkhana Cricket Team.

The Cricket Dept. is thankful to the Office Bearers for sharing the Cricket Committee's vision and working hand in hand to achieve results.

Cricket Department Invites Members To Participate In Inter Club Matches And Tournaments

JVPGC Cricket is on its way to participate in 8 Inter Club Tournaments in 2017-18. Off the 8 Tournaments, 3 are exclusively reserved for participation from Club Members. Tournaments will be held from November 2017 through March 2018.

After successfully commencing the Under 12 Coaching Program, the Cricket Department has recently formed its 'B' Team.

Inter Club Friendly Matches are being organised every weekend. Members are invited to be part of the departments initiatives and activities.



JVPGC's Under 12 & Under 14 Cricketers with Chintan Shah



Interviewing Samad Akhtar

A Born Cricketer

JVPGC's 1st Member To Play State Level



The JVPGC Cricket Department is growing leaps and bounds. This interview is the Cricket Departments initiative to create more awareness about the Gymkhana's High Achievers in the field of Cricket. Samad Akhtar is one such member who has made great achievements in the sport - having played State Level Cricket.

Q. What made you chose this sport over the rest ?

A. At a young age my parents introduced me to several games like tennis, swimming, etc. But cricket has always been my favourite. I used to enjoy watching cricket matches on television and felt that I could do well in this sport so i chose to be a professional cricketer.

Q. How many years since you have been playing this professionally?

A. I started playing professional Cricket in the year 1999, its been 18 years now and I'm still enjoying it and going strong.

Q. How many years you have been competing and at what level ?

A. *Played my first cricket game for Sharda Ashram School in 1997 at the age of 15 years

*1999 to 2005 - Played 1st division for Kolkata Club

*From the year 2000 until recently, i was playing Kanga League 'A' Division and other tournaments in Mumbai

*Represented Mumbai Customs in Times Shield 'A' Division from 2003-06

*Played 1st Division County Cricket in UK for MALMESBURY CRICKET CLUB (SOMERSET) from 2003 -05

*Played STATE level matches for BENGAL U/19 & U/22 from 1999 to 2003,

*Represented Bengal in Ranji Trophy in 2002 & 2003

Q. How many hours of training did you have to put to excel?

A. I used to practice rigorously 2 hours in the morning and 2 hours in the evening daily.

Q. What has sports taught you?

A. Sport taught me how to be a good human being.

While we strive hard to win each time we play, we can't always win and sport teaches us 'how to accept defeat in a graceful manner'.

Cricket is a game - that is larger than life. All Indian's are drawn to it. Cricket has taught me "No matter how hard the situation is, no matter how impossible the feat might be, we must give it a try. Because if you don't try, you don't deserve to live anymore."

Q. Your most memorable moment?
There are many, but I'd like to mention 3

i) When I was playing KANGA LEAGUE for MIG CRICKET CLUB in 2004, we were Champions and my contribution was huge - I took the Maximum number of Wickets by any Bowler i.e. 28 wickets in 9 matches.

ii) Receiving the Best Bowler Award twice for BENGAL U/19 and U/22 in 2000 & 2001.

iii) The most Memorable was in 2003

when I played with MAHENDRA SINGH DHONI (Ex Indian Team Captain) for Kolkata Club (Tollygunge Club).

Q. Why do you think it is important to participate in sports?

A. Playing sports, help one to stay in shape, teaches you how to organise your time, boosts friendship and Builds relationships with your peers and adults.

Q. How has playing a sport helped you with other aspects of your life?

A. It has helped in maintaining myself - physically. To reduce stress and depression. Helped me in maintaining a healthy lifestyle and moreover helped me gain self confidence.

Q. According to you what are the necessary things apart from coaching that help perform?

A. Apart from a very regular coaching regime, it is important to communicate with experienced players, learning from them and their experiences.

Spend as much time as you can - practicing, working out - so that you don't let your fitness levels hold you back.

Q. How did you balance between education, sports and home?

A. Honestly speaking, I was so obsessed with Cricket that education was secondary. So it was basically Cricket and Family all the time.

Q. Do other members of the family and teachers play an important role?

A. My family and my teachers have played a very important role in helping me achieve what I did and taking me ahead in my Obsession for Cricket.



