

## From The Desk of The President



**SHAMIT MAJMUDAR**  
*President*

Dear members

Good news is that anxiety is over, monsoon has come in full force though belated.

Monsoon at club means its raining with various entertainment programmes coupled with **“opening of kids play area”**

I am pleased to inform the members that proposal to renovate the ground Floor Bar and Restaurant placed before the managing committee was unanimously passed with thoughtful & decisive mandate to go ahead and accordingly by the time you read this the work will be in full force.

Let me assure the members that within couple of months at opening of the above the members will realize that accomplishment will be with care values such as integrity, preservice, agility and passion.

Await the next edition of this magazine for announcement of who will be caterer ?

A handwritten signature in black ink, appearing to read 'Shamit Majmudar'.

**Shamit Majmudar**  
President

We would like to extend Heartiest

**CONGRATULATIONS**

and wish all the very  
best to our member

**MR. PADMANABHA**

**B. ACHARYA** on becoming

the governor of Tripura

and Nagaland





## *Advice Your Secretary*

Dear Members,

Some of our members have raised their concern to me regarding the high number of guest coming to the Float Bar and as a result they (our members) are not getting place in the bar. We are undertaking a renovation project of the ground floor bar and restaurant to give our members more options and space. This ground floor bar may be for members only with additional benefits for the members **(subject to approval of M/C)**, but it will take at least 3 months to come through. In the interim period since our members are facing a lot of trouble finding place in the bar there are a few options which can be considered. I would like to hear from you the members to give me advice and suggestions on this matter. The following are the options which can be consider.

- A. Restrict the guest in the float bar on Friday, Saturday and other public holidays.
- B. Increase the guest fees in the float bar to Rs. 250/500
- C. Limit the number of guest a member can take in the Float Bar

Please do let me know what advice or suggestion you would like to give to your Secretary and which of the above you think should be put in place. Write to me on [bhargav@jvpgclub.com](mailto:bhargav@jvpgclub.com) or [info@jvpgclub.com](mailto:info@jvpgclub.com)

**Bhargav Patel**  
Hon. Secretary

*Please send your advice & or suggestions latest by 30th July 2014.*



JUHU VILE PARLE GYMKHANA  
(ISO 9001:2008 Certified Organisation)



Volume IV • Issue 7 • July 2014

**Publisher**

JUHU VILE PARLE GYMKHANA  
N. S. Road No. 13, Opp. Juhu  
Bus Depot, JVPD Scheme, Juhu,  
Mumbai - 400 049.

**Editor**

BHARGAV N. PATEL

**Co-Editor**

SHIVANI V. KHETAN

**Adviser**

ANIL K. SAMPAT

## REACH US

**Advertising:**

Tel.: 022 26206016 Ext. 131  
email: info@jvpgclub.com

**Content writing:**

Tel.: 022 26206016 Ext. 110  
email: sandesh@jvpgclub.com  
sanjiv.jvpgclub@gmail.com

For Private Circulation Only



**DISCLAIMER:** The views/contents expressed & published in this journal are the personal view/contents of the contributors and JVPD Club is not responsible for any decision taken by readers on the basis of the contents appearing.

## EDITOR'S NOTE



**BHARGAV PATEL**  
Editor & Hon. Secretary

*Greeting members...*

*With the heavy July showers here to stay, for a while, this is a perfect opportunity to enjoy guilt free pakodas and cups of masala chai. While you enjoy the moment, let me pepper it up with some exciting news.*

*Another feather in our cap... **Dhruv Sitwala**, two times billiards world runner-up, won bronze medal at the prestigious Australian Open Billiards Championship held in Melbourne in June this year. A regular of our club, Dhruv practiced billiards perfecting his strike to take him to an international level. A proud moment for India and also for the club.*

*It was a celebration time at the club with Cine Magic. A thoroughly delightful evening, where romantic songs of last six decades were sung by artists. As a special dhamaka, we had powerhouse performer, **Shaan** who entertained his awe struck fans for a good 40 minutes. Accompanied by his wife Radhika, the ever smiling Shaan belted out wonderfully nostalgic Kishore Kumar songs with all of us swaying to it.*

*On the subject of renovation, the bar and restaurant on the ground floor is being upgraded to make it more sophisticated and bring it an international level. The popular pub "**On Toes**" will manage the bar giving the members yet something to cheer about. Plans are underway to get the swimming pool as well as the changing rooms redone.*

*As your secretary, I am extremely enthusiastic about taking the club to the top in the city. Thus steady strides are being taken to project JVPD as a sports club where members, both young and old, are encouraged to be active and play sports. As we know, this is well in the scheme of things where initially, 14 societies in the Juhu Vile Parle Scheme had assigned the plot, which is now JVPD, to be developed into a sports club.*

*To give a brief history of Juhu Scheme, which comprises of 14 societies, is multi cultural and is a fusion of diverse customs and traditions. While Punjabi boisterously celebrate "Baishakhi", the Gujarati enjoy their "Holi & Garba" with great fervor and so on.*

*To integrate the ethos of every culture and to capture the spirit of brotherhood, it was decided to form a club. While making steady foray in that direction, the policy makers of the sports club did not lose focus on the important aspect of developing the physical and mental growth of its members. Thus, sports as an activity became the bedrock of JVPD.*

*Therefore, under the canopy of the club, as well as to leave behind a rich legacy of heritage for our future generation to follow, JVPD was formed.*

*While we move forward with a feeling of "Unity in Diversity" and "Sports Active", it is our aim to bring the club and also the suburb of Juhu, to rank amongst the premier league in the city of Mumbai, especially the posh South Mumbai.*

*Apart from that, engaging articles like "Cholesterol Quiz" and "How to control your anger" make for interesting reading. And for the spiritually inclined, we have "As I see God within me" an introspective article which will help you to find divinity within oneself.*

