

# NEON NEW YEAR PARTY

## 31st Dec. @ JVPGC

Volume VI • Issue 10  
December 2016

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

### Special Guest Editors

- ★ **JVPGC Squash Champions**  
Shine At Asian Masters
- ★ **Lawn Tennis Coaching Tournament**  
Rupali Sachin Dua
- ★ **Fever Of Weight Loss**  
Datta Gaikwad
- ★ **Interview With Aarti Lalwani**  
Sonal Motla Vashi
- ★ **Mind It!!!..... If You Please**  
Kavita Sharma
- ★ **Escape**  
Avanti Dalal
- ★ **Paneer Paradise Roll**  
Tanvita Saraf

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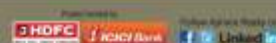
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So here we have it, our last issue for this year and if I may say so myself, our grandest one yet, complete with all grandeur, sparkle and brilliance that JVPGC as an institution stands for.

That went fast didn't it !!!! 2016. And what a year it's been. When I look back at 2016, it will nostalgically remain thus far the most eventful year of my adult life. A roller coaster voyage, epic in every conceivable way, with it's astronomical highs and it's hellish lows. That being said, it's metamorphosed me in an irreversible fashion and for all its worth, I hope the year has done the very same for each one of you; i.e helped you evolve in some shape, size or form towards eventually being who you aspire to be.



## EDITOR'S NOTE

Nikhil Prabhakar Rao

Editor and Chief

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*Read Sandesh  
We Do Carry  
Meaningful Editorials*

In the form of Sandesh, this, our in-house voice of the members periodical, I've aimed at taking on something that I believe, would add tremendous value to all our lives. I speak for myself when I say; it has assisted me in keeping my creative juices afloat and has improved my life significantly; in the belief that along with a very inspirational and dedicated team, together we have added some value to your lives and I can only hope, I have some of you out there who can endorse this modest belief.

I must however sheepishly say a few seasons back, the mundane pressures of our inevitable existence did drive me to tender in my resignation as editor and chief and I remain indebted to our hon. Sect. Himanshu Gokani who urged me to stay on reminding me of the fact that, against insurmountable obstacles and odds, we have a duty towards our members and society at large and that as long as he holds that office, I will have to fulfill this calling, at adding value. I remain thankful to him and even more so, I am extremely thankful for all of you, our readers too. You inspire us to continue to do what we love. Your letters, e-mails, contribution and involvement are what keep us motivated. So, thank you for being a part of the new Sandesh team. As you see, the editors have increased, the advts too and so have the pages. We hope you will continue to enjoy our magazine and to rejoice life with us every day and assist us document share, elevate and celebrate it, each month.

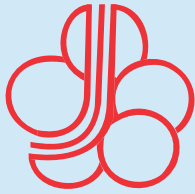
When we look at our great institution, we are well on our way at realizing our vision of being the preeminent destination of athletic and social development, enhancement and entertainment. Each sporting department has created more opportunities for it's athletes, we have more competitive achievers than we ever did before. Each entertainment department has sustainably hosted successful events, one after another and the tireless efforts of the current management have ensured that JVPGC steers into 2017 as one of the very best clubs in India.

Yes, we have had our inevitable challenges along the way. But as editor and chief, being an inherent part of most tête-à-têtes within the well illuminated offices of the current management, I can vehemently emphasize, that this is a governance dedicated to the members and we should not just remain appreciative and thankful to them, but support and exult in this; what they have and continue to create for us as an institution.

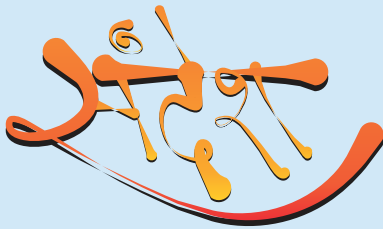
That being said folks, enjoy this season with your loved ones, and make sure to reflect on all the things that make you thankful. I had the most special Christmas and New Years Eve last year, one I may never be able to replicate again. I can only wish you all have one as special and memorable as that !!

My very best wishes to you and all you hold dear for a very warm Nat King Cole sung chestnut filled Christmas and a remarkable new year. Hamesha!

Happy holidays!



Juhu Vile Parle Gymkhana Club



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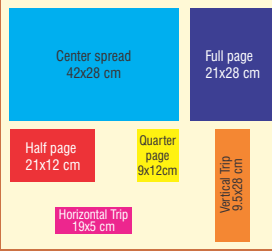
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## From The Desk Of The Hon. Secretary



Himanshu Gokani  
himanshu@jvpgclub.com

Greetings my friends,

What an exciting month it has been here at JVPGC and when things get accomplished the way they are being done here, might I add saying, what a fulfilling month it's been. So much has been accomplished towards the dream of being India's best club.



To begin with, the fire safety norms set by the officials are being carried out

on a war footing across the entire club. With the infrastructure already being constructed decades back, the laying of these pipes has been a huge challenge. But with great joy and satisfaction, we had successfully been able to initiate this process, which is near it's completion and our club has now become what one may call "fire resistant" a safe house for us all and our families, up to the mark, with global standards.



Both the bars and restaurants at the club will be opening shortly. We have brought in new guys. The change, and the wait, let me assure you, will be well worth it. Stay tuned for this one; you gonna bless me for a long time to come.

The opening of the new Orchid and Jasmine halls were a huge success and welcomed by all. The packed bookings and words of appreciation are proof enough that you have accepted and approved of our efforts and the vision. I thank you for that.



The terrace next to the orchid is being done up too (on the second floor). That too can be used along with the orchid or separately. Your parties and functions will get a super face-lift by the end of this month.





Amitpal Kohli



Dhruv Sitwala



Ashish Mehta

We have nearly 100 odd staff at the institution, who unfortunately shared a very select few restrooms, inconveniencing them and members alike. New provisions have been made for them in terms of rest rooms to enable them to comfortably carry out their schedules without any inconvenience.

The MSD has been moved to the ground floor for easy visibility and access to all members of all ages. This too has come as blessing especially amongst our seniors.



Diwali was a huge success across.. The entire club was magnificently lit up and one could almost touch and feel the love and good cheer all around. Our members came in immaculately dressed; there was love, laughter and wishes of prosperity at every corner of the club. One can only wish, the spirit of Diwali, if not Diwali itself lasts 365 days of the year. The benchmark however has been raised and we will do something even more spectacular for Christmas and the New Year.

I salute our Jt. Sect Ojas Dave and thank all the chairmen of all the departments who tirelessly toil to ensure JVPGC is and remains the best sporting institution across the sub continent.

A special note of recognition goes out to all non-sporting dept. chairmen as well who have ensured JVPGC is well on its way at becoming one of the best club in India.

Sandesh, is getting better with every issue. Meaningful editorials, all events appropriately captured, contests and more ensure that this voice of JVPGC engages it's readers on a very knowledgeable, spiritual and emotional level. We are exploring adding into the team at Sandesh, to ensure it gets better for our audiences. We value your suggestions and more importantly we seek your contributions.



As this year comes to an end, I look back nostalgically and look at all that we have achieved in the last year, in terms of systems, processes, staff, infrastructure and athletic development, and it fills my heart with immense pride and pleasure to be able to hold my head up high and say yes, "I was the secretary during the golden year at JVPGC". I thank my president for his guidance, the OBs for all their support and the MC for ensuring we deliver the best to you.. and above all I thank you all for your belief and support in this current governance.

The new front parking has been repaired and freshly paved for members usage.

Happy Holidays Folks !! Until we meet again !!



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# From The Desk Of The Hon. Joint Secretary



Dr. Ojas D. Dave  
daveojas@jvpgclub.com

Dear friends

Greetings!

At the outset, I would like to inform you that the 2nd edition of the Juhu 10K Run that was to be held on 27th November 2016 has been postponed to 5th March 2017.

Dusshera marks the beginning of the cricket season in our club.

Cricket nets for seniors are conducted from Tuesday to Sunday in the morning at 7 am at the adjoining M M Mehta Ground under the guidance of Sanjay Khamkar. Our senior Cricket team currently plays in the "D" Division of the prestigious Kanga league. Unfortunately, this year's edition was declared washed out as the minimum number of matches could not be played due to rains.

