

ASIA NO. 1 DHRUV SITWALA



Jinesh Choksi
Hon. Jt. Secretary



Shailesh Parekh
Chairman, Billiards &
Snooker Sub-Committee

PRIDE OF INDIA & JVPG CLUB



Dhruv Sitwala (thrice **World No. 2** in Billiards) becomes only the second player ever in history of Billiards to successfully defend his Asian Billiards Title and also win it more than once.

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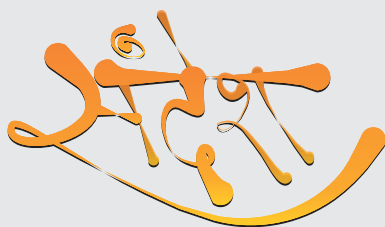


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Juhu Vile Parle Gymkhana



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Secretary's Note



Sachin C. Doshi
Hon. Secretary
Editor

Dear members,

Words are not enough to express my gratitude towards all those voted for us. I can only say 'Thank You' and promise to do my utmost to deliver what I pledged at the time of election.

Taking forward the vision for our club and enhancement of services for member-satisfaction, swift action has been taken to actualize our initiatives. I shall keep you all updated on the progress towards these endeavors.

The renovation at swimming pool is almost complete. New tiles have been fixed, and various jobs have been completed to give our pool a new look. Soon, a renovated swimming pool will be opened for water lovers.

Now for a 'punching news'....classes in kickboxing has already started. The classes will be held in the health club.

Plans are underway to allow members to go online and book their time slot for any sport activity they desire. So, whether it is Table Tennis, badminton, card room etc., the member can come to club hassle free, as the time slot is already allocated to them.

It is being worked out that members will be able to see the live relay of Managing Committee meetings. I shall let you all know the details in time to come.

"Vision Document 2030" for the club is already in process to put into motion all steps needed to improve and modernize the club, and equip it for the next 30 years. This was imperative as the present infrastructure will not be able to support us for more time.

Vision Document shall consist of creating smart building with all sports facilities which are presently lacking such as: Golf, Volley Ball, Football, Basket Ball etc.

Once the "Vision Document 2030" is completed, it will be presented to the members of the Managing Committee and other authorities for their consideration and approval. Other factions and societies will also be called upon, when required, for their review, due deliberation and acceptance of the same.

As you all know, I am always seeking valuable feedback and views from our members to implement them in our strategies. In that spirit, I am asking the members what they think of disallowing any election campaign which could be held within the radius of 100 meters on the day of the election, just like it is conducted for national elections. This is to safeguard voters and prevent any last minute pressure tactics from the contestants.

Elections are expensive and time consuming, both of which are essential components with which we can do active good instead of seeking repetitive mandate from the members. It would be wonderful to know what our members think about it.

So members, this is the gist of all that we have done in this short time we were in the office. I shall share our progress in the coming months.

Till then, take care and don't get sun scorched...

Sachin C. Doshi
Hon. Secretary



CHAMPION OF THE CHAMPS DHRUV SITWALA

Dhruv Sitwala won the Asian Billiards Championship in 2015 at China and also in 2016 at Sri Lanka.

Asia No. 1, Pride of India & JVPG Club

Eminent member of JVPG and Billiards Champion Dhruv Sitwala, believes that history belongs to people who have faith in themselves. Calling the 'cue shots', he is role model for all those who want to be a Billiards champ.

Here is a short tete a tete with Dhruv, as he stands today as an inspiration to budding sportspersons and billiards enthusiasts.

Were you always motivated to be a billiards champ or was there a turning point in your life?

I was a keen enthusiast of squash at JVPG. As was a habit after my training, I used to visit the billiards room to relax and chill in the cool comforts of the air conditioned room. That is where Billiards caught my interest. Instantly I started playing billiards, as a recreation for a couple of years. This was, which can be termed, a turning point of my career.

How did you train for it ?

After 2 years of practice I was fortunate to be coached by former World Champion Wilson Jones. In these gruelling sessions I graduated to the next level, practicing for almost 7/8 hours of quality practice every day to grasp the nuances of this sport. With laser focus combined with exercises and disciplined lifestyle, I elevated my game to the next level.

Any idols you follow..

I have always idolized 18 times world champion Mike Russell of UK. He is probably the best player of the century. I am fascinated by his repeated display of perfection at the International level, his desire to beat his previous records and also for his display of mental strength for almost 20 years. This is a feat which no one has ever achieved. In fact it is a privilege for me to be existing in the era of Mike Russell.

I also admire Indian chess legend Vishwanathan Anand for being 5 time world champion in a sport which is played by more than 100 countries.



Your support system...

Coming from a Gujarati background where the dominant focus is on money and food, I feel I was lucky to get full support from my parents who never doubted me taking up an unusual sporting career. I am indebted to them for allowing me to chase my dream.

How do you balance out your life....