*So members, pick up your July copy and enjoy the newsletter from cover to cover with your cup of masala chai and pakodas.*

*Here is your secretary signing off as "....As raindrops keep falling on my head..."*

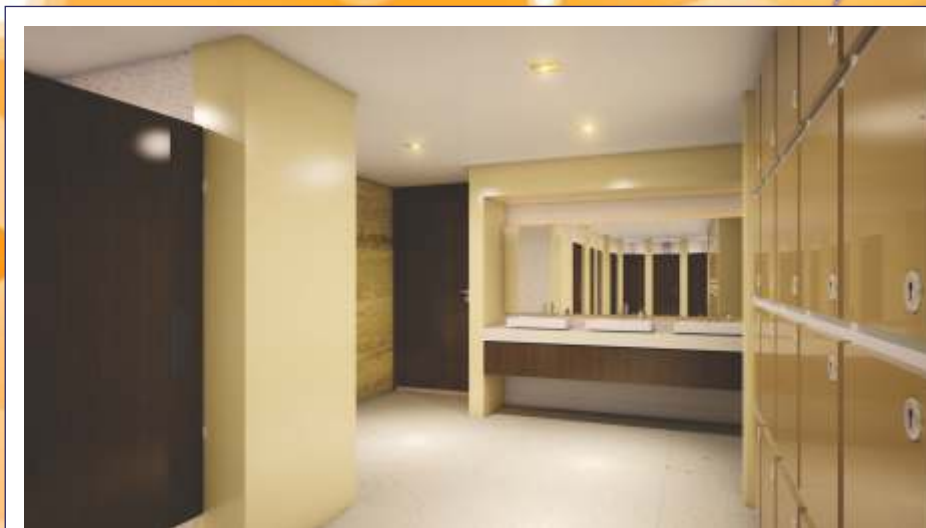
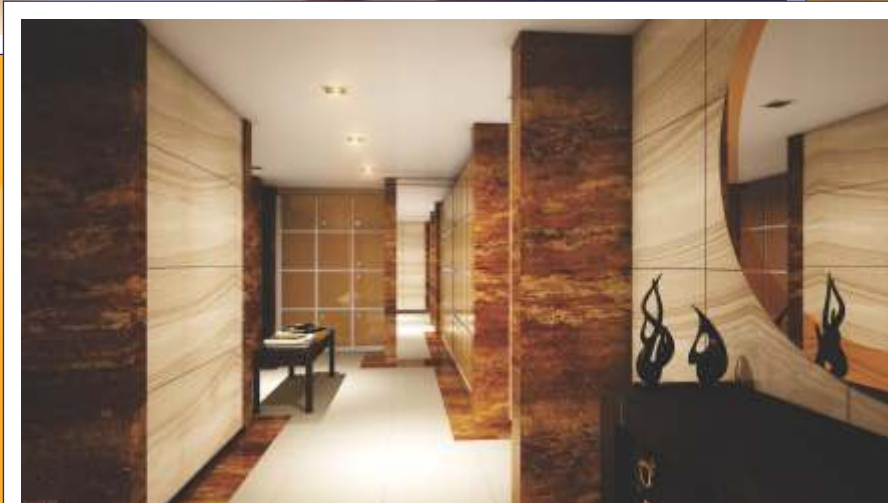
**Bhargav N. Patel**

Editor

*New Changing Rooms  
of Swimming Pool (Ladies & Gents)*



► Schematic  
Picture of  
Gents Toilet  
For Swimming  
Pool



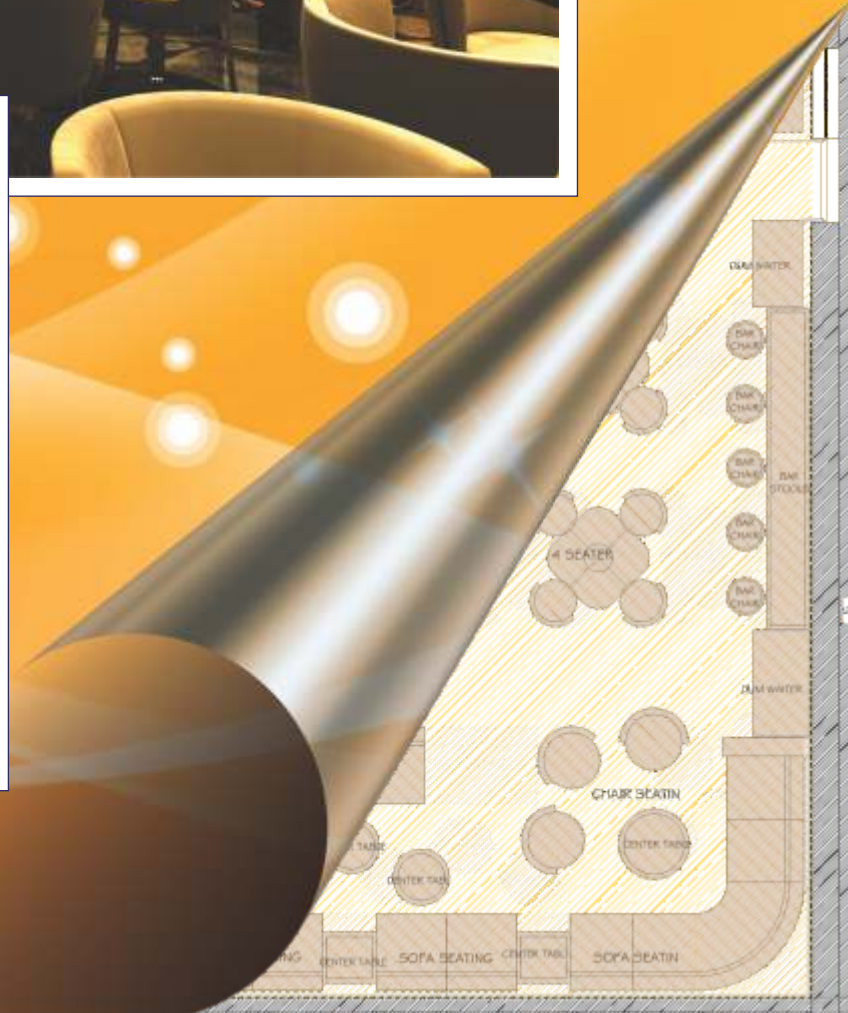
► Schematic picture of Ladies Toilet for Swimming Pool



