

## EVER GREEN JEETENDRA

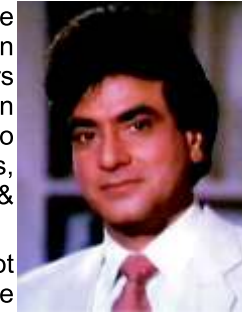
*An interview by Rekha Khan*

**Jeetendra is now 70. But look at his fitness level and he can put many half his age to shame. He quit drinking 10 years ago and is a fitness freak, exercising regularly and is very particular of his food habits. He keeps himself busy and above all he says “ he has no complaints in life”... That is his mantra of life.**



Jeetendra

**K**nown as the Jumping Jack of the Indian film Industry, Jeetendra in a career spanning over 40 years has built up a legendary Fan following with his roles in Boond Jo Ban Gayee Moti, Farz, Hum Joli, Waris, Karwaa, Parichay, Khusboo, Kinara & Bidaai and an endless list of movies.



Born Ravi Kapoor ( his real name is not known to many ) his Reel name Jeetendra has made him a household name since the 60's. He has always done many entertaining film namely; Himmatwala, Mawali, Tohfa, Justice Chowdhary, Asha, New Delhi Times, Meri Awaaz Suno. These films were very successful. Yet this idol of millions never ever aspired to be an Actor or a Hero or a Star.

'Navrang', produced by the legendary film maker V. Shantaram in 1959 was a blockbuster and it is here that Ravi Kapoor was baptised in the Indian Film industry. Albeit his role in the film was just as an “Extra” but it kick started his journey and the rest is history in a remarkable career and a long long fruitfull journey in the Indian Film Industry or “Bollywood” as we call it.

**As I reached the set all dressed up to play the lead role of a prince, I saw dozens of princes around; All dressed up like I was. My dreams came crashing down, as I realised that what V. Shantaram gave me was the role as an extra and not the main role of a hero which I had misunderstood.**

Here is one star who we can say is lucky to have a strong successful family around him. His wife, Shobha is a famous Producer of televisions serials and made her mark as a producer. Daughter, Ekta is the Queen of TV Soaps and one of the earliest people to launch a corporate entity in the TV industry under the the name of “Balaji telefilms”, and Now ventured into producing films which have been successful blockbusters. Son Tushar is busy shaping his career in Bollywood.

Jeetendra, during his long innings in Bollywood, has had his share of Ups and Downs, as he takes a walk down memory lane. Yet typical of the man he has no complaints and thanks the almighty for showering him with so many blessings. In this special interview, he opens up his past life as we can glimpse at a few of the pages.

Very few people know that Jeetendra's family was in Jewellery supply business. In those days, Jeetendra's family

was staying at Girgaum and he was known as Ravi Kapoor. He had just completed High School. Recalling those days Jeetendra said “One fine morning, like many other morning, my Uncle told me to go to V. Shantaram's Film Set and supply some Jewellery pieces to him. When I reached the Film set the shooting of “ Navrang” was in progress and there were many Film stars of that era present.

V. Shantaram beckoned me and in his characteristic drawl asked me “Do you want to work in my film”

Jeetendra said “I was taken aback” as I had no idea or aspiration to become an actor. I had gone to supply jewellery. And here was “V. Shantaram”, one of India's foremost directors offering me a role. I just could not believe when I heard about this offer. I accepted it. V. Shantaram told me to come to the Film Set the next day.



I can never forget that day as from that day onwards, I was flying in the seventh sky. I was happy to imagine that I am going to be the Hero in V. Shantaram's film. He had offered me the role of Prince. Next day, I reached at the film studio on time and I started slipping into my dress of a Prince's and get ready for the shot. As I reached the set all dressed up to play the lead role of a prince, I saw dozens of princes around; All dressed up like I was.

**I would wander and struggle from one studio to another and manage my hunger with broken glucose biscuits. I used to buy broken glucose biscuits of 2 anna's. I used to get many biscuits in 2 aana and after eating biscuits I use to drink lot of water.**

My dreams came crashing down, as I realised that what V. Shantaram gave me was the role as an extra and not the main role of a hero which I had misunderstood. Unwittingly V. Shantaram had now brought me to the doorstep of my



career.'Navrang' was my first Film and my career started as an extra in the film. Later on, I did become a Hero in films”.

Jeetendra has not forgotten his first earning either. He says from “Navrang film, I earned Rs. 100/- which I gave to my father. During those days value of 100 rupees was much more”.

Jeetendra gets emotional remembering those days and adds “Our family of 8 stayed in a small room at Girgaum. My mother had divided one room in many parts by putting bed sheets on wire and we were staying happily in that room and we use to play mischief in the balcony at the front and back of the room. Today also I remember that we stood in line with Dalda tin for washroom. Even at that time, we never felt that we are staying in a chawl. Even now I go to my old home at Girgaum during Ganpati Festival or at the time of Prayer worship.



A still from 'Geet Gaya Patthron Ne'

Jeetendra became hero in the film 'Geet Gaya Pattharon Ne'. V. Shantaram agreed to make me hero in his film, but he did not increase my wages and said that he gave me a break and my monthly salary will be Rs.100/- even though, I had already become a Hero.

