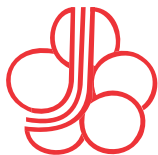


VOL. IV ■ ISSUE 2 ■ FEBRUARY 2014



**JUST FOR VALENTINE'S DAY
OPENING OF LOTUS CAFE
DECIPHERING ENERGY BILLS
MIND OVER MATTER**





JUHU VILE PARLE GYMKHANA



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FROM THE DESK OF THE PRESIDENT



Dear Members,

This would be the last issue of Sandesh before the AGM which is scheduled for 2nd March, 2014.

Looking back over the last about twelve months, we, at the Office Bearers level, can humbly state that, with the support of Managing Committee, Trustees and Staff, for having honestly strived to make our club a happening place. Admittedly, there have been some tumultuous times, but then, these must be viewed as signs of a vibrant and alert institution.

You would have got the Annual Report with various enclosures and hope you would have read the same with interest and concern.

Whilst I have tried to capture the year gone by in my statement to the Annual Report, I look forward to seeing you at the AGM.

ANIL M. MAHESH

President

EDITOR'S NOTE

Dear Members,

This would be my last editorial before the AGM and can be construed to be adieu of sorts.

I am sure you would have enjoyed reading Sandesh over the last twelve months and for which all appreciation must go solely to Shri. Yash Bhuta, my Co-Editor. He has been the architect, virtually. However, short comings if any, should solely borne by me and I make this statement in honesty, only because, as an Editor, it should have been me to have contributed to point them out to Yash.

Whilst bidding adieu, I must place on record my views as to the scope of Sandesh. In the interests of brevity, I have reasons to state that Sandesh should be solely an information disseminating medium with some entertainment value and nothing else.

I wish you all lovely times in the Club.

KIRAN DALAL

Editor

YASH BHUTA

Co-Editor

Valentine's Day



Article by SONAL CHABRIA



OVERRATED? MAYBE, MAYBE NOT?

Approximately 150 million Valentine's Day cards are exchanged annually, making Valentine's Day the second most popular card-sending holiday after Christmas.

So maybe its commercial, but I feel that every festival and moment needs to be celebrated. One must look forward to it.

I personally have enjoyed every Valentine's day till date and celebrated it differently... its just the feeling of love magnified on a particular day.

One story, which I have read has always got tears to my eyes and I am sharing it with you:

STORY: JUST FOR VALENTINE'S DAY



When I got home that night as my wife served dinner, I held her hand and said, I've got something to tell you. She sat down and ate quietly. Again I observed the hurt in her eyes. Suddenly I didn't know how to open my mouth. But I had to let her know what I was thinking. I want a divorce. I raised the topic calmly.

She didn't seem to be annoyed by my words, instead she asked me softly, why? I avoided her question. This made her angry. She threw away the chopsticks and shouted at me, you are not a man! That night, we didn't talk to each other. She was weeping. I knew she wanted to find out what had happened to our marriage. But I could hardly give her a satisfactory answer; she had lost my heart to Jane. I didn't love her anymore. I just pitied her!

With a deep sense of guilt, I drafted a divorce agreement which stated that she could own our house, our car, and 30% stake of my company. She glanced at it and then tore it into pieces. The woman who had spent ten years of her life with me had become a stranger. I felt sorry for her wasted time, resources and energy but I could not take back what I had said for I loved Jane so dearly. Finally she cried loudly in front of me, which

was what I had expected to see. To me her cry was actually a kind of release. The idea of divorce which had obsessed me for several weeks seemed to be firmer and clearer now.

The next day, I came back home very late and found her writing something at the table. I didn't have supper but went straight to sleep and fell asleep very fast because I was tired after an eventful day with Jane. When I woke up, she was still there at the table writing. I just did not care so I turned over and was asleep again.

In the morning she presented her divorce conditions. She didn't want anything from me, but needed a month's notice before the divorce. She requested that in that one month, we both try to live as normal a life as possible. Her reason for this conditions were simple. Our son had his exams in a month's time and she didn't want to disrupt him with our broken marriage.

This was agreeable to me. But she had something more, she asked me to recall how I had carried her into our bridal room on our wedding day. She requested that every day for a month's duration I carry her out of our bedroom to the front door every morning. I thought she was going crazy. Just to make our last days together bearable I accepted her odd request.

I told Jane about my wife's divorce conditions. She laughed loudly and thought it was absurd. No matter what tricks she applies, she has to face the divorce, she said scornfully.