I am privileged to be working with the biggest company of India (ONGC) who employ and support a lot of Indian sportspersons from different fields. When one's finances are taken care of, it facilitates you to totally focus on your goals with full undivided energy.

Do you remember the first award you won

Sincerely speaking I am not too fond of awards or fame as I am too involved in evolving as a better sportsperson every day as it gives me a kick to beat my previous performance.

Can you tell us more about your accomplishments

I have been **World no. 2** three times, and twice **Asian Champion**. But the most memorable moment was the World Professional Billiards Championship 2010 in which I beat defending World Champion Pankaj Advani in quarter-final, then beat former World Champion Geet Sethi in semi-final and eventually lost the finals against the legend Mike Russell.

Words of inspiration for our youngsters....

For youngsters aspiring to be great sportspersons I would say :

Inspire yourself with great thoughts to keep motivated.

Develop passion towards your goal.

DHRUV'S INSPIRING WORDS FOR YOUNG SPORTSPERSONS

It gives me a sense of pride & fulfilment as I am writing this piece to share my views to budding sportspersons and their parents.

As students of sports we all go through unique experience & range of emotions in our career. Their may be moments of joy & sorrow, success & defeat, happiness & disappointments. But actually all boils down to never give up till you have reached your goals.

Today's youth is by far the most confident, bright and quick to learn new things. My suggestion to aspiring sportspersons is to focus on the worthy, develop passion towards your goal and create a positive energy around you.

You have been fortunate to be tech savvy at an early age and have an opportunity to great knowledge of worldly things through Internet. Still I recommend to keep things simple in front of your eyes and not waste unwanted time in electronic gadgets as it saps your energy.

While working towards your goal don't think much about the end-result, instead focus on how to become better the next day. Focus on the process, focus on Excellence and if you can enjoy the journey of your path than success has to come to you one day.

Associating with correct people and reading the correct self-help books is the fastest way to become wise. Inspire yourself with greater thoughts to stay motivated. A combination of disciplined life, exercises and sound mind will help you in building a positive personality.

It's important to speak only when you are asked to and not be Egotistical. Focus on the quality of your thoughts and not on the brands of your clothes & watches.

It is only human nature to to practice what you can already do well, since it's hell of a lot less work and hell of a lot more fun, but learn to stretch your limits to play outside comfort zone.

The best circumstances in which sports development seems to work is where the children are themselves motivated to clock up the hours, rather than doing so because of parents or coach. When the motivation is internalized, children tend to regard practice not as gruelling but as fun.

Tennis legend **Andrew Agassi** mentioned in his autobiography "My father says if I hit 2,500 balls each day, I'll hit 17,500 balls each week, and at the end of one year I'll have hit nearly one million balls. He believes in math. Numbers, he says, don't lie. A child who hits one million balls each year will be unbeatable."

History of the world belongs to the people who had faith in themselves.

"Believe it can be done and your mind will find ways to do it."



A combination of disciplined lifestyle, exercises and a sound mind will help you develop a positive personality.

Never worry about competition, in fact chase EXCELLENCE and focus on beating your previous best performance.

Kudos to that !!



REOPENING OF SWIMMING POOL

The renovation of the swimming pool is now complete and members can enjoy the sparkling blue waters of the new look pool with the added features.

The first feature that needs to be mentioned, which is very useful for the members, is called as 'waterlink spin lab'. This is a ground breaking water analysis system that generates water treatment recommendations in proper sequence to enable the staff to maintain water in crystal clear condition. This analysis of water will be displayed for the member visiting the pool and shortly will be made available online on our site for members convenience. In response to a long standing demand, a specially designed removable Ladder, for the convenience of the senior citizens, will be available for senior citizens to get in and out of the pool with ease. The pool is provided with underwater lights, which will certainly add to the elegance of the swimming pool and also to the overall ambience of all 3 pools.

The baby pool and the trainee pool have now on eye-catching and colourful floor designs to keep our young ones in cheerful mood.

