

# LORD GANESHA

by Mahek Shringhey



**The celebration sees a grand observance of the occasion complete with elaborate execution of traditional rituals, singing of devotional songs, fervid dancing, cracker-bursting and loud chanting of "Ganpati bappa morya..."**

Every year the entire world sees the Indian community celebrate Ganesh Chaturthi with great enthusiasm and participation. Preparations for this sacred festival begin months in advance and the actual day of celebration sees a grand observance of the occasion complete with elaborate execution of traditional rituals, singing of devotional songs, fervid dancing, cracker-bursting and loud chanting of "Ganpati bappa morya..."



According to the legend, the festival marks the auspicious day of the birth of Lord Ganesha. The story goes as follows- Lord Shiva, the Hindu God of resolution, was away from Kailash due to some work. As Parvati was alone at home, she

felt the necessity of some one to guard the door to her house while she took bath. When she did not get any one, she conceived of the idea of creating a son who could guard her. She then created Ganesha out of her sandalwood paste and breathed life into the idol. She then asked him to stand on the gate and do not let any body enter until she came out. Unfortunately, Shiva returned home in the meantime. As, Ganesha did not recognize him, he stopped Shiva from entering as per his mother's advice. This badly enraged Lord Shiva, who cut off Ganesha's head by his trident. When Parvati saw beheaded Ganesha, took on the form of the Goddess Kali and threatened to destruct all the three worlds. The earth, the heaven, the nether world, all was shaken and every body ran to Shiva for solution. In order to appease Lord Parvati and save the

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world from destruction, Lord Shiva sent out his followers to find a child whose mother is facing another direction in negligence, cut off his head and bring it quickly. The first such child that came in the eyes of the Shiva followers was an elephant, so they brought the head of this elephant and Shiva placed it on the trunk of Parvati's son and gave life into him. Parvati was the overwhelmed with happiness and embraced her son. They named it Ganesha i.e the Lord of all Ganas (followers).



**Lokmanya Tilak**

Before 1893, Ganesh Chaturthi used to be an important public festival during the Peshwa rule in Maharashtra, but that year, Indian freedom fighter and social reformer Lokmanya Tilak transformed the annual festival into a large, well-organized public event. Tilak recognized the wide appeal of the deity Ganesh as "the god for everybody", and popularized Ganesh Chaturthi as a national festival in order "to bridge the gap between Brahmins and 'non-Brahmins' and find a context in which to build a new grassroots unity between them", and generate nationalistic fervor among people in Maharashtra against the British colonial rule. Tilak encouraged installation of large public images of Ganesh in pavilions, and also established the practice of submerging in rivers, sea, or other pools of water all public images of the deity on the tenth day after Ganesh Chaturthi. Under Tilak's



encouragement, the festival facilitated community participation and involvement in the form of intellectual discourses, poetry recitals, performances of plays, musical concerts, and folk dances. It served as a meeting ground for people of all castes and communities in times when, in order to exercise control over the population, the British Rule discouraged social and political gatherings.

The ten-day festival starts from the fourth day of the bright half of the lunar month, Bhadrapada and continues till the fourteenth day. Thousands join in and form the many processions that fill the streets when the time comes for the image to be immersed in water...the sea, river or lake. The festival brings with it a feeling of comradeship. Everyone wants to participate.

On the first day the clay form of Ganpati is brought home with great devotion. Prayers are said and songs chanted to the accompaniment of music from the mridanga or two-sided drum and the jhanj or cymbals. Some devotees select and buy their Ganpati on the same day and others place their



orders months in advance. The figures are often very large, standing several metres high. These larger Ganesh images are usually ordered by neighbourhood puja committees, the entire neighbourhood contributing towards the purchase.

After the Ganpati image is collected it is ceremoniously installed in a place of honour and various rituals take place. The Ganpati is decorated with ornaments, flowers and lights. Puja and aarti are performed every morning and evening using flowers, rice, betel nuts and leaves, turmeric, red powder, coins and oil lamps. Men and women, the old and young all join in. Special sweets called modaks are steamed or fried for offering to Ganpati. Modaks are small rice or wheat flour dumplings stuffed with coconut and jaggery. These are served at the festive meals during the festival. Additionally, a large variety of savoury and sweet snacks such as karanjis, ladoos, chaklis, kadbolis and anarsas are distributed to devotees and guests during the pujas.