► Schematic



## *New Ground Floor Bar*



pic picture of Ground Floor Bar





# MOD'ART INTERNATIONAL

## *Diploma in Fashion Styling & Image Design*

*Includes:*

*Personal Styling  
Commercial Styling  
Costume Styling  
Editorial Styling  
Celebrity Styling*

*For further details: contact 9833777677 /  
26827778*

*[www.modart-india.in](http://www.modart-india.in)*

## FORTHCOMING EVENTS

JUL/AUG

9 JULY  
Start

2014

### ALL INDIA JVPG-COKE SQUASH CARNIVAL



ISP (Indian Squash Professionals) is organising above tournament in 3 Legs. 1st leg 9 to 12 July, 2nd leg 30 July to 2nd August and last leg 28 to 31 August. Men's and Women's Open Finals will be held on 31 August followed by prize distribution & dinner.

JUL

20

2014

### 'MANN DARPAN' an enlightening awareness program for parents by Angels Clinic

Library Sub-Committee presents 'Mann Darpan' – An enlightening awareness program to sensitive parents with changes in scenario of kids today - on July 20, 2014 at Jasmine Hall from 10am onwards. Breakfast would be served. Entry Pass @ MSD

JUL

23

2014

### STAND-UP COMEDY NITE BY ATUL KHATRI & OTHERS



Entertainment Sub-Comm. presents Stand-up Comedy by Vipul Goyal, Daniel Fernandes & Atul Khatri on Wednesday 23rd July 2014 at Activity Hall, 7.30 pm onwards. Age 18 yrs +. Contact MSD for details.

JUL

26

2014

### SENIOR CITIZEN - SHANTI SHANTI It's a war!!



Senior Citizen Sub-Committee presents "SHANTI SHANTI It's a war!!" hindi play on Saturday, 26th June 2014 at Activity Hall 6.30 pm onwards. For more details contact MSD.

JUL

26

2014

### "MAGIC READING ROOM" – Library & Reading Proficiency Classes

Library Sub-Comm. introduces 'Magic Reading Room' classes by Pomegranate Workshop. These classes are for children from age group 6-9 years. Free Demo Class on July 26, 10am to 11.30am. Forms available at MSD. First come first basis.

JUL

26

2014

### BAR NITE

Catering & Bar Sub-Committee presents 'Bar Nite' on 26th July 2014 9 pm onwards. For details contact at MSD. First come first basis.

AUG

1ST  
WEEK

2014

### SWIM HOME GALA

Swimming Home Gall will be held in the 1st week of August with fun games for children.

## IMPORTANT RULES OF JVPG CLUB



### FOR WOMEN MEMBERS SAFETY



Dear Members,

The events of past couple of weeks in the float bar have caught our attention. There have been instances where in there have been gate crashing and unverified entry into float bar. This causes a great concern for the safety of our members, specially our **Women Members**. Imagine an unseen event happening to our lady members, your wife, your daughters, your sisters and mothers. It is very hard to even imagine such an instance. Hence we feel the need to put in some strict measures to curb this unverified entries. We will now implement the following measure to take control of such situation.

1. Members and their guest have to be verified and registered at the counter (details of the guest: name and age would be checked and photo ID card / Smart card/Driving licence which can validate such information need to be furnished).
2. On verification the members and their guest will be given wrist – hand bands of paper.  
(The other option was to use ink stamps, but since we do not encourage chemicals to be put on skin we went for the band options, also with the stamp some members are spoiling the décor of the bar)
3. Entry into float bar would only be permitted to people having such wrist bands.
4. Service of bouncers have been availed at float bar by the Melting Pot/ Klava management to apprehend nuisance makers and escort them out and to keep decorum inside the bar at all times.

Above rules are mandatory for all members & guests.

We are sure you would agree with us, that for our women member's safety we need to pro-act and not wait for any unwarranted situation. The inconvenience caused with this step is regretted but is much needed. In order to implement the above steps our members would face some difficulties in the initial period but for the safety of our vast number of members this is a small hurdle which can be crossed with ease. We would from time to time monitor the situation and amend the rules to ensure highest satisfaction, service and safety to our members.

### IMPORTANT RULE FOR FLOAT BAR & RESTAURANT

*For clarification of some members, please note the following*

1. Entry to Float Bar is not permitted to members and guest below the age of 25 years.
2. Members and guest above the age of 21 and till 25 years would be served Beer and Wine in the restaurant only.





# **CHOLESTEROL QUIZ!**

**DR AKSHAY MEHTA**  
Interventional Cardiologist  
drakshaymehta@gmail.com

**C**holesterol is a kind of wax like fat that comes from two sources: your body and food. Your liver makes all the cholesterol you need and circulates it through the blood. But cholesterol is also found in foods from animal sources, such as meat, poultry and full-fat dairy products. Your liver produces more cholesterol when you eat a diet high in saturated and trans fats.

It may surprise you to know that cholesterol itself isn't bad. In fact, cholesterol is just one of the many substances created and used by our bodies to keep us healthy. It is the excess level of cholesterol that is dangerous as it can be deposited on the inner layers of artery walls, making them narrower, leading to heart disease.