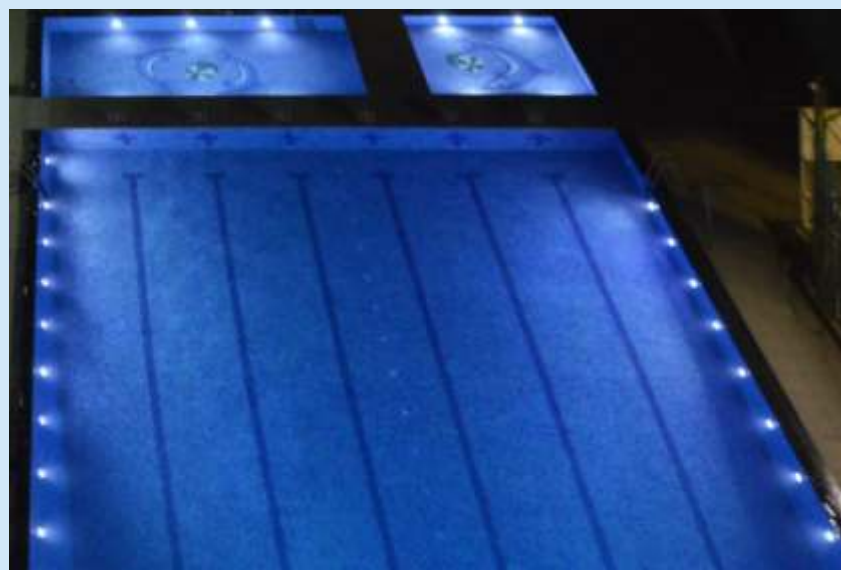


Nikhil Thanawala
Chairman,
Swimming Pool Sub-Comm



Special ladder for Sr citizen
to be installed very soon





JVPG CLUB ANNUAL ELECTION RESULTS

Held on Sunday 3rd April 2016

ELECTED TO MANAGING COMMITTEE



DOSHI SACHIN C.



GOKANI HIMANSHU



MOTASHA JAYESH

ELECTED AS TRUSTEE



GANDHI AMIT KISHOR

The club's annual elections were held on 3rd April 2016 and were overseen by the election committee led by Shri Satish P. Shah.

In a keenly contested election, there were nine candidates for the Managing Committee and three for the post of trustee. Thus totaling 12 candidates in the fray. The entire election process passed off peacefully and in cordial atmosphere.

The results of the election were as under.

Mr. Gokani Himanshu V secured the highest votes ie. 848 votes in the election for Managing Committee.

Amit K. Gandhi lead the pack of three with 528 votes for the post of Trustee.

<i>For Managing Committee</i>	<i>Total Vote</i>
1. Gokani Himanshu V	878
2. Doshi Sachin C	786
3. Motasha Jayesh	676
4. Jhunjhunwala Niranjan P	575
5. Kapadia Bharat K	518
6. Parikh Tushar M	414
7. Sampat Anil K	408
8. Bagga Sanjeev S	280
9. Gupta Rakesh K	261

<i>For Trustee</i>	<i>Total Vote</i>
1. Gandhi Amit K	704
2. Joshi Rahul M	654
3. Kapadia Jayant B	283

UPCOMING EVENTS



**APR
09**

KICK BOXING

KICK BOXING at Health Club started from 9th April 2016. Contact Health Club for enrollment.



**APR
20**

CRICKET SUMMER COACHING CAMP

Cricket sub-committee proposes 'Cricket Summer Coaching Camp' from 20th April 2016 by renowned coach Sanjay Khamkar, certified level one and two coach, played for county (Bradfordshire and Luton) with Uday Tank. For enrollment contact MSD/Office.

**APR
20**

SQUASH SUMMER COACHING CAMP

Squash sub-committee proposes 'Squash Summer Coaching Camp' from 20th April to 10th May 2016. Coach - Kuwarpal Singh. For enrollment contact Squash department.

**APR
24**

CHESS TOURNAMENT

Children & Activity Sub-committee present "Chess Tournament" on Tuesday, 24th April 2016 at Activity hall, 9.15 am onwards. Age group - U/6, U/8, U/10, U/12, U/14 & open category. Contact MSD for registration.

APR

SWIMMING SUMMER COACHING CAMP

Swimming sub-committee proposes to conduct 'Swimming Summer Coaching Camp' from last week of April 2016. Coach - Anand Pardesi. For enrollment contact swimming pool reception.

New Born Baby

There is only one pretty child in the world and every mother has it.

Welcome to JVPG Club Family.

Membership Number:- O-03003
Name of the Child :- Thea Ahuja
DOB:- 30th August 2014
Age:- 1.5 years
Name of Father :- Rohan Ahuja
Name of Mother :- Neha Ahuja



Taking a Cue Shot: Rahul Sachdev

Rahul Sachdev, an enterprising member of JVPG, is a snooker enthusiast. A Snooker player of Mumbai, Maharashtra, up till now, he has made 6 centuries in tournaments (102,103,104,105,112,120). His highest break is 144 in practice.

Rahul has been playing competitive Snooker for the past 5 years. He has participated in almost all tournaments held in India in these years. He recently won his maiden All India Snooker title(Aurangabad,2016) making JVPG proud of him.

To train to be a master in snooker, he has also travelled to Sheffield, UK, to the Star Snooker Academy, a couple of times, to learn, practice and hone his skills with the top professionals like Aditya Mehta, Ding Junhui and others. Below are his achievements:

STATE LEVEL:

1. 2011 Maharashtra no.2 junior snooker.
2. 2012 Maharashtra no.2 senior snooker.
3. 2013 Maharashtra top 8 senior snooker.
4. 2015 Maharashtra no.1 senior snooker.

NATIONAL LEVEL:

1. 2011 India top 16 junior snooker.
2. 2012 India no.3 junior snooker.
3. 2013 India no.2 6-red snooker(men's).
4. 2016 India top 16 senior snooker.
5. 2016 Winner of all India Snooker tournament.