On the tenth day of the festival this happy loving god leaves for his celestial home and is immersed in water. Huge processions made up of different groups all accompanying the image of Ganpati that they have worshipped, make their way by foot to the immersion site. The very large images are transported by truck. All this is done to the accompaniment of dancing and singing. The mood is jovial with everyone chanting, over and over again, "Ganapati Bappa Morya, Pudhchya Varshi Lavakar Yaa..." calling Ganpati to come again soon next year.

The sight of the crowded streets, the different Ganesh images and the happy people is an amazing spectacle. In large towns special roads are demarcated for these processions and the traffic police and users of cars, buses and two-wheelers display notable patience with the crowds and never-ending processions. However, it is the stupendous scale of this festival, celebrated by communities of people in the cities and villages of Maharashtra, which attracts millions of people to the state. Some of the community idols are as tall as 20 metres. These are set up in large pandals, worshipped for 10 days and then taken to the sea in immense processions for immersion. Not only are the massive idols the attraction of the festival, the plays, musical soirees, contests of skill, bullock cart races, swimming galas -all of which are planned in different venues - are events which show the enthusiasm of the people. Undoubtedly, Maharashtrians love Ganpati.

And what celebration is complete without festive food? Here are some traditional recipes for you to whip up this year and share with friends and loved ones.

### RAVA LADDU

#### Ingredients:

Rava (semolina) : 1 kg      Sugar : 500 gm  
Cardamom : 20      Cashew : 100 gm  
Raisins : 100 gm      Ghee : 100 gm

**Method:** Heat ghee in a frying pan. Add rava, cashew, raisins and fry till golden. Mix water with sugar in a vessel & boil. When it is of syrup consistency, add rava, cashew, raisins, stir well & remove the pan from the stove. Make small balls.



### MODAK

#### Ingredients

#### For Stuffing:

250 gm Coconut (grated)  
250 gm Jaggery  
1 1/2 tbps Sesame  
1 tbps Ghee

#### For Modak Covering

Maida or All purpose Flour 400 gm  
3 tbps Oil  
Salt to taste

**Method:** Make a soft dough of the flour by adding oil and salt. Heat ghee in a vessel, add jaggery, coconut and sesame seeds. Keep stirring continuously on medium flame. The jaggery dissolves and a sticky solution is formed. Leave it to cool for 30 minutes. Make small balls of dough and roll it, let the diameter be 3-4 inches approximately. Put 1 tbsp of the above stuffing in the dough and pack it by taking all the corners up giving it a shape like a cone on top. This is called a modak. Take oil in a kadai and deep fry the Modaks till brown.



### CHOCOLATE MODAK

Chocolate modak is an exciting and delicious variation of making the traditional modak. It is an exceptional way of attracting kids and all ages of people who adore eating chocolate. Chocolate modak looks very appealing, attractive & tempting.

#### Ingredients:

1 cup Chocolate Chips  
3 cups Desiccated Coconut



## TRADITIONAL RECIPES FOR GANPATI FESTIVAL

1 cup Condensed Milk

8-10 Walnuts (finely chopped)

Silver Warq as required (cut into half inch squares)

**Method:** In a big bowl, take chocolate chips, desiccated coconut, condensed milk and walnuts and mix well. Divide into little portions and press them in modak mould. Wrap the modaks with silver warq and refrigerate till set. Serve.

### BESAN KE LADOO

#### Ingredients:

2 cups Gram Flour (besan)  
1 1/2 cup Sugar (grinded)  
1 cup Ghee  
1 tsp Almonds (chopped)  
1 tsp Pistachios (chopped)  
1 tsp Cashew Nuts (chopped)

**Method:** Mix gram flour and ghee over a low heat in a kadhai and constantly keep stirring to avoid lumps. When it releases an appetizing smell remove it from the heat and allow cooling. Add sugar and nuts to the gram flour and mix thoroughly. Now form ping-pong size balls of the mixture. Ladoos are ready to be served.



