

## MEMBERSHIP OPTIONS NOW OPEN

### MARRIED DAUGHTER'S MEMBERSHIP

**LAST DATE EXTENDED TO 31ST MARCH 2013**

**M**embers Daughters (Married) membership has received an enthusiastic response. Nearly 100 member have availed of this scheme. A few memberships under this category are still available.

Those daughters who failed to apply for membership before their marriage are eligible to apply for membership under this category.

There is no time limit for application under this category. Irrespective of the years of marriage the member can apply for his/her daughters membership. provided the membership of the main member is valid and in good

standing. Further more the children, grandchildren of such married daughters will also be eligible to apply for membership subsequently (under prevailing rates and rules of the club ).

There is however a late fee for this category which is based on the number of years since marriage took place.

Please contact the Member Service Desk for details.



## LIMITED NUMBER OF 1 YEAR / 3 YEAR TERM MEMBERSHIP NOW OPEN

A limited number of Term Members will be accepted by the club under two sub categories 1 year and 3 years.

The rates are as follows

- a) 1 Year Term membership: Rs. 1.25 lacs plus taxes.
- b) 3 Year Term membership: Rs. 3.00 lacs plus taxes.

The membership allows the member, spouse and 2 children under 18 to utilise the clubs facilities for 1 & 3 years respectively. If the children are above 18 but below 25, (then within the overall limit of 2 children) they are permitted to use the club on payment of an additional annual fee of Rs. 25,000/- per such child.

Annual membership and departmental fees are payable as applicable to all members.



The membership carries no voting rights, is not transferable and cannot be renewed. However the person may reapply for fresh membership at terms and conditions prevailing at that the time of application.

Other terms and conditions apply.

Contact Members Service Desk for details.

## NOW AVAILABLE CORPORATE MEMBERSHIP

**INCENTIVES FOR YOUR SENIOR EMPLOYEES WITH THE PRESTIGIOUS MEMBERSHIP OF JVPG CLUB**

JVPG Club offers a unique opportunity to all corporates to apply for membership, which can be rewarded to their senior and performing staff.

The membership permits a corporate to appoint one person of their organisation to be nominated as a member of JVPG Club.

The membership is valid for 20 years, after which it can be renewed on payment of prescribed fees applicable at that point of time.

What is more, the corporate can even change their nominee upto 4 times during the 20 year period.

The membership allows the nominee, spouse and 2 children under 18 to utilise the clubs facilities for 1 & 3

years respectively. If the children are above 18 but below 25, (then within the overall limit of 2 children) they are permitted to use the club on payment of an additional annual fee of Rs. 25,000/- per such child.

Annual membership and departmental fees are payable as applicable to all members.

The membership carries no voting rights, is not transferable and cannot be renewed.

Other terms and conditions apply.

Contact Members Service Desk for details.





## RENOVATED CARD ROOM



## RENOVATED CARD ROOM STARTS OPERATION

**“The renovated card room has set a Benchmark for other gymkhanas to follow” said a beaming Pari Mohan chairperson of the department.**



**Pari Mohan**  
Chairperson - Card Room

September 22nd saw the smiles back on the Card Room Fraternity as they returned to their spanking new abode after a hiatus of six months.

Brightly lit interiors with functional décor complemented the state of the art VRV intelligent system of air conditioning from Daikin. “A bigger room, better planning and uniform lighting and air conditioning and an impressive backdrop gave the Card Room a welcoming appeal” said Chetan Desai who is a regular in the department. Adds the legendary actor Ramesh Deo, a regular at the card Room “It has 5 star ambience, bahut sukoon milta hain, and I am very proud of it...”. So proud he is of the Card Room that he has even invited his friends over to play a game of card at Juhu Gymkhana.

Speaking on the occasion, Vice President Rajesh Shah praised the efforts of Bhargav Patel, Shamit Majmudar, Anil Sampat and Ojas Dave in this endeavour to restore the glory back to the card room.

The fire created a mishap and it took a while to get the renovation going. In the meanwhile the card room members faced inconvenience of having shifted to a smaller “Orchid” room. “We were practically stranded. Even though the

**“Now the work was done and the results made the wait worthwhile” said Meera Jolly adding that the card room was serene and distressed her.**

Gymkhana took great care to oversee our comforts, we felt like vagabonds..” laughs Aruna Shah.” But now the work was done and the results made the wait worthwhile” said Meera Jolly adding that the card room

was serene and distressed her as soon you enter it. “It has a homely atmosphere and is a second home to us” added Kiran Kapur.