INTERNATIONAL LEVEL:

1. 2013 Asian under-21 snooker championship last 16.(Indore,India)
2. 2013 World under-21 snooker championship last 32.(Beijing,China)
3. 2014 Asian 6-red and team snooker championship (Karachi, Pakistan) 6- red last 16 Team event top 8
4. 2014 World Snooker championship last 64 (Banglore, India)
5. 2015 World 6-Red and team Snooker championship (Karachi, Pakistan) 6-Red last 42

Giving snooker a good shot, Rahul is indeed aiming high to earn an international platform in this game.

We know he will achieve his target....All the best to Rahul.

ACHIEVEMENT BATTLING TO WIN

It is a very proud moment for the club that Maanav Hitesh Shah, who is just 13 years, has accomplished tremendous accolades in Table Tennis.

Maanav has been playing TT since he was 8 years and is being coached by the reputed Shri Jayeshbhai Lakhani at JLTT Institute at Juhu.

Maanav's recent achievements are given below:

In October 2015, Maanav won the Gold medal in JITO Games, Mumbai for age group of < 15 years Boys.

In December 2015, he won Gold medal in Sub Junior Boys Promotional, Mumbai, Silver medal in Junior Boys Promotional, Mumbai, Inter House School Tournament – Gold medal in Singles Boys category, Inter House School Tournament – Gold medal in Doubles Boys category, Parle Mahotsav 2015 – Silver medal <15 Age Boys category, Parle Mahotsav 2015 – Gold medal <18 Age Boys category, Parle Mahotsav 2015 – Bronze medal in Mens

category and SFANOW Interschool Tournament 2015 - Gold medal <15 Age Boys category.

This year Maanav won:

In January 2016 - JLTT-Balkan-Ji-Bari Promotional Tournament – Gold medal in Sub Junior Boys category, JLTT-Balkan-Ji-Bari Promotional Tournament – Bronze medal in Junior Boys category, 24th Dilip Sampat Interschool Tournament – Silver medal in Boys group category, - 24th Dilip Sampat Interschool Tournament – Bronze medal in Boys individual category, Late Shri Pratapbhai Vora All Mumbai Promotional Table Tennis Tournament 2016 – Gold medal in Junior Boys category

Maanav has won 8 Gold, 3 Silver and 3 Bronze medals in last 6 months in Sub Junior, Junior and Mens category.

This would not have been possible without the support and guidance of Shri Jayeshbhai Lakhani and hard work put by Maanav himself.

Maanav has proved that continuous and dedicated efforts, along with patience will give result in any sport. We are sure his achievements will boost the spirit of many youngsters of our JVPD Club to participate in some sports activity.

Three cheers to Maanav



**RANG
BARSE**
COLOR JOY DANCE

ALCOHOL STRICTLY
NOT ALLOWED

ECO-FRIENDLY COLOURS
WILL BE PROVIDED (OUTSIDE
COLOUR WILL NOT PERMITTED)

Happy
Holi

Event Managed By
7OCEANS
One Stop Event Management Co.



RANG BARSE

What with the anticipatory build up culminating into a fabulous burst of colours...Rang Barse 2016...the Holi celebrations at JVPG

The event began in the morning with complimentary breakfast along with thandai and mouth watering jalebis.

As the DJ, Punjab Dhol, began beating the drums, everybody got up for a solid dose of dance and to play "Holi". "Holi" was played with eco-friendly colours. There were about 80 to 100 members keeping up with the momentum of the fun and mazaa.

To add to the vibrant mood, there were Bollywood dances which everyone enjoyed very much. In between the shows, the RJ kept egging the guests keeping them entertained.





The event was very well managed by 7 Oceans and co-sponsored by Roman Group.

There were special attraction for this event. There was 'Bubble Machine', Paper Flower Shower, Eco-friendly colour blast shower and a chance to click your photograph in a unique party attire. It is called 'Sign Photo' where you either don a party hat, or quirky goggles or a feather dangler to give a whole new feel and unusual touch to your personality. Click a photo for posterity to remember and laugh at the great masti you had at Rang Barse.

This joyous program was organized by Himanshu Gokani, Chairman Entertainment Committee, ably supported by Sachin C. Doshi, Hon. Secretary.



Himanshu Gokani
Chairman
Entertainment Sub-Committee



**RANG
BARS**
COLOR | JOY | DANCE

ALCOHOL STRICTLY
NOT ALLOWED
ECO - FRIENDLY COLOURS
WILL BE PROVIDED (OUTSIDE
COLOUR WILL NOT PERMITTED)

Happy
Holi



Kala Vaividhya Part V



On the evening of Saturday, March 26th the Activity hall at the Club was buzzing with 195 Sr Citizen Members who had once again turned up in large numbers to cheer and enjoy, the most awaited cultural programme of the year, Kalavaividhya season 5, which is specially prepared by the members for the members.

Shri Satish Shah gave his welcome address and handed over the mike to the evening's compere Mr Mukesh Joshi, who for almost 3 hrs made sure that the events of the evening flowed smoothly.

