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**JULY 2013** 

SANDESH News Letter of JVPG CLUB

## **SQUASH - SHOT WELL PLAYED**

**MONSOON MAGIC:** THE RUMBLE & TUMBLE OF WATERFALLS

> LADAKH: THE LAND OF ENDLESS DISCOVERY



GENERATION NEXT AT FANCY DRESS COMPETITION

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The coaching camp is currently held from 12.30 to 2.30pm and will continue until vacations of all schools are over. Mr. A. I. Singh has 16 years of coaching experience and has trained many champions. This is open for children of members as well non-members studying in Juhu-centric schools.

He tells us "there are many young players who have the potential to participate in competitions. Araash Mehta being one of them. At the beginner level, young enthusiast like Mishal Jain, Aryan Desai and others are dedicated also, holding a lot of promise...." However, Mr. Singh says that it would be assuring to see this attitude of winning in other youngsters as well. He adds "The JVPG squash courts are very good, giving a supportive environment to these youngsters to tap their potential. The Squash Committee has a very positive approach and the club has a clear vision matched with initiative to encourage youngsters to take up squash seriously. "If players reach the National or higher level, they gain leverage for preferential admissions and scholarships in colleges abroad. Kahan Gandhi, a player whom I trained in my earlier stint with JVPG 3-4 years ago. benefitted this way". Ashish Mehta adds, "The Squash Courts, which are of world level will naturally attract the top players

to practice here. Not just that, even aspiring players will get the best facilities to train themselves, for national and international level tournaments."

#### **FUTURE PLANS:**

Squash provides an excellent cardiovascular workout. In an hour of playing squash, a player could sweat out approximately 600 to 1000 calories. Squash also provides a good upper and lower body exercise by utilizing both the legs to run around the court and the arms and torso to swing the racquet. In 2003, Forbes rated squash as the number one healthiest sport to play. As Dron Bakhai says "It is a competitive game and you burn calories much faster, than while playing badminton or tennis...'

However, caution has to be exercised if you have crossed a certain age or if you are suffering from any heart ailment. "We have many members who play squash just for the love of this game or to maintain good health. For those members who have any health concerns, we are planning special sets of squash", says Mr. Bhavesh Shah.

#### A DIFFERENT RACQUET SPORT:

One may ask about the difference between tennis, squash and badminton. Tennis and Badminton are both played on an open court that uses a net. The net

#### BENEFITS FROM SQUASH

Squash is a strenuous sport, in which a player can use a lot more energy than most other sports. Squash helps to:

- game of squash will see you running, leaping and diving for the ball
- Increase strength and fitness
- Maintain a healthy weight
- Increase flexibility & strength in the back
- and flexibility

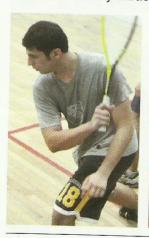
- Improved general and psychological wellbeing
- sport, weather conditions don't prevent you from playing.

in badminton is a few feet off the ground and the shuttlecock (also called 'The bird') has a very different from a tennis ball.

Squash is an indoor game similar to racket ball, where you hit a hard ball off the walls and your opponent has to get to it before it bounces twice on the floor.

#### WIDERACCEPTANCE:

Squash has been featured regularly at the multi-sport events of the Commonwealth Games and Asian Games since 1998. "My aim is to help members who are Squash lovers to reach the national level tournaments. I am very proud of the Squash facility and so will our members be"....adds Bhavesh Shah.











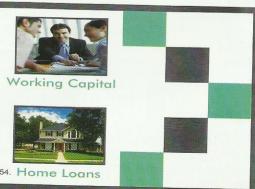
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## FORTHCOMING EVENTS



"Talent wins games, but teamwork and intelligence wins championships."

- Michael Jordan

JVPG is predominantly a Sports Club. To revitalize and reaffirm the spirit of sportsmanship Hon. Joint Secretary, Himanshu Gokani plans to organize the 'Champion of Champions'.

It was in 1993 that Mr. Bipin Morjaria first conceived this idea, but it is only now, under the aegis of present Office Bearers and Managing Committee, that the idea becomes a reality.

Announcing 2013 as the 'Year of Sports', JVPG is excitedly gearing up for the mother of all sports event. Eager members, keen to participate in this event are training hard to polish their skills. High octane energy amongst members waiting for the date of this great event to draw close is palpable.

They have a good reason to be excited. The 'Champion of Champions' is organized on the lines of IPL. Over 150 members taking part in this tournament. There will be 8 teams and 8 sperts. The 8 teams will be divided into 2 groups 'A' and 'B'. In both the groups, all the teams will play on round-robin basis. Best 2 teams from each group will qualify for semi-finals. The winner of each semi-final will play for the 'Champion of Champions' title. The final winner will be awarded 'Champion of Champions' rotating trophy.

