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March 2017

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Volume VII • Issue 2
March 2017

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

- Interdepartmental T-20 Cricket Tournament 2017
- Lawn Tennis Assessment And Open House
- Billiards World No. 2 - Dhruv Sitwala
- Valentine Day Special Mega Bar Night
- Lil Kidz Adventures..
- 'Jeevan Ek Yatra, Ek Utsav' Lecture by Jay Vasavada
- 'Let's Celebrate Our Existence' Lecture by Swami Gyanvatsalji
- Grand Piano Recital

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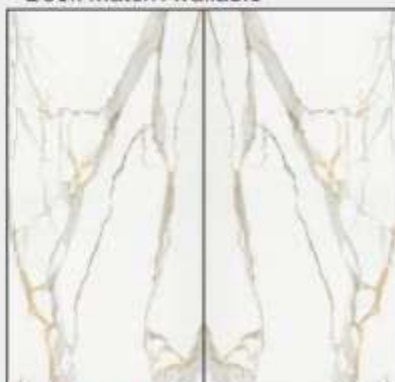
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From The Desk Of The PRESIDENT



Shamit T. Majmudar
President

A Leader Is One Who Knows The Way, Goes The Way And Shows The Way. John Maxwell

**Two Roads Diverged In A Wood And I – I Took The One Less Traveled By,
And That Has Made All The Difference.** Robert Frost

My dear fellow members,

As a President, I am forced to nostalgically flash upon the inward eye.

The last year at JVPGC has been a very challenging one, and in all aspects an enormously rewarding one too, both for me as a singular and for the institution at large. I take this opportunity to thank each one of you for all the belief and respect you have so unflinchingly bestowed in me at the helm of things, and the team I so proudly represent as well.

I once read “*Fear has two meanings*” Forget everything and run and the second one which has guided me through the last year, the one more dearer to my heart and one that motivates me each morning being “**Face everything and Rise**”.

Our goal at the beginning of this year was quite clear: To create a winning team of devoted leaders, all unanimously committed to one common agenda; based on, discipline, a no arm twisting policy (be it staff, members or in some known cases, contractors too), with a keen focus on sports and infrastructural development, so as to enable us all to rise above limiting paradigms and in doing so collectively create a world class institution.

Discipline across the gymkhana has vastly improved. We have ensured that employees adhere to established club rules and policies. It has enabled us to correct unacceptable conduct and maintain good demeanors in the club. We have cured problematic behaviors and in doing so have been vastly successful in maximizing our resources optimally, bringing down huge operational costs, which have enabled us to divert and invest those opportunities more wisely and meaningfully towards institutional and sports development.

In honest and earnest retrospect, over the past year, our greatest achievement has been the success of creating benchmarks for good governance across all realms.

Yes !! We faced many challenges along the way, as any revolutionary team would encounter. But we treated each challenge as an opportunity to learn, grow and do better, to correct our short-comings and enhance our skills and in doing so, as you can see, we have shone as one of the leading sports, entertainment, learning and developmental institutions, more robust and successful in every sporting and administrative way.

It satiates my heart to recognize that, never before have we had such thorough systems and processes in place, never before have we hosted such mammoth events of entertainment, never before have we collectively in such huge numbers celebrated all the festivals with so much love and compassion, never before have we recorded so many learning and development programs across all

genders and ages of society and above all, never before have we been able to rejoice in the magnificence of nurturing athletic talents and in turn reveling their success on state, national and international competitive platforms. I can't reiterate my sheer exuberance in realizing a dream fulfilled in such a little time span of just a year.

Our journey doesn't end here. As Robert Frost so eloquently and aptly put it, “**We have miles to go before we sleep**” and should we continue to have the privilege and honor of serving you in the next year, our goal sheet remains clear with one simple vision.

Through continued unity, integrity, leadership and professionalism, fueled by our innate passion for improvement; we will at all times strive to create a sustainable bright future for us all and the generations that follow. We will make sure that we take advantage of the opportunities that lie before us, create them where they don't exist and bring the best and next best global practices to JVPGC.

My dear friends, we will only succeed with such a clear vision if we continue to work on the aforesaid process of operations which have been built on the very strong democratic and constitutional foundation of freedom of speech, opinion and above all, transparency across all operations and maximum participation of all involved.

There is no room for “I”, in the word team and needless to say, none of this would have ever been possible without the belief and support of the office bearers I so proudly am a part of, and the managing committee who have always been a moment away when their expertise, experience and valuable inputs have ever been needed. I can't reiterate my humble sense of gratitude to each one of them, who have all been the building blocks in our clubs success stories over the last year.

Our doors have remained ajar through the year and will continue to do so as we firmly stand by the “**We are for the Members**” policy.

I am delighted to tell you today we have been successful as a team at demonstrating; that vision and the we have been fortunate enough to not just find the success mantra, but also have your belief and support to implement it.

With extremely focused and customized united efforts we assure you, we will continue to achieve our goals – to become the India's leading institution, in all conceivable ways possible.

One member, One club, One goal – excellence and brilliance; we invite you all to play your part in this exciting future.

Thank you,

From The Desk Of The Hon. Secretary

Leadership is the capacity to translate vision into reality.

My dear dear friends,

It's been a year now, since I have had the honor and responsibility of being the Hon. Sect here at Mumbai's glorious destination for athletic and recreational enhancement and boy! What an elevating and fulfilling experience it has been.

For a few years now, ever since I joined the managing committee, I have dreamt just one dream; voicing it too at every opportunity I got; that JVPGC as an institution realize its true potential of being one amongst the top 3 associations in our sub-continent. Every operational hour since I've taken over the sect. portfolio last year, has been an combined effort at realizing that aspiration; as this position gave me the opportunity to fulfill my passion of giving back to society and serving the deserving, enjoying entertaining programs with you and



*Let's Celebrate Our Existence
Lecture by Swami Gyanvatsalji*



*Jeevan Ek Yatra, Ek Utsav
Lecture by Jay Vasavada*



Women Day Celebration



Himanshu Gokani
himanshu@jvpclub.com



Shaan Live Concert

enhancing fellowship within the club; it's members and around JVPG at large.

Sure we had our differences in beliefs sometimes, like all exuberant and driven teams do. We out grew our differences and learnt wholesomely from each other's opinions; but that being said, our vision, our mission and goals were always unanimous and aligned.

During this tenure I assure you, my team and I have used all our collective knowledge, resources and time to make 2016-2017 a memorable year for all our club members and take our club to new apexes.

The over whelming support received from all of you during our initial plug-ins had immensely helped to boost our morale; and then, there was no turning back and no stopping our drive and motivation. Your grit, selfless encouragement and involvement in all



Orchid Terrace



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our endeavors encouragingly boosted our philanthropic purpose of life, which I hope in return nourished your heart with boundless joy and peace over this last year.

The results of all of this: Self Explanatory !!

Thanking each one of you for all your faith and backing, I'd like to share some of our outstanding success stories over the past year; and I assure you,

that if this team continues on, JVPGC will most certainly become and remain the eminent destination for life's enrichment across all age groups and more importantly subsequent generations to follow.

Thank you, dream big and always serve righteously !

To command is to serve, nothing more and nothing less.

—Andre Malraux



Orchid Terrace Passage



Newly renovated staff toilet behind activity hall



Juhu Vile Parle Gymkhana Club



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From The Desk Of The Hon. Jt. Secretary



Dr. Ojas D. Dave
daveojas@jvpgclub.com

Greetings.

