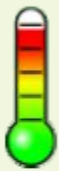




Volume VII • Issue 6 • September 2017

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Ace Achievers At JVP GC



JVP GC Joins Global Green Initiative



- » Tennis: JVP GC Aces Continue to Dominate the Elite 35+ Group
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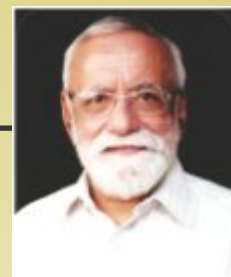
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From The Desk Of The PRESIDENT



Shamit T. Majmudar
President

My dear fellow members,

Leadership is not as much about the next election as it is about the next generation. This has been the driving force behind our collective mission; "We are for the Members" and that remains the foremost driving force behind all decisions we make and behind this note at large.

As a President, the first thing I realised is that the quality of a leader is reflected in the standards they set for themselves and the community they represent. Standards of learning, development, progress, safety, entertainment; in a nut shell, an environment where everyone feels safe and life gets enriched.

The last season, has been rather short and hence challenging in terms of its tenure. Short, cause we have endeavoured at realigning our processes with the wisdom of our forefathers, and in doing so we have scheduled the elections and the Annual General Meeting in September. This process in its entirety has been put back on track after nearly 18 years.

One of the things about good leadership is to be able to recognise a problem before it becomes an emergency. Highlighting some of the umbrella initiatives we have successfully rolled out, we start with the "Go Green" initiative which which has been very well accepted and encouraged. We have accepted the truth that global warming will impact 2 out of 3 people by 2100 and we have proactively decided to do something about it before it remains just a craft project. Hence, our mission for 2017 - 2018 remains a Green & and Smart Club, towards a sustainable, green and smart building.

We have also commenced the electric safety audit and soon enough we can all safely enjoy the premises with no fear of untoward incidents. Finally we have extended our bandwidth in terms of affiliations with other clubs in various cities across the country where members can now enjoy JVPGC hospitality during

their travels. All this information is available with us at the club and will soon be put up on our website as well.

The greatest glory of a good leader is when he produces more leaders, not followers. The working force, administration process and chairs who govern their respective departments have all done a remarkable job with the delegation of authority which we have enforced. In doing so, we have cultivated a sense of responsibility that comes with this authority across all departments which in turn has streamlined all systems and process and checked deterrent trouble makers. We have further been able to optimally use minimal resources which in turn have curbed expenses which have been acutely directed in a better manner towards members welfare alone, through cultural and entertaining programs and sports enhancement.

The growth and development of people is the highest calling of leadership.

Through continued unity, integrity, leadership and professionalism, fuelled by our innate passion for improvement which leads to progress; we will at all times strive to create a sustainable bright future for us, and more importantly, for 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.

One member, One club, One goal – excellence and brilliance; we invite you all to play your part in this exciting future. I know I am and I assure you, I will continue too!

With regards,

Shamit T. Majmudar

Hon. President



Juhu Vile Parle Gymkhana Club



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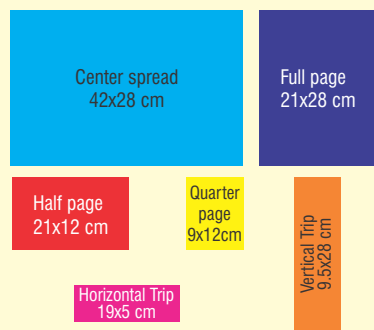
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From The Desk Of The Hon. Secretary

"With Great Authority, Comes Great Responsibility"



Himanshu Gokani
himanshu@jvpgclub.com

Greetings and Salutations dear friends !!

In this final month as Secretary for yet another season, I have been successful in focusing on crucial matters at hand. Building up the clubs infrastructure, reconciling and accurately allocating funds for the future and creating a system of transparency for all members, through an open door policy.

At the helm of this aspiration is the new **Go Green** initiative, enforced with a stage wise approach. The first of its kind, the vision shall set as a landmark case study for all the clubs in the country and also make the facility self-reliant and cost effective.

Engaging a team of proficient and experienced sector transformation experts M/s Konergy Innovations Private Limited to council the management in mobilising the most effective and efficient way forward the mission being, not only addresses the need for upgrading the existing infrastructure towards a sustainable future but also enhancing adaptability with the rapid technology enhancement and upgradation models being part of our daily life.

Through diligently conducting a comprehensive audit of the existing infrastructure from the perspective of safety, power quality, sustainability and efficiency, the team shall engineer integrated investment plans for ensuring minimum patch work solutions and proliferating maximum return based investments through its tested case studied with global success factors. Plugging the integrated suite of investment engineered we shall ensure guaranteed savings and efficiency on the existing building performance.

Keeping the safety of all members as a predominant agenda on our list of things to do, we have successfully completed the **Fire Safety Audit**.

We also have successfully completed the **Structural Audit** along with the **NDT Test along a whopping 281 spots** along the building.

The surging utility invoices have always worried us, as the average per sq meter electricity bills have always been abnormally high, even after commissioning a new transformer and a capacitor bank. Hence the **ENERGY Audit**, conducted by a deputed and proficient battery of techno commercial experts accredited by the govt of India, will take a factual stock of the consumption and pave an integrated roadmap towards the future.

Supporting us at every curve, have been the best group of chairmen and their sub committees. And above all, fuelling this passion and keeping us true to our cause, have been each one of you members who have been so graciously patient and supportive through the past challenging and very developmental; yet if I may say so myself, very successful and prosperous season at JVPGC.

Sure, we have 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, being, "**For The Members**".

It's a brave new world out there folks, one, full of wondrous challenges and limitless opportunities. And, as your secretary here at JVPGC, it has always been and will continue to be my goal; my responsibility and above all my untiring promise and privilege to ensure that all these new and next best global practices and opportunities get presented to each one of you, regardless of our genders or age groups; throughout my journey with you.

Having said that, this journey is by no means over but as we look ahead at another season; there are reasons to be thankful for, and to be cautiously optimistic about what's next.

I am absolutely sure that our Editor and Chief, Nikhil Prabhakar Rao and his very artistic team here at Sandesh have put together another very delightful magazine for all of us to stay abreast with all the happenings here at JVPGC. Can't wait to read it, been told its our best issue yet !!

So until the next one folks !

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From The Desk Of The Editor and Chief

My dear each one of you !!

Elections Again !!! Well, I'll definitely give the current governance credit with declaring these elections after merely four months.

They do so for one predominant reason alone, getting the governance calendar back on track, which went haywire a few seasons ago with delayed elections. In a community, a country where position and power play such an inherent role in our lives, this act, in my personal opinion is worth giving credit too; cause the regime is not as concerned about staying in power for an extended period of time, but more so, committed towards a moral and disciplined method of operations at JVPGC.

Yes ! This will certainly inconvenience the "vote bank" but; if one notices the selfless act involved, one would recognise the effort. Kudos to all of them involved in making this call

So, that being said, here we go again; the 3rd week of September notated, as our clubs election week; will again 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 as well. The team here may change, may stay, well, we will

leave that for destiny to decide !! Destiny, which will be written by each one of you reading (and in some cases not) this article and publication.

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 marvellous institution.

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

As another miraculous term draws to its inevitable close, we on the Editorial Board decided to take some time to reminisce. Predominantly, I'd like to take a moment to thank the Editorial genius' Board (Sonal, Tanvita and Sanjiv) involved with Sandesh. Their selfless, honorary and above all, unfaltering determination towards realising 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 has been just remarkable.

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.

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

Magazines, like every other relationship are about trust and partnership.

We learn from one another what a magazine is, and more importantly what it should and can be.

Over a year on as Editor and Chief, I 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 our own niche where we proudly work and feel most comfortable, Sandesh stands tall as a resonant 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.

Over the last few seasons, we have dedicated pages for sporting accolades, academic achievements, health, fashion, the latest happenings in and around J-49 and a whole lot more, enough to make the experience of reading Sandesh memorable for you, so that you come back craving more. And you have !!!

With this magazine too, we have desired to do just that. Be it sporting accolades, infrastructural developments, policy changes and/or just your emotional and spiritual well being, you will read about all the wonderful occurrences successfully implemented at JVPGC.

This month Sandesh went one step further and launched its first event as well. MMCTS (Members Master Chef Tasting Session) where about 20 odd master chef members of our club all gathered together and prepared some scrumptious home cooked recipes for all of us to indulge into. Read all about it in the pages to follow. A special shout goes out to Sonal M; who realised this initiative from conception to implementation.

One of the most wonderful things about living in multicultural Mumbai is the fact that we get exposed to so many various cultures and festivals and the opportunity to celebrate them all regardless of our age, gender and socio-economic differences.

Happy prosperous holidays !! Ganesha Chaturthi; celebrated as Lord Ganesha's birthday is one of many auspicious holidays, all just round the corner.

A season we all look at and get reminded off in terms of wishing for prosperity and value addition in our lives and in the lives of people we hold dear. Have yourselves a wonderful season folks and keep the noise respectfully low.

And finally, I sure hope this issue of Sandesh will again, invigoratingly thrill us all on the various enriching activities organised by each department under their very able leadership; departments and activities which provided an opportunity for immense exposure, knowledge and meaningful value adds.

Through these metaphoric meaningful value add events, we are witnessing our members discover and re discover themselves, write and rewrite their lives, through the continuous process of learning unlearning and re-learning.

I look forward to reaching out to you all again in the next term, but if that isn't meant to be.. I definitely look forward to rubbing shoulders and perhaps a warm cup of tea, in some well illuminate corridor at JVPGC.

So read on, stay amazed and be honoured to be part of such an esteemed institution. I know, I am, and its been a throughout privilege, amigos.

JVPGC Joins Global Green Initiative

The Jvpg Family Comprehends To The Alert Of Global Warming And Need For Beautiful And Greener City.



Himanshu Gokani

Team JVPG has made a philanthropic foresight under the vision of its management as well the trust of its members for investing into a sustainable and beautiful tomorrow.

JVPG club has one of the most eminent legacies through fortifying state of art infrastructure and facilities for its members. Taking this ahead, the management has undertaken a mission for transforming the existing infrastructure into a 'Green and Smart JVPG Club' with a stage wise approach. It is a matter of pride that the JVPG family has always thrived towards building the best for its extended family and this mission shall be our best gift to our young members.