## **Which is worse for your cholesterol?**

- a. A scrambled egg
- b. A scoop of ice cream
- b. Just a small scoop of ice cream packs 11 grams of saturated fat -- far more than in an egg or a steak. And the more saturated fat you eat, the higher your "bad" cholesterol can rise. Also, sugar in ice cream is the additional "partner in crime". Of course you need to limit the cholesterol you eat, though. Eat no more than 300 milligrams a day, or 200 if you have high cholesterol levels. That means one egg a day, at 170 mg of cholesterol, is just fine

## **Why should you measure your blood cholesterol?**

- a. Because it is the only cause of heart attacks
- b. Because it is one of the important correctable risk factors related to coronary heart disease
- c. Because it is part of a general check up
- b. Coronary heart disease (a heart attack being one of its consequences) is caused by multiple factors acting alone, or more commonly, in unison. Abnormal cholesterol, or blood lipids or blood fats is one of the most important factors causing coronary heart disease. Reducing it by lifestyle changes with addition of cholesterol lowering drugs if required, can cut down your risk of coronary heart disease remarkably.



## **How often should one measure cholesterol or lipids?**

- a. Depends.
- b. Every year
- c. Every 6 months
- d. Every five years
- a. Everyone age 20 years or more should have cholesterol measured at least once every 5 years, or even more frequently, depending on your initial values and your risk profile. If your initial values are high, you may require repeat check after a few months till the values stabilize. People who have already had heart attack, bypass surgery, balloon angioplasty, disease of arteries of the legs or stroke in past or diabetes are at highest risk and may require check up every 3 to 6 months. Those with multiple risk factors like hypertension, smoking, obesity, family history of heart disease are at high, medium or low risk depending on the number and severity of those factors. They require a check at least once a year.

## **If you're thin, you don't need to think about cholesterol.**

True  
False

**False:** Even if you're rail-thin and super-fit, your genes -- and what you eat -- can get you into trouble. That's why it's crucial to have your cholesterol checked regularly, starting in your 20s. You should know about any family members who've had heart problems, too. That plays a key role in how your doctor decides to handle your high cholesterol.

## **Which food label matters most if you've got high cholesterol?**

- a. Zero trans fat
- b. Low fat

c. No cholesterol

- a. Trans fat sends both your good and bad cholesterol levels in the wrong direction. It's used in baked goods, snack foods, shortening, margarine, and fried foods. Check the ingredients for "partially hydrogenated oil," which is another name for trans fats.

It is best to avoid trans fats. For example, a woman eating 2,000 calories a day -- who doesn't exercise much -- should aim for less than 2 grams of trans fats.

## **Which of the following is true?**

- a. LDL cholesterol is good cholesterol
- b. LDL cholesterol is bad cholesterol
- c. HDL cholesterol is bad cholesterol
- d. Triglycerides is the worst cholesterol
- b. The three main types of fats circulating in the blood are THE GOOD - HDL cholesterol (high density lipoprotein cholesterol), THE BAD - LDL cholesterol (low density lipoprotein cholesterol), and THE NOT SO BAD kind of fat -- triglycerides. All circulate in the blood and are required for body's metabolism. When their levels are abnormal, which is very common, they create problems.

## **Why is LDL called "bad" cholesterol?**

- a. It raises blood pressure.
- b. It clogs blood vessels.
- c. It causes weight gain.
- b. If there's too much LDL in your blood, it can be deposited on the inner lining of your arteries, forming plaque. This buildup narrows and stiffens the arteries -- putting you at risk for a heart attack or stroke.

## **And why is HDL cholesterol "good"?**

- a. It sweeps up bad cholesterol.
- b. It helps you lose weight.
- c. It reduces your appetite
- a. HDL does a cleansing job in your blood vessels. Like a scavenger it carries excess cholesterol to the liver to be removed so it won't clog your arteries. Aim for 60 mg/dL or higher, which will protect you against heart disease.

Low levels -- less than 40 mg/dL for men, and less than 50 mg/dL for women -- are a risk factor for heart disease.





#### What is normal level of LDL cholesterol?

- a. 100 mg %   b. 130 mg %   c. 160 mg %
- d. Depends on your risk profile.
- d. Instead of talking about “normal” levels of cholesterol, one should know what is “desirable” level of cholesterol for a person. This varies from person to person depending on his/her risk profile. For example, for people at highest risk alluded to above, the desirable level of LDLC would be less than 70 mg %, whereas for youngsters at lowest risk, it could be less than 130 mg%. For most Indian adults, since they are already at higher risk compared to western population, the desirable level of LDLC is less than 100 mg%.

#### Where does blood cholesterol come from?

- a. From your body making it
- b. From foods that contain cholesterol –like meat, milk, eggs, or anything made from these.
- c. From foods that contain fats –like trans fats, saturated fats, ghee, oil etc.
- d. From all of the above in different proportions
- d. Blood cholesterol comes from certain foods listed above as well as body's own metabolism. The degree of contribution from these two main sources varies in different people. Oils that claim to be “zero cholesterol” are as harmful as, or more harmful than cholesterol containing food like eggs due to the amount of fats they contain which after entering the body are a much bigger source of blood cholesterol than foods containing cholesterol.

#### How can one lower LDL Cholesterol ?

- a. Reduce fats esp trans fats in the diet.
- b. Regular exercise
- c. Tablets called statins
- d. All of the above
- d. Life style changes consisting of diet and exercise are important for all. In addition, drugs like statins are extremely useful and prescribed if your doctor thinks you may benefit from them.