Since this is the last time I get the opportunity to address you as a Honorary Joint Secretary in this term, I would like to thank you for your support, guidance and blessings. It means a lot to me.

I would also like to acknowledge the efforts put in by Chairmen and their sub committees to ensure smooth day to day functioning of the sports departments.

I was blessed to have had the unwavering support of the Office Bearers as well as the entire Managing Committee. I sincerely thank them for the same.

With a prayer that you take good care of your health, I wish you all the very best in life.



JVPGC 3rd Maharashtra State Ranking
Table Tennis Tournament 2016



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Ultimate State Open
Badminton Tournament 2016



Interdepartmental T-20 Cricket Tournament 2017



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My dear kinfolk !!

This morning I sit to write, what might manifestly be my last note to you as editor and chief here at Sandesh.

April notated, as our clubs Election Day will decide the future and fate of this grandiose Gymkhana at large and its repercussions will naturally enough filter down into the editorial governance here at Sandesh.

This impending election will however, remain as your; the members audit towards the governance of the current regime at large, which if I may say so myself, has done quite a remarkable job thus far towards the overall upliftment of all facets of this marvelous institution.

Hence it is my personal and earnest request to each one of you, to come and exercise your constitutional right and moral responsibility to vote. Well, enough said about that.

As another miraculous year draws to its inevitable close, we on the Editorial Board decided to take some time to reminisce. Sandesh underwent many changes. We brought on an almost entirely new Editorial Board, who were joined by both veteran experienced writers and talented newcomers like Sonal and Tanvita. I'd like to take a moment to thank the genius' in them for their unfaltering determination towards realizing the dream; of fashioning a full-bodied, healthy platform and a true voice of JVPGC; a magazine in all arrangements, **of the members, for the members and more significantly so; by the members.** Sanjiv too, our designer who burnt many a midnight oil, to guarantee each one of you have a enjoyable and virtuous read each month.

I also send out a special heart filled embrace to all my fellow chairs, the current office bearers, especially the President and Secretary for their untiring belief and support in us as a crew.

Last and in no way the least a particular salutation to each one of you who have so warmly stopped me at various instances across all the corridors at the club, and admired and appreciated the effort we have put in over the last season. I can't say this enough, but, thank you all.

The future is an unfaltering heartbeat away; and as we build our new and inspiring future we must not lose sight of the fact that we are also simply "guardians of the game" for the next generations to follow.

Sandesh dear friends, is a power for great good – a magazine that can change people's lives for the better.

Each month not only does Sandesh reflect on the journey we as a fraternity have taken over the last month, but we also get an opportunity salute those who have been our beacons; our inspirational guiding stars for the future.

But more importantly of all Sandesh also remains a platform, which charts the course and defines a clear picture of the glittering future that awaits the members of this great institution.

Eternally guys, contribute into it, always and stay connected hamesha!



EDITOR'S NOTE

Nikhil Prabhakar Rao

Editor and Chief

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*Read Sandesh
We Do Carry
Meaningful Editorials*



Children's Team



Children's Team



Lawn Tennis Department



Badminton Department

Interdepartmental T-20 Cricket Tournament 2017

This has by far been the greatest year for the entertainment subcommittee. Jinesh Choksi and team, take a Bow!!!



This year on the 26th of Jan, they out did themselves in what must have been the grandest T20 cricket tournament ever hosted at the club. Over 16 teams representing various departments battled it out for over 14 hours in one of the most exhilarating sports extravaganzas in JVPGC history.

A special thank you goes out to the following members who invested a considerable amount of their time and effort into ensuring this event is a big hit and are still being spoken off at JVPGC.

Them being: **Bhavin Gala, Satyan Gandhi and Uday Tank**

New rotating trophies were especially designed by **Nikhil Prabhakar Rao**, for this tournament keeping in mind its grandeur stature.

The lawn tennis department captained by **Rohit Saraf** were bidding for a third consecutive title but unfortunately were missing out on a few of their key players.

Standing in their way of this hat-trick triumph were the hot favorites; the Squash(res), spear headed by none other than **Vishal Morjaria**, who with his Real Madrid kind of team were sure to lift ultimate glory.

The stars however were aligned quite differently, 14 hours on, and post a lot of very exciting, competitive and very athletic matches, the finals were played between the defending Lawn Tennis Aces and (to the bafflement of all present the underdogs), the high "spirited" Bar and Catering department led by **Rushab Mehta**, who out witted and out played the squash team in an enthralling semifinal match.

The stage was set for a charming final. It came down to the final wire, where the sheer cool headed persona of **Dron Bakhai** who lofted a brilliant 6 on a no ball sealed victory and a glorious conquest for the bar and catering department.

The tournament stands were packed through the day and were adorned by the office bearers and many managing committee members.

The icing on the cake were the keenly contested ladies and children's matches.

This was one magnanimous event, which will not just remain etched in our memories for a long time to come, but also be a very tough undertaking to emulate in the years to follow.

Specially Design Customized Rotating Trophies



Hersh Tank - Best Batsman





Women's Team



Shalin - Best Fielder



Rishi Joshi - Best Bowler



Dron Bakhai - Man of the match



Keyur Gandhi - Player of the Tournament



Aspire; Lawn Tennis - Parent Open House



Sanjeev Shah, head of coaching portfolio convenes the open house

It's been a year since Ace Sanjeev Shah took over the reigns of recognizing, developing and nurturing new talent with "Aspire", the coaching portfolio at the lawn tennis department. It's been a mighty effective year for him mentoring and spearheading the

bravura team of coaches we have at Aspire, under head coach and India's greatest tennis star of the last few decades, Isha Lakhani. We have truly been incredibly fortunate and blessed to have her join in, as our coach. A feather in the management's cap at JVPGC.

A year on, and we have the very best coaching academy in the suburbs of Mumbai. The proof of this statement, the visible robust systems and processes in place, the adulation of all parents at a packed parents open house, the serpentine waiting list to join in, and the number of champions literally being industrialized at Aspire.

The last month was the season and year ending at Aspire. Stringent assessments were carried out testing not just the learning skills and essential techniques of the students, but also as audit of sorts of the coaches and coaching portfolio at large.

A plethora of skills were put to test, which included stroke production, strategy, mental toughness, and physical athleticism along with speed, agility, endurance, balance



Coaching Core Committee

and flexibility that any player who wants to reach the top must have.

The assessment week was followed by the parent's open house on the 4th of March in which all the parents were sounded on the past progress, or not; and the vision of Aspire for the next season. The new coaching forms were handed out and the batches are already full. The new season commences mid April, post the much awaited All India Nationals.

A year, of sustained progress. Worthy of being recognized. Kudos Sanjeev Shah.



Ardhan Sethi being felicitated by the President Shamit Majmudar



Over 100 families present for the parents open house



Head Coach Isha Lakhani addressing the gathering



Enrolling New Kids for the summer season



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Candid Interview With **Billiards World No.2** **DHRUV SITWALA**

"One should always associate with the correct people and read the correct self-help books, inspire oneself with greater thoughts to stay motivated. Exercises, disciplined life and sound mind aids one to build cheerful disposition. The focus should be on the quality of thoughts and actions so that it can help one strike a correct balance between superiority and inferiority complex."



Tanvita Saraf
Asst. Editor



Q. A small paragraph on your love for the sport and all you have accomplished.

A. My passion for the sport developed after graduating from Narsee Monjee College. Post that I have won two Billiards Asian titles and have been 4 times World no. 2
I am employed with ONGC since 11 years.



