

AN INTERVIEW WITH RAMESH DEO



He doesn't forget to tell about Juhu Gymkhana before his leaving. He says, "I come here since my college days. I get peace of mind here. I come here almost every evening. I feel it is better to do gym, yoga or gardening here rather than roaming here and there in free moments. *Rekha Khan*

Calling him "The institution of cinema" wouldn't be wrong. He has completed his 68 years as an actor, producer and director. Off course, we are talking about veteran actor Mr. Ramesh Deo who is a very old member of Juhu Gymkhana. In the 100 years of Indian Cinema Ramesh Deo is active since 68 years. The fitness and activeness of 87 years old Ramesh Deo is still visible. He is still active in acting and production. Here he has spoken very friendly and freely with us about himself.



Very few people know that Ramesh Deo's father was a well known barrister and there was a regular flow of visitors at his home since childhood. While recalling those days he says "Pakistan's Kayade Azam Jinaji was my father's very good friend. They used to have arguments in between. He often came at my home for dinner. We have his photographs together with our family members. My father wanted me to join social services and I too decided to join the police department. I was going to Nashik for my exams for police department. I took money from my mother

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and Rs.200 from my brother at Pune. But the destiny changed and Raja Paranjpe gave me the role of villain in one of his film there. Although by then I did some small roles in many films. I did 8-9 short roles in the movie of Bhalji Pendharkar. I started my acting career as an extra in the movie of Prithviraj Kapoor. And within 8 years, I became villain in his film called "Love and Murder". Beside Prithviraj Kapoor, afterwards I worked with every member of Kapoor family. My filmi journey from Valmiki's extra of 1945 to 2012 is very interesting and memorable."

As the gold shine more only after a lot of suffering, the same happened with him too. Ramesh Deo did a lot of struggle during the initial period of his acting and his curiosity, talent and hard work for acting resulted best afterwards. While sharing an incident of the days of his struggle he tells, "My family was completely against me

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acting in movies. It is obvious that working in films was of less status those days. They used to call me buffoon. I used to pass my night in an office at Opera House where I was allowed to sleep till 7am in the morning. I was very tired on a day and I got up from the office, ate bread and tea and slept in a temple nearby. I was sleeping deeply and a priest kicked me and said that don't know from where these people come. Is this the place for sleeping or praying? I felt very insulted but mistake was mine."



There is not even a single award of Marathi film industry and Maharashtra Government which is not awarded to him. He has received 6 national awards till now and he has not only earned fame in Hindi and Marathi cinema but has also earned the same in the world of theatre, TV and advertisements. He has acted in more than 150 Marathi and 200 Hindi movies. "Sarja" was a block buster of this director of 6 Marathi movies. He has given more than 1000 stage performances and has produced

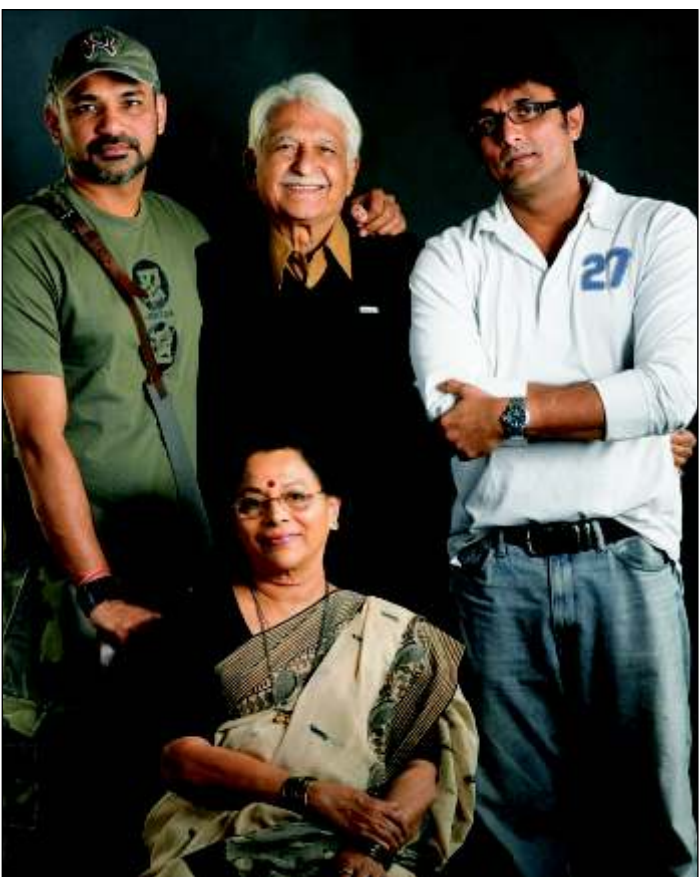
12 movies. He tells about the pride moment of his life, “I can't forget that day ever in my life when I received the award of Rasrang (newspaper). It was considered very prestigious award during that time.” He is still working as a creative human. He tells, “Recently I went for the shooting of “Jolly LLB”, and the temperature there was 28 degree to 40 degree. It was too hot in Delhi too while shooting but I worked with complete enthusiasm as an artist”.

