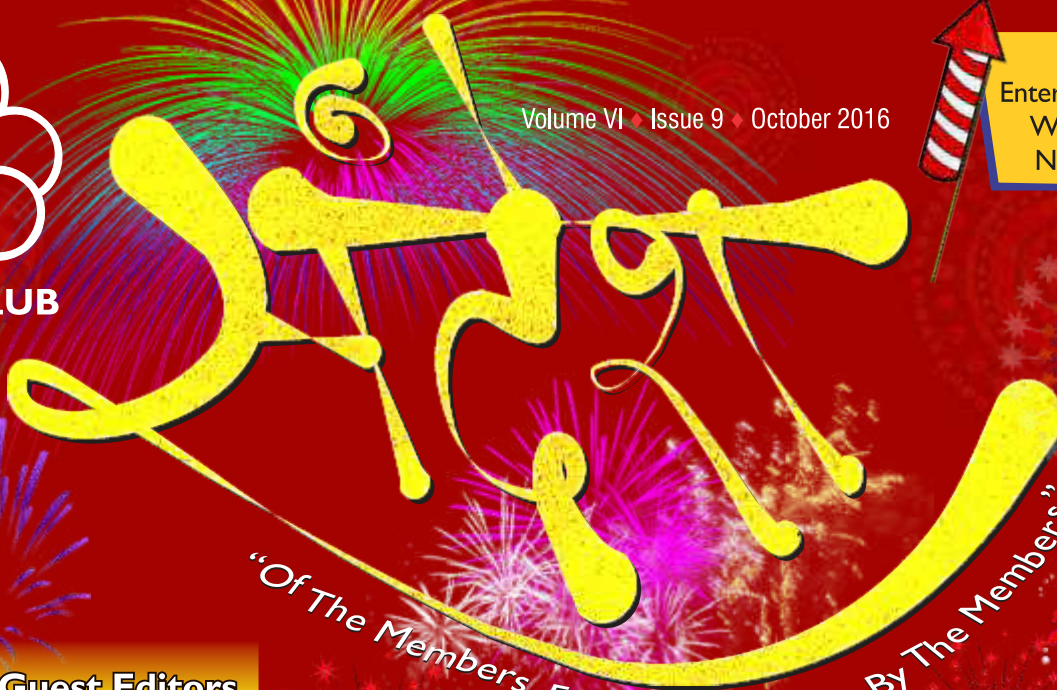




JVPCLUB

Volume VI Issue 9 ♦ October 2016

October 2016
Entertainment/Contest Leaflet
Win Free Passes To The
Next Events At JVPCLUB



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

Special Guest Editors

- **TANVITA SARAF**
Cracker – Free Diwali!!
- **ROWEENA BHATIA**
The Healthy Mithai Extravaganza
- **POOJA GUPTA**
Workshop On Emotional Transformation
- **KAVITA SHARMA**
Authentic/ Genuine/ Real
- **SONAL MOTLA VASHI**
Feel The Inner Layers Of Consciousness
- **AVANTI DALAL**
Me, MySelfie and I



Abhishek



Mahek



Veer
Kadakia



Rajveer
Shah
&
Kushal
Patel



Veer
Shah



SQUASH: INTERNATIONALIZED !!

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Deepawali*

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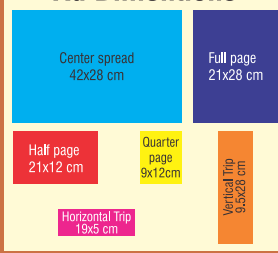
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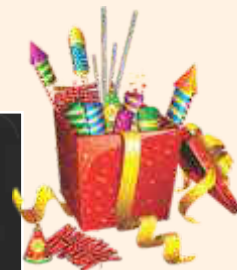


DISCLAIMER: The views/content expressed and published in this periodical reflect the personal view of the contributors. JVPGC and its editorial board are not responsible for any interpretation of the readers on the content appearing in this periodical.

From the desk of the **PRESIDENT**



Shamit T. Majmudar
President



My Dear Fellow Members,

Seasons greetings to you and welcome to yet another glamorous and informative issue of Sandesh.

It ignites pleasure and satisfaction in me that as an institution, we are well on our way to create a role model environment of excellence through positive attitude and robust systems and processes. We are destined to a bright future. A future full of optimism and enthusiasm, a future where every endeavour will succeed and ineptitude and disillusionment will soon be something of the past.

To all readers and members alike, a little patience and sobriety will help to see us through. Remember, you never get the chicks by breaking the eggs; they hatch. Where there is life, there is hope.

To provide this quality in sports and overall family enrichment our highly enthusiastic team of the MC, office bearers, Chairmen and a motivated support staff together, combined with excellent, ever evolving facilities are being put in place on a daily basis. This team works tirelessly to ensure that JVPGC achieves its mission and vision. Lastly, are you the daily motivated users of the club; the key catalysts to achieving the desired excellence.

New ideas and structures are to be put in place to realize the intended standards. I wish to invite comments, suggestions and any valuable contributions. This will go a long way in enabling our institution achieve its goal of providing a life-long meaningful inheritance for the young generations

The club now endeavours to offer an "All round Curriculum" where emphasis is not only sporting activities alone, but also on rejuvenating our culture and aptitude across all age groups to enable and achieve comprehensive personal growth with all round development.

It's my humble request for people of JVPGC as community to work as a team and have a self driving force towards realization of our collective vision.

As we light up our lives during this festive season; my prayer is that may God illuminate our hearts and minds as we collectively strive for the best.

Wishing you safe colourful and Happy Holidays!



From The Desk Of The Hon. Joint Secretary

Dear friends,
Greetings!

September marks the beginning of the festive season. With the blessings of Lord Ganesha, Juhu Gymkhana witnessed yet another action filled month.

As promised, we have started Yoga at the Activity Hall from 14th September, 2016. The teacher is the very experienced and much in demand Dr Dharendra Acharya who has been performing yogasanas since the past 23 years. This batch is being held on Mon / Wed / Fri from 7 am to 8.15 am. You need not be a member of the Health Club to participate in this class. If keen, kindly enroll as very few seats are available.

Power of Yoga class starts from 4th October, 2016 under Ms Reema Vengurlekar. Batch will be conducted on Tues / Thurs / Sat on Tulip terrace from 7.30 am to 8.30 am. Registrations are open for club members.

The Squash courts and its lounge were thrown open for use of members and their guests on 15th September 2016. It was so heartening to see children ready to play on the courts as soon as the ceremony was done. My congratulations to Bhavesh Shah, Chairman and his Squash Subcommittee for a job well done.

Starting 1st October 2016, a week end coaching program for kids has been launched under the guidance of Kunwarpal Singh and his team comprising of current India ranked players. I request you to take the fullest advantage of the above coaching. Enrollments have already begun.

Regular coaching during the week has also restarted. Details are available with the Squash department markers.

We have appointed a fitness institute to guide our kids in correct warming up, cool down techniques, proper stretching, etc. I would like to inform you that while this is going to be done on the squash lounge, it is open for all children who play sports. Details are available with the Squash department markers.

Juhu Gymkhana had the privilege of hosting the Mumbai Suburban District Table Tennis Championship for the very 1st time. This is the last event of the Mumbai Suburban TT calendar. We had close to 300 entries. The winners are designated District Champion and would be in line to represent the district at the Maharashtra State Championships later this year. Congratulations to Jigar



Dr. Ojas D. Dave
daveojas@jvpgclub.com

Rambhia and the Table Tennis Subcommittee for the successful completion of yet another prestigious event.