I remember that in those days, note of Rs.10/- was considered great. I made fan of these notes of Rs.10 and gifted it to my father. My canteen Bill during those days was maximum of Rs. 12/- to Rs. 13/-. Without the knowledge of the canteen owner, I jumped from the wall and ran home to give salary to my Papa. My father use to give me pocket money and I use to pay my canteen bill from that and also use to spend the rest for expenses.”

**V. Shantaram agreed to make me hero in his film, but he did not increase my wages and said that he gave me a break and my monthly salary will be Rs.100/- even though, I had already become a Hero.**

Even after becoming hero from the film 'Geet Gaya Patthron Ne' hardship of Jeetendra was not over. He had to struggle till his film 'FARZ' released. He says remembering those days of struggle, “at that time when I use to be very hungry and I had no food to eat”. I used to keep Bundi worth 2 anna's and I used to eat one by one a piece of Bundi to feel that I'm not hungry. At that time, I would wander and struggle from one studio to another and manage my hunger with broken

glucose biscuits. I used to buy broken glucose biscuits of 2 anna's. I used to get many biscuits in 2 anna and after eating biscuits I use to drink lot of water. That time was of realistic films and I received offer for 'FARZ', which was rejected by all big hero's because no actor was prepared to work in that

**“Farz” ran for over 100 weeks which is over 2 years (something unimaginable today when movies get pulled down in a week or two).**

James Bond type film. Since I was in need of money I said yes and I accepted the offer. I became satisfied that I am also doing meaningful film like 'Boond Jo Ban Gaye Moti'. But see my luck, “Farz” dragged along for 11 weeks and suddenly from the 12 th week it picked up. So much so that it ran for over 100 weeks which is over 2 years (something unimaginable today when movies get pulled down in a week or two). Farz succeeded and I became a HIT.

It is said that the every Big Actor has to face rejection during his career. The path of success can be obtained from failures and he can learn so much from the rejection.

Jeetendra tells about his rejection. “Subodh Mukerjee wanted to make one film with Hema Malini. He told me that if I bring Hema Malini, then he will definitely cast me as hero for the film. I contacted Hemaji and I convinced her to accept the film offer. At that



time, I was doing film of L.V. Prasad and my dates were not matching with Subodh Mukerjee's dates. I went to Prasad Sir and I told him that I am working with Subodh Mukerjee's film along with Hemaji. As the dates clashed, I would have to leave his film. He gave me permission to leave the film but was distinctly unhappy. I was busy for Subodh Mukerjee's film preparation. One fine morning I saw the earth beneath my feet had been pulled away when one early morning as I read screen (film weekly), that Subodh Mukerjee was casting Hema Malini with Sashi Kapoor in the film 'Abhinetri'. I was downcast as it was I who was supposed to do this film with Hema. I was very depressed as I was removed from the film and was not informed. Gathering courage, I went to L.V. Prasad and told him my story and requested him to take me in his film. Graciously he gave me the role in the film “Jine ki rah”. As luck would have it “Abhinetri” flopped whereas “Jine Ke rah” was a blockbuster. It has been years since but I still carry the pain of rejection in my heart.

Jeetendra has seen many ups and downs in his 40 years film career. This period has been full of ups and downs. During 73-74 came 'Caravaan'. That was golden period. I had received many film offers but that time film federation started new rule that no actor can work in more than 6 films. Therefore, I could not take any advantage of my hit film. Then Dharamveer came in 1977, hereafter golden period of my career started. But in 1982 Didare Yaar, made me see the down trend. That was my first film as producer. This film became super flop.



But films from South gave me full support during this downfall. My film Himmatwalla was released and was very successful film and there onward the era of South films was on high. I worked with all big producers of South films and at that time I became very busy”. Jeetendra feels that he is an average husband and an average father. “He says, if I have to give marks between 1 to 10 to myself, as a husband, I can give only 6 to 7 marks out of 10 marks and as a father, it will become still less.

But yes, I became a good boyfriend to Shobha during our courtship. I had seen Shobha first time when she was only 15 years and after completion of school education she became Air



Hostess. Then we decided to get married at the time of release of Bidaai in 1974. From then onwards, Shobha has been my support at every step. “She is amazing”, A wonderful housewife, A superb mother and a successful business woman. To create Balaji, She and Ekta worked very hard. She played a major role in nurturing and developing the character of our children.



When the children were growing, I was busy at that time doing films in the south and used to call them over the weekends. But weekends are not sufficient for a fathers role and it is here that Shobha stepped in and played the dual role of both father and mother, never letting them feel my absence

He says while continuing his talk, “I am very lucky”. Both my children are very talented and hardworking. My relation with them are of love & respect. I don't give any tips to them. I feel that I need to learn from them. Tushar is very passionate about his work. Ekta is a daughter any father would be proud of.

Jeetendra is now 70. But look at his fitness level and he can put many half his age to shame.

He quit drinking 10 years ago and is a fitness freak, exercising regularly and is very particular of his food habits. He keeps himself busy and above all he says “he has no complaints in life” ... That is his mantra of life.

