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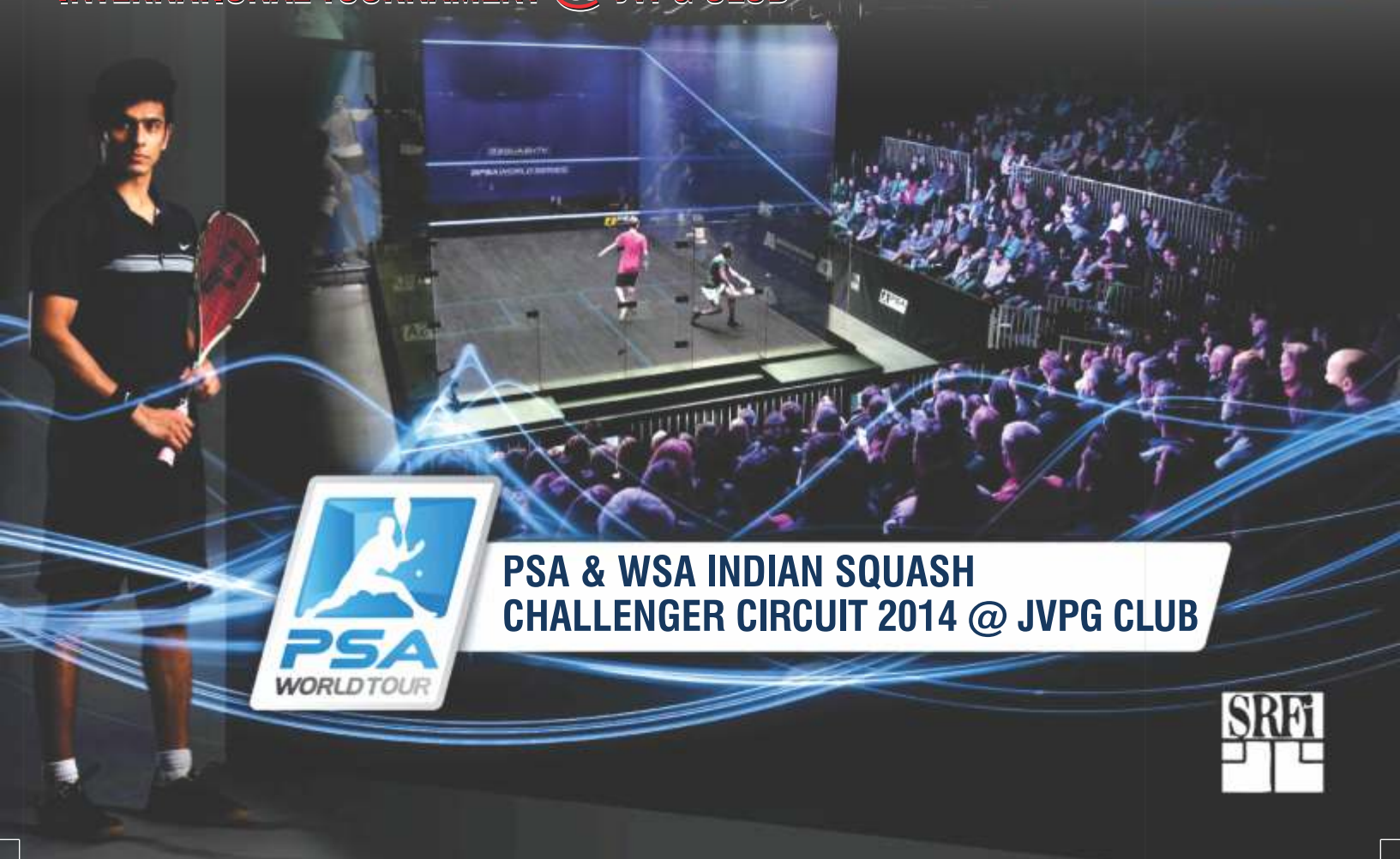


JVPG CLUB

**BODY MOVEMENT SCREEN
LAUGHTER AND STRESS RELIEF
LIST OF JVPG MEMBERS DOCTOR
HOW TO KEEP THE FIRE BURNING IN A RELATIONSHIP
1ST TIME IN INDIA - PSA & WSA TOGETHER HAVING
INTERNATIONAL TOURNAMENT @ JVPG CLUB**



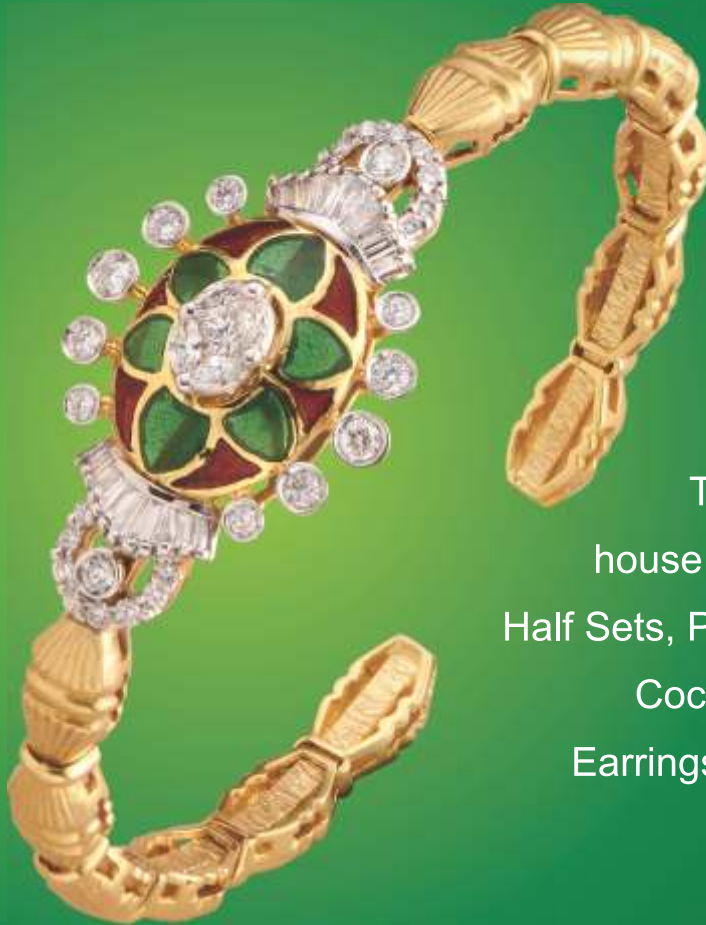
DHRUV SITWALA
Billiards World No. 2... Cont. Inside



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From The Desk of The President



SHAMIT MAJMUDAR
President

Dear members

The festivities are on the card and coming days will be full of celebration as Navratri and Diwali is fast approaching.