My wife and I hadn't had any body contact since my divorce intention was explicitly expressed. So when I carried her out on the first day, we both appeared clumsy. Our son clapped behind us, daddy is holding mommy in his arms. His words brought me a sense of pain. From the bedroom to the sitting room, then to the door, I walked over ten meters with her in my arms. She closed her eyes and said softly; don't tell our son about the divorce. I nodded, feeling somewhat upset. I put her down outside the door. She went to wait for the bus to work. I drove alone to the office.

On the second day, both of us acted much more easily. She leaned on my chest. I could smell the fragrance of her blouse. I realized that I hadn't looked at this woman carefully for a long time. I realized she was not young any more. There were fine wrinkles on her face, her hair was graying! Our marriage had taken its toll on her. For a minute I wondered what I had done to her.

On the fourth day, when I lifted her up, I felt a sense of intimacy returning. This was the woman who had given ten years of her life to me. On the fifth and sixth day, I realized that our sense of intimacy was growing again. I didn't tell Jane about this. It became easier to carry her as the month slipped by. Perhaps the everyday workout made me stronger.

She was choosing what to wear one morning. She tried on quite a few dresses but could not find a suitable one. Then she sighed, all my dresses have grown bigger. I suddenly realized that she had grown so thin, that was the reason why I could carry her more easily. Suddenly it hit me. She had buried so much pain and bitterness in her heart. Subconsciously I reached out and touched her head.

Our son came in at the moment and said, Dad, it's time to carry mom out. To him, seeing his father carrying his mother out had become an essential part of his life. My wife gestured to our son to come closer and hugged him tightly. I turned my face away because I was afraid I might change my mind at this last-minute. I then held her in my arms, walking from the bedroom, through the sitting room, to the hallway. Her hand surrounded my neck softly and naturally. I held her body tightly, it was just like our wedding day.



But her much lighter weight made me sad. On the last day, when I held her in my arms I could hardly move a step. Our son had gone to school. I held her tightly and said, I hadn't noticed that our life lacked intimacy. I drove to office and jumped out of the car swiftly without locking the door. I was afraid any delay would make me change my mind. I walked upstairs. Jane opened the door and I said to her, Sorry, Jane, I do not want the divorce anymore.

She looked at me, astonished, and then touched my forehead. Do you have fever? She said. I moved her hand off my head. Sorry, Jane, I said, I won't divorce. My marriage life was boring probably because she and I didn't value the details of our lives, not because we didn't love each other anymore. Now I realize that since I carried her into my home on our wedding day I am supposed to hold her until death do us apart.

Jane seemed to suddenly wake up. She gave me a loud slap and then slammed the door and burst into tears. I walked downstairs and drove away. At the floral shop on the way, I ordered a bouquet of flowers for my wife. The sales girl asked me what to write on the card. I smiled and wrote, "I'll carry you out every morning until death do us apart".

That evening I arrived home, flowers in my hands, a smile on my face, I ran up stairs, only to find my wife in the bed – dead.

My wife had been fighting cancer for months and I was so busy with Jane to even notice. She knew that she would die soon and she wanted to save me from the whatever negative reaction from our son, in case we push through with the divorce. At least, in the eyes of our son - I'm a loving husband.

MORAL:

The small details of your lives are what really matter in a relationship. It is not the mansion, the car, property, the money in the bank. These create an environment conducive for happiness but cannot give happiness in themselves. So find time to be your spouse's friend and do those little things for each other that build intimacy and have a real happy marriage.

Enjoy the love month with extra kisses and hugs.

SOME CUTE LOVE DECLARATIONS:

I met my husband while I was working in a science library. He came in every week to read the latest journals and eventually decided to take out the librarian instead of the books. After a year and a half of dating, he showed up at the library and started rummaging through my desk. I asked what he was looking for, but he didn't answer. Finally he unearthed one of the rubber stamps I used to identify reference books. "Since I couldn't find the right engagement ring," he said, "this will have to do," and he firmly stamped my hand. Across my knuckles, in capital letters, it read "NOT FOR CIRCULATION."

My boy friend & I met online and we'd been dating for over a year. I introduced Hans to my uncle, who was fascinated by the fact that we met over the Internet. He asked Hans what kind of line he had used to pick me up. Ever the geek, Hans naively replied, "I just used a regular 56K modem."