The mission not only addresses the need for upgrading the existing infrastructure towards a sustainable future but also enhances adaptability with the rapid technology enhancement and upgradation models being part of our daily life and our predominantly concern to ensure a green and smart city.

The JVPG management has therefore committed to take a strategic and a stage wise approach towards the mission and have engaged a team of proficient and experienced sector transformation experts M/s Konergy Innovations Private Limited to council the management in mobilising the most effective and efficient way forward. Konergy shall commence its scope through diligently conducting a comprehensive audit of the existing



infrastructure from the perspective of safety, power quality, sustainability and efficiency. The team shall further engineer integrated investment plans for ensuring minimum patch work solutions and proliferating maximum return based investments through its tested case studied with global success factors. Plugging the integrated suite of investment engineered by the team Konergy, they shall ensure guaranteed savings and efficiency on the existing building performance.

Let us come along and step up toward our Mission: Green & Smart JVPG Club!!

SETTING UP THE CONTEXT

As the building environment accounts for 40 percent of global carbon emission, the smart building movement has an unprecedented opportunity to make a major contribution to new global carbon reduction targets.

The growth rate of energy consumption has been higher than the rapidly increasing subscriptions of the facilities in the club due to electrical intensive installations in past few years and increased dependence on better cooling system and gadgets.

The JVPG management also comprehends to the alert of global warming and need for beautiful and

greener facilities. Thus, in this endeavour, the management feels the quint essential need towards investing into a Green and Smart facilities. The vision shall set as a landmark case study for all the clubs in the city and also make the facility self-reliant and cost effective.

Könergy's tech and innovation council shall help induct their global experience and expertise in the space of smart cities and smart buildings with its proficient college of energy conservationists and infer engineers. At the first milestone Könergy shall compile a baseline study of JVPG infrastructure and power quality as well as technically advise the management for integrated investment plan towards accelerating our drive for a Green and Smart club.

THE MOST TANGIBLE BENEFITS OF THIS PROGRAM SHALL BE:

- Harnessing efficiencies through improved and effective lightening, air cooling systems and other electrical gadgets.

- Measurement and verification plan to ensure energy and water savings.
- Safety Audits and building protection plans
- Improving the carbon footprint and enhancing our role towards green environment

- Minimal disturbances to landscapes and quality of life.
- Promote recycle and environmental friendly building.
- Pave a sustainable road ahead for Green and Smart Building.

The key milestones paved for speeding our journey towards a smart and green JVPG shall be:

AUDIT

1. Set up an accurate and reliable baseline through conducting a comprehensive Energy Audit and Safety Audit (EASA) report for the entire building.



2. Setup a proactive team of mentors and become the agents for change. The agents for change shall undertake a voluntary effort to impart the finding of the industry exports through this report and append the report with their ideas and innovations.
3. The comprehensive EASA report shall also present the investment roadmap with its focus towards an integrated investment plan along with priority seed money on low cost - high value investment areas.

EASA CERTIFICATION

Facilitate EA certificate and act as counsel for the investment plan as well as support with necessary EPC monitoring services.

THE GREEN BUILDING CERTIFICATION

Coordinate, council and set up consequent action plan for the Green building certificate.

THE SMART BUILDING CERTIFICATION

Coordinate, council and set up further action plan for the smart building accreditation.





Sonal Motla Vashi
Editor

Sandesh

Presents Its Inaugural Event

Members' Master Chef Tasting Session

August 3rd 2017, at 4.30pm in the front lobby saw a cheerful setting and marked a historic landmark in the life of Sandesh and JVPGC.

We all have had the pleasure of hosting events within our departments... but Sandesh has always remained just a magazine and never realised it's true potential within JVPGC.

With the support of the management .. Sandesh embarked on a new journey... and extension into hosting it's first event MMC, Members Master Chef.



Shamit Majmudar, President
addressing the participants



Himanshu Gokani,
Hon. Secretary





Sixteen 16 members participated and prepared a special secret home cooked recipe and brought it to the club for a fun tasting session evening .. for all to taste and collectively judge and pick a winner.

The menu was eclectic and varied from delicious Risotto with pesto garlic bread to "Red Bhaat" a household recipe from Trupti Sanghvi's household consisting of rice, tur daal, brinjals, potato, spices cooked in coconut oil.

The surti thali from the Champaneri family recipe was handed down to Nila from her mother, and had the rustic and authentic taste and presentation of a guju thali.

Then there were dhoklas from Bhanuben our inspiring most senior and wise participant, who got a special prize. She spoke on how the secret of life is in living enthusiastically and being positive. She blessed the team as she was overjoyed with her participation.

There were starters from vegetable rolls by Kavita Lalwani and brownies by as were the dahi wadas from Rajeshwari Patel who was the third runner up and spoke about her journey and joy.



We had Rashmi Ahuja a winner in live cooking in Sanjeev Kapoor Kitchen ke Kiladi with Chef Sanjeev Kapoor on Sony TV... she had made the delicious blueberry cheesecake and her presentation was creative and lovely.

The Water melon, feta cheese salad by Sheela Sagar was to die for.

Bed of Rocket leaves with Watermelon slices and feta cheese; Dressing of balsamic vinegar, honey



Winner **Rita Chedda**, presented by the Chief editor Nikhil Prabhakar Rao

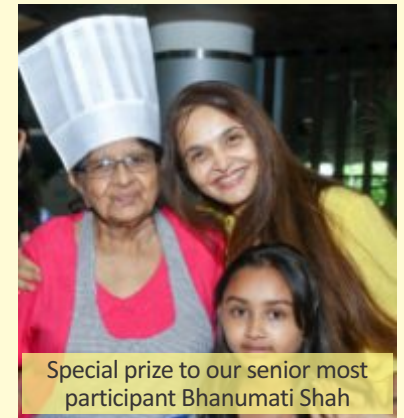
Not to mention the participants that came with brilliant energy to liven up the evening, members and Chairpersons of different departments, sub-committee members, our own members and last but not the least our staff behind the scene that always rises to the occasion, Damodaranjee who is like a pillar, Nainesh who does all our work with a smile, Arjun our electrician and sound person, and Mrs Sawant the housekeeping head.



Second runner up **Shila Shah**



Third runner up **Rajeshwari Patel**



Special prize to our senior most participant **Bhanumati Shah**



Balkisan Sanghvi, Vice President with Himanshu Gokani, Hon. Sec



Participants with their Chef caps on!



Tasting and.... Voting by HC Chairman

reduction and olive oil. It was refreshing and the sharpness of the leaves and the succulent watermelon with the rich texture of feta was a treat.

"The winner of the MMC was Rita Chedda who did a healthy bhej on a crisptaco"

The team at Sandesh would like to specially thank Himanshu Gokani, Shamitbhai Majmudar, Balkisan Sanghvi to grace this maiden voyage we embark on.



Remarks & responses.. memories to weave... Nostalgic Reflections

Adorning The Chef Cap...



Rita Chedda
Chat Basket



Rashmi Ahuja
Blue Berry Mousse



Nila Champaneri
Khaskhas Kandnu Shak



Kavita Lalwani
Spaghetti Rolls



Shivani Agarwal
Brownie



Varsha Chauhan
Chana Masala



Dital Kothari
Rissoto In Pink Sauce



Priyanka Lalwani
Red Velvet Cup Cake



Rama Javeri
Khowsuey



Shila Shah
Wheels On The Plate



Sheela Sagar
Watermelon & Cheese Salad



Trupti Sanghvi
Laal Bhaat



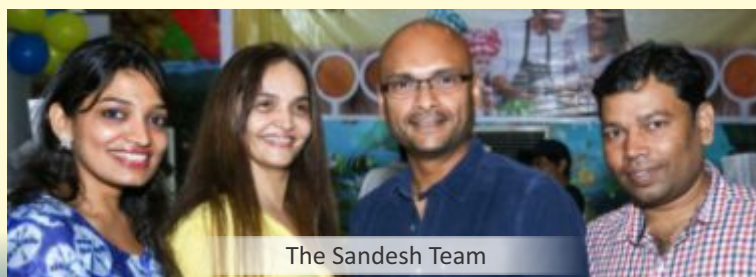
Bhanumati Shah
Dhokla



Rajeshwari Patel
Dahi Wada



Priyanka Mehta
Khandvi



The Sandesh Team



Members' Master Chef Recipes



Sonal Motla Vashi
Editor

Healthy Chaat basket

Rita Chheda

Ingredients :

- Moong, Chana, Onion, Potato, Cucumber, Tomato, Sweet and Sour Chutney, Coriander, Spicy Chutney, Chat masala.
- Wheat flour, Rava and Oil

How to Make It:

- Soak moong and chana for 6-7 hours and boil them. Boil potato, cut cucumber onion tomato and mix all ingredients. Add all the chutneys. Mix well and refrigerate.
- 1 cup wheat flour, 3/4 cup rava. Mix

and add oil and make dough and roll it into thick Puri. Stick this Puri to muffin cup or plain vati. Bake it for 160 degrees for 15/20 mins or fry them. Remove the vati and use the baked or friend basked for the chaat.

Serving :

Take the mini basket (baked or fried), fill it up with chaat filling and garnish it with pomegranate, coriander and spicy chutney.

Winner



**2nd
Runner-up**

Wheel On The Plate Shila Shah

Ingredients:

- 1 Green capsicum
- 1 Yellow capsicum
- 1 Red capsicum
- 250gm Paneer
- 3-4 Onions
- 2 Cubes of cheese
- Few basil leaves
- Oregano / chilly flakes
- Salt to taste, oil, jeera
- Monaco biscuits

Method:

Put oil in the pan. Add jeera and wait till roasted. Add onions and all 3 capsicums and stir on high heat fill all the water present evaporates. Add paneer (smashed) and cheese. Add oregano, chilly flakes, salt and basil leaves. Let it cool.
Roll into small balls. Take 2 monaco biscuit and put each ball behoees them. Roll the wheel in the ketchup and then in Nylon Sev.
Your Wheels are ready to serve. Happy to eat too.



Dahiwada

Rajeshwari Patel

Ingredients:

2 Cups of Urad Dal
1 Tablespoon rice
1 Kg curd
Oil for fry
Sweet chatni half cup
Sugar for curd

For Masala:

Black salt
Black pepper
Salt
Red Chilli powder

Jeera
Coriander leaves for decoration

Procedure:

Soak urad dal and rice together for two hours
Grind in a mixer
Put green chillies jeera and salt to taste.
Put oil in a fry pan and

make vada, then put it directly into water and let it soak for two hours.