A grand opening ceremony will signal the beginning of this thrilling tournament. The tournament is planned to begin from 21st July to 15th August. It will be held daily between 7pm & 9.30pm. On Sundays, matches will be played from morning to evening. All the matches will be played at our Club.

The closing ceremony of this match will be equally spectacular. As we wait with bated breath for the tournament to draw close, come on all you sport enthusiasts, hit the sport courts of your choice....your time starts now!

(All details will be displayed on the notice board of all departments)





## 10-14 JUL '13

#### MUMBAI SUBURBAN DISTRICT BADMINTON TOURNAMENT CHAMPIONSHIP '13

This tournament is organized by MSDBA and conducted at JVPG Club. Last date of entry 5th July 2013 at 6pm. Entry form can be downloaded from the MSDBA page in Facebook. Complete entry with category to be mailed to msdbaentries@gmail.com

#### 15 JUL 2013

#### **FUN GYM FOR KIDS**

Health Club Sub-Committee presents Fun Gym for kids 4 to 12 years from 15th July 2013 on Monday, Wednesday and Friday, 4.45 to 5.45 pm. Bring awareness of fitness and healthy living with peace & concentration from early age through Fun Gym. Please register at Health Club Reception.

#### 20 JUL 2013

#### MUSIC OF BOLLYWOOD

The Club celebrates 100 years of Indian Cinema with a musical extravaganza by Mr. Anand Palwankar at Activity Hall from 8 pm. The event is organized by Entertainment Sub-Committee. For details contact Member Service Desk.

## 27 JUL 2013

#### **GANDHI NE KAHA THA**

Senior Citizen Sub-Committee organize a drama 'Gandhi Ne Kaha Tha' on Saturday, 27th July 2013 at Activity hall from 6.30 pm. For details contact Member Service Desk.

#### JUL - AUG '13

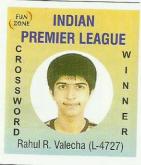
#### **CHAMPION OF CHAMPIONS**

Champion of Champions tournament will be organized and conducted by JVPG Club from mid-July to mid-August 2013. All the sports departments will field their teams in this tournament. The winning team will be awarded the 'Champion of Champions' trophy.

## 17 AUG 2013

#### QAWWALI NITE

Entertainment Sub-Committee will organize a 'Qawwali Nite' by renowned artist on Saturday 17th August 2013 at Activity Hall. For details contact Member Service Desk.



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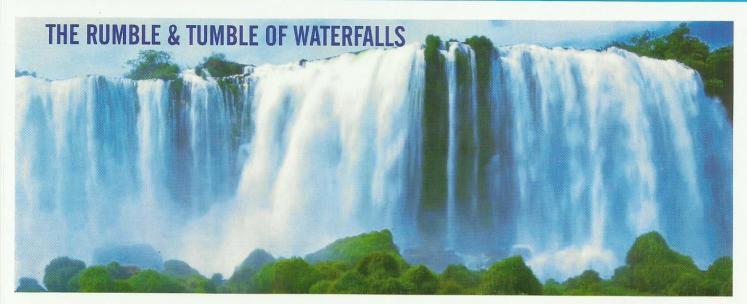




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## MONSOON MAGIC - I \_



onsoons have arrived; slushy roads & traffic jams mark its arrival in the city. So head closer to nature & enjoy the real beauty of rains, bubbling streams & lush greenery! In this 2 part series we give you the lowdown on monsoon getaways across the country.

As the first drops of rain touches the sand, the lovely smell tickles your noses and you know that the monsoons are here. Monsoons mean many things to many people. From the sign of a good harvest, to cars getting a good splash, evening tea and Baji's (batter fried) and many more.

Monsoon is also the time to set out and explore nature in all its glory. The lush green expanses, the dew drops settled on the leaves, the pitter patter along nature trails, with streams and rivers filled to the brim, and cascading waterfalls, makes for wonderful views.

The sign of a good monsoon is reflected in these graceful water bodies as they come cascading down from great heights amidst serene landscapes. Read on for our top waterfall picks from across the country...



#### VAJRAI WATERFALL, SATARA

Bhambavali Vajrai Waterfall is situated at the Sahyadri hills near Satara. This waterfall is well known for its height and green valley. During all seasons, it have a big magnificent water flow. The waterfall is very picturesque. Bhambavali Vajrai Waterfall height is around 800 ft. The famous Kas Plateau is near, this Waterfall. Vajrai is known as Bhambavali villagers devotional place. The backwaters of Vajrai Waterfall is known as Urmodi river Project. There are a number of picnic spots near

Bhambavali Vajrai Waterfall like caves & boating places in Tapola. This place is a hub of lovely nature, beauty, wild life and holy places. One should visit this place at least once in a lifetime.