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# SHRAVAN MONTH

This month is spread out with innumerable religious festivals and ceremonies and almost all the days of this month are auspicious. Considered as the holiest month of the year, all important religious festivals and ceremonies like Bodh Chaut, Nag Panchami, Randhan Chat, Shitla Satam, Janmastami and Raksha Bandhan fall in the month of Shravan



The month of Shravan is the fifth month of the Hindu calender beginning from Chaitra, and is the most auspicious month of the Chaturmas. On Purnima or fullmoon day, or during the course of the month the star 'Shravan' rules the sky, hence the month is called Shravan. This month is spread out with innumerable religious festivals and ceremonies and almost all the days of this month are auspicious. Considered as the holiest month of the year, all important religious festivals and ceremonies like Bodh Chaut, Nag Panchami, Randhan Chat, Shitla Satam, Janmastami and Raksha Bandhan fall in the month of Shravan, and so this is the time for Hindu's especially women to observe regular fasts. One must be very particular about what is consumed during this month, especially during for fasts. Foods that one should avoid include: cultivated grain, including rice and wheat in all forms, maize, pulses and lentils, root vegetables such as radish, onion and garlic, all salt other than rock salt, spices considered 'heaty or warming to the system' such as asafetida, red chillies, fenugreek seeds, turmeric, mustard seeds. These foods also include other heaty or warming ingredients such as jaigerry, sesame, betel leaves and vegetable oil. Any leftovers from a prior meal or spoilt food are also proscribed. They are believed to be either tamasic (heaty) and not to be consumed on the day of a fast.



On the other hand, foods that are allowed include milk, select milk products like yogurt, butter milk, butter and ghee (not cheese which is considered spoilt). Vegetables include gourds like the Dudhi and Parval, Root vegetables like Potato, Suran, Ratalu Kand), Sweet Potato, Arbi and spices like the Green chilli, Coriander, ginger, Dried ginger, (sonth), Lemon, Fruit, Cumin, dried fruit and nuts, sago, (tapica, sabudana), rock salt, (sendha namak), sugar, rock sugar (misri), black pepper, clove, cardomom, rajgeera, coconut, peanut, Shingara, Buckwheat, Arrowroot. Whatever their origins, all of the items of it is harvested from existing sources rather than cultivated. Just goes to show how innovative one

can get in the search for flavor! Although, Most diabetics are said to report a rise in their blood sugar levels by the time the holy month of Shravan concludes. Going by this trend, here are some recipes for the health conscious to follow so that they are able to follow tradition without being worried about their health

## ALMOND AND COCONUT MILK SOUP

Singhare ka Atta is flour made from Waterchestnuts. Water chestnuts have been a part of the culinary annals of India for eons. This flour qualifies as a fast ingredient because the Shigara occurs naturally and is harvested when in season. About 2/3 of the plant floats just beneath the water surface, with only its upper leaves floating on the surface, it has white flowers that submerge after pollination to facilitate fruit formation. The plant bears edible nuts in hard-shelled fruits which resemble the head of a water buffalo with two large curved horns hence the name Shingara and it is these nuts that are made into flour that is used as a staple during fasts, to make chapattis, paranthas, sweets vadas and also as a binder or thickening agent.

### Ingredients:

- 1 tbsp Shingara atta
- 2 green chillies sliced
- ½ c almonds blended to a paste
- 250 ml coconut milk
- 250 ml water
- 2 tbsp oil
- Rock or Black salt, to taste

**Method:** Heat the oil in a large saucepan over medium-high heat. Add the, chillies and splutter, add Shingara Atta and stir in well. Add coconut milk, almond paste, water and salt. Bring to the boil, reduce heat to medium and simmer for 5 mins, Taste, adjust seasoning and serve hot with a little green chilli on the side.



## MINTED SAGO SALAD

### Ingredients:

- 1 cup mint
- 2 green chillies
- 1 cup chaas (buttermilk)
- ½ cup sago
- 1 cup assorted fruit (citrus fruit like grapefruit or orange, pineapple etc)
- ½ cup pomegranate
- Handful raisins
- Rock or Black salt to taste

Place mint, salt buttermilk and chillies in blender and blend well. Transfer this to a bowl, add sago and allow to stand for an hour. After an hour, steam sago lightly and transfer to bowl, allow to cool. Add fruit and raisins toss well and serve.



## BAKED POTATO WITH CORIANDER SALSA

### Ingredients:

- ½ kg potatoes, boiled with very little water peeled and cut into thick slices
  - ½ cup cream
  - ½ cup toasted peanut
  - 1-2 green chillies
  - 1 tsp oil
  - Black salt to taste
- For Coriander Salsa

Whiz 1 cup coriander, 1 tsp raisins, 1 green chilli, juice of one lemon and a little black salt in the blender. Set aside.

**Method:** Place chillies salt and toasted peanut in a blender and process to a crumbly paste. Transfer to a bowl, add cream and mix well. Add salt and stir in well. Set aside. Brush a baking dish with oil. Spread peanut mix on the bottom and layer potatoes over. Top with remaining peanut mixture and bake until moisture has completely evaporated. Serve hot, topped with coriander salsa.



## SAFFRON SAMA "RISOTTO"

Morio, Veru Arisi, Vari che Tandul Sama or Khodri is a wild grain which is ground into flour. The seeds are sun-dried, then threshed to remove the husks. When roughly ground it is cooked like rice, in salted water. The fact that is found wild and harvested and also considered a 'cool' food



makes it a viable choice on fasting days.

