



JVP G CLUB

VOL. VI • ISSUE 1 • JANUARY 2016



Yes, you too can run!

Launching



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RUNNERS
C L U B

FITNESS UNDER YOUR FEET



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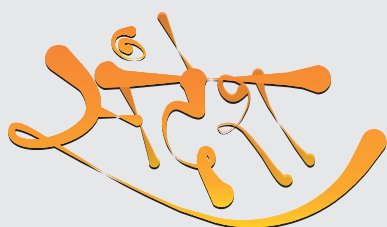
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JUHU VILE PARLE GYMKHANA



Volume VI • Issue 1 • January 2016

Publisher

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From the desk of President



Dilip Kathrani
President

Dear Members,

Welcome to the New Year at JVP Club. We start off the New Year on the back of one of the most successful years ever, when our club saw maximum participation. With your help, we're aiming to do better in this New Year and assure you of an even more delightful experience at your second home – JVP Club.

It gives me pleasure to inform you of the following:

- The swimming pool renovation is on the way and all efforts are being made to ensure that a state of the art swimming pool is made available for members in the shortest period of time.
- The process of digitalization of official documents in the club is also on in full swing.
- Brand new membership cards will be available within 15 days.
- Payment gateway will be active within 15 days and members will be able to make all club payments online.

I also must inform you that the norms and fee structure for the Term and Institutional Membership to our club has been renewed and made quite stringent – so as to discourage people from taking undue advantage and to maintain the quality of members within our club.

On behalf of the Office Bearers, Managing Committee & All Sub-Committees, I once again wish you all a very Happy and a Prosperous New Year.

Dilip Kathrani
(President)

Editor Speaks



Yash Bhuta
Editor

Dear Friends,

2016 is here!! A new year, a fresh start, a new chapter in life waiting to be written, new questions to be asked, embraced, and loved, answers to be discovered and then lived in this transformative year of delight and self-discovery. So let's carve out a quiet interlude for ourselves in which to dream, pen in hand because only dreams give birth to change.

I wish each one of us – A Very Happy New Year – one where we are constantly at war with our vices, at peace with your neighbors & one which finds us as a better individual.

As always in this Edition, My Team & I have tried to recap all the developments in our club in the past month and provide insights into the forthcoming events and developments in the coming months.

I personally am very excited about our Club's very own Book Club which starts off on Jan 09, 2016. The overwhelming response from members is a sign that my excitement is shared by many in our Club. The underlying notion of celebrating the joy for reading through our very own JVP Book Club - Is my belief that there is no better joy than reading and what better than to deepen & multiply this joy – by sharing and discussing it with like minded people.

Last but not the least – My special thanks to our member Sonal Gokani for her follow-up article on 'Learning Disabilities'. I hope you all enjoy reading this magazine and all the articles - as much as we enjoyed making it.

Yash Bhuta - Editor

JOINT SECRETARY'S NOTE



Jinesh H. Choksi
Hon. Jt. Secretary

A Very Happy New Year to all my members and patrons of JVPG! For our 'Naya Saal' to begin on an auspicious note, we organized a 'Satyanarayan Puja' on the club foundation day ie. 16th December 2015.

But, just let us rewind all the successful events of the year briefly, that passed by and some that will begin this year:

- » Tennis Coaching Tournament was organised from 4th to 9th December 2015. This tournament was organised to improve the potential of children undergoing coaching. For the first time this event is ever held, that too very successfully.
- » Table Tennis Sub-committee organised coaching for Maharashtra State Cadet Team participating in the "Table Tennis National Championship". 12 students and 4 coaches participated in this coaching scheme which was held from 14th December to 22 December 2015.
- » "Yes, you too can run!!". Launched "JVPG Runners Forum" on Sunday, 3rd January 2016 with a Talk Show on the subject. 10 kilometer "Juhu Run" will be held on 21st February 2016.

» Now for some squash news - Renowned National Squash Player and Coach - Kuwar Pal Singh will conduct a coaching program at our club. Squash coaching started from December 2015 and will also continue coming month.

» In January, we are conducting a national level Tennis Tournament called "JVPG - Anirudh Desai All India Men's & Women's National Tennis Tournament 2016" - the highest prize money (Rs.13L) offered by any club tournament in India. On 26th January, we will be holding Inter Department 7-A Side Underarm Cricket Tournament at M.M. Ground.

Many more tournaments are in the pipeline.

So members, this year too I shall strive to put together more such interesting programs. If you have any ideas or suggestions, please drop into my office and share it with me. I shall look forward to it.

Thank you and have a great day...

Jinesh Choksi

Hon. Jt. Secretary





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UPCOMING EVENTS

JAN
15

TABLE TENNIS COACHING PROGRAM

The sub-comm. proposes to start Table Tennis Coaching for members from 15.1.2016 by JLTTA coaches. Contact T.T. department for registration.

JAN
17

"OROCHI AND KAALIA" – LIVE PERFORMANCE BY ANITA SALIM

The Library Team presents the widely celebrated Monologue on the Mythological subject of 'Orochi and Kaalia'. Jan 17 – 10.30am onwards. Passes available at MSD since Jan 05, 2016.

JAN
23

JVPG - ANIRUDH DESAI ALL INDIA MEN'S & WOMEN'S NATIONAL TENNIS TOURNAMENT

Lawn Tennis Sub-comm. presents "JVPG-Anirudh Desai All India Men's & Women's Open Tennis Tournament" from 23 to 31 January 2016.

JAN
24

TREASURE HUNT

Women & Children Activity Sub-Committee presents "Treasure Hunt" for children of age group 7 to 12 years on Sunday, 24th January 2016, 10.30 am onwards in club premises.

JAN
26

7A SIDE T-20 UNDERARM CRICKET TOURNAMENT

Entertainment Sub-committee presents "7A Side T-20 Underarm Cricket Tournament" on

JAN
31

KALA VAIVIDHYA - PART V

Senior Citizen Sub-Committee presents "Kala Vaividhya - Part V" on 31st January 2016, 6.30 pm onwards at Activity hall.

FEB
06

MEGA HOUSIE

Entertainment Sub-Committee and Women & Children Activity Sub-Committee presents "Mega Housie" on Saturday, 6th February 2016, 6pm onwards at Activity Hall.

FEB
20

AWAZ EK ANDAZ ANEK

Senior Citizen Sub-Committee presents "Awaz Ek Andaz Anek" on 20th February 2016, 6pm onwards at Activity hall.

FEB
21

JUHU RUN (10KM RUNNING)

JVPG Runners Forum presents "Juhu Run" for 5&10km distance on 21.02.2016. The run will start from our club and will end at the same spot. Training programs specially prepared for our members has started from 9th January at Juhu Beach, near Novotel Hotel.

Contact Member Service Desk for more details.

JUHU VILE PARLE GYMKHANA CLUB
Presents
TREASURE HUNT
Alongwith Task Completion Acts

On Sunday, 24th January 2016
Time: 10.30 am to 1.30 pm
Venue: within club premises

Registration Fee: Rs. 20/-
Enrollment begins from
Wednesday 20th January 2016
Lunch will be provided

Age group: 7 to 12 years

Sponsor: R. MAN
Co-Sponsor: [Logo]

SACHIN DOSHI
Hon. Secretary

Members only | Limited seats | Contact MSD

The Women & Children Activity Sub-Committee has organised a "Treasure Hunt" for children. It will help them to crack clues on their own, build up their confidence and will acquaint them with our entire club premises. It will help them develop an interest in various sports as well.

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

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JUHU VILE PARLE
GYMKHANA CLUB

Entertainment Sub-Committee Presents

*An Exciting Event
Of The Year 2016*

Inter Departmental T-20 Cricket Tournament 2016

(7A Side - Under Arm)

**At M. M. Ground On Tuesday 26th January 2016
(finals Under Floodlights)**

**CHILDRENS U/10 & U/14
PRELIMINARY MATCHES
ON SATURDAY 23RD JANUARY**

**TO PARTICIPATE CONTACT
RESPECTIVE DEPT. CHAIRMAN/
MSD FOR REGISTRATION**

SACHIN DOSHI
Hon. Secretary

JINESH CHOKSI
Hon. Jt. Secretary

HIMANSHU GOKANI
Chairman, Ent. Sub-comm.



JUHU VILE PARLE GYMKHANA CLUB

Bar & Catering Sub-Committee Presents

LIVE BAND

**@ FLOAT BAR
8.30 pm onwards**

**On Wednesday
13th Jan. 2016**

**By
Talented Jeffery
& Pretty Palavi**

**On Wednesday
27th Jan. 2016**

**Retro by
beautiful &
melodious
Shweta Kochhar**

Sachin C. Doshi
Hon. Secretary

Himanshu Gokani
Chairman, Ent. Sub.Comm.

Sunil R. Shah
Chairman, Bar & Catering Sub-Comm.



JUHU VILE PARLE GYMKHANA CLUB

Lawn Tennis Sub-Committee Presents



JVPG - ANIRUDH DESAI ALL INDIA MEN'S & WOMEN'S OPEN TENNIS TOURNAMENT 2016

Grand Opportunity To Watch India's Best Players In Action

23rd to 31st Jan. 2016
(9am to 11pm)

Lawn Tennis Courts,
JVPG Club

GRAND FINALE:

30th January

WOMEN'S SINGLES
WOMEN'S DOUBLES

31st January

MIXED DOUBLES
MEN'S SINGLES & DOUBLES



SACHIN DOSHI
Hon. Secretary

JINESH CHOKSI
Hon. Jt. Secretary

DR. UDAY VORA
Tournament Director

NIKHIL PRABHAKAR RAO
Chairman, Lawn Tennis Sub-Comm.