Under the guidance of Arjuna Awardee and 7 times National Champion, Shri Kamlesh Mehta, we are planning to start coaching programs in Table Tennis at 2 levels: Beginner and Advanced. Announcements for the same shall be made soon.

Badminton department hosted the 89th Manora tournament for children below 17 years of age. This event has come back to our club after a long hiatus. My congratulations to Rajiv Soni and the entire Badminton Sub committee for organizing so many tournaments this year.

As you are aware, a very successful coaching program is being conducted in the Tennis courts for the past 6 months under the guidance of Ms Isha Lakhani. An intra batch tournament was held on the courts primarily to motivate the youngsters to do better and also to expose them to the thrill of participating in competition and experiencing Butterfly in the tummy feeling. I would like to congratulate Chairman, Nikhil Prabhakar Rao and his Sub-committee for such a thoughtful competition.

Cards department organized a card festival on 18th September 2016. As in the previous years, it was a runaway success. Congratulations to Chairman Bharat Mehta and his sub committee for yet another fantastic festival.

Preparations for the 2nd edition of the Juhu 10K run are underway. This run is recognized by the Mumbai Suburban District Athletics Association (MSDAA).

27th November 2016 is the date of the 10K, 5K and the 3.5K Masti run organized by your club.

Forms are available at MSD. For more information, kindly contact Helpline no: 8291280898 or drop an email on juhu10krun@gmail.com. Details are also available on our club website:

www.jvpgclub.com/juhu10krun.

Till next time, with the hope to see you in person at our sports events

Take care and God bless



From The Desk Of The Hon. Secretary



Himanshu Gokani
himanshu@jvpgclub.com



***D**iwali is one of the most cherished times of the year for us. Lights illuminate our homes and hearts as we find new reason and hope. The sounds of fire-crackers are an indication of the joy of the people living on earth, making the Gods aware of their plentiful state.*

Diwali as a festival has many manifestations as they are celebrated in different regions. From the Rangolis and Diyas, the family traditions of cards and dinners, to community celebrations such as burning the effigy of Ravana for Dusherra, and all the way to the spiritual practices of various pujas, there is a wide panorama of Diwali indulgences to choose from.

May I use this opportunity to exhort you all to spread the word around for everyone to enjoy a safe Diwali and spend some time to illuminate the inner light-the 'Shakti' within them!

All the lights of the world cannot be compared even to a ray of the inner light. Illuminate this light of lights and enjoy the supreme 'Deepavali'. What better way to do that than through spreading this; the joy and good cheer through our family at JVP GC. We have so very many ideas being planned up for you all, in terms of festivities, programs and discounts across the club. You will all be intimated of them soon, as we near the celebration week.

The Aadhar Card application, extended many times through popular demand; which now has finally come to an end, was a huge success across the club. It gives me immense pleasure to see that service made available and the lives of our members made so much easier in the procurement of that card.

Our latest endeavor is ensuring the safety of all our members across the club. All departments are now being upgraded to the latest most robust fire safety methods.

The 25th of September was a super Sunday at JVP GC. 7 departments collectively hosted mega programs across the gymkhana. Although the entire country was caught up with the current tensions encompassing us, we were successful in showing how we as a united people can rise above limiting paradigms and still thrive regardless of our worst worries and fears. Our own contribution towards the conquest of good over evil.

And finally we have all but nearly finalized the plans for a new budgeted restaurant, which will serve gourmet cuisines at very reasonable prices. I'm sure that this pet project of ours will be joyously welcomed by you all.

Happy Diwali family my dearest extended family !!

As sunshine creates glory, may this smile, last with you every mile. May this festival drive darkness away, as the bright light is on its way.

All members who have not applied for the new RFID cards are requested to apply for new RFID cards immediately.

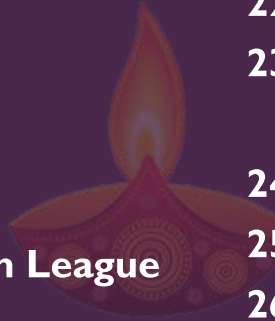
Please note that all other cards previously issued and were in force are discontinued with effect from 01.11.2016





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Happy Diwali





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.

On a more social level, festivals are a time for families and friends to get together, for love, goodwill and generosity, for greetings, gifts and sweets, forgiving and for making up.

Deepavali, or Diwali for short, is the festival of lights. It is the celebration of light over darkness, knowledge over ignorance, and the triumph of good over evil, in our continued strife towards the ever-illusive horizon of excellence.



EDITOR'S NOTE

Nikhil Prabhakar Rao

Editor and Chief

+91 98201 39490 | editor@jvpgclub.com

*Read Sandesh
We Do Carry
Meaningful Editorials*

Over the past many years and my modest attempt at living my life the best possible way I can, I have realized that excellence is not sinless perfection, but rather a pure heart that desires to grow and add value to both its own self and the lives of others it touches. Spread the love folks; **remember hearts with good intentions, make promises; only the ones with great character**, keep them, regardless of insurmountable obstacles. Be the change you want to see in the world.

Prayer is not an escape from troubles or things that disturb you, not the ability to cut and run, it is the conquest of those fears and above all; courage is not the absence of fear, but the realization that something else at that very moment is more important and requires your attention.

I wish each one of us the ability to follow our heart and above all not be in a position in life to have to make choices. May you always have the very best of all worlds; Hamesha.

Now back to our club and what a joyful value add place its metamorphosing into. Clubs and society at large have an inherent role of bringing together a group of people to meet regularly for particular activities. JVPGC under the current regime is well on its way in contributing towards the moulding and shaping of each member as an exceptional individual.

This issue of Sandesh will again, invigoratingly thrill us all on the various activities organized by each department under their very able leadership; departments and activities which provide an opportunity for immense exposure, knowledge and meaningful value adds. Through these we are witnessing our members discover and re discover themselves, write and rewrite their history, through the continuous process of learn, unlearn and relearn. So read on, stay amazed and be honoured to be part of such an esteemed institution. I know, I am.

A very special thank you goes out to my fellow editor Tanvita Saraf who has been a beacon of light with her thoughtful ideas and ability to always be available to add value to Sandesh. To Sanjiv our creative designer who's untiring and impeccable work requires absolutely no introduction.

Have yourselves a wonderful season folks and keep the noise respectfully low.

Stay connected !!



Cracker – Free Diwali!!

Air Pollution Is Claiming **One Life Every 23 Seconds In India.
Death Clock Is Ticking 993545.4 People Died Due To Air Pollution.**



Tanvita Saraf
Asst. Editor

Diwali, the festival of lights, is one of the most widely loved and celebrated occasions. It is celebrated with great pomp and pleasure. It is a festival that commemorates the victory of good over evil. Diwali is also known as “Deepawali” that means a row of lights. That’s why it is known as the festival of lights. It is an occasion to greet the near and dear ones and enjoy some memorable moments together.

Why Is It Celebrated

Historically speaking, Diwali can be traced way back to our roots, our ancient India. Some believe it is celebrated to mark the return of Lord Rama with Goddess Sita to his



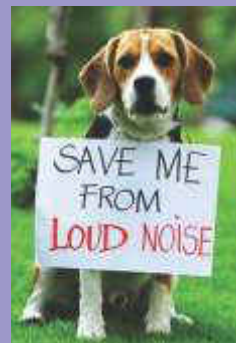
kingdom Ayodhya after the completion of his fourteen years of exile. Others believe it as the glorification of the marriage between Lord Vishnu with Goddess Laxmi. In Bengal, the festival is dedicated to Goddess Kali, the dark goddess of strength. Some houses

do worship the Vighanaharta, Lord Ganesha, the symbol of wisdom and auspiciousness as they begin a new year. In Jainism, it is believed to commemorate the attainment of Nirvana by Lord Mahavira. The third Sikh guru

Amar Das declared Diwali as a Red Letter day when all Sikhs would gather to receive the Gurus blessings. Each one has his own reason of enjoying it.