Churn the curd well and mix sugar in it.

After the vada are soaked, remove them from the water and take care to not break them.

Take one serving plate and put the vada into a plate, pour dahi and sweet chatni on it.

Roast jeera, black salt and pepper in to mixer and then add chilli powder. The masala is ready and sprinkle it on the dahiwada, sprinkle chopped green coriander leaves on it and delicious dahiwadass are ready for all!

**3rd
Runner-up**

Eggless Blue Berry Mousse

Rashmi Ahuja

Ingredients:

1 tsp blueberry compose for garnishing
100 gm condensed milk
1 cup whipped cream
10 oreo biscuit pd it
2 tb sp melted butter

How to Make It:

Break oreo biscuit, add melted butter and mix well. Pour this mixture as the base in the jar, press well and keep in

the fridge for 10 mins.

In a bowl take condensed milk and blueberry compose and mix well. Mix in the whipped cream and fold it lightly and put the mixture in a piping bag. Pipe this mixture over the biscuit base. Garnish with blueberry compound and swirl it with the toothpick to give a marble effect. Refrigerate it overnight, to set it.



Khaskhas Kandnu Shak

Nila Champaneri

Ingredients:

100 gm Khaskhas (poppy seeds),
400gm Onion fine chopped,
2 Teaspoon garlic ginger past,
1 Teaspoon ginger green chilli past,
Half spoon haldi,
1Spoon dhana jeera powder,
1Spoon chilli powder,
1Spoon small garam masala,
Salt as per taste.

How to Make It:

Soak khaskhas full night or 4 to 5 hour before cooking.

Then grind it in a mixture and make a smooth paste adding water, chopped onion.

Heat oil in a pan and add little ghee, to saute onion properly until golden brown, add salt per your taste, add chilli ginger paste and ginger garlic paste.

Add all sukha masala, saute slowly now.

Add khaskhas paste, mix well, add 1cup water, put it on a slow flame until its cooked and the oil comes up.

One Of The Few Clubs In Mumbai To Practice Round The Year

The monsoon onslaught did not deter the cricket dept. To call off its practice sessions.

Owing to the clubs 3rd floor terrace facility which has a turf base - the cricket department will



Jilesh Babla
Chairman, Cricket

now be carrying out its activities round the year.

The JVPGC cricket team is now gearing up for Mumbai Cricket Associations - H. D. Kanta League Tournament wherein it is currently placed in the 'D' division.



Bowling Machine To Enhance Batting Skills



The department is in the process of sourcing a bowling machine for its budding cricketers. A demo and ground test was conducted during July and JVPGC will soon enter the list of Mumbai clubs to possess a bowling machine with an indoor practice facility.

Practice sessions are held from Tuesday to Sunday 7 am to 9.30 am at the 3rd floor terrace. Members keen to join the



cricket practice please call on sports manager Mr. Rajesh Sawant for more



information.

Age eligibility 6 years upwards.



Squash

The Healthiest Sport

Alright...so here's the thing about Squash... 'Squash isn't for the douche bags- not anymore! Ideally a game of strength, incredible discipline and immense power, squash has long been synonymous with something of a long, skinny racket as incongruous on a 10 year old as a tweed jacket... to be precise, somewhat of a shoo-in sport. So when one carries a squash racket and people whisper saying "He/She plays tennis", clearly squash has an image problem. Looks like tennis, yes, but here are the dynamics... squash plays at triple the speed of its preppy cousin, where more often than not, after a tiring game of the sport, it may leave you with Achilles Tendons pulling on your heels like hawsers on a rusty barge!! This game, above a certain level of skill is played at a lunatic extremity of effort so much so that sometimes it feels like heroin without the needles.

So let's get a few facts straight ...With more than 20 million people worldwide who play the sport, squash hasn't been famously dubbed the

healthiest sport by **FORBES** for nothing! The only game played inside a serious glass cage (of emotions too), known for pushing its players' strength, balance and agility to the limit so much so that it makes you glued to the seat with its theatrics of suspense and enthrallment right until the very end.

The department of squash at JVPG has been extremely successful in orchestrating a very efficacious team of coaches and instructors who not only impart them with superlative training and fitness sessions at a personal and individual level, but also train them holistically with many camps that have been organized over



Bhavesh Shah
Chairman
Squash

the past year as part of a novel approach to squash thereby making it fun and exciting. So what started with just 20 kids initially and having a target of 30, has now reached an applaudable figure of 54, with a quite a few in waiting!!

The J.P.C(h)amp:

The JVPG Squash Academy had its moment of privilege and honour of having being lucky enough (the second time over), with the visit of South African PSA Squash player **Jean-Pierre Brits**, under whose exceptional tutelage the club had a very successful 15 - day Squash camp (5th June - 20th June).

Little did the kids at JVPG know that having a squash coach as disciplined as Jean Pierre Brits would also be as much fun, recreational and gratifying as much as tremendous hard-work, rigorous sessions and gruelling fitness bouts.

We are grateful to Jean- Pierre Brits Sir for rendering to the kids of JVPG Squash Academy, this excellent opportunity of being guided and coached thereby inspiring, encouraging and above all reinforcing his beliefs in the young ones, to push them to strive for nothing but the very best.

Jordan Calling...

There has been a barrage of achievements in the second quarter of the year what with the selection of three of our very own JVPG kids having been selected for the ASIAN JUNIOR SQUASH CHAMPIONSHIP on the 15th-19th August to be held in JORDAN. After going through some serious competition at the selection trials that they were called for in Chennai on the 15th- 20th of May, they emerged winners in the following categories:-



•**Saisha Gupta**
3rd position
(under – 13)



•**Ananya More**
4th position
(under -15)



•**Navmi Sharma**
4th position
(under –17)

The training and preparations are underway for the girls who are formulating to contend for the top spot for the big event, representing **INDIA** at **THE ASIAN JUNIOR SQUASH CHAMPIONSHIP** in **Jordan**. Players who have been pre-selected from their respective countries, are coming from all corners of Asia under one roof to participate in huge numbers, all of whom vying to clinch the prestigious title. Here's wishing our girls all the very best.

Camp It Out:



The month of May kicked off with the adrenaline pumping, activity-filled 10-day Summer Camp which was an instant hit with the kids as it inculcated various activities within one. So there was cricket, swimming, table tennis, fitness, a few bouts of squash matches and a lot many games that the children thoroughly enjoyed. It got concluded with the immensely loved and preferred game of kids, Treasure Hunt! The camp was highly successful in bringing about what it set to endeavor, of not just helping the kids better their game but also instill in them discipline, self-confidence and self-reliance as one of the many benefits and that which forms the basis of any sport. This platform also gave the kids an opportunity to interact with their fellow mates on a one-to-one basis, at the same time, learning about themselves and others around them too.

The camp was modeled in such a way so as to have a holistic approach to the game; in the sense that it showed the kids how to have fun, learn from the others, at the same time being more

sincere and disciplined and controlled towards oneself....and above all, for them to start developing those skills in the best possible environment given to them!

Tourney Tunes:

To make the game of squash even more endearing and fulfilling, the coaches have formed a drill of having a **Monthly Tournament** where the kids get to play one another so as to keep themselves engaged and interested in the sport. Consequently, the first of its Monthly home tournament kick-started this month, on the 22nd, where the kids were up against each other in a bout of matches which if anything, helped imbibe in them, the spirit of the game by giving it their best shot in an attempt to win or score no matter how small a tournament. Even at the lower level tournaments one could discern the intensity of the game which was just as palpable and the adrenaline ever so contagious. The tournament triumphed with a full house participation and one could see the team spirit amongst the kids with all of them cheering for one another, celebrating and participating which was all that mattered towards the end of the play-offs.



Battle Jodhpur:

The preps are done. The stage is set. A team of around 13 deserving kids of the JVPG club are all set and excited as they are about to participate in their first ever major tournament of the year, **THE ALL INDIA RAJASTHAN SQUASH CHAMPIONSHIP**, in the glorious city of **Jodhpur** (JULY 27TH – JULY 30TH). This would be an apt platform for the kids to showcase their ability to perform and to compete and battle it out with kids who are going to be participating from all over India. It's an ideal stage to test their skills, agility and talent and expose them to the various competents participating from different strata of society. This would be a great learning experience for all the upcoming stars of squash of JVPG. We wish them good luck and we all



are already very proud. You are all winners all the way.

The history of squash is rich – and its future bright! Played in almost over

75 countries (and counting...), squash is jumping leaps and bounds establishing new grounds almost everyday in the world of sports. Though not an easy sport to master, with the kind of outstanding coaches, gruelling sessions and tenacious régime at JVPG, it won't be too long when we have our very own home bred Amr Shabana!!!

To quote the Egyptian pro, Amr Shabana, himself explaining squash's appeal in his own words...“By far, squash is the toughest, most brutal, most complete sport there is. It takes everything out of you. It takes every mental and physical effort you have. And if you do your best you have a fifty-per-cent chance to win.”

Touché!!

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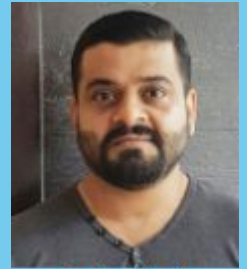
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Mumbai Suburban District Badminton Championship 2017

— Tanvita Saraf



Rajiv Soni
Chairman
Badminton



Mahek Nayak - Girls U/15 Runner's-up



Murli Subramaniam
Veterans Singles Winner



Jahan Asher
Boys U/19 Doubles Winner

Mumbai Suburban District Badminton Championship 2017-18 was held at Juhu Gymkhana from 25th June to 29th June. More than 500 entries were received. Kids, men, women all were present with full zest and vigor to participate. The badminton chairman Rajiv Soni and his dedicated sub-committee has worked day and night to make this event a huge success.



Amongst all the enthusiasts we had **Jahan Asher**, a dedicated student of Aim Academy, who won the title of Boys U-19 Doubles and has also been selected in the Mumbai Team after his smashing performance. Jahaan Asher was a part of the team that won the U/19 Inter District Team Championship at Nagpur against Thane by 3-1. His credibility was never doubted and everyone including his parents and coaches had great faith in him. He is a very competitive athlete with an extremely promising future ahead of him. With the best coaches and proper guidance we are sure he would do enormously well for himself and make his parents, coaches and Juhu Gymkhana proud.