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Versatile
Singer Awardee
Dr. Rahul Joshi
Sings Songs
Of 20 Legends



JUHU VILE PARLE GYMKHANA CLUB

Sr. Citizen Sub-Comm. Presents

20th FEB. 2016

Dr. Rahul
Joshi



Awaz Ek Andaz Anek

by Versatile Singer Dr. Rahul Joshi and his
team of Pranita Deshpande & Alifia Shetty



On Saturday, 20th February 2016
at Activity Hall from 6 pm onwards

• Contact MSD for more details. • First Come First Serve Basis. • Limited Entry Pass Available.

SACHIN DOSHI
Hon. Secretary

Co Sponsored
ROMAN

SATISH C. SHAH
Chairman, Sr. Citizen Sub-comm.

Journey of many marathons begin with one step

Take your first step with...



I was delighted when Atul Parekh invited me to head the initiative from our club, to start a structured activity for encouraging and preparing members for long runs. From a non runner till the age of 54 to half marathons finisher with just 45 days of training, my journey has been enlightening, health improving and most importantly enjoyable.

Many of us non athletic types think long distance running is not for us. However, to my pleasant surprise, I found it very easy and enjoyable which has resulted not only in bettering my performance at SCMM year after year, it has given me fitness benefit which spreads positivity in everything I do.

JVP G Runners Forum is our effort to guide and help members to enjoy long distance running. Training, counselling by medical and sports experts; is being planned to ensure - You benefit maximum with running, hopefully without injuries.



Bharat Kapadia
Convener

We are planning to organise small 5km & 10km runs to begin with and then aim to prepare you for half, full marathons and beyond.. Running is equally enjoyable in groups, with a partner or alone. The whole world is your gym.

Welcome to the fresh world of fitness and wellness for an activity which just requires one thing: **your positive mindset!**

YES, YOU TOO CAN RUN!

WHY MUST YOU RUN?

"I'll lose weight at a later date when I have the time."

"I have never been the sporty type."

"People who adopt healthier lifestyles lead boring lives!"

These are some of the excuses that we have associated with running. From time immemorial, running has been equated with punishment. It probably has its roots in our childhood.

BUT THEN, WHY MUST YOU RUN?

Run because it is fun; Run because it is healthy; Run because the only side effect it has is release of endorphins that keep you in good mood throughout the day.

Ever since the Standard Chartered

Mumbai Marathon (SCMM) has started, many of us are glued to the television sets early Sunday morning, looking for known faces during its live coverage. That's about all that our participation is restricted to. Once the run is over, we will try to find out the time statistics and other details. Next day, over a cup of tea and toast, we come to know that your friend had taken part and you are surprised.

"Are! he was too lazy to even get up early. I cannot believe that he ran the marathon."

Immediately the decision to run the marathon next year is made. Tea and toast are merrily gulped down and the resolution finds a resting place till next year.

Thanks to the SCMM, awareness about

running and its benefits have been hammered into the minds of the citizens and we see more and more numbers participating every year. Many suburbs hold half marathons of their own. We do not have a Marathon in our area. Keeping in mind that there were many members who have been running in the Mumbai Marathon for the past many years but very few are aware of their names, the JVP G Runners Forum was started. It is a sincere request and wish that you become a part of this fantastic initiative.

**There is never a perfect time to start.
DO IT NOW!!!**



Dr Ojas D. Dave

FITNESS IS THE NEW "MANTRA"...THE HAPPENING FAD...EVERYONE IS GOING THROUGH HUGE HURDLES TO "BE FIT"

WHAT IS FITNESS?

It is a state of physical, emotional & spiritual balance. When all these are attained through the 2Ds: **Determination** and **Discipline**. ..optimum fitness can be achieved.

Fitness can be achieved in a lot of ways: yoga, sports, dance, martial arts. ..The list is endless.

Any sort of sports is unconsciously connected to our childhood memories. ..that itself gives a sense of well being.

One of the most effective sports for all age group would be running and swimming. ...Both can be done individually.

JVP G Club and its runners forum has taken up the insurmountable task of organising the "Juhu Run" in the month of

February. Their valuable effort to encourage running is commendable and a great opportunity to all runners.

There is a huge myth amongst people that running is not for everyone. If medically fit, running is for all.

It just requires proper training and the 2Ds. Whenever I have treated marathon runners, a very collective opinion has been voiced "it's very addictive". Yes, my friends, that's what running is...addictive.

It's a complete "me" time where one is cut off from his surroundings...where the focus is only on oneself.

In today's stressed out life...that is a must.

So the runners forum of JVP G call upon all

those who want to run but are too scared to try.

As your physio-therapist, I will be guiding you through all your do's and don'ts. Also a team of Doctors, Nutritionist, Fitness Trainers will make this journey easier for you.

So don't think twice about registering for the fitness camp as well as the run.

All those runners out there...This will be another feather in your cap.

Best of luck. **Happy running.**



Dr Vibhuti Kanakia
Sports medicine and
orthopaedics

R U N N I N G : A LIFE-TRANSFORMING EXPERIENCE



Sophia Premjee

Personal Best:
Half Marathon - 2:12 hours
Full Marathon - 5:03 hours

wants to give up: "What am I doing here?"

It is a profound philosophical question – Why do we run?

The most apparent response is the fitness benefit. As I begin training seriously post monsoons, typically in October each year, I undergo a transformation. Instead of sleeping through dawn, I awaken to reach Juhu beach where I train with coach Brinston Miranda's group "Be Fit", in time to witness the sunrise as I jog alongside the sea. There is no better way to start the day than to watch moonlight fade away into sunrise in an open sky dotted with migratory birds. One cannot help but say a prayer of gratitude for being alive and for the gift of running.

Three months of dedicated training thrice a week, prepares me and optimizes my fitness level to reach my goal. We have short runs, perform stretches and strengthening exercises twice a week and do the long run typically on a Sunday morning, gradually increasing the distance we run, to cover more ground and build endurance. There is a sweet sense of satisfaction that one enjoys after those incredibly crazy long runs. Club gyms and Carter Road, as well as the slopes at Mount Mary and Pali Hill are great places to train as well! My weight drops, I lose excess body fat, I begin to breathe more deeply in a relaxed manner and my leg and core muscles get stronger. Along with strength and stamina, one's confidence levels and optimism gets a boost and one begins to enjoy life in a very refreshing way!

Another benefit is the personal and spiritual growth. Running is a path to finding ourselves and evolving. Now you may wonder what spirituality has to do with running? One has to observe the start line of a marathon to find the response to that. People from all walks of life, different castes and tribes – athletes, doctors, teachers, businessmen, students, the very rich and not-so-rich, fast runners and slow runners all come together to celebrate the "spirit of Mumbai". But no one knows which is which. We are all identified simply by our 'bib numbers' each one engaged in a personal quest to do one's best. Through the route we will be pushing and challenging our limits, each one pursuing their own journey and goals, yet all of us united by this aspiration, in it together. Regular training gives one the confidence to stick it through to the finish line.

Part of evolving is to gain the ability to control one's mind; and the marathon is a great opportunity to put to practice that maxim "Mind over matter."

A sense of purpose beyond oneself is also a great motivator. I consider it my privilege to have been able to run for causes thanks to the support of generous donors. The Mumbai Marathon is a great fund-raising platform too. The faith of donors and the possibility of being able to help someone in need is a source of strength that keeps one focused on the larger outcomes and enables one to ignore temporary discomfort.

Empowered by these thoughts and the will to make a difference, however small, I completed the half marathon in January 2015 in 2 hours and 38 minutes. It is a blessing to be able to be a part of something larger than ourselves and I am grateful for the opportunity.

We are told to live each day to the fullest; live as if today was the last day of our lives; live in the now. Running gives us the space to do so – one strong, purposeful step at a time!

1 8th January 2015. It is 5:40 a.m. About twelve thousand runners have gathered in eager anticipation at the base of the Bandra-Worli Sea Link, the start line of the Standard Chartered Mumbai Half-Marathon. The air is charged with excitement. Another three thousand odd will aspire to complete the Full marathon, starting from South Mumbai to Bandra and back again.

Runners have finished warming up and are raring to go all out for the distance of 21.1 kilometres, which means running over the Sea Link, onto Worli Sea Face, past Haji Ali, Pedder Road and Marine Drive and culminating at Azad Maidan. It also means that one is basically swapping a chilled-out Sunday morning for a pretty grueling challenge. This I say with some degree of certainty, having done 6 half marathons in the past, and 2 full Marathons (42.2. kilometres) in 2013 and 2014. However, the predominant feeling is one of eager anticipation.

I ask myself that question that runners typically ask themselves in the thick of the run when muscles we didn't know existed are aching, and the body

Get Ready for
JUHU RUN
Sunday,
21st February 2016

Fitness
On Your Mark,
Mind
Get Set,
Run
GO! ...!