#### **QUICK BITE**

Falls Height: 1,840 feet Swimming: Prohibited

District: Satara, Maharashtra

How to reach: 27 km from

Satara

**Stay:** No stay options. Ideal for a day trip.



#### Kune Falls, Khandala

Kune Falls is one of the major beautiful tourist spots in Khandala. It is located centrally within the Lonavala-Khandala valley. The Kune Falls is surrounded by abundant green vegetation. People often hold picnics around the region of the falls. The waterfall, where water come down from a height of more than 100 feet, is imposing. It runs for many days long after the monsoon is over. The waterfall is divided into 2 sections and

each part of the falls is almost 100 meters high.

In order to reach Kune Falls, tourists should travel along the Mumbai Pune Expressway and then stop at the Lonavala bypass. From there, they should avail any buses or local transport that takes the Mumbai-Pune highway route. On reaching Kune, tourists should be able to spot the most eminent landmark, which is the Kune Church. From there, tourists can walk the path till they arrive at the Falls of Kune.

#### **QUICK BITE**

Falls Height: 660 feet

Swimming: Prohibited

District: Pune, Maharashtra

How to reach: Travel by Mumbai Pune Express Highway and inquire at Lonavala bypass

**Stay:** There are many stay options. Ideal for a weekend trip.



#### **JOG FALLS**

Continuing with our quest for the most picturesque and mighty waterfalls we reach another famous cascade known as the Jog Falls. Its sheer might is at its peak, when the Sharavati River is in spate during the monsoon season.

An astonishing 3.4 million liters of water per second is discharged from a height of 829 feet, which is 40 per cent more than the average flow at Niagara. So, its sheer height, stands testament to the force with which the torrent hits the rock face and crashes down.

Here's some trivia, as you get set to get wet:

 The Jog Falls count among the world's 10 best for sheer magnitude.
 As a tribute to these falls, the postal department issued a set of 15-rupee commemorative stamps in 2003.

#### QUICK BITE

Falls Height: 829 feet Swimming: Prohibited Dist.: Mandya, Karnataka How to reach: 400 km from Bangalore along NH 206. Overnight journey

Stay: Hotel Matthuga 8 km before Jog Falls is the best stay option in the area. An ideal





## COORG: ABBEY FALLS, IRUPPU FALLS & TALACAUVERY

From the majestic heights of the Jog we head to the Scotland of India- Coorg. If rains are not your cup of tea, then this is not the place for you, but if you're the type you wants to soak in the sights of monsoon and the pitter patter, this is sure going be an adventurous monsoon holiday you will cherish.

This beautiful hill station has more to it than the weather and views itself. The misty hills of the Western Ghats, coffee plantations and teak wood forests paint a pretty picture. With no dearth for view

points and picnic spots, what you should look forward to are the water bodies, Abbey Falls is a perfect place to relax and take a dip, plummeting from a stunning height of 170 feet, Iruppu Falls is a popular pilgrim and picnic spot and most famous of them all the Talacauvery, perched at a height of 1,535 meters above sea level, is said to be the birth place of the river Cauvery.

Some of the other enjoyable and adventurous activities in the monsoon visit the Dubare Camp, which organizes white-water rafting, kayaking along the Dubare jungle. You can also visit the camp to indulge in some fun activities with the resident Elephants. Visitors are allowed to bathe them, get a ride and even watch them as they are being fed. It's an experience of a different kind.

#### **QUICK BITE**

Falls Height: Abbey 70 feet, Iruppu 170 feet

Swimming: Can Swim

Dist.: Coorg, Karnataka

How to reach: 250 km from Bangalore along SH 17 & SH 88(6 hrs approx)

Stay: There are many stay options. Ideal for a weekend trip.

## WAYANAD: MEENMUTTY FALLS & SOOCHIPARA FALLS



From Karnataka into God's Own Country- Kerala, the land of backwaters and boat races is a nature lover's delight, come the rains. Our first stop is the one place blessed with some of the most spectacular waterfalls in the state. Here, you can visit the Meenmutty Falls, the Suchipara Falls. Each of the falls offer great views amidst a velvet green cover and you can also enjoy river rafting here.

The state of tall coconut trees and pristine water bodies has more to offer, as we head about 25 km north-east of Kalpetta, to the Padinjarathara Dam. With the lovely shades of green engulfing it, its locale amidst misty capped mountains and a wildlife sanctuary, the Kanthapara Falls makes for an ideal monsoon getaway.

#### QUICK BITE

Falls Height: Meenmutty 950 feet, Soochipara 656 feet Swimming: Can Swim Dist.: Wayanad, Kerala How to reach: The nearest airport is Karipur airport at Kozhikode, and the nearest railhead is Calicut. Stay: There are many stay



## THRISSUR: ATHIRAPALLY WATERFALLS

As we wind our way through the backwaters and little river side village, I think to myself that it couldn't get better than this and there we have nature leaving us gasping for air as we are overwhelmed by the sheer beauty of the majestic

Athirapally waterfalls, which nose-dives from a height of 82 feet straight down into a large pool. Its recent claim to fame came with

the shooting of Mani Ratnam venture "Raavan". The cast and crew of the movie are believed to have spent a good one month at the locale. So, why not catch the beauty of the locale in person than on the big screen, considering its bleak run at the box office!