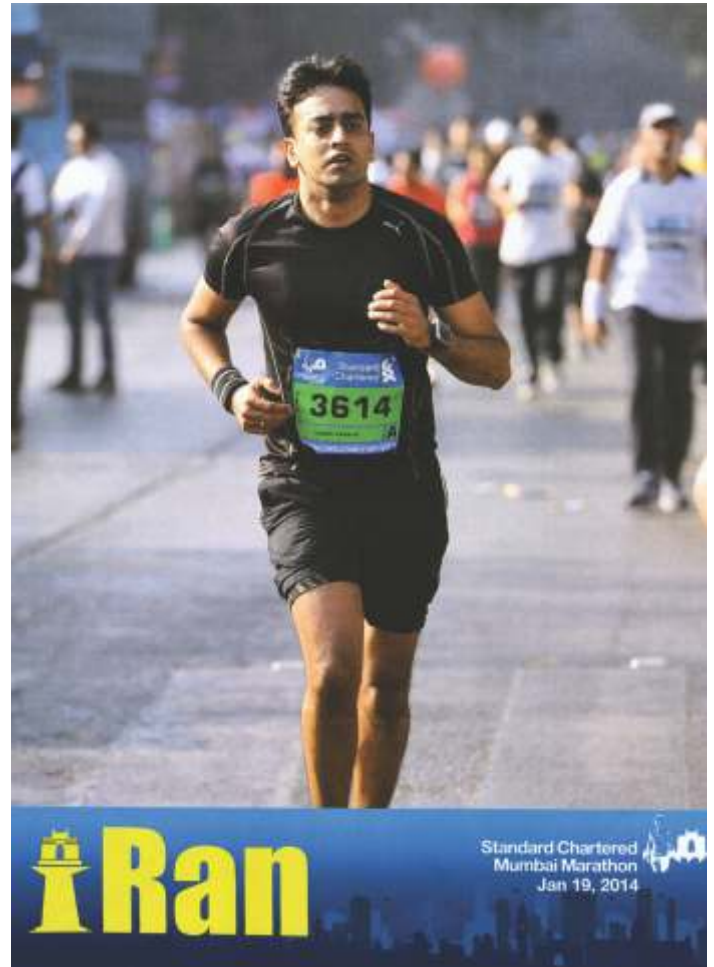


KRUPAL KANAKIA

*Completes the full Marathon of 42 kms
in just 3 hrs 55 minutes and 6 seconds*

**"A marathon is like life with its ups and downs,
but once you've done it, you feel you can do anything."**

Standard Chartered Mumbai Marathon has undoubtedly assumed a stature of eminence, being the largest single charity and philanthropic sporting event in India. One of the most unifying factors any city can have is sport & this came through only too clearly at the Standard Chartered Mumbai Marathon 2014 held on Jan 19 morning, flagged off by actor John Abraham, where thousands gathered to run, walk and cheer for various causes — education, health, senior citizen welfare, environment and AIDS awareness. There were also others spoofing Gandhi, mythological characters, a ninja turtle and a walking skeleton! Apart from honchos from the corporate frat, celebrities including Mahie Gill, Juhi Chawla, Prachi Desai, Gulshan Grover, Aftab Shivdasani, Prateik and Purab Kohli were spotted there. Cheering them on stage were Aditya Thackeray, Priya Dutt, Sunil Prabhu, Chhagan Bhujbal and Tina Ambani. Interestingly, the Aam Aadmi Party team brandished brooms and proceeded to clean the venue post the event, claiming the city had to be rid of, "not just corruption, but dirt on the streets too."



The event had over 40,000 participants.

Full marathon: 4000 participants

Half Marathon: 14,200 participants

Senior Citizens' Run: 1400 participants

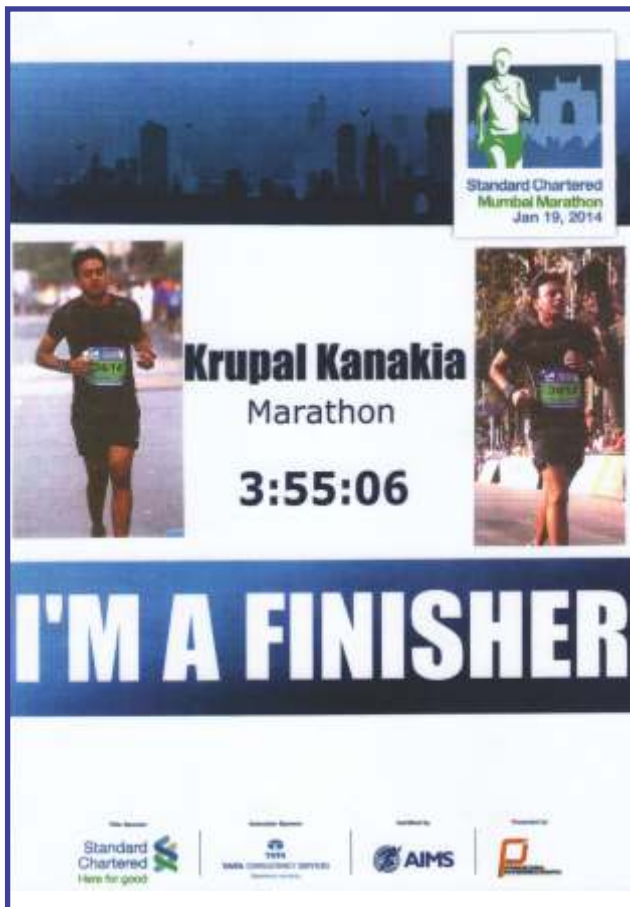
Champions with Disability: 200 participants