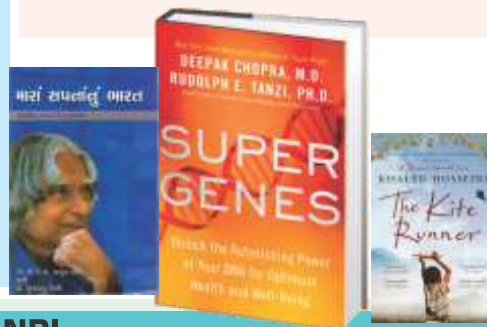
NEW ARRIVALS @ LIBRARY

GUJARATI BOOK

No.	AUTHOR	TITLE
1	Abdul Kalam	Vikasit Bharatni Khoj
2	Ashwin Rawal	Vidhinu Bhavtar
3	Kanji Barot	Vatadiun vagtaliun
4	Dashrathlal Rawal	Jyotish Uwach
5	Chandrakant Bakshi	Annand ane Ramooj
6	Kajal Oza Vaidya	Samvad Ekbijano
7	Kajal Oza Vaidya	Shabda Ekbijano
8	Suamant Rawal	Sukh – Dukhana
Samikaran		
9	Abdul Kalam	Aatam Vinze Pankh
10	Pranjivandas Karpenter	Balbodh Jyotish
11	Nirupama Maru	Jivan Pagthare
12	Sachin Tendulkar	Mari Jivankatha
13	Aashu Patel	Colours of Life
14	Dakshesh Inamdar	Premagni
15	Kishor Vyas	Yadi Jare Chhe Aapani
16	Dhruv Bhatt	Tatvamasi
17	Isha Kundanika	Avismarniya
18	Chandrakant Bakshi	Rajkaran
19	Baba Bhand	Yugdrashta Maharaj:- Sayajirao Gayakwad
20	Harihar Mehsanawala	Hathni Bhasha-Part 1,2,3.
21	Dhruv Bhatt	Lovely Pan House
22	Himmat Tank	Rajramat
23	Devyani Dave	Simollanghan
24	Vallabh Nandha	Latishiya
25	Jeffery Archer	Cane And Able(Gujrati Tranlation)
26	Ishwar Petlikar	Lakshya Lekh
27	Ishwar Petlikar	Lakshygruh
28	Laljbhai Tukadia	Ashadi Amas-2
29	Mankar Oza	Turning Point
30	Varsha Pathak	Deadline
31	Narshmh Ujamba	Sinhasanano Sangharsh
32	Jyoti Unadkat	Tare Man, Mare Man
33	Purushottam Solanki	Svadeshabhimani
34	Amish	Ikshvakuna Vanshaj
35	Ram Barot	Ena Vina

CHILDREN'S BOOK

No.	AUTHOR	TITLE
1.	Ladybird	My Mummy, My Grandpa, 123 with peppa, ABC with peppa, The fair engine, Peppa's Christmas wish, Peppa go to the library, Colours with peppa, My daddy, Shapes with peppa, Peppa goes Ice skating, Peppa goes to Hospital, Peppa and the big train, My Granny, George's racing car, Peppa's big race, Peppa's wishing day, Peppy's pumpkin party, Baby Alexander.
2.	Crossley David	Sea, Beach, Farm, Garden
3.	Scheffler Axel	Rhyming stories: Katie the kitten, Rhyming stories: Pip the dog
4.	Rissman Rebecca	I can count
5.	Nunn Daniel	Everyday Alphabet, where's Eddie, Colours, Farm animals, Eddie & Allies animal opposites
6.	Jo Moon	Making letters, Making Numbers
7.	Johnstone Glenn	Wild Animals, Things I Like
8.	Pattanaik Devdutt	My Gita
9.	Veitch Catherine	Animal babies
10.	Priddy Books	I love trucks and cars & plants and things that go



ENGLISH BOOK

AUTHOR	TITLE
1 Deepak Chopra	Super genes
2 Peale Norman	The power of positive thinking
3 Peale Norman	Courage and confidence
4 Clark Mary Higgins	All dressed in white & Alafair Burke
5 Dhar Anuj	Why we love the we do
6 Baldacci David	The guilty
7 Sidney Sheldon	Reckless
8 Robb J.D	Devoted in Death
9 Rendell Ruth	Dark corners
10 Sasson Jean	Princess secrets to share
11 Neelakantan Anand	Asura
12 Albom Mitch	The magic strings of Frankie presto
13 Coelho Paulo	Love
14 Kinsella Sophie	Shopaholic to the rescue
15 Martin George R.R	A Knight of the seven kingdom
16 Grisham John	Rogue lawyer
17 A.P.J Abdul kalam	Advantage India
18 Cook Robin	Host
19 Subramanian Ravi	The Best Seller she wrote
20 Vince Flynn	The survivor
21 Kiran Nagarkar	Rest in peace
22 John Sandford	Deadline
23 Shilpa Shetty	The great India diet
24 Anu Aggarwal	Anusual
25 Danielle Steel	Under cover, H.R.H,
26 Jeffrey Archer	First Among Equals
27 Cecelia Abern	The Marble Collector
28 Elif Shafak	The forty rules of love
29 James Patterson	Murder House
30 Rainbow Rowell	Fangirl
31 Lames Patterson	Cross justice
32 Gillian Flynn	The Grow up
33 Abdul Kalam	My India: Ideas for the future
34 Dale Carnegie	How to win friends and influence people
35 Sheldon Sidney	The sands of time, Doomsday conspiracy, Are you afraid of the dark, Stranger in the mirror, Memories of midnight, Blood line, The stars shine down, Naked face, Morning Noon & Night, The best laid plans
36 Bagshawe Tilly	Angel of the dark
37 Nora Roberts	Mind over matter
38 Kavita Kane	Menaka's choice
39 Ludlum's Robert	The patriot attack
40 Zoe Sugg	Girl online on tour
41 Michael Connelly	The crossing
42 Anita Mair	Alphabet soup for lovers
43 Osho	Zen: dang dand doko dand
44 Zig Ziglar	Zig ziglar secrets of closing the sale
45 Joel levy	Why & scientific questions
46 Don Quixote	Cerrantes
47 Mansoor Khan	The third curve



HINDI

NO.	AUTHOR	TITLE	NO.	AUTHOR	TITLE
1.	Naipaul V S	The Enigma of arrival	8.	Hosseini Khaled	Kite runner
2.	Amitav Ghosh	Agnivarsha	9.	Divakaruni chitra	Musafir
3.	Amish Tripathhi	Scion of Ikshvaku	10.	Kushwaha Subhash	Lala harpal ke jootey
4.	Naipaul V S	House for Mr. Biswas, Half a life	11.	Christle Agatha	ABC Murders, The monochrome murders
5.	Pathak surendra	Jo lare deen ke het, Goa Galatta, colaba conspiracy	12.	Bulleiy Ravi	Dalal ki biwi
6.	Christle Agatha	From Padignton, Murder on Orient express, ABC Murders, The monochrome murders	13.	Sugg Zon	Girl online on tour
7.	Malhan Sangita	Times of India ki kahani	14.	Nora Roberts	Mind over matter
			15.	Nair Anita	Alphabet soup for lovers
			16.	Banker Ashok	Mithila ka sankat, Dasrajan, Ek khwahish nein
			17.	Neelakantan Anand	Asura, Ajaya

OROCHI & KAALIA

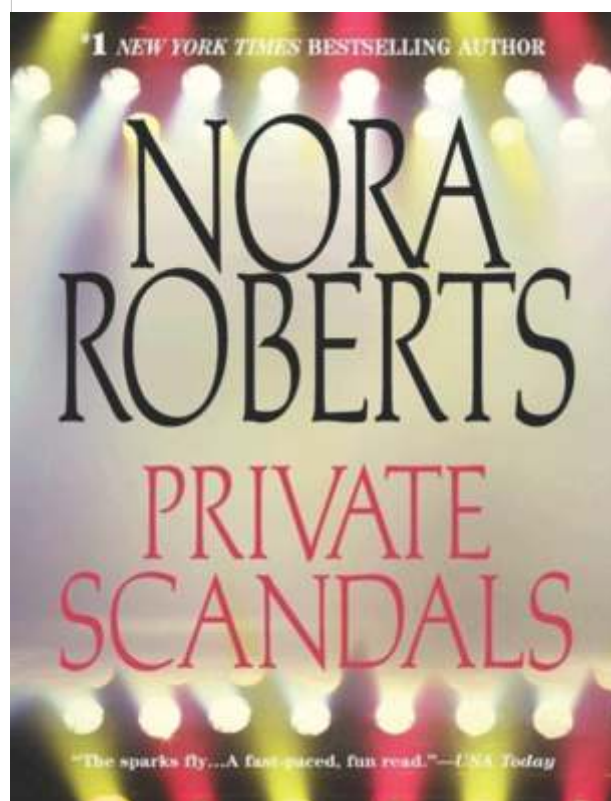
Library Sub-Committee brings to you THE PHOENIX PLAYERS' – "OROCHI AND KAALIA", based on Indian & Japanese Mythology: A Story Telling performance. It is a portrayal of the eternal myths that are forgotten and yet remain alive in the subconscious, until brought to life.



Yash Bhuta
Chairman, Library Sub-Comm.

In this tapestry from two civilizations, we encounter the human predicament magnified in the form of Gods and Demons at constant war to maintain the balance in the universe. Folk and classical forms create an original idiom of expression to make the enactment enjoyable.

It is one of the most well acclaimed theatre performance of 'Kala Ghoda Festival 2015'. Members of all age groups including children are welcome to experience this enjoyable and yet informative live performance.



BOOK REVIEW 'PRIVATE SCANDALS' BY NORA ROBERTS

#1 New York Times bestselling author Nora Roberts presents a captivating novel set in the world of television talk shows. Private Scandals reveals the ambitious dreams of a savvy young woman—and the dark obsessions that threaten all she's worked for...