Q. When did you develop this keen interest in this sport?

A. I had seen former legend Geet Sethi play the World Championship at Hotel Holiday Inn, Juhu attracted me towards the sport.

Q. What has been your journey throughout the years? Where did you start?

A. I started playing at Juhu gymkhana and continued for almost 6 years and was fortunate to amass tremendous support from everyone here. Later I shifted my base to Hindu gymkhana at Marine Drive to rub shoulders with national level players. Having grueling sessions against competitive players and getting resistance from them have been the highlight of my formidable years.

Q. How do you prepare for each tournament?

A. I don't have a specific regime to prepare for any tournament. I train myself on daily basis to enhance my skills. **Improvement has to be a daily homework till it gets into your subconscious.** I keep trying to focus on my techniques at regular intervals.

Q. Billiards is a game of immense patience and concentration with immense stress on the body too.

What is your training program?

A. I follow a specific diet plan and an exercise routine to better my endurance levels. Also meditation, visualizations, self hypnosis etc helps me to inculcate high levels of patience and concentration which is needed to sustain you at the international competitions.
Having an uncluttered lifestyle also helps one to enhance concentration levels effectively.
Earlier I have practiced for almost 6-7 hours daily hence I do suffer from neck and shoulder injuries. Expertise from my Physiotherapist Dr. Devisha Mehta (member of our club) has helped me a lot in overcoming these injuries and strengthening my neck and shoulder muscles.

Q. Billiards as a sport in comparison to other sports in India when it comes to popularity, remuneration and sponsorship is still miles behind when compared to sports like cricket, tennis and others, can you comment?

A. Popularity, sponsorship etc of any sport is directly related to the mass appeal and viewership. These factors help the sport to grow faster.



Unfortunately sports like Billiards and Chess don't enjoy these privileges from the masses, hence this gap always exists.

Q. Who have been your pillars of knowledge and strength through this journey?

A. Inputs from my coach Mr. Wilson Jones (former world champion) have been of prime importance in shaping my career and taking my knowledge to the next level. Billiards also requires a lot of internalized approach. Many quotes from Bhagwad Gita, Swami Vivekananda, Vedanta etc. have added to my mental strength. Also I am largely indebted to my parents for selflessly supporting me in my endeavor.

Q. What are your goals for this year? And where do you see yourself in say 3-5 years from now?

A. Frankly speaking I have never set goals in my life as my passion is to keep improving on constant basis and live in the present moment. **I am not too worried about worldly competition, success, ranks etc. I plainly love to excel in this sport to beat my previous performance.** I leave it to the divine intervention for success.

Q. What is your advice to the youth in our country on the importance of sport in their lives, goal setting and the achievement of them?

A. My advice is to focus on the process of chasing excellence and enjoy the

challenges in their path. One should always associate with the correct people and read the correct self-help books, inspire oneself with greater thoughts to stay motivated. Exercises, disciplined life and sound mind aids one to build cheerful dispositions. The focus should be on the quality of thoughts and actions so that it can help one strike a correct balance between superiority and inferiority complex.

Q. Most parents today tend to pull their children out of sports, however talented they may be, cause of the importance of education in our structure. In



doing so, the country must have lost out on some impeccable talent. Your comments

A. The system in our country is such that education is of prime importance. Parents are the best judge of their young children so I keep my comments reserved on this matter.

But I still feel that if someone wants to become a champion then no external factors can subdue him from becoming a champion. One should be ready to pay the price and walk the extra mile in managed solitude taking the obstacles, hardships in stride with perseverance and resilience. If one can give 10,000 hours of practice with mental application in any sport then one is likely to become a Champion.

Q. Dhruv Sitwala, Billiards and Juhu Gymkhana. How's the relationship?

A. Juhu gymkhana is the place where I honed my skills. My old friends here have a sweet place in my heart. My roots are here. Juhu Gymkhana is undoubtedly my second home.

Q. Your life's most memorable moment in sport.

A. Last year at Colombo I defended my Asian title. Defending an international title in any sport is always a memorable moment.

Q. You remain so humble. How?

A. "Everything here is Temporary" should be enough to make one humble.



Jinesh H. Choksi
Chairman,
Ent. Sub-comm.

Valentine's Day Special Mega Bar Night



Sunil Shah
Chairman, Bar & Catering
Sub-comm.

Love is in the air, who else but people present on the mega bar night on 14th Feb can relate to it. The entertainment sub-committee and bar and catering sub-committee, the most deadly duo, leave no stone unturned when it comes to organizing a fabulous night for the members of JVPGC. Some great music played and members really grooved on the beats. Everyone present had a spectacular evening with the love of their life and went home with a stronger bond and more fondness in their hearts.



Feeling distressed because of a toothache?

Toothache occurs in or around a tooth.

It can be sharp, throbbing, dull or continuous.

When should I see a dentist?

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- if you have a facial swelling close to the jaws.

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A scenic photograph of a red and yellow mountain train (Jungfrau Railway) traveling through a snowy, mountainous landscape in Switzerland. The train is moving along a track that curves through the valley, with snow-capped peaks in the background.

Lil Kidz Adventures...



Sunday, the 19th was a very busy morning in JVPGC. There were 100 odd kids aged 4-7 running around in the play area and the lobby totally enjoying themselves. An event was organized for the little kids by Darshana Kothari and her team on Sunday, 19th February 2017 for the little babies. Games like rock climbing, tunnel passing, sand art, hula hoop, bubble wrap stomping, laser tag etc. kept the kids hooked up. Kids really had a blast.



Darshana Kothari
Chrprsn, C&W Activity
Sub-comm.

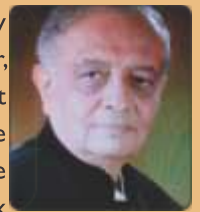
Darshana Kothari, you remain every kid's fairy god mother who ensures it's Christmas all year through.







Jay Vasavada, a very popular Gujarati writer, orator and columnist graced JVPGC on the 26th January and spoke on the topic "Jivan Ek Yatra, Ek Utsav." Our Members were fully engrossed for the 90-minute lecture, as he gave an insight into the intricacies of life and how we can lighten the burden of our daily problems and live a stress-free life. Shailesh Shah (Chairman Library Sub-comm.) with Darshana Kothari (Chairperson C&W Sub-comm.) were the brains behind this remarkable event.



Shailesh C Shah
Chairman
Library Sub-comm.



LET'S CELEBRATE OUR EXISTENCE

Lecture by Shri Gyan Vatsal Swamiji



PEACE BE UNTO ALL BEINGS

Bochasanwasi Shri Akshar Purushottam Swaminarayan Sanstha (BAPS) is a socio-spiritual Hindu organization which claims its roots in the Vedas.

The followers are required to live a life on the five lifetime vows.

No Alcohol, No Addiction, No Adultery, No Meat, No Impurity Of Body And Mind.

Shri Gyan Vatsal Swamiji from BAPS, well read scholar and an proficient orator, works on achieving his goal of curing and creating peace and harmony in society.

He was invited by the Library Committee to give a practical spiritual lecture on 'Let's Celebrate Our Existence' on Sunday, 12 February 2017.

Swamiji began by asking the audience, "Did we exist physically, mentally and emotionally, that we need to celebrate our existence". These are the times we have:

- Fancier houses and broken homes.
- High rise buildings and low rise characters.
- Double income and more divorces.
- Steep projects and shallow relationships, so on and so forth.