Following the huge success of the Summer camp, we have started the winter camp for juniors (under age of 18 years) from November 2016 to March 2016. This camp will be conducted by Sanjay Khamkar and Uday Tank. Details are available at MSD. It is open for members and their guests.

It is very heartening to inform you that the below listed departments and respective coaches have been conducting hugely successful coaching programmes for juniors in our club.

- 1) Badminton: Murli Subramaniam
- 2) Cricket: Sanjay Khamkar and Uday Tank
- 3) Squash: Kunwarpal Singh
- 4) Swimming: Anand Pardeshi
- 5) Tennis: Isha Lakhani

Kindly contact the Chairman of the concerned department or the markers for further details.

Our Health Club is one of the best equipped in the city. Additionally, we conduct ongoing classes in Yoga, Aerobics, Kick boxing etc. Details can be got from the Health Club reception.

Coaching in Snooker under the tutelage of Sanjay Sawant, a renowned National level coach will be starting soon. Kindly contact the Chairman or the markers for further details.

It is with tremendous pride that I would like to inform you that following a hard fought and pulsating finals played at Leeds England, lasting over 4 hours, our club member Dhruv Sitwala who was already Asia No 1 became World No 2 in Billiards. Please join me in congratulating Dhruv who continues to scale newer and newer heights. We wish him all the very best and many more successes in the future.

In the month of October 2016, 2 club members participated in the Asian Squash Masters Tournament held in China. While Amitpal Kohli participated in Mens Over 35 category, Ashish Mehta, a regular at our club squash courts played the Semi finals

in the Mens Over 45 category. By virtue of the performance in this tournament, Amit is now ranked Asia No 3 in Over

Another club member who is becoming better with age is Himanshu Bhatia who has till date won 6 titles from 5 tennis tournament that he has participated in this year.

Squash and Raquet Association of Maharashtra (SRAM) is a 25 year old organisation that is working very hard towards popularising the game of squash in Maharashtra. Following the renovation of the seating area of the squash courts, our club hosted the 125th JVPG Club SRAM Winter Squash Open 2016 from 17th November 2016 to 21st November 2016. Notable performances in this tournament from amongst our members were:

#### **Mens Over 45:**

Uday Mehra: Bronze medallist

Anil Mohite: Bronze medallist

#### **Mens Over 35:**

Amitpal Kohli: Silver medallist

Karan Mirchandani: Bronze medallist

#### **Boys under 17:**

Aarash Mehta: Bronze medallist

Aarash Mehta was given the Best upcoming player trophy by SRAM.

Tennis department held its home tournament from 7th November 2016 to 27th November 2016. The Mens singles finals between Himanshu Bhatia and Nikhil Rao was a pulsating affair, definitely not for the weak hearted. It was a match that saw numerous swings in leads, but it was Himanshu who eventually took the title. My congratulations to both of them as well as to all the participants for having ensured that the event was a grand success.

The Anil Sampat All India Super 8 Gentleman's Championship was organised by our club from 1st December 2016 to 4th December 2016.

8 from amongst India's very best Tennis players played Singles and Doubles in a round robin format tournament. The winner of the singles event was India No 1 Sanketh Myneni. In fact, Sanketh is currently living in the US and had come specially for this event.

To have managed to get these top players under 1 roof to play an invitational tournament requires tremendous efforts and persistence. For having successfully managed to do so as also ensuring that the event went off, without a flaw, I would like to congratulate Tournament Director, Dr. Uday Vora as well as the entire Tennis sub-committee. A special word of thanks to the markers of the department, Mr. Janardhan and Mr. Joy for all their support and enthusiasm.

Till next time, with the hope and wish that you will utilise the fantastic sports facilities offered by our gymkhana,





# ORCHID HALL OPENING



Inaugurated by Hon. Past President Shri Dilip Kathrani







# JASMINE HALL OPENING





## The Police Shield Tournament



### POLICE SHIELD INVITATION TOURNAMENT

**M**umbai Police vs PJ Hindu Gymkhana, Herish Tank playing for Mumbai Police scored 182 of 147 balls in 2 innings, 26 fours and 5 sixes.

1. 94 in 102 balls (14 fours & 2 sixes).
2. 88 in 45 balls (12 fours and 3 sixes).

This is the performance of Samad Akhtar in the above tournament.

- 12 overs 3 maidens 26 runs 3 wickets vs Parsee Gymkhana.
- 11 overs 3 maidens 20 runs 4 wickets vs Dy Patil.



**T**he above mentioned two members are making use of the cricketing facilities provided by our club like, net practice on newly prepared wickets and proper reliable coaching to achieve excellence.

All the interested members are requested to take advantage of the cricketing facilities made available to them by our club.



*Sanjiv Shah*  
Chairman, Cricket Sub-comm.





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# JVPGC Squash Champions Shine At Asian Masters



Bhavesh Shah  
Chairman, Squash Sub-comm.

China recently hosted the **Asian Squash Masters at Dalian** between the 13th and the 16th of Oct 2016. Two of our very own JVPGC greats had the honour of representing our country. They were **Ashish Mehta** (Men's over 45) and **Amitpal Kohli** (Men's over 35). They collectively won the bronze medals bringing great pride and honour to both the country and JVPGC.



Ashish Mehta



Amitpal Kohli

**Ashish Mehta** (Men's over 45) came 4th in Asian masters so he is officially 4th in Asia and **Amitpal Kohli** (Men's over 35) came 3rd in Asian masters so he is officially 3rd in Asia.

A matter of great pride for our club, we salute and celebrate in their success. Ashish and Amit.. keep squashing new records. Congratulations !!







Swami Chinmayananda

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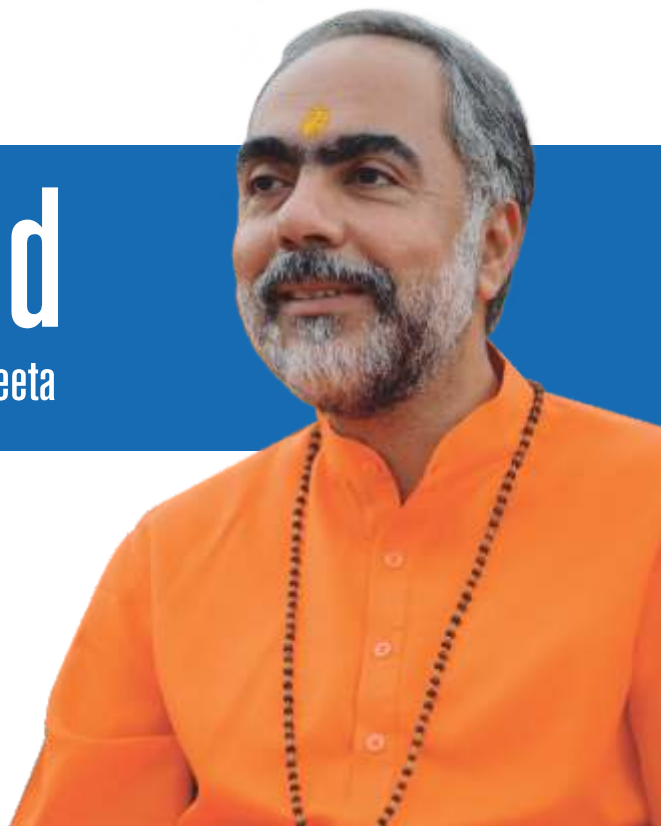
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JVPg Club hosted a Squash tournament in association with the Squash Rackets Association of Maharashtra (SRAM) from 17th - 21st November 2016. The tournament was conducted under the sponsorship of SYSKA LED. The tournament received 239 entries in over 10 categories.



Bhavesh Shah  
Chairman, Squash Sub-comm.

The four tedious days of the tournament ended with Prize distribution ceremony on the last day. Winners and Runners Up of the 3rd Asian Master Squash Championship, 23rd Asian Jr. Squash Championship and the Junior National Championship were felicitated by SRAM at the ceremony.

The ceremony was in galore of celebrations as it also happened to be the 125th tournament organised by Indian Squash Professionals (ISP).