#### **QUICK BITE**

options. Ideal for long weekend.

Falls Height: 82 feet Swimming: Not recommended District: Thrissur, Kerala How to reach: Intl. airport Nedumbassery is 58km away. Nearest railhead is Thrissur. Stay: There are many stay options. Ideal for a weekend trip.

## **NEW DEVELOPMENTS IN THE LIBRARY**

#### SEARCH YOUR BOOK IN SECONDS:

The entire database of the books in the library is now available on the computers installed in the library. Members can search the book they want - based on the title of the book - or the author or the type of book it is. A very user-friendly interface has been created to enable the members to look for the book of their choice in seconds.

Very shortly, this database will be put on the website of our club. And members will be able to send their requirements for new books as well as their suggestions for improvements in the library, on-line.

#### CREATION OF A SPECIAL LIBRARY FOR KIDS WITHIN THE MAIN LIBRARY:

A small section of the library will be renovated to create a special corner for kids of our club. The design of this junior library is being finalized, keeping in mind the minute details which would entice the kids of our club to come in and instil the very important habit of reading from an early age.

The planning stage is almost complete and the work will be started by July 15. The work would be completely by September 15 on the outset. Following are a few conceptual pictures of what the members could expect.



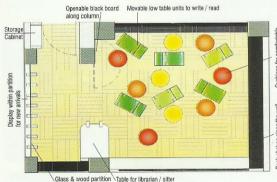
Semi transparent, colorful partition



Playful units add color & an element of fun

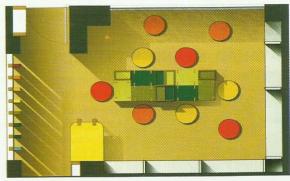


Retractable black board to use when required

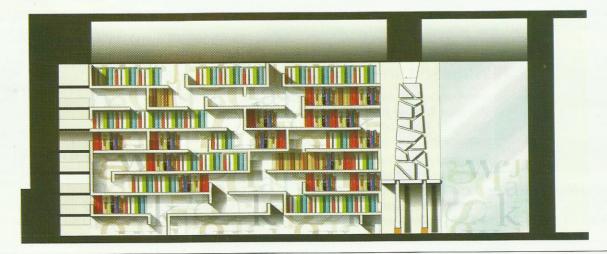


PLAN (Units can be organised as per use)

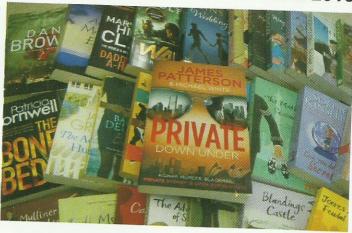
CONCEPTUAL **PICTURES** OF THE KID'S LIBRARY



PLAN



## **NEW ARRIVAL OF BOOKS IN JUNE 2013**



Inferno - Dan Brown • Private Down Under - James Patterson • Daddy's Gone a Hunting - M.H. Clark • Wedding Night - Sophie Kinsella · And the Mountains Echoed - Kahalid Hosseni • The Sunday Philosophy Club -Allexanser Smith • The Bone Bed - Patricia Cornwell • Escape - Barbara Delinsky • Secrets from the Past - B.T. Bradford • The Accidental Husband, Fault in Our Stars -Jane Green • 14 Titles - P.G. Wodehouse • Let Love Find You - Lindsey Johana • Activist - John Grisham • Warp (children's book) - Colfer Eoin

## **BOOK REVIEW**

## PRIVATE DOWN UNDER BY JAMES PATTERSON

With the best detectives in the business, cutting edge technology and offices around the globe, there is no investigation agency quite like Private.

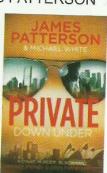
Now, at a glittering launch party overlooking the iconic Opera House, Private throws open its doors . . .

Craig Gisto and his newly formed team have barely raised their glasses, when a young Asian man, blood-soaked and bullet-ridden, staggers into the party, and

what looks like a botched kidnaping, turns out to be a whole

Within days the agency's caseload is full: from a missing businessman whose latest scheme was a step too far; to a rock star terrified he's next in line for the infamous 'Club 27'.

But it is a horrific murder in the wealthy Eastern suburbs and the desperate search for a motive that stretches the team to the limit. Stacy Friel, friend of the Deputy Commissioner of NSW Police, isn't the killer's first victim - and as the bodies mount up she's clearly not the last . . .