Shailesh C Shah
Chairman
Library Sub-comm.

Swamiji threw light on two qualities, being Proactive and Ethics which differentiate 'Able Leaders from Smart Managers'. He also said that ethics plays a very crucial role in every phase of life. If some one plays with ethics, in the long run ethics will definitely play with that person. He said, many people ask "How can you mix spirituality and social service"? His answer was "How can you separate the two"? He mentioned that those who wish to sincerely serve the society must be spiritually pure and only those who are spiritually pure can sincerely serve society.

Swamiji in his lecture gave large number of



International, Domestic corporate examples, socio-economic relationship and referred to from the publications of Harvard University Professors.

At the end Swamiji said that work hard with honesty, enthusiasm and continue working for the society without the expectation of receiving anything in return.

Indeed the talk was very enlightening and enjoyed by all present in the Gymkhana.

We all look forward for more interactive sessions like these.

Phew!! I Wish I Had That Life!!

Passive Facebook Usage Predicts Envy, And Envy Predicts Decline In Affective Well-being,"



Tanvita Saraf
Asst. Editor



Teddy Roosevelt once said **“Comparison is the thief of joy”**. It's extremely common to feel sad and inadequate after a few minutes of social media scrolling. You feel your life is inadequate and boring. You have a distorted view of others lives and you feel that you don't measure up to theirs. **A few minutes of Facebook or Instagram can cause depression and loneliness in your mind and heart.**



Mrs. Shah's daughter topped in 10th boards, the Kapoors have gone for a vacation to Europe, Saloni's son is going abroad for further studies, Mr. Roy's daughter in law is so talented, my childhood friend has become a famous fashion designer etc etc etc....and the list is limitless.

Think More, View Less

When we spend more time on social media, we only see the rosy pictures and the larger than life lives of our so called “friends” and relatives. We simply ignore the struggle that they too might be going through in their respective lives.

We only see the best version of others on screen and feel bad about ourselves. This in turn leads to depression and illness.

What we fail to understand is that the social media is only one sided conversation with no empathy. We don't understand and only judge. Or we don't want to understand.

Self-Acceptance is the key

We need to accept our situation, our condition and take a call. We need to understand where we stand or where



our children stand and strive towards improving the same rather than compare and sulk.

All 5 fingers are never the same similarly all children cannot be same too. Your kid might not be a scorer or the head boy/girl but he might be a better human being. You might not have been able to take a foreign trip but may have utilized your vacations in a better manner. Your daughter in law might not be very talented but may be very soft spoken.



The need is to opt out of the rat race and find contentment in what we have. At the end of it all we need to understand that **“Personality begins where the comparison ends”**.

Earn Wealth and Health together!



All our lives we keep running behind wealth and in the process completely forget to earn health. If at the right time in our lives we focus on earning health too then we can avoid all diseases and stay fit...



Datta Gaikwad

how earning health will make our future life happy, but still do not give it due importance and time. We all make great plans for our retirement like enjoying life, touring the world, fulfilling all our wishes, etc. But unfortunately nothing comes true as we get occupied in treating our bad health. All our hard earned money also gets spent relentlessly for the same. Our only support system at that point is our wife and our savings. We are so tired of our bad health that we start waiting for death god to come and relieve us of the same. But neither does the death god come nor does our pain reduce.

Greeting to all my readers!!

The topic of fitness after being so important is still neglected by most of us. We are thus facing some very serious consequences because of it. Seeing this I am trying to reach to you and talk about the same via this article.

Our earnest wish is to stay fit. I want to tell you the exercises for the same. We all know that for a harmonious life we have to maintain synchronization and balance between a husband and wife. Any imbalance can lead to stress and unhappiness. Same is



the relation between Health and Wealth. After completion of education all of us have to strive to earn money by doing job or business. We start devoting our maximum time and attention for the same. As our family grows, its needs also keep growing. One needs to then work more to fulfill the

same. Thus neither do the needs stop growing nor does the income feel enough to satisfy them. The precious time of our life keeps passing by in this race.

With time our children grow up, get married and get busy in their own lives. We start feeling weak and old. We start running behind doctors as various ailments like blood pressure, heart disease, fatigue, breathlessness, etc. start cropping up. Body becomes weak due to all the hard work we had put to earn money. Even before old age we start feeling excessively tired and many diseases attack our susceptible body. This is a grave matter and needs to be given consideration.

We unnecessarily start blaming god for our condition. We all are like this my reader friends. All our lives we keep running behind wealth and in the process completely forget to earn health. If at the right time in our lives we focus on earning health too then we can avoid all diseases, visits to doctors and the large medical expenses.

To earn health we just need to devote one hour every day. Unlike this we need to give 12-18 hours every day to earn wealth. We all know about this and also are aware that



Friends do we all want to live like this? Is this the reward of working so hard for our family or punishment for not caring about our health? So let's take an oath today that we will not let our lives get destroyed in this way. We will earn health along with earning wealth. This health will help us in fighting our old age problems. We will not be dependable on anyone. We will live a very happy and fruitful life. But how do we earn health? Keep reading our articles and follow what we say. If you have any doubts you may write to us too. We feel that educating the society about health is our responsibility. So keep reading...

Grand Piano Recital

About 2 months of elaborate preparation came to an end on Sunday 5th February 2017 evening at our activity hall when about 200 senior members of JVPGC gathered to listen to this program by Raaga Pianist Deepak Shah and one of the twin flute sisters Suchismita Chatterjee (Sishya of Pandit Hariprasad Chaurasiya).



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

The program was the first of its kind in our esteemed Juhu Gymkhana.

The soft and unique blend of blue and red lighting in activity hall set the mood of an enigmatic evening. Both the above artists took the audience through a captivating and divine journey of rainy night of Hindustani classical raagas.

Listening these raagas on Grand Piano was a mesmerizing experience for our members. Each raaga was played in traditional manner of starting with slow paced Aalap with numerous improvisations, followed by long elaboration through Jor and fast paced conclusion through Jhala and Gat. Deepak Shah brilliantly weaved famous hindi film songs following each classics in that traditional journey of raags. The effect of Deepak and Suchismita's raaga rendition was such that the audience was feeling connected with the divine. They were constantly and gently swaying in harmony with music through out the evening.

The musical journey started with Raaga Yaman which is played in early evening hours.



Raaga Pianist Deepak Shah

This was followed by Miya Malhar and Megh Malhar – the late evening raagas. The night raagas Kirwani and Shivrani were played next along with famous film songs. Raaga Pihu was played next superbly. Raaga Pahadi (Raaga of hill people) created atmosphere of hill side music with famous film songs.

Deepak Shah then added spice to the evening by treating the audience with musical gems of Panchamda – R.D. Burman, excellent tribute was paid to Burmanji. The evening concluded in the traditional manner with the early morning's Raaga Bhairavi experiencing listeners of pure trans and divinity.

Throughout the evening when hindi film songs suddenly emerged from Deepak's mystical blending with Raaga



Flutist Suchismita Chatterjee

Rendition, our audience was delighted. They were quick to pick up the songs and started singing them in unison, bringing smile on Deepak's face and satisfaction to his soul.

Compere Mrs. Priti Shah did an excellent job by keeping the audience engrossed in the program. Vijay Dhumal on Tabla and Lalit Rathod on Octopad and Percussions added four moons to the whole program.