**State of the art VRV intelligent system of air conditioning from Daikin, uniform lighting and an impressive backdrop gave the Card Room a welcoming appeal” said Chetan Desai who is a regular in the department.**

“The renovated card room has set a Benchmark for other gymkhanas to follow” said a beaming Pari Mohan chairperson of the department, adding that it was perhaps the best Gymkhana card room in town. The word had spread around and the members of the other Gymkhanas wanted to come & get a glimpse of our card room.

Over 100 members visit the card room daily and spend quality time with the fraternity. The bond created is so strong that any absenteeism by a regular immediately invites frantic

calls to enquire about the wellbeing of the absentee member.

Card playing history dates back to the 10th century where Central Asia is supposed to have taken the first effort in introducing card games. Today card games are an effective antidote for the onset or delay of Alzheimer & other forms of dementia. Apart from skills it also improves concentration, memory skills.

Come 4th of November, a “Knock out Rummy” a card tournament is being organised at the Juhu Gymkhana. Entries are limited; please contact the department for more details.



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# MUMBAI TO GET “HIGH LINE” A LA NEW YORK?

## OPEN MUMBAI - AN EXHIBITION THAT SAYS “LETS EXPAND PUBLIC SPACES” PROMISES JUST THAT

BEFORE



AFTER



**High Line (New York City)** The High Line is a 1-mile (1.6 km) New York City linear park built on a 1.45-mile (2.33 km) section of the former elevated New York Central Railroad spur called the West Side Line, which runs along the lower west side of Manhattan; it has been redesigned and planted as an aerial greenway. Recycling an unused railway line into a green park is one of New York highlights and a star attraction for its residents.

Open Spaces Statistics London- 31.68 sq mts/per person; New York- 26.4 sq mts/per person; Mumbai- 1.58 sq mts/per person. Mumbai has less than 5% & it shows !.....

Try crossing the road at Juhu Circle and you have a nightmare on hand. This experience is repeated across Mumbai city thanks to the lack of open spaces.

Not very long ago, many of you would have told your drivers “Take via Juhu beach “ and today the very thought of taking the route would mean long hours of bumper to bumper traffic.

The roads outside the iconic Mithibai / N.M. College is full of students walking as the hawkers have taken over the very few pavements that exist. Add to that spectators to Bhaidas and patrons visiting Santokba and you have a whole melee spilling over to the neighbouring roads of JVPD Scheme. Schools/College students, Hospital patients, and the south bound traffic add to the woes of the neighbourhood and are a perfect prescription for a time bomb in the making.

The same scenes are repeated across the length and breadth of Mumbai,

An endless stream of traffic, private cars making way, overloaded buses burrowing through the people, arrogant cabbies zigzagging the by lanes, buzzing Rickshaws cutting through traffic, people, road dividers, footpaths as if they

didn't exist, helmet clad bikes piling over one another in a circus act, the odd cyclist sandwiched between metal and rubber desperately trying to extract himself out, small children like porters carrying a huge bookload to their school, the office goers bathed in sweat and making his way through the maze desperately trying to catch the 8.22 Churchgate local, the occasional red light vehicle hooting its siren shooing away this melee. The situation is now desperate. Those who go the Juhu beach at 6 am know that it is not a jog on an empty beach front but more like being at the beginning of a marathon where you jostle for that small gap to run through.

The dichotomy of this 'Maximum City' is far more relevant here than anywhere else.

The seven islands joined and reclaimed over the centuries have left a legacy where you have an incredibly small land mass shaped like a finger and trapped between water being

home to over 14 million people, all jostling for that little space to walk, to breathe, to play, to eat, to live . A city which makes and sell dreams to the country via its Bollywood and Television software, a city which sells itself short to its citizenry in providing

that little open space for them to live honorably. In all this brouhaha giving birth to the lands sharks, the rapacious pawnbroker who brooks no obstacle in his insatiable appetite for money, supplemented by the avarice of the local



**A city which makes and sell dreams to the country via its Bollywood and Television software, a city which sells itself short to its citizenry in providing that little open space for them to live honorably.**

politician, and you have a perfect recipe for a city being annihilated and the quality of life depleting very fast for every citizen.