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On questioning about the reason of being evergreen at the age of 87, he says, “I give complete credit to my mother. Although she was not well educated but she was well aware of culture and life. She told, 'You are going in a place which is surrounded by the boundary of attraction, affection, name, fame and wealth. Do never touch cigarette and wine in such situation and take care of your health.' And I kept her words forever. I never touched wine, Very rare I smoked just for shot. Thank god that my mother didn't tell me not to love any girl otherwise how Seemaji (His wife and actress Seema Deo) would have entered my life? When my mom saw Seemaji, she selected her at first sight and told me she is perfect match for you.”



They have completed more than half decade of their married life. This is an ideal couple who has completed their 59 years of successful and happy married life. They have played the character of couples in more than 75 Marathi- Hindi movies. While asking about the secret of his long-lasting successful married life, he replies,” keep the ego aside. Listen quietly if the wife is angry and shouting. Ask forgiveness of your mistakes. Stand straight with folded hands and tell her, you



are the goddess of mercy, please forgive my mistakes. It will never be repeated.”

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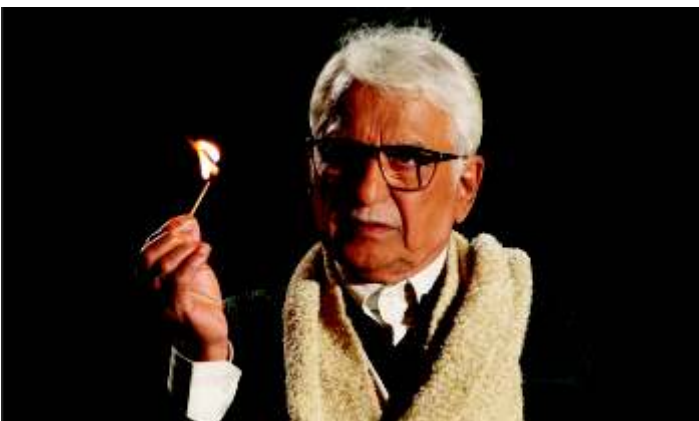
Proceeding further he says, “The credit of the complete foster and nourishment of my both the sons Ajinkya (actor-producer Ajinkya Deo) and Abhinav (Abhinav Deo- the director of “Delhibelly”) goes to my wife Seemaji. She has only cared and shaped their education, tradition, culture and creativity entirely. I used to remain busy in my shooting. Let me share an interesting incident. Once some guests arrived at my home and I introduced both the sons Abhinav and Ajinkya by saying, 'They study in std. 5th and 4th.' I noticed both of them were watching me with their anger. When I asked the reason after the guests departed, they replied, “Papa, you don't even know that we study in std. 8th and 6th.” So, I meant to say that, at that time I was not even knowing that my kids were in which class.”

Ramesh Deo tells that he has a very lovely relation with both of his sons. He says that the respect is embedded in that love. My both daughter-in-laws are also very good natured. They respect me by calling 'Baba'. They do take very good care of us. They don't give me any work of high responsibility. I am very thankful to almighty. There is an infinite grace of goddess Jagdamba of Kolhapur on me. We started our Ad film with under the banner “Ramesh Deo Productions” wherein I casted Hema Maliniji for the first time in Ad films. Famous actresses like Smita Patil, Poonam Dhillon etc. did their first Ad films with me. Our firms name is amongst the top three Ad companies of Asia.

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Versova Link Road. I have planted Brinjal, Tomato and Chilies in my society and hence forth works for society members.