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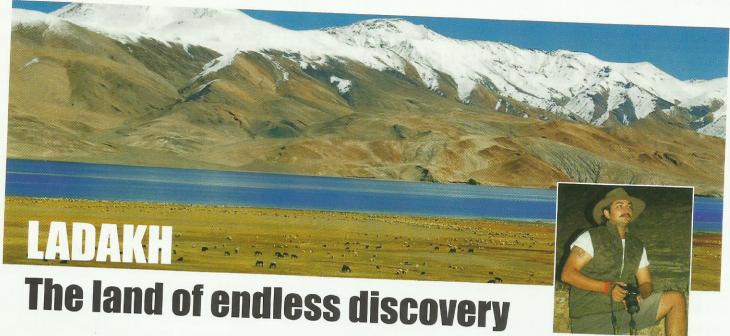
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"Tourists don't know where they've been, Travellers' don't know where they're going." – Paul Theroux

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ravel is the most enriching experience in one's life. There are many reasons why people travel. Some travel in search of beauty, some travel in search of new landscapes, some travel for learning new cultures, some for adventure, but when you travel to Ladakh, you do get all this.... and something more..... A soul stirring experience...a journey within.

Ladakh, at the roof of the world, is the rare combination of stark and

pristine natural beauty, incredibly blue skies, mind boggling mountain-scapes, mesmerizing valleys, breathtaking high altitude brackish lakes (sea water), untamed roads & passes and awe-inspiring monasteries as if engraved on the mountain-sides.

Ladakh is the highest plateau of the state of Jammu & Kashmir, with much of it being over 3,000 m (9,800 ft), going up to 6,000m.

It spans the Himalayan and Karakoram mountain ranges and the upper Indus Rivervalley.

Of the many ways to reach Ladakh, the best way for a real travel experience,

would be a road journey through Himachal Pradesh; Manali, Keylong, Sarchu etc. This road journey, although a little



tedious and long, is one of the best possible road trips anywhere in the world. It won't be an exaggeration to say, if one hasn't travelled to Ladakh through this experience, has not travelled at all.

More than 1000 km road journey from Delhi to Leh (capital of Ladakh) through Himachal, takes one through high mountain passes, never ending flat mountain deserts, serpentine roads, almost touching the sky, where you can shake hands with the snow-clad mountains and through a panorama of mountain-sides full of vivid colours and unique patterns.

Leh, the capital and central hub of Ladakh, is a cosmopolitan town, nestled in the valley of high mountain ranges. This city offers you a variety of hotels, guesthouses, home stays to suit every pocket. Leh is also like a oasis of sorts in the desert, where you find wide roads, bright lights, modern buildings, array of cafes and eateries, shopping arcades, local food items, curio shops, etc. The town has a mixture of domestic and foreign travellers interacting with the friendly locals throughout the year. Anyone visiting Ladakh has to make Leh as the base and then go for further excursions deep inside the heart of the Ladakh region.

Leh itself offers some wonderful sightseeing options like:

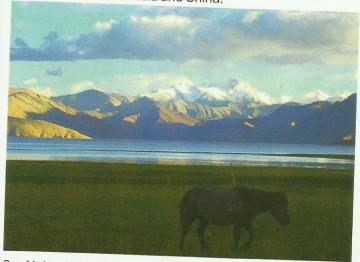
 Leh Palace - Built by King Singe Namgyal in the 19th century. Perched atop the city, from where one can get an aerial view of the entire city.



- 2. Shanti Stupa Again, on a hilltop which offers an amazing view of the mountain ranges and the city. The best time to be here is around sunset, where you can witness extraordinary hues of the mountains.
- Royal Palace of Shey Its temple houses a 3 storey high Buddha statue.
- 4. Thicksey & Hemis Monasteries A couple of kms outside the city where you can get a firsthand experience of the Buddhist culture and you reach a bygone era. Friendly Lams greet you with their warm smiles.

Having acclimatized and having spent 2-3 days in Leh, one can now embark on some memorable excursions like;

 Pangong Lake - 160 km away through the Changla Pass is the most beautiful spectacle one can see on planet Earth. Here, the color of the water changes every minute as if almighty has turned into a magician / painter. One minute, the water is blue, green, silvery white and purple. It is 130 km long, and 5-6 km wide, straggling across the border between India and China.



 Nubra Valley and Siachen Glacier - About 150 km away, crossing the highest motorable pass of the world, Khardungla Pass (5578m), one reaches Nubra valley. Nubra valleys nestles along the great Karakoram range, giving you a unique sensation of rolling sand dunes and double humped Bactrian camels, a legacy from the Central Asian trade caravans. Beyond Nubra, on the way to Siachen

way to Siachen Glacier, one can also visit the Panamik hot springs, a natural sulphur pool used as a traditional spa by throngs of local people for curing various ailments.



 Tso-Moriri Lake- another beautiful Brackish lake, 250 km from Leh, is a famous breeding ground for the rare barheaded geese and home to a number of other rare and endangered bird species.

Another not-to-miss excursion would be a visit to the Alchi village famous for one of the oldest monasteries of Ladakh, a national heritage site. Alchi monastery, mainly known for its magnificent and well preserved 11th and 12th century Buddhist wall paintings. On this excursion trip, the other attractions are the Magnetic Hill, Gurudwara Pathar Sahib, Confluence point of River Zanskar and River Indus, Lamayuru Monastery, and a spectacular moonscape.