Open areas, greenery, landscaped walkways, pathways and footpaths, gardens, and a places where one can sit, eat, breathe, jump, walk are the cornerstone of any city that offers a dignity and good quality to its inhabitants.

For any city to thrive, development and conservation of open spaces must be a major priority.

As a Mumbaikar, trained as we are to be in a constant rush to make mega bucks, it perhaps escapes us that our dear city has the potential to be one of the best cities in the world to live in too. But where do find that elusive open space ?

Nullahs. Nullahs ! ? Yes Nullahs is a great starting point.



Proposed revitalization on the Irla nullah (storm water drain)

Mumbai boasts of 16 'nullahs'. Originally developed way back to protect the city from flooding, these 'nullahs' are now dirty streams of water cutting through the city as they have becoming the dumping ground for rubbish and sewage. Many are now choked with solid waste, and now denying exit to the sudden downpour of water and responsible for flooding in our city including the july 26 floods.

The beauty of Juhu suburb is in for a make over. Efforts are on to recover the 'nullah' behind Mithibai College, and reclaim and develop it to make it into a walking and a cycling track. While aesthetically planting trees alongside will add to



its beauty and protecting the ecological development of the area will go a long way to raise the look and quality of life. Imagine adding a few kilometres of walking, Jogging, cycling track lined with shady trees and landscaped right in our own backyard !!

Look around and count Mumbai's beaches. How many metro cities can boast of 10 beaches? Mumbai can. Taking a cue from Juhu beach, the other beaches spread over the distances of the city can be redefined and made truly eye-catching and accessible to general public.

**A place where our children can thrive and play, where the elderly can leisurely sit and breath in the fresh air or simply lose oneself. An ideal Sunday family picnic by the lakeside should be a reality. All this is possible in Mumbai.**

A wide open land and areas are but a dream in any city. A place where our children can thrive and play, where the elderly can leisurely sit and breath in the fresh air or simply lose oneself. An ideal Sunday family picnic by the lakeside should be a reality. All this is possible in Mumbai.

Mumbai has promenades, forts which hold within their broken walls history waiting to be told, a long winding coastline, rich gorgeous wetlands a delight for all naturalist. Keep counting and you will realise, how naturally rich our city is.

But apathy of its inhabitants {you and me }have eroded our natural treasures.

Today, open spaces in Mumbai means leftover places once the potential of 'land' is exploited for construction of a high-end residence or taken over by slums, illegal inhabitants and hawkers etc.

Open spaces, lands and areas are a backbone of any city. It ensures our physical well being as well as promoting happy emotion quotient. An environment friendly mumbaikar is one who cares for these open spaces and is willing to go the extra mile in his pursuit of this passion.



Even as we show concern and empathy for preserving and cultivation this open Mumbai, we must empower groups to stop all illegal encroachments.

The residents of Juhu feeling the need to expand public space, saving their waterfront and propelling the development of such areas, worked on a public interest plan aiming at an all inclusive development of the entire neighborhood. 'Juhu Vision' (a brainchild of P. K. Das & the Design Cell of Kamla Raheja Vidyanidhi Institute for Architecture) is a document mapping the conservation and planning of existing places and developing them for public usage, while at the same time creating new ones.



## OPEN MUMBAI “Let’s Expand Public Spaces”

The re-development of the Juhu beach was a noteworthy attempt in making the area attractive for general public.

Architect P. K. Das, as chairperson of Mumbai Waterfront centre, through his exhibitions “Open Mumbai: Let’s Expand Public Spaces” aims to spread awareness and garner support for beautification of our city, where apart from linking of open spaces, it promotes social interaction amongst its inhabitants. The plan integrates pedestrians, hawkers, vehicles, public transport, metro rail, malls into a seamless stream of activities which afford space and dignity to its citizenry and was developed with public participation and debate.

The residents of Juhu also took this activity to another level by initiating a talk between the government, environmentalists and other professionals and work within the given and ever changing social, economic and other demographic matrix.

CM Prithviraj Chavan, inaugurated the exhibition “Open Mumbai: Let’s Expand Public Spaces” at the

National Gallery of Modern Art, Mumbai and was so moved by the images of Mumbai that he accepted several ideas to create the open areas in the city.