We don't forget to ask him while leaving that “How does he feel at this stage about his age and career?” He replies smiling,” I just don't want to go to god with any disease. I have seen many of my friends suffering from prolong diseases. As I know I too will be called by god one day. I wish to God! That he should lift me up hale and hearty. I told the same thing in an event in presence of our president Pratibha Tai Patil.”

You will watch this evergreen artist in “Naughty aur Sweety ka Hungama” very soon.

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- દીપક સોલિયા

લોકો પોતપોતાના ક્ષેત્રમાં ખાસ્સી સફળતા મેળવ્યા બાદ બીજા ક્ષેત્રમાં, ખાસ તો રાજકારણમાં, શા માટે જતાં હશે? દેશની નક્કર સેવા કરવા? વધુ મોટા ભા બનવા? રાજકારણીઓની જાળમાં ફસાવાને લીધે?

કહે છે કે બોફોર્સ મામલે અમિતાભ સાવ 'લેવા-દેવા' વિનાના બદનામ થયા. ખાયા પીયા કુછ નહીં. ગિલાસ ભી નહીં ફોડા. તોય નીકળ્યાં છોડાં. સવીડિશ બાવો (પોલીસ વડો) બાર



નહીં, પરચીસ વર્ષે બોલ્યો. સત્ય છેવટે છાપરે ચઢીને બોલ્યું. પણ એક મિનિટ. સત્ય અંતે છાપરે ચઢીને બોલે જ એ શું કોઈ અફર વૈજ્ઞાનિક નિયમ છે? ના, ઘણાં સત્યો ક્યારેય બહાર નથી આવતા. બોફોર્સ-કાંડ જ જુઓને! એવું માની લઈએ કે અમિતાભે પૈસા નહોતા જ લીધા અને ક્વોટ્રોચીએ પૈસા લીધા જ હતા. તો પણ, ક્વોટ્રોચીને છાવરવા કોણે, ક્યારે, કઈ રીતે, શું શું કરેલું અની મોટા ભાગની વિગતો સત્તાવાર ધોરણે બહાર નથી આવી.



એમ તો, જતતમાં એવાં અનેક સત્યો છે જે સદીયોથી દટાયેલાં પડ્યાં છે અને એની જગ્યાએ જગમગતાં અસત્યો ઇતિહાસનાં પાઠ્યપુસ્તકોમાં વટભરે અડિંગો જમાવીને બેઠાં છે. ખેર, સત્ય- અસત્યની જદોજદમાં અમિતાભ અંટવાઈ ગયા. અમિતાભ આળી ચામડીના માણસ છે. અખબારીઆલમ સામેની રીંસને કારણે એમણે વર્ષો સુધી મીડિયાથી કીટ્ટા કરેલા. પોતાના વિશે ગમે તે માણસ ગમે તે લખી જાય એના કરતાં 'હું જ મારા વિશે શા માટે ન લખું?' એવું કશુંક

વિચારીને અને ખાસ તો, પોતાની લેખનપ્રિતભાને મોકળું મેદાન આપવા એ નિયમિત બ્લોગ લખે છે. ફાઈન. અમિતાભ સારા અભિનેતા ઉપરાંત અચ્છા લેખક પણ છે. પણ રાજકારણી? ના. અનુભવે અમિતાભ શીખ્યા કે રાજકારણમાં એમનું કામ નહીં. એ રાજકારણમાં ન પડ્યા હોત તો બોફોર્સમાં એમનું નામ કદાચ ન ખરડાયું હોત એવી શક્યતા તો ખરી જ. બધા અભિનેતા સફળ નેતા નથી બની શકતા.

એ જ રીતે, બધા ક્રિકેટરો પણ ઈમરાન ખાનની જેમ રાજકારણમાં ખીલી નથી શકતા. માટે, સચિને પણ રોતવા જેવું છે. રાજકારણીઓ સચિનને પ્યાદાની જેમ વાપરી શકે તમે છે. શક્ય છે કે સચિનને એમપી બનાવવાનું પહેલેથી વિચારી રખાયું હોય. છતાં, કોંગ્રેસ બોફોર્સ મામલે બદનામ થઈ એના બીજા જ દિવસે કોંગ્રેસે સચિન -રેખાને સાંસદ બનાવવાની ઘોષણા કરી એ જોતાં, કોઈને પણ આ ટાઈમિંગ વિશે શંકા જાયે કે પ્રજાનું ધ્યાન બોફોર્સ પરથી હટાવવા સચિન-રેખાના ન્યૂઝ વહેતાં મૂકાયાં એવું તો નથી ને!