Dream Run: 20,200 participants

Many participants used this event as a reason to give back to their society and the underprivileged.

Winners never quit and quitters never win. Amongst these winners were several members of our JVPJ family including Mr. Krupal. R. Kanakia (L-2669) who accomplished his long term goal by completing the full marathon of 42 kms in just 3 hours 55 mins 6 seconds. Krupal has clearly demonstrated that we all have dreams. In order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline and effort. JVPJ Club congratulates Krupal for his accomplishment, salutes him for his spirit and wishes him the best in his future endeavors.

**All members are requested to forward their details
and/or dependants who have finished in any category of
the Standard Chartered Mumbai Marathon.**



FORTHCOMING EVENTS

14 FEB 14 VALENTINE'S DAY GALA NITE

JVPG Club presents Valentine's Day Gala Nite on 14th February 8 pm onwards at Float Bar. Come and fall in love again & experience the journey through music and dance. DJ from the house of DJ Alex. Enjoy drinks & mouth watering cuisine. For passes contact Members Service Desk.

15 FEB 14 WOMEN'S WELLNESS WORKSHOP

Library Sub-Com. presents Women's Wellness Workshop on 15th February 2014 at Jasmine Hall from 10.30am onwards. Entry Free.

23 FEB 14 ANNUAL ELECTION FOR 3 MANAGING COMMITTEE MEMBERS

The Club's annual election for the Managing Committee is scheduled on Sunday, 23rd February 2014 from 8 am to 1.30 pm.

28 FEB 14 GHAZAL NITE BY SIRAZ KHAN

Senior Citizen Sub-Committee presents Ghazal Nite by Siraz Khan on 28th February 2014 at Activity Hall 6.30 pm onwards. For more details contact Member Service Desk.



FEB 2014 TENNIS HOME TOURNAMENT 2014

Lawn Tennis Sub-Committee proposes to conduct Tennis Home Tournament 2014 in the last week of February 2014.

2 MAR 14 ANNUAL GENERAL MEETING

The Club's Annual General Meeting will be held on 2nd March 2014 at 10.30 am. All life and founder members are invited to be a part.

PROMOTIONS- FEBRUARY 2014



CHIVAS REGAL
Buy 2 pegs get
1 peg FREE



**BLENDERS PRIDE
RESERVE WHISKY**
Buy 2 pegs get
1 peg FREE



ABSOLUT VODKA
Buy 2 pegs get
1 peg FREE



**NINE HILLS
WINE**
Buy 2 glasses
get 1 glass FREE



FRATELLI WINE
Classic Shiraz
Buy 1 pint get
1 pint FREE



FRATELLI WINE
Classic Chenin
Buy 1 pint get
1 pint FREE



**FOSTER
BEER PINT**
Buy 2 pints get
1 pint FREE

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

Sun Frames
Manufacturer of: Gift Box & Picture Frames,
Dry Fruit, Chocolate & Sweet Boxes, Photo
& Certificate Framing, Corporate Framing
Projects & Custom Framing

Wrapping Occasion of Happiness

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www.wonderfulframes.com

REPUBLIC DAY @ JVPG CLUB

On Republic Day National flag was hoisted by President Anil Mahesh in the presence of Hon. Treasurer Satish P. Shah and Hon. Jt. Secretary Himanshu Gokani followed by National anthem.

Breakfast was served after the ceremony.



ACHIEVEMENT

Our Tennis team participated in the Prof. N. J. Belani Cup Tennis Tournament and finished Runners-up. In the final held on 9th February, Khar Gymkhana won the final. Score: 43/37.
Team: Nikhil Rao (Capt.), Krushmi, Abhijeet, Rushabh, Sahil, Keyur, Himanshu and Prateek.



Jvpg Tennis Team In Action

ACHIEVEMENT - VEER MEHTA

Veer Mehta won the following medals at the interschool and inter-club swim meets for boys under 6 years held from Jan 2013 to Dec 2013

5 Gold Medals, 18 Silver Medals & 4 Bronze Medals

He won three Runner-up Championship Trophies for the second best swimmer at the MIG Club, GMAA Seniors, Lower Age Group & VIVA Inter School Championship. He won medals in all the events that he participated.