Superb lighting was done by Giriraaj Gensets and Aditi caterers provided stipulous' dinner. The whole program was simultaneously screened in the hall as well as outside for our members.





Let us never know what old ages... Let us know the happiness time brings, not count the years!

Valentine Day Celebration

It was the chilled early morning of Sunday 12th February 2017 and more than 60 seniors of JVPGC gathered at our newly renovated Orchid hall. The program timing was 9.30 am onwards, but our member started coming in at 9am only as they were very enthusiastic about the program since it was arranged for the first time for our seniors.



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

Golden Era's Romantic Film Songs on soothing flute by a flutist greeted our members. The whole atmosphere was very electrifying and the moods of our members were on the crescent of joy and happiness. Gent's were given glittering red and black hats and ladies colorful Tiara head gears to wear. As the members started coming in they got themselves photographed at the entrance decorated with balloons and 'Happy valentine day' display on thermacol (latter on copies of these photos will be presented to respective members free of charge). After a tongue biting refreshment

members occupied their seats eagerly waiting for the program to start.

By 10 am almost all of them took their seats, most of them had followed our request of wearing red and white clothings. Each one was given a 'Sing Along Booklet' and we had three professional singers headed by Mr. Rakesh Kansara. Our own

member Mr. Hasmukh Gajjar anchored the program like a professional one.

Romantic duet songs of 1960-70-80s were sang on the tracks and our members were also made to sing along with. Right from the song one, our members started dancing freely till the end. They wanted us to celebrate this day every year like this.



The Role Of Multiple Discipline Exercising



Sonal Motla Vashi
Co-editor

Manisha Parekh (L-4552)

My long standing severe sciatica problem is improving gradually making me feel more positive & elevated.. I never knew my yoga class will replace my physiotherapy treatments!



Y o g a h a s allowed me to drop into the moment & experience the gift of taking back home something new, everyday.

Rupen sir, has changed the whole meaning of yoga for me, being a very disciplined, balanced & sincere person he at the same time makes it a fun experience for us by moving with the mood of the class, making our evenings active & fun. My severe sciatica problem is also improving gradually making me feel more positive & elevated about the process! Its quite amazing how he has been helping me heal my problem on the same lines as my physiotherapist would, and better! Thank you Sir, God bless!

Ila Gandhi (L-717)

MyYoga class has changed the way I look at things. I have regained my confidence and smile. I am enjoying my life to the full extent it is possible.. Thanks to Sir's encouragement to never give up on life.

Suddenly and shockingly two years ago, my husband had a massive heart attack and I lost him. What a shock that was... I could not think properly, I could not sleep and I had no idea about practical things, like handling finances. I was in a daze. I was doing things mechanically. I was in depression, I now realise... Then one day my friend, Smruti Desai, suggested that I join Rupen Sir's yoga class at the club. I decided to take her advice and join the Yoga class. That was the day my life started to change... I am attending these classes every day for almost over 2 years now. Slowly I got back my physical and mental strength, I also learnt to meditate. I look at things differently now. I regained my confidence and smile. I am enjoying my life to the full extent it is possible. I have learnt to be more balanced and grateful. The most important support in life is my Yoga teacher, who taught me never to give up on life. I thank him everyday and pray he helps and puts a smile on many other faces. God bless him with his work.



Bharti Zaveri (L-60)

I am 74 years old and I had never done yoga in my life and now I hate to miss one single class!

I, Bharti Zaveri due to, the insistence of my friend Ilaben, started attending Rupen Sir's class at the age of 74! I used to enjoy my walks but I have never done yoga in my life and now I hate to miss even one single class of Rupen Sir.



I attend my class even on the days I fast without water, and I still feel energetic after doing my class. When I joined the class, I suffered from knee pain and sciatica. But within 6 months my persistent pains were negligible. My body feel lighter and movements faster. On the very first day itself, Rupen Sir's encouragement and personal attention made me enjoy the class. I never thought I could do 'Suryanamaskar' and so many other asanas at my stage. Sir corrects us at every stage and teaches how to breathe correctly, hence we are comfortable and confident in what we do. My trust in my Rupen Sir and F5 is absolute and I hope to be practicing this for years to come! I am so happy doing yog and hope to continue to be healthy and fit. God bless Rupen Sir and I pray he continues teaching for many more years and to many more students.





Rupen Balotia

Q. Congratulations on the trust and faith you have been able to evoke in your students Sir, right from the age group of 8 to 80 years! How have you managed to do this and kindly explain the role of multiple discipline exercising that you teach in your F5 training?

A. Thank you, but always when a student is ready the teacher is there, a teacher is always eager to find the suitable student. How much a student receives, depends on the capacity of the students more than the ability of a teacher.

I have various students who do different formats of exercising, some focus on strength training in the gym, some on strengthening the core by doing pilates, few focus on cardio, some are interested in mixed martial arts and some focus more on asanas and then yet some again focus on Pranayama.

What happens typically is that different

individualized programs, as there are specific people focus on a particular format of training. It's not easy for one teacher to focus on multiple disciplines at the same time. Besides a certain attitude it requires a lot of time to master different disciplines and have proper certification and qualification in them.

Q. So Sir, what are your qualifications? I remember once you had got a huge portfolio full of certificates to show the management. So besides being awarded the title of 'Budokon Yog Guru' by government last year, what are your other achievements?

A. Madam, certificates are not the yardstick



alone, so better we avoid the listings rather, my students are my testimonial and certification that they are fit and happy.

Q. There would be an argument from the purist regarding your training, what is the role of multi disciplinary exercise format.

A. With due respect, all the disciplines must be thoroughly understood and then only can they be applied. To give an example, I remember while training a physiotherapist, who is currently practicing with more than 40 years of experience, told me that, yoga would focus only on flexibility and stretches but with breathing it focuses on the strength and Cardio training factor. So a multidisciplinary approach, involves drawing appropriately from multiple disciplines to address fitness and balancing of the energy within, differently for different issues.



Someone with an injury trying to recover cannot heal only with yoga you need to make them do strength training too. Strength training doesn't mean you make them do hard-core weights training. I thought a lot on it and came with a multi disciplinary format of exercising called F5. Also your body should not get used to a particular format of exercising where you reach a plateau. So I started focusing on other formats of exercising and did lot of research and certification in all the other disciplines that I



teach. I thought of why not get all these various disciplines all together in one particular class at one place which optimizes the impact. That's how F5 was created.

The advantage of multiple disciplines is also that every time you hit a class you get something new and challenging. Then I focused on different age groups targeting from youngsters to middle age to seniors and came up different levels in F5 targeting different age groups.

F5 is an amazing experience of exercising which everyone should try atleast once. And trust me, you will get addicted to F5 for a healthy and happy you.



Thank you Sir, God bless you in your endeavor to heal people and keep them fit and happy.



WANDERLUST..... Trekking

Nature Is The Answer, No Matter What The Question Is.

What better way to

be in nature but trekking, it can be a solo group activity. It transports one from the daily bustle, traffic and technology onslaught to be quiet within one's own self. It is a meditative experience if you will. Besides its only on foot that one can explore certain sights in nature in and interact in an intimate manner.



Dr. Tejas Parekh

Q. When did you develop an interest in trekking. when did this all start?

A. The love was always there but latent, due to personal and professional reasons. It all started on an unplanned trek to Mt Kalsubai. It was on a leisure holiday in Bhandardara with my close buddies and my boss's wife! After this first experience, I was hooked for life. As they say Get lost in nature and you will find yourself.