It should be our endeavor to see that events are celebrated keeping in mind the pollution level at lowest possible.

The club is going to see many ideas and plan unfolded in near future. To me an idea dies unless it is acted upon.

All ideas may not be accomplished in limited time available but first step in itself is good beginning it's hope that keeps us going and we will make an attempt to succeed.

It is well said, "If you don't go after what you want, you'll never have it."

A handwritten signature in black ink, appearing to read 'Shamit Majmudar' with a stylized flourish at the end.

Shamit Majmudar

President

DHRUV SITWALA

BILLIARDS WORLD NO. 2



As I am writing this piece to shortly describe my journey of billiards, I feel a sense of immense satisfaction and joy.

For me the path towards improvisation have always been more important than results. My belief is always "focus on excellence and rest will fall in place".

As a teenager I got attracted to Billiards at JUHU club and our club is the place where I learnt the nuances of this sport, hardly knowing that it would eventually help me to see the world.

As every upcoming sportsperson, even I had to go through the grind and struggles to make a mark for myself. Fortunately our loving members, juhu club managing committee and office bearers were always supporting me in my endeavour. A memory which will be etched in my heart forever.

Since then with dogged determinations and point-blank focus I treaded on this path and have reached finals of World Championship on 3 occasions (2007, 2010 & 2014) so far.

My suggestions to aspiring sportspersons is to focus on the worthy.. Develop passion towards your goal and create a positive energy around you.. Keep life simple and don't waste much time in electronic gadgets... Don't think much about results, rather concentrate in the process and enjoy the journey.

All the best !



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EDITOR'S NOTE



BHARGAV PATEL
Editor & Hon. Secretary

Dear members,

The month of September has arrived, and the excitement of the previous month continues. The surge of fiesta, like the festival of Ganesh Chaturthi, Onam, Govinda, the bounty rains and much more, carries on to elevate everyone's moods.

For Ganesh Chaturthi, many of our club members had elaborately crafted statues of Lord Ganesha at their homes, to celebrate the festival. This is a grand occasion for delicious savouries, "religious celebration" and is very popular especially in Mumbai. Blessings were sought, prayers were answered and the moods of our members, vibrant.

Gokul Asthami was also celebrated with great gusto at the club. Gokul Asthami is celebrated to pay respects to Lord Krishna, who is regarded as a symbol of good winning over evil. As a young lad, Lord Krishna was very naughty. A mischievous little child, he sneaked and ate away all the butter from the earthen pots. His mother Yashoda was fed up of his mischief, positioned the pots high, so that he could not reach. Lord Krishna however, collected his friends, climbed on their shoulders and happily ate the butter much to the chagrin of his mother.

Now, to celebrate this event, people make a human pyramid to reach the handi or makta, positioned high, symbolizing their achievement through faith and unity.

The festivities begin at dawn and go on till midnight, when the Lord was supposed to have been born. The next day is followed by "Dahi-Handi", or Govinda sport. At the club, our members children performed the event of "Dahi-Handi."

All the members came to enjoy the breaking of the 'matka', children danced with joy. Later all enjoyed delicious snacks served at the club.

Rakhi too was celebrated in a unique manner. 'Brahma kumaris' sisters come to the club to tie 'rakhi's to brothers from the club. After the ritual, the Brahma kumaris sisters mingled with the members, giving them spiritual guidance.

From the occasion of 'rakhi', comes the day of our 'Gurus' ie teachers. All of us paid our respects to our teachers on "Teacher's Day". Besides parents, it is the teacher who instills correct values and ethics in us. Our Prime Minister Narendra Modi reached out to the future of India, that is the students, and shared enjoyable anecdotes. Through the speech, he told us how to be a commendable citizen as well as a pride of our teachers.

September has yet a lot more to offer. In addition to the festivities, the share market has been showing an excellent upward trend. What with our Prime Minister Narendra Modi's trip to Japan being a success, the economic climate has never been better.

So members, after the visarjan, we shall then get ready for the gaiety of Navratri. So take a deep breath, and relax a bit before we begin our celebrations, fun and rejoicing once again...for the gala festival of Durga Puja and Navrathri.

Bhargav N. Patel

Editor

FORTHCOMING EVENTS

**SEP
28**

2014

INTER DEPARTMENTAL TABLE TENNIS TOURNAMENT

The Table Tennis sub-comm. will be conducting Inter Departmental TT Tournament on 28th Sept.

**OCT
04**

2014

SR. CITIZEN ANTAKSHARI BY MANOHAR IYER

Senior Citizen Sub-Committee presents "Antakshari" by Manohar Iyer on 15th September at Activity hall 6.30 pm onwards. For more details contact MSD.

**OCT
07**

2014

PSA & WSA INDIAN SQUASH CHALLENGER CIRCUIT 2014 @JVPGC

Squash Sub-Committee proposed to conduct PSA & WSA Indian Squash Challenger Circuit 2014 from 7th to 12th October 2014. This is 1st time an International Squash Circuit is being held in India. This event is organised by Ivy Sports Pvt. Ltd. and conducted by JVPGC Club. Selected International top level squash players will be participating in this circuit.

**OCT
18**

2014

MUSICAL HOUSIE

Entertainment Sub-Committee presents "Musical Housie" by Ketan Kumar on Saturday 18th October at Activity hall 7.30 pm onwards. For more details contact MSD.

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BADMINTON ACHIEVEMENTS



MSDBA TEAM CAPTAIN ADITYA PANDYA AND MEMBERS

Our Badminton Sub-Committee Chairman and JVPGC Club member Aditya Pandya lead the Mumbai team in the Badminton Inter-District Tournament held at Latur and the Mumbai team won the finals and became the Maharashtra Champions after 15 years. Aditya Pandya was the playing captain as well as the coach of the team.

Our JVPGC badminton coaching under Mr Murli Subramaniam is going on very well and the students are performing really well. Mahek Nayak, Deviah Jain, Prisha Jaswa are few of the students who performed well at the inter-school matches.

Our JVPGC member Varun Dave won the MSSA Inter-school Badminton Championship in the under 12 boys singles category representing Jamnabai Narsee School. Varun has been consistently performing well at the district and state level.