Veer also won The Championship Trophy at The St. Ann's School State Level Open Swim Meet and The Residency Club State Level Open Swim Meet held in Pune. He won 5 gold medals and one silver medal at these events taking his total medals won this year to 33.



CHEQUE DROP BOX AT REAR ENTRANCE

This is to inform members that a CHEQUE DROP BOX has been introduced at the Rear Reception for the convenience of members.

OPENING OF THE LOTUS CAFE

The club is going through a change slowly. First Float now the AC restaurant on the ground floor. Our very own A/c Fast Food has now been renamed as 'THE LOTUS CAFE'. It reopened on the 18th Jan at 10 am. The ribbon was cut by Hon. Treasurer Satish P. Shah, along with President Anil Mahesh and Vice President Mohan Jain. Then the auspicious coconut was broken by Hon. Secretary Kiran P. Dalal.

It has seating capacity of 53 but if you look at it, it looks spacious enough. It has got a contemporary decor, very much like the stool bars in the US of A. It does not look like an Indian fast food restaurant but it holds its own when you entertain.

If you haven't visited it, it's time you did. There is a 100 percent improvement and you will be in, for a pleasant surprise.



NEW YEAR CELEBRATION WITH AUTHENTIC FOOD 'PONK'



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

The Sr Citizen Forum Group members, welcomed 2014 by enjoying an evening with Ponk vadas, Jalebi Chaas, Surti Kand bhajias, Undhiyu, Puri and Matho.

This fun filled evening was enjoyed by 160 members. However there was a small hitch to this much awaited evening of Ponk Undhiyu Ujjani. Due to a flash strike of 3 days by the manufacturers we were unable to get the Ponk from Surat, and when we explained this to our members, who completely understood the circumstances and instead appreciated the Kand bhajiyas which were arranged for them.

The members also had a great time enjoying the ever popular game of Housie.

Following Housie, the members enjoyed the delicious dinner of Undhiyu, Puri and Matho.

My heartfelt thanks to Dr Jatin Damania for arranging the Kand bhajias, Ponk vadas, Undhiyu and Matho from Surat and my committee members in making this event successful.



2-DAY VISIT TO SHIRDI AND SHANISIGNAPUR



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

The Shirdi Shanishignapur picnic 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. He was helped by Dr Jatin Damania, Mr Pradeep Gandhi, Mr Devendra Mehta, Mr Madan Jeswani and Mrs. Monica Gupta alongwith Mr Pradeep Bait of the Gymkhana staff in planning and carrying out the trip.

Early morning on 25th January 2014 a group of 35 enthusiastic senior citizens with an average age of 65 assembled at the Gymkhana Club and began the trip in a new Volvo luxury bus. On the way, members were served hot coffee, tea, jalebi, fafda, Surti khaman, vegetable ghooghra alongwith enough Bisleri water. After the breakfast members enjoyed a game of Housie. At around noon on arrival at Shirdi, delicious lunch was served and then after completing the formalities of check-in at 4 star KB's Grand Hotel, the group proceeded for Saibaba darshan at Shirdi temple.



Due to the pre arrangements done for the VIP enclosure, the members had a nice and easy time in doing the darshan and returned back to the hotel with prasadam and memories of the holy shrine. Many members purchased CDs of Bhajans and fresh Guava fruits etc. In the evening Mr Doshi arranged a musical evening at the J D resort. Members were treated with hot, tasty samosas, Bhajis,

Nimbu pani or chilled beer. Nearly 8 talented singers from the group presented melodious songs from old Hindi movies. Next day after breakfast which included Usal-Pav, Cutlets, Tea and Coffee, members were divided in 2 groups of 15 each to visit the Shanishignapur shrine. Two tempos were arranged to cover the stretch of 70 kms. On the way, Mrs Pramodiniben Nanavaty sang patriotic songs in her melodious voice.

26th January being a holiday to celebrate the Republic day, thousands of devotees had visited the shrine of Shani dev with full aastha. Our group once again had the Darshan opportunity without any difficulty. On the way back the members enjoyed fresh sugarcane juice from "Dosti Rasvanti bullock power centre". Here a

bullock moved the wooden machine crushing the sugarcanes. On reaching back to the Shirdi resort hot lunch was served and then return journey began by Doti road. On the way back, far off in the horizon magnificent Kalsubai peak was seen. Kalsubai is the highest mountain in Maharashtra which quite a few of the members from the group would have climbed during their youth.