અને સચિન રાજ્યસભામાં શું કરશે? અગાઉ લતા મંગેશકરે રાજ્યસભામાં શી ઘાડ મારેલી? સાંસદ ગોવિંદા લોકસભામાં બધા મળીને ફક્ત પરચીસ જ દિવસ હાજર રહેલો. આવું જ સચિન સાથે થઈ શકે. એ સક્રિય ક્રિકેટર છે. ગઈ સીઝનમાં સચિન વર્ષના ૨૧૬ દિવસ તો ક્રિકેટ-પ્રવાસમાં



અટવાયેલો હતો. રાજ્યસભામાં હાજર રહેવા એ કેટલા દિવસ ફાળવી શકશે એ સવાલ છે. વણી, દિલ્હીની ગલીઓ કરતાં મુંબઈના મેદાનોને સચિનની વધુ જરૂર છે. માટે સચિનને સાંસદ બનાવવા કરતાં અને ભારતરત્ન આપીને વાત પતાવી હોત તો વધુ સારું હતું.



અને આમ જુઓ તો, ક્રિકેટક્ષેત્રે સચિન ભારતરત્ન છે એ વાત આખી દુનિયા જાણે જ છે. આવામાં, સરકાર એને સત્તાવાર ખિતાબ આપે તોય શું ને ન આપે તોય શું? દૂકમાં, સચિનને સાંસદ બનવાની પણ જરૂર નથી અને ભારતરત્નના રાજકીય ખિતાબની પણ એને જરૂર નથી. એ જે છે તે છે.

એવું જ પેલી રેખાનું છે. રેખા અભિનેત્રી તરીકે સારી, પણ 'ખૂબસૂરત' 'ઉમરાવજન' રેખા અને 'ગુડી' જયા બચ્ચન રાજ્યસભામાં જ્યારે ભેગાં તશે ત્યારે પબ્લિકને તો એ જ વાતમાં રસ પડવાનો કે એક સ્થળે બે સૌતન મળે ત્યારે શું થાય? ઓકે, સચિન અને રેખા સાંસદ તરીકે સાવ નકામાં સાબિત થશે એવું ધારી લેવાનો આપણને હક નથી. શક્ય છે કે તેઓ રાજ્યસભામાં મહત્વના મુદ્દે મહત્વની ચર્ચાઓ છેડે (પૈસા લીધા વગર)... તોય, એ સવાલ તો ઊભો જ રહે છે કે અમિતાભ-સચિન-રેખા પોતપોતાના ક્ષેત્રમાં ખાસ્સી સફળતા મેળવ્યા બાદ બીજા ક્ષેત્રમાં, ખાસ તો રાજકારણમાં, શા માટે જતાં હશે? દેશની નક્કર સેવા કરવા માટે? વધુ મોટા ભા બનવા માટે? રાજકારણીઓની જાળમાં ફસાવાને લીધે? માત્ર અદાકારો અને ક્રિકેટરો જ નહીં, ઉદ્યોગપતિ પણ આમાં ભેરવાય છે. કિંગ્ડોમશરના વિજય માલ્યા

શરાબ અને કેલેન્ડરો બનાવતા હતા, પણ એ એટલેથી ન અટક્યા. એ રાજ્યસભાના સાંસદ પણ બન્યા, એમણે આઈપીએલમાં પણ ઝંપલાવ્યું, કારરેસિંગમાં પણ એ કુદા અને આ બધા વચ્ચે, એરલાઈન્સ તો ખરી જ. પછી એવું થયું કે એ આકાશમાં ભેખડે ભરાયા. કરો વાત.



કૂચલી બહૂ થઈ ગઈ? ઓકે, મુદ્દાની વાત... જીવન ચલને કા નામ, પરિવર્તન સંસારનો નિયમ છે, માણસે બસલાતા સમય- સાજોગો સાથે અનુકૂળન સાધવું જ રહ્યું... બધું બરાબર, પણ વાત ફક્ત એટલી જ છે કે પોતાની પ્રવૃત્તિનો વ્યાપ-વૈવિધ્ય ફેલાવતી વખતે માણસે પોતાનાં મિજાજ-ઓકાત-લાયકાત ચેક ફરી લેવાં સારાં. માલ્યા એ કંઈ ટાટા નથી. અમિતાભ, એન.ટી. રામારાવ કે એમ.જી. રામચંદ્રન્ ન બની શકે. સચિન, ઈમરાન નથી. રેખા રાજકારણમાં કદાચ જયા (બચ્ચન કે પ્રદા) જેટલી ઝીંક ન ઝીલી શકે. દૂકમાં, બધી વાતે બધાનું કામ નહીં. જેનું કામ જે કરે. ફલેગ શિપ (મુખ્ય જહાજ) ની મસ્તી ન કરવી. મુખ્ય આવડતને વળગી રહેવું. ડાળીઓ ફેલાવવામાં ક્યાંક મૂળિયાં ન ઉખડી જાય એ ખાસ જોવું. બાકી જેવી જેની મરજી.