### Ingredients:

- 4 cups chaas (buttermilk)
- 3 tbsp ghee
- 1 cup Sama or Vari che Tadul
- ½ tsp saffron strands (dissolved in 1/2 cup hot milk)
- 1 tbsp butter
- 1/3 cup cream
- Black salt to taste
- 1 cup cooked grated purple yam
- Dry fruit for garnish

**Method:** In a medium saucepan bring chaas a slow, steady simmer. In a large heavy 4-quart pan over medium heat, melt ghee and add rice. Using a wooden spoon, stir for 1 minute, making sure all the grains are well coated. Add the hot chaas (½ cup at a time), stirring frequently. Wait until each addition is almost completely absorbed before adding the next 1/2 cup, reserving about 1/4 cup to add at the end. Stir frequently to prevent sticking. When the sama is almost done dissolved saffron. Stir in cream, purple yam and salt and stir well to combine. Transfer to warmed serving plates and serve immediately garnished with dry fruit.

## POMEGRANATE SQUARES

This is my twist on the traditional recipe for Tapkhir jo halvo.

### Ingredients:

- 1 cup arrowroot flour
- 1 ¼ cup sugar
- 2 ½ cup water
- ½ cup pomegranate juice
- 2-3 tsp ghee
- 4-5 pistachios flaked

**Method:** Mix 1 ½ cups of water, pomegranate juice and arrowroot flour and set aside. In another pan, bring the remaining water and sugar to a boil. When melted completely, add the arrowroot mix and stir well. When it starts to thicken, add the ghee and pistachio flakes and stir well. Allow to thicken some more (It will start to leave the sides of the pan). Pour into a thali, allow to cool and set. Cut into diamonds or squares, roll in powdered sugar and serve.





## FORTHCOMING EVENTS

### PROMOTIONS AUGUST 2012



#### SMIRNOFF TRIPPLE-S

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Till stock last

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Buy 2 large peg, take home 1 Rowsons miniature FREE



15th Aug. 2012

#### FLAG HOSTING



Flag hoisting ceremony will be held on 15th August, Independence Day at 8.30am.

18th Aug. 2012

#### QAWWALI NITE by Arif and Zeba

Entertainment sub. comm. present Qawwali Nite on Saturday, 18 August 2012 at Activity hall 8 pm onwards. For registration contact Member Service Desk.

19th Aug. 2012

#### RAIN SHOWER OF GUJARATI & HINDI FILMY SONGS BY RUPA DAGLI & GROUP

Library sub. comm. presents "Rain Shower of Gujarati & Hindi Filmy Songs" by Rupa Dagli & Group on 19th August 2012 at Jasmine hall from 10.00 am onwards. Co-operation Suresh Javeri. Entry Free For registration contact Member Service Desk.

1st & 2nd Sep. 2012

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

Senior Citizen Forum organise 2 day picnic to Govardhan Dairy and Bhimashankar on 1st and 2nd September 2012. For registration contact Member Service Desk.

14th Oct. 2012

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

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

3rd Nov. 2012

#### SR. CITIZEN FORUM PRESENTS KALA VAIVIDYA PART II

Senior Citizen Forum presents Kala Vaividya part II at Activity Hall from 6.30 pm onwards. For details / participation in this event kindly contact Member Service Desk.

## HEALTH CLUB GETS A BOOST NEW CARDIO MACHINES COME TO JVPG CLUB

### Inauguration of AMT & Treadmills



Lighting of the lamp (L to R) Satish C. Shah, Gautam Bhukhanwala, Anil Sampat - Hon. Sec., Dr. Ojas Dave Hon. Jt. Sec., Pankaj Vora, O. P. Bharti, Shailesh Shah and Satish P. Shah - Hon. Treasurer.

Mohan Savalkar  
Chairman - Health Club  
Breaks Coconut

Rajesh Shah - Vice President  
inaugurates new AMT & Treadmill  
by cutting the ribbon.



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# JVPG CLUB'S HEALTH CLUB

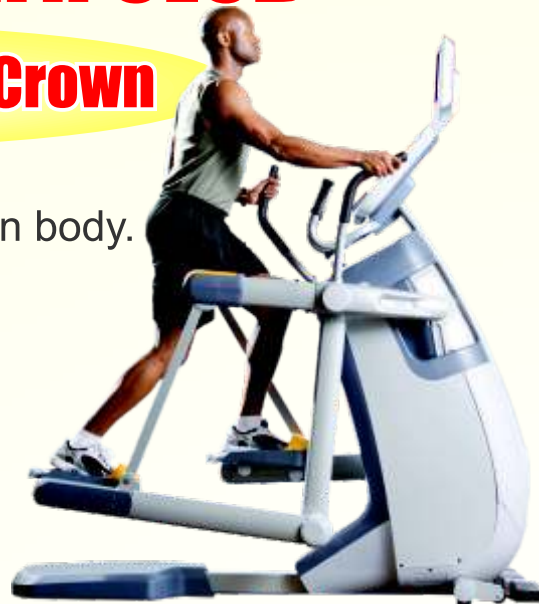
## Jewel In Our Club's Crown

What is AMT?

Adaptive Motion Trainer™

Introducing a machine as versatile as the human body.