We are planning to keep the Badminton Home Tournament in the month of October and even an Inter-club Veteran Tournament will be held this year.

BODY MOVEMENT SCREEN (BMS)

The BODY MOVEMENT SCREEN (BMS) is designed to ferret out those inefficiencies. If any of the movements is mechanically unsound, this indicates you have asymmetries or limitations somewhere. "It lets us know how the brain is controlling the body and how the joints and muscles communicate."



MOHAN SAVALKAR

Chairman- Health Club,
Certified professional by the
"American College of Sports Medicine"

Is your exercise form correct?

Are you in any sort of physical discomfort in your daily life?

Do you move awkwardly in some movements?

We enter the world limber and symmetrical. But over time, we develop muscle imbalances and asymmetries, which can make us less efficient and more prone to injury. The BODY MOVEMENT SCREEN (BMS) is designed to ferret out those inefficiencies. If any of the movements is mechanically unsound, this indicates you have asymmetries or limitations somewhere. "It lets us know how the brain is controlling the body and how the joints & muscles communicate." One need to retraining your faulty movement patterns and keeping yourself running like a well-oiled machine. If you do nothing to fix them, chances are greater that they'll catch up to you.



To ensure a safe and injury free exercise adherence, it is essential to know one's dysfunctions or limitations; BMS highlights these limitations to enable us to take corrective action, and progress in or workouts.

How it Works - Simplifying Movement

Put simply, the BMS is a ranking and grading system that documents movement patterns that are key to normal function. By screening these patterns, the BMS readily identifies functional limitations and asymmetries. These are issues that can reduce the effects of functional training and physical conditioning and distort body awareness. The BMS generates a Screen Score, which is used to target problems and track progress. This scoring system is directly linked to the most beneficial corrective exercises to restore mechanically sound movement patterns.

Exercise professionals monitor the BMS score to track progress and to identify those exercises that will be most effective to restore proper movement and build strength in each individual.

What it Does - Widespread Benefits

The BMS simplifies the concept of movement and its impact on the body. Its streamlined system has benefits for everyone involved - individuals, exercise professionals and physicians, especially athletes as sports impose asymmetries and imbalances on the body that need to be rectified in the off-season, in pre-season conditioning, and during in-season maintenance.

Communication - The BMS utilizes simple language, making it easy for individuals, exercise professionals, and physicians to communicate clearly about progress and treatment.

Evaluation - The screen effortlessly identifies asymmetries and limitations, diminishing the need for extensive testing and analysis.

Standardization - The BMS creates a functional baseline to mark progress and provides a means to measure performance.

Safety - The BMS quickly identifies dangerous movement patterns so that they can be addressed. It also indicates an individual's readiness to perform exercise so that realistic goals can be set and achieved.

Corrective Strategies - The BMS can be applied at any fitness level, simplifying corrective strategies of a wide array of movement issues. It identifies specific exercises based on individual BMS scores to instantly create customized treatment plans or exercises programs.

Who should do it?

Anybody who is in an exercise program or intends to start one should get tested. Just like we regularly get our blood test to know our metabolic health, BMS tells the state of our mechanical system.

***to know more of this test you may contact the author of this article at bodymovementscreen@gmail.com*





DOCTORS LIST (Members of JVPBG)

Kindly find the list members who are doctors by profession! Since our club members are an extended family they have offered a discount to all on their services! Kindly carry your card to avail the facility!

NO.	NAME OF DOCTOR	CLINIC CONTACT NO.	DISCOUNT	SPECIALIZATION	HOSPITAL / CLINIC
1	Dr. Mahesh Bijlani	2649 8426	15%	Con GI & Laproscopic Surgeon	Hinduja Healthcare - Khar / MMRC Khar
2	Dr. Vaishal P. Kenia	2620 7449 C-26144013 / 26120161	15% on consultancy 10% on other Procedure	Cataract, Cornea & Refractive Surgery	Kenia Eye Hospital - C-101/102, D-102, Rizvi Nagar, S.V Road, Next to Milan Mall, Santacruz (W), Mum - 54
3	Dr. Hemant Thakkar	022-26281411	15%	Radiologist & Sonologist	Digital Diagnostics
4	Dr. Shital Thakkar	2613 5764 / 65 / 66		Radiologist & Sonologist	Sunflower Diagnostics & Polyclinics
5	Dr. Kirti C. Patel	26249542	15%	Sr. Physician	Sujoy Hospital, JVPD Scheme, Mum-49.
6	Dr. Ketan K. Mehta		15%	Cardiopulmonologist Diabetologist & HIV Consultant	Asian Heart, S. L. Raheja, Nanavati Hospital, Seven Hills Hospital
7	Dr. Akshay K. Mehta	26192323/26192424	10%	Interventional Cardiologist	Asian Heart Institute, Nanavati Hospital, Bhartiya Arogya Nidhi, BSES MG Hospital, Holy Family Hospital, Beach Candy Hospital, Cath Lab Privileges.
8	Dr. Ashok Kamdar	26195151/26185151	15% 26185252	Family Physician	Kamdar Clinic-48,V.P. Road, Opp. Station, Vile Parle (W), Mumbai - 400 056
9	Dr. Jayant P. Gandhi		Upto 15% on Consultancy	Consultant ENT Surgeon	Gandhi Nursing Home, Santacruz (W), Mum-54
10	Dr. Hemangi Jhaveri	23510706 Peddar Rd 26713609 / 26246672 Mobile: 9833279793	15% on all packages	Homeopathic Consultant and Nutritionist - specialist in obesity, fitness & wellness of individual	Khandwala's Eye Hospital & Hem Polyclinic: D-31, Shree Mangal CHS Ltd., 1st flr, Above Richfeel Clinic, S.V. Road, Vile Parle (W), Mumbai - 400 056
11	Dr. Mayank Khandwala	26207430/26713609/ 26246672 Mobile: 9820035464	Treatments at discounted rates of 15%	Cataract surgeries, Lasik, Diabetic eye care, OCT of eye, Angiography of eye, Perimetry, Glaucoma etc.	Khandwala's Eye Hospital & Hem Polyclinic: D-31, Shree Mangal CHS Ltd., 1st flr, Above Richfeel Clinic, S.V. Road, Vile Parle (W),Mumbai - 400 056

NOTE: These are the doctors who are members of our Club. The JVPBG Club members can avail of the Discounts as mentioned in above list. Kindly use the services of said Member Doctors. The above list is of members (Doctors) who contacted us post the SMS sent by JVPBG Club and who readily agreed to give a discount to all the JVPBG Members!