A peep inside the ancient Aryan civilization, by visiting the villages of Dha and Hanu are situated at a distance of, approximately, 163 km to the northwest of the town of Leh and Turtuk which is beyond the Nubra Valley.

If you are still hungry for more, and if you love adventure, then Ladakh offers some unique treks like Zinchen-Rumbak-Stok, a 3-day trek into the heart of local Ladakh, staying in local homes, having local food. Rafting in the Zanskar, mountain bicycling. For wildlife enthusiasts, Ladakh offers exotic wildlife like The blue sheep (Bharal), The Himalayan Ibex, Kiank (Rare wild ass), Tibetian Fox and the illusive snow leopard.

"The Voyage of discovery is not in seeking new Landscapes, But in having new Eyes." — Agam Gokani.

**Note:** Anybody planning to visit Ladakh should first take necessary precautions and confirm the weather conditions before proceeding.

## GENERATION NEXT AT FANCY DRESS COMPETITION



he Entertainment Sub-Committee headed by Mr. Vinod Jolly had organized 'Fancy Dress Competition' for kids on 29th May 2013. It was carried out with zeal and enthusiasm by Sub-Committee members, such as Mrs. Shivani Chokhani and Dilnawaz Jokhi.

There were 2 age groups viz. 1 to 4 yrs and 5 to 10 yrs. In total about 45 kids participated. And the excitement on the faces of the little champs was to be seen to be believed. They had come up with innovative ideas and had come up dressed up in true spirit of the competition.

There was a Rock star, a Chinese doll, a Butterfly, a Tribal girl, a Cinderella, a Pamper baby, a Witch, Bhagat Singh, to name a few and yes! there was Daya ben from Tarak Mehta ka Ulta Chasma... There were many more who impressed one and all and gave a superlative performance. The judges were extremely happy with the performances of the kids.

Eshaan Gala dressed as Bhagat Singh, Dev Doshi dressed as Rock Star, Khushi Jhaveri dressed as Tribal Girl and Om Bhatt dressed as Pujari were declared winners. Certificates along with chocolates were distributed to all kids who participated in this competition.

The DJ added to the excitement and the kids had a wonderful time, showing off their hidden talent of dancing also.

Food and beverages was served to the kid's liking and was relished by all.

President Shri Anil Mahesh, and Hon Jt. Secretary, Shri Himanshu Gokani, cheered every kid and gave a short speech which boosted the confidence of all participants. Chairman, Entertainment Sub. Committee thanked the members for organizing the event, which was enjoyed by all kids and their parents.











## PRAKASH PADUKONE BADMINTON ACADEMY. 2-DAY CLINIC AT JVPG

The "Prakash Padukone Badminton Academy" (PPBA) conducted a 2 Day Coaching Clinic on 4th and 5th June 2013 for children below 14 years. The program was sponsored by Tata Capital under the name of Tata Capital Super Shuttlers. Over 100 students participated in the coaching clinic enthusiastically.

There were 4 batches from 10 am to 1pm and 2pm to 5pm on both days. As badminton is rapidly gaining momentum as a much loved racquet sport, there were more than 25 excited students in each batch. 8 boys and 8 girls were selected from the group to represent JVPG Club in the Super Shuttlers tournament held at CCI, Churchgate on 15th and 16th June

2013. Mr. Yusuf Jauhari, famous Indonesian badminton coach along with Mr. Balchandran of PPBA, conducted the coaching program.

The coaching clinic was initiated & finalized by President Shri Anil Mahesh due to his close association with Shri Prakash Padukone and Shri Vimal Kumar of PPBA. Children were thrilled to have PPBA train them in badminton and parents hoped that such initiative should be held more frequently for the benefit of their children. As the world turns sports in an encouraging manner, such camps are eagerly looked forward by all members of JVPG.



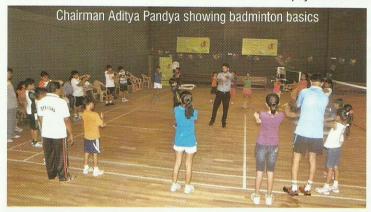
President Anil Mahesh Lighting of the lamp



Hon. Jt. Sec. Himanshu Gokani presenting trophy to PPBA Coach Balachandra



President Anil Mahesh presenting trophy to Indonesian Coach Yusuf Zuahari







### **IMPORTANT & CRITICAL**

#### **MEMBERS' DATA FORM**

Dear Members,

We have sent to you a members' data form showing therein the information we have on record.

Please help us to update the Club's records by filling up correct & complete details and return to us using the self-addressed stamped envelope sent to you.

This, apart from being mandatory in nature, is also being done to plan various facets of the club's functioning, which inter alia will lead to the common good of all.

Your effort will enable better communication with you.