#### High cholesterol can hurt your sex life.

True  
False

**True:** Cholesterol narrows blood vessels everywhere from the heart to the legs, including the lower abdomen (pelvis). High cholesterol deposits in the arteries of pelvis can slow pelvic blood flow, making it harder to

get aroused and to have a satisfying erection. In men, erection problems can even be an early warning sign of heart disease.

Happily, healthy habits to better your cholesterol levels may improve your libido, too. That means exercising, eating right, and maintaining a healthy weight.

[www.nilkamal.com](http://www.nilkamal.com)



### COMMITTED TO CLEANLINESS



Compactor Compatible Wheeled Bins



#### Use Waste Bin, Keep the city clean !

NILKAMAL has come up with a revolutionary range of Waste Bins developed by international waste management experts from Europe. Be it your home or office, society or complex, clubs or parks NILKAMAL's Compactor Compatible Wheeled Bins are there to keep it clean. Approved by municipal corporations & appreciated by many major civic bodies, NILKAMAL WASTE MANAGEMENT TOOLS helps to create a clean environment & healthy atmosphere.

Environment Friendly

Long Lasting

Prevent Diseases

Easy to Use & Maintain

Resistant to UV Radiation

#### Large range of Waste Bins for Office, Industrial & Community Uses.



[wastebins@nilkamal.com](mailto:wastebins@nilkamal.com)

Nilkamal House, Street No.14, M.I.D.C., Andheri (East), Mumbai - 400 093.  
Tel.: (+91-22) 2681 8888 / 2836 1366 (Extns.: 8133 / 8136 & 8109 to 8116)  
Fax: (+91-22) 2836 1923 / 2836 7891 / 2836 1366  
39 Regional Offices & 39 Warehouses all over India.

# COME AND EXPERIENCE AN UNMATCHED LIVING SPACE SPREAD OVER 22 ACRES



Actual Site Photograph

**Ready to glance:** Exclusive Sample Villas • Grand Entrance Facade • Internal Roads

**MANGALYAM**  
**meadows**  
DISCOVER LIFE  
Chanvai Village, Valsad

**The glimpse of exclusivity:** 412 beautifully designed villas | Nearly 3 km of internal roads with ornamental street lighting | Large water body at the entrance with night lighting | Enchanting water fountains and large landscaped gardens at various locations within the project | Grand and opulent clubhouse spread over 40,000 sq. ft. (approx.) over a water body having a swimming pool with wooden deck, open air cafe, 84 seater private theatre, separate children's theatre, 3000 sq. ft. banquet hall with attached 12,000 sq. ft. of lawn area, fully-equipped gymnasium, spa, soundproof discotheque, colonial styled library, 14 fully-equipped guest bedrooms and a host of other amenities

Disclaimer : The information in this ad is indicative of the kind of development that is proposed. Subject to the approval of the authorities or in the interest of continuing improvement in the leaflets/ brochures or any other printed material, are only indicative and artistic imagination, may not be exact or accurate, and the same does not form either the basis or part of the contract.



Dalal Gruh & Infra Projects presents Mangalyam Meadows, a superior villa living near Valsad, where life unfolds the best of exclusive living. Adorned with new-wave features and best-in-class amenities, Mangalyam Meadows is nothing but a glorious manifestation of a supreme life amidst nature.



Actual Site Photograph

• Large Water Body at the Entrance

BOOKINGS ARE OPEN

Call: 90290 94922, 86550 94922 | [www.mangalyammeadows.com](http://www.mangalyammeadows.com)

**Mumbai Sales Office:** 43, 1st Floor, Swastik Plaza, V.M. Road, Juhu, Next to Kala Niketan, Vile Parle (W), Mumbai - 400056

**Sales / Site address:** Mangalyam Meadows, Chanvai Rabda Road, Chanvai Village, via Atul, District: Valsad - 396020

Call: 93281 94922 / 93272 94922 | [sales@mangalyammeadows.com](mailto:sales@mangalyammeadows.com)





# SPA CEYLON

LUXURY AYURVEDA

*Boutique Now Open*

Opp Amarsons, Off Linking Road,  
30th Road, Bandra (W).

☎ 022 2651 1574

*Skin ☪ Hair ☪ Body ☪ Home Aroma*

*[www.spaceylon.com](http://www.spaceylon.com)*





# CINE MAGIC

## Musical Romantic Songs from six golden decade of Hindi Cinema



**VINOD JOLLY**  
Chairman, Ent. Sub-Comm.

**C**inemagic, a unique concept by Ms Nandini Trivedi carried us through a journey of Magical Romantic songs from six decades of Hindi Cinema. Each of the singers, Nanu Gurjar, Priyanka Mitra, Sumit Nagarr and Himali Vyas Naik surpassed their own high standards. Himali gave us a Gujarati song which was stunning Sumit Nagarr was a great compare narrating interesting episodes of playback singers.

The highlight of the evening was the surprise entry of Shaan, along with wife Radhika. Shaan very sportingly sang for more than 40 minutes, doing full justice to songs of Kishore Kumar and his own memorable Chand Shifarish. Mandolin player Kishor Desai who has accompanied many music directors was felicitated for his contribution to the film fraternity. An evening to cherish topped up with scintillating performance by the ever smiling Shaan.





# SUMMER COACHING CAMP

## CRICKET



**CRICKET SUMMER COACHING CAMP** was held from 23rd April to 6th June at our club. More than 60 students enrolled this year. It was held at M.M. Ground under the guidance of Chief Coach Mr. Uday Tank.

The Closing ceremony was held on 7th June 2014 at Orchid hall. Winners of the inter team matches were awarded medals and participation certificates.

## SQUASH



The **SQUASH COACHING CAMP** is conducted by renowned squash coach Sameer Mistry.

## TENNIS



**REGULAR COACHING OF LAWN TENNIS** by Devendra Waghchoude commenced on 1st April 2014. The batch would be for 6 month - April to September. The camp had an overwhelming participation by more than 80 students.