Q. One piece of advice you would give to young athletes?

A. 'If you use your time wisely - there is nothing that can stop you from achieving big'

Moreover, you will be remembered for who you are and what you do - on and off your field.

Keep doing good, and, Keep it simple. Trust GOD.

Q. One piece of advice for those who haven't had a chance to play or compete or learn a sport?

A. Every human being must try their hand on some sporting activity.

It is important for parents to push young children into sports so that they can gain from all its benefits.

Q. How does playing a sport help improve health?

A. Sports provides innumerable health benefits, by way of improved cardio respiratory and muscular fitness, bone health, increased life expectancy and coronary health.

Sports also helps prevent various types of cancers, weight gain and has very positive effects on mental health by reducing depression.

Q. Are you on any special diet which enhances your performance?

A. It is important to follow a good and healthy diet which will help you have enough energy to perform well. My regular diet included milk, eggs, meat,



fish and fruits - NO JUNK FOOD AT ALL.

Q. Is professional sport a good career option in India?

A. Very Much. With the involvement of Corporates and the Media it has only grown and is growing larger by the day.

Q. How did you avoid injuries and stay healthy for competing? How did you cope with injuries?

A. Injuries are a part of every competitive sport. If one is playing competitive sport they're bound to get

injured at some point of time. The most important thing is to seek professional guidance and to learn to cope with the injuries and following medical advice.

Q. Has JVPGC done anything for you to encourage you to excel?

A. There wasn't much opportunity then as Cricket in JVPGC was in the nascent stages when I was playing the higher levels. Having said that, JVPGC is now making remarkable inroads and progressing rapidly into the higher cricketing circles of Mumbai.

Due to the Mumbai Cricket Regulations I could not play for JVPGC Team earlier, however, this year on I am part of the JVPGC Cricket Team.

Q. An honest advise you would give the governance at JVPGC to promote your sport or sports in general?

A. There is need for more involvement with Mumbai Cricket Association. Also if we could organise an Annual Open Cricket Tournament and may be develop an Indoor Cricket Facility. The Management has been very helpful in encouraging the department in every manner which is very good for the sport as well as the members.

Q. Would you be willing to be available to mentor aspiring athletes in the future..? Can they connect with you for advise? How!!

A. Definitely. I'm more than willing.

Twister Sports Felicitates JVPGC Cricketers By Gifting 6 Kits Bags For Exclusive Performance



Sports Goods Manufacturer, Twister Sports, associated itself with the Cricket Department and felicitated 6 Budding Cricketers by felicitating them with TWISTER Kit Bags for their consistent performances.

Twister Sports is a Gujarat based manufacturer making Sports Goods and currently sponsoring several Domestic & International Cricketers.



The 3 JVPGC Groundsmen responsible for the wonderful cricket practice wickets





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Life After Cataract Surgery by Chhaya Vora

Last year I came to know that I had cataract in my both the eyes. I thought it's too early to have cataract but Dr. Kenia explained to me that nowadays one can get cataract at any age.

When the operation was done **I was surprised that it's procedure took lesser time than threading eyebrows!** I think for the operation, the doctor's study is off-course an essential thing but it's also a creative work - just like painting.

They do the operation of our most precious part of the body - the eyes - very softly and artistically. I got **trifocal lens** implanted.



“My active lifestyle demands perfect vision at all the distances.

After my cataract surgery, I have got complete freedom from glasses which I was using since 9-10 years, a near-perfect eyesight at all distances.” **Got a wonderful vision.** Now everything is clear like water. Vision is more clear and beautiful than ever. It seems like new dreams with new eyes.

Thank you Dr. Kenia for giving me such a wonderful experience to see world with a new vision.

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JVPGC Celebrates Its Ironmen

— Tanvita Saraf

For those of you that are not aware of Triathlons, the Ironman race is one of the world's toughest triathlons which involves three sports (disciplines- as referred to in the triathlon community) done back to back. A full distance Ironman includes a 3.8KM swim, followed by 180KM of cycling and finally a full marathon- 42KM of running.

Between each discipline the participants have to quickly change to get from the swim onto the bike and finally from the bike onto the run. The time taken during the transition is counted towards the participants overall time and hence there is no real break for the athletes.