HOW TO KEEP THE FIRE BURNING IN A RELATIONSHIP



Article by
Shivani V. Khetan
Hon. Treasurer & Co-Editor

The ultimate test of a relationship is to disagree but hold hands.

“First comes Love, then comes marriage, then she comes with a baby carriage...” is a popular refrain, which does the rounds with friends when one of them falls in love. Her or his life follows the rhyme to the T (most of the times!), but what happens thereafter is something people tend not to mention for the fear that it may come true. Nevertheless, every married couple feels that, after the initial whirlwind years of carefree romance, the fire seems to fade away as they grow old together. Both of them fear a loss of value in each other's life, fear the fact that their own beauty and sex appeal is fading and before we know it, many marriages spiral out of control and the spouses are waiting for each of them to make the first move out of the door, never to come back again. All such situations occur because we do not take stock of the situation beforehand and live in the illusion that the romance will continue forever and a day. We let the various damp squibs do all the damage that they are capable of and wake up with a “what-hit-me” expression painted on our faces. Before it gets too late, thus, take stock of the situation and know how to keep the fire burning in a relationship.

Here are some tips to keep the spark alive in your relationship:

LET'S DO SOMETHING NEW TODAY

One sure way not to let the fire die in the relationship is to keep trying new things together. The reason why relationships have a lot of passion when they have just begun is the fact that a new relationship is often exciting only because of the fact that it is new and because you are still discovering each other. Chances are, every time you turn around, you are learning something new about your spouse and your spouse too feels the same way; or, both of you could be experiencing something new together. As time passes and this newness starts to fade, you might begin to feel that the passion that kept both of you going is also fading along with it. One sure way to keep the fire burning is to keep trying new activities together and experimenting with life, with each other and with our own lives. A relationship that is always exciting and holds in it the element of newness and mystery is more likely to keep its spark.

GET RID OF THE EXTINGUISHER

When the fire seems to fade away or runs into one of the dangerous

territories, anything and everything can decrease the passion, acting as the fire extinguisher. There are many such things that will put out a fire in a relationship. For instance, phone calls during dinner, conversations only centered around a period of financial crisis, reading the paper and not paying attention while one partner talks, complaining and nagging on the part of one partner and silent sulking on the part of another are all things that will put out the passion. Even children with their needs will put a damper on a well-intended night out. Prepare for such mood dampeners from the beginning so that either you do not let them come between you or they only end up bringing you closer. Being prepared in advance about certain situations will help in narrowing the divide or prevent it from occurring.

SPACE, NOT DISTANCE

If you do not allow enough space between the two of you, you run the risk of widening the gap and this creates distances that can never be transcended. It would definitely serve you well to lead separate social lives even as both of you live and share lives together. Relationships are meant to bring two people together but it should not pose a threat to anyone's personal space, individuality and individual space to grow in relationships. Never enter into a relationship with the intention of feeling complete but with the intention of sharing your life with someone worthy of your love, respect, and concern. When spouses allow each other space to grow and feel complete within themselves, the relationship reaches a level of maturity and trust that is matched by very few and at that point you will need nothing to keep you together.

LAUGHTER AND STRESS RELIEF



by **KEYUR TRIVEDI**
Stress Management Specialist
keyur142000@yahoo.com

It is said that laughter is the shortest distance between two people. And this fact shows that it is one of the best ways to communicate and break the ice even between strangers. In our daily life, we often meet people who naturally have a great sense of humour. These people not only attract more people in their life but can also be effective communicators.

Laughter is also proven to relieve stress, bring happiness and can even increase immunity. This is one of the main reasons we have so many laughter clubs. People in laughter clubs not only relieve stress, but also easily form friendly relations with other participants. And the best part is that there is no age bar in such clubs. Laughter is therefore a universal phenomenon. Research shows that healthy children laugh up to 400 times per day, but adults tend to laugh only 15 times per day!

STRESS MANAGEMENT BENEFITS OF LAUGHTER:

1. When the body undergoes a stress response, stress hormones such as Adrenaline and Cortisol are released to prepare the body to face danger. Laughter reduces the level of these stress hormones. It also increases the level of health enhancing hormones like "endorphins" & neurotransmitters. Laughter also strengthens the immune system by increasing the number of antibody producing cells and enhances the effectiveness of T cells.

2. A good belly laugh exercises the diaphragm, contracts the abdominal muscles and even exercises the shoulders as a result of which muscles are more relaxed later. It also provides a good workout for the heart.
3. Laughter can provide distraction from emotions such as anger, guilt and stress in a more efficient way than other distractions.
4. Research shows that the way we respond to stress and stressful events can be altered by whether we view it as a "threat" or a "challenge". Humour gives us a light hearted perspective and helps us view stress and stressful events as "challenges", thereby making them less threatening and more positive.
5. Laughter is contagious. It helps us connect with others easily. It is possible that if you bring more laughter in your life, you can help people around you laugh much more. By improving the mood of people around you, you can decrease their stress levels and also better the quality of your social interaction with them; thereby significantly reducing your own stress levels.

HOW TO USE LAUGHTER:

Laughter is a popular stress management strategy for many because it is free, convenient and beneficial in a number of ways. Mentioned below are strategies where you can use laughter in your life:

1. **T.V. & Movies:** Ample opportunities exist for us to experience humour in entertainment, both in the movie theatre and the video store as well at home in T.V. comedies. Watching hilarious content from all these three sources can bring a significant amount of humour in our life.
2. **Laughter with Friends:** Visiting a movie or a comedy club with friends is a great source to bring laughter in one's life. The contagious laughter effect can mean that you would laugh more than you normally would during the show and you would have jokes for reference at a later time. Having friends over for a party or game night can also result in bringing laughter and other good feelings.
3. **Humour in One's Own Life:** Instead of grumbling about our own life's frustration, try laughing about them. If an event or an experience is so frustrating or depressing that it is ridiculous, realize that you could look back on it and laugh. Contemplate of how it would sound as a story you could tell your friends and then see if you could laugh about it now.
4. **"Fake it until you make it":** Just as research shows that positive effects of smiling occur whether the smile is fake or real, faked laughter also provides the benefits mentioned above. The great part is that the body cannot distinguish between "fake" laughter that you do on purpose and "real" laughter that comes from genuine humour; the physical benefits are exactly the same.