Adaptive Motion, the technology behind Precor's revolutionary new low-impact cardio trainer, was created with one thing in mind: freedom of movement. With this thought, Precor engineers listened, observed and designed to your requests for a revolutionary, speed-of-thought, user-driven workout experience. The Adaptive Motion Trainer is unlike any other machine in that it actually adapts to your movements—allowing you to completely change the motion and path of your steps without so much as the push of a button. Different from any other type of workout, the AMT is designed to not only work out your body but also your imagination. Go from short strides to long strides, walking to running, then into deep lunges. The AMT gives you the freedom to create a challenging and completely unique workout every time you press “start”.



### Freedom to exercise your creativity

From the moment we began creating the Adaptive Motion Trainer, we set out to design a machine that would allow complete freedom of movement. To create a machine that could harness the power of the human imagination to create new possibilities and new rewards, while fundamentally changing the way people looked at exercise. So choose your movement. Then change it as often as your heart and mind desire. It's called adaptive motion technology, and it's creating a much healthier more imaginative world.

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Without variety the mind grows bored and the body stops feeling challenged. So how do you create variety? Freedom of choice. This is what makes the AMT so unique. By allowing you to alter your motion at the slightest whim of your imagination, no two workouts have to feel the same. This keeps your mind engaged and your body torn between wanting to experiment with new movements and needing a second to catch your breath.

#### STRIDE DIAL™ – ZERO TO 27 INCH STRIDE LENGTH

0" | Deep lunges (similar to stair climbing) | Short strides (similar to walking) | Mid-range strides (similar to jogging) | Long strides (similar to running) | 27"



##### Deep Lunges:

Similar to stair climbing, this works all the muscles of the leg, but is particularly good for working the glutes, hip flexors, and calves.



##### Short Strides:

Similar to walking, short strides primarily work the calves and quads.



##### Mid-range Strides:

Like a jogging motion that targets the glutes and hamstring.



##### Long Strides:

It's like running without the impact, long strides that engage all of the major muscles of the leg.

# ADAPTIVE MOTION TRAINER™

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### EQUIPMENT FEATURES

#### Adaptive Stride Length

Naturally adapt stride length without the need to control settings. From zero to 36 inches (0 to 91 cm), to match the desired workout for each unique user.

#### Open Stride™

Open Stride™ is a unique feature that allows exercisers to adapt their stride height from 6.8 to 10 inches (17 to 25 cm) and stride length from zero to 36 inches (0 to 91 cm).

#### Dual Action

Dual action provides both upper and lower body workout. Arms are engaged with pushing and pulling motion to provide the ultimate in total body engagement.

#### Stride Dial™

The pendulum-like swing of the Stride Dial™ helps users see stride length to determine the muscle groups being worked. As stride length changes, the Stride Dial updates real-time.

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#### Foot Pedals

Foot pedals with toe caps enable user to optimize muscle involvement. Two-step powder-coating process applies rust.

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Step on platform in the rear is polypropylene for durability. Platform enables the user to step onto the foot pedals while identifying how far the foot pedals may extend from the back of the machine.

#### Bearings And Pivot Points

The smooth feel is optimized by using large bearings and oversized pivot shafts.

## MISSION IMPOSSIBLE

The ONLY GYM KHANA CLUB not in Mumbai (but in India) to have the PRECOR 835 and 3 of them.

“How many do you need?” was the immediate response, “THREE” I blurted out, hardly a voice of confidence, “ok fine” was the response..... ”WHAT are you sure?” was mine. “Yes” they reassured.



Mohan Savalkar  
Chairman - Health Club

I was given (by the Office Bearers) the devilish task of making the Health Club Cardio Section, World Class! How does one make a cardio section better? When it already houses, 2 spinning cycles-Star Trac, 1 vertical cycle-Techno Gym, 2 recumbent bikes-Techno Gym, 6 treadmills-Star Trac, 2 elliptical trainers-Techno Gym, 1 wind assisted mark II rower, 5 treadmills-Techno Gym and a Osim foot Massagers to relax after A grueling work out.

Scratch, scratch. Hmmmmm... I asked myself what should I be looking for? As I let my brain into an overdrive...

I was looking for a machine that intuitively responds to users' natural motion, allowing members to completely change the flow of movements for a comprehensive cardio workout - all without so much as the push of a button. A machine as versatile as the human body and different from any other type of workout, and it should challenge not only your body, but also your imagination?

The Archimedes in me came out with a Eureka!! The Precor AMT 835 fitted the bill....

Having won several global awards for Innovation, Design & Performance {Precor AMT 835} was a beast that fitted the criteria set. But this beauty doesn't come cheap, I expressed my concern to Our Hon. Sec. Anil Sampat & Jt. Sec. Ojas Dave. Well, prove its worth and

benefit to our members and your Managing Committee will go for it. Price would certainly be no barrier. WOW what an approach. Truly encouraging.

The details given and an hour later they were convinced of the merit of the request.

Now came the difficult part and my next apprehension. 1200 health club members and a daily footfall of over 300 users, {& a machine that had taken the Gyms the world over by storm} would cause a riot in the cardio room. So I had to ask for more than one machine - “How many do you need?” was the immediate response, “THREE” I blurted out, hardly a voice of confidence, “ok fine” was the response.....