To add to the challenge each course has a cut off time i.e. if you do not finish each discipline within a certain time limit you are disqualified. The cut-off time for the entire event depending upon the course can range anywhere between 16-17hrs.

We are proud of our two members **Nilay Dalal** and **Zoran Patheria** who completed their first ever Ironman race on August 20th, 2017 in Copenhagen, Denmark. Nilay Dalal finished it in 11hrs 41mins and Zoran Patheria finished it in 12hrs 28mins.

Nilay Dalal who has been sportsman

since childhood, had represented the club on various occasions and in various sports like squash, swimming. He participated in his first ever triathlon in Oct 2013 and was there was no looking back for him. Since then he has done numerous races to name a few

- Ironman70.3 Budapest 2015
- Ironman70.3 Barcelona 2016
- Ironman70.3 Thailand 2016
- Goa Triathlon 2014, 2015 & 2016
- Hyderabad Triathlon 2013, 2014 and 2015
- Pune Triathlon 2016.
- Many half marathons including Standard Chartered Mumbai Marathon 2015, 2016.



His fastest half Ironman (1.9 km swim, 90 km cycling and 21 km running) timing being 5 hours 50 mins.

Zoran Patheria who has also always been into sports from a young age started running marathons since 2013. He has done several half marathons since then and has done two full marathons as well. After three years of running he was introduced to triathlons in 2016 by Nilay. He enjoyed swimming and cycling and decided to train for triathlons under the guidance of his coach Brinston Miranda. In November 2016 he attempted his first Half Ironman distance and completed it in 6hrs and 29mins.

In March 2017 both Nilay and Zoran signed up for the Full distance Ironman in Copenhagen. Their coach Brinston Miranda founder of Befit fitness academy gave them a solid training program which involved weeks of swimming, cycling and running that gradually peaked in the month of July. On average they would train anywhere between 15-20hrs per week. In month of July which was the peak time the training would go up to 25hours a week.

Zoran says “Training with a partner was very motivating. It kept us both in check not to miss workouts or take it too easy.”

Both Nilay and Zoran were familiar sights in the gym and swimming pool spending countless hours' weight training and taking laps of the pool. They say the club premises offered excellent support and encouragement through their entire training regime. They are very grateful to the trainers and friends for this.

Nilay says “The club was an integral part of our training routine. It provided



us a safe and friendly environment to train. The every encouraging member, helpful trainers of the gym and the lifeguards at the pool were an important part in the journey.”

Race:

The swim in Copenhagen was in a lagoon, with very calm and cool waters. The bike leg was a bit tricky with rains, cold strong winds which made it slightly difficult however the enthusiastic crowds and looped run course made the event a pleasure to run.



The atmosphere at the finish line was electric. At this point you are almost completely done. But the energy of the crowd and the final bit of adrenaline start to kick in. You see the finish line and dash towards it.

Nilay says- “Crossing the finish line was a fulfilling and emotional moment. It was months of sweat and blood that boiled down to that one moment of being called 'Ironman'! I am now looking for the next challenge to set my eyes on.”

Zoran Says - “It's almost impossible to describe the feeling. But it was somewhat of a flashback of the five months building up to the event. As I crossed the line and finally heard the words “**ZORAN YOU ARE AN IRONMAN**”, there was a sense of relief and happiness took its place.”





JVPGC Runners Gear Up For The Marathon Season Ahead



The Chill is in the air over M u m b a i .

Winter is setting in. It's that time of the year that all the runners are eagerly waiting to bring out the best in them. With cool breeze blowing in and lower humidity levels these are apt conditions to start your training running program and early morning jogs. Our members recently participated in the Customs Half Marathon – 2017 and are also participating in the upcoming Navy Half Marathon – 2017.



Jay Soni
Chairman, Runners
Sub-comm.

Our JVPGC Club Runners group has started focused training for the upcoming TATA MUMBAI MARATHON (Previously it was Standard Chartered Mumbai Marathon)

in the month of January 2018. All year round the Runners Group has trained under Coach Raj Vadgama and participated in many Marathons but TMM is marathon that every runner is looking forward to participate in.