Noise pollution increases to a great extent



Scary for animals

Go Green this Diwali



How Is It Currently Celebrated

In short we are talking about Diwali as an extremely auspicious occasion when we should be meeting and greeting our families, friends and relatives. But over a period of time we have lost all the positivity of the festival. The children today don't even know the auspiciousness of this



festival. They believe it's a festival of noise, pollution and cards. Youngsters'

today flock together for cards and play whole night long. Teenagers get together along with a couple of friends and burn crackers and in short cater to create more noise and air pollution. We are in short creating a very unbalanced picture in the minds of our future generations. They seemed puzzled as to what the right way to celebrate Diwali is.

Harmful Effects Of Crackers:



Thousands of underage children are forcefully employed to make crackers. Don't you think we should question "what pleasure does the burning of crackers bring?" Do we really want to keep this foundation for the coming generations? Let's join hands together and make a difference. Not for the society, nor for the world but for our own kids, our next generation and our old age. We shall need good air to breathe when our lungs won't be good enough to breathe in the dirty air. We shall need the mental peace and less noise around us when we shall no more be able to hear well. It is for us and not for others.

A simple resolution to celebrate a cracker-free Diwali will bring in more peace, harmony, joy and happiness.



Fires are more susceptible to break out



Cause air pollution - Respiratory problems occur by the gases released



Injuries are caused



Increases global warming



Underage kids are employed to make crackers



Worse for babes, pregnant mothers and old people



Too much of garbage accumulates on the roads



89th Manora Badminton League

17th-18th September saw some hustle and bustle on the badminton courts of Juhu Gymkhana. 89th Manora badminton academy tournament was hosted by our prestigious badminton committee under the expert supervision of Chairman Rajiv Soni. Players from all over Mumbai, Thane, Nasik, and Shirdi came to participate in this tournament. More than 250 entries were received for the tournament. Manora academy caters to organize matches for children in the categories U-10 to U-17.

Some people dream it would happen, some people wish to make it happen but some people make it happen. **Aryan Ghosh** is a budding talent who cannot be ignored by anyone on the badminton courts. He just does it; it just naturally comes to him. Some people are born champions, he is one of them. 18th September witnessed some heart throbbing matches on the courts of Juhu Gymkhana club where the ace shuttler Aryan Ghosh became the U-13 champion by defeating the seeded Siddharth Das. He didn't give Siddharth any chance of winning by defeating him in two consecutive matches. His games were a sight and the most talked about amongst the players. He made his parent's proud, Juhu gymkhana proud and his coaches of Aim academy proud.

When we talk about badminton at JVPGC and the name of the most efficient player **Mahek Nayak** doesn't crop up, it's just not possible. She won the title of runners up in the girls' U-13 finals losing to top seeded Aalisha Naik. The greatest winning is to accept defeat with an open heart. The goal is not to finish but at least to start. She's been the proud of JVPGC and Aim Academy.

Another student **Deviah Jain** from Aim Academy reached the semi finals and played

against the champion Aryan Ghosh. To be a good loser is to learn to be a good winner. Deviah has been consistent in his performances. A very efficient player, most hard working boy, his coach's favorite Deviah Jain keeps his spirits always high and has set his goals high up.

But the most talked about match was that of Abhigna Gadgil and **Parth Deore**. Parth won the title here keeping the audience mesmerized by his smooth smashes and the shuttle pacing fast at the opponent. Sometimes you win and sometimes you learn says Abhigna Gadgil learning from his experiences. He's been a thorough sportsman taking his defeat in good stride and learning through it.

Another efficient player of our club **Ansh Mehta** played U-15 category but unfortunately lost to Dhruv Patel. You are never a loser until you quit trying. It's very important to taste defeat before you win something big.



Rajiv Soni
Chairman
Badminton Sub-comm.

After a fantastic weekend the badminton committee especially the Chairman **Rajiv Soni** and **Aditya Pandya** deserve a pat on their backs for making this event a huge success. JVPGC looks up to more such tournaments from the badminton department.





Juhu Gym Squash Coaching Program

"because Squash Is Just Not A Game It Is A Passion"
"it Was Voted By Forbes Magazine As The 'world's Healthiest Sport'"

With the aim to boost Squash and create better quality squash players from Juhu Gymkhana we plan to create a new structured squash-coaching program under the guidance of Head Coach Kunwarpal Singh and his qualified and experienced team.

The new coach's panel will consist of the following coaches.

Head coach - Kunwarpal Singh

Kunwar has been coaching since the past 9 years; he has a Masters Degree in Sports Management, from the UK. He is currently coaching national level players in Mumbai. He aims at developing a high level performance coaching program at Juhu Gymkhana.

- » UKCC Level - 2 certified
- » WSF Level - 1 certified
- » ASF level - 1 certified

Shashi Pandey -

Shashi is a former top level junior player; he has represented Maharashtra at the Nationals. He has been coaching since the last 4 years. Currently he is assisting Kunwar in coaching the top level national players. Given his optimism and never-say-die attitude, Shashi will surely be an asset to Juhu Gymkhana.

- » Former India Rank 2 (Juniors)
- » World Squash Federation level - 1 certified coach.
- » Won 2 gold for Mumbai University



Bhavesh Shah
Chairman
Squash Sub-comm.

Urvashi Joshi -

Urvashi is 3 times former junior national champion; she has represented India in various tournaments. Urvashi is the only Women's Coach in Mumbai. She has the perfect combination of outstanding racquet skills, strategy, teamed with a calm disciplined attitude.

- » 3 times Junior National Champion
- » Represented India at world juniors
- » Represented India 3 times in Asian Juniors
- » Represented Maharashtra at National Games.



Abhishek Agrawal

A former top junior, and runners up at the senior nationals (Professionals). He is currently ranked in the top 20 of the men's category in India. The attributes that best describe Abhishek are personal drive, passion and ambition. He aspires to making his career in the professional circuit; he is acclaimed for his fitness and exceptional racquet skills.

- » Runners up - Senior nationals (Professionals)
- » WSF level - 1 certified coach.
- » Former junior Rank 3
- » Won 3 gold for Mumbai University



Sachin Jadhav

- » WSF level - 1 certified coach

Mayur Jadhav

- » WSF level - 1 certified coach

Manoj Manjrekar

- » WSF level - 1 certified coach



Beginners Batch -

Days:

Tuesday, Thursday, Saturday.

Timings:

Batch I - 4 to 5 pm,

Batch II - 5 to 6 pm.

(Followed by 1 hour fitness session)

Advanced Batch -

Days:

Monday, Wednesday, Friday.

Timings:

Batch I - 4 pm to 5.30 pm,

Batch II - 5.30 pm to 7 pm.

(Followed by 1 hour fitness session)

Advanced Weekend Batch -

Days: Saturday and Sunday.

Timings: 12 noon to 4.30 pm.



Squash: Internationalized !!

When one looks at the recently renovated squash courts at JVPGC a few great quotes come to mind. Dedicated to a visionary team led by Bhavesh Shah, our squash department's chairman, they would read as:

"When it comes to goal setting find a goal unimaginable enough to inspire you to achieve it and whatever the mind of a man can conceive and believe, it can achieve."