Another name that doesn't need any introduction here is of the most talented girl **Mahek Nayak**. She never fails to break her own records. She has also been



rigorously training under Aim Academy and was a runner up in the Girls U-15 singles category. It was a heart wrenching moment when she could not win the tournament but she amassed a lot of self confidence and understood the need to train more and come back better prepared next year. The best quality that needs to be in





Kaushal -
Men's Singles Winner

an athlete is that they should learn from their failures and never ever give up. Sometimes it takes a good fail to really know where you stand.

Both Jahan Asher and Mahek Nayak were felicitated by JVPD with a cheque of Rs. 5000. Small gifts serve as a morale booster for good players so that they don't lose hope and come back in full form next time. There were a few other players also who participated and reached quarter finals and semi finals.

The Badminton academy salutes and applauds another player **Murli Subramaniam** who doesn't give up till the last point is played. He is a

man of steel, an icon for all the children and adults. His remarkable performances on the courts are a sight. His lightening speed smashes and net taps are nearly impossible to be defended. He won the Veterans singles match and was a runner up in Veteran's Doubles. We

take immense pride in announcing that he will be playing the BWF, World Senior Badminton Championship (+50 category) Singles in Sept. We at Juhu Gymkhana wish him good luck and take pride in how far he has come and how far he can go.



Badminton Winning Team Nagpur



HEALTH CLUB

OPEN HOUSE

— Sonal Motla Vashi



Sanjeev Bagga
Chairman
Health Club

On the 21st of July 2017, a new precedent was set, one of cordiality, compassion, comraderie, and answerability. The Health Club Sub-committee invited all its members, the entire managing committee and the Chairmen of every department, to share a common floor to honour, remember, answer and share, what we call our extended family, our club.

Past Chairmans of the new Health Club, were honoured, K.C. Shah, Arun Bharthiya, Samir Choksi, Pawan Saraf, Mohan Savalkar, Bharat Mehta, all

came and showed solidarity and encouraged the committee to go on with its efforts.

Each and every member who has left us, Gopesh Doshi, Bobby Bindra, Bharat Mehta, Ramesh Dalal, Vipul Desai and Viresh Prabhu, who were connected to the health club, were remembered and the august gathering stood in silence and paid respect to the departed ones.

The hugest gainers were the biggest weight losers. They were called upon to tell their tales and inspire the

audience, namely, Kirtan Dhami, Gurusharan Singh Chatta, Amit Nanavati and Kashish.

A question and answer session had a active participation from the audience. Many issues were discussed and not a single member was left unsatisfied.

A fab karaoke and dance session followed by dinner brought down the curtains to a memorable evening.

Truly the “Dust to Gold”, endeavor crossed its first milestone, for many more to follow.



Silence in remembrance



Wheel Chair Donation



Question And Answer Session



The Health Club Sub-committee



Health Club Past Chairman's Felicitation



Arun Bhartia



Samir Choksi



Mohan Savalkar



Pawan Saraf



Bharat Jhunjhunwala



The First CPR Trained Team



Talk by Dhruv Sitwala



The After Party



Celebrating Our



— Sonal Motla Vashi



Sanjeev Bagga
Chairman
Health Club

When Losers Actually Become Gainers

By losing excess flab and weight, what one gains is fitness and good health. This is the only way where a loser is a gainer!

At the Health Club Open House, this was the question raised and the following shared their journey...



Kashish Kalati

Kashish Kalati (L/2913)

Before Weight --- Current weight

She has lost more than half her earlier body weight !

Q: It's amazing what you have done with yourself Kashish! Simply Awesome! Please share your secret with us.

A: The routine was quiet intense, one hour of cardio or aerobics and another hour of killer weight training.

Q: How long did it take for you to achieve your target?

A: It took around 2 to 3 years of

consistent efforts with a healthy eating pattern.

Q: Why did you decide to do it?

A: Everyone has a different reasons to get fit. I wanted to be fit to feel healthier and lighter, wanted to trek, swim and all. My family including my dad and brother are total fitness freaks, so took all inspiration from them and started to gym.

Today it has become my way of life. I cannot breathe if I don't workout.

Fitness made me a brand new person with loads of positivity!

Gursharan Singh Chatta

Before Weight : 115 kgs

Current weight: 90 kgs

Lost 25 kgs

Q: What made you decide to lose weight and getting fitter?

A: Honestly I started for health reasons..

Q: How did you manage losing so much weight?

A: Played badminton for 2

hours daily and controlled my diet

Q: how long did it take you?

A: The weight loss was achieved in 6 months

Q: how do you maintain this level of fitness?

A: Currently I play badminton and do weight training 5 days a week to maintain the lost weight and gain muscle.



Gursharan Singh Chatta

Kirtan Dhama (L\3153)**Age** 38 years**Before Weight :** 117 kgs**Current weight:** 90 kgs with muscle weight**Lost** 27 kgs**Q: Kirtan tell us all about your journey from fat to fit.****A:** My weight gains throughout my MBA years became so huge that my width was more than my height.

From 85 kilos, I jumped to 117 kg in just four years!

Q: Oh my God! That must have put your body off balance! So how did you start?**A:** Yes, I couldn't walk for four minutes without losing my breath completely.

So I started swimming and started losing two kilos in a month, this is how I improved my walking stamina.

**Kirtan Dhama****Q: What else did u do?****A:** I gave up sugar, desserts, my energy boosters and substituted them with exercise.

After losing eight kilos, I became

addicted. Cardio helps burn calories there and then, but I discovered that weight training continues the burning fat for over 3 hours after the workout.

Q: That's fantastic Kirtan, but it's easier to lose than to maintain and stay there, how do you manage that?**A:** My workout is alternate days of weight training and cardio. I combine swimming and squash on the days I do cardio.

I do Interval training for 6 kms to 7 km.

Weights alternate between muscle groups of back n biceps on one day, shoulders, triceps n chest and legs on the other.

Abs Every alternate day.

5-6 days a week exercise in the form of squash, swimming, cardio, skipping and weight training is my routine to maintain the weight loss.

Dhaval Pandya (L/2815)**Before Weight :** 118 kgs**Current weight:** 83 kgs**Lost** 35kg and counting...**Age** 39**Q: What was the main reason for you to lose weight?****A:** Decided to loose weight because of health reasons.

High blood pressure was alarming and I realised I had to do something about it.

Q: So how did you start your journey to fitness?**A:** I started with walking everyday for 20 min, which was supported and encouraged by my wife (Ritu) and my family. I slowly started**Dhaval Pandya**

increasing the intensity of speed and distance. I started enjoying and feeling better. My confidence level rose. I graduated to a round of cardio and weight training with whole body circuits and fast fat burning exercises.

Q: How did you handle your diet?**A:** Never believed in crash diets. I

believe in eating everything, but I consciously controlled the quantity. It took about a month to get control over my mind. Even today when I am fit, I never refrain from eating what I feel like. It's easier to control cravings as it can be satisfied even with just a spoon or two of dessert. But if one gives up completely, it won't last very long.

Q: What keep you going at it?**A:** I keep resetting my goals. Never let myself get into a comfort zone. I have to keep striving to improve. It's like "ATTACK IS THE BEST DEFENSE". Striving for better will help you maintain. One has to make this a lifestyle, a habit.



Running - It's Benefits

— Tanvita Saraf

Running Is One Of The Most Complete And Healthy Activity, It Makes Your Whole Body Work And Your Heart Beat To Accelerate.



Jay Soni
Chairman, Runners
Sub-comm.

Running is a great way to burn calories and build up cardiovascular function.

We at Juhu Gymkhana have a runners department under the able coaching and guidance of coach Mr. Raj Vadgama. He has achieved great milestones in running and has been coveted with the "Bharathon" by running 10,000 kms. Across India, from north to south and east to west earning him a place in the Limca Book of Records. Recently he completed the grueling 160 kms Kargil Run and secured a second position.



Running is a sport that is best done in groups. Your co-runners of the group motivate you and push you to give your best.



Running under the guidance of a proper coach makes a huge difference. People who have never jogged have also become good runners and participated in many marathons.

A coach who is a master at his art will not only help you with physiology side of running, but also the psychological side. He finds out what motivates you and taps into your strengths and weaknesses, using your unique qualities to empower you as you work toward your goals.

A coach can plan a workout regimen that incorporates interval and strength training that is targeted toward your current fitness level and ensures you get a proper training for an injury free running.



Many runners start training because they want to lose weight. The good news is that, when it comes to losing weight, it's hard to beat running alongside a smart eating plan. This is again where your coach will help you by setting realistic goals as per your body's strengths and weaknesses. A proper diet plan along with proper training and you are bound to achieve your weight loss target.

At JVPGC, many of our members must have noticed the runners group doing their training and workouts in front of activity hall and on the road at the back gate of our club.





The training sessions are every tuesday, thursday and saturday from 5.45 a.m. Till 7.15 a.m. There is a long run every 1st sunday of the month where there is a group run till NCPA, Nariman Point.

We are looking forward to more participation from members at JVPGC which is an arena for sports lovers.





Monsoon Fitness At The Turf

Even during monsoon the fitness doesn't get affected where players are trained at the turf on the 3rd floor.

The team trains the players in various ways: that is physical fitness like running, sprints, movement drills, etc. technical training which includes swing practice, that is doing shadow swings which helps the players to develop muscle memory for the particular technique.

Group discussion, where players are explained match situation, how to be more disciplined on court as well as off court, mental training to be more tough.

Along with all this, there are days when there are even have fun games (fitness related fun games) where the team, too play with the players to build a better rapport and to motivate the players for the efforts they are putting in for learning and playing the sport.



Figure of eights



Fitness



High Knee exercise



Mini court swing training



Ready position



Forehand swing practice



Serve swing
by special advance batch



Warmup



Group discussion



Juhu Gym Aces Continue to Dominate the Elite 35+ Group



Nikhil P. Rao
Chairman, Lawn Tennis

Club champions Himanshu Bhatia and Chairperson Nikhil Prabhakar Rao, continue their dream run lapping up victory after victory across distinguished clubs, and tournaments hosted in Mumbai.