President NCP Sharad Pawar, was floored by the show and had it moved to Nehru Science Centre, so that more people can see and participate in the potential Mumbai offered.

**The exhibition charts out a plan to design the concept of open spaces that went beyond gardens and recreational grounds and would include the positive features of the city like the forts, nullahs, coast line, creeks, beaches, lakes, mangroves and the water front.**

Uddhav Thackeray was so enamoured that he ensured that his 80 + elected corporators to attend the exhibition and imbibe and implement the ideas on display in their respective wards.

The exhibition charts out a plan to design the concept of open spaces that went beyond gardens and recreational grounds and would include the positive features of the city like the forts, nullahs, coast line, creeks, beaches, lakes, mangroves and the water front.

We need to shift focus from money (real estate) to emotional, social and physical well being of our people. Rather than plan huge outlays, we need to involve the citizenry, influence authorities, ensure that plan for public spaces are all inclusive. Successful implementation of this plan would require necessary amendments and immense support from authorities handling development and regulation plan for our “Mazaa” Mumbai.

Picturesque depiction of the city, with an eye opening picture before the development, and stunning one after the development, is worth a look. A visit to the exhibition which is now on at Nehru Centre is worth a ‘dekho’. Perhaps then you may sing “Yeh hai Mumbai Meri Jaan...”



## Congratulations

Rajesh Shah was elected as President to your prestigious Juhu Vile Parle Gymkhana Club on Friday October 2012.



Dwirek Raj welcoming Rajesh Shah with bouquet

## COURT SETS ASIDE BMC ORDER ON JVPD PLOT TDR

**THE HC ORDER NOW DIRECTS THAT THE PLOT OWNERS WHO WERE ENTITLED TO USE FSI UP TO NORMAL PERMISSIBLE LIMITS OF ONE, BE ALLOWED TO USE TDR**



The 14 societies and the federation which owned the plots in JVPD Scheme sponsored the formation of the Juhu Vile Parle Gymkhana Club (way back in 1984). These pioneers were a harried lot in recent times as on June 26, 2010 the BMC put a ban on the use TDR in JVPD scheme, thus bringing all new development in JVPD scheme to a grinding halt.

**This order will now help local residents to make full use of their properties as provided under the law.**

On 28 Sept 2012, the divisional bench of HC, Justice Sharad Bobde and Justice Rajesh Ketkar squashed the order of 26th June 2010. The HC order now directs that the plot owners who were entitled to use FSI up to normal permissible limits of one, be allowed to use TDR, under the development control rules on their plots. It is a happy news for the residents of JVPD scheme as the ban on TDR had thwarted the development of real estate in the area. This order will now help local residents to make full use of their properties as provided under the law.



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Enhance is the Dermatology and Aesthetic partners of Ponds Femina Miss India 2012 and 2013 for grooming all participants.

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It is done using slow absorbable threads, called polydioxanone, which promotes angiogenesis, fibroplasia and remodeling of the collagen.

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# MELTING POT @ JVPCLUB



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HAVE YOU TRY **CHOCOLATE FONDUE CAKE** AND **BLUE BERRY CHEESE CAKE?**



Your favourite restaurant from the Juhu Residency Boutique has come to the Juhu Vile Parle Gymkhana exclusively for its members. Melting Pot opened its doors on August 28th this year with a star studded bash! Under Mr. Dhananjay Shetty and other partners, the fine dining restaurant on the first floor of the building has a capacity to accommodate 120 people. With a large circular central sit out and comfortable private tables along the periphery, the restaurant promises to deliver multi cuisine fine dining at its best.



Jain Option (just ask the captain). From the vegetarian falguni sabji to diwani handi, paneer lawabdaar to bhare hue aalo, most of the dishes are delectable with great taste. The Futchi rice is a must try with fragrant rice topped with red garlic sauce with veggies. The Cottage Cheese in 3 pepper is next in line with paneer and bell peppers stir fried and tossed in garlic soy.

For the main course, other than the futchi rice/noodles, the Thai herb rice is a great option as well. Rice flavoured with red curry paste is sure to add a great taste to you meal.