On our return journey we were served hot tea, coffee and light snacks. Also an old time classic "Chupke Chupke" was shown. On reaching Juhu Gymkhana the members departed with happy memories of a wonderful trip..

The senior citizens were well looked after and the members also fully co-operated with the organisers.

Report summarized by Dr Ashok Kothari.

CRICKET 7-A SIDE UNDERARM TOURNAMENT 2014

Inter Department T20 7-A Side Underarm Cricket Tournament 2014 was organized by Cricket Sub Committee. It was held at the M.M. Ground on 26 January 2014. U/10 and U/14 children preliminary matches were held on 25th Saturday. 12 teams participated in senior category. 2 teams participated in Women's category and Lucky Loser emerged as winners. The M.M Ground wore a festive look with ball to ball commentary. Special thanks to the Tournament Director Bhavin Gala & Committee members - Satyen Gandhi, Sanjeev Kumar Shah, Sanjiv Zaveri, Uday Tank & Dipen Jhaveri. In a keenly contested final, the Swimming Shark prevailed over the Tennis Baseline.

The final score: Swimming Shark 45/1 & Tennis Baseline 44/4

Man of the match
Jimmit Ganatra

Best Bowler
Amit Kohli

Man of the Tournament
Sunit Bhatia

Best Batsman
Atul Galerwal

Longest Six
Karan Zaveri

Best Fielder
Butteswar



Gurmeet Singh Ahuja
Chairman
Cricket Sub. Comm.



HEALTH CLUB OPEN HOUSE

Health Club open house was held on 2nd February 2014 - 5th floor, Yoga room. Suggestions from the members were collected in advance and discussed in the open house. The chairman Pavankumar Saraf answered all the queries and cleared all doubts. The chairman informed the house that some of the suggestions are to be discussed in Health Club Sub-Committee and then it would be forwarded to Office Bearers.



Pavankumar Saraf
Chairman, Health Club



BADMINTON 'TIN & BOTTLE JUMBLE TOURNAMENT' 2014

We had a very good response to the 'Badminton Tin and Bottle Jumble Tournament' held on Sunday 19th January 2014. There were more than 50 participants of all the age groups from juniors to seniors. In every round, the partners were changed which made it more exciting.

Participants had to carry a bottle or tin of juice, cold drink etc and the winner would take it all away.

After a very hard fought battle in the **A category** - the winners were Mr Snehal Patel and Mr. Jimesh Goradia and the Runners-up were Mr. Sagar Patel and Capt. Bishwajeet S.

Similarly in the **B category** the winners were Dr. Meenal Tela and Akshay Roongta and the runners up we're Dhrishti Mehta and Joytika Mehta .



Aditya D. Pandya
Chairman
Badminton Sub. Comm.



HUMOROUS TALK BY DR. RAEESH MANIAR ON 'EK PERIOD MASTI NO'



Yash Bhuta
Chairman, Library Sub-Comm.

Dr. Raeesh Maniar who is a well-known poet and humorist spoke very candidly and from the realms of his heart and connected with the audience.

The Library Team organized a talk by Dr. Raeesh Maniar on Sunday Morning, Jan 19 2014. The event was a grand success with over 75 people turning up right on time to be moved by this multi-talented speaker.

Dr. Raeesh Maniar who is a well-known poet and humorist spoke very candidly and from the realms of his heart and connected with the audience. Through poetries in lighter vein

and ghazals, he thoroughly entertained the audience. 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 Shri. Shailesh Shah.

The Library team was more than happy to announce the next program to be held on Feb 15 by Dr. Sejal Desai on "Women's Wellness" at 10.30am onwards at Jasmine Hall.



JUHU VILE PARLE GYMKHANA CLUB

Library Sub-Committee Presents

WOMEN'S WELLNESS WORKSHOP

by Dr. Sejal Desai - Obstetrician & Gynecologist

WOMEN'S WELLNESS WORKSHOP IS AN INTERACTIVE FORUM TO INFORM & EDUCATE THE FEMALE AUDIENCE ABOUT:

- ◆ The needs of their body at various ages
- ◆ Adapting to changing needs to live a healthy life
- ◆ Identifying early pre-cancerous indicators of life-threatening diseases
- ◆ Vaccines which help prevent cancer
- ◆ Newer advances in cosmetic gynecology to help you get the body you desire



DR. SEJAL DESAI

ON
15TH FEBRUARY 2014

AT
JASMINE HALL

FROM 10.30 AM
ONWARDS

**ENTRY
FREE**

Deciphering Energy bills: Let there be light !