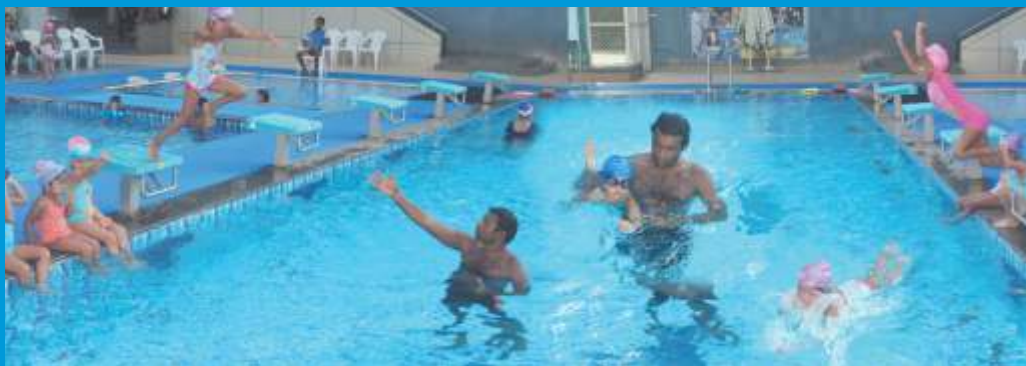
## BADMINTON



**REGULAR COACHING OF BADMINTON** is introduced from April 2014 and having good response from members. Coaching is conducted by renowned coach Murli Subramaniam.

## SWIMMING

**SWIMMING SUMMER COACHING CAMP** started from 16.04.2014 and finished on 15.06.2014. There were 4 sessions of 15 days each and more than 150 students participated. Certificate will be issued to the participants on Swim Home Gala Day.



# SPORTS

## ***DHRUV SITWALA - BILLIARDS WORLD NO.3***

**B**illiards twice World runner-up Dhruv Sitwala won bronze medal at the prestigious Australian Open Billiards Championship held at Melbourne in June 2014.

The tournament starred the current world champion PETER GILCHRIST of Singapore and also the current Australian Open champion Mathew Bolton of Australia.

Dhruv reached semifinals and lost to the eventual tournament winner Mathew Bolton. A moment of pride for India and our club.



## ***BADMINTON JUMBLES DOUBLE TOURNAMENT 2014***

**T**he jumbles double tin and bottle tournament held on 22/6/14 was a great success as always. We received more than 60 entries and the tournament started at 10 am and went on till 2 pm. We had participants from all age groups starting from 10 years to 65 years playing sportingly with random partners in every round. It was a handicap tournament and the winners were Ankit Munim and Yohan Kuruvilla and runners up were Uday Sanghvi and Yuvraj Shah. The kids got to partner our senior members and it was a great learning experience for them.

## ***CRICKET SUMMER COACHING CAMP CLOSING CEREMONY - 7TH JUNE 2014***

**C**ricket summer coaching camp held from 23rd April to 6th June 2014. More than 100 students & parents participated in closing ceremony. Medals & Certificates were presented to winning team members.



► Participants with President Shamit Majmudar, Hon. Treasurer Shivani Khetan, Chairman Dr. Malhar Mahadevia and Committee members Sanjiv Zaveri, Sunil Gogia and Coach Uday Tank



# JVPGC 4★ COMBINED MUMBAI DIST. RANKING TABLE TENNIS TOURNAMENT



**SANJIV D. SHAH**  
Chairman, TT & Indoor Game

The JVPG Club 4-Star Combined District Ranking Table Tennis Tournament 2014 held from 27th June to 1st July 2014 at Badminton and table Tennis hall of the Club was a great success. This would not have been possible without the active support of the office bearers, MSDTTA Chairman Kamlesh Mehta (Ex. T.T National Champion & Arjuna Awardee), Amit Shah, Sanjeev Shah and other Table Tennis Sub-Committee members.

The tournament witnessed more than 550 participants, a record at our gymkhana. The Activity hall was fully packed on the closing ceremony of this event.

It was a competitive tournament having many ups and downs. It was covered extensively by various newspapers especially Indian Express, Free Press Journal etc. The Men's Winner - Noel Pinto, National player, displayed superb power & speed and outpaced Shubham Ambre, whereas Divya Deshpande won over Charvi Kawle in a stiff competition.

NO. EVENTS	WINNER	RUNNER-UP
1 Midget Girl's	Sampada Bhivankar	Tia D'Souza
2 Midget Boy's	Adil Anand	Rajvir Shah
3 Cadet Girl's Singles	Divya Chitale	Vidhi A. Shah
4 Cadet Boy's Singles	Dev Shroff	Rishikesh Malhotra
5 Sub-Jr. Girl's Singles	Payal Bohra	Manushree Patil
6 Sub-Jr. Boy's Singles	Ashwin Subramanian	Varun Sheth
7 Junior Girl's Singles	Shrusti Halangadi	Manshi Chiplunkar
8 Junior Boy's Singles	Shubham Ambre	Ravindra Kotian
9 Youth Girls Singles	Charvi Kawle	Dyuti Patki
10 Youth Boys Singles	Ravindra Kotian	Nishad Shah
11 Women's Singles	Divya Deshpande	Charvi Kawle
12 Men's Singles	Noel Pinto	Shubham Ambre

Mr. Sanjiv D. Shah, Chairman T.T. says there are more tournaments in the pipeline. Hon. Jt. Secretary Dr. Ojas Dave invites more and more youngsters of our club to come forward and immerse themselves in a ground breaking true next generation experience with the incredible speed that will keep them going.