So, the key thing to realize is that you hold the key to your health and wellness. Laughter is a great medicine which can cure diseases and provide much needed stress relief in the fast paced environment we live in. So, LIVE ON AND LAUGH ON!

MYTH BUSTERS



Q. Should we change exercise frequently for quick results? - Soni Bhatia - L/549

A. [MYTH] It takes 4 - 5 weeks to adapt to a particular exercise and derive maximum benefits. Changing exercises too often does not permit adaptability and therefore increases risk of injury.

Q. Women who weight train will look like men? - Lata Alimchandani - L/2197

A. [MYTH] The Female hormone Estrogen is different from the Male hormone Testosterone which differentiates between male and female features. Oestrogen prevents male like development of muscle.

Q. Doing Ab workout will reduce belly fat? - Asha Gandhi - L/597

A. [MYTH] Doing Ab exercises will give a strong stomach but will not lose belly fat because Ab workout will not contribute sufficiently to fat loss, only a well - balanced diet will lose belly fat, therefore 'Spot Reduction' is also a Myth.

Q. Is evening the best time to workout? - Nadia Makharia - O/3471

A. [MYTH] There is no best time. Any time that suits you is best. However, morning has an advantage because if you miss morning, you can always make up in the evening.

Q. The more sweat, the more weight loss? - Sona Dongre - L/3283

A. [MYTH] Sweating is water loss. Sweating is primarily a function to control body temperature and is not an indicator of fat loss. E.g. If you sit in a Sauna, you will lose water, but not lose fat.

Q. No pain, No gain? - Rashmi Nagrath - L/1527

A. [MYTH] Exercise should not leave you in pain or discomfort to be productive. However, mild soreness (DOMS - Delayed Onset of Muscle Soreness) is acceptable.

Lipika Savalkar

POEM



ARE YOU WORTH IT? Vatsal Udani (L-4315)

She's beautiful and loves being called that,
For her, the worst of bad words in a dictionary is fat.

But this time in her life, she doesn't mind giving upon slim fit,
She knows the reason for it is worth it.

He works hard all his life,
Be it for himself or his wife.

For the future, personal goals could take a back seat,
He knows the reason for it is worth it.

They know it's hard to live with grey hair and bad health,
But addition to the family tree is their wealth
They don't mind postponing the heaven's ticket
They know the reason for it is worth it.

You too were once a reason for all this,
A mother's, father's, grandparents' sole wish.

They've passed the times which could've been tough
But did you prove to be worthy enough?

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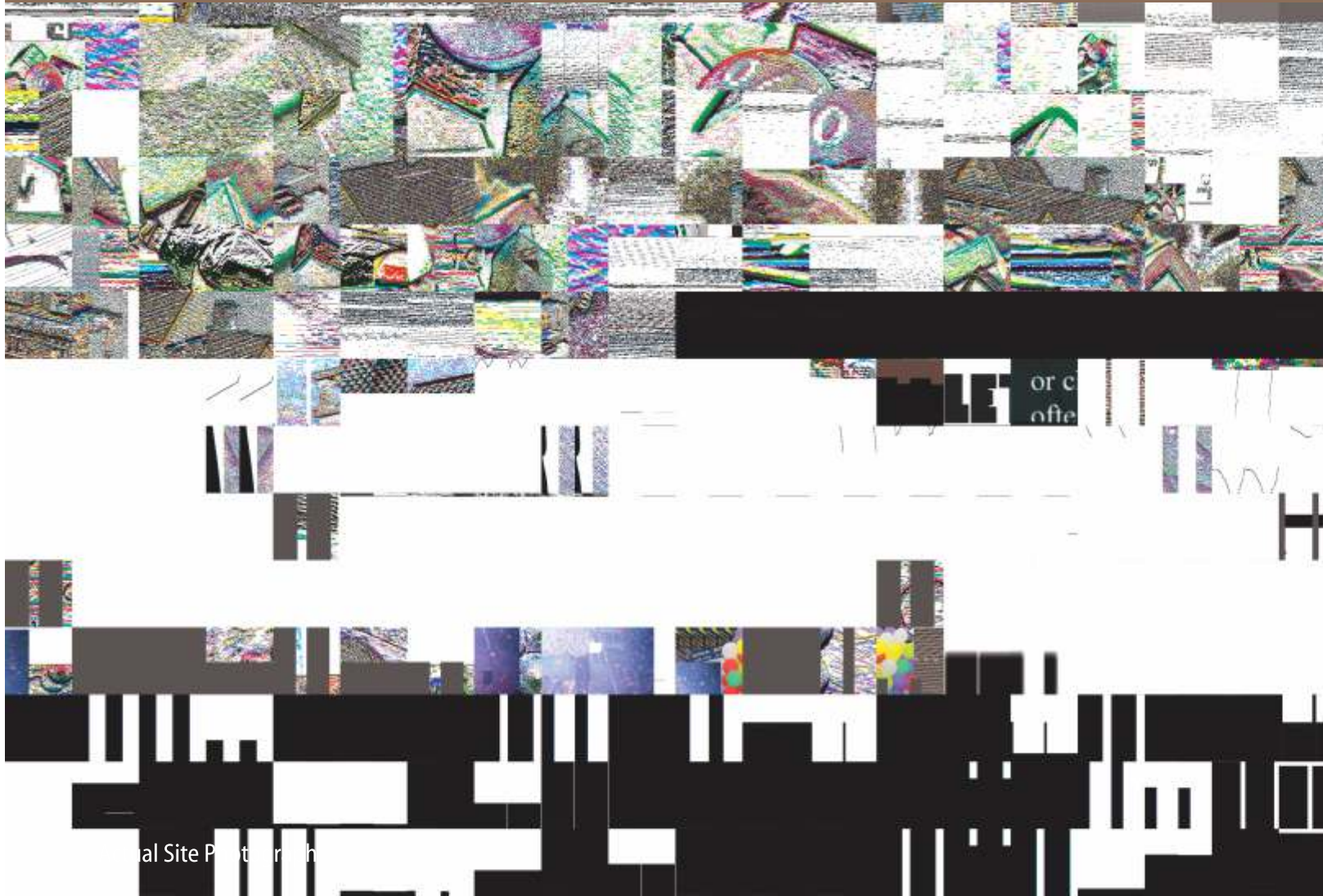
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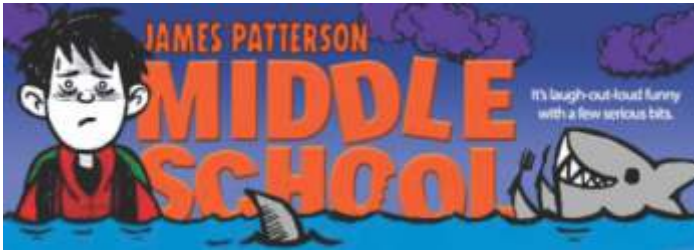
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CHILDREN BOOKS