It's a delight for everyone. For the sea food lovers, the steamed fish in Singaporean sauce and prawn gassi are must have's. The mangalorean coconut based preparations are sure to make you want to come back for another meal. The chicken patra kabab is another unusual but appetizing dish with marinated chicken stuffed with chicken mince and cheese.

Melting Pot offers one of the best fine dining experience in this locality and yes it truly does signify what they boast of being, a confluence of cuisines. We're sure you'll enjoy gorging on the scrumptious desserts including the Halwa of the day, Hot Gulab Jamuns, Angoori Rabadi and a delicious selection of ice creams, at the end of your meal. My personal favourites are the Blueberry Cheesecake, The Chocolate Oozing Fondue and the sinful chocolate Mousse. Why not try recreating them? Here are some easy recipes for you to try the most loved and enjoyed desserts at melting pot:

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With a menu including the best of North Indian, Chinese, Coastal and Tandoori food, the restaurant offers buffet service for lunch from Monday to Friday from 12:00 noon – 3:00 pm The restaurant is also open for dinner every evening and sat - sun afternoon for a la carte orders.

The kitchen at the back end is a state of the art, with modern equipments and also features a separate veg. and non-veg kitchen which enables to cook and serve veg. as well as jain food, which is in demand amongst our members.

Not only has the menu a lot in store for vegetarians, the unique feature at this place is that almost all items are available with a

## DESSERT RECIPES

### CHOCOLATE MOUSSE

#### Ingredients

- 250 gram Dark chocolate
- 150 ml milk
- 150 gram cream

#### Method

1. Melt the chocolate
2. Boil the milk and add the melted chocolate to it.
3. Let it cool for a bit
4. Add whipped cream and mix.
5. Garnish with grated chocolate flakes and a cherry on top.



### BLUEBERRY CHEESECAKE

#### Ingredients

- 300g blueberries
- 100g golden caster sugar
- 200g digestive biscuits
- 100g butter, melted
- 2 tsp vanilla extract
- 600g soft cheese
- 100g icing sugar
- 300ml pot double cream

#### Method

1. To make the blueberries, put the sugar and 3 tbsp water in a pan. Cook until dissolved then boil until syrupy. Add the blueberries, cook for a minute or two. You want them to soften but not burst. Tip the blueberries into a sieve over a bowl and cool.
2. Butter the base and sides of a 22cm spring form cake tin then line with baking parchment. To make the base, whizz the biscuits in a processor to crumbs. Mix with the butter then tip them into the prepared tin and press firmly into the base to create an even layer. Chill in the fridge for 30 minutes.



3. Mix the soft cheese, icing sugar and vanilla in a bowl until smooth then tip in the cream and mix until combined (it's better to use a wooden spoon for this as electric beaters will overwhip the cream). Stir through half the blueberries then spoon onto the base. Smooth the top of the cheesecake. Leave to set in the fridge overnight. Stir the remaining blueberries back into the syrup and chill.

4. Take the cheesecake from the fridge about 30 minutes before serving. Release the tin and remove the paper from the sides. Slide the cake onto a plate leaving the base paper behind. Spoon over the blueberries and syrup before serving.

### CHOCOLATE FONDUE CAKE

#### Ingredients

#### For fondant:

- 240 g dark chocolate 70%
- 120 g butter 82%
- 4 eggs
- 60 g caster sugar
- 60 g flour
- Cocoa powder, for dusting the moulds

#### For the moulds:

- 50 g butter, melted or backing spray

#### Method

1. Melt the chocolate and butter in a bowl.
2. Whisk the eggs and sugar together until the mixture leaves a ribbon trail. Mix into the chocolate and butter mixture.
3. Add the flour and mix to combine.
4. Brush 8 ramekins with a little melted butter and then dust with the cocoa powder.
5. Fill the moulds with the fondant mix and leave to set in the fridge for one hour.
6. Cook in the oven at 200°C for just eight (8) minutes.
7. Leave the fondants to rest for 1 minute, and then turn out and serve with ice cream.



The Chocolate Mousse, Blueberry Cheese Cake and Chocolate Fondue Cake are featured in Melting Pot menu.