Noel Pinto  
in action



Divya Deshpande  
in action



Noel Pinto  
& Divya  
Deshpande



Winners with  
dignitaries



# Grant-Parent Can Bring Out The Best In Your Grand-Children



**SATISH C. SHAH**  
Chairman, Sr. Citizen Sub-Comm.



For its 48th Sr. Citizen Forum Group event, a group of 31 enthusiastic grandparents had an interesting and a mind opening session on the topic of, how to bridge the gap between grandparents and the grandkids and how they as grandparents can bring out the best in them by Mrs Duroo Gadda

The event began at 9.45 am and after a short introduction of Mrs Duroo Gadda, the main programme started. To make this talk more interesting, Mrs Gadda asked the

Grandparents to sit in a circle, following which she started discussing with each of them the challenges faced by them in the interaction with them, She then explained the psychology behind such behaviours and how to over come them. She also used the Meditation technique to make this talk interesting.

Following the discussion there was a question answer session. The event concluded with the members enjoying the tasty breakfast served by Aditi Caterers



## STAFF GET TOGETHER

The club for the very first time a organized a lunch get together for all the staff members at the Orchid hall on 18th June 2014.

The Office Bearers and few of the Managing Committee members attended the get together and assured the entire staff this type of get together will be held in every few month.

The staff representative Mr. Kishore Bamania congratulated the management for their co-operation and assistance. Our staff members were very happy and enjoyed the lavish and mouth watering delicacies from Melting Pot.




**BHAVI**  
 MOTORS PVT. LTD.

**Tel : 2614 3437 / 2618 7711**

**Special Discount for JVPJ Club Members**  
**Keep Your Car in Brand New Condition**  
**Total Car Protection System**  
**We use only International Branded Products**

**At Your Door Step**

AMC Available

Home Furnishing, Cleanup Services Available

**Key Benefits**

- \*Paint protection gives your car a new look
- \*Removes hairline scratches, paint & cement spots
- \*clean & hygienic interiors
- \*Exceptionally durable, Ultra high gloss finish
- \*Better resale value

- TEFLON COATING
- ENGINE COATING
- ANTI-RUST COATING

- MACHINE POLISHING
- FABRIC PROTECTION
- LEATHER PROTECTION

- INTERIOR STEAM SHAMPOO

























For Appointments contact : Bhavi Motors Pvt. Ltd., 7-8, "Anu",  
 Milan Subway Road, Santacruz (W), Mumbai-400054. Fax: 26115843  
 sales@bhavimotor.com | www.karskinz.com www.bhavimotors.com  
 Follow us on <http://www.facebook.com/bhavimotors>

# HOW TO CONTROL YOUR ANGER

*Some of the people start yelling on others, while others prefer to stay quiet at the moment and deal with the issue later, with a calm mind. If you are one of the former types, it is very necessary for you to know how to control your anger. Otherwise, you might end up creating a wedge in all your personal relationship.*



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



One of the worst feelings of a human being, which can incur the most damage in context of personal relationships, is anger. Not only does it pull you away from your loved ones, but also ends up hurting your loved ones. It is fact that none of us can remain completely calm and relaxed throughout our life. Each and every person gets angry sometime or the other, the only difference lies in the way people deal with their anger.

Some of the people start yelling on others, while others prefer to stay quiet at the moment and deal with the issue later, with a calm mind. If you are one of the former types, it is very necessary for you to know how to control your anger. Otherwise, you might end up creating a wedge in all your personal relationship. If you need some help in dealing with you anger, make use of the tips provided in the following lines.

## ANGER MANAGEMENT TECHNIQUES

- Start doing meditation on a regular basis. It will keep you mind at ease and help you in dealing with anger.
- Use the technique of transference. It involves transferring your anger

to inanimate objects like a punching bag, stress ball, etc. It will help you cool off your steam. However, please don't start banging the walls.

- Try to ascertain the reason for your anger. It might be that you have a deep-lying frustration, as a result of which you get angry at the slightest of provocation. If the case is true, try to solve the underlying cause first.
- Whenever you feel that you are getting too angry, try indulging in some exercise. It will not only help you take your mind off the cause of your anger, but also burn off those extra calories.
- Anger is often the result of a hurtful action of a loved one. In such a case, try to communicate with that person and resolve the issue.
- We get angry because we are not able to accept the mistake of others. Remember that 'to err is human'. Nobody is perfect and you have to accept people with their virtues as well as vices.

- One of the best ways to control your anger is to forgive the person with whom you are angry. Forgiveness goes a long way towards building a happy and fulfilling life.
- People often get angry when others are not able to meet their expectations. Remember and accept that what actually happens, cannot always be in tune with our expectations. At the same time, never ever expect too much from anyone.
- Our situations in life can often lead us to become angry with ourselves, the people around us or the world in general. Accept what is. There will always be things and people beyond your control and it's no use getting angry over them.
- Many-a-times, our anger is justified, but the way we take it out is not. Find positive ways of taking it out, other than hitting or yelling at someone.



- If you desperately need to take out your anger to let off the steam, write it down on paper and then tear it apart. It will help you cool down your mind and even save you from hurting anyone else.

If nothing else seems to work, it is the best to go for anger management therapy or join anger management group and classes. As you see other people getting control over their anger, you will be inspired to do the same. ■



# AS I SEE GOD WITHIN ME



— PARI MOHAN

**The power of having him within you the greatest power of life and that is the power of breathing and bring alive being able to see and feel the boundless beauties that he has made for you.**

**T**o reach out to God is not so easy but once you grasp a single straw held by him, then you shall have the power of having God within you.

The power of having him within you the greatest power of life and that is the power of breathing and bring alive being able to see and feel the boundless beauties that he has made for you.

It is only within you to able to see all this in the light that he wants you to see and to feel the smallest presence of the endless beauties he has brought on this earth and brought you here to enjoy the beautiful gifts he has given you.