### ALMOND NANKATHAI

#### Ingredients:

800 gms. plain flour  
1/4 tsp. baking powder  
500 gms. sugar powdered  
1-2 tbsps. warm milk if required  
500 gms. solidified ghee dalda  
200 gms. almonds, powdered coarsely  
1/2 cups broken bits of almonds or halved almonds

**Method:** Take in a large deep plate, run in circular direction with a flat palm. Rub enough to make ghee white, fluffy and light. Sieve baking powder with flour. Add sugar to ghee and mix till light. Fold in sieved flour, almond powder till well mixed. Sprinkle some milk if dough seems too dry to hold. Mix with a light hand. Do not knead too much or make dough gooey. Coarse dough will make better and lighter cookies. Shape in small rounds, arrange on baking sheet. Preheat oven to 200oC, before putting in cookies. Press on almond



bit on each cookie in centre. Bake at 180C for 7-8 minutes or till very light golden. Remove, cool on a wire mesh or rack till completely cooled. Store in airtight container, in dry place.

**Note:** One may even add milk when rubbing ghee and sugar.

### KARANJI

#### Ingredients

3 tbsps Ghee      1 pinch Salt  
1 1/2 cups Milk      Few Raisins  
Few Almonds      3 1/4 cups Sugar  
1 cup Wheat Flour      1/2 litre Oil (for frying)  
1 tbsp Poppy seeds      1 cup Grated Coconut  
1/2 tsp Cardamom Powder

#### Method

**Basic:** In a bowl mix salt, flour and ghee. Rub in well. Gradually add water and knead to form firm dough. Cover with wet cloth and set aside.

**For Stuffing:** Cook the coconut (use fresh or dried), sugar, milk, chopped almonds and raisins, cardamom powder, and poppy seeds (optional) till the milk evaporate.

**The Rest:** Divide the dough into 20-25 sections, roll them out into flat round pancakes. Place a spoon of stuffing at the centre and fold the pancake in half. Use a cutter to create the fluted crescent border and cut off excess dough. You can seal the edges by applying a little milk and pressing down hard. After all the karanjis are stuffed, fry them in very hot oil for 2-3 minutes or till golden brown, remove onto paper towels and allow to cool.



### RICE CHAKLI

#### Ingredients:

2 tbsps butter      oil as needed  
340gm rice flour      1/2 tsp asafetida  
1 tbsp til seeds      115 gm gram flour  
3 tsp chili powder salt to taste

**Method:** Add rice flour to gram flour. Also add chili powder, butter, salt and asafetida. Mix well. Now add 1 tbsp of til seeds and mix nicely. Add water to mixture and knead to prepare smooth dough. Heat oil in pan and press bits of dough through a mould. Fry chaklis in oil till they become crispy and brown colored. Serve with green chutney or achaar.



## BRINGING HOME LORD GANESHA ? GANPATI MURTI KALA KENDRA IN YOUR AREA

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Deepak Anant Zore  
**Cell:** 9920797593  
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**Production:** 250

### MHATRE ARTS

Manish Mhatre  
**Cell:** 9769695999/9920481904  
**Add.:** Bajiprabhu Deshpande Rd., Vinayak Soc. Old Police Line, Parla Gaonthan, Vile Parle (W), Mumbai - 56. Since last 10 year  
**Types:** Eco Friendly, Diamond and Jari Work.  
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**Production:** 150

### ASHAWARI KALA KENDRA

Ravindra Manjare  
**Cell:** 9930703476  
**Add.:** Nehru Nagar, V. M. Road, Vile Parle (W), Mumbai - 400 056. Since last 5 years  
**Types:** Eco Friendly & Shadu Matti Murti  
**Max. height:** 7 feet  
**Production:** 200

### NILESH KALA MANDIR

Nilesh Kalamkar  
**Cell:** 9833320175 / 9029095199  
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## MULTI CUISINE RESTAURANT, BAKERY, COFFEE SHOP, AND EGG PREPARATION

The restaurant also has a fine dining branch in Pune which has been awarded the 'Best Coastal Cuisine Restaurant' by the Times of India four times already. They are also located in Hotel Rishi Residency at Koparkhairne which has 32 rooms with 2 Restaurants and a bar. Coconut Grove has proved to be a leader in Institutional catering and also provides for big wigs such as Infosys, Reliance, NMIMS Institution.

**C**oconut Grove the multi cuisine restaurant has now opened in our ground floor (where the erstwhile china garden operated) with an eighty cover dining hall and an equally big bar lounge.

The bar lounge serves the entire range of alcohol from Scotch to Rum to Vodka, Wine, Beer etc. and is the place to be at, whether after a swimming session, a fast paced game of Squash or Tennis or Badminton, or a vigorous workout at our Health Club or just to catch up with a friend. Sumptuous mouth watering Kebabs, Tikkas, Grills, or dry snacks to accompany the drink or a simple mocktail are all available.