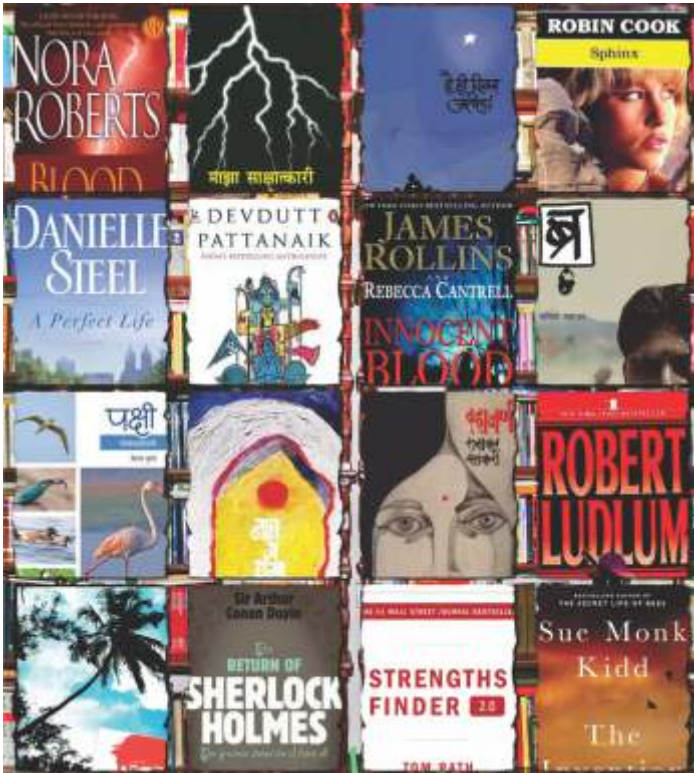
James Patterson - **Middle School** - **Save Rafe** • Carolyn Keene - **Nancy Drew** - **37 Titles** • **Sweet Valley** - **6 Titles** • **Asterix** - **26 Titles** • **Geonimo Stilton** - **4 Titles** • **Dork Diaries** - **TV Star**

ENGLISH BOOKS

Nora Roberts - **Blood Brothers, Valley of Silence** • Devdutt Pattanaik - **Shikhandi** • Sue Monk Kidd - **The Invention of Wings** • Danielle Steel - **A Perfect Life** • Robin Cook - **Sphinx, Mindbend** • Robert Ludlum - **The Bourne Identity** • Sylvia Day - **Entwined with You** • Sudha Murthy - **The Mother I never Knew** • Veronica Roth - **Four** • Tom Rath - **Strengths Finder** • Sir Arthur C. Doyle - **Sherlock Homes Part I-II** • James Rollins - **Innocent Blood**

HINDI BOOKS

Premchand - **Gupt Dhan** • Udas Nareshkumar - **Akashdeep** • Sharatchandra - **Gruhdah**, **Akhiri Sawal** • Varma Manik - **Best of Manik Varma** • Madhotara Ramdas - **Zarna** • Akhilesh - **Pita, (Dada-Dadi, NanaNani), Parivar, Dampatya, Manvata, Bade-Bujurg, Gav-Ghar, Dost, Prem, Maa.** • Padhye Anita - **Ishq ka jahar bhara pyala** • Bhandari Mannu - **Yadgar Kahaniya** • Varma Bhavaticharan - **Chanakya** • Krushna Chandar - **Ek Gadhe ki Aatmakatha** • Singhal Madangopal - **Hamari Gaurav Gathae** • Sharma Satyanarayan - **1857 ka Mahasangram** • Maheshwari Ashok - **Tanaliram ki Anokhi Duniya** • Benipuri Shriramvrksha - **Rochak Balkathae** • Pagare Sharad - **Dusra Devdas** • Ajeykumar - **Vir Shivaji ki Kahaniya**



MARATHI BOOKS

Anand Nadkarni - **Hehi Diwas Jatil** • Kiran Purandare - **Pakshi Panthalitale** • Madhavi Deshpande - **Nach Ga Ghuma** • Ajit Kaur - **Khanabadosh** • S.N. Pendase - **Hatya** • Kavita Mahajan - **Bra** • Abhay Bbhang - **Maza Sakshatkari Hrudayrog** • S.S. Joshi - **Anandi Gopal** • Acchut Barve - **Sukhada** • Ratnakar Matkari - **Dahajani** • Subodh Javdekar - **Pudhachya Haka** • Sasane - **Eaisa Dustar Sansar** • Jonathan Carol - **The Ghost in Love** • Sania - **Pariman** • Asha Bage - **Pooja** • Vidyadhar Pundalik - **Mal** • Mukund Taksale - **Taksaltil Nani** • Asha Abhyankar - **Akra Bote** • Pratik Suri - **Challenge** • Vinita Ainapure - **Katha Tichya** • Anand Yadav - **Goyavala** • Manoj Naiksatam - **Aparant** • Amish - **Shapath Vayuputranchi, Meluhache Mrutyunjay** • Vasant Kanetkar - **Ghar** • Sulochana Chavan - **Maze Gane, Maze Jagne** • Sharad Puranik - **Reflectors** • Charushila Oke - **He Jivan Sunder Aahe** • Monika Gajendragadkar - **Aart** • Malti Karvarkar - **Aharatun Kayakalpa** • Vijaya Vad - **Mayecha Padar** • Avi Raikar - **Amchi Raikar Wadi** • Dilip Mule - **Pakharya** • Srikant Karlekar - **Katarvel** • Sudha Atre - **Godatarang** • Ambika Sarkar - **Shantvan** • Priya Tendulkar - **Janmalelya Pratyekala** • Ranjit Desai - **Megh** • V.S. Khandekar - **Amrut wel, Yayati, Mukya Kalya, Indradhanush** • Arvind Sangamnerkar - **Gosti Lagnachya** • Smita Kulkarni - **Tichi Kahani Vegali** • Maruti Chitampalli - **Chakva Chandan** • Mangala Godbole - **Juni Viti Nava Rajya** • Krushna Surve - **Masteranchi savli** • Shirish Pai - **Vadilanchya Sevesi** • Jean Sassan - **Mayada** • Jane Gardem - **The Man in the Wooden Hat** • Beti Mehmudi - **Not Without my Daughter** • Rajan Khan - **Fail Ratra** • Manda Chitre - **Parkinsanche Divas** • Manu Bhandari - **Ek Kahani Ashihi** • P.S. Ramani - **Tanavmukt Jivan** • Amol Ukidave - **Chitrabandh** • Prabhu Kapse - **Vaya Gelelya Mulachi Gosht** • Subodh Javdekar - **Pudhalya Haka**

DAHI HANDI



Dahi Handi is a part of the main festival Gokulashtami, which is known as Krishna Janmashtami!