Set in the glamorous world of television, the story is about the rise of hot new talk-show host Deanna Reynolds. Deanna, a sincere and dedicated one-time local reporter in Chicago, has moved to New York, determined to be number one in the field. This pits her against her former mentor, the high strung and manipulative current talk-show queen, Angela Perkins. Angela doesn't take well to the competition and resorts to stealing guests, blackmail and crossing boundaries of good journalism in her effort to fight Deanna's increasing popularity. Deanna's romance with the handsome and much lauded reporter Finn Riley, Angela's former love interest, only increases the tension. But the novel's main question is who will do in Deanna first, the obsessed fan who seems to know her every move, or Angela, whose bitter vows for revenge are hastening her own downfall. Despite one weak plot device—the identity of the obsessed fan is too clear, too early—the novel is a fun read with a good pace and both thoroughly likable and thoroughly loathsome characters.

PAST
EVENTS

BOLLYWOOD EXPRESS

JVPG Club members witnessed a unique and entertaining show "Bollywood Express" on December 12, 2015, which was conceptualized by Veteran Journalist and Music Researcher Nandini Trivedi. Well-known singers Priyanka Mitra, Manjeera Ganguli, Sumit Nagar and Vaibhav Vashishtha along with a rocking band of musicians and compere Isha Trivedi took the audience on a musical journey across India with popular old and new songs.

Bollywood Express show was based on influences and contribution of various states on Hindi film music. It started from Mumbai with Deva Shri Ganesha song, going through the party mood of Goa, the simplicity and serenity of South India, the enriched classic culture of West Bengal, the Islamic influence in Uttar Pradesh, the folk impact of Punjab and Rajasthan and ended with Sanedo and "Nagada Sang Dhol Baaje" songs in Gujarat.

The show was well-attended and everyone enjoyed it with a number of people from the audience dancing in full spirit on the popular fast numbers.

JVPG Club, Entertainment Sub-Committee, Chairman Himanshu Gokani and other members such as Vijay Mehta and Bharat Kapadia gave positive inputs for the show and helped make it successful.



Himanshu Gokani
Chairman, Ent., Sub-Comm.





PAST
EVENTS

SR. CITIZEN - BAR NITE

On Monday, Dec 7th 2015, 170 Sr Citizen Forum members enjoyed the popular Bar Nite event.

For this Bar Nite, the members enjoyed dancing and listening to the melodious music of DJ Monies.

The fun filled melodious evening began at 7.30 pm to end only at 10.30 pm.

Also we were honored with the presence of our President Shri Dilip Kathrani who spoke a few words and was highly impressed with the turnout of the Sr Citizens for the event and also wished us success for our future events.

Our Hon. Secretary Shri Sachin Doshi also attended the event for some time and enjoyed it.

Sr Citizen Forum members enjoyed a mixed variety of old and new songs as well as requests from members were played by DJ Monies.

Throughout the evening, sumptuous starters along with delicious dinner catered by Aditi Caterers was enjoyed by everyone.

The members enjoyed this fun filled evening.



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



PAST EVENTS

SR. CITIZEN - PICNIC



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

The One day picnic to Karvir Farm, Village Tawa, Taluka Dahanu, organized by the Senior-Citizens forum group of Juhu Vile Parle Gymkhana Club was a memorable experience for all. It was ably organised by Chairman Shri Satish C Shah. who received help from Sr Cltizen Forum Committee members.

Early morning on 20th December 2015 a group of 49 enthusiastic senior citizens with an average age of 65 + assembled at the Juhu Vile Parle Gymkhana Club sharp at 6.30 am and began the trip in an AC luxury bus sharp at 7.00 am. On the way, members were served frooti & biscuits.

The group reached the picnic venue at around 9.30 am and on arrival were treated to a sumptuous breakfast and later were taken on a visit of the farm by the owner, who explained how the farm worked and spoke about the various vegetables grown at the farm. The members truly enjoyed this informative farm visit.

After the farm visit, the members gathered together and gave a self introduction to others following which, they enjoyed singing songs, shared jokes and had starters and drinks and then lunch.

Post lunch, the members enjoyed a little siesta time and then after a nice rest at 3.00 pm started playing housie and other games. At around 6.00 pm the members enjoyed a light supper and before departing Karvir farms at 6.30 pm, the farm owner had

prepared special bags of mixed vegetables which the members purchased at a very reasonable price.

After an enjoyable and fun filled day the members returned back to the club at around 9.30 pm.

The picnic was enjoyed and appreciated by all the members.



PAST
EVENTS



Himanshu Gokani
Chairman, Ent., Sub-Comm.

WINTER WONDERLAND Christmas Fiesta

"It is the personal thoughtfulness, the warm human awareness, the reaching out of the self to one's fellow man that makes giving worthy of the Christmas spirit" ~~~ Isabel Currier

Juhu Gymkhana was engulfed by the Yuletide spirit and kept its annual date with Santa Claus, who for the very first time, came in a special gazebo with cold pyros (fire).

For the very first time, our club welcomed the children of our club staff to participate in the festivities along with children from an NGO by the name "Spark A Change Foundation" run by Ms Avani Dalal and Ms Nirmala Venkatesan.

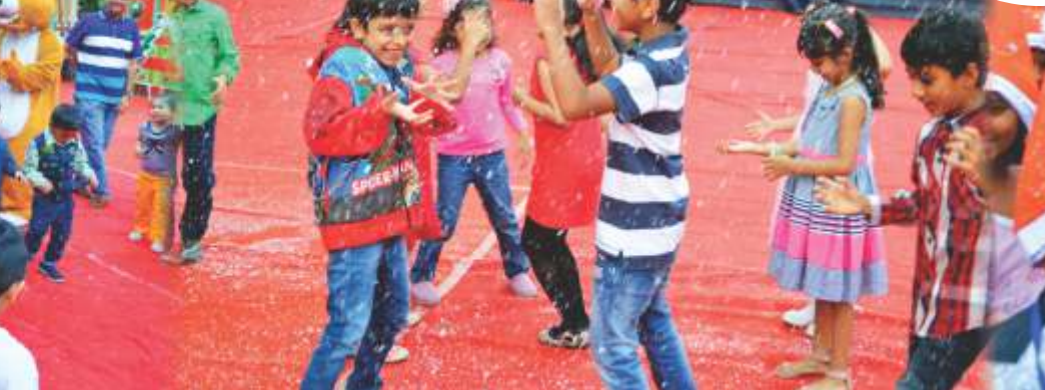
Mr. Chirag Gandhi of The Muffin Man graciously sponsored 150 party snack boxes of the most tasty & hygienic bakery products under the brand name "Kuki Queen" and "The Muffin King" which were given to the kids. Mr. Purvish Sheth of Sheth Publishing House courteously sponsored 200+ books for the kids.

Additionally, about 1400 children participated in innovative games such as Luck by Chance, Search the Treasure, etc, indulged in mouth-watering candy floss and got beauty treatment at the Fashion Salon. The water pool with boats, the bouncy castle, the zig zag slide & the snow machine were a great hit with the kids who were full of energy & dressed in strikingly adorable outfits. The children & their moms were elated with the exciting games they were made to play by the Compere Rohan & won many prizes. Gifts were given to all childrens.

The decorations as well as the arrangements were done by Mr. Jatin Bhimani of Messrs Playtime and his efficient staff. A variety of delicious snacks catered by Aditi, available in our Activity hall, were enjoyed by all.

The occasion was graced by our Office Bearers, President Shri Dilip Kathrani, Vice President Shri Mohan Jain, Hon Treasurer Shri Satish Shah and Jt. Sec. Shri Jinesh Choksi. They joined in the celebrations with Santa Claus on the stage. Accompanying them was Shri Bipin Morjaria, a few Managing Committee and Entertainment Sub-committee members cheering the kids.

The event was a huge success primarily due to the efforts of Chairman Himanshu Gokani, who was ably supported by Dilu Jokhi, Nimesh Shah, Sharmila Dutia as well as the other entertainment sub committee members.





**FREE BOXES OF GOODIES FOR
NGO AND STAFF CHILDREN
WERE GIVEN BY MUFFIN MAN AT
THE CHRISTMAS FIESTA.**



The Muffin Man (ISO and HACCP certified) brings the most tasty and hygienic Bakery products (Cookies, Muffins, Khari, Toast) under the brand name of 'Kuki Queen' and 'The Muffin King' available across leading stores in Mumbai and Thane. We also specialize in party snack boxes to cater to your parties (Special Discount for JVPK Club members). Contact 9820922664 to know more.



Mangylam Meadows
Centre Spread Adv
(Will Send Tomorrow)

Mangylam Meadows
Centre Spread Adv
(Will Send Tomorrow)

FOUNDATION DAY



1 6 December is a propitious day for the club since this happened to be the **"Foundation Day"** for our institution, which has blossomed out in a Premier Club of Great Class and Culture with sporting and recreational activities of top order. The foundation day was celebrated by holding "Satyanarayan Puja" in the club premises which was performed by our Hon. Jt. Secretary Mr. Jinesh Choksi and Mrs. Meghna Choksi. There was a large turnout of members who came to pay their obeisance to deities and wish more success for the club. Late that evening, a small ceremony was held where staff members who have completed more than ten year of service were feted and given a mementos as a mark of appreciation of the management. The Vice President - Mr. Mohan Jain, Hon. Jt. Secretary - Mr. Jinesh Choksi and Mr. Bipin Morjaria presented the mementos.

TABLE TENNIS COACHING CAMP FOR THE CADET TEAM

Coaching Camp for the Cadet Team Representing Maharashtra at the Table Tennis National Championships 2015: A total of 20 players from Mumbai, formed the core group of the state team which also includes players from Pune, Raigad and Solapur. All the members of the team went through rigorous training under the guidance of renowned coaches at JVPJ Club. Former National champions and legend Kamlesh Mehta wished the players and acknowledged the efforts of the coaches. "I wish the team the very best and to do their best. Winning and losing is all part of the game, so just go make Maharashtra proud. The coaches have also taken time out from their busy schedule and have been working tirelessly with the players," he said during a meeting with the team prior to their departure. "The training sessions were organized to build team

spirit and more focused on doubles and we are grateful to JVPJ for all the support," he further stated.