Starting from 1st November the coach has challenged JVPG Runners Group to run 10 Kms. each day for 10 days. Many members have taken up this challenge and are running 10 kms. daily from 1st November onwards. This challenge is part of the training for the TATA MUMBAI MARATHON (TMM). The regular classes are continuing on Tuesdays and Thursdays and this challenge is part of it. The idea behind this challenge is set your body into the rhythm for the run and the more rhythms you establish; the better your body likes it. When you're body has a rhythm to follow it doesn't work as hard. It knows what to do and when to do it.

One such rhythm for the runners is the cadence i.e. the number of strides taken per minute and most people do best when they maintain a steady rhythmical cadence. It varies slightly from person to person based on height, body structure and personality type. When your cadence is always the same, a lot of things seem to fall into place. When you cadence stays at a steady rate, it requires that you vary your stride length when you're running at different speeds. This 10k X 10 Days challenge helps the runners among other things to know what cadence they can maintain. It is like if you do something repeatedly you know that you have mastered it and when the time comes you can excel in it. It gives a sense of stability in your running because your cadence becomes the single constant that underlies everything else that's going on when you're running.



Table Tennis: Creating History At The Maharashtra State Championship

This year the Table Tennis department is performing exceedingly well. Its raining medals and trophies for our club; as our young players are exceedingly performing at many state level and district tournaments.



Sanjiv D Shah
Chairman, TT Sub-comm.

Our players Rajveer Shah, Kushal Patel, Kunal Patel and Dev Jhaveri (under 14) have won gold medal (team championship) at DSO Table Tennis Championship at Nandel in Sept. 2017.

Rajveer Shah also won the individual bronze medal (junior boys) at Maharashtra Inter School Table Tennis State Championship conducted by 11 sports.

Maanav Mehta was also a part of the senior boy's team at Inter School Championship.

Our players won the following medals at the prestigious 5 star Maharashtra State Table Tennis Championship in Pune.



Shrusti Helengadi

Gold (Youth Girls), Silver (Jr. Girls), Bronze (Women's)

Shaurya Pednekar

Silver (Jr. Boys), Silver (Youth Boys)

Dev Shroff

Silver (Sub-Jr. Boys), Bronze (Jr. Boys)

Maanav Mehta

Bronze (Sub-Jr. Boys)

Mihika Rohira

Bronze (Sub-Jr. Girls)

This is a tremendous achievement of JVPGC table tennis players.

Dev Shroff also won the gold medal Sub-Jr. boys event in October 2017 at the National Ranking Table Tennis Championship (East Zone) Siliguri. He has been selected to play for India at Jr. and cadet open tournament at Noida.

We have also started coaching camps by reputed and state level coach Mr. Noel Pinto for beginners and advance level players. The above players have been coached by Mr. Noel Pinto. He has been instrumental in coaching other talented players who have won medals at state and national levels.

Accolades At The Senior World Championship

CONGRATULATIONS!!!

MR. MURLI SUBRAMANIAM
OUR JVPGC BADMINTON ACADEMY CHIEF COACH

FOR WINNING THE BRONZE MEDAL
AT THE SENIOR WORLD CHAMPIONSHIPS
HELD AT KOCHI FROM 10TH TO 17TH SEPTEMBER 2017

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La Ultra Ladakh Run

Raj Vadgama - The man who accomplished 222 Kms within 48 hrs

— Tanvita Saraf

I am happy I could come back hale and hearty to write and share my deadly experience at La Ultra. 222 kms in 48 hours is the mantra I had been chanting for last 6 months. I had given it all I have got. Brutal training sessions, strict diet regimes, medical checkups, injuries and the list is endless. I have journeyed all the roads to finally hit the road of my dream at Ladakh at 17,500 kms. La Ultra is a very different race. You first have to think that you can do it and everything else follows after that. You can't have a static strategy because nature at Ladakh has it's own strategies changing every hour. One has to hope for the best and prepare for the worst.

On 17th evening my race commenced at 8 pm sharp. The temperature was low but since I acclimatized myself it didn't bother me. First 25 kilometers made me feel like a smooth ride. I covered first cut off point well in time. It was only while reaching my second cut off time the pressure began to build. I managed 48 kms till North Pullu.