For the 1st time we celebrated Dahi Handi for the junior govindas of juhu club.

The handi was filled with goodies for the children. Kids danced to the tunes of Govinda Ala Re, Go Go Go Govinda and many more.

Grand parents, parents, aunts and uncles were present in huge nos!

It was a very colorful, melodious and entertaining evening!

RAKSHA BANDHAN @ JVPG CLUB



What a beautiful occasion 'Rakhi' is. A single thread that strengthens the bonds of protection and affection between a brother and sister is truly divine.

This year the festival of 'Rakhi' was made memorable by the Brahmakumaris who came to the club to tie 'Rakhi' to Office Bearer, Managing Committee members and staff, fostering the feeling of love and oneness.

Brahmakumari, 'daughters of Brahma' affirm that we all are one family. They have faith in the intrinsic good of all mankind, believing that all souls are children of one God. This God is the source of all goodness.

In these times, rife with trouble and unrest, it was a wonderful step to forward the feeling of love and bonding on a special occasion like this.

After the rituals and delicious refreshments, the Brahmakumaris' mingled with the crowd sharing and imparting thoughts on spiritual and moral values.

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Salil Shah *Saloni Deorah* *Mrs. Kirti R. Shah*



All officials of Juhu Gymkhana Vinod Poddar, Vinod Jolly (Squash Committee), Dr.Ojas Dave (Hon. Jt. Sec), Bhavesh Shah (Chairman, Squash Committee, SRAM Officials : Shiv Mahotra (Sr. Vice President), ISP Officials : Sanjay Goyal (Jt.Sec) and Ashish Gupta (President)

All winners in front row : Sandeep Paswan (Winner, Boys U-17), Anil Mohite (Mens over 45), Karan Mirchandani (Mens Over 35), Vikram Malhotra (Mens Open), Navmi Sharma (Girls U-15), Tushar Sahani (Boys U-15), Shreyas Mehta (Boys U-11), Samir Mistry & Sanjay Pawar (Doubles Top 8), Sachin Jadhav & Amitpal Kohli (Doubles Handicap), Aishwarya Singh (Under 19) and Pradeep Chaudhary (Junior Doubles Handicap)



HEALTH CLUB RULES



All members are requested to enter Health Club premises after opening time, 6.00AM & leave before closing time 10.00PM. Health Club Timing - 6.00AM to 2.00PM & 3.00PM to 10.00PM.

1. Kindly wear appropriate Gym and Training Clothes (Track Pants, Tights, Shorts, T-Shirts, Banians, etc) on the 2nd & 4th Floor

Men: Casual wear like Jeans, Formal Shirts, Kurtas etc. shall not be permitted.

Women: Dresses, Salwar Kurta, Sari etc. shall not be permitted.

2. Do not ask the Instructors and other staff to keep Mobile Phones & personal valuables.

3. Use of shoes is compulsory, use clean shoes meant only for use in the Health Club. (Members coming from Tennis, Squash, Badminton and or any other department are requested to use separate shoes in the Health Club).

4. Gym Bags, Laptops, Hand Bags etc. are not allowed in the 2nd and 4th Floor. Please keep on racks outside on 2nd & 4th Floor.

5. Kindly do not operate the air conditioning or Music System, do not attach personal hardware to the system, or ask the Instructors to increase/decrease the set volume.

6. Kindly abstain from throwing Dumbbells or Barbells after use, as it damages the floors, the equipment as well as disturbs other on the floor below and above.

7. Kindly use a napkin/towel on all Gym Equipment minimum size 18x24 Inches.

8. Kindly use a Bath Robe when going or coming from the Swimming Pool.

9. No Video/Photography (Cell phone camera included) allowed anywhere in the Health Club.

10. Use of chalk on barbells or any other equipment is not allowed.

11. Do not modify, add weight or use machines for exercise they are not meant for.

12. Personal trainers /instructors are not allowed even as guest.

13. Children below 16 years are not allowed at wet area.

14. **As courtesy and respect for the rights of all members** Kindly maintain decorum on the training floor, do not disturb other members during their workout. Use of mobiles is prohibited in the Health Club at 2nd, 4th & 5th Floor, Penalty for using Mobiles at the above floors, will be levied as per club rules.

15. Please use socks while using calf massage machine on the 2nd floor.

16. Please adhere to Treadmills/cardio machine timings - Woodway - 24 minutes & others - 22 minutes. Kindly abstain from restarting the machines before completion of the allotted time.

17. Please wear a towel or napkin at 3rd floor gents changing room.

18. Over and above this all other general rules of the club will be applicable.

DISREGARDING THE ABOVE RULES WILL ATTRACT DISCIPLINARY ACTION.

All India JVPG-COKE Squash Carnival was held in the month of July/August in 3 legs. In the 1st Leg held from 9th to 12th July boys U/11, U/13, U/15, U/17, U/19 and Double Handicap were held. In the 2nd Leg held from 31st July to 2nd August Boys and Girls U/9, Girls U/15, U/19 and Jr. Handicap Doubles and Doubles Top Eight. 3rd Leg was held from 28 to 31 August 2014. In 3rd Legs Men's Open, Women's Open, Men's Over 35, Men's Over 45 and Handicap Doubles events were conducted. After the final prize distribution was held followed by dinner. The result of 3rd legs as below.