The 35+, Elite League of Lawn Tennis Aces is the first of its kind innovative tournament, where the top 8 doubles teams of Mumbai, representing 8 top clubs of the city, host a round robin tournament at their respective clubs. Each of these clubs invite all 8 team to their lawn tennis courts, where a round robin tournament is conducted. The distinguished clubs and teams, who are a part of this league are, GSC, Khar Gymkhana, PJ Hindu Gymkhana, Thane Gymkhana, Hirnandani Powai, The Club, The MCA and JVPGC



Thus far the Championships have been conducted at 3 venues; being, JVPGC, GSC, and the MCA and our very own JVPGC team of Himanshu and Nikhil have won all 3 championships.

We wish them all the very best with the remainder of the season; with the next one scheduled for the 19th of August at The Club at D.N. Nagar.





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Karan Sawhney

You Can Achieve Anything If You Set Your Mind To It



Tanvita Saraf
Editor



Federation Cup in the following year. Now he has got drafted by KERALA BLASTERS in the INDIAN SUPER LEAGUE.



We truly take a bow Karan.

You have been a much focused athlete and have achieved tremendous success in your career. We wish you achieve more and emerge a thorough champion in life. Keep believing and keep achieving.

Karan Sawhney, a member of Juhu Gymkhana, has set an example for all sportsmen and athletes. He believes "You can achieve anything if you set your mind to it." He has played nationals and captained Maharashtra team in under 13, under 14 and under 16 category. He has also played for Mahindra United in the under 19 Indian league where he got selected for TATA FOOTBALL ACADEMY. He then joined TFA after his 10th grade at the age of 16. This still doesn't end here. He further Represented TFA in various international and national tournaments. He has played the Gauteng Future Stars Cup where he was the first Indian to score against Inter Milan Team (Italy). After graduating from TFA he got

selected to play for Salgaocar Football Club in the Indian league. From there he played the DSK SHIVAJIANS tournament after which he got selected to play for BENGALURU FOOTBALL CLUB. At BFC the team won the INDIAN LEAGUE in the first year and the



Anaaya Rajan Chheda's Rise To Fame

"Do not train a child to learn by force but direct them to it by what amuses their minds"

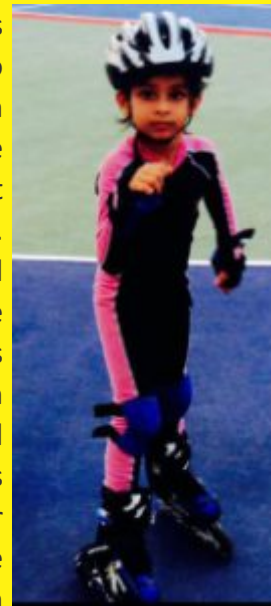
Anaaya Rajan Chheda, 5 year old girl, a member of Juhu Gymkhana has been learning inliners skates since one year with coaches of International



fame. She won in 1st Indoor National Roller Speed Skating Championship on 29-30 July '2017 in Under 6 years category. She won gold medals in 500 meter race and 1000 meters race respectively. This event was organized by MP Shri Hemant Godse (Lok Sabha) and conducted by MISRIS and HOTWHEELS.

Prior to this she participated in Skate Mumbai Championship held at Chatrabhuj Narsee School and won 2 gold medals in Long Race and Short Race in under 5 years Inliners Skating category.

J V P G is proud to have such kids who are a pure asset to the club. We hope and pray that she participates in more such events and achieves greater heights. We take pride in what she has achieved and have faith in what she can.



Sai International Marathon Shirdi Press Conference

It's a very tough job to host a show and the tougher part is to emerge a winner. Shibani Alok Mahesh hosted the Sai International Press Conference held in Shirdi. Honorary people like Padma Shri winner Ajay Devgan, mayor of Shirdi were the guests of honour at the conference. It was an extremely well organised show. It is said that "Achievers never expose themselves, but their achievements expose them" ; this very well stands true for Shibani.



Lata Alimchandani - The Icon

There Is No Age Limit To Start Running. Running Is Not Just For the Men or Only For the Young

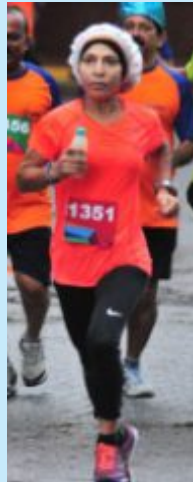
Mrs. Lata Alimchandani is definitely a real life model for all at JVPGC.

She has run prestigious marathons like Amsterdam Marathon, Berlin Marathon, Standard Chartered Mumbai Marathon, Airtel Delhi Half Marathon, Satara Half Marathon, Goa River Marathon and counting.

In India she has won most of the marathons she has participated in. This year she is participating in Asian China Marathon and travelling to Chicago to run 42K marathon.

She has also done various track runs like, 400 mts, 800 mts, 1500 mts, 5Km and 10Km. She has scored gold in the Masters Athletes Championship at both the State and National level.

She has been participating in the marathons since 3 years. She says "Running means everything to me now. I want that every woman should be



engaged in some form of exercise. Everyone should devote at least one or two hours to it. Whenever time permits, they should either run or exercise and they would feel better throughout the day. By running, they learn to become a fighter, become fitter and healthier."

She says, "I ran and completed the 42k Amsterdam marathon in 2015, and never felt uncomfortable though it was very cold in Amsterdam. It was raining continuously and temperature had dropped down to 3°C, I still managed it". She also ran the Berlin Marathon (42km) in Sept'16; timing at 4hr and 22

min. She even ran the Standard Chartered Mumbai Marathon in 2017.

Lata says that her family has encouraged and motivated her a lot and has been a real help to her. She says that it is never too late to start running and requests all to try it at least once.



We are so proud that a woman with so many credentials up her sleeve is a member of our JVPGC. We congratulate her and wish her good luck for all her future endeavours.



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Kids Yoga And Its Benefits



Neha Kanakia

As a parent, once you've experienced how yoga has strengthened your body and calmed your mind, naturally you want to bestow those boons upon your kid to help them stay healthy, cope with stress, and cultivate inner strength.

Our children live in a hurry-up world of busy parents, school pressures, home work, tuitions, video games, malls, and competitive sports. We usually don't think of these influences as stressful for our kids, but often they are. The bustling pace of our children's lives can have a profound effect on their innate joy—and usually not for the better.

Yoga can help counter these pressures. When children learn techniques for self-health, relaxation, and inner fulfillment, they can navigate life's challenges with a little more ease. Yoga at an early age encourages self-esteem and body awareness with a physical activity that's noncompetitive. Fostering cooperation and compassion—instead of opposition—is a great gift to give our children.

Following are the benefits of yoga for kids

1. Improves Concentration and Memory

Yoga can help improve mental clarity and focus. To properly execute each yoga pose, your child needs to bring attention to his body, muscles and joints. As the kid moves through each pose, he must slowly stretch the muscles and hold his body in a certain position for a few breaths before releasing and moving to the next pose. This focus helps slow down his lightning-fast thoughts, brings his attention to the here and now and helps prevent his mind from wandering.

2. Reduce Stress and anxiety

One of the main focuses of yoga is breathing, or pranayam. Yoga breathing encourages slow, deep belly breaths while moving through the poses. Not only does this style of breathing increase the amount of oxygen your child absorbs into his bloodstream, it also sharpens his awareness while helping him relax his mind and body. This type of breathing can also be used to calm his body in stressful situations.

3. Improves Flexibility

Yoga enhances their flexibility, strength, coordination, and body awareness. When yogis developed the asana many thousands of years ago, they still lived close to the natural world and used animals and plants for inspiration—the sting of a scorpion, the grace of a swan, the grounded stature of a tree. When children imitate the movements and sounds of nature, they have a chance to imagine being inside another being and adapting its qualities. When they assume the pose of the lion (Simhasana) for example, they experience not only the power and behavior of the lion, but also their own sense of power: when to be aggressive or when to retreat. The physical movements introduce kids to yoga's true meaning: union, expression, and honor for oneself and one's part in the delicate web of life and also improves their flexibility and posture.

What It Takes To Take On The World!

Pearls Of Wisdom From A Champion

Dhruv Sitwala

A Two Times Asian Billiards Champion And A Member Of JVPGC



Sonal Motla Vashi
Editor

*** Believe It Can Be Done And Your Mind Will Find Ways To Do It ***



* While working towards your goals one need not think too much about the end result, instead focus on Excellence and keep working on improving at every venture, and if you can enjoy the journey on your path then success has to come to you one day *

* A human being can't go beyond his thoughts, so inspire yourself to greater thoughts, stretch your Limits, beat your own performance. Capacity is a state of mind *

* One may be worried about competition, fear, anxiety, performance pressure, instead focus on the quality of your thoughts while doing your homework, as this will elevate your conditioning and create a subconscious belief that you too are graduating to the next level *

* While playing sports, focus on the present action, try not to relive the past Glories or Failures, avoid anxiety of the end result. This will aid you to be in the zone/trance which may be termed as JOY as it is the moment of NOW *





* Life is not only about learning and concentrating on one's goals, but it also is an amalgamation of unlearnig the previous knowledge and defying obstacles on the path of Perseverance and Excellence *

* One needs to avoid celebrating mediocre achievements and not get trapped in the Hype and Hypocrisy which may be showered upon you by the society. This trap can affect your being and in turn can hamper your actions *

* When one is content within oneself and avoids comparison, then one may earn respect *

* There is no room for exaggeration, Bragging is a huge turn-off. EVERYTHING HERE IS TEMPORARY, this should be enough, to make you feel grounded and humble *

* The collective wisdom of humanity is not more than a blade of grass lying on earth compared to the wisdom and laws governing the infinite universe *

* A true professional works with solid faith in his potential and has no room for self-doubt. Constant learning and Mentor are his companions *

* Quality of life depends on the quality of mind, and the quality of mind depends on how you handle ego and desires *



* The highest manifestation of strength is to keep yourself calm under provoking situations and stand on your feet with confidence and fearlessness *

* When you have reached the top, then please come down to pull someone up the hill.. Inspire to make some difference *





Meet MIT BHATT

First Indian Civilian To Fly The Highest And Fastest In A **MiG-29UB Fighter Jet!**



Sonal Motla Vashi
Editor

Claiming his rightful place in the Limca Book of World Records, Mr. Mit Bhatt, has his name set in the aero-sport category as the First Indian Civilian to Fly the Highest & Fastest in a MiG-29UB Fighter Jet!