## JVPg CLUB - SRAM WINTER SQUASH OPEN 2016





# World Squash Day @ JVPGC



Squash, a game which is embarked upon as one of the most healthiest Sports around the World. For the betterment, promotion and above all the encouragement of the game among budding Squash enthusiasts 22nd October is observed as “World Squash Day”. To bid a warm welcome to the day with a tinge of keenness and excitement many Squash enthusiasts right from young men and women to the little budding stars gathered together to commemorate the Game of Squash with the grand celebration of “World Squash Day” at Juhu Gymkhana. A cake dedicated to the significance of the Day was cut. Each enthusiast played Squash and several Fitness Games to raise a Toast to the Day.



Bhavesh Shah  
Chairman, Squash Sub-comm.



The theme of World Squash Day 2016 was opening the windows to the Social side of the Game. Every player was told about how Squash is not only about battling it out in the field but also about a friendly Sportsmanship. “ Every player initiates the spark of Championship by playing in his or her Club. Club, a strong association support to every emerging player.”



## Table Tennis

### Gen Next Present Itself: Rajveer Shah

The Maharashtra State Table Tennis Championships were held at Balewadi Stadium, Pune in October 2016

Our young member Rajveer Shah, representing Mumbai Suburban District, was part of the Team that won the Gold in the Cadet Boys (Under-12) Team event. The Mumbai Suburban District Team defeated Mumbai City District Team in the Finals

Rajveer also won the Silver in the Cadet Boys Individual event. He is currently ranked No.2 in Maharashtra. He is currently ranked No 6 in India in the Cadet Boys category

Rajveer also played the quarter final in the Sub-Junior Boys (Under-15) individual event. In this category, he is ranked No 9 in Maharashtra



## Be Yourself Because Everybody Else Is Already Taken: Jash Jobalia

One way of improving yourself is to watch and learn. But I learnt that it was NOT the only way, the hard way.

Although, I was a gold medal winner in the state championship and a player of the Maharashtra team, I would still analyze the game of each and every opponent that I lost to. I would try to adopt the action of the better players but somehow I just wouldn't succeed

All that hard-work and sweat would all go in vain. One day I got so frustrated that I just couldn't get an action right and put my racket down. Why can't you be like the others? I said to myself...and then at that point I realized that I have got to stop trying to be like others and stay true to myself. I calmed myself down and said to myself maybe I am different, maybe I have to get an action of my own. So then I developed a new action which I worked so hard on that it had become one of my most strong

points and signature moves

Today, I have been selected in the district team, won the gold medal in the state team-championship for sub-junior boys and was selected as a reserved player to represent Maharashtra in the National Championship to be held at Siliguri

If anybody ever asks me what the secret is to my accomplishments, well, the main thing is that you need to believe in yourself. Once that's accomplished, everything is accomplished. A wise man once said, 'Don't be afraid to be different; a lion walks alone while the sheep flock together.'

PS I really want to extend my gratitude towards Juhu Gymkhana for being the stepping stones for my achievements. I would not have been able to become what I am today without their support





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# AQUA AEROBICS

**T**his new form of exercise with water, is spreading across the globe quickly. This simple and cool idea, of fusing gym reps and swimming, is as technical and as effective as one's daily workout. You can substitute your daily long schedules of workout and swimming, with this new innovation; aqua aerobics. It gives you the same intensity of maintaining your body and muscle mass and also what some participants mention, "chill in the cool waters"



**Nikhil Thanawala**  
Chrmn, Swimming Pool Sub-comm

People are becoming more inclined towards it, owing to its many advantages. Primarily being its new regime, you need not be a good swimmer! The exercises are usually performed in a mid-sized and depth pool.

Soft contact with ambience reduces chances of injury. This is apt for people of all ages and genders.

Aqua aerobics, as many perceive, is not about rigorous workouts. Physics plays its important role here. The center of gravity of the body is always maintained. While in the pool, it tends to go downwards as effect of gravity and your hands are held up. To keep the head above the water, one moves the legs faster and harder. This leads to development of legs muscles. Waves created by your own hands push on the stomach muscles and they are developed too.

Not to forget, the boosting music to drag you out of laziness and drive you towards fitness can also be incorporated here!

We at JVPGC are motivated to introduce aqua aerobics to you. We welcome you to come and experience it under our esteemed coach Anand Pardeshi. He has specifically undergone training in Singapore and knows how to assist you burn that fat, while being entertained; through aqua classes.

Exercise in any format is good for your body. However, water oriented workouts have many benefits and often generates great results. Aqua exercising or workouts has taken fitness to the next level, especially for members past 55 years.



The low impact exercise helps us to jump, skip, paddle, kick, run, cycle in the water. We do upper body and lower body stretches and exercise with help of noodles, Aqua dumbbells and weight. We do many more forms of underwater exercises, which we wouldn't be able to do outside (land-based).

We burn three times more calories, it helps in blood circulation, toning the body, strengthening the joints and increasing breathing capacity too!!.

Anand Pardeshi is doing a great job at our club. Having been exercising aqua with him since it started about 4 years back and the benefits are amazing.

Thanking

**Meera Jolly (L-4602)**

Dear Editor Nikhil Prabhakar Rao,

I am taking aqua aerobic classes from four and a half years along with my friends. All of us are very happy with the results and we are thankful to our JVPGC for conducting the classes under expert supervision of most experienced coach Mr. Anand Pardeshi.



The benefits of aqua exercises are immense. As anyone young or old, swimmers or non-swimmers can take the classes comfortably without drowning or getting injured. High intensity workouts can be carried out easily using various gadgets like long and short noodles, aqua dumbbells, weights etc with least impact on body parts thus protecting the joints. As the natural phenomenon of Beyoncé of water, when the body is partially submerged the weight bearing is minimum avoiding all injuries.

Also water gives natural massage to the body and improves the blood circulation hence the functions of all the internal organs are carried out efficiently. Forty five minutes of vigorous work out results into adrenaline rushes which causes the skin to flush out toxins resulting into fresh glowing skin.

Another benefit which we all experience is mobility, because in water stretching and

strengthening of muscles maximizes which results into inch loss and getting a toned body.

It also helps in balancing the body thus eye and mind coordination optimizes.

There are days when we have upper body exercises which gives us stronger core and toned biceps and triceps, and days when we do lower body exercises to get fitter legs. All the exercises which may not be possible on floor for some people can be easily achieved here for better health.

According to experts worldwide, aqua exercises are the best form of workout for all age group.

Smruti Dalal, Sonia Shroff, Seema Vaidya, Raji Savla and other friends along with me at regular aqua class share the same opinion.

If would you be interested in a

"BetterYou",

"Stronger & FitterYou" and

"HappyYou"; join the classes.

My friends and I would like to take this opportunity to thank JVPGC and Anand Sir for giving us such refreshing rejuvenating experience.

Warm Regards,

**Dipti Motasha (L/757)**




  
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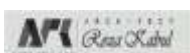
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EXCLUSIVELY PROMOTED BY:



Project Architect:



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# Lawn Tennis Home

Lawn tennis is an Olympic sport, played at all levels and It is a very popular sport worldwide, especially its four Grand Slam tournaments. Players, world over, train their best and aspire to qualify for such prestigious events!



Rupali Sachin Dua

Lawn tennis is an Olympic sport, played at all levels of society and at all ages. It is a very popular sport worldwide, especially its four Grand Slam tournaments. Players, world over, train their best and aspire to qualify for such prestigious events!

Closer home, at our own Juhu Vile Parle Gymkhana Club, we have one of the most promising and upcoming training academies, 'ASPIRE'. The Committee Members, highly talented coaches and the entire team works tirelessly to equip the budding players with the basic as well as advanced skills depending on their caliber and existing expertise.

The logical 'continuation' of any coaching is to be able to apply what you have learnt before going on to the next level. As the saying goes, "the proof of the pudding lies in its eating"! So did we witness the spectacular tournament organised for all levels of kids undergoing the coaching program. It was an absolutely wonderful platform for the learners - mini court players, beginners, intermediate, advanced as well as super advanced level, to demonstrate their skills and prove themselves.