Jigar Rambhia
Chairman, Table Tennis Sub-Comm.



CHRISTMAS BUMPER HOUSIE



Himanshu Gokani
Chairman, Ent., Sub-Comm.

A Day after Christmas, member's mood was upbeat and energy high. A Christmas Bumper Housie was held on 26th December 2015 at Activity Hall where more than 150 members attended the "Christmas Bumper Housie". The program began at 6.30pm.

Members and other participants thoroughly enjoyed the game. Many extra prizes were given away on this festive occasion of Christmas Bumper Housie.

Women and Children Activity Sub-Committee and Entertainment Sub-committee organized this enjoyable event jointly.



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



MEGA BAR NITE BY DJ AMIT

WITH INTERNATIONAL FAME PERCUSSIONIST

On 24th December 2015, more than 350 members and guests danced and enjoyed a "masti bhara" and "Dhamaal filled" Mega Bar Nite.

DJ Amit and International fame percussionist, literally made the joyful members dance to his vibrant tunes and foot tapping music.

The special offer "Ek pe ek free" had the members screaming for more...

The Mega Bar Nite began at 9 pm onwards at Float bar. It was arranged jointly by Sunil Shah – Chairman, Bar &

Catering Sub-Committee and Himanshu Gokani, Chairman, Entertainment Sub-committee.



Sunil Shah
Chairman, Catering & Bar Sub-Comm.



Himanshu Gokani
Chairman, Ent., Sub-Comm.



PAST EVENTS



Himanshu Gokani
Chairman, Ent., Sub-Comm.

NEW YEAR EVE 2016

On 31st December 2015, Bollywood Theme New Year's Eve Celebrations were held for the first time in JVPG Club. The event was organized by the Ent. Sub-Comm. under the Chairmanship of Mr. Himanshu Gokani. It was the biggest & most happening New Year Eve party in Mumbai.

Huge crowds thronged the Open Lawn, Float Bar, Activity Hall, Indigo Bar, Melting Pot, Moveable Feast Restaurant & first floor lobby which were decked up in colorful lights, geared to usher in the New Year. Every member and their guest were welcome by punjabi dhol beats, colorful scarf, caps and varieties of give away. Charlie Chaplin look a like and street magician went to every table and entertained. The entire club buzzed with activity & saw 1400+ revelers cheering & dancing to the latest Bollywood numbers. Rocking music by renowned DJs - Amit, Alpha & Vijay with International fame percussionist & compere Vignesh Pandey regaled the crowd who shook their legs to the songs with full vigor throughout the night. Those on the dance floor got a variety of surprise gifts. The event was handled by Mr. Shashank Narsaria of 7 Oceans - One Stop Event Management Co.

The décor was Bollywood style & filmstar cutouts adorned the club. At the entrance, people clicked their pics on the very special bike of Salman Khan from the movie Kick.

A wide choice of beverages, delectable starters & dinner were catered by Melting Pot. The sumptuous food was enjoyed by all.

Our special thanks to Mr. Moneesh Chakrabarty of 93.5 Red FM to put a jingle in their channel & Mr. Gopal Jumani for giving us unlimited 'Chyll' Beverage.

Shortly after midnight our President - Shri Dilip Kathrani, Vice President - Shri Mohan Jain, Hon. Treasurer - Shri Satish Shah & Jt. Sec. - Shri Jinesh Choksi addressed our members & guests, thanked our sponsors & greatly appreciated the efforts put by Mr. Bipin Morjaria, Mr. Himanshu Gokani & his team for organizing such a splendid & impeccable event. Hon. Sec. - Shri Sachin Doshi had expressed his inability to attend due to the ill health of his father.

The event was a thumping success because of the excellent organizing skills of Mr. Himanshu Gokani coupled with the able assistance of Mr. Bipin Morjaria, Mr. Sunil Shah, Mr. Jagdish Sodha, Mr. Nikhil Thanawala, Mr. Nimesh Shah, Mr. Niranjana Jhunjhunwala, Ms. Dilu Jokhi & Ms. Sharmila Dutia.

People welcomed 2016 with great gusto, style & spectacular midnight fireworks. The evening experienced absolute luminosity & was very special & memorable for members & their guests.



Wish You Very Happy New Year 2016





TENNIS COACHING TOURNAMENT



Nikhil Prabhakar Rao
Chairman, Lawn Tennis Sub-Comm.

9th December 2015 was a milestone in the history of the Lawn Tennis Department at the Juhu Vile Parle Gymkhana Club.

A vision realized by the genius in Sanjeev Shah, who stood committed to give back to the department, that he has represented for nearly 3 decades.

At the onset of this year, when Sanjeev took over the coaching portfolio, the ideas he shared with us were truly mind-boggling. Not only were we as a team highly skeptical with our ability to deliver these next best global coaching practices, but we were almost absolutely sure that with the limited resources we had available and the limited time to create this magic, this was all but an absolute impossible task.. well, improbable definitely.

They say the difference between a good idea and a great one, is - its implementation. Defiantly, Sanjeev shocked us all not just when he said, the word impossible can also be spelt as **IM Possible**, but with his successful actions as well. He sat with his coaches and his own coaching micro team, planned his work and with sheer brilliance, worked an entire plan down to the very last remarkable detail.

Here is a story, which if left unsaid, unpublished, unrecognized and unappreciated, would be a catastrophic injustice to these otherwise unsung heros, who have left no stone unturned to add value in what otherwise may seem as one thankless job.

The team in November 2015, sat together and revamped the coaching department. To highlight some of their endeavors:

- Re-align the batches based on the age and performance of all the kids to ensure a better output per batch.
- To-re work the coaching methodology and bring in not just more playing time per kid, but also add mental and physical training into the regime.
- To develop the next competitive batch of state and national level players with better coaching facilities for them



- Launching in a ladies only batch to encourage our better halves to explore the sport, which has taken off rather well 3 mornings a week.
- The introduction of a ball machine into the coaching scheme which comes with so very many advantages. This machine would not have come into the club if it wasn't for Dr. Tejas Parekh burning the midnight oil in researching and bringing it into the department.

All these being a build up to the very first coaching tournament organized at the courts - one which saw all of the 80 odd students participate and compete over four days. The atmosphere was all but absolutely electrifying on the final prize distribution evening, where all participants got a medal with their names engraved on the medal and all the winners, right from the semi-

finalists to the finalist got trophies.

To grace the occasion were the Office Bearers, right from the president down to the sports secretary.

On that day, Mr. Siddharth Shah (part of Sanjeev's coaching team), launched the clubs first ever online coaching feedback mechanism.. where in the students who are assessed every quarter will have their progress mapped and uploaded onto individual files on drop box.

The snaps attached are testimony to what a spectacular job has been accomplished by the coaches, markers, ball boys and Sanjeev Shah and his team of Yogesh, Janardhan, Joy, Siddharth, Rushab and Chiraj.

We feel extremely fortunate to have worked with and in the era of such inspirational and committed gentleman!!

Yes, You Too Can Run! And It Begins...

JVPG Runners Forum had its first step forward with a motivational talk show on 3rd January. Experienced runners and experts on motivated almost 80% of the audience to sign up the two month training.

Everyone is eagerly awaiting the first event – **“Juhu Run”** on 21st February.

Training: 9.1.2016 - 8.3.2016 (Tues-Thus-Sat)
at Juhu Beach, near Novotel Hotel



Bharat Kapadia
Convener



Atul Khatri



Raj Vadgama



Dr. Vibhuti Kanakia



Lata Alimchandani



MANORANJAN THI MANOMANTHAN

The Library Team organized a talk by Shri. Subhash Thakar on Sunday Morning, December 20, 2015. The event was attended by over 75 people turning up right on time to be moved by this multi-talented speaker.

Shri. Subhash Thakar who is a well-known mimicry artist, poet and stand up comedian spoke very candidly and from the realms of his heart and connected with the audience. He spoke freely about life and death, happiness and sadness, rich and poor; leaving a positive impact on the members. It was a humorous and very enjoyable program which left the audience rolling in laughter. The program went on for 2 hours and ended with a vote of thanks by Mr. Suresh Zaveri.

The Library team was more than happy to announce the next program to be

held on
January 17,
2016 –
“OROCHI &
KAALIA” –
Based on
Indian and
Japanese
Mythology; Live performance
by Anita Salim - 10.30am
onwards at Jasmine Hall.



Yash Bhuta
Chairman, Library Sub-Comm.



LEARNING DISABILITIES

Member Column:



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

Definition: A learning disability is a neurological condition that interferes with a person's ability to store, process, or produce information.

Learning disabilities can affect one's ability to read, write, speak, spell, compute, match, reason and also affect a person's attention, memory, coordination, social skills and emotional maturity.

For someone diagnosed with a learning disability, it can seem scary at first. But a learning disability doesn't have anything to do with a person's intelligence — after all, successful people such as Walt Disney, Alexander Graham Bell, and Winston Churchill all had learning disabilities.

Learning disabilities are problems that affect the brain's ability to receive, process, analyze, or store information. These problems can make it difficult for a student to learn as quickly as someone who isn't affected by learning disabilities.

There are many kinds of learning disabilities. Most students affected by them have more than one kind. Certain kinds of learning disabilities can interfere with a person's ability to concentrate or focus and can cause someone's mind to wander too much. Other learning disabilities can make it difficult for a student to read, write, spell, or solve math problems.