Q. Which was the first trek you did and where ? is that how all trekkers start?

A. Most of us in Mumbai would start with a Sahyadri trek. Both monsoons or winter are excellent times. There are many hills near Mumbai where one can start. An easy and popular one would be the one tree hill route to Matheran.

Q. What are the different terrains on which trekkers can trek?

A. Almost any terrain, fields, forests, snow, rocks, the footwear is of utmost importance



Spiti Vallley (near Sankri)

Q. Why is trekking such a popular sport? if one can call it that?

A. Inexpensive, varied, and limitation is only your mind though physical state is of course important. The sense of personal accomplishment when u complete a trek is a feel good factor paralled to almost nothing else.

Q. What are the age limits for various types of treks and the ideal seasons one should explore various terrains?

A. No age statutes, I have met an 80 year old couple on a trek to everest base camp, and also accompanied a friends 5 year old on a trek to Annapurna base camp.

Q. How important is fitness in treks? How much preparation is required?

A. Various treks call for various kinds of fitness and most treks are categorized as

easy moderate strenuous difficult or technical. Needless to say a basic level of fitness is required, especially to enjoy a trek more and even more so to enjoy sights once you reach camp. A ball park rule would be being able to run 4 to 4.5 kms in 30 mins. Yes, You will need special shoes for hiking and a bit of a special soul as well.

Q. Which are the best one day treks in and around Mumbai / Maharashtra?

A. One can never classify any as the best, but I could mention some lovely ones nearby

Peb fort route to matheran has a bit of a challenge, lovely views, a scenic lunch spot, and still u have the comfort of staying at a hotel at the end of a challenging day. In the monsoons the reverse waterfalls are a sensation to be felt not described. For good measure a ladder and fort walls are thrown in too.

Kulang near Igatpuri is a beautiful difficult trek. But the campsite at the top and staying in caves makes it a unique overnight trek. The views of Bhandardara and Wilson dam are simply unparalleled.

Q. Which are the best ones in India with an indication of their durations and seasons?

A. Extremely popular and challenging is the goe-chala trek, loosely called Kanchenjunga Base camp, probably a 14 day round trip in Sikkim, October , November and april being best seasons.

kanchenjunga, the highest mountain in India, third highest in the world of



Kashmir Great Lakes

immense scenic beauty is the Kashmir great lakes trek, spread over 7 days ex Srinagar, in august.

Q. How many treks have you done in your life thus far? could you give us a few lines on each?

A. I have done about 9 himalayan treks in india and Nepal, and several local treks in the sahyadris.

Of special note is everest base camp treks spread over 15 days ex Kathmandu, one reaches an altitude of 18500 feet (Kala Patthar), one has phenomenal views of Ama Dablam, Tengboche..the highest internet café in the world and a German bakery at 17700 ft. the route though busy allows one to have some luxury while trekking in warm tea houses with sumptuous food.

The views from Annapurna base camp at 14000 ft. make for a visually stunning sunrise, and chasing the sun in the fork of the Machhapure mountain is a memory I can never forget.



Bhandara Lake, Ratangarh

The Gokyo Ri trek, an offshoot from the Everest route, also reaches altitudes of 18500, the sight of turquoise glacier melt lakes is unique here.

In the Goechala trek in Sikkim we get very close to India's highest mountain.. Kanchenjunga, one gets to feel its awesome size. It's a 12 days trek ex Bagdogra/Gangtok.

The Kashmir Great Lakes is beautiful and relatively easier in that most camps are in meadows at altitudes of 11000, and one crosses 7 lakes, all unique to themselves, besides having a glimpse of Indian army posts and even a glimpse of the LOC.

Q. If one wants to explore becoming a trekker, are there groups or organisations one needs to connect with, any website you recommend for a calendar?

A. Indiahikes.in is an extremely comprehensive site with detailed information of various treks and a season



calendar. They aim to promote trekking in all Indians and have kept the prices and logistics very honest, affordable and transparent. Besides, there are upmarket providers like Aquaterra.in, who I have travelled with, who provide certain better facilities, but at a certain price.

Q. What all equipments does one need to procure before one explores becoming a trekker?

A. Of utmost importance is footwear; rest all falls in place and there is enough literature on Indiahikes.in website for things to get along. Yes, you would need special shoes and a special soul!

Q. What are the experiences and learnings that only a trekker can boast of having experienced?

A. One with nature and experiencing true peace, seeing the Milky Way on a clear winter night. Challenging one's own boundaries both physical and mental. A freedom from all appliances, and net and social feeds. Sights which you could never see otherwise, different cultures. The unpredictability of what lies ahead, the weather and the way it changes in the mountains. Meeting like-minded individuals, your destination next! Could you share some details with us.

I am off next week to Kedarkantha peak in Uttarakhand in Govind Pashu National Park. Here the challenge will be the weather, about -18°C at the summit and trekking and camping in deep snow. Besides the fact that we are a varied group of 7 doctors and 7 tennis players, 5 first-time trekkers, most being over the age of 50.

Dr. Tejas Parekh is a well-known orthopaedic surgeon practicing since 1991, and is passionate about tennis....

And a wanderlust for the scenic outdoors, love for nature and adventure.

Besides being a General Secretary of KEM Hospital and G.S. Medical College, he has also been a Secretary for JVPGC from 1997 to 2001.

He believes "We travel not to escape life, but for life, not to escape us".



Highest German Bakery at 17700 feet.



Funicular Cloud over Kanchenjunga

Being a Feminist in the Fashion Industry



—Avanti Dalal

Feminism is a movement that has a great focus on breaking barriers: going places where no woman has gone before, but where she deserves to be. However, what if the job you want isn't in a stereo typically male-dominated field like science? Are you going against feminism?

Absolutely not.

Fashion has long been boxed into the idea that it is not for intelligent or complex women. This couldn't be farther from the truth with some of the most forward-thinking and, well, feminist women belonging to the fashion community.

Take Maria Grazia Chiuri, for example.



She was at Valentino for 16 years and ended up becoming the co-creative director. In June, she was appointed sole creative director of Christian Dior, the first time a woman has held this position in the 70-year history of the brand. During Paris Fashion Week, she took the opportunity to capitalize on this with a feminist debut show. The most obvious display was when a model appeared wearing a T-shirt adorned with the words "We should all be feminists" written across it. In the designer's show notes she stated, "I strive to be attentive and open to the world and to create fashion that resembles the women of today."

Another forward-thinking feminist in the fashion industry is Joanna Coles. She held the position of editor-in-chief for six

years at Marie Claire, then transitioned to the same position at Cosmopolitan. Coles turned Cosmopolitan from a fluff piece into a magazine focused on women's rights with an overall feminist voice. Birth control, equal pay, and a women's right to choose have become mainstay topics within the pages of the magazine. Recently, Coles was promoted to be the first-ever chief content officer at Hearst.