The journey from North Pullu to Khardung La was the one that was most tormenting. I was exhausted. The weather was untamable. My metatarsal and shin injuries were doing frequent rounds. The road was full of ups and downs that I was difficult to calculate and limit to pace.

All and all I thought the game is over. May be this time I won't be able to. But it is said that you hit the lowest, to spring the highest. Arvind, My buddy, my friend who was crewing with me pushed me to go further on. He motivated me and I managed to sprint for 4 kms till third cut off point. It was

miraculous but that's what they call the power of prayers and dreams. At Khardung La I started shivering with symptoms like cold almost in Hyperthermia. But the race director Dr. Rajat Chauhan generously gave me his coat and kept me going. Around 100 kms at the recovery point, I took 90 minutes of sleep. My body and mind both were kind of worn off by then. But I kept telling myself that I cannot give up, I wasn't even half way there.



Sometimes you really can't guess where the surprises come from. Further on, my son Indrajeet joined me to crew at K-TOP. But unfortunately he was hit by low oxygen syndrome. His oxygen levels dropped till 50 and that added almost a brick of stress on me. Thanks to my other crew members, he was immediately sent to the closest low point and was given instant aid.

The last bit of the race was done in peculiar way by keeping the time limit in mind. I had to finish the race in 48 hours. A minute here and there would have trashed my confidence. Arvind helped me keeping the pace and kept me posted with the time limitation.



Just few miles before finishing, everything that I had put in for this race kept flashing before me.

And then finally I did it. Did it in neat 47.20 hours. Just in time but absolutely memorable and cherish able journey. This is La Ultra for you, the absolute voyage of all the emotions and weather conditions a runner can ever



But till then, La Ultra- the high will always remain as one of the high points in my memory lane.

Thank you.

Raj Vadgama

Coach at JVPGC, Runners Club

face. From sudden drop in 3-4degrees in temperature to sudden raise till 35+ degrees. The brain becomes disillusioned.

I humbly want to thank all the people and institutions who stood by me and gave me their generous support. My dear JVPG CLUB and its senior members left no stone unturned in supporting me in this run. I thank all my students and runners for their love and constant support, their wishes worked like wonders at every mile for me, my partner and supporter Edelweiss Group who kept immense faith in me and funded my run. Arvin Bijwe, my key crew, my sarthi and my

other crew members Indrajeet, Jyoti, Gautam who tolerated extreme weather for me and managed to support me through out. My marketing and social media team for getting the momentum going on digital and connecting with many people. My family, especially my wife who always supports all my decisions.

I feel truly blessed to be here and sharing this experience with you all. But whenever I am done with any big run, a voice inside my head tells me I am still not done. May be I am not. May be there are more challenges waiting and more miles to be conquered.



Yoga Certification And Cardiac Awareness

— Sonal Motla Vashi



Sanjeev Bagga
Chairman
Health Club

Under the aegis of the Health Club and the Senior Citizen's Forum, on September The 13th, Dr. Urvi Vora gave a presentation on Cardiac Rehabilitation. The emphasis was on raising the awareness of cardiac problems in the early stages as well as preventive measure and the transition from post cardiac surgery to normal life style. The audience was captivated by Dr. Vora's power point presentation.



Dr. Jatin C. Damania
Chairman
Sr. Citizen Sub-comm.



Alongwith Dr. Vora, Rupen Sir demonstrated yogic mudras and breathing techniques as a preventive and corrective awareness for cardiac patients.

The talk was followed by the F5 Yoga Certification Distribution Ceremony.

Students from all F5 Yoga classes were tested for over a month to assess the level of knowledge and fitness the students possessed.

The certificates were awarded to students firstly for the student to be aware of his/her own level of capability and secondly this



encourages the student to get to the next milestone and have more fitness and knowledge of one's self. It was a successful event with everybody going home a little more knowledgeable and celebrated.







Members' Master Chef Tasting Session

Resounding Encore — Sonal Motla Vashi, Editor

Like they say, "There is never too much of a good thing!" Having marked a historic landmark in the life of Sandesh and JVPGC, an encore of Sandesh's maiden venture, "Members Master Chef" met with even more enthusiasm and fervour.