”WHAT are you sure?” was mine. “Yes” they reassured.

In less than a week the Managing Committee has put its stamp of approval, and in the week that followed the Tender committee negotiated the deal and well 2 weeks later here we were breaking the auspicious coconut signalling the inauguration of the beast (3 of them) and 5 treadmills! IMPOSSIBLE had become POSSIBLE.

The ONLY GYM KHANA CLUB not in Mumbai (but in India) to have the PRECOR 835 and 3 of them.

HAVE FUN, GET FIT



# JVPG CLUB GETS 5 NEW “PRECOR” TREADMILL

## C932i COMMERCIAL LOW-IMPACT TREADMILL

### Designed for commercial use.

Commercial-grade construction and components, plus a self-cooling motor designed specifically for Precor commercial treadmills.

### Solid, durable running bed.

Exceptionally sturdy deck requires no lubrication. Constructed of Phenolic laminate bonded to 1-inch medium density fiberboard, it can be flipped to double the life of the bed.

### Intuitive console saves you time.

Easy-to-use console allows the user to start exercising quickly with little or no instruction - allowing your staff to focus on the user, not the operation of the machine.



### Product Description

5 programs for workout variety On The Precor C932i Treadmill. A mix of speed, incline, and programs work lower body muscles. With everything from a weight-loss to an interval program.

### Low maintenance

Superior construction and quality components, such as steel rollers and cast

aluminum end caps, promote years of trouble-free use.

### Low profile

Low step-up height allows comfortable access when mounting and dismounting.

### User-friendly membrane display

The intuitive keystroke sequencing and multiple feedback options make monitoring workouts easy.

### Smart Rate

Shows actual heart rate in relation to your target zone for weight loss and cardio training.

### Advanced 3.0 horsepower motor

Cool and quiet, with substantial power from .5-11 mph. The self-



cooling motor spins, hence eliminating the need for a fan, increasing motor life and reliability.

### 0-15% incline ramp

Simulating running on hills, the C932i incline ramp allows user to exercise different muscles at different levels.

### 5 programme for workout variety

A mix of speed, incline, and programs works lower body muscles. With everything from a weight-loss to an interval program, routines stay fresh and motivating.

### Storage

Accessories are easily housed in the console, with space for user.

## INTEGRATED FOOTPLANT™ TECHNOLOGY (IFT)

Integrated Footplant Technology (IFT) takes one simple fact into account: When you run, the speed of your foot changes.

Precor treadmills with IFT recognize this change in speed when your foot strikes the belt and adjust to match every stride. This ability to respond to your natural foot speed results in a smooth, fluid feel that enhances your workout experience. Precor Integrated Footplant Technology redefines treadmill design to synchronize machine movements with human motion.

### How this science works naturally with the human body

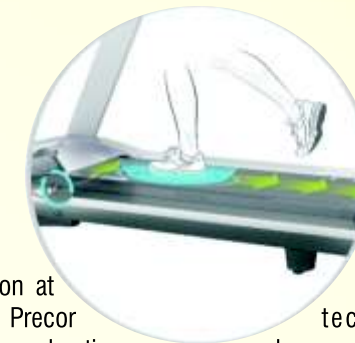
When your heel strikes a treadmill, the foot delivers a powerful spike of energy. Integrated Footplant Technology reads this energy spike and uses the information to make minute belt-speed adjustments as you run.

The result is your running stride remains fluid and you experience an enhanced workout that:

- Feels completely smooth and natural
- Reduces joint stress and minimizes fatigue
- Maximizes aerobic benefit for heart and lungs

### 1. Mimics natural running motion

When running or walking, the foot accelerates and slows during the course of each step. If exercising outdoors, the ground's firm surface



supports the natural acceleration at the beginning of each stride. Precor technology works with this natural acceleration by precisely adjusting belt speed as the foot hits the deck—supporting the natural motion & preventing drag that can pull the foot backwards as the runner moves forward.

### 2. Harmonizes running speed and belt speed

Precor treadmill design calibrates belt speed so that the treadmill surface shares the stationary benefits of running outside. To do this, equipment software monitors heel strikes and communicates with equipment hardware to adjust motor speed with a user's natural stride. The resulting harmony between runner and machine means a smooth, fluid, and rhythmic running experience.

### 3. Promotes workout ease and comfort

Relative Perceived Exertion (RPE) is the difference between how hard your brain says you're working and how hard your heart actually works. If you're jogging, the perceived level of exertion drops when impact to your ankle, knee and other affected joints is reduced. So you experience a more comfortable workout that keeps you motivated and moving toward your fitness goals.



## GROUND EFFECTS IMPACT CONTROL SYSTEM (GFX)

Ground Effects® technology overcomes a crucial treadmill problem: How to engineer a running surface that's solid enough to provide maximum stability and pliable enough to absorb high-impact motion. Most treadmill decks flex like an inverted bow to absorb shock. That solves one problem; it reduces stress on joints. But creates a new one: it's difficult to push off—a lot like jogging in the sand.

Precor analyzed the problem and redefined high-impact running as a low-impact sport that didn't have to sacrifice stability or speed. Result: Patented treadmill design that outperforms a natural running surface.