The premise of the draws in this tournament was the fact that all kids at the same level of expertise will compete with each other. So while a beginner competed with another beginner level learner, an advanced player played another player of the same level. It was a wonderful and an extremely balanced mix of matches.

A lot of backend work goes into organising such

tournaments. And that's exactly how our head coach Miss Isha, along with her team, went ahead. Draws were taken out, date and timings were allocated for each of the matches across different levels. It was especially challenging because this event was being conducted during the monsoons.

The tournament started on September 12th, and saw its grand finale on Sunday, September 25th. Weather presented us with a fair share of challenges by having us reschedule a few matches including postponing our finals and the entire award winning celebration by a week. But did that deter anyone...no way!!

"The effectiveness of communication is not defined by the communication, but by the response." - Milton Erickson

And there stood our test of keeping the entire 'Tennis Family' in sync. This includes the parents, the Management Committee members and the team itself, who are all an integral part. The communication to parents on each and every aspect of the tournament including

forewarnings due to weather related delays was so timely, crisp and flawless that everyone managed to plan well and be there.

The finals were nail biting matches making us realise the true treasure we hold in our children.

The Closing ceremony was attended by a large number of parents and representatives of the JVPGC Management Committee members. It began with words of appreciation and a thank you note by the





# Coaching Tournament 2016

Chairman of the Tennis sub committee, Mr. Nikhil Prabhakar Rao and Mr. Sanjeev. This was followed by the award distribution



ceremony by the President, Mr. Shamit Majumdar, Honorary Secretary Mr. Himanshu Gokani, Hon. Jt. Secretary Mr. Ojas Dave. To celebrate the occasion, children cut a cake with the team of coaches. There were also sumptuous snack arrangements for all those who were present. It was indeed a grand evening.

This is what some of our parents said... need we say more ©



"Thank you Isha Miss and Joy sir for making this an unforgettable experience" - Tanya

"Highly-highly motivating, hardworking, committed coaches -Isha miss, Joy sir and the entire team. Can't thank you enough for the value you are adding and the interest you have created in this wonderful sport. Can't do without you in my son's journey of tennis" - Aarit Dua's parents, Rupali Sachin Dua

"Never come across a team blended with professionalism accommodating and talented. U r a family and we love you" - A. B. Vasa (Ness and ZivVasa)

"Extremely well organised and highly motivating for the children. Appreciate the efforts taken by the coach and the entire team! Kudos!" - Payal

"Kids as well as parents are very motivated and inspired. Kudos to the coaches and their team for their untiring efforts till the end. Big big thank you." - Navya Mehta's mom

"Thank you very much for giving me this opportunity to be a part of this academy. I am very proud to have the best teachers teaching me an awesome sport." - Jessica Kaur Dang's mom

"Thank you Isha Miss and Joy sir for being such good leaders." - Divina

"Thank you to Isha, Sanjeev sir, Joy sir, Manish sir, Rakesh sir, Dev sir and the whole team for organising such a wonderful tournament and coaching our kids with such dedication and enthusiasm. 3 cheers" - Divya and Alysa Hora's parents

"Great efforts by Joy sir, Isha and all the coaches! Looking forward for more." Varsha, Veer J

**2 teach is  
2 touch lives  
4 ever**

A big thanks to each and every member of the 'Aspire' academy for their untiring efforts in nurturing the talents of young players!





# Lawn Tennis Home Tournament



The lawn tennis department hosted its annual home tournament “with a twist” this year. This unlike the previously held coaching tournament was open to all members of JVPGC to compete in.

A remarkable amount of over 150 entries were received in categories as young as the under 6 age group all the way to the 40+ category.

This year a new category was added being the floodlight coaching group where Prithvi Barodia stole the show with some impeccable display of resilience in a nail biting finish which he competed against the very talented Aditya Shah, which went down to the wire in the final super tie-break. A special vote of appreciation goes out to our coach Joy Mathews who’s untiring effort is shaping up the next generation of JVPGC Aces!!

The highlight of this years tournament was the outstanding performance of chairman Nikhil Prabhakar Rao; leading from the front and amassing 4 titles in the 4 categories he competed in; falling



short only at the men’s singles crown which he fell narrowly short too his best friend, team mate and no 1 spot holder Dr. Himanshu Bhatia whose epic display of grit and guts throughout the championships in many hard fought encounters ensured he lifted the coveted men’s open crown and earned him the adulation and respect of the entire fraternity.

The other appreciation awards bestowed upon the athletes were, the youngest player award which was presented to the very charismatic

Aaron Alreja, the players of the future award which adorned both nnnn and nnnn respectively.

The sub committee this year unanimously chose to bequeath a “legendary player award” to Himanshu Bhatia for his years of dedication to the sport and his plethora of achievements on the competitive platform this year.

A very distinctive award, a players choice award, voted by the fraternity in recognition of a player they would like to emulate on the court was awarded to the chairman Nikhil Prabhakar Rao, which he received from his dear friend and mentor Dr. Tejas Parekh.

The finals and prize distribution were hugely attended in numbers by many



Leading by example



Nikhil Prabhakar Rao  
Chairman, Lawn Tennis Sub-comm





tennis and sports fanatics across the club and graced by the office bearers who gave away the prizes.

The results of the annual 2016 JVPGLawn tennis home tournament.

## Result

| Category                            | Winner                                    | Runner-up                        | Semi Finalist                   |                                  |
|-------------------------------------|---|----------------------------------|---------------------------------|----------------------------------|
| Girls Under 6                       | Alysa Hora                                | Avantika Agarwal                 | Isabelle Singh                  | Aanya Katharani                  |
| Girls Under 8                       | Jesska Kaur Dang                          | Kaira Thanawala                  | Divina Minocha                  | Alysa Hora                       |
| Girls Under 10                      | Ananya Shah                               | Divya Hora                       | Aditi Shenai                    | Rionna Kanani                    |
| Girls Under 12                      | Krishna Paleja                            | Ananya Shah                      | Rionna Kanani                   | Diya Hora                        |
| Girls Under 14                      | Krishna Paleja                            | Ananya Shah                      | Diya Hora                       | Tanya Khanna                     |
| Girls Under 18                      | Krishna Paleja                            | Tanya Khanna                     | Ananya Shah                     | Khushi Soni                      |
| Boys Under 6                        | Jian Kale                                 | Kian Patel                       | Riyan Mehta                     | Veer Jagwani                     |
| Boys Under 8                        | Vihaan Mathreja                           | Veer Mahajan                     | Ansh Jatakia                    | Arjun Patel                      |
| Boys Under 10                       | Rshaan Mathreja                           | Ardhan Sethi                     | Dev Raizada                     | Krish Agarwal                    |
| Boys Under 12                       | Roshan Patel                              | Krish Agarwal                    | Ardhan Sethi                    | Arnav Morjaria                   |
| Boys Under 14                       | Rohan Patel                               | Krish Agarwal                    | R. Bhurkhanwala                 | Arnav Morjaria                   |
| Boys Under 18                       | Rohan Patel                               | Arnav Morjaria                   | Krish Agarwal                   | Rudrakesh B.                     |
| Mens Singles                        | Himanshu Bhatia                           | Nikhil Prabhakar Rao             | Raahil Dhruva                   | Sahil Parikh                     |
| Mens Doubles                        | Nikhil Prabhakar Rao<br>Abhijeet Muzumdar | Nirmal<br>Kashyap                | Dr. Uday Vora<br>Badresh Parikh | Sahil Parikh<br>Rushabh Mehta    |
| 40+ Singles                         | Nikhil prabhakar Rao<br>Kashyap Choksi    | Dr. Uday Vora<br>Bhadresh Parikh | Rakesh Gupta<br>Sandeep Jazeri  | Devang Shah<br>Jinesh Choksi     |
| 40+ Doubles                         | Nikhil Prabhakar Rao<br>Kashyup Choksi    | Dr. Uday Vora<br>Bhadresh Parikh | Rakesh Gupta<br>Sandeep Javeri  | Devang Shah<br>Jinesh Choksi     |
| Knight of The Night<br>Single/Open  | Prithvi Barodia                           | Aditya Shah                      | Champ Alreja                    | Prateek Agarwal                  |
| Knights of The Night<br>Double/Open | Aditya Shah &<br>Prateek Agarwal          | Manish Rupani &<br>Samir Parikh  | Champ Alreja &<br>Amit Rohra    | Milan Patel &<br>Prithvi Barodia |







# ANIL SAMPAT ALL INDIA SUPER 8 GENTLEMEN'S CHAMPIONSHIP

The grandest lawn tennis tournament of each year's international calendar is the Barclays ATP World Tour Finals; a professional men's tennis tournament. The ATP World Tour Finals are the season-ending championships of the Association of Tennis Professionals (ATP) World Tour, featuring the top eight singles players of the ATP Rankings from across the world.