FINAL RESULTS

Mens Open: Vikaram Malhotra bt Puneet Pareek 11-1, 11-6, 11-4

Mens Over 45: Anil Mohite bt Shashi Gupta 11-8, 11-7, 11-6

Doubles Handicap: Sachin Jadhav & Amitpal Kohli bt Ajay Pawar & Ganesh Kadam 15-11, 17-15

Mens Over 35: Karan Mirchandani bt Sachin Jadhav 6-11, 11-5, 11-6, 6-11, 11-7

SEMIFINALS: Mens Open: Vikram Malhotra bt Aishwarya Singh 11-5, 11-4, 11-4

Puneet Pareek bt Karan Mirchandani 11-8, 11-5, 11-9

Doubles Handicap: Sachin Jadhav & Amitpal Kohli bt Shashi Gupta & Shloke Sahay 15-11, 10-15, 15-9

Ajay Pawar & Ganesh Kadam bt Aishwarya Singh & Shashi pareek 17-16, 15-12

Mens Open 35: Karan Mirchandani bt Rajan Chheda 11-4, 11-9, 11-7

Sachin Jadhav bt Vijay Waghela 11-8, 7-11, 11-5, 11-5

Mens Over 45: Anil Mohite bt Joyson Bothello 11-6, 11-3, 9-11, 11-8
Shashi Gupta bt Sushant Talwalkar 7-11, 14-12, 11-7, 8-11, 11-9



ACHIEVEMENTS

BADMINTON:

MAHEK in partnership with **Aryan** both 10 year school kids participated in the inaugural Willingdon Catholic Gymkhana Sub. Jr. Dist. Badminton Challenge. Won the hearts of everyone at the WCG Badminton courts with their exception skills and net play.



BILLIARDS AND SNOOKER:

MUMBAI SNOOKER LEAGUE 2014

Mumbai Snooker League 2014 is being conducted by P.J. Hindu Gymkhana. 3 teams named JVPG Achievers, JVPG Tigers and JVPG Jugglers captained by Ketan Shah, Bharat Mehta and Satyen Gandhi are participating in this month long league.

All the three teams have qualified for the knock-out stage from their respective groups.

INDIAN OPEN SNOOKER QUALIFYING TOURNAMENT



Our members Rahul Sachdev, Dhairya Bhandari and Zubin Lelinwala participated in the Indian Open Snooker Qualifying Tournament and performed well. The last named to members reached 2nd & 3rd round respectively.



Fundesh

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KNOW YOUR MANAGING COMMITTEE MEMBERS



MRS. PUSHPA KHETAN
B.Sc.

Membership No.: F-26

D.O.B.: 16th May 1942

Spouse Name: Late Shri

Vishwambharlal Khetan

Children: 1. Reena 2. Anju

3. Kaushal 4. Shivani

Occupation: Housewife

Hobbies: Reading, Gardening

CLUB ACTIVITIES:

- **Managing Committee member** of JVPJ Club (Since 2007)

OTHER ACTIVITIES:

- Chairman of New India Society since last 20 years
- Managing Committee member of JPES (Utpal Shanghvi)
- Active member of Archana Trust Senior Citizen
- Social Service for various NGO's and Missionaries of Charity (Mother Teresa)



MR. RAJESH BHANSALI

Membership No.: F-267

D.O.B.: 5th June

Spouse Name: Rita

Children: 1. Mili 2. Rahul

Occupation: Business

Hobbies: Travelling; Light trekking

E-mail: bhansali.rajesh@gmail.com

PROFESSION:

- Dealing in Equities and Stocks since more than 40 years

JVPJ CLUB ACTIVITIES:

- **Managing Committee Member** (Since January 2014)

OTHER ACTIVITIES:

- **Managing Committee Member** of Nutan Laxmi Society (since over 15 years)
- **Managing Committee Member** of JVPJ Association (since last 10 years)



MR. RAJESH SHAH
B.Com

Membership No.: F-84

D.O.B.: 7.08.1954

Spouse Name: Kirti

Children: 1. Saloni 2. Salil

Occupation: Business

Hobbies: Reading and listening music. Playing Tennis

Email: rajeshkirtis@gmail.com

PROFESSION:

- Diamond Merchant & Jewellers

JVPJ CLUB ACTIVITIES:

- **Managing Committee Member** since 2007.
- **President** (Year 2012-13)
- **Vice President** (Year 2009-2012)
- **Chairman** - Silver Jubilee Function of Juhu Vile Parle Gymkhana Club (2009)

ACHIEVEMENTS:

- **Hon. Secretary & Trustee** of Bhartiya Arogyanidhi Hospital

**OCT
07**

2014

PSA & WSA INDIAN SQUASH CHALLENGER CIRCUIT 2014 @ JVPG CLUB

Come & watch
the WSA & PSA
matches live on the
squash courts
of Juhu Gymkhana.

Dates: 7th to 12th
October 2014

Timings:
4 pm to 8 pm

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- INTENSE RIVALRIES BETWEEN THE WORLD'S TOP SQUASH PLAYERS IS DRIVING GLOBAL INTEREST IN THE SPORT
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- A NEW GENERATION OF YOUNG, SKILFUL PLAYERS ARE CHALLENGING THE ESTABLISHED ELITE, CONTRIBUTING TO EXHILARATING ENCOUNTERS AT ALL LEVELS
- A DIVERSE MIX OF CHARACTERS AND PLAYING STYLES KEEPS SPECTATORS ENTERTAINED

Squash Sub-Comm. propose to conduct PSA (Professional Squash Association) & WSA (Women Squash Assn.) Indian Squash Challenger Circuit 2014 @ JVPG Club from 7 to 12 October. This event is being organised by IVY Sports Pvt. Ltd. and conducted by JVPG Club. Selected International top level squash players will be participating in this tournament.

Camp for kids and club members.

Fantastic opportunity for upcoming Juniors players of JVPG Club to interact and play with top ranked professional on 11th and 12th (Saturday & Sunday) for details and registration contact Sachin Jadhav, Squash marker

Prior registration compulsory

All squash playing member who are interested in playing game against professional player are requested to register in advance.

Saturday 11th October 2014

10-11am Juniors

04-05 pm Club members (one game against professional players)

Sunday 12th October 2014

11am -12 noon Juniors

Great opportunity for Junior Squash players of Juhu Gymkhana:

Come and play with the best of the International Squash Circuit.
11th and 12th October 2014 at 10.00 to 11.00 am and 11.00 to 12.00 noon respectively.

Few slots available.

Register early to avoid disappointment.

No spot registrations.

For details and formalities contact Mr Damodaran Manager Sports.

For the Senior Squash Players:

If you want to play a game with the best of The World Squash Circuit on 12th October 2014 at 4.00 to 5.00 pm, register immediately.

No spot registrations.

Details & formalities to be completed with Mr Damodaran Manager Sports.

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