On Thursday, 14th September at the front lobby area, 16 members participated, prepared a special secret home cooked recipe, brought it to the club for a fun, tasting session. All the participants tasted, judged and picked winners for the best taste and presentation.

The winners were Smruti Desai, Kavitha Amin and Swati Choksi.

And the second time winners were Rashmi Ahuja, Sheela Sagar and Rajeshwari Patel.

The menu was eclectic and varied from recipe ice-cream cone, chilli idli, healthy bhel, galouti kebabs and patra chaat.

Evershine Gems by Tanvita Saraf sponsored the prizes.

The event concluded with members suggesting different ideas and off-shoots from this platform, to create many more events in the future.





Winner Smruti Desai
Ice-cream Cone



1st Runner-up Kavitha Amin
Chilli Idli



2nd Runner-up Swati Choksi
Healthy Bhel



Deepa Katharani
Sri Lankan Kiri Bhaat



Mohini Vahalia
Methi Muthia



Nila Champaneri
Wheat Patra



Rajeshwari Patel
Mexican Burrger



Rakhi Chhabria
Moongdal Dahiwada



Rashmi Ahuja
Galouti Kebabs



Renu Dalal
Corn Patato Tikki



Shama Akhtar
Schezwan Paneer



Sheela Chopra
Birds Nest



Shila Shah
Patra Chaat



Tejal Mehta
Dilli Hatti Ki Kachori



Trupti Sanghvi
Stuffed Mushrooms



Varsha Jagwani
Papdi Chaat



Members' Master Chef Recipes

**1st
Runner-up**

Chilli Idli Kavitha Amin



IDLI:

Ingredients:

3 cups Parboiled Rice (ukda chaval)
1 cup Raw Rice
1 cup Urad Dal
1 tbsp Methi Seeds
Jackfruit Leaves

Method: Soak parboiled rice (ukda chaval) and raw rice, overnight or for minimum 6 hours.

Soak methi and urad dal together for 3 hrs. Grind the dal very fine and grind the rice coarsely.

Let it stay for 4 hours to ferment.

Fold the jackfruit leaf like a cone and hold it with a toothpick.

Pour the batter into that leaf, keep it on any small bowl (vati) and steam it.

IDLI CHILI SUKKA:

Red Masala - Ingredients:

10 red Kashmiri chillies

3 tsp Coriander Seeds

1 tsp Jeera

8 Pepper Corns

Dry roast the above ingredients

Fry ½ tsp methi seeds with drop of oil

2 flakes Garlic

½ Onion (chopped)

2 Cloves

1 Stick of Cinnamon

½ tsp Khuskhus

Pinch of Haldi powder

½ Lemon

Salt to taste

Grind all the above ingredients and the roasted ingredients into a fine paste using very little water (ideally grind with stone)

Coconut Masala - Ingredients:

1 cup scraped coconut

½ Onion

Mix all together.

Final Ingredients:

2 tbsp Ghee

Garlic (crushed)

2 Onions (cut in big pieces)

Method: Take a frying pan. Put 1 tbsp ghee and fry the idlies into golden orange color. Keep aside.

In the same pan put 1 tbsp ghee, kadipatta, crushed garlic, onions. Fry till lightly color changes. Add the red masala (recipe above). Add salt. Cook for a while on slow fire till the water evaporates. Add coconut masala (recipe above). Cook for a while again. Add fried idlies. Toss it well. Let the masala evenly spread on idlies.

Garnish with coriander leaves and fried cashew nuts.

Serve hot.



Galouti Kebab Rashmi Ahuja

Ingredients:

50 gms Veg
finely chopped
(french beans,

carrots, peas, capsicum, cabbage and cauliflower)

100 gm Boiled and Mashed Potatoes

2 tbsp Oil

1 tsp Jeera

1 tbsp Ginger, Green Chillies crushed

1 tsp Red Chilli Powder

1 tsp Garam Masala

1/2 tsp Roasted Jeera Powder

1 tbsp Coriander Leaves (Chopped)

2 tsp Kasuri Methi crushed

4-5 tbsp Roasted Besan

Salt to taste

Bread crumbs to dust

Charcoal burnt

Oil or ghee for shallow fry

Method: In a heavy Vessel (Kadhai), heat oil. Add jeera, ginger and green chillies.