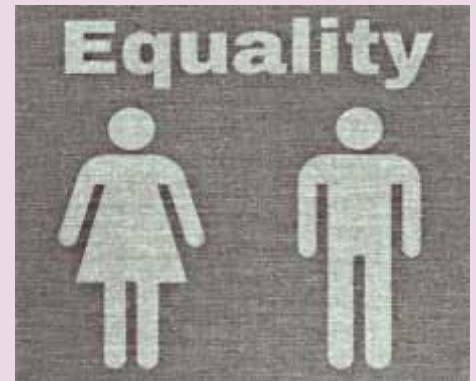
The push toward more socially responsible clothing also ties into feminism. In factories, the workers are primarily women and can experience horrible working conditions. Many people claim if you shop somewhere that doesn't provide safe working conditions and a livable wage for its workers, then it is unfeminist. At the end of

2014, controversy ensued when a T-shirt designed by Elle magazine that read "This is what feminism looks like" was reported to be made in a sweatshop. Whistles, the company selling the shirts, launched an investigation and determined it was a false claim. However, it was an eye opener to industry members of the ways we can be talking the talk but not actually walking the walk.

Even if fashion is stereo typically a woman's field, a great deal of executive positions still belong to men. Take Kering and LVMH, two companies that, between them, own a huge chunk of design brands.



Kering is run by Francois Pinault and LVMH by Bernard Arnault. Chanel, Gucci, Valentino, Balmain, and Balenciaga, to name a few, each have a creative director who is male. While women are continuing to enter the workforce of the fashion industry, they are still rarely reaching the top. Until women stop being the face of fashion but not actually in control, as it is at J. Crew with Jenna Lyons recognizable as creative director with Mickey Drexler as CEO, the industry will remain as unequal as any other. Women are as incredibly qualified and motivated as men, but decades of settling in a position below their capabilities has created a disproportionate distribution of power between the sexes.



Luckily women are becoming responsive to the idea that this doesn't have to be a permanent solution, and change is attainable.

Science, technology, economics, and math or STEM fields require equal representation of women. While these are the most obviously unbalanced fields, they are not the only ones. Every profession, along with area of life, has work that needs to be done and none of them should be overlooked. Each has a road ahead before equality is truly procured. Thanks to empowered female role models and a general consensus to stop being complacent, the finish line seems to be in view for the first time.

Acid Reflux

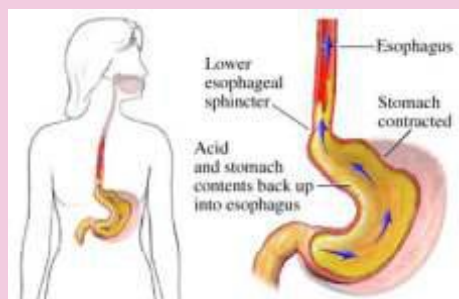
Acid Reflux, Or Gastro Esophageal Reflux Disease (GERD), Occurs When This Muscle Weakens And Allows The Stomach Contents To Flow Back Up Into Your Esophagus.



Dr. Aditi Gupta

Normally when you swallow, the food and drink travels from your mouth, down your esophagus and into your stomach, where the stomach acids begin digestion. A muscle connecting your esophagus and stomach opens and closes to allow food into your stomach and keep stomach acid out of your esophagus.

Acid reflux, or gastro esophageal reflux disease (GERD), occurs when this muscle weakens and allows the stomach contents to flow back up into your esophagus. You may feel a burning pain in your chest, neck, and throat (heartburn), a sensation of food coming back into your mouth, and a lingering acidic or bitter taste.



How is acid reflux affecting our teeth?

Maybe the discomfort you're feeling after dinner simply is indigestion. But if you regularly experience bouts of acid reflux disease, you may need to take action to protect your teeth. If left untreated, this condition can lead to serious complications with tooth erosion.

How does it cause tooth erosion?

Your teeth are protected by a thin layer of hard tissue called enamel. Usually your saliva can help maintain the natural pH balance (levels of acid or alkaline) in your mouth, wash away food particles, and rebuild the minerals in your teeth. But



sometimes, highly acidic foods, drinks, and drugs can overwhelm saliva's beneficial effects and soften the tooth enamel.

Over time, these highly acidic substances, as well as the stomach liquid from acid reflux, can erode the enamel. When the enamel wears away, the sensitive inner dentin layer of the tooth is exposed, and this can lead to additional, serious complications with the health of your teeth and mouth.

Symptoms of tooth erosion include:

- Pain or irritation in your mouth
- Sensitivity to certain foods and drinks, especially hot, cold, or sweet
- Sharp tooth edges
- Darkening teeth
- Thinning or shortened teeth



What can we do to protect ourselves?

To prevent acid reflux disease or help treat its symptoms, follow these guidelines:

- 1) Avoid fried or fatty foods, peppermint and spearmint, chocolate, alcohol, carbonated drinks, coffee, citrus fruits and juices, pickles, yogurt, vinegar, garlic, onions, peppers, and tomatoes. If any of these are favorite foods, limit them to occasional, small indulgences.
- 2) Enjoy smaller, more frequent meals rather than eating large quantities at once.
- 3) Take antacid tablets if needed, but don't over-use them.
- 4) Lose weight if you are overweight.
- 5) Drink plenty of water, and chew sugarless gum to help stimulate saliva.
- 6) Do not smoke.
- 7) Elevate the head of your bed 6 inches higher than the foot.
- 8) Don't eat and sleep immediately. Wait for at least 2 hours before you retire to bed.

If a physician is treating you for acid reflux disease, be sure to let him know. He may prescribe fluoride treatments or a custom-fitted mouth guard to protect your teeth at night. He may also recommend using softer toothbrushes and low-abrasion toothpaste.

If tooth erosion is apparent, he may need to treat the situation by restoring your teeth or replacing worn fillings. He may also discourage the use of harsh tooth whiteners if tooth erosion is escalating. If your tooth enamel is severely worn away, he may need to recommend crowns or veneers to restore your bite and protect the health of your teeth.

Cardiac Rehabilitation

Awareness For Heart Patients



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Cardiac Rehabilitation Program is a customized and medically supervised program to help heart patients return to a healthy and active lifestyle post any cardiac procedure or surgery. The program helps patients make important lifestyle changes to modify their existing lifestyle not only to lower but also prevent recurrence of future heart problems. The core components of the rehabilitation program are designed to help one understand their condition and how one can prevent future problems through education and exercise.

Cardiac Prevention Program strives to prevent onset, recurrence and progression of heart disease in individuals who possess the risk factors, but have not undergone any heart procedure/surgery. This program helps patients adapt to a heart healthy lifestyle thus preventing worsening of existing heart problems.

Conditions treated in the cardiac rehabilitation and prevention program:

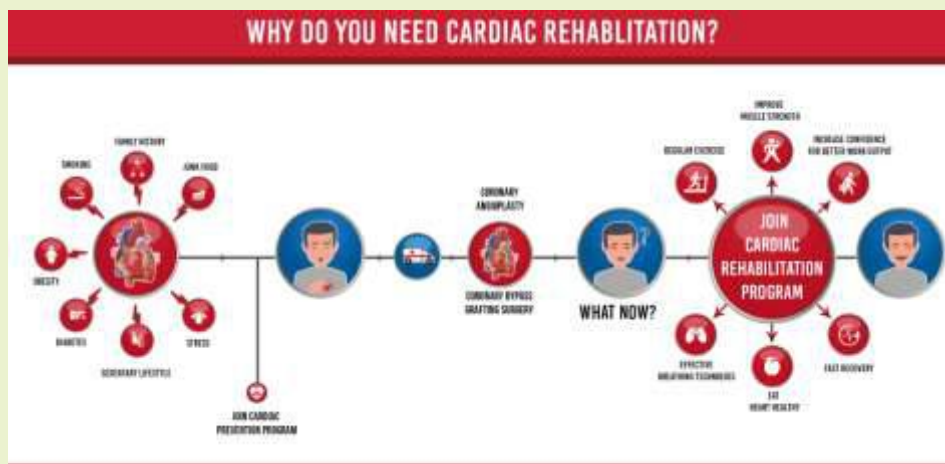
| Cardiac rehabilitation program | Cardiac prevention program |
|--------------------------------------------------------|----------------------------------------|
| Myocardial infarction (heart attack), currently stable | Strong family history of heart disease |
| Following coronary bypass grafting surgery | High blood pressure |
| Post heart valve replacement surgery | High cholesterol |
| Post angioplasty and or/ stenting | Obesity |
| Stable angina | Diabetes |
| | Sedentary lifestyle |

Cardiopulmonary Rehabilitation Program

It is an individually designed program involving supervised exercise, education, lifestyle counseling and risk factor modification can help one resume normal work and leisure activities.