# AADHAAR CARD REGISTRATION EXTENDED UP TO 31ST JULY 2013



VPG Club, with the support of Shri Gurudas Kamat, Congress MP & Shri Ashok Bhau Jadhav, Congress MLA, had made arrangements in the Club premises for members to get themselves enrolled and apply for the Aadhaar Card. Due to efforts by our Hon. Jt. Secretary, Himanshu Gokani, this facility was initially available to members from 15.06.13 to 30.06.13. Many members were happy to apply for the card as it was in the club premises and all facilities were made available.

Due to overwhelming response and for the benefit of our club members this facility is now extended up to 31.07.13.

#### SAD DEMISE



ANIRUDH DESAI

(16.02.1948 - 23.06.2013)

Ex Hon. Jt. Secretary and M/Com. member Sub-Committee member of Lawn Tennis, Health Club and Library

May his soul rest in peace



## A LECTURE ON 'PSYCHOLOGICAL & MENTAL PROBLEMS' BY DR. JAY SHASTRI

udos to the spirit and enthusiasm of the Sr. Citizen forum Members who, undeterred by the heavy rains, attended in large numbers, our 33rd Sr. Citizen Event, which was a talk on Psychological and Mental Problems by Dr Jay Shastri.

We had an attendance of 100 members for this very informative and well appreciated topic.

The welcome address was given by Shri Satish C Shah, and Mrs Pratima Bhatt introduced the Chief Guest, Dr. Jay Shastri.

Dr. Shastri began his talk by giving an example of Tortoise from the animal species, who live longer than us humans and how, due to the new techniques of geriatric medicine, the life expectancy in humans is also increasing. Due to the increasing life expectancy, we face numerous age-related problems, both mentally and physically. Through his various examples, he then advised on how to deal with these problems. He emphasized that exercise is essential. Mental exercise like using the brain for mental activity and physical activity, like walking.



from old age are Dimentia, Satish C. Shah Alzeimers, BiPolar Syndrome, Chairman Sr. Citizen Sub-Comm.

Obsessive Compulsive Disorder. He explained how we can fight these disorders and live a happy, fruitful senior life.

There was a lot of interaction with the members, which included questions and answers. The questions covered a wide and varied range, such as, care giving; how to react to it, our support system, home environment, family rituals, our roles as Senior family members, the extent of our responsibilities. Surrendering our "position" as matriarch or patriarch of the family, role of religion in our lives etc. Dr Shastri responded to each and every question.

At the end of the talk, Birthdays and Anniversaries falling in the month of June were celebrated.

This informative and educative talk was highly appreciated by all the members present.



Dr. Jay Shastri addressing the audience



A very Happy Birthday to Himat Babla & Shailesh Shah



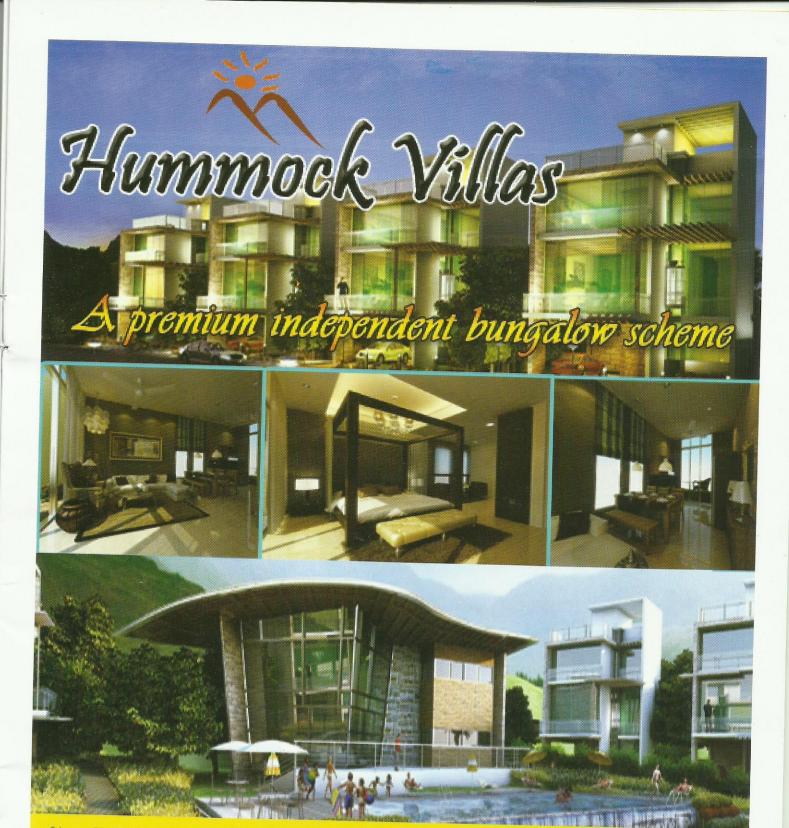
Satish C. Shah thanking Dr. Shastri after the lecture





#### DISCLAIMER

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



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# OWN A PIECE OF GREEN IN THE URBAN JUNGLE.