Unlike all other singles' events on the men's tour, the ATP World Tour Finals is not a straightforward knockout tournament. Eight players are divided into two groups of four; and play three round-robin matches each against the other players in their group. The two players with the best records in each group, progress to the semifinals, with the winners meeting in the final match to determine the champion.

The Anil Sampat Super 8 was the brainchild of our lawn tennis Chairman Nikhil Prabhakar Rao who wanted to; for the very first time in the history of Indian lawn tennis, conduct such an event, promoted and organized by the Juhu Vile Parle Gymkhana Club, in Mumbai; in association with the Anil Sampat family being the title sponsors.

8 of the top 15 seeds of Indian lawn tennis played this first of its kind tournament at the courts of the Juhu Vile Parle Gymkhana Club between the 1st and the 4th of



*Nikhil Prabhakar Rao*  
Chairman, Lawn Tennis Sub-comm

However, under the legendary leadership of tournament director Dr. Uday Vora and his entire dedicated team at Juhu Vile Parle Gymkhana Club; who enjoy a celebrated history and very magnanimous record of hosting international level tournaments and goodwill amongst the fraternity, they have been successful in organizing this event.

After months of meticulous preparation, we had 8 of the top 15 players of India, including members of our Davis cup







team and players of grand slams, coming to Juhu Vile Parle Gymkhana Club and competing in this first of it's kind, an all India Super 8 Tournament.

The list of names who need no introduction and competed in this tournament were:

- Saketh Myneni India no. 1
- Vishnu Vardhan India no. 5
- Sriram Balaji India no. 6
- Mohit Mayur India no. 10
- Sanam Singh India no. 12
- Niteen Kirtane India no. 17
- Aryan Goveas India no. 19
- Jayesh Pungliya India no. 27

The four days of action saw some scintillating tennis, brilliance of international reputation at JVPGC. This event was attended by audiences from across the city who came in and enjoyed the warm hospitality JVPGC is renowned for. The players were flown in from across the country, put up in 5 star accommodations near the beach, treated to meals and the use of the lavish facilities at JVPGC across the 4 days that they were present.

The tennis played entertained the 200 odd crowds of people who flocked in each evening to watch the matches; and all the players, signed autographs and clicked a lot of photographs during their interaction with the audiences and the children of our coaching endeavor; Aspire

The office bearers present on the final day, gave away the prizes, along with the title sponsors, the Anil Sampat family and the associate sponsors, being, iifs, groupdrop and velvet case who were also the official sponsors for the trophies.





# Emotional Transformation

Workshop held on 16th Oct 2016 at Orchid HALL, JVPGC

Most of the times we do not even realize what we are feeling and do not know practical ways which can help us in understanding our emotions first and foremost and then handling them better so that we can be better individuals and have better relationships. Emotional Transformation workshop was a step in helping understanding the feelings and understanding the nature of emotions. By understanding the underlying code of emotions, the root cause of the emotions can be understood and the insights can help in using the emotional feedback to move towards more positive states that can be empowering.



Shailesh C Shah  
Chairman, Library Sub-comm.



Participants could get such insights for powerful negative emotions such as FEAR & ANGER.

Over 50 participants attended Emotional Transformation workshop. The participants were very receptive and participated in the activities with enthusiasm. **Some participants requested that it would be great if they could have similar workshops every Sunday.**

## Some of Workshop Highlights



There was some immediate take away for all. Some resolved to appreciate people whom they have been wanting to appreciate but have not done so far despite knowing them for decades.

Some enjoyed the Audio-Visual Content which brought tears in their eyes.

Some were happy that it was not a monologue and they could interact and participate in the

— Pooja Gupta



workshop. Thought Provoking Activities stirred up the thinking and opened the door to new possibilities.

Others were happy that they got some practical tips which they could use in their day to day interactions leading to more tranquility and better relationships.

The workshop was conducted by Mrs Pooja Gupta from Chinmaya Mission, an organization that is a premier organization for disseminating knowledge of Advait Vedanta and Bhagwat Geeta throughout the world. She gave a brief introduction of the mission, its objective, the local Acharya and the center which happens to be in the close vicinity of the club at 5, Jain Vihar, NS Road no.3. The module was designed in such a way that it was religion agnostic with a wide appeal from an atheist to a believer from any Faith.

A simple take away for all was a handout that summarized the Emotional Transformation workshop was the acronym PEACE.

- o P - PAUSE
- o E - Educate yourself on your emotions
- o A - Appreciate
- o C - Care and Compassion
- o E - Evolve

Participants felt they had taken a lot back from the workshop. Most of them came up with steps they are going to take that very day for taking a step further to improving their Emotional Quotient.

Having shared what transpired during the workshop, let me tell you reading is not the same as experiencing. And to experience and learn one must be willing to explore and experiment.







*Kangaroo Kids*

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Shaurya, Grade 4, likes Robots  
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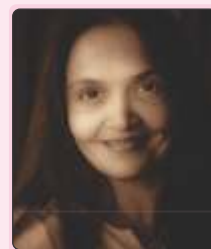
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# MY HEART PUMPING CAPACITY INCREASED FROM 20% TO 55% WITHIN 6 MONTHS!! IT IS NO SHORT THAN A MIRACLE!!!

I Have Found My Energy Again And I'm Able To Do A Lot More Physical Activity Than Earlier.  
By The Grace Of God And Rupen Sir's Dedication, I Have Seen A Huge Improvement In My Health.



Sonal Motla Vashi  
Co-editor

**Q: Dear Artijee kindly share your medical issues and how F5 yoga helped you**

**A:** I had Multiple health issues when I joined Rupen Sir's class.

First of all, my heart's pumping capacity was only 20% when I started with Yoga last year.

Besides that I have been diagnosed with Colitis (an ulcer-like condition that affects the intestines) since a few years now and I've been taking strong medication for that. I also suffered from severe back and neck pain before I started my practice.

**Q: Please tell us how your health got better...**

Rupen Sir's F5 yoga Transformed my health and how!

Due to multiple health issues, I would only be able to do Pranayams (Breathing Exercises) whenever I would come to class. Rupen sir, made sure that I was doing the right kind of exercises. He urged me to be regular for class and promised that it would lead to great results.

Within 6 months, my heart pumping capacity increased to 35%. My doctor was really happy to hear this and he encouraged me to continue with yoga. My belief in my teacher and the power of Yoga practice only strengthened after I witnessed this kind of progress.

**Living the change:** today I am living this change first hand.

Today, after 6 months, my heart pumping capacity has increased to 50-55% which is nothing short of a miracle.



Arti Lalwani (L/585)

I have found my energy again and I'm able to do a lot more physical activity than earlier. By the grace of God and Rupen sir's dedication, I have seen a huge improvement in my health. I was prescribed steroids to manage colitis and a lot of other medication which has now been reduced to more than half. The credit for all this goes to my Yoga practice. In spite of being restricted to Pranayam (I do these while sitting on

the chair as my doctor has advised against asana practice), I have made amazing progress in terms of health and peace of mind.

**A source of Inspiration:** All these positive health benefits have served as an inspiration to my husband. He recently started practicing F5 Yoga under Rupen Sir's guidance and he has started to experience the change too. Following our example, my kids have also decided that they will start with Sir's F5 Yoga practice. Young or old, healthy or not, I have seen Yoga benefit everyone and I hope reading about me sets you thinking about taking up Rupen Sir's Yoga for a better life.

## Rupen Sir's strong advice

Our body is always giving us signals, if we care to listen, we will never have a calamity.