The multi cuisine restaurant offers the entire range of Punjabi and North western Frontier Foods and Continental as well as Chinese Cuisines both vegetarian as well as non vegetarian.



Chole



## Thai Currie



### Paneer Makhani



Schezwan fried rice

The owner Ms. Asha Shetty is an avid foodie herself and has created several recipes herself which find their way on the Menu like, Mangalore cuisine with authentic recipes such as Khas Sheekh and Atish-e-aloo for appetizers, Chettinadu Curries, Rajmandri, Pulchat Curries, Sukha preparations (using coconut), Puli Munchi (rural cuisine), and Gassi style preparations. The preparations take you back to the coast of Malabar with its sounds and smell.

One can also book any of our club banquets like Jasmine, Orchid, Oyster etc and host a party which they will happily cater to.

The high light of Coconut Groove has to be their famous sea food specialties and a variety of foods to choose from such as Deep fried sea food, fry curries, and a host of Malabari Coastal Food.



Supplementing the Bar is a bakery which serves cakes , puffs, pastries, Breads, Rolls, Croissants, Mousse, Lavash, bread sticks, and a host of other fresh offerings from the bakery. From pastries to puffs, all products sold here currently are eggless and vegetarian.

Ranging between Rs.40/- and Rs.70/- the confectionary includes Dutch Pastry, Oreo Pastry, Casata Pastry, Rich Chocolate, Orange pastry, Brownies, Doughnuts and Puddings. You can even buy the cakes available for special occasions and celebrations. And in case you don't feel like indulging your sweet tooth, try the savories like Manchurian hot dog, Pasta rolls, Paneer Manchurian and Paneer rolls. The Bakery also offers 'Egg preparations' to take care of your protein needs. A live Egg station has been placed in the corner of the bakery. Priced between Rs. 30/- and 60/- you can eat eggs just as you like, boiled, or as bhurji, pakoda, omelet, half fried or with a Chinese twist as scheszwan eggs.

Coconut Grove also serves at the Reliance Corporate and Reliance Jamnagar Refinery in Navi Mumbai and Pune. Mrs. Asha Shetty, the Director of the Coconut Grove group has

incorporated her own family recipes in the restaurant menu giving it a personal touch. The restaurant also has a fine dining branch in Pune which has been awarded the 'Best Coastal Cuisine

Restaurant' by the Times of India four times already. They are also located in Hotel Rishi Residency at Koparkhairne which has 32 rooms with 2 Restaurants and a bar. Coconut Grove has proved to be a leader in Institutional catering and also provides for big wigs such as Infosys, Reliance, NMIMS Institution, the Times of India other than Juhu Vile Parle Gymkhana, along with many more such institutions.

The restaurant has also seen the likes of Vivek Mushran and singer Shaan visiting the restaurant. Members of JVPG can come as early as 7.30 in the morning to enjoy the treats offered at the bakery and for breakfast. So the next time you step in to the club, take a little detour to the right and check out all the goodies Coconut grove has to offer.



Dr. S B Mujumdar presenting the award for 'Best Coastal Cuisine' to Ms. Asha Shetty Coconut Grove



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## FORTHCOMING EVENTS

23rd  
Sept. 2012

### KAVI SAMMELAN

Library sub. comm. presents "Kavi Sammelan" by Meghbindu, Surendra Kadiya, Suresh zaveri, Asha Purohit, Rajen Brahmhatt, Priti Jariwala and Madhu Shah. Compering by Pankaj Shah on 23rd September 2012 at Jasmine hall from 9.30 am onwards. Entry Free

Starting 1st Week of  
Sep. 2012

### MUMBAI SNOOKER LEAGUE 2012

3 teams named JVPG Tigers, Fighters and Maulers from JVPG Club are participating in this league starting from 1st week of September and ending in 1st week of October 2012. The matches will be played at Home and Away basis.



1st  
Oct. 2012

### LAWN TENNIS COACHING

Lawn Tennis coaching - New batch will be starting from 1st October 2012. For enrolment please contact Office/MSD

14th  
Oct. 2012

### SR. CITIZEN FORUM PRESENTS LECTURE BY DR. RAJ BRAHMBHATT TOPIC - HUMOUR IN SEXOLOGY

Sr. Citizen Forum presents Lecture by Dr. Raj Brahmhatt, Topic - Humour in sexology at Jasmine Hall from 10 am onwards. For registration contact Member Service Desk.