Touching an altitude of 17,300m (57,000 ft) and a top speed of Mach 1.7 (2,085 kmph) whilst enduring G-forces of up to +7Gs, Mit Bhatt has become the first

Q: Congratulations on setting a record Mit Bhatt, must be a great feeling to claim your place and make a record! Please share the details of this adventure with our readers.

A: The Edge Of Space experience in a MiG-29UB Fighter Jet is a one of a kind experience in the world!

It's challenging a civilian's mettle to endure the G-forces while enjoying the thrills of flying in a fighter jet at supersonic speed and performing Top Gun style aerobatics!

Specially so, as they join an elite club of high achievers, while gaining a whole different level of appreciation for our Indian Air Force Combat Pilots, who not only fly the plane in grueling conditions, but also be alert to have situational awareness, hunt down the enemy, fight with the enemy and emerge victorious.



FLIGHT PARAMETERS ACHIEVED:

Flight Time: 40mins

Weather Conditions: Cloudy, Snowy (the kind that makes trained pilots uncomfortable!)

Top Speed: Mach 1.7 (2,080 kmph)

Highest Altitude: 17.3km ABSL (57,000ft)

Maximum G-Load: +7G

G-Load Range: +4 to +7G

Maneuvers: Loops, Rolls, Turns, Low Pass, Knife...

Compliments to the pilot: I Had Control Of The Flight for a minute!





Q: What made you want to take up this adventure? How did you go about it?

MB: Having experienced great adventures on Land, Undersea and Air - I wanted to take it to the next level! This was to quench my thirst for an extreme adventure. For this I

decided to head to Russia - the land of breathtaking beauty, Rasputin, bitter cold, soothing vodka, the royal museums, advanced military technology and Extreme Adventures - for an epic experience that had been lingering on my mind for a long time.

Since it was my double numbered birthday coming up - it had to be double the adrenaline rush, double the altitude, double the speed... and of course three times the fun!!

So a Suborbital Flight in a MiG-29UB Fighter Jet to the Edge of Space touching the

Stratosphere at Supersonic speeds followed by Top Gun style Aerobatics was just what I needed!!

Q: What was the feeling that rushed through you after taking this breathtaking adventure?

MB: I DID IT !! I DID IT !! I DID IT !!! I felt ecstatic, exhilarated, overwhelmed with a sense of achievement, and a whole new level of appreciation for our Top Guns in the Air Force & Test Pilots

After getting pounded by up to +7G-forces and reaching the Stratosphere, my test pilot Yuri Polyakov was great at the controls of the MiG-29UB, even allowing me to fly this amazing bird for a minute to do a pitch & roll making this experience even more special!! The G-force on an inverted flight felt pulverizing too!!



AMIT ko GAUR se dekho

**I keep fit by training at my club - Juhu Vile Parle
Gymkhana club, it has a great gym with a great staff
to help me train and achieve my desired goals.**



Sonal Motla Vashi
Editor



Q: Oh wow! That sounds like fun! And then how did the career change come about?

A: So after being in the Carribean for 6 months, I returned to the States and joined another local airline and flew freight for them. Harsh weather and tough conditions finally after 3 years got me back home in Mumbai to pursue my aviation career here. Sadly the job situation was appalling and there were 3500 jobless pilots sitting at home. Two years of waiting wasn't nice and as I was out socially a bit too, I started getting approached by Designers and Choreographers to walk the ramp for them as they saw that I fit the bill completely. After a bit of hesitation, I finally plunged into the world of Fashion and after my first runway show with Provogue, there was no looking back. I walked nationally for pretty much all the designers in India - Rocky S, Manish Malhotra, Rohit Bal, Narendra Kumar Ahmed, Tarun Tahiliani, Hemant Trivedi, Arjun Khanna, Vikram Phadnis to name a few and internationally for shows in Singapore, Dubai, Sri Lanka, Malaysia, China, San Diego, Chicago and was awarded the best Supermodel (Male) award at the Bollywood Fashion Awards held in New York two years in a row.

Ad campaigns came along and I did a few for Garnier Fructus, LG, Big Bazaar, and was brand face for Raymond's and Shoppers Stop.

Q: Let's start from the very beginning, share your journey upto now...

A: Born and brought up in the city of Mumbai, I went to Maneckji Cooper to do my schooling. After that it was Mithibai college and then after 2 yrs of studying science, I went off to the States to pursue my flying.

I enrolled myself at the Tyler International School of Aviation in Tyler, Texas which is a small town, from

where I got my Commercial Pilot's Licence in 8 months and then went off to the Caribbean to fly as a First Officer with a local airline called Tropic Air.

Flying is my passion and being in the Caribbean, flying passengers daily from the mainland of Belize to the small neighbouring islands was so much fun. Since it was also a getaway destination for big Hollywood stars, I did get to fly the likes of Harrison Ford, Ricky Martin, Whoopi Goldberg and Neve Campbell.



Amit with John Abraham in the film "FORCE"

Ad films followed suit too like Boroplus with Kareena Kapoor Khan, Lux, Colgate, Maruti Suzuki and the current one on air is Maaza with Varun Dhawan.

Films is my other passion and my first film was FORCE with John

Abraham, directed by Nishikant Kamat and produced by Vipul Shah was a huge hit.

After that came my first television show called SWIM TEAM for Channel V which competed 250 episodes and was also big hit.

Q: And what does Amit Gaur look forward to?

A: I have wrapped up my first web series also for Hungama and am eagerly awaiting its release.

I am currently working towards a new web series, a film down south which should be my entry into the South industry and also another TV show here towards the end of the year.

Q: Wonderful! We wish you all the best but do tell us how do you keep so fit and how does JVPGC figure in your life?

A: I keep fit by training at my club - Juhu Vile Parle Gymkhana Club, it has a great gym with a great staff to



Amit in his gym... at JVPGC



Amit in his modeling *Avtaar*

help me train and achieve my desired goals. Being into sports since school days - National Level Volleyball Player and Beach volleyball team in USA while I was there, I have always kept myself fit with a mix of sports and weight training. The key to a fit body according to me is a healthy diet and a mix of cardio and weights. Always remember 75% is diet and the rest 25% is training.

Q: Do you have a personal mantra?

A: It ain't about how hard you hit. It's about how hard you can get hit and keep moving forward...

I have believed this and lived this. Hope all this was a good brief insight into my life so far and it was a pleasure to be able to share this with you'll through the club magazine. Thank you to Sonal Vashi for this write up and looking forward to seeing you all at the health club and please stay fit and eat healthy.

Myths Of Dyslexia

Hopefully these little known facts will be a good eye wash for parents.



Sonal Gokani
Special Educator

10 Dyslexia Myths

1. There is no quick fix for dyslexia or a magic cure.
2. You do not need to wait until the age of 8 to test for dyslexia.
3. You do not need to be assessed as having dyslexia in order to get intervention.
4. Dyslexia is not due to a lack of effort or from being lazy or dumb.
5. Using Vision Therapy is not a treatment that will help a dyslexic student.
6. Using tinted lenses is not an effective treatment for dyslexia.
7. Dyslexia is not a developmental lag.
8. Dyslexia is not a visual problem.
9. So called treatments for dyslexia that share pictures of brains and testimonials, and make claims relating to neuroscience do not mean they are an effective approach or that they have any supported research.
10. Not all students with dyslexia reverse letters or words.

12 Coping Skills For Students With Dyslexia

1. **Don't Compare Yourself To Other People.**

Just because someone else get an A while you got a B does not make them “**BETTER**” than you. Instead compare that B with your **PREVIOUS** score of a B and realize that as long as your grade is improving, it's a **SUCCESS!**

2. Take Your Time

As you allow yourself to take your time you'll end up with a better **GRASP** of the material because, as a student with **DYSLEXIA**, you'll be able to see concepts from multiple **ANGLES** at the same time.

3. It's Okay To Be Different

Sometimes you need to sit down for an hour or so to **ORGANIZE** your thought before completing a large assignment. Also, it's **OKAY** to start in the **MIDDLE** of a project and organize your ideas later.

4. Grades Don't Necessarily Reflect How Smart You Are

Do not allow your grades to put a **LABEL** on you. Give yourself minimum grade expectation (i.e. nothing lower than a B) but have your main goal be to **LEARN**. You'll end up getting more out of your education and let go of some of your anxiety and **INSECURITIES**.

5. Take Advantage Of High Focus Intervals

Some people have a higher quality of **FOCUS** in the early morning hours. When you're in the “**ZONE**” take advantage of it and keep **WORKING** power through.

6. Chew Gum To Regain Focus

While this trick may not be very practical in the classroom, it can be very helpful during **HOMEWORK** time. If you're in the zone and get distracted, chewing **GUM** is a great way to **RE-SET** and continue working, especially when writing.

7. Find A Quiet Place To Do Homework

It sounds so simple, but having a **QUIET** place to work makes all the difference. It also helps to have **CONSISTENCY** in where you do your homework. That way anxiety goes down because you know where **EVERYTHING** is and don't have to reorient yourself to a new environment.

8. Find Out The “Why”

When learning new information in school, sometimes you have to **TRICK** your brain into thinking that something is interesting in order to absorb that

information. Once you find out the “WHY” it makes it much **EASIER** to stay on task for longer periods of time and gain a more in-depth knowledge of the subject matter.

9. Stop Taking Notes On Every Detail

People with **DYSLEXIA** have a hard time filtering information, especially when it comes to taking **NOTES**. Instead of taking notes on every details **LISTEN**. Only write something down if you need to explore the topic on your own.

10. Find Out What You Don't Know

A great way to find out what you don't know is through **PRE-TESTS**. As you determine what you don't know you'll have more **FOCUS** as to where you should spend your time **STUDYING** before the actual test.

11. It's Not About How Hard You Study But About How “Smart” You Study

Find out what format the test will be in. People with **DYSLEXIA** tend to think that they have to know **EVERYTHING** about a subject in order to do well on a test. Depending on if it's open-ended or multiple-choice should indicate the level of **MASTERY** needed for a particular test.

12. Rely On Logic Instead Of Memorization

Students with **DYSLEXIA** rely heavily on memorization, especially during **TESTS**. Relax. If you come to a question you don't particularly remember reading about, use **LOGIC** to answer the question.