## INTRODUCING THE MULTI CUISINE LUNCH BUFFET - EVERY AFTERNOON MONDAY TO FRIDAY- 12 NOON TO 3.00 PM @ RS. 399/ + TAXES



Melting Pot @ JVPCLUB immediately strikes you with its Grandeur, the sheer vastness of the expanse and the Ambience unrivalled in any club or even a fine dine restaurant. A place to sit, relax, unwind and enjoy a sumptuous meal with your loved one. Now with a lavish buffet spread every afternoon, it is an invite to come and spend the afternoon too in this cozy ambience.

A choice of Soup, 3 Veg. Starters & 3 Non Veg. Starters are served on the table as ordered. Salads, lip-smacking veg and non-veg main courses, Indian breads, pulao and delectable desserts – a feast for your eyes and palate. Calorie-



conscious customers can enjoy the eggless and sugar-free desserts. A spread of delicious Indian and Asian cuisine – in short Food fit for a King.

Welcome drink, Soup's and Starter's serves on the table. A la carte menu is also available. Every Monday to Friday from 12.00 noon to 3 pm.

To sum up in one word Amazing !





## FORTHCOMING EVENTS

**Saturday 3rd Nov. 2012**

Senior Citizen Forum Proudly Present

# KALAVAIYIDHYA 2

Cultural & Talent Parade By Our Senior Citizens

This is a unique opportunity for you to come & see our sr. members put up an impressive display of talent & culture. Come & encourage them and join us for a fun filled evening.

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Contact MSD for registration & details

6:30 pm Onwards, at Activity Hall

Prayer Dancing

Salsa Dance

Drama

Garba & Dandiya Rass

Dance

**14th Oct. 2012**

**Sr. Citizen Forum presents**  
**LECTURE BY DR. RAJ BRAHMBHATT**  
**TOPIC - HUMOUR IN SEXOLOGY**

On 14th Oct. 2012 at Jasmine Hall from 10 am onwards. For registration contact Member Service Desk.

**25th Oct. 2012**

**HEALTH CLUB GET TOGETHER**

Health Club members get together on 25th October 25, 2012 at 7pm onwards. Contact MSD for registration.

**26th Oct. 2012**

**DAANDIYA RAAS FOR KIDS**  
**by Spry Buds (6-11 YEARS)**

On 26th Oct. 2012 at Activity Hall from 5.30 pm to 8.30 pm. For registration contact Member Service Desk.

**4th Nov. 2012**

**CARD FESTIVAL**

Sunday 4th November 2012. 1.00 pm onwards. Limited entry. **Entries on first come first serve basis.**

**4th Nov. 2012**

**TAI CHI DEMO**  
**by Sensei Sandeep Desai**

Tai Chi demo will be held on 4th Nov. 2012 at Activity Hall from 9 am to 12 noon. All members are invited to participate.

Tai Chi invigorates the Body and Mind by balancing the circulation of Chi meaning Energy.



**18th Nov. 2012**

**LOVE YOUR TEETH**  
**- DR. BHAVIL D. ACHARYA**

Library sub. comm. presents "Love Your Teeth" by Dr. Bhavil D. Acharya on Sunday November 18, 2012 from 10am onwards at Activity Hall. Entry Free

**21st Dec. 2012**

**SR. CITIZEN FORUM PRESENTS**  
**RETRO BAR NITE- PART II**

Senior Citizen Forum presents Retro Bar Nite part II at Activity Hall from 8pm onwards.

## PROMOTIONS OCTOBER 2012

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## SPORTS

### HAMMER STRENGTH COMBO INCLINE AND OLYMPIC DECLINE BENCH JUST ARRIVED



Hammer Strength Combo Incline



Olympic Decline Bench

Hammer strength is the #1 brand of plate-loaded equipment in the world and offers some of the industry's most advanced strength-training technologies. With the revolutionary vision & guidance of founder gary jones, hammer strength became the first to explore the ergonomic advantages of utilizing converging and diverging arcs of motion. Highly sophisticated computer aided design (cad) software and years of collaboration with athletes and coaches ensure that every plate-loaded machine simulates the most natural, ergonomically-correct paths of motions on and off the field. Iso-lateral technology delivers the smoothest converging and diverging arcs of motion in the industry. This allows users to move both limbs at the same time, one at a time, alternating, or with different weights for each.

Ground base technology offers the most advanced feet-on-the-ground positioning whether it's during traditional or explosive sport-specific training. Ground base machines simulate real-life movement to build better balance and total-body stabilization.