As much as we would like to ignore, we continue to be a power-hungry nation. Being the 9th largest economy in the world, the current energy deficit ie: gap between current need vs. availability is tremendous and continues to grow at a pace faster than that of population-growth.



PRASAD KULKARNI
Membership No. O/2169

In our smart-phone connected, social-media fuelled lives we are constant consumers of energy that touches us in ways we take for granted. From the moment we wake up to smell the coffee (or tea if you prefer!) to the time we hit the power-off button on our set-top box remotes, our energy dependency for electrical and electronic devices stays unparalleled to any other form of energy that exists in the universe. The modern world relies on a vast supply of energy to fuel everything from transportation to communication, to national and personal security to health and lifestyle delivery systems. There is no denying our need for electrical energy as we go about our daily lives. The continuing debate on whether our current resources are enough to manage the energy requirements of a growing population remains unanswered without any concrete solutions in sight.

As much as we would like to ignore, we continue to be a power-hungry nation. Being the 9th largest economy in the world, the current energy deficit ie: gap between current need vs. availability is tremendous and continues to grow at a pace faster than that of population-growth.



For the past several months, a significant number of members have been vexed about their energy bills from respective power utility companies, especially in Greater Mumbai. To complicate matters, power distribution companies have been non-transparent in communication of charges to users, hiding financials under the backdrop of wheeling losses or passing the blame to state electricity boards.



Via this article and subsequent ones, let us attempt to clarify the underlying calculation of energy usage and how best we can optimise this national resource.

Power is measured in Watts (W), named after the famous Scottish inventor James Watt. One thousand watts of power is equivalent to 1 Kilo-Watt (expressed as 1KW). Energy, on the other hand, is the amount of power consumed over a unit of time (or over 1 hour). In other words, energy is expressed in Watt-hours or Wh. When consumption goes over 3 digits, energy usually gets expressed in Kilo-Watt-hours or KWh. Power companies refer to this as a UNIT.

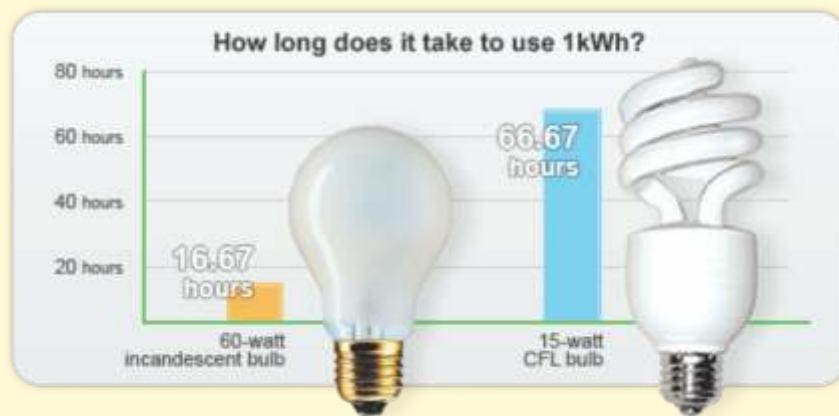
When power distribution companies such as BEST, Reliance Energy or TATA Power bill consumers, they do so on the basis of the number of UNITS consumed. ie their charges are per unit, or per KWh. Typically in Mumbai, the approximated average domestic end-user cost across various power companies is Rs. 9 per unit (ie: Rs. 9 per KWh).

To cut a long-story short, let us look at what it actually costs for using our utilities. The table appended alongside provides a snapshot of energy usage for standard home appliances.

In practical terms, it approximately costs us 30 paise to run a tubelight for 1 hour. A water-heater switched on for an hour costs us Rs. 18, while a good 12-hours spent amidst the cooling environs of the air-conditioner can set us back by Rs.173 (Yes! You read it correct). And it can get worse if the equipment is old, worn-out or lacks regular service and maintenance.

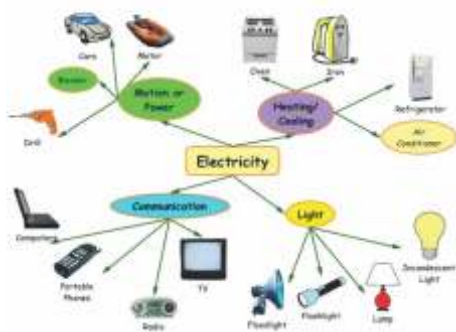
Utility	Power Consumption (wattage)	Cost incurred for 10-min. usage (Rupees)	Cost incurred for 1-hour usage (Rupees)	Cost incurred for 12-hour usage (Rupees)
CFL bulb (PL)	11W	0.02	0.10	1.20
Standard tubelight (4ft)	36W	0.05	0.30	3.80
Incandescent bulb (old type)	60W	0.09	0.55	6.50
LCD TV (32")	120W	0.18	1.10	13.00
Refrigerator (300L)	400W	0.60	3.60	43.00
Washing machine (5kg)	500W	0.75	5.50	54.00
Electric Iron	1200W	1.80	10.80	129.50
Air-conditioner (1.5Ton)	1800W	2.40	14.50	173.00
Electric water heater (25L)	2000W	3.00	18.00	216.00