## Listen to your body!

Specially never ignore acidity and gas troubles in the body. This usually leads to cardiac issues.





# Aerobic Exercise @ JVPGC Health Club



**H**eart Association and the American college of sports medicine recommend 30 minutes of moderately intense aerobic exercise five days a week or 20 minutes of high intensity aerobic activity 3-4 days a week to



*Manoj Raveshia*  
Chairman, Health Club Sub-comm

maintain good health and reduce risk of chronic disease.

During aerobic activity repeated movement of large muscles in arms, legs and hips lead to quick response from the body. It maximizes the amount of Oxygen in blood and heart beats faster which increases blood flow to muscles and back to lungs.

Aerobic exercise not only burns up calories leading to weight loss but also tones the muscles and improve posture.

Stamina and energy level improves and helps us to sleep better.

Aerobic workouts help in alleviating one's mood and reduce the tension associated with anxiety. Body releases endorphins, natural pain killers.

Regular aerobic workout not only strengthen the heart and lungs but also helps lower cholesterol, blood pressure and reduce the risk of type 2 diabetes, metabolic syndrome and certain types of cancer.

So, ready to get more active? We, in our health club, have been providing our members with regular aerobic classes that include different kind of workouts like floor aerobics, step aerobics, pound workout, step and floor circuit etc. You can enjoy a different workout every day. There are two batches for your convenience (Monday to Friday)

10:30a.m. - 11:30a.m and

12:35p.m - 01:35 p.m.





# RENDEVOUZ WITH RUJUTA DIWEKAR

Rujuta is amongst the most qualified and sought after sports science and nutrition expert in the country and the author of 5 best-selling books on Nutrition and Exercise.

Winner of the 'Nutrition Award' from Asian Institute of Gastroenterology, Rujuta is amongst the most qualified and sought after sports science and nutrition expert in the country and the author of 5 best-selling books on Nutrition and Exercise. In the plethora of diet fads and fears, her voice rings loud and clear, urging us to use our common sense and un-complicate the act of eating. She emphasizes on a blend of traditional food wisdom and modern nutritional science for a healthy body and mind, best reflected through the mantra – Eat local, think global. She quotes, "So, how did the definition of nutrition become synonymous to filling your plate with unpalatable foods? When did we become a nation that rejects ghee but takes to olive oil? The demarcation of carbohydrates, proteins and fats was meant to help people make sensible decisions. But it has just left people confused. These days, selling anything by terming it 'trans fat-free' or 'sugar-free' is lucrative. The only people benefitting are those in the food and weight-loss industries." The most



*Darshana Kothari*  
Chairperson, C&W Activity Sub-comm.

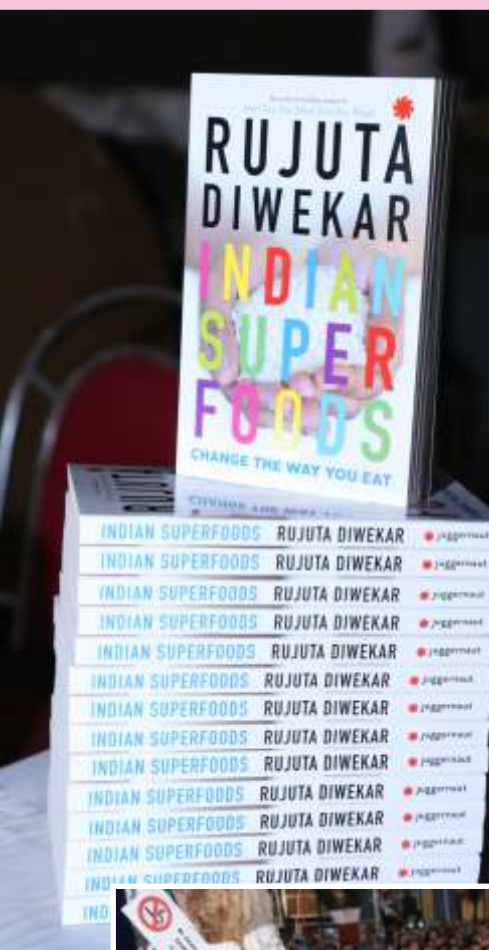


important of her guideline was," It's not necessary to look thin. Rather u need to feel thin from within."

We were obliged to have her amongst us at Juhu Gymkhana. An event organized by Darshana Kothari, chairperson C&W activity subcommittee saw a crowd of more than 700 people. It was a very successful event and we all look forward to many more such programmes.











*Datta Gaikwad  
(Fitness Consultant)  
Info.dgfitness@gmail.com  
9619324080*

# Fever Of Weight Loss

**Proper Nutrition And Fast Walk Is Sufficient For Weight Loss.**

**W**e have been observing that today's generation has become health conscious.

Almost every street has one or more gymnasiums or yoga centers. In garden and beaches we see people walking, jogging and doing aerobic exercise. Even through newspaper, magazines and the internet one can gain substantial knowledge about fitness. Thus fitness has become an important ingredient in the recipe of one's life. Looking at the crowd in gyms, we can feel the health consciousness amongst the people. Most

of the people have turned towards fitness by getting inspiration from friends and relatives. One of the most common reason for this health consciousness is losing weight. This has given rise to a false

belief that one who is slim is considered as fit and fat people are considered as unfit. Due to this slim people have started thinking that they are already fit and are ignoring fitness. On the other hand fat people have started excessive exercise to become fit. People have started

**For losing weight we must opt for a proper diet recommended by a professional nutritionist because we can easily intake a lot of calories through food, but when it comes to burning those calories we need to do a lot of exercise.**

portraying that being slim is the only goal of their life. They decide their own diet and also remain empty stomach for a long time. One who has never thought about fitness for two minutes, is doing exercise for 2 hours. People have started checking their weight every

alternate day. They become happy or sad about the results. Due to improper diet and excessive exercise they have become weak and unfortunately do not realize the same. Instead of following trainer's instructions, they have started making

their own exercise programs. This mindset has resulted in to fatigue and weakness only. If this continuous for a long time, then they will have to undergo treatment where doctors will instruct them to stop all the diet and exercise and follow proper medication. During this time of recovery we gain weight and our fitness level goes down and the same cycle continuous. So, we should never do exercise for weight loss but do it to increase our endurance, flexibility and strength by cardio, yogasanas and weight training. Because these exercises are the key of fitness.

For losing weight we must opt for a proper diet recommended by a professional nutritionist because we can easily intake a lot of calories through food, but when it comes to burning those calories we need to do a lot of exercise which results in exertion. Excess of exercise can also lead to injuries. Many a time instead of losing weight we loose muscles by lot of exercise. So my friends, proper nutrition and fast walk is sufficient for weight loss.





# Change...

— Keyur Trivedi  
(L-2540)

The constant of change is for everyone to see,  
It of course does not mean that we fear, fret and flee,

For it makes us feel and experience events we did not  
anticipate and is a feed,

Where the Law of Karma rules large and amounts to  
your equation of right over wrong deeds,

Like there is darkness followed by dawn,  
So is the cycle of change like a clock's ting tong,

They say that we script our destiny by our own hands,  
Change gives us an opportunity to mend out thinking  
and action, IN OUR OWN DEN.

## LIFESKILLS

empowering children to Think Right!!

BY PAYAL SHAH

Toys, gadgets, clothes.  
Is that what makes  
our children HAPPY?  
What about the  
smaller joys of life?



Are we teaching our  
little ones to THINK  
about what is  
right and wrong?

Do they get upset with petty  
issues & find it difficult to  
handle EMOTIONS like  
sadness, fear & hatred ?

Have our children learnt to  
love & value Nature and  
all that we get from it?

ANGER is an emotion that needs to be  
expressed. But is your child able to  
express anger in the right way?

Do our children understand the concept of  
"GIVE RESPECT to GET RESPECT?"

Lets make learning values fun  
with games, videos,  
group discussions, role playing  
& free expressions!

Age group:  
8-12 yrs

Venue:  
Vile Parle W

Coaching our children to manage life situations  
effectively is the Need of the Hour !!