With the recent massive renovation of the squash courts, the current governance was able to check another item of grave importance, off its to-do list.

Due to its positioning in the club, the squash courts have been the object of many petitions calling for renovation of peeling plaster walls and leaking roofs. In August this year, the department began



BHAVESH SHAH
Chairman
Badminton Sub-comm.





renovating the courts, adding new roofs, walls, paint, signs and glass.

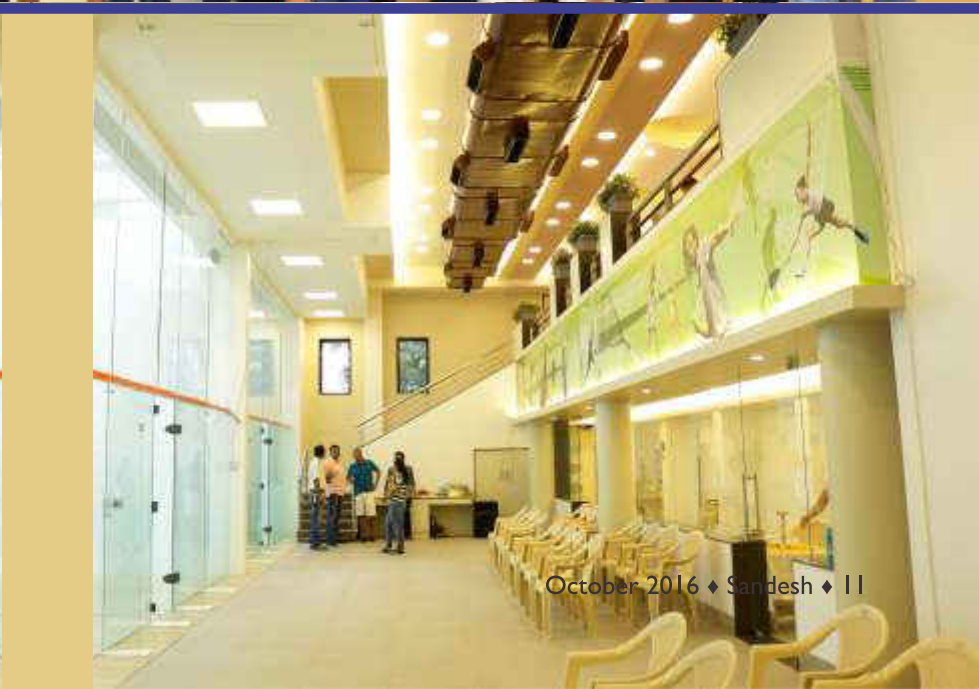
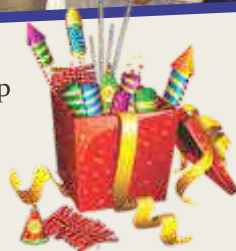
The Result Is Simply Stunning:

The department now boasts off having 3 internationalized, state of the art, next generation squash courts

In his own very modest demeanor, the humble man of a few words; the driving force behind this revolutionary change, Bhavesh went on to say,

“Previously there were concrete seating arrangements outside the squash courts which have now been removed which benefit the department and academy in the following ways:

- ◆ Players now have adequate space to warm up and cool down
- ◆ The transparent glass at the entrance give a magnanimous view to the spectators and promotes the sport
- ◆ As the squash courts area is now centrally air conditioned the players can comfortably perform intense fitness routines in what previously was a claustrophobic environment
- ◆ The renovated lounge area has gym equipment to enable better fitness regimes
- ◆ We have meticulously added space for lockers, ladders boards and other essentials.
- ◆ The reconstructed courts are of international standard and international tournaments will soon be conducted



Veer(s) For Victory



Veer Shah

— Devang Shah
(Veer's Father)

Veer Shah won the u16 doubles title at the All India Tennis Association Championship Series 7 in Hyderabad.

Veer and his partner (2nd seeds) won a close and intense match against a team who had beaten the top seeds.

All efforts of our JVPGC lawn tennis coaching academy under Ms Isha Lakhani for helping veer reach this stage are highly appreciated.



Veer Kadakia

— Ashu Kalra

Veer started playing Chess at the age of 3 years and by the age of 5, he was winning trophies in all tournaments that he played.

Accomplishments:

1. Won Bronze medal in Commonwealth Chess Championship in Under-8 category in Sri Lanka in August 2016
2. Youngest chess player in India to achieve International Rating at the age of 6 years 3 months. Achieved International Rating of 1297 and was ranked No. 2 in the world in his age category at the time of getting his rating
3. Achieved 7th position in Asian Youth Under-8 category held in Mongolia in April 2016. He had the best performance by an Indian in this category. He achieved this without a coach with him during the tournament while all other players came with their coaches
4. Achieved 6th position in Asian Schools Under-7 category held in Singapore in June 2015. He had the best performance by an Indian in this category



Rajveer Shah And Kushal Patel

— Jigar Rambhia

Our Table Tennis stars Rajveer Shah and Kushal Patel representing Jamnabai Narsee School won the Junior Boys Team Championship in the eleven Sports Inter School Table Tennis State Championship held at Khar Gym in August

Two of our members Rajveer Shah (Second from right) and Kushal Patel (First from right) were part of the Junior Boys team that won the final 3-0 in a best of 5 games.

Rajveer Shah (Age 11) is currently the Top Seed in Maharashtra in the Cadet Boys Category. He is the current Maharashtra State Champion and was part of the Junior Boys team that won the Nationals of the Inter School Table Tennis Championship last year.

Kushal Patel (Age 9) is currently ranked in top 8 in Maharashtra in the Cadet Boys category and was amongst the top 4 in Maharashtra in the Midgets category last year. He was also the winner at Dilip Sampat Interschool Table Tennis Tournament in the U/10 category earlier this year.

The Junior Boys team will represent Maharashtra at the All India finals to be held in December



Abhishek Wins Gold For JVPGC At Princeton 11th Annual Carl Ace Abbott 1-Day Adult Tournament

— Abhishek Sheth



I participated in a USTA certified men's singles tournament organized by the Princeton Tennis program headed by Mr. Eric Wall in Princeton, New Jersey on the 5th of September, 2016. This is an annual tournament with various events like singles and doubles for men and women. I played in the singles 4.0 category for the first time as mostly I play doubles. As an unseeded player I was up against Chuck Amsterdam in the first match and won with a score of 6-3 6-2. Immediately after that I played the top seed Ryan Pierce in the semifinals. After an initial struggle of being down 2-5 in the first set I found the strength and conviction to come back and beat him with a score of 7-5 6-2. Upon winning against Ryan Pierce I entered the finals of the tournament where I was to play Romanian Florin Bibire. He was 6'3" tall and so had a big serve with a very strong forehand. The score doesn't do justice to the match but I won with a score of 6-3 6-0. It was an extraordinarily hot day and so the elements played a great role in testing the stamina and strength of each player. It was a great feeling to win this tournament as it was my first USTA certified singles win.



I had quit tennis when I turned 18, as most of the people do and got back to it after almost 15 years. My inspiration to win was a feeling within of an unfinished story as I still had to achieve something in the field of sport that I had abandoned to pursue my career in finance. My inspiration to win was my daughter, Ahana who is now 5 years old. When I was leaving to go to play she looked into my eyes and said "Papa, go get the cup".