### How this science works naturally with the human body.

When you run outdoors, the earth provides rock-solid stability. That's essential for a vigorous, safe running experience. But every time your foot hits the ground, it stresses knees, ankles, hips and other joints—creating discomfort that quickly fatigues the body.

Precor Ground Effects technology revolutionized treadmill deck design with more absorption in the front where the foot hits the belt, added rigidity at the back for a firm push-off, and greater overall stability vital for healthy joints & safe running.

### So you experience an enhanced workout that:

- Absorbs high-impact movements.
- Reduces joint stress and minimizes fatigue.
- Supports a solid and controlled push off.

### 1. Absorbs shock only where needed

Precor running decks are secured at the back so you get the greatest shock absorption at the front: Right where you need it—where the foot hits the tread—for a smooth, natural running motion. This patented

design provides maximum lateral stability across the running surface without compromising the give you need at the front for a comfortable workout experience.

### 2. Supports a strong push-off

A running deck with enhanced stability makes a strong push off possible. That's important because without it, your foot sinks as it pushes off, requiring more energy, increasing fatigue, and diminishing workout results. Precor patented treadmill deck design provides added firmness at the back so you get just the right balance of hardness and absorption for a solid push off with reduced stress to the joints.

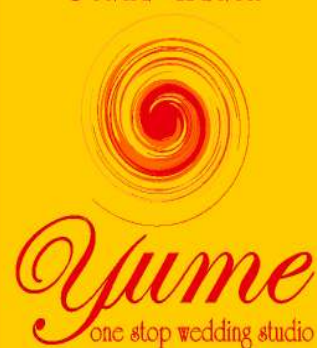
### 3. Adjusts to the user's individual needs

Precor innovative technology includes triangular-shaped shock absorbers at the front of the deck. This unique feature progressively absorbs impact based on the runner's weight. The combination of lateral stability and variable shock absorption means that—whether you're training for a marathon or recovering from an injury—you're on a machine that adapts to your build and your workout.

### 4. Promotes workout ease and comfort

Relative Perceived Exertion (RPE) is the difference between how hard your brain says you're working and how hard your heart actually works. If you're jogging, the perceived level of exertion drops when impact to your ankle, knee and other affected joints is reduced. So you experience a more comfortable workout that keeps you motivated and moving toward your fitness goals.

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## SPORTS

### JVPG CLUB COMBINE 4 STAR DIST. RANKING TT TOURNAMENT

JVPG Club Combined 4 Star District Ranking Table Tennis Tournament was held from 19th to 23rd July at our Club. About 500 participants participated in 12 events. In the Open Mens category India no. 3 Sanil shetty lived upto expectations and won over his opponent Aman Balgu in a hard fought match Score : 9-11, 11 – 7, 3 – 11, 11 – 6, 11 – 9, 11 – 6.

In the women's finals Shweta Parte fought hard to take the tie to the wire before turning the tables on Senhora D'souza and clinching the title with a 12 – 10, 8 – 11, 7 – 11, 11 -13, 11 – 6, 11 – 6, 11 -1 win

Sweta Parte - Women Singles Winner  
Sanil Shetty - Men Singles Winner



Hon. Jt. Sec. Dr. Ojas Dave inaugurate tournament by cutting the ribbon



R. R. Joshi, ACP Santacruz with Dhruv Sitwala, Billiards Word No.2



Sanil Shetty in action

### ACHIEVEMENTS - VEDANT SHAH

Our member, Vedant Shah, has emerged as the Gold Medallist at two recently concluded back to back prestigious Table Tennis tournaments.

The first one being our very own recently concluded JVPG Club Combined All Mumbai 4 Star District Ranking Tournament where Vedant emerged as the winner in the U15 category.

Following this tournament, the Maharashtra State Ranking TT Tournament was held at Dombivali where again he emerged the gold medallist in the U15 category amongst the top players from all over Maharashtra.



## SPORTS

### BADMINTON HOME TOURNAMENT

31ST JULY TO 5TH AUGUST



Badminton Home Tournament winners with Badminton Chairman - Aditya Pandya, Hon. Jt. Secretary - Dr. Ojas Dave, Dinesh Poddar, Committee Member - Sushil Jain, Vishwajeet Bhatnagar, Jayesh Motasha and Sandeep Kothari

The Badminton Home Tournament was held from 31st July to 5th August. More than 100 members participated in different events. In the Mens Singles

Varun Motasha prevailed over Ashish Rupani in a stiff competition. Score 21-11, 21-19. In the Womens Singles Hemal Motasha beat Urvi Pandya. Score 21-8, 21-10.



### SQUASH TIN & BOTTLE TOURNAMENT



A Tin & Bottle Tournament was Held on 08th July at squash court for members of the club. More than 50 members participated. In the final Rahul Modi prevailed over Rajan Chheda. Score 2-1.

### SQUASH COURT RENOVATION

All the three squash courts will be undergoing renovation. The wooden flooring system will be re-laid, the lighting system will be renewed and all the 3 courts will be air conditioned. The work has started from 8th August and will complete in two months.





## PUSHPA NARSEE PARK HOSTS BRITISH CYCLIST SEAN CONWAY ON HIS SOLO CYCLING GLOBAL TREK FOR ZAMBIAN STUDENTS

Pushpa Narsee Park (with a spanking new cycling track) in our neighbourhood hosted the British Cyclist Sean Conway on his World Trek.