### Achievement - Billiards & Snooker Dept.

#### JVPT TIGERS BRINGS LAURELS AT SNOOKER LEAGUE 2012

JVPG Club team 'Tigers' now reached the final of the W Z O TRUST Mumbai Snooker League organised and conduct by B S A M, held at Dadar Parsi Gymkhana.

JVPG 'Tigers' secured 17 points from 8 matches in the group 'L' and stood 1st in the group. In pre-quarter final we beat MIG 'Feathers', in quarter final defeated CCI team and in semi-final defeated MCFteam.

**Team Tiger** - Bharat Mehta (Capt), Devendra Joshi (Arjuna Awardee), Anup Kedia, Vishnu Kedia, Rajesh Vora and Birju Kanani have reached in final.



Bharat Mehta in action



Rajesh Vora highest break point in league - 45

## ZUMBA Classes

**EVENING BATCH**  
FROM 2ND OCT. 2012  
TUE., THU. & SAT.  
TIME: 5.15 to 6.15pm  
FIRST COME FIRST SERVE BASIS

**MORNING BATCH**  
FROM 15TH OCT. 2012  
MON., WED. & FRI.  
TIME: 8.15 to 9.15am  
PRIORITY TO EXITING BATCH MEMBERS

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## HEALTH CORNER... WORKOUT TIP

The next morning, alarm rings you intend to move, but your body refuses, it feels like stiff wood, ready to snap at the slightest movement, you ache all over!!! Welcome to the world of fitness.

You have finally motivated yourself to undertake a fitness plan, you buy some new gear, enroll in the gym, set your alarm and at ungodly hour you hit the gym. A plethora of machines stare at you in the face, the friendly gym instructors steps in and gets you started. You begin to learn of muscles you never knew existed. You finish feeling great, your body is loaded with endorphins, brain chemicals that give you a feeling of well being or euphoria. You leave with a promise to come back the next day, to further your fitness plans.

The next morning, alarm rings you intend to move, but your body refuses, it feels like stiff wood, ready to snap at the slightest movement, you ache all over!!! Welcome to the world of fitness.

You reach for your mobile, call your trainer, explain your condition, he nonchalantly tells you it's DOMS.

### Q. What is DOMS you ask?

A. DOMS or delayed on set of muscle soreness is generally caused when you subject your body to an unaccustomed load, it could be through excessive eccentric training, heavier work load, new exercise in your routine, change in the rep

systems or even with a change of grip. Such soreness should disappear anywhere from 36 to a max of 72 hours depending on the intensity of the soreness. In your case it's the unaccustomed activity.



### Q. How do I elevate or get rid of this soreness?

A. The various ways to elevate this condition are the same exercise with a lower weight, visit to the sauna, massage or an ice water bath, all of these will help partially reduce the soreness.

### Q. Is it an injury?

A. In general it is not considered as an injury and in most case you need to do nothing however if the condition persists beyond 36 to 72 hours see a doctor.



**Mohan Savalkar**  
Chairman - Health Club

### Q. Should I stop training?

A. Not at all, the muscles quickly adapt to being able to handle new activities so as to avoid further damage in the future, this is known as the "repeated-bout effect". So continue training but always be guided by what your body indicates to you. Listen to your body.

### Q. Should there be no soreness after workouts?

A. Some athletes actively pursue mild soreness it give them an indication that they have worked the targeted muscle sufficiently and the methods used to achieve the overload have been successful. Eg if he squats and DOMS sets in the quadriceps then he knows he is good, instead if his lower back or his knees hurt excessively he needs to go back and assess his training form, body positions, may be vary his stance or simply lower the weight the next turn etc, In short mild soreness is a good indicator of your work load and effectiveness of the same.

Armed with the knowledge, you get into the gym, enjoy your work out, another step towards a fitter you.

Have FUN get FIT.

## SENIOR CITIZEN FORUM

### SR. CITIZEN VISIT TO BHIMASHANKAR AND GOVARDHAN DAIRY

The Senior Citizen Forum had organized a 2 day picnic for its member to Govardhan Cheese Factory, Asia's largest cheese plant (Go Cheese) and the famous Bhimashankar Temple. 40 members participated for this event. The members had a good time and there was a great camaraderie amongst them. Govardhan founded by Parag Milk Food Pvt Ltd in 1992, is one of India's largest private dairies, with an output capacity of 1,000,000 ltr. per day, located in a lush green village called Manchar in Maharastra. The visit to this Cheese Factory was found to be very informative.