I dedicate this victory to everyone who have helped me in my journey so far. When I came back to playing tennis during my holiday in Mumbai our coach Janardhansir took to getting my game back in order. Along the way I learnt a lot from everyone but my biggest learning came from my friend in our chairman Nikhil Prabhakar Rao who has an amazing sense of the game and a keen interest in helping other players to improve their game.

Lawn Tennis Stays Active And Fit Even During The Monsoons

— Isha Lakhani

In this the players are doing metal swings. The technique is the most important thing for any sport and that's what we are doing in this drill.

The players are working on their technique. The metal ball is a ball which is attached in the racquet to make it heavier than its actual weight.

They are made to go 50 swings each stroke to get used to the right technique and have a good muscle memory. Once the metal ball is detached from their racquets they feel much lighter with the weight and can learn and play better.





Super Sports Day

Anusha & Luvkesh Agarwal: We decided to plan a grand event to celebrate 5 years of friendship within our group (consisting 10 couples and children) and what better than to organise a sports day. We tried to make it professional and a lot of fun!

The excitement was already sky high as we divided the group into two competitive teams - Black Panthers and Red Hawks - each with its own logo and captain. Player wore their name, jersey numbers and the team emblem as stickers. And what really boosted everybody's enthusiasm was beginning the event with the National Anthem.

Tiger play, Andheri was a perfect venue as the kids got their own playground separate from the adults. The event was divided into three games. First was kicking alley (bowling played by kicking a football onto pins) - A great twist-n-mix of two popular games. The second game was rather traditional - dog and the bone!

There was nothing to choose between the teams as the score line read 1-1 at the end of game 2. Both games went down to the wire. The winner was to be decided by a game was of cricket. It was an intense, high scoring match where eventually the chasing team fell short by just 5 runs.

The Black Panthers eventually won the trophy and medallions ceremoniously. It was super fun and a great workout! We will surely do this again!

"Sport is friendship, sport is health, sport is education, sport is life. Sport brings the world together."

The Players:

Black Panthers: Luvkesh Agarwal, Nidhi Bains, Binit Bhagchandka, Rajan Chheda, Smriti Dhanuka, Sweta Goel, Sonal Samani, Meenal Sujan, Apoorva Vora, Karl Wykes

Red Hawks: Anusha Agarwal, Sandeep Bains, Vinita Bhagchandka, Avani Chheda, Amit Dhanuka, Yogesh Goel, Arpit Samani, Vicky Sujan, Salome Vora, Diksha Wykes





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Senior Citizen – Bar Nite

Once again, our seniors show us how it's done. A full house – Musical Bar Nite – was presented by our senior citizen sub-committee for their senior members and guests on Saturday 24th September 2016 at Activity hall. It was the 6th consecutive highly successful event organized by our new senior citizen sub-committee chaired by Dr. Jatin Damania in just 3 months.

To begin with our newly appointed Amantran decorator prepared interiors of the hall so elegantly that members were mesmerized as soon they entered the hall. This time we selected live multi band orchestra with live talented, melodious singers – Mr. Sarvesh Mishra and Ms Priyanka Singh – who sang famous old, new songs, Gazals etc. and won the hearts of the audience. The icing on the cake; a guest artist from Los Angeles – USA – Mr. Armindar Singh Pal – voice of Late Shri Mohammed Rafi – who sang a few numbers, the audience was totally spell bound and glued to their seats. We just couldn't seem to have enough of him

Aditi caterers provided mouth-watering starters and dinner with kulfi faluda. Our Gymkhana served 2 complimentary drinks (spirited as well as fruit juices) to our members. The most attractive prop of the day – for the first time in one of our programs – was a well illuminated lit Acrylic Dance Floor for our senior dancers (aged 60 to 90) who danced full heartedly to the beats of the music. It was an unbelievably pleasant sight to watch them rejoice with so much enthusiasm.

Friends, this grand success is never possible without the support and cooperation of our esteemed office bearers, MC Members, my sub-committee members and the staff of JVPGC.

My special thanks to our members Mr. Jagdish Sodha and Hasmukh Gajjar for their contributory help. I am sure with series of successful programs one after another; our members will definitely wait enthusiastically for the announcement of the next one.



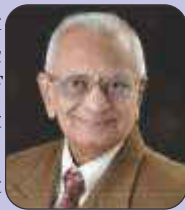
Our next program is outstation trip of 2-3 nights in the last week of November 2016. Details; in the subsequent issue.





Senior Citizen's Visit To Nanavati Hospital

A group of about 45 enthusiastic first citizens of JVPGC assembled at Nanavati Hospital – Vile Parle (West) at 10.00 am on Sunday the 18th of September, 2016. A couple of PRO and staff members received us there and took us to different departments like the OPD, Imaging, Casualty, Heart Institute, ICUS and different wards including their 3rd Floor's extension wing which looks like a 5 star hotel with a beautiful terrace garden.



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

They narrated the working of the hospital in brief and how an emergency case is given priority over and above all the formalities and is attended with utmost care. Two consultant doctors presented audio visual lectures on joint replacements (Knee and Hip) and heart surgeries (Bypass and Valve repairs) in a simple and understandable language and replied to the queries of our enthusiastic members.

The visit ended with the stipules lunch sponsored by the gracious and magnanimous hospital.

Nanavati is planning to give privilege cards to our members carrying 10% discounts on all departments including indoor of the hospital.

A value add, striking initiative by the concerned people at JVPGC.

Dr. Jatin Damania

Chairman Senior Citizen Sub
Committee, JVPGC

Testimonials praising this visit by

- 1) Devendra Mehta
- 2) Has Mukh Gajjar
- 3) Nitin Shah
- 4) Madan Jeswani
- 5) Raja Chhabria
- 6) Kusum Bansal / Gupta





Kanga League

The DR H.D. Kanga League, currently in its 69th year is the only monsoon cricket tournament in the world. It is named after Dr. Kanga who has been a past president of the BCA (Bombay Cricket Association). He was also a player having represented the ALL-INDIA team and also a respected administrator having been an ALL-INDIA team selector and also VP of BCCI. The league was the brain child of Vijay Merchant who wanted to give young Mumbai cricketers the experience and flavour of English weather conditions i.e. wet wickets etc.

The outfield and puddled run ups are inconvenient for bowlers the wet wicket conditions offer the ultimate test for batsmen. Here the ball can stop, shoot, skid and swing- all in a days play. This because of the weather conditions changing every hour with rain/cloud cover etc.

The Kanga league is played by the top 98 clubs of Mumbai. Divided in 7 divisions (namely A to G) of 14 teams each. Every team gets approx 13 league games over weekends from July to October. The top 3 teams from each division are promoted to a higher division whereas the 3 lowest teams are demoted to lower division every year as per league results.

With respect to our gymkhana .. the JVPGC cricket team after playing the qualifying knockouts for over a decade won and entered the league main draw in 2009-10 and has not looked back since. We have made steady progress and have now reached the 'D' division. In year 2014 we, team JVPGC were the E-division champs.

The cricket department aspires and aims to soon reach the premier A-Division and thereafter scale the summit ... with JVPGC cricket team as 'A-Division Kanga League Champions'!!









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Darshana Kothari
Chairperson, Children &
Women Activity Sub-comm.

Due to popular demand from members another two-day Lego workshop was held in the lobby on 3rd and 4th September'16 for children age 4 to 12 yrs. Once again the kids were divided in 3 batches and the bright eyed children sat engrossed creating a windmill, basketball shooter, ferris wheel, rowboat etc. Enjoying their favourite snacks, it was a double scoop of fun for children.

The Children and Women Activity Sub-Comm. headed by Ms. Darshana Kothari and ably supported by the entire Sub-Comm. members handled the event.