## Feeling distressed because of a toothache?

Toothache occurs in  
or around a tooth.  
It can be sharp, throbbing,  
dull or continuous.

### When should I see a dentist?

- if you have a toothache that lasts longer than 1 or 2 days.
- if you have a headache, earache or pain on opening your mouth.
- if you have a facial swelling close to the jaws.

Proper identification and treatment of dental infections  
is necessary to prevent its spread to other parts of the  
face and skull and possible even in to the blood stream.



Dr. Sonal N Shah B.D.S (Dental Surgeon) | Dr. Dhaval Kesaria M.D.S (Root Canal Specialist)  
Dr. Nakita Mehta B.D.S (Dental Surgeon)

Clinic Timings: Monday - Saturday: 10am - 1:30pm, 5pm - 8:30pm. Sunday by appointment only.  
B-4, New Putlibai Kapol Niwal C.H.S., S.V Road, Vile Parle (W), 400056. Tel: 022 26251776, 7045338147





# Senior Citizen Delights – 5 Star Picnic – Fariyas Resort, Lonavla



One more feather in the cap of senior citizen sub-committee 2016-17 of JVPGC. To fulfill the long standing demand of all seniors, 2 night, 3 days picnic to 5 star Fariyas resort at Lonavla was arranged. 35 joyful senior of our club joined the trip.

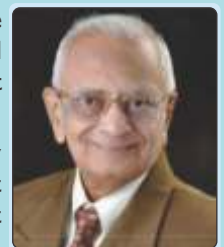
As scheduled, our AC luxury bus departed at 8.00 am on Sunday 27th November 2016 and with a breakfast halt reached the resort at about 11.30 am. A big ac hall with sound system was kept reserved for 2 days for us. On arrival which started experiencing 5 star hospitality of Fariyas resort, were welcomed with cold drinks, tea coffee and cookies by 1.00 we all were allotted twin sharing ac deluxe double bedrooms. Both days excellent lunch was arranged in their common dining area. After a small nap some of our members – ladies and gents dared to enter the ice cold Wild Water swimming pool with slides, a sunken bar, caves, water fall and fountain mushroom. There also was an indoor swimming pool with temperature controlled. Many of us enjoyed that also. After high tea we gathered in our hall. We had already arranged a live Ghazal Nite there. Mr. Chetan and his troupe made spell bound for almost more than three hours with their ghazals, old filmy songs and few gujarati famous songs. We had a very nice time with starter, snacks and drinks moving around. The dinner again was excellent. Both days dinner was arranged separately for us at a special venue and the menu was selected by us in advance.

Second day after breakfast we again met in the hall and had a free for all time. We played rounds of filmy housie, jokes session, our committee member Mrs. Kusum Bansal gave a Tarrot Card presentation which we all enjoyed a lot. After small nap after lunch and high tea we all went to Shri Sai Baba Sansthan at Shirgaon – at temple build about 10 year above and is the pratikruti of famous Shirdi Temple of Shri Sai Baba. We had a good photo session there. Today's evening was kept for our hidden artist – we had karaoke time conducted by our member Mr. Hasmukh Gajjar and Mr. Raja Chhabria. Many amongst us sang beautifully. Our 80 plus beloved Mrs. Pramodini Nanavati presented a beautiful classical song and she danced as usual with the numbers. Almost all of us (ladies and gents) danced together with a Garba session at the end.

Third day after breakfast we left the resort and visited Shri Narayani Dhaam – a beautiful sankul where Amba Maata, Shri Ganeshji and Maruti's nice diaties we darshed. There was also good gowshalla. After heavy lunch of puran poli, shrikhand, ghughara etc. we started our journey towards our gymkhana with a bucket full of pleasant memories.

Even after 10 days of picnic we are receiving whatsapp messages praising the same from Hansa Gandhi, Saroj Mehan, Kusum Bansal, Rupa Ingle, Mr. Ashok & Kunj Mehta, Mr. & Mrs. Natubhai Budhdeo, Madan Jaiswani, Kirit and Jayshri Shah and many more.

My this article will be incomplete if I do not mention my special thanks to Devendra Mehta, Hasmukh Gajjar and Madan Jaiswani for their unforgettable help in managing this picnic so successfully.



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





# Parikrama Senior Experiences

In the month October 2016 I along with Hon. Secretary Himanshu Gokani had several meeting with an NGO 'Parikrama' Senior Experiences. Several young pains taking volunteers – Ridhhi, Paurami, Vivek etc. are conducting this organization and imparts knowledge useful in our day-to-day life to 50+ seniors of Mumbai. They make us student again, reminder our early days and teaches something and meaningful in accompany with our friends.



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

We finalized to conduct 4 sessions of Parikrama, one each on all four Sundays of November 2016 for senior members of JVPGC in our premises as a Diwali special offer free of charge (we charge Rs. 50 per person per session towards high-tea). Above 30 to 40 of our senior attended all the four sessions. The topic we selected was “Become independent with your Mobile” for first few sessions. The volunteers with the help of audio visual taught us uses of Internet, different applications in setting, wi-fi, booking of private taxis, GPS (Global position system), for places and direction etc. We all enjoyed reaching different places in the world through our small mobile with details about distance, time taken reach there etc. It was a fun while learning.

In the last session we were taught “paytm” – India's Digital Revolution – helping our beloved Prime Minister Shri Narendra Modi to fight against corruption and black money, march towards cashless and paperless transitions. Three simple cashless steps – download paytm application, signup with mobile numbers and send or receive money – was explain to our member in a very simple manner with this magical application we learnt how pay our electricity and other bills, to do trains booking, to pay for groceries, stores, water bills, cinema booking etc. etc. Thought our members are using their mobiles for more than 1 to 2 decades, they really fell in love with it after the sessions.

We assured our senior citizen members to arrange more session of Parikrama in future if they want.

We are very much thankful to the Parikrama volunteers for their useful teachings.

## Our forthcoming programs:

1. Musical Housie with multi band Orchestra on Sunday, 18 December 2016
2. KalaVaividhya with Surati Ponk Party on Sunday 8th January 2017.





# Acoustic Music

*Music Is Life That Is Why Our Hearts Have Beats.....*

Music is the soul of every individual. Music is the greatest creation of man, which touches the soul and also helps man to sympathetically manifest unspoken desire and humanity in him. Whether you are a music enthusiast or not, the best way to express one's feelings like anger, love, passion, joy etc. is simply through music. It is rightly said that when words and letters fail the best option is music. You will be able to express the intent of your heart through music which ordinarily may not be possible for you to either do in words or letters.

Two musically unimpeachable giants Amit Gandhi and Rohit Chabria wove together a brilliant and unique idea of bringing live English acoustic music to Juhu Gymkhana. They felt the huge void for English music and soon conceptualized the idea of bringing talented and influential artists to perform at our club. The idea was taken and presented in front of a very supportive and musically inclined committee. The secretary Himanshu Gokani, Chairman of Entertainment committee Jinesh Choksi along with Sunil Shah and Balkishan Sanghvi wholeheartedly accepted the entire idea and also lended their full support for the same.

The night of 14th Oct, 2016 actually had 3 JVPGC members as part of this 1st show! Rohit Chabria on vocals and guitar, Ariez Tata on percussion, and Rommel Lalwani on the guitar. Dushyant Sand and

Shantanu Pilane added to the guitar mix on some tracks. Special guest artists included Rajesh Singh on Bass, KK form Teemeer & the circles & Jatin Talukdar as guitarists, and Shagorika Bhatia, the powerhouse female vocalist. The music was a blend of the old and the new – roots music from the Celtic traditions, old time fiddle tunes, and a touch of blues and bluegrass - not to mention The Dance!!

The aim was to have an eclectic mix of live acoustic music and that's exactly what was dished out at the larger than life event. There was a fabulous crowd participation on popular tracks like Wish You Were Here, Hotel California, I will Survive, and Jaanejaan dhoondta! The enthusiasts up front were rocking to the beats throughout! Rohit Chabria played with masterful finger style, slap-and-tap harmonics and hand percussion, on songs

that ranged over emotions and moods from delicate guitar solos to raucous sing-along. This brought the musicians and audiences together in an intimate space for a special kind of musical experience.