**Note that above numbers are indicative and actual consumption depends on several factors such as condition of equipment, manufacturer power rating, vintage etc. Does not consider periods of inactivity between usage. The per unit cost across power distribution companies in Mumbai is skewed across various consumption brackets; averaged per unit costs of Rs.9 per unit for domestic users has been considered for indicative calculations.*



water heaters and geysers, microwaves, air-conditioners typically

Uses Of Electricity In Our Daily Life



For domestic (home) users, the consumption peaks twice during the day – in the mornings and around evening time, when most family members are home and go about their routine. High-powered devices such as

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MIND OVER MATTER

The material mantra to happiness

The attractions/distractions have a never-ending list – phones, tablets, iphones, newest apps, face book, twitter, etc. These surely serve as a temporary boost for our spirits but they unfortunately are not the solutions we are seeking them to be for the actual problem that we are facing and hence the gratification is short-lived.

The phone rings while I am in the middle of a counseling session at my clinic. I cut the call. The phone rings again. I again disconnect it. This is followed by an sms – “Need 2 talk 2 u urgently!! Pls call ASAP.” The sms is from my patient, Kareena (name changed) who is a typical 13 year old of today.

Noting the urgency, I sms her back, “What happened? I will take at least 10 min before I can call you back. Sms me.”

The reply springs back, “My mom is refusing 2 buy me an iphone5. Pls call ASAP... I can't handle it.”

Such 'URGENT' phone calls and sms'es have only increased in the last few years of practice. With the increasing no. of fancy electronic attractions/distractions around us it only becomes easier for us to escape from dire issues bothering us and indulge in such non-committal pleasures. These attractions/distractions have a never-ending list – phones, tablets, iphones, newest apps, face book, twitter, etc. These surely serve as a temporary boost for our spirits but they unfortunately are not the solutions we are seeking them to be for the actual problem that we are facing and hence the gratification is short-lived. Then we seek for newer gadgets and hope those to be our ultimate solution and those too fail to get us out of the complex mesh that we are

weaving around us in order to avoid our problems. This, as a matter of fact, only takes us further away from the solution!



For our little ones of today and our budding adolescents these material matters just get worse. They are born into the world of gadgets and these gadgets for them almost reflect on their own identity and the possession of these has almost become an obsession.



“What I am feeling is too much to deal with, so let me just buy a new ipad! I want an ipad and I want it now!” – Then

the mind is taken off the real problem and we have found a new problem to replace it with, an easier one (if I may say).

The solution according to the child then is to solve the new created problem by hook or by crook to feel better. Unfortunately, the child isn't the least bit aware of this phenomenon as all this happens in the realms of his/her subconscious mind. The conscious mind only knows the final product and that is what the child speaks out – “I want an ipad and I want it now!” and the intensity of the need for a solution to feel better is so severe that they go to every extent to satisfy this. We hear of children and adolescents' attempts ranging from just simple verbal demands, to crying, to screaming, to abusing, to throwing and breaking things, to hitting, to even threatening to take their own lives!!!

Let me here draw your attention from the unreasonableness of the demand to the intensity of their desperate need to seek a solution, a solution to the real problem – a problem they are barely aware of consciously.

“So what should we do, just give in to their demands and get them what they want???” – is the commonest parent question that follows.

“She has me suspended from a hook when she talks of killing herself, doctor! What choice do I have? With this new fad that children have got into of committing suicide I am really left with no choice. I mean, you can't really predict teenagers today!” – is one of the helpless parent's appeals.

Due to the stress-filled scenario of today, the coping skills that one



No, dear parents, the choice is always there; the choice to either deal with the created problem or the real problem at hand. It starts with you **stepping out from the role as a parent and hence allowing them to step out of the role as a child. Talk as two individuals who are there to discuss out a solution and not two opponents, one of whom will finally demand or command what has to be done.**

The relationship you strike with the child/adolescent makes all the difference, because what parents do not realize is the child/adolescent is open to the therapist's suggestion not because the therapist gets them what they want but because they give them what they need (consciously / subconsciously).



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