The way our brains process information is extremely complex — it's no wonder things can get messed up sometimes. Take the simple act of looking at a picture, for example: Our brains not only have to form the lines into an image, they also have to recognize what the image stands for, relate that image to other

facts stored in our memories, and then store this new information.

It's the same thing with speech — we have to recognize the words, interpret their meaning, and figure out the significance of the statement to us. Many of these activities take place in separate parts of the brain, and it's up to our minds to link them all together.

If one has been diagnosed with a learning disability, you're not alone. Nearly 4 million school-age kids and teens have learning disabilities, and at least 20% of them have a type of disorder that makes it difficult to focus.

WHAT ARE THE SIGNS OF LEARNING DISABILITIES?

You can't tell by looking that a person has a learning disability, which can make learning disabilities hard to diagnose.

Learning disabilities usually first show up when a person has difficulty speaking, reading, writing, figuring out a math problem, communicating with a parent, or paying attention in class. Some kids' learning disabilities are diagnosed in grade school when a parent or a teacher notices the kid can't follow directions for a game or is struggling to do work he or she should be able to do easily.

But other kids develop sophisticated ways of covering up their learning issues, so the problem doesn't get addressed until the teen years when schoolwork — and life — gets more complicated.

Most learning disabilities fall into one of two categories: verbal and nonverbal.

People with verbal learning disabilities have difficulty with words, both spoken and written. The most common and best-known verbal learning disability is dyslexia, which causes people to have trouble recognizing or processing



letters and the sounds associated with them. For this reason, someone with dyslexia will have trouble with reading and writing tasks or assignments.

Some people with verbal learning disabilities may be able to read or write just fine but struggle with other aspects of language. For example, they may be able to sound out a sentence or paragraph perfectly, making them good readers, but they can't relate to the words in ways that will allow them to make sense of what they're reading (such as forming a picture of a thing or situation).

And some people have trouble with the act of writing as their brains struggle to control the many things that go into it — from moving their hand to form letter shapes to remembering the correct grammar rules involved in writing down a sentence.

People with nonverbal learning disabilities may have difficulty processing what they see. They may have trouble making sense of visual details like numbers on a blackboard. Someone with a nonverbal learning disability may confuse the plus sign with the sign for division, for example. Some abstract concepts like fractions may be difficult to master for people with nonverbal learning disabilities.

The behavioural condition attention deficit hyperactivity disorder (ADHD) is often associated with learning disabilities because people with ADHD also might have a hard time focusing enough to learn and study. Students with ADHD are often easily distracted and have trouble concentrating. They may also be excessively active or have trouble controlling their impulses.

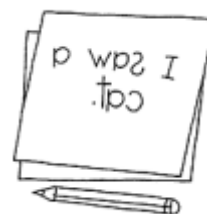
Symptoms and signs of LD



On the go



Left out child



Mirror writing



Clumsy Child

WHAT CAUSES THEM?

No one's exactly sure what causes learning disabilities. But researchers do have some theories as to why they develop, including:

Genetic influences. Experts have noticed that learning disabilities tend to run in families and they think that heredity could play a role. However, researchers are still debating whether learning disabilities are, in fact, genetic, or if they show up in families because kids learn and model what their parents do.

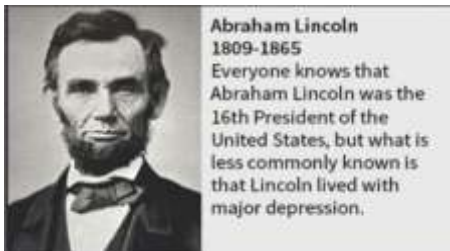
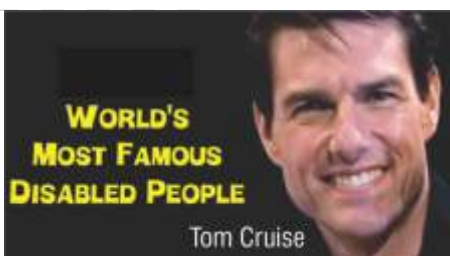
Brain development. Some experts think that learning disabilities can be traced to brain development, both before and after birth. For this reason, problems such as low birth weight, lack of oxygen, or premature birth may have something to do with learning disabilities. Young children who receive head injuries may also be at risk of developing learning disabilities.

Environmental impacts. Infants and young kids are susceptible to environmental toxins (poisons). For example, you may have heard how lead (which can be found in some old homes in the form of lead paint or lead water pipes) is sometimes thought to contribute to learning disabilities. Poor nutrition early in life also may lead to learning disabilities later in life.

HOW DO YOU KNOW IT'S A LEARNING DISABILITY?

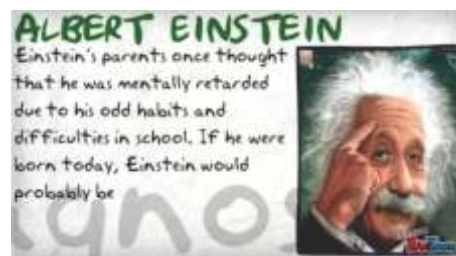
Just because you have trouble studying for a test doesn't mean you have a learning disability. There are as many learning styles as there are individuals. For example, some people learn by doing and practicing, while others learn by listening (such as in class) or prefer to read material.

Some people are just naturally slower readers or learners than others, but they still perform well for their age and abilities. Sometimes, what seems to be a learning disability is simply a delay in development; the person will eventually catch up with — and perhaps even surpass — his or her peers.



Oprah Winfrey

Host of a Multi-award winning talk show and the most influential women in the world.



Muhammad Ali

"As a high school student, many of my teachers labeled me DUMB... I could barely read my textbooks"

But many people with learning disabilities struggle for a long time before someone realizes that there's a reason they're having so much trouble learning. For most people in their teen years, the first telltale sign of most learning disabilities occurs when they notice that there's a disconnect between how much they studied for a test and how well they performed. Or it may just be the feeling a person has that something isn't right. If you're worried, don't hesitate to share your thoughts with a parent or a teacher.

The first step in diagnosing a learning disability is ruling out vision or hearing problems. A person may then work with a psychologist or learning specialist who will use specific tests to help diagnose the disability. Often, these can help pinpoint that person's learning strengths and weaknesses in addition to revealing a particular learning disability.

COPING WITH A LEARNING DISABILITY

Although a diagnosis of a learning disability can feel upsetting, it's actually the first step in resolving the condition.

Once a person's particular problem has pinpointed, he or she can then follow strategies or take medicines to help cope with the disability. And taking steps to manage the disability can often help restore a student's self-esteem and confidence.

Some students who have been diagnosed with a learning disability work

with a special teacher or tutor for a few hours a week to learn certain study skills, note-taking strategies, or organizational techniques that can help them compensate for their learning disability.

If you've been diagnosed with a learning disability, you may need support just for the subjects that give you the most trouble. Your school might have a special classroom with a teacher who is trained to help students overcome learning problems.

Some schools develop what is called an Individualized Education Program (or IEP), which helps define a person's learning strengths and weaknesses and make a plan for the learning activities that will help the student do his or her best in school. A student's IEP might include sessions with a tutor or time in a specialized classroom for a certain subject, or the use of special equipment to help with learning, such as books on tape or laptop computers for students who have dyslexia.

Medication is often prescribed to help students with ADHD. Several medicines on the market today can help improve a student's attention span and ability to focus and help control impulses and other hyperactive behaviour.

There's no cure for a learning disability. And you don't outgrow it. But it's never too late to get help. Most people with these disabilities adapt to their learning differences and find strategies that help them accomplish their goals & dreams.

2016 HOROSCOPE

ARIES

CAREER: For the year 2016, you are assured goodness and growth in your professional field. However it calls for much effort and commitment on your side. You need to put in all your energy and act speculatively. There would be luck and prosperity on your side that whatever you touch turns into gold.

LOVE: For the year 2016, your love life would be pretty satisfying and thrilling as much romance and passion would be involved. There would be many opportunities to strengthen your bond of love in this period. Let your desires and wishes reach the other end as well. Be optimistic and let warmth engulf your relationship.

FINANCE: In the year 2016, you would be blessed with a good financial life, Aries. You would meet with success in all your financial deals and there would be much liquidity in this area for the year. This would be a good period to indulge yourself as there would be good inflow of funds through property deals and other inherited measures.

HEALTH: The year 2016 would be a period of high energy and vitality for all Aries natives. The energy level would keep on increasing for the first few months of the year. There would be much grit and determination in your life that you would be able to meet your targets right on the eye. But plan your timings and energy spending properly.

TAURUS

CAREER: The year of 2016 would bring the creative side of yours to the foreground, Taurus. Do not hesitate to take risks in your professional field for this time period. You would be amply rewarded during the year-end. Grab opportunities as they come your way as lost things do not come back searching for you.

LOVE: For the year 2016, Taurus natives would see a good emotional love life. There would be much efforts on your part to get the goodwill and favor of your loved ones for this season. This year is a good time to dedicate yourself for the well-being of your loved ones particularly your partner. For those in search of a partner, the time is ripe when friendship turns into favorable love. Those already in a relationship would be able to find the going easy.

FINANCE: The year 2016 would be a time for you to get awakened to your senses

regarding your financial standing and its future. There would be good career or business growth, clubbed with a better financial inflow. Hence you need to revamp your budget and set aside some for your future growth plans.

HEALTH: The year 2016 would be a year full of good health and cheer for Taurus natives. You start the year with high energy levels and this continues till the very end of the year. You would be in good form with optimism surrounding you. But do not overindulge yourself and beware of health consequences that might arise.