Dyslexia at Work



1 in 6 People are Dyslexic

Common Strengths



Problem Solving



Big Picture



Creative Visual Thinking



Teamwork, Empathy



Strategy



End Goal-Oriented

Common Challenges



Reading Speed



Long Emails



Taking Notes, Spelling, Proofing



Data Entry, Rote Math



Right-Left, Sequencing, Word CAPTCHAs



Timed Tests, Word Retrieval

Dyslexia-Friendly Workplace



Open Communication about Needs & Expectations



Assistive Technology: Dictate Reports / Text to Speech, Calculator, Spelling and Grammar Checkers



Mind Maps / Visual Organizers, Diagrams



Electronic Forms, Files, Spreadsheets

fonts

Option for dyslexia-friendly fonts, colored backgrounds



Option for Note Taker, Record Meeting



Hands-On, Video, Audio Instruction



No "Hotdesking"



Quiet Workspace



Color Coding

For more free resources, visit community DyslexicAdvantage.org
Dyslexic Advantage is a 501(c)3 non-profit organization.

Learn With Fun Approach

— Tanvita Saraf



Darshana Kothari
Chairperson
Children and Women's Com.

A “Science Experiment” workshop was held on Sunday, 9th July '17; for children aged 6 to 12 yrs. The activities involved explanation on few of the basic principles of science and conducting the same experiments individually. The aim of the workshop was to make children aware of the fun of doing science on their own.

Ms. Deepika Gupta of “Clay Foundation” with her highly motivated team conducted the event very successfully. There were more than 80 kids who participated. They learnt about Adulteration of food, Acid base chemistry, Magnetism, Microscopic slides, Bernovilles' principle, Air Zuka, Precipitation and Detection of starch. The children made notes with their own findings of the various experiments. The younger kids learnt about separation of fats from milk, Elasticity, Optical Inversion, Density, Dry Ice, Inflating balloon with acetic acid, Magnetism and many more. The 'Learn with Fun' approach made them thoroughly understand the concepts with the added joy of creating something on their own.

Hands – on science workshops give children a small but unique opportunity to perform, understand and appreciate science activities. This fabulous event was made possible by the Children and Women Activity Sub-

Comm. headed by Darshana Kothari, ably supported by Dilnavaz Jokhi, Tanvita Saraf, Sonal Gokani and their entire team who have consistently given successful programs for children and women.



Air Zuka



Science of density



Inflating balloon with acetic acid



Acid base reactions



Detection of starch



Microscopic Slides



Optical inversion



Magnetism

Shama Ghura's



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Asha Khatau Cookery Workshop

— Tanvita Saraf



Darshana Kothari
Chairperson
Children and Women's Com.

Chairperson (Children and Women Activity Sub Committee) Darshana Kothari, along with her dedicated committee members has been providing very magnificent events. They always are very innovative and provide different and extremely prestigious events. Their work has been splendid and highly recognized at Juhu Gymkhana. People have been applauding all the efforts put in by them. She along with her team members Dilnavaz Chokhi and Ashmi Parekh organized a 5 course Gourmet Meal with none other than the Gourmet Queen Asha Khatau, at Juhu Gymkhana on 16th August'17. An audience of more than 150 members and guests which included men, women and children was seen. A lot of appreciation and gratitude was received from the audiences. Asha Khatau is a perfectionist that authenticates tastes and ingredients from all over the world and this attention to detail has played no small part in the roaring success of her cooking classes. She cooked and explained 8 scrumptious recipes which included soup, starters, main course and desserts. She even shared a few tips with the audiences. It was a very delightful and a great learning experience.





ROOP TERA MASTANA

Saxophonic Dhamal Orchestra

— Sonal Motla Vashi

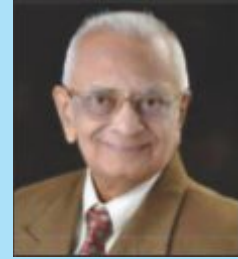
A Saxophonic Dhamal Orcheshtre was held on Saturday 1st July 2017 at our activity hall for our seniors of JVPGC. It was a grand evening of oldies and goldie hindi songs, about 200 of our members and their guests attended it.

The main attraction of the evening was 12 year old Master Harsh Bhavsar studying in std. VIII in Ahemadabad. He played our forgotten classic instrument the Saxophone extra ordinarily, breathing in and out for the long sequences in a very easy way, moving amongst our members while playing. He made the audience spell bound and kept them on their chairs for two and half hours non-stop.

Our other singers of the evening were well known play back singers Mr. Kanti Bhatt and Mrs. Minaxi



Gunaji who sang excellently well with their experience of singing with our bollywood play back singers. Hats off to them for their selection of Bollywood Dhamal Songs of golden era – most of them with use of the saxophone.



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

Master Harsh played a couple of famous numbers solely on saxophone – the highlight of it was when he played the title song “Roop Tera Mastana”. In short he completely stole the show and became the hero of the evening.

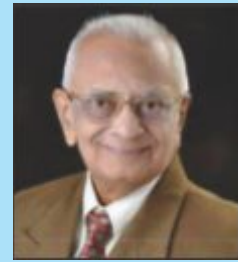
I am very thankful to the chief coordinator of the evening's program and my own sub-committee member Mr. Hasmukh Gajjar for his help in arranging this program so well. Not only that, he also sang a couple of numbers just like a professional artist.



Remembering the pleasant memories of last year's one day monsoon picnic to Mayurvan and on our members' constant demand, our Senior Citizen Sub-Committee arranged one more one day monsoon picnic this time to Royal Garden Resort near Vasai on Saturday, 29th July 2017.

Sr. Citizen Picnic

— Sonal Motla Vashi



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



As scheduled, our 49 seater A.C. bus departed the Club at 7.15 A.M. and without any halt, we reached our destination in an hour. A big A.C. hall with tables, chairs and cots were kept reserved for our group there. Soon we enjoyed a scrumptious breakfast.

There were 4 to 5 different types of swimming pool with slides. Our members enjoyed rain dancing showers, waterfall and all had a nice time. Excited when they experienced the feeling of Swimming in a sea when they entered the waves pool. To everybody's surprise, our usual young lady of 80+ Mrs. Pramodiniben, danced under the waterfalls on the famous number "Madhuban Mein Radhika". For her also it was her first experience of dancing under the waterfalls. Members from 60 to 80+ forgot their age and danced and sang just like school/college students. Some very young seniors enjoyed the water slides too. Videos and photos were clicked by our members Mrs. Daksha Mehta and Mrs. Nisha Sheth. Two hours of dhamal in water digested our breakfast and we all became very hungry. Again, we had a good lunch of basundi, gulab jamun, cutlets, dhokla, etc. The resort supplied pizza, pastas, popcorns and ice gola throughout the day without any break which we all enjoyed. The height of the fun was when many of our members (ladies and gents) had magnetic car rides which many of them had never experienced in the past.

In the afternoon we played different varieties of housie games. Our members Mr. Hasmukh Gajjar and Mr. Girish Sheth had brought TV set and Karaoke instruments all the way from home and many of us checked their voices.

After high tea, we left the place at 6.30 P.M. with a bucket full of pleasant memories.

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Ye Shaam Mastani — Tanvita Saraf



Music is one of the most powerful and important part of a human's life. Life without melodies and harmonies would be totally empty. Listening to music and playing different notes help people to relax, distress from harsh monotonous lifestyle.

The entertainment committee, at JVPGC, spearheaded by Jinesh Choksi

is very well aware of this fact and hence organized an evening of music with live orchestra for the members of the club. An enticing evening “Ye Shaam Mastani” in memory of late R.D. Burman on 15th July 2017, conceptualized by Bimal Parekh, was well received by the audience. Beautiful melodious songs of Pancham Da were a treat to the audience.



Jinesh Choksi
Chairman, Entertainment
Sub-comm.



Celebrating R.D. Burman

A Screening of 'Pancham Unmixed' — Sonal Motla Vashi



Jinesh Choksi
Chairman, Entertainment
Sub-comm.

On July 2nd the Winner of 2 National Awards, Pancham Unmixed: Mujhe Chalte Jaana Hai (113 minutes), was screened with a full house in the lobby area.

The film takes an incisive look into the legendary composer, RD Burman's reflective artistry and buoyant-but-also-lonely inner being.

Featuring a host of close friends, colleagues and admirers, the film

evokes awe, admiration and nostalgia the way most of his music does, till date.

The film explores through a gripping narrative, how he captured the musical imagination of an entire subcontinent like none before — right from the entertainment seeking popular masses to the connoisseurs of classical Hindustani and Western, Jazz, Opera and Pop music.

And, nearly two decades after his demise, why he continues to be re-mixed and idolized endlessly, even today.

Brahmanand S Singh is an award-winning filmmaker (producer-director) and writer based out of Mumbai.

His latest film, Kaagaz Ki Kashti (Paperboat ... 126 mins), a biopic on legendary ghazal maestro Jagjit Singh, is sailing on appreciative waves and is now live on Amazon Prime.



Many of his films have been screened at various International film festivals as well as on national and international television channels, and have been nominated for and won, national and international awards. He has also been invited to be on the Jury on International Film Festivals and is a consultant on selection of films in many film festivals and award platforms.

The audience had a question and answer session with the film maker and enjoyed a lovely rainy evening.





Who's Fault Is It??

“We live in a society that teaches women to be careful not to get raped instead of teaching men NOT TO RAPE.”



Tanvita Saraf
Editor

Tina a young girl aged 12 lives in a loving joint family, a family full of cousins, uncles and aunts. Once her mother had to travel and she left her in custody of her uncle who was a trusted member of the family, who himself had a daughter of Tina's age. But unfortunately, many a night she had to suffer being victimized by her uncle. She had no idea that this was the first of many heinous acts that would follow in the future.



As she grows up she realizes that it's a part of a girl's everyday life. A man in the overcrowded bus, a cousin at the temple, the most trusted male friend, the cab driver, the tailor and the list continues. She's never been able to voice her concern. Once she tried to come out of her cocoon and voice herself about a friend who touched her in the presence of his wife, but the questions that were asked were “what were you wearing”, “what time of the day was it”, “why did you smile at him”, “why did you dance with him?”