Sean was on a world trek, an attempt to break the world record for cycling solo and unsupported around the world, aiming to cover 18,000 miles in 150 days. His mission is to donate the prize

money to students in Zambia. Students and cycling enthusiasts joined him at the Puspa Narsee Park where he spoke about his experience so far as he traversed over 3000 miles in 3 weeks in Australia. It was indeed a rewarding experience for the young and the old who came to cheer the braveheart in his effort.



Sean Conway felicitation at Pushpa Narsee park



Cycling Track  
Pushpa Narsee Park

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Godrej Properties Ltd. (GPL) (BSE scrip id: GODREJ PRP), the real estate development arm of the Godrej Group, is offering a premium residential project - "Godrej Platinum" at Hebbal, Bengaluru on Airport road. This modern tower offers spacious 3 and 4 BHK apartments ranging from 2,900 sq. ft to 3900 sq. ft.

### LOCATION

Godrej Platinum is adjacent to Godrej Woodsman Estate and Godrej Crest and has the advantage of being strategically located at Hebbal, the fast-developing residential corridor in Bengaluru city. It is directly accessible from the International Airport and offers spectacular views of the Hebbal Lake. Major hospitals, educational institutes, malls and offices are situated close to the project. Many reputed schools in Bangalore are present in the vicinity, to the likes of Ryan International School, Aditya Mallya International School, Canadian International School, DPS etc

### HIGHLIGHTS OF THE PROJECT

- 1) Area between 2900 sq. ft and 3900 sq. ft.
- 2) Efficient Design
- 3) Double Height Balcony
- 4) Designed to maximize cross ventilation
- 5) IGBC pre-certified (Gold)
- 6) Overnight facilities for support staff
- 7) Friendly design for the differently abled
- 8) State of the art club house
- 9) Temperature controlled indoor swimming pool
- 10) A/C provision for all the rooms
- 11) Landscaped gardens
- 12) Dedicated crèche space
- 13) Convenience store
- 14) Service Apartments
- 15) Separate family room in all apartments

### AMENITIES

Godrej Platinum offers a range of luxurious amenities to its residents, including a state-of-the-art club house which comprises a high-tech gymnasium, steam room, a temperature controlled swimming pool, squash court, indoor games, billiards and a yoga room. GPL has also included several thoughtful facilities such as a dedicated crèche space, special service apartments for guests,

dedicated dormitories for staff with attached toilets and a convenience store.

### GODREJ GOOD & GREEN

Continuing with the Godrej Group's legacy of environmental leadership, GPL has ensured that Godrej Platinum is eco-friendly. Sustainability reflects in the design itself and various features are incorporated in the project to minimize energy requirements and conserve water. Some of these features include solar panels, rain water harvesting system, central water heating and electric car charging facility in the parking lot. The Company has also received the India Green Building Council (IGBC) pre certification (Gold) for the project.

### About godrej properties limited

Godrej Properties Limited (GPL) brings the Godrej Group philosophy of innovation and excellence to the real estate industry. GPL has completed several landmark projects and is currently developing significant projects in 12 cities across India. Throughout its operations, GPL aims to deliver superior value to all stakeholders through extraordinary & imaginative spaces created out of deep customer focus and insight.

GPL is listed on the Bombay Stock Exchange (BSE) and The National Stock Exchange (NSE).

GPL has received several recognitions for its processes and performance which include receiving the 'Best Emerging National Developer' award at the Zee Business - RICS Real Estate Awards 2011. GPL has also featured as the #1 ranked real estate developer for four consecutive years in 'India's Best Companies to Work For' survey conducted by 'The Economic Times' and 'The Great Place To Work Institute'. GPL has been ranked #2 amongst the Top 50 companies having up to 1000 employees and has been ranked #14 in the overall list in the 2012 survey. GPL has been featured for six consecutive years as one of "India's Top 10 Builders" by Construction World magazine.



### MUSICAL NITE

BY DR. MRUDULA JOSHI

**G**odrej Properties, Bangalore sponsored musical nite on 21st July 2012 for the members of JVPJ Club. Dr. Mrudula Joshi entertained the members by her melodious voice and by the songs chosen for that evenin. The programme went till 12 midnight and the audience still wanted to listen the famous songs of 60's and 70's which brought smile on their face.



### GENERAL DIET & PATHOLOGY LECTURE BY DR. NEETA DESAI AND TAROT CARD READING BY MS. KUSUM BANSAL

**T**he 20th Sr Citizen fellowship group get together was a mix of education and entertainment. The Attendance was over 80 Sr Citizen members including guests for the morning event. The Senior Citizen members were informed and advised on Diet and Healthcare by Neeta Desai, to make this topic more interesting and fun it was done with the aid of Audio Visual. Following her presentations there was a Question and Answer session and our Sr Citizen Members were able to resolve their doubts regarding Diet in old age.



Satish C. Shah



Dr. Neeta Desai



Ms. Kusum Bansal reading card



General Diet



Next our very own member Smt. Kusum Bansal spoke on the mysteries of Tarot reading and explained its complexities. The members thoroughly enjoyed this session of Tarot reading.

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