2 & 3 BHK green residences with spectacular park views in Lallubhai park, Andheri West.

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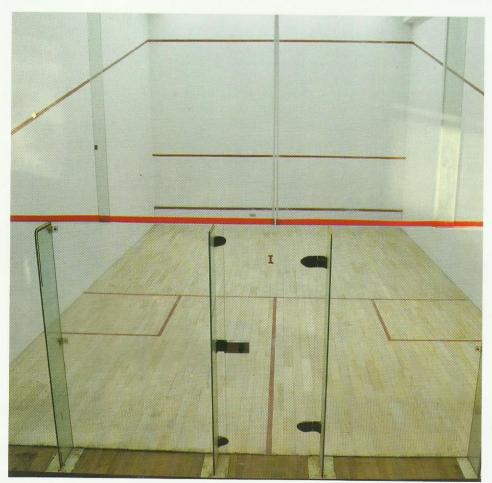
Sharali park vistas

www.bharatinfra.com

# **SQUASH - Shot Well Played**



Built on the lines of International Squash Courts, it is complete with wooden flooring and high powered air-conditioning and prides itself in being one of the best in Mumbai.



mongst racquet sports today, Squash is a much sought after racquet sport for its sheer health benefits and convenience of playing. Hence, JVPG prides in its recently renovated Squash Courts which were built for both, sport lovers and as well as to train players aspiring to play competitively. This article aims at highlighting its current aspects and future plans for the members.

## BUILT TO THE SPECIFICATIONS OF INTERNATIONAL STANDARDS:

Built on the lines of Squash Courts abroad, it is complete with wooden flooring and high powered airconditioning and prides itself in being one of the best in Mumbai. As Bhavesh Shah, Chairman of Squash Sub-

Committee says "We have tried and matched the international standards in every way. Every detail is well planned and executed. Good quality wooden flooring makes it easy to play while protecting the knees from long term damage. Our powerful air-conditioning system works as a dehumidifier to absorb humidity from the air. Player's sweat also adds to the humidity in the air. Additionally, the monsoon makes the air damp. Therefore, the air conditioning system becomes an essential gear in the Squash Court....".

Emphasizing the thought, Ashish Mehta, the Sub Committee member of Squash department, says "Airconditioned Squash Courts are important because it keeps the



BHAVESH SHAH Chairman

temperatures constant while our seasons change. Now, our players can be comfortable and can keep playing in summer without getting dehydrated and during winters, they can be warm."

Additionally, it also goes a long way in maintaining the quality of wood which would have been damaged by sweat of the players. The quality of the wood used in building the Squash Court at the Gymkhana is amongst the best, says Dron Bakhai, Sub Committee member. "The aim is to offer the best to members who are Squash enthusiasts and make them stars of India..." says Mr. Bakhai.

The JVPG sports area boasts of three Squash Courts where its members can take maximum advantage of the sport. And on the outer periphery of the Squash Courts is a spacious sitting arrangement for onlookers, family and friends of the players.

#### **CURRENT ACTIVITIES:**

Mr. Himanshu Gokani, Hon. Joint Secretary, declaring 2013 as the 'Year of Sports', is working vigorously to instill the love of sports in children and young adults. Moreover, as JVPG Club being primarily a Sports Club, Mr. Gokani aims to encourage kids to happily take to sports in their 'foundation years'. It is free for children between 5 & 10 years of age.

Training competition players: Mr. A. I. Singh, who is India's most qualified squash coach (Squash Australia Level3) is holding a summer camp for children of members & non-members.





## FROM THE DESK OF THE PRESIDENT

Dear Members,

Whilst you and your children may have got over summer holidays and enjoyed the early onset of the South West monsoons, let us all spare a thoughtful moment for those in Uttarakhand who had to, and still are, bearing the wrath of mother nature's fury.

We, in the Managing Committee, offered our homage to the tragedy by observing two minute's silence and decided to send a donation of Rs. 5,51,000/- for the cause.

The Club is going on with its multifarious activities, which we hope you are partaking of and enjoying.

As indicated to you, you are sure to experience a change on all counts which, shall delight you.

ANIL M. MAHESH

President

## **EDITOR'S NOTE**

Dear Members.

I and my co-editor join the President in expressing our sympathies towards the ill fated pilgrims and the local population of the North.

You would, in the near future, witness and experience paradigm shifts in the administration of the Club coupled with awe inspiring upliftment of various facilities. All this planned and targeted for your delight.

The monsoon season is making its primary call across the country — a welcome respite from the summer heat and grime. But why spend your days cooped up at home watching the rain when you could be out, dancing in it? The dampness and deluge don't necessarily have to cloud your travel plans. Instead, make use of the cool weather — by either traveling to one of the monsoon destinations set out in the article on Monsoon Magic in this edition and exploring a new side to a destination that the rains will reveal to you.

KIRAN DALAL

YASH BHUTA

Editor

Co-Editor