For almost 3 hrs from 6.45 to 9.45 pm 44 enthusiastic Sr Citizens who for the last 4 months practiced for various performances, such as skits, dances, songs, musical instruments, truly held the audience spell bound with their energy.

The ever young Sr Citizen members who displayed their brilliant performances, were presented with Green tea sponsored by Shri Malde and Glass containers sponsored by Shri Kanti Haria as a token of appreciation.

A special Thanks to Shri Pradip Gandhi for all the support and backstage help.

Also a big Thank You to all the participants for Rocking this seasons performance.



*The most awaited cultural programme of the year, Kalavaividhya Part V,
which is specially prepared by the Members for the Members.*



Satish C. Shah
Chairman, Sr. Citizen Sub-Comm.





Himanshu Gokani
Chairman
Entertainment Sub-Committee



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

HOLI SPECIAL MEGA BUMPER HOUSIE

On popular demand, another "Mega Bumper Housie" was held on Saturday 19th March in our open fast food area. Five rounds were played, extra counters for sale of tickets along with runners to help were provided to facilitate the members & their guests. It was a stupendous success logging a record attendance of 800 people.

The event was eye catching as there were many sponsored prizes to be won over & above the cash prizes. JVPG club gave 2 return air tickets to Bangkok in the fifth round & 2 return air tickets to Goa in the third round. Khanvel Resort, Silvassa sponsored 2 nights stay for a couple. Saj Resort, Mahabaleshwar gave complimentary 2 nights stay coupons. Silent Resort, Silvassa



sponsored a 1 night stay for a couple. Food coupons for a couple were given by Sun N Sand Hotel. Dinner coupons were sponsored by Oasis Restaurant & Green House Restaurant. Suba International also sponsored food coupons for a couple. The above sponsored prizes were given in all the five rounds.

Children & Women Activity Sub-Comm. headed by Ms. Darshana Kothari & Entertainment Sub-Comm. headed by Mr. Himanshu Gokani coupled with the guidance & able assistance of Mr. Bipin Morjaria jointly organized this event & made the evening very special & memorable for all, specially for those who won the prizes.





BUDGET ANALYSIS BY SHRI DILIP DESAI

A week after the budget was presented in the Parliament, Sr Citizen Forum, organized an interesting Sunday morning talk on Budget analysis by renowned Chartered Accountant Shri Dilip Desai.

There were around 125 members who attended this interesting event wherein Shri Desai gave an interesting analysis on the budget.

This informative session began with a Welcome address by Shri Mohan Jain, and the introduction of Shri Desai was done by Shri Bhupen Chedda. Shri Satish C Shah did the compering for this interactive event

Besides a general analysis, the subject that the members found of great interest was the HIDDEN SECTION pertaining to BLACK MONEY.



Satish C. Shah
Chairman, Sr. Citizen Sub-Comm.

Without the expertise of an experienced Chartered Accountant it would be difficult to understand this particular section as it was never published or spoken on in neither the Print media nor on T.V

The members highly appreciated this wonderful and informative event.



An evening of remembering the Evergreen Musicians Shankar Jiakishan & S. D. Burman through an audio video presentaion

On the evening of Thursday March 10th around 80 enthusiastic music loving Sr Citizen members assembled in Jasmine Hall to once again go down memory lane and enjoy an interesting audio video presentation on the ever popular musician duo Shankar Jaikishan and Sachin Dev Burman.



Satish C. Shah
Chairman, Sr. Citizen Sub-Comm.

This event was presented by Shri Naresh Kapadia. Once again like the earlier event, he spoke on the life and the musical journey of these gifted musicians.

Through the audio video presentation which the members enjoyed for almost 2 hrs he shared some funny anecdotes, on the life and around the various song situations which occurred during the composition of the songs.

Before the event began, the members enjoyed munching on lite snacks and tea and coffee.



sis on Budget 2016

ESAI, (Gold / ulist) Partner of bhakti company



ORTHOPAEDIC PROBLEM IN OLD AGE

The evening of March 18th 2016, the Jasmine hall was at its full capacity with almost 90 Sr Citizen members who gathered for an exciting and informative evening of talk on various old age related spine and Orthopedic problems which was presented by an expert panel of Drs from the Nanavati Speciality hospital.



Satish C. Shah
Chairman, Sr. Citizen Sub-Comm.

The evening began with a talk by Dr. Suresh Shetty, who gave an interesting insight on the orthopedic problems faced in old age. Following which, Dr. Nikhil Arbatti gave an interesting audio video presentation on back pain, slip disc and how to care and prevent it. As well as myths regarding spine surgery, when and why one should go for this approach. The evening concluded with another interesting audio video presentation on the art of balancing in the swimming pool by Dr Nishita Rana.

Following these interesting and informative topics, the members enjoyed a general question and answer session with the Drs and enjoyed the delicious dinner which was sponsored by Nanavati Speciality Hospital.