GEMINI

CAREER: After a turbulent period, your career comes to a smooth sail for this year, Gemini. There would be much stability and favor of higher-ups in this area for the year of 2016. Confirm that you are on their good books. Authorities would be a good source of encouragement for you now.

LOVE: For this year 2016, there would be much passion and affection involved in your love life. There would be recurring periods of ups and downs in this area. Hence you would be able to get ample time to introspect and weight the consequences before you set foot towards a new role in love life. Certain misunderstandings and hitches are in for the middle of the year, but do not lose your hope. Every cloud has a silver lining.

FINANCE: The year 2016 shall see you get rid off old debts, loans and losses in your financial side. This is a good time to start afresh even if you have made some major financial blunders in life earlier. Make wise decisions when it comes to property deals and high-value purchases.

HEALTH: Though there would be occasional minor health concerns for Gemini natives for this year, the general well-being would be far from average. There would be some weariness which would be a direct impact of the stress and strains of your life. Start good habits and exercising and the middle of the year shall see you in good spirits and cheer.

CANCER

CAREER: For this year, Cancer natives would find the going tough in the career field if they are going to do it alone. However teamwork and co-operative ventures

would fare well. Creativity would be your forte and hence come out with your original ideas to shine in the work place. Time would be your major resource for this year, so closely guard your timings and plans.

LOVE: The year 2016 promises positive trends in your love life. You would be able to mend fences that have been broken for the past period. You are in for some emotional outbursts for this period; however maintain your cool for now. There would be certain disappointments aboard, but those would be circumstances for you to change yourself a lot.

FINANCE: For the year 2016, the financial wind would be blowing favorably for you that there would be some good inflow of finances. Hence your outlook would be optimistic, however do not forget to rephrase or re-change your budgetary plans for the year. Learn to curb your expenses and go in for high-value investments and speculative deals.

HEALTH: For the year 2016, all Cancer individuals would be loaded with much energy that there would be no lacking of the same. But make sure that you channel this in the proper direction. Store some for emergencies and then expend in pleasure activities. Curb any impulsive actions. Go in for short trips to the beaches or mountainous areas for solace.

LEO

CAREER: This year of 2016 would be a good period to get your plans and ideas into action and more practical approach. Do not dare to look straight into the eyes of your authorities or peers even if it means going against them. Learn to assert your position in the work place. In this period there would be much temptation for you to make a relocation or move. Do not complain and if your heart says yes then better get packing and move off.

LOVE: In the year 2016, you would be able to receive much love and care from your near and dear ones than you can be able to shower on them. Home would be your mainstay for the year. There would be some obstacles in your love life or married life that your perception needs to be sharp to get things done in the right sense. There would be million ways to get closer to your partner like never before. Learn to balance your relationship with your professional life.

FINANCE: The year might bring in some fresh financial troubles for Leo natives. Hence though your services or business grows you

would be able to feel the pinch now and then. Try to bring better financial security into your life with a revamp of your budgetary plans. If you plan to spend carefully then there would be some left to save for the next few years.

HEALTH: The start of the year would find you in low spirits, energy and vigor, that minor ailments are likely to haunt you. However the middle of the year would see you in a new light. There would be some troubles related to your nervous and digestive systems. Change your lifestyle and give up nagging bad habits of your life.



VIRGO

CAREER: In this year, your career life would bring in more satisfaction and better financial inflows. This would be a good time to consolidate your standing in the professional arena. You would be able to establish new connections in your work place. Luck and fortune are on your side. Hence whatever you touch would turn into gold. But make sure that you do not force your ideas and opinions on your authorities and peers.

LOVE: In this year of 2016 the love life of Virgo natives would be fine with a smooth sail. You would be able to move forward in a positive direction and would learn a lot from your past mistakes in this area. Do not hesitate to open up your mind and ideas to your partner. Make sure that your thoughts and ideas are conveyed in the right spirit to the love of your life.

FINANCE: In the year 2016, you would be able to learn the tricks and trends in the financial side thus improving your financial standing in the society. You would learn to correct your errors in budgeting now that you have your hands full. There would be a steady inflow of finances, pay out all your debts and outstanding dues and then go in for some pampering the shopaholic in you. But do not yield to temptations too much.

HEALTH: In 2016 your health area would be good as your emotional and mental sides would be doing well. Be optimistic in all your approaches. Check your endurance level by taking important diet and exercise related decisions. These would bring positive developments in your health.

LIBRA

CAREER: The year 2016 holds promises for you to assert your position in the career field. Aggressive steps can be taken for this period as you would be genuinely rewarded. Launch projects or ventures that have been on the shelf for quite sometime. Get to the bottom of things before you get into co-operative deals. Some people are likely to show their true self during testing times.



LOVE: The year would be loaded with passionate movements for you. However there would be difficult times when it would be complex for you to decipher your partner's true love. For the first half of the year there would be much cheer and enjoyment in your love life. Persuasion would be the key for much romance in your relationships.

FINANCE: The year would be very stable from a financial point of view for you. You would be able to consolidate your financial standing now that some liquidity looms around the corner. You would need to make some serious sacrifices in life to balance your budget in a positive sense. The whole financial year promises good opportunities for wise investments and speculative deals.

HEALTH: This year indicates that there would be some health concerns for you. Your physical strains and mental reactions would bring in unwarranted health issues. Do not lose your hope, remain calm, let your emotions be under control and look at the brighter side of life. Though your physical health might improve as the year moves on, your mental health needs constant strengthening and rejuvenation.

SCORPIO

CAREER: For this year, you would be able to face your competitors head on in your career field. The time has come to pay them back with all your might. But do not be complacent; instead keep climbing against the wind. Favor would be by your side when there is hard work involved. Hold an optimistic approach in all the projects that you handle.

LOVE: In this year 2016, you would be able to find true love in your life. Be consistent in your approaches towards your partner. Do not pay heed to trivial matters that might mar the betterment of your relationship. Whatever said and done home is where you get the best love and care of your life. You need to assert your say here as time goes fleeting by.

FINANCE: For the year ahead there would be much luck and fortune by your side that your earthly journey would be more easier than you had expected. With better financial inflow you would be able to face obstacles in life with greater ease. Though there would be minor hiccups related to property deals your optimistic approach shall see you through unscathed.

HEALTH: The start of the year shall see you in good shape and health. Be sure to focus on your health and do not be a couch potato. There would be a surge for energy resources during the year, hence plan your energy expenses wisely. You need some rest occasionally as fatigue and restlessness might set in.



SAGGITARIUS

CAREER: The year would be able to see you move forward in a faster pace with courage and vigor to tackle works head on. You would be able to strengthen your position in the work place in this period. Work would be God for you but do not start worshipping that too much. However you need not expect the same level of commitment from you peers. But do not over work yourself.

LOVE: Your love life would be following a wave of several crests and troughs this year. Your possessiveness and insensitive attitude would be a major hindrance for any sort of positive developments in your life. Have a candid talk with your partner and loosen out any tensions that might creep into your relationship. The middle period of the year would see a change in your love perspective.

FINANCE: In this year, Sagittarians would be richly blessed with better financial resources like never before. There would be a good control over your budget as well. You would be able to meet your financial aspirations for the year but be prepared to keep your expenditure under double check.

HEALTH: The year 2016 would consume much of your energy that you would find it difficult to take time to relax and have fun. However you are advised not to over-exert yourself too much as your health would be at stake then. Take some time off from the rigors of life to engage yourself in some recreational activities like pursuit of your hobby & the like.



CAPRICORN

CAREER: In this year 2016, your career would ask for more effort and input than usual from your side. Only commitment would take you to new heights this season. You have the wherewithal to grow, you need to have a sight on the future. There would be better professional satisfaction for the year. Put yourself ahead in all the projects that you handle, this would take you places.

LOVE: The year 2016 promises new hopes, new insights and new avenues in your love life. Everything happens swiftly, hence keep your eyes and ears open for any sort of romantic and sensuous movements of your partner in life. There would be overall satisfaction in your love life for the year. Do not restrict yourself too much, let your emotions run wild. There would be constructive growth in your love life for now.

FINANCE: The year 2016 would prove very challenging as far as managing your finances are concerned. You would be ruled by your emotions in this time period, hence be



cautious to tackle your finances. Relatives and friends however would be a source of moral support in times of need and advise. Do not drive your finances on an auto mode, because you need to prioritize certain expenses of yours.

HEALTH: This year 2016 you would be full of energy that all types of activities related to the physical plane would draw you near. However emotional side of you would be a major source of drain for your energy reserves. You can cut on this by following some artistic or recreational pursuits. These would help you to charge up immediately.

AQUARIUS

CAREER: In this year, you would be able to continue with the works or ventures that you had started last year. This would be a very favorable period for you to start new projects and initiate new tasks in your work place. The middle part of the year would reward you enough for the toils that you had done till date. Your diplomatic skill would help you to tackle the toughest people in your work field.

LOVE: Love would be favorable for you all through the year of 2016. You would be more receptive to your partner for this time period. Shed off your diplomatic self and be transparent when it comes to your love relationship. The middle part of the year holds good promises related to peace, harmony, romance and sensuous moves on your part. There would be more attraction to your partner this time of the year.

FINANCE: The year would see you moving towards your financial goals more fervently than before. Short term prospects of your financial moves looks good for the season. But do not be complacent with immediate returns. The middle of the year would bring in unwanted expenditure of sorts that would topple your budget for the year.