But what we choose to see is only the flows of others and the surrounding failures of ourselves and others around us if only we could open our eyes and see with his eyes the world around us is so beautiful and with endless of beautiful world that has made for us.

It has taken me many long years to understand and feel his presence in every breath of mine that I breath but the day it downed on me that I could feel him within me and every where my whole world changed. It was like born again with a new set of eyes a new life, to see the world as he wants me to see mind you the day we all achieve the goal of him entering your heart and he is within you, than the whole concept of living changes you.

Life becomes so clear and beautiful every thing will become crystal clear and wherever your eyes goes things will become move beautiful like a rainbow of colors which will never end.

So live life as best as you can and enjoy it till it lasts make your transit stay on this earth as clean and as beautiful as you can. You are here for a short span of life before leaving for the heavenly gates so start to feel as happy as possible and you will get all the pleasures of life on this earth and you future

and ultimate happiness from this world to the next world.

When he can give us so much then why can't we open our eyes and see him and except his boundless treasures that he wants to give us and keep on giving it is only in our heart and mind to open all doors and receive these gifts of God.

It is quit difficult for me to explain these feelings to you all in worlds but I do know that each and every one of us can achieve this goal and once achieved you are most blessed individual on the earth and the chosen one by him. Now what more can we want when we have got him in our heart and souls.



Nothing can be more pure and beautiful then to have this feeling of God and I.

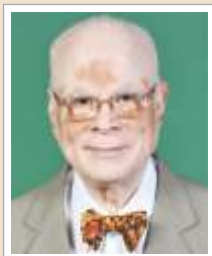
This gift of God in me was awakened in me by none other then my son Kamal who at every step of my life made me realize and explained how to understand each an every individual and each moment as it comes and to gain the gift of life from each moment the wisdom he gained he passed it to me and it makes me feel so

proud that this pure truth of enlightened happiness from our life was awakened by my son.

Now my endless questions to God is that why he has not sent a son like him to each and every one on this earth. I pray to God and with lots of hope that each and everyone on this earth comes to know God thru his eyes then there will be peace and happiness all around you and no small amount of misery or unhappiness will effect us at any given point of life.

So please do wake up and be aware of this new joy of life gifted by God and enjoy them in every moment that you breath till your next life as it is truly said Kal Ho Na Ho. It is only to day not only to day it is any now know your power of know and live only for now.

# KNOW YOUR MANAGING COMMITTEE MEMBERS



**DWIREK K. RAJ**  
B. A. (Economics)

**Membership No.:** F-272

**D.O.B.:** 14.10.1932

**Spouse Name:** Late Mona

**Children:** 1. Hetal 2. Rupal  
3. Satyam

**Occupation:** Business

**Hobbies:** Social work

**E-mail:** dwirek@rajgroup.com

**ALUMNI:**

- St. Xavier's College, Bombay

**CLUB ACTIVITIES:**

- **President** of JVPG Club (Years 2007-2009, 2010-2011)

**ACHIEVEMENTS:**

- **Past President** of Rotary Club
- **Past President** Bombay Industries Association
- **Past President** American Society of Materials

**PROFESSION:**

- Chairman of Pacific Forging & Fasteners Pvt. Ltd. and Precision Adhesive Tapes Pvt. Ltd.



**GAUTAM M. BHUKHANWALA**  
B.Sc. (Hons.)

**Membership No.:** F-412

**D.O.B.:** 26.11.1941

**Spouse Name:** Panna

**Children:** 1. Arpan 2. Kanika

**Occupation:** Insurance Consultant

**Hobbies:** Music, Film & Swimming

**E-mail:**

gautam\_bhukhanwala@yahoo.co.in

**ACHIEVEMENTS:**

- Chairman of Discipline and Table Tennis Sub-Committee of JVPG Club.
- Past Member of JVPD Association for 15 years.
- Managing Committee Member of Navyug Society from last 20 years.
- Chairman of Bhavan's College
- Life Member of Club (LIC) 20 years
- Life Member of Million Dollar Round Table Qualifier (MDRT) U.S.A. for 5 times.

**PROFESSION:**

- Insurance Consultant for Life Insurance Corporation of India and New India Ass. Co. Ltd. since 29 years



**HIMANSHU V. GOKANI**  
B. Com

**Membership No.:** L-2392

**D.O.B.:** 27.02.1961

**Spouse Name:** Sonal

**Children:** 1. Agam 2. Krishna

**Occupation:** Iron & Steel Indentor  
/ Service Centre

**Hobbies:** Acting, Folk Dance  
& Travelling

**Email:** himanshugokani@yahoo.com

**ALUMNI:** Podar College, Matunga

**PROFESSION:**

- **V. Chhaganlal & Sons**
- **Vijlal Vithaldas & Sons**

**CLUB ACTIVITIES:** • **M/C Member** (Year 2005-2008)

- **Hon. Joint Secretary** Year 2013-14 (Under took many mega sports event, reduced sports fees in all dept. and did the most successful and talked about event "**Champion of Champions**".)
- **Chairman**, Entertainment Sub-Committee (Year 2006-2008)

**ACHIEVEMENTS:**

- **Gen. Secretary** of Gujarati Literary Soc. Podar College (yrs 1978-80)
- **Gen. Secretary** of Theatre of Folk Dance Society (yrs. 1978-80)
- **Best Actor Awards** for many Inter Collegiate & All India Drama Festivals (yrs. 1977-80)
- **Black Belt** in Karate (yrs. 1980)
- **Gold Medal** for Best Mountaineer & Tracker from Jawaharlal Nehru Mountaineering Institute (yrs. 1980)
- **Best Skite Award** from Jawaharlal Nehru Mountaineering Institute (yrs. 1979-80)