TALK ON FINANCIAL MARKETS

India is undoubtedly one of the most promising country and the fundamentals of Indian growth story is still firmly in place

In times of massive volatility in the financial markets and foreign exchange markets – The Library Sub - Committee headed by Mr. Yash Bhuta organized a talk by Motilal Oswal Asset Management Company. The talk was held at the Activity Hall on March 19, 2016 from 4pm onwards.



Yash Bhuta
Chairman
Library Sub-comm.

Mr. Aashish Sommaiya, MD & CEO of Motilal Oswal Asset Management Company was as candid as always in his talk. Some highlights of his talk are as follows:-

India is still undoubtedly one of the most promising country & the fundamentals of Indian growth story is still firmly in place

Mr. Aashish Sommaiya shared that the key of his wealth creation has been the strategy of 'Buy and Hold'. He believes that the best strategy is to buy blue chips and then hold long term. He emphasized



the importance of investing in blue chips and good quality scripts which have a proven track record and a matured and experienced management.

For retail small investors – Mr. Aashish Sommaiya recommended investing in mutual funds through SIP (Systematic Investment Plan) but before this – a thorough research of the fund manager must be done.

Through a presentation – with facts and figures – Mr. Aashish Sommaiya demonstrated how investing in stocks is the most rewarding asset class as compared to real estate or Gold.

Investing in gold is not a very good investment in his view. At most, one can



expect to make a return which would be equal to the inflation.

The talk was followed by Question & Answer session and the audience which included over 200 participants asked their queries which were answered in detail by Mr. Aashish Sommaiya.

High Tea was served & enjoyed by all the members & they were very happy with this event & the talk ended by a Vote of Thanks by Mr. Yash Bhuta.

Special Thanks to our Club Member – Mrs. Mukti Desai for coordinating with the Motilal Oswal Asset Management Company Team and helping to organize this event to perfection.

SNOOKER HOME TOURNAMENT

Snooker Home Tournament held from 24th February to 6th March 2016. There were snooker handicap and open categories. Finals were held on 6th March 2016.



Shailesh Parekh
Chairman, Billiards &
Snooker Sub-Committee

Snooker handicap category winner - Manoj Agrawal and Runner-up Nimesh Shah Snooker open category winner Rahul Sachdeo and Runner-up Dhairya Bhandhari.

Semi-finalist Vinay Saraf for Handicap & Open category. Semi-finalist in handicap category - Dhruv Pagaria, Semi-finalist in open category - Divyesh Gangwani



WOODWAY TREADMILL



Bharat Jhunjhunwala
Chairman
Health Club Sub-Committee

We have imported two Woodway Treadmills from USA, installed and started from Wednesday, 13th April 2016. Hon. Secretary Sachin Doshi, Hon. Jt. Sec. Jinesh Choksi and Health Club Chairman Bharat Jhunjhunwala cut the ribbon and opened to members.



LADIES BAR NITE

Ladies Bar Nite successfully organized by Mr. Paritosh Thanawala on Wednesday, 2nd March, 2016 at Indigo Bar, was celebrated by more than 125 ladies with great panache and enthusiasm. The ladies danced with gay abandon to the tunes of pulsating music and the lucky winners went away with bagful of prizes.



Sunil Shah
Chairman
Bar & Catering Sub-comm.



Himanshu Gokani
Chairman
Entertainment Sub-Committee



Dyslexia



Sonal Gokani, Special Educator
sonalgokani10@gmail.com | 09324284809
Mumbai

There is some variability in the definition of dyslexia. Some sources, such as the U.S. National Institutes of Health, define it specifically as a learning disorder. Other sources, however, define it simply as inability to read in the context of normal intelligence, and distinguish between developmental dyslexia (a learning disorder) and acquired dyslexia (loss of the ability to read caused by brain damage).

Dyslexia, also known as reading disorder, is characterized by trouble with reading unrelated to problems with overall intelligence. Different people are affected to varying degrees. Problems may include difficulties in spelling words, reading quickly, writing words, "sounding out" words in the head, pronouncing words when reading aloud and understanding what one reads. Often these difficulties are first noticed at school. When someone who previously could read loses their ability, it is known as alexia. The difficulties are involuntary and people with this disorder have an unaffected desire to learn.

The cause of dyslexia is believed to involve both genetic and environmental factors. Some cases run in families. It often occurs in people with attention deficit hyperactivity disorder (ADHD) and is associated with similar difficulties with numbers. It may begin in adulthood as the result of a traumatic brain injury, stroke, or dementia. The underlying mechanisms are problems within the brain's language processing. Dyslexia is diagnosed through a series of tests of memory, spelling, vision,



and reading skills. Dyslexia is separate from reading difficulties caused by insufficient teaching; or either hearing or vision problems.