The 2nd day, the members left on schedule to Bhimashankar Temple which is a Jyotirlinga shrine located 50 km northwest of Khed, near Pune, amidst heavy traffic and huge rush of devotees at the temple, the members faced no difficulty in doing the darshan thanks to the tour organizer, the necessary arrangements were made with the priest of the temple. In addition, arrangements were made for Doli for the members who had difficulty in climbing the steps of the temple. The members highly appreciated this gesture and thoroughly enjoyed the 2 day picnic & thanked the Convener Shri Satish C Shah for organizing such a wonderful and memorable picnic.



### LIBRARY SUB. COMM. - KAVI SAMMELAN AT JASMINE HALL

We had a Kavi Sammelan on 23rd Sept. at Jasmine Hall. Chairman Shailesh C. Shah & Sureshbhai Zaveri, member Lib. sub. committee arranged this program. There were 7 poets, who gave their compositions in gujarati. Mr. Pankaj Shah conducted the program.

The invitee poets Mr. Meghbindu, Surendra Kadia, Asha Purohit, Rajen Brahmbhat, Priti Jariwala, Madhu Shah and Suresh Zaveri read poems on various topics.

The program was very well appreciated by members and requested for program in future.



Sureshbhai Zaveri

Shailesh C. Shah

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**CONTACT**  
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**9819866542**

**AGE: 4 - 10 yrs.**

**DATE: November 5 - 9**

**BATCHES: 10 a.m - 1 p.m**  
**4 p.m - 7 p.m**

**ADDRESS:**  
**4, Juhu Shilpa,**  
**1st Flr,**  
**Khawaja Ahmed Abbas**  
**Marg,**  
**opp. J.W. Marriott, Juhu**



# ARRIVAL OF GUJARATI BOOKS

Lot of Best seller books of all time written by well know gujarati authors like Zaverchand Meghani (Radhiyali Rat, Sorath Tara Vaheta Pani...), K M Munshi (Krishnaavtar Vol-1,2,3...), Pannalal Patel (Aashmani Najar...), Dhumketu (Chauladevi, Gurjarpati Mulrajdev 1-2...), Bhupat Vadodaria (Akhand Prem, Akband Sambandh...), Tarak Mehta (Mama e bhana ne mamo banavyo..), Shahbuddin Rathod (Dukhi thavani kala...), Ashwini Bhat (Angar pt 1-3...), Kajal Oza Vaidh (Mari Mammi Mara Papa..), Labhshankar Thakar (Ramban Dava – Divel..), B N Dastoor (Beramji bawani dairy...) and 30 books set of Osho Rajnish on various subjects is arrived at our Library.

## JVPD SCHEME IS NOW HOST TO FIRST EVER AMERICAN EDUCATION CENTER IN INDIA

### STUDY IN THE USA

American colleges are still the number one choice for international students and have the highest number of world ranked universities.

### STUDY IN PENNSYLVANIA

The state of Pennsylvania & its culturally thriving city of Philadelphia {with over 100 national historic landmarks}, is famous for its Declaration of Independence.

It is also home to some of the country's oldest and most prestigious colleges & public university systems (notably the Penn State system, with over 20

campuses all over the state). With over 100 four-year colleges alone, offering programs designed to tailor just about every academic interest under the sun, it is the choice state for many International students. The city of Pittsburgh, is home to the prestigious Carnegie Mellon University, for students of engg. & science, while Philadelphia plays host to Wharton School of U Penn for Business.

“The Trust has created a wonderful opportunity for Indian students wishing to go to any of these prestigious institutions” said Sujay Jairaj adding that the Center will offer Indian

students a unique service to match each student's individual talents, interests and learning styles to the schools best suited for them.

The center is open to any students from any institution and being in the backyard is a boon to the thousands of students studying in the plethora of institutions in JVPD Scheme.

With a majority of our clubs members living in the vicinity, this is a welcome development for our children seeking higher studies in these institutions in the US. For more information please contact the center at Jamnabai Narsee School.



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