EXERCISE

- An individualized program of physical exercise that is tailored to the patient's abilities and personal needs.
- Learning how to exercise safely and effectively, while parameters such as the electrocardiogram (ECG), blood pressure, heart rate, oxygen saturation are continuously monitored and supervised by a specialized



rehabilitation physiotherapist.

- Strengthening muscles and thus improving stamina.

EDUCATION

Learning about one's heart problem, causes, treatments and ways to help and cope through lifestyle changes.

- **Strengthen** and condition the heart and lungs and improve functional capacity
- **Control** weight and lower total cholesterol levels through good nutrition and physical activity
- **Education** of the signs and symptoms of heart disease, and when to seek medical attention
- Increase self-confidence, thus improving quality of life
- Lay the groundwork for the development of a healthier lifestyle
- **Identify, modify, and manage** risk factors to reduce symptoms and chances of experiencing a future cardiac event
- **Develop** breathing techniques and manage shortness of breath episodes
- **Return to work** and activities of daily living more quickly
- Develop coping, stress reduction skills and relaxation techniques

CONCLUSION

The Cardiac Prevention and Rehabilitation programs offer a physically and emotionally supportive place where heart patient can recover at their own pace under the supervision of an experienced rehabilitation physical therapist. These programs help rebuild strength and endurance gradually and safely.

We not only help you return to normal health, but we also give you the tools that enable you- **to stay that way!!**

Serves - 6
Time - 30 Minutes to prepare

INGREDIENTS

4 medium-sized fresh corn cobs
4 Tbsp oil
1/2 tsp green chilli paste
5 tbsp besan
1 cup milk
1 Tbsp coriander - finely chopped
1 big lemon
2 tsp red chilli powder
3 tsp sugar
Salt to taste
Water as per needed

METHOD

Remove corn from cobs and grind to a coarse paste. Heat the oil in a big pan and add the green chillies. Add the corn and sauté well. Add Besan and sauté the mixture till corn separates from each other.

Add the milk slowly, stirring all the time, and bring to a boil. Simmer for a couple of minutes or till corn is cooked. Add water if needed. Add salt, sugar, lime and red chilli powder. Serve hot, garnished with coriander leaves and grated coconut.

CORN KEES



Tanvita Saraf
Asst. Editor



Mr. Rajiv Thanawala

Rajiv is a Software Engineer with a deep passion for photography. Apart from photographing nature and landscape, he loves capturing many moods of marathon runners. Looking at his past marathon photographs, his company nominated him to be an



official photographer at this year's Standard Chartered Mumbai Marathon race that took place on 15 Jan 2017. Here are some shots that he captured this year.



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TERM AND INSTITUTIONAL MEMBERSHIP @ JVPGC

TERM MEMBERSHIP FOR THREE YEARS

| | |
|----------------------------------------------------------------|---------------------------|
| TERM MEMBERSHIP FEES | 6,00,000.00 |
| ANNUAL FEES | 2,500.00 |
| TOTAL | 6,02,500.00 |
| SERVICE TAX - 15%. | 90,375.00 |
| TOTAL | 6,92,875.00 |
| DEPOSIT (REFUNDABLE) | 25,000.00 |
| TOTAL AMOUNT | 7,17,875.00 |
| MEMBERSHIP FEES FOR CHILDREN BETWEEN 18 TO 25 YEARS PER PERSON | 1,00,000.00 + Service Tax |

Membership includes member, spouse and 2 children under 18 years .

Member applicant must have minimum income of Rs. 6 lacs per annum for the last 3 years as per the income tax returns.

Annual fees for Sr. Citizen will be 50%.

The following document are required to be submitted with the term membership

application form.

1. Duly filled application form.
2. 6 photographs (2passports size and 4 stamp size.)
3. Xerox copy of birth certificate/ passport.
4. Xerox copy of pan card.
5. Marriage certificate copy.

TERM MEMBERSHIP FOR ONE YEARS

| | |
|----------------------------------------------------------------|---------------------------|
| TERM MEMBERSHIP FEES | 2,25,000.00 |
| ANNUAL FEES | 2,500.00 |
| TOTAL | 2,27,500.00 |
| SERVICE TAX - 15%. | 34,125.00 |
| TOTAL | 2,61,625.00 |
| DEPOSIT (REFUNDABLE) | 25,000.00 |
| TOTAL AMOUNT | 2,86,625.00 |
| MEMBERSHIP FEES FOR CHILDREN BETWEEN 18 TO 25 YEARS PER PERSON | 1,00,000.00 + Service Tax |

6. Birth certificate copy of children.

7. The copy of the income tax returns for the last 3 years.

8. Original documents to be produced for verification.

9. All xerox copies to be self attested.

INSTITUTIONAL MEMBERSHIP

| | |
|----------------------------------------------------------------|---------------------------|
| Term of membership | 15 YEARS |
| Membership fees for 1st nominee | 25,00,000.00 |
| Annual fees | 2,500.00 |
| Total | 25,02,500.00 |
| Service tax - 15%. | 3,75,375.00 |
| Total amount | 28,77,875.00 |
| Membership fees for children between 18 to 25 years per person | 1,00,000.00 + Service Tax |
| Corporate membership fees for additional nominee | |
| Term of membership | 15 YEARS |
| Membership fees for first nominee | 25,00,000.00 |
| Membership fees for additional nominee | 15,00,000.00 |
| Annual fees (2 x 2500) | 5,000.00 |
| Total | 40,05,000.00 |
| Service tax - 15%. | 6,00,750. |
| Total amount | 46,05,750.00 |
| Membership fees for children between 18 to 25 years per person | 1,00,000.00 + Service Tax |
| Fee for transfer of nominees | 2,50,000.00 |
| Additional nominees permitted | 5.00 |

Membership includes member, spouse and 2 children under 18 years.

Company can only nominate directors' and/or executives

Criteria -(i) paid-up capital - minimum 50 lac or (ii) yearly turn over - minimum 5 Crore.

Director's name should be shown in the ROC.

Executives' salary should appear in bank statement for the last 6 months.

The following document are required to be submitted with the corporate membership application form.

1. Duly filled Application Form.
2. Company's letter for Membership.
3. Two Years Balance Sheet.
4. Memorandum and Article of association.
5. Company's Directors list.
6. Bank statement of salary for past 6 months in case of Executives.
7. Photographs (2Passports size & 4Stamp size.)
8. Xerox copy of PAN Card.
9. Marriage certificate Copy.
10. Birth certificate copy.
11. Original documents to be produced for verification.
12. All Xerox copies to be self-attested.
13. Additional Nominee has to apply for membership along with 1st Nominee to get the benefit of discount.



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