HEALTH: In this year, your health remains good with stimulation coming both from the physical and the mental side. Some nervousness might creep in at times. Keep a check so that you remain in the pink of your health. Do not scatter your energy, instead use it wisely. The middle part of the year, would ask for much toil, be prepared for the worst case scenario.

PISCES

CAREER: This year, your professional life would enter a very constructive phase. You would experience some expansion in your career plans. Do not lose time and hope when things go wrong. Avoid wrong conclusions and keep moving forward. Clarity and a right perspective would be the keywords to a wholesome growth in your career field for this year. Those in the art field would see their imagination run wild and crazy.

LOVE: In this year, your love life would be like heaven. There would be much romance and love on the cards. When hitches arise in the relationship be bold enough to talk things over with your partner to clear the dark clouds. A proper communication and better understanding would do wonders in your relationships for now.

FINANCE: The year 2016 hold good promises in your financial field. If you learn to curb your expenses this period, then you would have your hands really full around the end of the year. Get away from lavish spending and unwanted luxuries in life. They can wait for a later date. The first half of the year shall tempt you to get into unnecessary financial moves, beware.

HEALTH: The year promises good health and cheer for all Pisces natives. You would be able to take important decisions regarding your lifestyle and other habits this time which would have long term benefits in your life. Be morally responsible and have an optimistic approach towards life that would further boost your general health and well-being.



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Shri. Jayesh P. Choksi
President
The Juhu Parle Education Society

Coffee with Sandra

We at the JVPG family are lucky to have amongst us a lot of prominent members and hearing from them could be inspiring for a lot of us. Keeping this in mind, our team at 'Sandesh' launches a brand new section called, "Coffee with Sandra". Each month, our copywriter, Sandra, interviews one prominent member of our club and shares it with us. To start off with this brand new section, we invited none other than Shri Jayesh Choksi who is a successful Industrialist having interest in Pharmaceutical & Construction and also the President of Juhu Parle Education Society for 15 years which is established by the 14 Societies of the Juhu Scheme.

Excerpts

Q.1 You are the President of Juhu Parle Education Society that runs reputed educational institutions like Utpal Shanghvi Global School and Prabhavati Padamshi Soni International Junior College. You were also the President of the JVPD Association. How did you get into a controversy on the Juhu Club election?

If you ask me, I was very surprised and taken aback. It puzzles me how any individual can go to this extent of blaming another for personal benefit! It was less than a minute I went to meet then Secretary of the Club as President of the JVPD Association and requested to restart the mike system and settle the chaos. This one minute clip was wrongly interpreted and shown to the members. It is for the members to judge.

Q.2 Nowadays your educational institution is in the limelight and features in the Times of India, ranked as No.1 school in Bandra, Khar, Santa Cruz, Vile Parle and Andheri and ranked No.3 in all of Mumbai. Your comments on this?

My team and I, we are extremely proud of this achievement. Credit goes to students, parents and staff.

Q.3 Utpal Shanghvi was always a great SSC school. Why suddenly a shift to IGCSE? Why not ICSE?

In 2005, we internally decided to introduce a new curriculum. Hence, we reviewed all other curriculums. Rote was becoming redundant and we wanted a curriculum to challenge students to think, analyze and apply knowledge. Hence, we selected a futuristic curriculum, the IGCSE, offered by the University of Cambridge, U.K. offered in 160 countries and globally recognized.

Q.4 ICSE too is a good board. Then why not ICSE?

The ICSE Board was carved out of the Senior Cambridge sometime around 1972. With passage of time, the curriculum moved from application to rote memory. Hence that was not an option for us. Around 2005, the Government of India granted recognition to the IGCSE offered by the University of Cambridge. We are a not-for-profit organization; our focus is on developing independent learners with critical thinking skills. Hence not ICSE, but IGCSE became our only choice.

Q.5 Why not IB? It seems IB curriculum is the happening board?

IB is good but in India it is over hyped. Schools charge unjustified very high fees. Cambridge in essence is not for profit hence the fee structure need not be that high. Students from IB cannot migrate to other Boards at the end of class 10, as their certificate is not recognized and students have to do the IBDP to get a diploma at the end of Class 12. While at the end of Class 10 IGCSE the qualification is recognized in India and all over the world. IB started only in 1968 while Cambridge is over 150 years old. While IB is broad based, subjects at Cambridge are studied in depth, is more demanding and rigorous. Students with good grades at A Level get a year's credit in most countries for their undergraduate courses. This feature not available in IB.

Q.6 Transition from SSC to IGCSE in such a short span of time! Creating a kind of World Record with 16 World Toppers and 55 India Toppers in merely 8 years! How did this transformation occur?

Of course it was a big challenge for us. In 2005, we decided to introduce the Cambridge Curriculum for students

USGS Pre Primary Collaborative classroom



USGS Pre Primary indoor playarea



studying in Class 8 in the SSC section. To begin with, we listed the areas of improvement. What a learning experience for all of us! We did not engage the services of consultants or experts. Select teachers received online training offered by CIE, U.K. and short courses were conducted to make the staff competent in the delivery of the International Curriculum. We streamlined the process and introduced system-oriented teaching. The results were evident from the very first batch with 7 India Toppers. Subsequent years added to the World and India Toppers.

Q.7 Extraordinary academic results! In addition, other achievements and so many activities! How did you manage to achieve so much?

In our institution, everything is strategy-driven and system-driven. We are the First school in India to get the ISO 9001 certification. We introduced Computers in the early 90s and became the First school in Maharashtra to procure the Computer Literacy Award by the Government of India. It is all about planning and efficient execution of the process. Every single lesson delivered by the teacher is meticulously planned and verified before the beginning of the academic year. All activities are reflected in the Year Planner given to staff and parents before summer vacations, to prepare for activities during the year and changes they need to bring about in the course of the year.

Q.8 Wonderful! But what about student performance improvement?

We believe in a diagnostic approach. Hence, performance and behavior of each and every student is closely monitored. They are categorized into groups as per their strengths and limitations and both the student and the

parents are guided by the teachers, the in-house counselor and special educator. It is not about 'what' will be done but 'how' will it be done.

Q.9 We have heard that your students also excel in the Performing Arts?

Mere education does not bring success in life. Students must be exposed to a variety of activities. And so, Sports and other Performing Arts are a basic requirement. We have 9 Sports and 9 full-time coaches who provide excellent coaching in their areas of expertise and that is the reason our school is considered No.1 in Football in Mumbai. Students participate in International tournaments as in Football at Gothia, Sweden, Handball in Sweden, Martial Arts in Singapore, South Africa and Malta and Skating in China and Belgium.

Q.10 Your annual day 'Blitzing' is the talk of the town. Why do you spend huge amounts on a function, on such a grand scale, without donations, sponsorship, souvenirs or tickets?

We consider the annual day as not just an annual day. It is totally curated and orchestrated by our staff and no event management company is involved. We consider this as an opportunity for students to showcase their talent. And we believe, this kind of exposure instills buoyancy, confidence, concentration, multitasking and time management in students.

Q.11 We hear you are investing hugely in the institution's infrastructure and development. Can you justify such expenditure?

Yes of course. We want to give our students the best atmosphere to match International standards. The school now is totally Air Conditioned, has state of the art classrooms for collaborative

learning with all the necessary teaching aids like smart boards etc. Science Laboratories with latest equipments, Computer Lab with high end machines, one per student, state of the art recording studio and in house created software. We believe the teachers are the main back bone of the school; they need to get the best facility and working environment so that they can focus on the delivery of the curriculum and so we created an area for one to one facility in the staff room.

Q.12 I heard all these facilities are being provided with a fee structure of about a lakh rupees per annum, with no extra charges, unlike other schools that charge nothing less than 2-5 lakhs rupees per year. How do you manage?

We work like a corporate but without a profit motive. Apart from the fees, we have no extra charge for the Science lab, Computer lab, Library deposits, Sports activity, and visits, to name a few. Discounts offered by publishers on text books and printers on exercise books (which are custom-made for our school) are passed on to parents. However, since the bus service is outsourced, parents pay the required bus fee for this facility.

Congratulations on your achievements and all the very best for the future...

Audio Visual Room



USGS Yoga in corridor



USGS Collaborative classroom



ACHIEVEMENTS

All India Inter School Table Tennis Championship 2015

JVPG would like to congratulate 2 of our members, Rajveer Shah and Maanav Mehta for winning the Inter School National Table Tennis Championship 2015, held at Indore. Representing Jamnabai School, they were earlier crowned as "Maharashtra State Champions" before winning the "National Title"



Maanav Mehta



Rajveer Shah

Sterling Performance By Rajveer Shah in State Table Tennis Championship



Rajveer Shah: JVPG would like to congratulate Rajveer Shah for being crowned the "Cadet Boys State Table Tennis Champion 2015" at the State Championships, held in Pune. Rajveer will be the Captain for the Maharashtra Team at the National Championships in Kolkata. Rajveer was also awarded a prize of the 'Most Upcoming Player of Mumbai' in the Mumbai Super Table Tennis League held in June 2015.

Fine Performance By Billiards Marker - Mr. Mahadeo Bhogle



Mahadeo Bhogle did us proud by winning "7th Pro Classic 6-Red Snooker Tournament" for markers held at Islam Gymkhana in December 2015.

A four time finalist Mr. Bhogle, fashioned splendidly won over Pune's Kumar Shinde drubbing him 5-1 in finals.

Veer wins a Runner-up Title at Interschool Tournament



Veer won runners up title in "U/14 Lawn Tennis" at "Sports For All" held at D Y Patil stadium. It was an interschool Olympics style event held amongst 500 schools of Mumbai and saw participation of 11,000 athletes.

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