There were about 400 people present on the particular day aged 25-80. Even 60 year olds enjoyed themselves till the end of the show. A few teething issues like capacity of speakers not enough to handle such a big crowd etc arose but it was a fantastic event in all. More live musical sessions, more fun and frolic, more active participation from the live audiences and more such gigs are on the cards!!



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# ESCAPE

There's nothing like a little winter sojourn to start the festivities early! Here are some not-to-be-missed hotels.

## LETAHA'A ISLAND RESORT AND SPA, FRENCH POLYNESIA

Exceptionally remote, and somehow both rustic and unapologetically decadent at the same time, the Le Taha'a Island Resort and Spa is the stuff of Polaroid picture dreams. The 57 overwater villas and suites are propped on stilts above a resplendent sea of cerulean, with ladders on each deck for a mystical sunset catching inspired swim and personal kayaks to watch the waves crest in from. The Relais & Châteaux resort is situated on a private islet off the coast of Taha'a – naturally blessed with sugar white sands, fringed with swaying coconut palms and the faint smell of salt – and tranquility in the air.



Avanti Dalal



## AND BEYOND MANYARA TREE LODGE, TANZANIA

To dive into a tryst with adventure and relive the magic of childhood memories, the &Beyond Manyara Tree Lodge in Tanzania's Lake Manyara National Park fits the bill perfectly. Built to be romantic and secluded, the ten tree houses are nestled amongst the leafy canopy by the lakeshore. With private verandahs and wooden interiors, the tree houses blend seamlessly with the lush forests that envelop them. The drama of the spacious accommodations complements the perks; soaking in the private hot tubs, waking up to blue skies and chirping birds, early morning sunrises, and catching a lucky glimpse of the famous tree-climbing lion.



## SUJAN RAJMAHAL PALACE, JAIPUR

Another Relais and Châteaux property, this hotel is an absolute feast for the senses - it is as if there is something new to experience every corner that one turns. It is reminiscent of a reimagined Wes Anderson movie set in the bygone era of Rajasthan royalty, and the marriage of the two themes is a sweet one. Every room and every wallpaper tells a story, and that is the absolute magic of Rajmahal Palace. The service is one of quiet extravagance - there is someone to fulfill every whim in the shadows, but that is where they stay - hidden till needed.







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



**Sunil Shah**  
Chrmn, Bar & Cat. Sub-comm.

## Wednesday Live Entertainment

One of the biggest hurdles one faces as the bar chairman to ensure we constantly develop innovative ideas and concepts to socially entertain our diverse members

Over the last few seasons it is all thanks to our current Hon. Secretary Himanshu Gokani who has been the one man instrumental forced behind the idea of organizing these mega events on both Wednesdays and Fridays where we invite very talented singers to come and entertain our evergreen youthful audiences to some exhilarating contemporary sound tracks.

A very special vote of immense gratitude goes out to a man, a musician, a melodious genius who needs no introduction across the globe, being India's favourite musician son Shaan, who just happened to be present in our audience and spontaneously just picked up the mic and thoroughly entertained our audiences with some of his everlasting best tracks.





# Red Carpet Bar Night

Held on 22nd October 2016













# Mega Bumper Housie



**H**ousie, a game of probability & fun to play is very popular in our JVPG Club. A "Mega Bumper Housie" was held on 22nd Oct. in our open fast food area. The program commenced at 5.30 pm. There were extra counters for sale of tickets, runners to help & five rounds played. It was an evening well spent & our members & their guests attended in large numbers & always look forward to this event.

There were prizes galore to be won & that was the highlight of the evening. Kulinkumar Holidays graciously sponsored 2 air tickets (Mum-Bangkok-Mum). Designer Dresses were sponsored by Mr. Jagdish Sodha of Mannjri. Dinner coupons were sponsored by Sun & Sand & our very own Melting Pot & Aditi. Over & above these were many cash prizes won.

Women & Children Activity Sub-Comm. headed by Ms. Darshana Kothari & Entertainment Sub\_Comm. headed by Mr. Jinesh Chokshi jointly organized this event & made it a huge success.







# MegaBumper

## HOUSE





# Mind It !!!.....if You Please

**Good manners are like a zero in a given set of digits. There is nothing before it. But everything that comes after it, is valuable. So, never have regrets when you say “Please”/ “Thank you”/ “Sorry”**



Miss Kavita Sharma  
kavita.s2009@gmail.com

**M**inding your manners does not transport you to a different slot in time, either in the past or in the future. It does not mean that you are a snob of some sort who actually belongs to another planet. When you practice good manners, it simply means that you are a civilized and sensitive human being. It means that you care about the well-being of others as well as your own.

Good manners are like a zero in a given set of digits. There is nothing before it. But everything that comes after it, is valuable. So, never have regrets when you say “Please”/ “Thank you”/ “Sorry” to a person or a group of people. Always pat yourself on the back for doing so.



Whether you play a sport, or are at a club or bar, be on your best behaviour. Whether you go shopping outside or stay indoors with the person/people who you cohabit with, be mindful. Remember, being civil and polite, will never ever go out of fashion.



“Good morals are not important, ...good manners are.” – Oscar Wilde

You may not have the looks of Tom Cruise, Jude Law and the like. However, a sure shot way to be in the good books of people you interact with, is to be polite. You can become the undisputed king/queen if you are consistent.

Bad manners are not necessarily due to bad intent. They may be simply a result of ignorance. So, updating yourself in civil behaviour is an education in itself. It is nothing to be ashamed of. Education is a lifelong process. So, preen and prune yourself well. For it will make you shine. You will become the role model for many a youngster. Be polite and civil to all before you lead

the way for the generations to come.

As a parent and grandparent, encourage your children and grandchildren to mind their manners, with equals, subordinates and superiors. It does not cost a thing. Yet, it is equivalent to imparting education that is invaluable.

So, mind it.....if you please.

Thank you!





# Paneer Paradise Roll

## Paneer Veg Rolls

### Ingredients:

Chapatti - 8, readymade or premade (very thin)  
 Paneer - 200 gms, cut in cubes  
 Capsicum - 1, finely chopped  
 Onion - 1, finely chopped  
 Garlic- 2 cloves  
 Green chilies and ginger (grated) to taste  
 Carrot - 2 tblsp, grated  
 Cabbage - shredded  
 Spring Onions - 4, finely chopped  
 Vinegar - 1 tsp  
 Red Chilli Powder - 1 tsp  
 Red Chilli Sauce 2 tsp  
 Ketchup - 1 tsp  
 Coriander Leaves - little, finely chopped  
 Mayonnaise to spread  
 Yellow Butter as required  
 1 tsp Oil  
 Salt to taste



Tanvita Saraf  
Asst. Editor

### Preparation:

1. Heat oil and butter in a pan over medium flame.
2. Sauté the onions for a minute.
3. Add capsicums, carrot and sauté for another minute or two.
4. Add paneer and stir well.
5. After a minute add cumin powder, red chilli powder and salt.
6. Add the sauce and mix well.

7. Add coriander leaves and stir again.

### Method:

Take a tava. Heat the chapatti a little. Put a layer of mayonnaise, shredded cabbage and paneer mix. Roll the chapatti and heat again with a little butter. Serve hot. Garnish well and serve.

*Feel free to email your own unique recipes at [tanvitasaraf@gmail.com](mailto:tanvitasaraf@gmail.com). Subject to availability.*

Europe, 2017

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# DIWALI CELEBRATIONS 2016

The growing ethnic and cultural diversity of Hindu religion throughout the world provides the opportunity to participate in the celebrations and rituals of Diwali festival that enhances the feelings of being part of a close-knit group of Indians. Most Diwali celebrations around the world focus on family and friends and it is a time to reflect on the past and envision for a future, perhaps, in a world where people live together in harmony.

At JVPGC too we left absolutely no stone unturned in celebrating this joyous festival which saw a whopping 600 odd members along with their families come together on the grounds adjoining the club on the 29th of Oct; and event which harmoniously lit up the evening skies with a brilliant display of fireworks which for the very first time were synchronized to music: the spontaneous genius of our sect Mr. Himanshu Gokani.

HAPPY  
DIWALI







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