DE DHAMAL SONGS

By Poonam Bhatia and her troupe. Held on 27th August 2016.





Me, MySelfie and I

Ellen DeGeneres Broke The Twitter Record For Most Retweets For The Star-studded Selfie She Took With The Likes Of Bradley Cooper, Meryl Streep, Jennifer Lawrence, Brad Pitt, Julia Roberts And LupitaNyong'o At The Oscars.



Avanti Dalal

Oh, the selfie. Oxford Dictionary named it the word of the year in 2013. It has its own place in the dictionary, sandwiched between “Self” and ‘Selfish’. Books have been written about it (case in point: “How to Take the Best Selfies – Smartphone Photography with Sarah Sloboda” is being sold on Amazon for \$4.99.) Anthems have been enchanted in appreciation of it – “I don't know if I should go with XX Pro or Valencia?” Even the Mars rover is programmed to be able to take photos of itself. Ellen DeGeneres broke the Twitter record for most retweets for the star-studded selfie she took with the likes of Bradley Cooper, Meryl Streep, Jennifer Lawrence, Brad Pitt, Julia Roberts and



outfit of the day selfie, your selfie in the car on the way to school. Indulging in this much 'you-ness' is the reason some experts frown down upon selfies. They may be considered an unnatural obsession with your physical looks and take away concentration from internal things. There is also a very real danger that self-esteem may start

in fancy circumstances, selfies show us 'real people' in real situations. And because everybody is using Facebook and Twitter and Instagram and Snapchat –we're all being exposed to more 'real people' of all shapes, sizes, colors and skin tones than ever before – and that's a good thing.



LupitaNyong'o at the Oscars. From Kim Kardashian and President Obama to the Pope jumping on the bandwagon, the 60 million (and counting!) #selfies tagged on Instagram alone would seem to indicate that this trend is going absolutely nowhere anytime soon.

But why are they so bad? They seem harmless at face value. This is because selfies are all about you. Your selfie with your bagel in the morning, your

to be tied to the comments and likes received when selfies are posted, and they aren't based on who you are, your personality or the way you think, feel and believe—they're based solely on what you look like. But

with social networks like Instagram or Facebook, where it's easy to get quick approval almost all the time, selfies can be a slippery slope. 205 likes on the newest picture means you're up, but only 10? Confidence plummets fast and furiously.

On the flipside however, selfies help normalize how people look in their everyday lives. When pop culture and mass media proliferate the message that all women should look like super models



According to an article in Psychology Today, experts suggest that selfies are just a creative outlet. They allow young girls and boys to develop an identity for themselves and portray it the way they feel apt. If people can claim their online identity via selfies on social media (like Lena Dunham does), maybe that will help portray their personalities as being multifaceted rather than relying on preconceived labels.

#Here's #Hoping.



Supriya Sharma
Heartfulness



Tushar Pradhan



Dr. Haresh Mehta

World Peace Day

When Your Mind Is At Peace With Your Heart – You Will Find Peace Within You!

The World Peace Day was celebrated on September 21-22-23 at JVPGC, Mumbai. A good modest 75 odd people attended it. The theme of the event was 'Individual Peace' leads to World Peace. Just praying for peace is not enough; one must cultivate the state of peace within oneself. There is no magic wand, which can transform the world. Only individuals can be transformed. Heartfulness is a simple system of meditation, which helps one to find peace inside oneself. By meditation of the heart, we are able to connect with ourselves and feel our true nature of peace and joy. Slowly as more and more hearts feel the peace, it will spread into their families, into society and ultimately, the whole world.

We say 'Om shanti shanti'. It means that we begin our mornings with 'Om' and the end result should be 'shanti', which means peace. The results of our actions should be able to bring about peace. Whatever work we do, all our actions, should result in a state of peace. When we meditate, we slowly become balanced and calm individuals. We are able to take appropriate decisions and perform our duties with joy. Through Heartfulness

meditation, the heart and the mind are fine-tuned together, so that we have more clarity in our thinking and decisions that we take are long lasting and fruitful. We are able to tap into the inner wisdom that exists in all of us.

The sessions also covered the fact that even if we attain that peace, but our family members, neighbors and the society are not at peace, then we also cannot be at peace for long. Therefore it is necessary for everyone to evolve together. If we look into the ancient Vedic prayers also, we can see that all of them have prayers for 'Us' not 'I'. The prayers call for an evolution of the entire universe, for everyone to grow.

Everyone individually needs to be peaceful, for the world to be peaceful. To attain this, there are many paths. The members were invited to try the path of 'Heartfulness Meditation', which promotes a scientific approach to meditation. You try, experience, observe the results and make your conclusions.

Visionary Himanshu Gokani, Hon. Secretary introduced unique "Heartfulness Meditation" ongoing event for our members and for the first time in history of our club we celebrated "World Peace Day"

Heartfulness in association with JVPGC, has been conducting 'Dil ki baat' meditation sessions for the past 3 months. Members have benefited in terms of lifestyle changes, better understanding and awareness of self and the world around and ability to deal with life situations. Join us and experience meditation!



Feel The Inner Layers Of Consciousness



Sonal Motla Vashi
Co-editor



Q: Tell us something about yourself

A: An Arts (Eco) Honours and LLB graduate from Bombay University, I had entered into my family's business at a young age and retired about 12 years ago leaving my businesses to my son to manage.

From my childhood I had an interest in reading; seeking the truth and studying mystic sciences. I am a erudite reader of subjects like Jain Agams, Scriptures, Vedantata Upanishada as well as reading Western philosophers like Augustiue, Plato, Socrates, Chinese Tao teachings and Indian spirituals like Mahavishi Raman, Ramkrishna, J.Krishnamurthy and many others. Besides this, psychology of Jung and brain science of currently popular scholar V S Ramchandran, have also been of deep interest to me.

I have studied sciences like Astrology, Numerology and Palmistry as well.

Q: Tell us about yoga and your experience with it.

A: As an adult I used to practice yoga asanas at home as per famous Archarya Pt. Shiv Sharma. But I didn't know the importance of Pranayams. By the grace of God it so happened that Mrs. Sonal Mukesh Vashi a very close family friend to my youngest daughter suggested I join the yoga classes.

At her suggestion I joined the yoga class run by Shri. Rupen Sir; a certified yog guru.

Having regularly practiced Pranayams and yoga asanas as per his instructions I found vital change in my health condition. My lower back pain has been effectively cured. My excess weight has come down, and I feel energetic and joyful.

Mr. Rupen is a software engineer but devoted to yoga. For some reason he left



Interview with Pannalal Dasasani

his profession and has achieved great success in his yoga practice.

I have seen more than 50 certificates from various training centres, Academics of yoga and University degrees and he is an unusually qualified and talented teacher.

When he conducts his class he continuously emphasizes on Pranayam, posture alignment, and the time taken and benefits of each type of yoga asana.

I have personally witnessed his students with Blood pressure, heart disease, knee pain, lower back pain, acidity reflux, diabetes, asthma patients have experienced immense benefit. Most importantly it releases tension, makes

you feel peaceful and happy; and assists one, to understand the way of living a happy and joyous life.

He has profound knowledge of philosophy which he occasionally shares with practical examples.

He treats everybody as yogis and not his disciples and gives respect, love and attention to everyone practicing yoga. I honestly feel blessed having met him and practicing yoga and living a life; worth living

Q: Would you like to share or give any message to fellow members?