### PROMOTIONS SEPTEMBER 2012



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get 1 glass/pint FREE



#### KETEL 1 VODKA

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1 Smirnoff miniature FREE



Till stock last

## EDITORIAL

### BETTER LATE THAN NEVER MELTING POT @ JVPG CLUB Now Open



Anil Sampat  
Hon. Secretary  
& Editor

*How did it get so late so soon?" Dr. Seuss. The irony of getting late so soon is certainly not lost on us. A promise was made to deliver a new world class restaurant to replace Woods by May 2012, and we are certainly late by 3 months.*

*3 months saw opposition to the project, a slew of court cases, some vitiating rumours and a delay inevitably followed. True, Democracy provided for opposition and a different point of view but what was happening was getting against the spirit of the institution. There comes a time when one only has three choices in life; Give up, give in, or give it all you have got. We chose the last option.*

*The result MELTING POT @ JVPG Club which opened last week. Incidentally they will also serve "Jain Options" which are currently not on offer at their own outlet opposite Mariott. The response has been overwhelming and the outlet has seen record breaking sales in the first week itself. The ambience, food, service has been received with great warmth. Our members typical response is that 'Now we have a place where we can proudly bring our guests'. Their aspirations have been raised and there were many who visited the club after a long gap. Truly "The Bar has been raised". Kudos to all my colleagues in the managing committee and office bearers for their support and inputs. A special mention though of Bhargav Patel and Shamit Majmudar for having burnt the midnight oil in the process.*

*Coconut Groove our new caterer is serving in the ground floor (erstwhile china garden) and also brings you a cake shop and bakery with eggless options. They also serve Omlettes and Sandwiches.*

*Your health club has been upgraded with the addition of 5 New Precor treadmills and 3 AMT's - All of them have been well received in the Health Club. Mohan Sawalkar as chairman is doing a great job and footfalls in the health club have increased sharply.*

*The Squash court are undergoing renovation and all the three court are being air-conditioned and should be ready by the end of October.*

*The renovated card room should be functional by mid September.*

*Many more projects are in the pipe line and once approved by the managing committee will come to you.*

*Good management has ensured that we do not increase the fees across the board for all sports sections this year even with increased facilities. The clubs funds are being used prudently and there is unlikely to be any increase in sports fees in the coming times as well.*





# MELTING POT @ JVPG CLUB - NOW OPEN



Mohammed Morani   Shashi Ranjan   Sahil Sangha   Mr. & Mrs. DJ Suketu   Jimmy Sheirgill   Dia Mirza   Zayed Khan   Mr. & Mrs. Ashish Choudhary   Sandeep Soparkar   Ameet Gaur   Terence Lewis



Vice President Rajesh Shah   Hon. Secretary Anil Sampat   Hon. Jt. Secretary Dr. Ojas Dave.   Treasurer Satish Shah   Mrs. Rinni Bhargav Patel   Dhananjay Shetty - "Melting Pot"



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## HEALTH CLUB - TREADMILL



### Problems Created by Holding onto the Treadmill

- Turns walking into "make-believe walking" and running into "fake-running"
- Ruins posture and body alignment
- Reduces calories burned
- Reduces effects of incline
- Doesn't build balance



Mohan Savalkar  
Chairman - Health Club

Holding Onto the Treadmill is Make-Believe Walking and Fake-Running

Holding on when on the treadmill never simulates actual walking or running. Some people press their palms down against the side rails, lifting their bodies partially off the tread, creating a body weight that's lighter than what they must deal with once off the machine. While legs wistfully go through mere motions, shoulders sway to and fro in an unnatural pattern that can strain them. Some men take heavy or exaggerated steps, trunk leaning forward, arms bent while hands are clamped to the rails, body bobbing up and down like a buoy in the ocean.

Many people also grip the front bar, yanking their body forward with each step. Any kind of holding on eliminates walking and running weight-bearing benefits. Your legs get a free ride.

Holding on with one hand is still cheating, creating unequal stresses to the body — even if you alternate hands. Even "resting" your hands on the machine compromises efficacy. Besides, the moment the speed or incline is increased, those resting hands will tighten. I've witnessed people don leather gloves for increased grip traction!