Treatment involves adjusting teaching methods to meet the person's needs. While not curing the underlying problem, it may decrease the degree of symptoms. Treatments targeting vision are not effective. Dyslexia is the most common learning disability, affecting 3–7 % of the population; however, up to 20% may have some degree of symptoms. While dyslexia is more often diagnosed in men, it has been suggested that it affects men and women equally. Dyslexia occurs in all areas of the world. Some believe that dyslexia should be best considered as a different way of learning, with both benefits and downsides.

Dyslexia is thought to have two types of cause, one related to language processing and another to visual processing. It is considered a cognitive disorder, not a problem with intelligence. However, emotional problems often arise because of it. Some published definitions are purely descriptive, whereas others propose causes. The latter usually cover a variety of reading skills and deficits, and difficulties with distinct causes rather than a single condition. The National Institute of Neurological Disorders and Stroke definition describes dyslexia as "difficulty with spelling, phonological processing (the manipulation of sounds), or rapid visual-verbal responding". The British Dyslexia Association definition describes dyslexia as "a learning difficulty that primarily affects the skills involved in accurate and fluent word reading and spelling" and is characterized by "difficulties in phonological awareness, verbal memory and verbal processing speed".

Acquired dyslexia or alexia may be caused by brain damage due to stroke or atrophy. Forms of alexia include pure alexia, surface dyslexia, semantic dyslexia, phonological dyslexia, and deep dyslexia.

In early childhood, symptoms that correlate with a later diagnosis of dyslexia include delayed onset of speech, difficulty distinguishing left from right, difficulty with direction, as well as being easily distracted by background noise. The reversal of letters or words and mirror writing are behaviours sometimes seen in people with dyslexia, but are not considered to be defining characteristics of the disorder.

Cont. on pg 19



SCENIC KODAIKANAL

Want to take a break from the fast life of metro?

Pick up your backpack and head for the cooler climes of Kodaikanal, the Princess of Hills Stations, in Tamil Nadu.

Said to be every vacationers ultimate getaway, the serene and misty Kodaikanal is blessed with natural bounties, dense forest, woody winding routes. Nestling in the southern peaks of famous Palani Hills, this hill station moves in its own cruising pace with an easy going feel putting the overworked city-bred in a relaxed mood.

Because of its natural beauty of flora and fauna, Kodaikanal ranks as one of the favourite with honeymooners. Adding to the list are the nature lovers, and other creative artists who come for the tranquil of the hills.

Kodaikanal's forest provides you with varieties of trees, gushing enchanting waterfalls like Bear Shola and Silver Cascade. If you are lucky get mesmerized by exotic purple Kurinji flowers which bloom once in twelve years. It is therefore no wonder that this place is the most flocked vacation spot.



Besides the many internationally renowned educational institutions, Mother Theresa University, which is India's only women's university, is located in Kodaikanal. Kodaikanal is influenced with Christian culture and the sculptures in the churches of Kodaikanal are worth a visit.

The best time to visit Kodaikanal is March to June. While many cities reel under the scorching sun, the 'Gift of Forest', as Kodaikanal is known, promises a cool summer.



Row a boat, trek down the woody slopes, rent a cycle and go for cycling, or just go horse riding, the forests of Kodaikanal entice you to visit.

DYSLEXIA

Cont. from pg 18

Dyslexia and attention deficit hyperactivity disorder (ADHD) commonly occur together; about 15% of people with dyslexia also have ADHD and 35% of those with ADHD have dyslexia.

School-age dyslexic children may exhibit signs of difficulty in identifying or generating rhyming words, or counting the number of syllables in words – both of which depend on phonological awareness. They may also show difficulty in segmenting words into individual sounds or may blend sounds when producing words, indicating reduced phonemic awareness. Difficulties with word retrieval or naming things are also associated with dyslexia. Dyslexics are commonly poor spellers, a feature sometimes called dysgraphia.

Problems persist into adolescence and adulthood and may accompany difficulties with summarizing stories, memorization, reading aloud, or learning foreign languages. Adult dyslexics can often read with good comprehension, though they tend to read more slowly than non-dyslexics

and perform worse in spelling tests or when reading nonsense words – a measure of phonological awareness.

A common myth about dyslexia is that its defining feature is reading or writing letters or words backwards, but this is true of many children as they learn to read and write

Dyslexia is often accompanied by several learning disabilities, but it is unclear whether they share underlying neurological causes. These associated disabilities include:

Dysgraphia – A disorder which primarily expresses itself through difficulties with writing or typing, but in some cases through difficulties associated with eye–hand coordination and direction- or sequence-oriented processes such as tying knots or carrying out repetitive tasks. In dyslexia, dysgraphia is often multifactorial, due to impaired letter-writing automaticity, organizational and elaborative difficulties, and impaired visual word forming which makes it more difficult to retrieve the visual picture of words required for spelling

Attention deficit hyperactivity disorder – A

significant degree of ADHD and reading disorders such as dyslexia. ADHD occurs in 12–24% of all individuals with dyslexia.