A: My Yog teacher Rupen Balotia is a highly learned, talented and has knowledge on Yog as well as many other disciplines and has been practicing it for many years now. He has attended many practicing seminars, lectures and quotes from different teachers like Ashtanga Yog by Maharishi Patanjali, noteworthy Iyengar, Yog guru Baba Ramdev, also Shri Shri Ravi Shankar and many other yogis.

Whilst teaching yoga in our class not only does he himself demonstrate the asana but advocates the practitioner to be aware of the pranna, posture (asana), speed (gati), time (Samay) and the awareness of mind body and feel the inner layers of consciousness. This kind of Yog brings harmony in mind body and soul. All this is done with ease (sehajta) and that's the beauty of his teaching.

This is my observation after more than 15 months of practicing yog under his able guidance.

Think intelligently, logically, experience it by awareness and attention and do not accept my words, experience, investigate, act and find your own answer.

JINDAGI NA MILE DOBARA



On the 18th of September 2016, Mr. Saurah Shah, a well-known columnist of a Gujarati paper, Mumbai Samachar, spoke about his life's experiences.



Shailesh C Shah
Chairman
Library Sub-comm.

Today he is an established writer, author and a speaker, but a few years ago the situation was quite averse. He was jobless, and his source of income was null. However, his wife and him had some culinary skills and taking advantage of those skills, they were able to sustain the family income for a while. They were good at making "chaats" and so took orders from the residents of the complex and were able to roll the income.

By illustrating this example from his life he wanted to explain the fact that, any business or profession is respectable and virtuous and one shouldn't be ashamed or embarrassed about it.

This talk was excellent, with an audience of about 250, wherein no one left in-between. CD's of the program are available at the MSD.

We have received a lot of requests to invite him again and speak on a different topic. We are looking at inviting him in December along with another speaker.



LIFE...

— Keyur Trivedi

It's a funny thing this thing we call LIFE,
When a quest filled with expectations fails,
Our aspirations filled with zeal derails,
When humility comes and bites us cold,
When arrogance and pride is forced to take the back door,
What emerges from this plight and experience,
Is that pride and ego causes in our mind a turbulence,
Which blinds us of the true qualities we are born with,
Oh what a delight and treat would it be,
When the focus is on 'We' and not 'I',
When we can laugh more and not cry...





Being Authentic/ Genuine/ Real



Miss Kavita Sharma
kavita.s2009@gmail.com

Being “real”. What does this mean? What the hell does it entail??? Hmmmmmm??? Let us probe further and investigate this word. Mind you, it is not a word that is like a castle in the clouds; improbable and most impractical. The truth is that people who are “real”, do exist.

Being real, by the way, is a natural way of being for any given person. It involves, being aware of oneself and expressing oneself in this world. A real person is acutely aware of his/her natural gifts as well as shortcomings. He/she celebrates the gifts/natural talents and partakes in sharing with others close to and around him/her. The



inauthentic people deal with themselves or with others, they are literally “looking at London but talking to Tokyo”. It is really sad. This causes many an internal strife within oneself and in interpersonal relations. It is a total farce. Also, it prevents one from living life fully. Thus living with “authenticity” is a more

trouble to find out what makes you happy, delighted and absolutely crazy with joy. Take the trouble to follow your heart. If you feel happy in the company of certain people, meet them more often and cultivate more relationships which are on the same lines. When you finally take the plunge to divorce yourself from toxic influences in your life, do not forget all the lessons that you learnt while under those influences. In fact, be grateful to them, albeit silently.

Genuine people are one with themselves. With them, what you see is what you get. This does not mean that their life is a bed of roses. In fact, the challenges in a life that is authentically led, are numerous. However,

dealing with those challenges in the spirit and letter of authenticity, becomes more satisfying. Saying and doing what one thinks, feels and believes in, is a sign of strength and not weakness. To summon the courage within oneself to live an authentic life is the best favour one can do for oneself. So, celebrate all the good things about yourself and do



not forget to share the goodness with others. Also, divorce each and every toxic influence in your life. More importantly, be sincerely grateful to those toxic influences for what they taught you. Most importantly, be true to yourself, for there will never be another you.



person is also only too aware of his/her flaws but does not get bogged down by them easily. On the contrary, he/she will tend to work on the flaws with each passing day and not let them affect the positives. Authenticity is a way of life that brings many a person peace and tranquillity. When

satisfying and smarter way of life.

Be exactly who you are, for there'll never be another you. Think and more importantly, feel it. Take stock of your life and reflect upon it. If it is a life full of regrets and unhappiness, you have the power to turn it around, at this very juncture. Take the



The Healthy Mithai Extravaganza



Roweena Bhatia

EMAIL: fatfreeideas@gmail.com
 FACEBOOK: <http://www.facebook.com/FatfreeAlmost>
 TWEET: @FATFREEALMOST
 INSTAGRAM: @fatfreealmost

Indian sweets, “mithais”, are simply a thing apart. Intensely sweet; they are close to everyone’s hearts especially during the festive season.

This Diwali, let’s forfeit these overly sweet mithai’s and switch to healthy delightful guilt-free bites with Roweena Bhatia; Founder/Chef “FatfreeAlmost”!

2 healthy alternatives for the “Indian Mithai”

Easy 7 grain flour and jaggery chocolate fudge

What You Need:

- Cold pressed coconut oil - 1/2 cup (optional white unsweetened melted butter)
- 7 grain flour- 2 cups
- Powdered / grated raw dark jaggery- 1 cup
- Sliced almonds and pistachios- 1/4 cup (and more for garnishing- optional)
- Cardamom powder- 1/2 to 1 tsp
- Nutmeg powder- 2 tbsp
- Dark cocoa powder 4 tbsp
- Raw organic honey 4 tbsp

Your Method:

1. Heat oil in a heavy bottomed pan. Add whole wheat flour and dry roast stirring continuously, until it turns golden brown.
2. Allow this to cool slightly. When it is lukewarm, add grated jaggery and mix well until combined. Now



- add the cocoa powder and honey and combine well.
3. Add sliced almonds, pistachios, cardamom and nutmeg powder and mix well.
 4. Transfer this to a greased tray. Press and level it using the back of a spoon.
 5. Add chopped nuts on top and press it using a spoon.
 6. Cut into squares. Allow it to cool completely before transferring on to a serving tray, this can be stored in an airtight container.

Chia Seeds Date Ladoos

What you need (makes about 20 pieces)

- Dates - 1 cup
- Gluten free white oats

- Walnuts - 1/2 cup
- Chia seeds - 2 tablespoon
- Pistachio - 1/2 cup
- Dry coconut - 3/4 cup
- Protein powder - 2 tablespoon (optional)



- Flax meal - 2 tablespoon
- Cacao - 2 tablespoon
- Goji berries - 2 tablespoon
- Vanilla extract - 1 tablespoon
- Nutmeg - 1/2 teaspoon
- Raw organic honey - 3 tablespoon (or any other type of honey you prefer)

Method

1. Soak chia seeds in water for 10 minutes.
2. Combine all other ingredients except chia seeds and grind coarsely in a food processor or mixer
3. Combine chia seeds with the mix and make them into balls
4. Store in airtight container and enjoy
5. Also works as an energy booster pre/post workout.



Transform Workshops

Emotional Transformation



Pooja Gupta

We Need To Rediscover Our Core Human Values. This Workshop Will Deal With Emotions Like Anger, Fear And Insecurities. Handling Emotions Effectively Will Help In Improving Relationships.

About The Workshop

Mind can be our best friend or our worst enemy. Emotions are a great strength when channelized properly. They inspire one to act, achieve, care and share love too. Same emotions when they turn negative become destructive. In modern life, one goes through lot of stress, worries etc. and to keep the mind at Peace is a challenge.