**Cheats the Lower Back Muscles:** The lower-back muscles are called the erector spine : They keep you erect while walking or jogging in daily life, and stabilize the spine. Holding onto the treadmill cheats the lower back out of doing work, weakening these important core muscles.

**Holding Onto the Treadmill Ruins Posture**

Tall people who hold on are especially at risk for developing forward, slumped posture. View a tall person from the side who's clinging to the machine. Note the disrupted posture, which may include a butt that's sticking out. No back specialist alive would endorse this, even if the walker is 80 years old. Regardless of

your height, holding on produces an unnatural, inefficient gait.

**Spinal Alignment:** Hanging on skews spinal alignment, and unteaches your body how to walk or run efficiently. Your leg cannot extend fully prior to the foot's contact with the tread. A shorter step length results. Taking longer strides to compensate for this (which the walker will invariably do) will cause ballistic action in the hips, creating risk for repetitive stress injuries. Gripping at fast speeds raises blood pressure.

**Risk of Repetitive Strain Injuries:** If you luck out and never experience RSIs, then don't get smug: Every minute you hold on is a minute wasted. I've instructed men and women (including martial artists and bodybuilders)—who were hardcore grippers at fast speeds and high inclines—to walk hands off at 15 percent incline, but at only 3 mph. Within two minutes, they were panting and had to lower the incline!

**Holding onto the Treadmill Burns Fewer Calories**

When the machine's settings are high, the calorie display shows a very big number. But this reading is triggered by the program settings only! If you put your 8-pound puppy on the tread, or even let the tread move without anything on it, it would still show the same impressive calorie total. Because holding on eliminates substantial workload from the legs and even the shoulder girdle, the actual calories burned is far lower than the bright red number flashing on the console.

Walking or running hands-off burns 20 to 25 percent more calories for the same length of time. Don't think that you're smoldering up heapfuls of calories by tugging with your arms and hands during a fast pace on a high incline. The leg and gluteal muscles are the largest muscles in the body. Large muscles burn the most calories. Divert work from the legs? You get minimal calorie burn.

## SENIOR CITIZEN FORUM

### PATRIOTIC SONGS BY SWAPNIL MISTRY & TROOP

The Senior Citizen Forum had celebrated this Independence Day with Swapnil Mistry and his team of musicians playing and singing Patriotic Songs as well as songs from old and new Hindi movies. Later in the evening, famous and popular T.V / Bollywood and Comedy Circus artist known as VIP was invited and he gave an outstanding performance for nearly 40 mins and enthralled the audience with his antics. The show was appreciated and enjoyed by all present. 140 members were present for this event. It was very kind and generous of Indusind Bank for sponsoring this particular event. The event was concluded by cutting cakes for the Birthday's falling in the month of August.



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## 66TH INDEPENDENCE DAY @ JVPG CLUB

On 66th Independence Day, 15th August 2012, the national flag was hoisted by Acting President Shri. Rajesh Shah in presence of Office Bearers, Trustee, Managing Committee Members and other members. This was followed by refreshment.



Flag hoisting by Acting President Rajesh Shah with Ojas Dave, Satish P. Shah, Satish C. Shah & Anil Sampat.

## RAIN SHOWER

### OF GUJARATI AND HINDI FILMY SONGS BY RUPA DAGLI AND GROUP



Rain shower of Gujarati songs and Hindi Filmy songs by Ms. Rupa Dagli.

Program was excellent Ms. Rupa Dagli took the members in confidence and called few members on floor and gave them hat and umbrella. Made them to dance on tunes of Barasat me of Raj Kapoor.

The members really enjoyed the program and requested them for few more songs which they did oblige.

Members were so happy that they requested Chairman for another program in Jan or Feb with new season songs.

## VARUN DAVE'S ACHIEVEMENTS

**Mumbai Suburban District Badminton Tournament 2012, Mumbai.**

**Cat. U/10 (singles) :-** Winner for 3rd consecutive time in a row.

**Cat. U/13(singles) :-** Played well to reach till the semi-finals.

**1st State selection Badminton Tournament 2012, Nanded**

**Cat. U/13 (singles):-** Its been a satisfactory year to begin with for Varun, in spite of being only 9 years of age Varun displayed fantastic level of confidence to reach pre-quarters. He was playing a category higher than his ie. Cat. U/10.



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