Auditory processing disorder – A listening disability that affects the ability to process auditory information. This can lead to problems with auditory memory and auditory sequencing. Many people with dyslexia have auditory processing problems for this type of deficit. Some research indicates that auditory processing skills could be the primary shortfall in dyslexia. **Developmental coordination disorder** – A neurological condition characterized by marked difficulty in carrying out routine tasks involving balance, fine-motor control, kinaesthetic coordination, difficulty in the use of speech sounds, problems with short-term memory, and organization.

Dyslexic children require special instruction for word analysis and spelling from an early age. However, there are fonts that can help dyslexics better understand writing generally speaking, is positive for individuals who are identified in childhood and receive support from friends and family.

Members'
Section:

BETTER PRODUCTIVITY WITH TIME MANAGEMENT....

"If you want to be more productive, you need to become a MASTER of your MINUTES"
- Crystal Paines



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Introduction:

In today's digital and competitive world, it is very true for all, whether one is a senior or a young fresh executive of a corporate house, a successful entrepreneur or a self-occupied professional, successful and proper execution and completion of any task is most important and challenging. Hence for the expected growth and encouragement, in addition to all the required expertise, capabilities and facilities, one's own ingenious management of the involved time, augments and develops own initiated task or a venture and makes it productive.

Time - an important component:

We are all aware of the well-known quote by Benjamin Franklin that 'TIME IS MONEY'!

We are also aware that 'Time' is the component that cannot be measured, weighed, counted. However, it is the most important and vital aspect for everything.

While, leveraging one's own willingness, knowledge, expertise and resources are of great importance, organizing and scheduling one's own time, is most challenging and important to all and is the modern day dictum of "Time Management" with the current developed methods, in front of us to fight the warfare situation for betterment.

After having worked for a very long time, for the development of the academic and administrative system in Higher Education in Universities, and having constantly watched, studied and evaluated the growth and achievements of various levels executives, skillful and enterprising professionals under the creative fields like Fashion and Jewelry Designing, Commercial & Fashion Photography, needing lots of co-ordinating tasks and functions with all the highs and the lows of running a successful enterprise, it is fair to agree with the Crystal Paine's thoughts on TIME as stated above.



Co-ordination and Communication:

Any mission, of producing a final unique and quality product for a consumer, is a cumulative result of various time bound tasks involved. At each of these co-ordinating stages, to maintain the quality of the final finished product, the responsible person has to put the genuine and personal efforts - may be for an outfit or a jewelry with most elegant, chic, and exceptional look to match the client's expectations. Needless to say that this is the outcome of the most crucial and challenging part of an effective and result oriented communication with needed co-ordination at all stages. Hence, for a desired and timely final outcome, successful time management and skillful team monitoring work wonders to you and your time bound co-ordinating mission or a task.

With these facts, I list down a few essentials for all those who are managing and working hard for a successful target setting and achieving it within a specified time.

TIME is considered in terms of its optimum utility for the maximum returns and gains for the future tasks in your chosen field. Hence, it is very true that TIME is the most crucial part of any opted task

- TIME cannot be created, but can be managed in the most ideal way
- TIME cannot be purchased, but it can help in acquiring wealth...
- TIME is equal for all and passes with the same speed for all....
- TIME cannot be stopped, stored, held or even retrieved....
- TIME lost, is lost for ever....
- TIME when utilized properly, it delivers the desired, expected, satisfying and beneficial results.

Managing Time:

With the analysis of the 'Time' as stated above and with our own experiences we get convinced that time transcends everything. Thus we need to judiciously plan

and utilize time at our disposal in a most meaningful way to be successful. We have not to waste our precious time but we need to employ it to our own advantage. It is a common practice to excuse ourselves from some routine or assigned tasks not done in time, with a say that: "I could not do it as I keep very busy and had no time"! This shows a lack of responsibility or improper time management! Such an attitude causes hiccups in any job that needs co-ordination at various levels. It also disturbs the stability of the concerned business having an effect on its reputation and future business. But a competent person would willingly work to manage his time to complete the job. Thus the management of own time with all such concerned and relevant situations and solutions in mind, would keep the concerned, involved and an alert entrepreneur more energetic, competent, fit, confident, and enthusiastic for the growth of his/her own business which automatically becomes productive and meaningful to all.

Conclusion:

For any self-employed professional or an individual, to grow in his/her opted activity, it is true that:

Properly and meaningfully planned and managed own TIME is of paramount importance and when coupled with one's own proficiency and experience will obviously give the expected and encouraging results. When one manages Time well, Time takes his/her care well!





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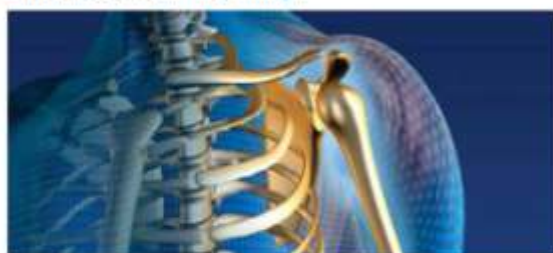


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