Add all vegetables one by one. Add salt, red chilli pd, garam masala, jeera powder. Mix well.

Cook till vegetables are tender. Add

mashed potatoes and mix. Now add besan, kasuri methi and coriander leaves.

Remove on a flat plate (thali). Make a well in the centre. Keep a small bowl (vati) in the centre

and put hot burnt charcoal and pour some ghee or oil over it. Cover it with the vessel so that the

smoke is trapped inside. Keep it covered for 10 mins and remove the charcoal. Mix the mixture

well. Shape into round kebabs. Dust with bread crumbs and shallow fry in hot oil or ghee.

Top Three...

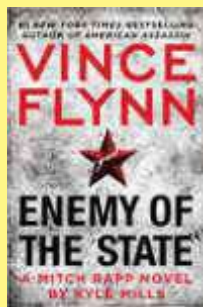
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JVPG Community Calling — Tanvita Saraf

Archana Foundation, a 17 years old NGO run in the Mumbai Suburbs, started by a group of women has over 350 members from all walks of life. Many of our JVPG members are also a part of this foundation. They have been very actively working for the upliftment of the society. Archana Foundation does several projects like extracurricular activities in 2 municipal schools, several medical camps, old age homes, etc.

Archana Foundation has installed a community fridge in Juhu, between 5th and 6th road, where the community is urged to donate and stock food which would be distributed to anyone who is poor and needy and comes to access it. Their volunteers constantly keep a check on the quality of the food and discard stale food everyday at 6pm. One worker has been appointed as the caretaker of the fridge everyday between 9am to 6pm for the intake and distribution of food. We hope they install more such fridges to help channelize the food to the needy. JVPG and Archana Foundation request everyone in the area to help make this project a huge success.



First of all let me thank our Sr. Citizen Members for their tremendous response to my appeal for getting registered with our forum. More than 200 got themselves registered in a span of 4 weeks. I welcome them all.

Sr. Citizen's: **Piya Rangrez Evening**



Dr. Jatin C. Damania
Chairman
Sr. Citizen Sub-comm.

Once again a "Sold Out" event at "Piya Rangrez"; performed by versatile and multi talented artist – Ms. Pooja Gaitonde; was conducted at the Activity Hall on Saturday the 2nd September, 2017.

It was a jam packed Hall. 300 plus of our members and their guests enjoyed the evening. As the title "Piya Rangrez" suggests they all got completely drenched – painted with the different shades of Sufi Kalaam, Classical Hits, Ghazals and Filmy Songs sung by Pooja. Fragrance was added to the gold by the well known Poet, Writer and Director Shri Suhail Akhtar Warsi who did marvelous job as our compare.

Pooja sang non-stop for nearly 2 ½ hours and made the audience spell bound by the clarity of her voice and her control over the Harmonium. Some of the famous songs she sang were: Chhaap Tilak, Sanson Ki Maala Pe, Jaane Ki Zid, Bharde Jholi, Mere Rashke Qamar etc. etc. After a long long time a forgotten instrument the Banjo was added to the Orchestra. A Jugal Bandi of sorts between the Dholak, Tabla and Banjo played by the musicians will be

remembered by all for a long time to come. Even after 150 minutes of entertainment and non-stop "farmaishs" of the audience, we wanted more and hence Pooja promised to come once again to our Club to fulfill them.

I am very thankful to the main coordinator of the program committee Member Shri Hasmukh Gajjar for the grand success of this event. Also thankful to Smt. Kusum Bansal, Shri Madan Jeswani and Shri Girish Sheth for their help.



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Learning Disability



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Learning disabilities are neurologically-based processing problems. These processing problems can interfere with learning basic skills such as reading, writing and/or math. They can also interfere with higher level skills such as organization, time planning, abstract reasoning, long or short term memory and attention. It is important to realize that learning disabilities can affect an individual's life beyond academics and can impact relationships with family, friends and in the workplace.



Since difficulties with reading, writing and/or math are recognizable problems during the school years, the signs and symptoms of learning disabilities are most often diagnosed during that time. However, some individuals do not receive an evaluation until they are in post-secondary education or adults in the workforce. Other individuals with learning disabilities may never receive an evaluation and go through life, never knowing why

they have difficulties with academics and why they may be having problems in their jobs or in relationships with family and friends.