All these incidences only made her question **“Was it really her fault?”** and she began to believe that maybe it was actually her fault, maybe there was something in her that made people believe that she was easily available. But she fails to realize that it wasn't her fault in the bus when that stinking man brushed himself past her in broad daylight, it wasn't her fault when the married friend inappropriately touched her thighs, it wasn't her fault when she was sleeping with her sister and the cousin entered her room, it wasn't her fault when the tailor touched her while taking measurements, it wasn't

“What was she wearing?”
“Were they drunk?”
 “He probably deserved it!”
 “You should have been more careful.”
 “Are you sure that's what happened?”

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her fault when she was in the queue of the temple when the man casually pressed himself against her.

What she needs to understand here is that it's not her. It's society that does that to any girl. It's the society at fault that makes her feel that it's her fault. It's the society we live in that the women have to walk away silent, that the filthy minds and dirty thoughts of the men are forgotten and forgiven. It's the society that asks too many questions.

According to the research it is found that violence against women begins at home at early ages by the family members, relatives, neighbors and friends. Sexual violence is a serious threat for women.

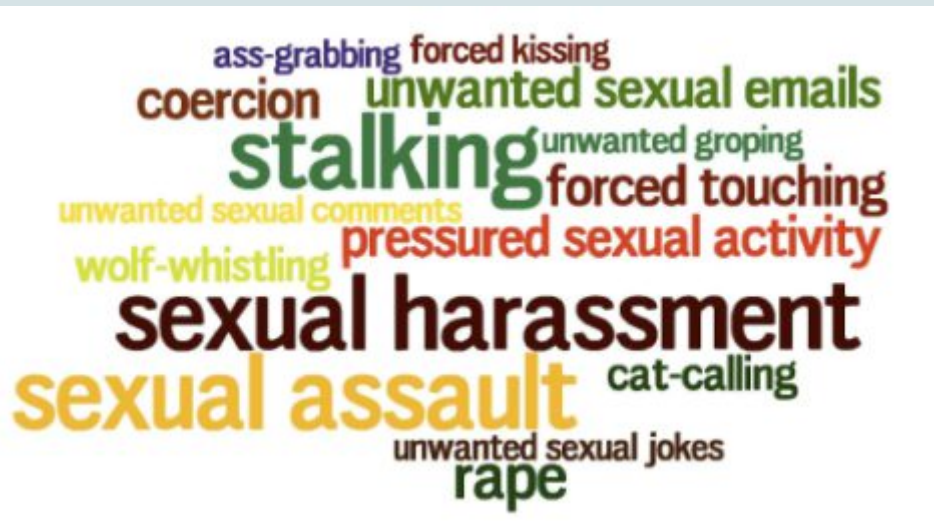
What can be termed as sexual abuse?

Inappropriate touching

Sexual activity that you say no to

Child molestation

Rape



There is an urgent need for the women to be alert, be empowered and understand all the rights and take benefits.

They need to understand how to leave an abusive relationship or come out of a dangerous situation:



Get away from the attacker to a safe place as fast as you can

Call a friend or a family member and seek help

Go to the nearest police station

Seek help of a counselor

We can help someone who is abused or has been assaulted by rendering help or comforting the accused. Go with them to the police, or hospital or a counselor. Reinforce the message that it wasn't her fault and it is natural for her to be angry or feel ashamed. May be we can make a difference cause the time has come, that we do.



TEND TO YOUR GARDEN



Priyanka Kavish

It was Sunday. Rashi was sitting in her garden, tending to her newly sprouting plants. She loved gardening. It soothed her nerves and seeing the colorful flowers bloom gave her pure joy. Whenever Rashi felt tensed, she would just take a walk down her beautiful garden and everything would seem to be okay. Today, as she sat tending to her beautiful flowers, she heard the doorbell ring and she rushed to open it. At the door, was her elder sister, Reena, whom she welcomed with a hug. "Sunday morning ritual, eh?" quizzed Reena as she saw Rashi with her gardening gloves on. "Yes, the new plants are growing, so I'm just making sure there are no weeds. Come take a look!" replied Rashi with enthusiasm. As they sat in the garden Reena enquired about Rashi's family. "How are the kids doing?" asked Reena smelling the roses in the pot next to her. "The kids are fine", Rashi replied with a sigh. Sensing tension in Rashi's reply, Reena quizzed, "Is everything okay? You seem stressed." Rashi took off her gloves and slumped down with



her head in her hands and said, "Where do I start? I just feel that as the kids are growing, they're getting disconnected from me. We don't talk like we did when they were younger. Even the arguments have increased. I don't know how to deal with it." Reena put her hand around Rashi's shoulder and said, "I understand. Being a parent is tough. But one thing I'll tell you, parenting is akin to gardening." Surprised at her sister's words, Rashi asked, "How so?" Reena explained, "In gardening, the three most important things are good soil, watering them well and adequate sunlight. Without these, the plants won't grow and the flowers won't bloom. In parenting, it's the same. Patience, love and communication are the 3 crucial pillars in this process. Your kids are growing, developing their own sense of the world. At this time, your role as a parent is to encourage them in their endeavors and also give them the pros and cons to their decisions. Give them enough knowledge and support to make their own decisions, don't make decisions for them. All teenagers go

through this phase of non communication. The best way to deal with it is to maintain a fine balance between being there for them when they need advice and giving them enough space to understand and make a choice. That's when they'll bloom into wholesome individuals." Rashi questioned, "Did you go through this



too?" Reena let out a chuckle and said, "Of course, I did. I'm talking out of experience. Don't worry, you'll be fine." Rashi hugged her sister and joked, "Now that I know you're so smart, I'm going to trouble you every day. You'll be my free in house therapist." Both the sisters laughed and went back to smelling the roses.





Bharatiya Arogya Nidhi

Sheth K. C. Parikh General Hospital

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Email ID : banhosp2007@yahoo.com

HEALTH CHECKUP SCREENING PROGRAMME

OUR BODY IS A TEMPLE IT IS OUR DUTY TO KEEP IT FIT & STRONG

Basic Health checkup	Body profile	Executive H.C.	Cardiac Package	Senior Citizen
CBC,ESR,BLOOD GROUP, HBSAG,HIV,URINE ROUTINE,STOOL ROUTINE,FBS/RBS, SR. CREATININE, SR.CHOLESTEROL, SR.TRIGLYSERIDE, SR.SGPT, SR. BILIRUBIN, ECG, XRAY CHEST	CBC, ESR, BLOOD GROUP,URINE ROUTINE,STOOL ROUTINE,FBS, PPBS, LIPID PROFILE: CHOLESTEROL,HDL, TC/HDL RATIO, LDL, TRIGLYCERIDES, VLDL, RFT : BUN, CREAT.,TP, ALBUMIN, GLOBULIN, A/G RATION,SODIUM, POTASSIUM,CHLORIDES, URIC ACID, CALCIUM, PHOSP.,LFT:BILIRUBIN TOTAL,DIRECT, ALK. PHOSPHATASE, SGOT,SGPT, PROTEIN TOTAL, ALBUMIN, GLOBULIN, A/G RATIO	CBC,ESR,BLOOD GROUP,URINE ROUTINE,STOOL ROUTINE,FBS/RBS,HIV, HBSAG,LFT: BILIRIBIN TOTAL,DIRECT, ALK.PHOSPHATASE, SGPT, SGOT,PROTEIN TOTAL, ALBUMIN,GLOBULINE, A/G RATIO,LIPID PROFILE:CHOLESTEROL HDL,TC/HDL RATIO,LDL,TRIGLYCERIDES, VLDL,RFT:BUN,CREAT., TP, ALBUMIN,GLOBULINE, A/G RATIO,SODIUM,POTASSIUM,CHLORIDES,URIC ACID,CALCIUM,PHOSP., URIC ACID,HbA1C, SR.CALCIUM, VITAMIN D,T3,T4,TSH,ECG, XRAY CHEST,USG ABD.	CBC,ESR,FBS,PPBS, CORONARY RISK FACTOR,LIPID PROFILE:CHOLESTEROL, HDL,TC/HDL RATIO,LDL, TRIGLYCERIDES, VLDL	CBC,ESR,BLOOD GROUP,URINE ROUTINE,STOOL ROUTINE,FBS,PPBS, LIPID PROFILE:CHOLESTEROL, HDL,TC/HDL RATIO,LDL,TRIGLYCERIDES,VLDL,RFT:BUN CREAT., TP,ALBUMIN,GLOBULINE,A/G RATIO,SODIUM, POTASSIUM,CHLORIDES,URIC ACID,CALCIUM, PHOSP., LFT:BILIRIBIN TOTAL,DIRECT, ALK.PHOSPHATES,SGOT, SGPT,PROTEIN TOTAL,ALBUMIN, GLOBULIN,A/G RATIO,T3,T4,TSH, HbA1C,URIC ACID,SR.CALCIUM, VITAMIN D3,VITAMIN B12,ECG,XRAY CHEST PSA FOR MEN, USG ABDOMEN & PELVIS
RATES AS ON DATE				
1000/-	1500/-	4300/-	6100/-	5600/-

Call us today :- 022 – 26206493,26206021 ext : 015 / 010

Other Services we offer to the society:

Casualty, Joint Replacement Surgery , Nephrology - AKD , General Medicine , Chest Medicine, General Surgery, Endoscopy, Laparoscopic Surgery, Diabetology, Urology, ENT, Dental, Ophthalmology, Neurology - Neuro Surgery, Oncology - Onco Surgery , Chemotherapy / Haematology, Gynaecology, Pathology, Physiotherapy – McKenzie Certified Clinic , Cardiology – Cathlab and Cardiac Surgery



KITTY @ KAMA

WHERE THE
REWARDS ARE...



WIN & GET LUCKY

SUPER DRAW 1

In the 5th month, 1 lucky customer will have 5 installments paid by Kama.



SUPER DRAW 2

In the 7th month, 1 lucky customer will have 3 installments paid by Kama.

MONTHLY DRAW

1 lucky customer will win a 1gm 24kt **Gold Coin** every month.

HOW IT WORKS

The Kitty commences after 30 enrollments & continues for 11 months. Members Pay 10 instalments & get discount equivalent to 100% of 1 installment.

Monthly Installment in ₹	Term Months	Advance paid in ₹	Discount on Jewellery Purchase in ₹
3000	10	30000	3000
6000	10	60000	6000

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