Research studies show Emotional Issues are major cause for most family problems and illnesses. In reality, we need to rediscover our core human values. Emotional Transformation is the need of the hour.

This workshop will deal with emotions like Anger, Fear and Insecurities. Handling emotions effectively will help in improving relationships.

This topic can be tailored for school going children, college students, working professionals, homemaker and senior citizens. However this time the workshop will be conducted for teenagers and all adults.

Workshop Highlights

- ♦ Practical Tips to deal with emotions and relationships.
- ♦ Audio-Visual Learning
- ♦ Thought provoking activities
- ♦ Interactive module

Inspiration For The Workshop

"Let not the storms of the heart cover the sun in the head."



Swami Chinmayananda.

Emotional Transformation module is one of the seven transformation modules developed by Chinmaya mission as part of the Transforming Indians to Transform India (TITI) a nationwide movement of Chinmaya Mission. In the year 2015 over 1008 workshops were conducted all over Mumbai include Emotional, Cultural, Patriotic, Intellectual, Spiritual, Physical and Universal Transformation.

Chinmaya Mission is a spiritual organization setup in 1953 by Swami Chinmayananda. With its motto of "Maximum happiness to maximum people for maximum time" Its 3000 centres across the globe have been serving the society in various ways.

Over the last 2 years Chinmaya Mission has established a zonal center called Chinmaya Priyam in the vicinity of the Gymkhana at 5, Jain Vihar, 3rd Road, Juhu Scheme from where many activities are launched regularly for enriching the life of the residents like Bhagwad Geeta Courses, Vedanta Courses, Festival Celebrations, Movie workshops and other special programs for Youth, Bal Vihar for Children, Sishu Vihar for toddlers, Corporate Workshops for working professionals and study classes for reflections.

Speaker Profile

Pooja Gupta has been conducting workshops and training sessions for Corporate, Housing Societies, Schools, and Colleges with audiences of varying age groups from Senior Citizens to Children from varied fields including Professionals, Teachers, and Students. Some of the topics covered include Emotional, Cultural, Patriotic, Intellectual, Spiritual, Physical and Universal Transformation. She brings in a blend between spirituality and practical living. Her sessions are very well received with audiences finding an immediate connect.

In a voluntary capacity, she is the zonal co-coordinator from Andheri to Bandra for TITI movement of Chinmaya Mission and one of the committee members at Chinmaya Priyam.

As a professional, Pooja is action-Oriented and result-oriented professional with excellent Communication and Presentation Skills with over 2 decades of extensive experience in information technology with last decade focused in Project Management in varied Computing Technologies and Soft Skill Training. She is a B.E (Computer Science) by qualification, Certified ISO 9001:2000 Internal Quality Auditor and has completed Vedanta Foundation Course.



UPCOMING EVENTS

Contact Members Service Desk For Details

OCT 22 Mega Bumper Housie

Children & Women Activity sub-committee and Ent. Sub-comm. presents "Mega Bumper House" on Saturday 22nd October 2016 from 5.30 pm onwards at Fast Food Open Area.

NOV 6,13 20&27 Diwali Special for Our 50+ Seniors

Senior Citizen Sub-comm. & Parikrama presents Diwali special for our 50+ seniors interactive session on various topic on every Sunday (6th, 13th, 20th and 27th) of November 9am onwards at Front Lobby Area. For more details contact MSD.

NOV 20 Celebrating Children Day

Children and Women Activity sub-committee presents "Celebrating Children Day" on Sunday 20th November 2016 in club premises.



SPECIAL OFFERS From 1st OCTOBER 2016 (Till Stock Last)

Juhu
Vile Parle
Gymkhana
Club

Foster Beer Pint	Buy 2 Pint Get 1 Pint Free
Carlsberg Pint Beer	Buy 2 Pint Get 1 Pint Free
Chivas Regal 12y	Buy 2 Peg Get 1 Peg Free
J.W. Black Lable	Buy 2 Peg Get 1 Peg Free
Glenmorangie	Buy 2 Peg Get 1 Peg Free
Black Dog Triple Gold	Buy 2 Peg Get 1 Peg Free
Blender's Pride Reserve	Buy 2 Peg Get 1 Peg Free
Absolut Vodka	Buy 2 Peg Get 1 Peg Free
Bacardi White Rum	Buy 2 Peg Get 1 Peg Free
All Grover Wines	Buy 1 Glass Get 1 Glass Free
All Grover Wines Pint	Buy 2 Pint Get 1 Pint Free
(Vijay Amrut Raj & LA Reserve also)	
Sula Wines	Buy 2 Pint/Glass Get 1 Pint/Glass Free
Sula Brut Champagne	Buy 1 Get 1 Free Pint/Btl

All the Below Unlimited Items buy 1 get 1 Free (Pint/Glass)

Fratelli Cabernet Shiraz (Glass/Pint)
Fratelli Chenin Blanc (Glass/Pint)
Fratelli Chardonnay (Glass)
Fratelli Merlot (Glass)
Fratelli Classic Merlot (Glass/Pint)
Fratelli Classic Chenin (Glass/Pint)
Fratelli Shiraz Rose (Glass)
Fratelli Classic Shiraz (Pint)

All the Below Unlimited Items buy 2 get 1 Free (Glass)

Fratelli Sette (Glass)
MS Red/White (Glass)
Vitae Chardonnay (Glass)
Kyra Chenin/Shiraz (Glass)



- Offer till stocks last
- No promotions on dry day
- Kindly maintain decorum
- Drink responsibly

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President

Himanshu Gokani
Hon. Secretary

Dr. Ojas Dave
Hon. Jt. Secretary



Bharatiya Arogya Nidhi

Sheth K. C. Parikh General Hospital

N.S. Road 13, Juhu Scheme, Vile Parle West, Mumbai-400049. Contact : 022- 26206021 / 26206493 Fax No. 020

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Your Heart needs ATTENTION ! If you have

- History of Heart related ailments In past
- History of Diabetes
- History of Smoking
- History of Obesity
- History of high cholesterol level
- History of past heart disease in family
- Chest discomfort, shortness of breath on exertion or at rest



Our Centre is specialized for

Non Invasive Cardiology

- Treadmill Stress Test
- 2D Echo with Color Doppler

Interventional Cardiology

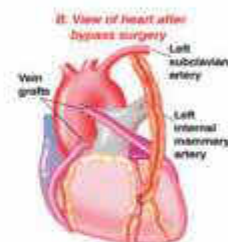
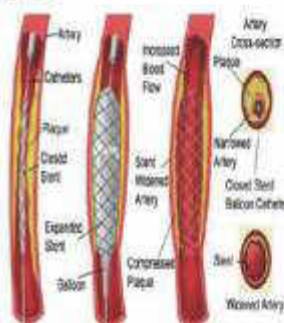
- Coronary Angiography
- Coronary / Angioplasty with Stenting
- IVUS, FFR,
- PAMI (Primary Angioplasty in acute MI)

Other Interventional Procedure

- Peripheral Angioplasty
- Neuro Intervention
- Cardiac Resynchronization
- Pacemakers
- IABP

Open Heart Surgery

- Bypass Surgery
- Valve Repair / Replacement



Tip of the month: -
Drinking 4 glasses of warm water on empty stomach in morning will help solve many day to day health issues.

Other Services we offer to the society:

*Concession valid on certain facilities

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 , Health Check-Up Packages.

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Offer valid till 31 Oct 2016