Learning disabilities should not be confused with learning problems which are primarily the result of visual, hearing, or motor handicaps; of mental retardation; of emotional disturbance; or of environmental, cultural or economic disadvantages.

Generally speaking, people with learning disabilities are of average or above average intelligence. There often appears to be a gap between the individual's potential and actual achievement. This is why learning disabilities are referred to as “hidden disabilities”: the person looks perfectly “normal” and seems to be a very bright and intelligent person, yet may be unable to demonstrate the skill level expected from someone of a similar age.

A learning disability cannot be cured or fixed; it is a lifelong challenge. However, with appropriate support and intervention, people with learning disabilities can achieve success in school, at work, in relationships, and in the community.



10 Facts About Learning Difficulties In Children

1. A learning difficulty is not a disorder.



2. Learning difficulties (LD) affect people of all ages.



3. Learning difficulties (LD) have no cure.



4. Only 67% of students with LD graduate from high school with a regular diploma.



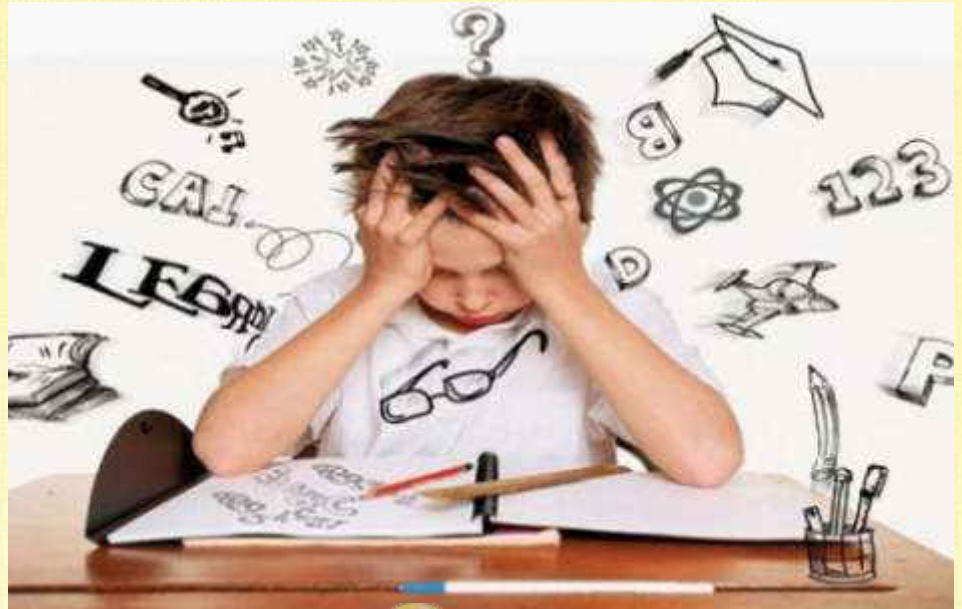
5. 20% of student with LD drop out of high school.



6. Only 10% of student with LD are enrolled in a 4 year college within 2 years of leaving school.



7. Among working-age adults with LD only 55% are employed.



8. Learning disabilities vary from person to person. One person with LD may not have the same kind of learning problems as another person with LD.



9. Persons with LDs were 2 to 3 times more likely to report fair to poor physical, general and mental health.



10. 6% of students in regular schools are receiving special education programs or services because of learning disabilities.



The Hidden Facts Of Disability You Should Know

Over 65% of working age adults with disabilities are unemployed. Of these working adults, nearly one third earn an income below the poverty level.

People with disabilities constitute the nation's largest minority group and the only group any of us can become a member of at any time.

36% People who say they have encountered some form of discrimination in the workplace.

Of those 36% who have experienced discrimination, the percent of 51% people who say they have been refused a job due to their disabilities.

28.7% of Families of the 69.6 million families in the United States, more than 20 million have at least one family member with a disability.



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Water Resistance	Waterproof fabric Cover and Sealed Seams for Water Tightness		
Operating Temperature	Ideal range between -5 °C to +50 °C		
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