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FORTHCOMING EVENTS

10 to 23rd
June 2012

BILLIARDS & SNOOKER HOME TOURNAMENT

Billiards & Snooker Home Tournament will be held from 10th to 23rd June. There will be 4 categories:

1. Billiards Open Category
2. Billiards Handicap Category
3. Snooker Open Category
4. Snooker handicap category

Prize distribution will be held on 23rd June 2012.

22th
June 2012

Sr. Citizen Forum Presents LECTURE BY PADMASHREE ANANDJIBHAI

Lecture by Padmashree Ananajibhai famous musician duo Kalyanji Anandji at Jasmine Hall 6.30 pm onwards
Contact Member Service Desk for details.

1st
July 2012

CRICKET MONSOON COACHING CAMP

Cricket monsoon coaching camp will be starting from 1st July to 30th September 2012 at MM Ground. Coaching will be on Saturday and Sunday from 7 am to 8.30 am. For registration contact Office / MSD.

8th
July 2012

Sr. Citizen Forum Presents Lecture By DR. NITA DESAI & MS. KUSUM BANSAL

Lecture by Dr. Nita Desai on General Diet and Pathology and Ms. Kusum Bansal on Tarot Card Reading. Venue - Jasmine Hall at 10.30 am on Sunday, 8th July 2012.

30th
June 2012

POTTERY WORKSHOP

Pottery Workshop by **Spry Buds** on 30th June 2012 for children age group 5 to 10 years, Venue Activity Hall from 10.30 am to 12 noon. Sponsored by Standard Chartered Bank. For registration contact Member Service Desk.

15th
July 2012

DRAWING COMPETITION

time 10 am to 12 noon at Activity Hall
For registration contact MSD.

5th
Aug. 2012

SR. CITIZEN FORUM PRESENTS PATRIOTIC SONGS PROGRAMME

Senior Citizen Forum celebrate Independence Day with performing patriotic songs. Venue Jasmine Hall at 10.30 am on Sunday, 5th August 2012.

11th
Aug. 2012

KRISHNA JANMASHTAMI CELEBRATION

Krishna Janmashtami Celebration by **Spry Buds** on 11th August 2012.
For registration contact Member Service Desk.



ADAPTIVE MOTION TRAINER
from **PRECOR**
was kept
for Demo
at Health Club
Cardio Section
from
8th to 26th
May 2012

SPORTS

ACHIEVEMENTS

Swimming Pool: Master Veer Mehta participated in the 5th Open Swimming Meet – 2012 at Matunga Gymkhana on 15/04/2012 won following medals in Boys 5 years & Under category.

- i) 50M Butterfly stroke - 3rd Place
- ii) 50M Back stroke - 3rd Place
- iii) 25M Back stroke - 2nd Place
- iv) 25M free Style - 3rd Place



Master Veer Mehta



TENNIS FRIENDLY MATCH

Between JVPG Club & The Club Team on 12th May 2012 in action

CRICKET SUMMER COACHING CAMP CLOSING CEREMONY

Cricket Summer Coaching Camp closing ceremony held on 2nd June, 2012 at Activity Hall about 150 students & parents participated in closing ceremony. Medals and Certificates were presented to winning team members.



The young cricket student receiving medal from Dr. Malhar Mahadevia



Gurmeet Singh Ahuja presenting Gold Medal to the U-10 team member



Dr. Ojas Dave presenting Gold Medal to the U-15 team member

INTER CLUB TABLE TENNIS TOURNAMENT

Table Tennis: JVPG Club 'A' Team became Runner-Up in the recently concluded Inter Club Table Tennis Tournament conducted by MSDTTA in III Division. Team Members Sushil Kakad, Tejas Maru, Nishant Talsania and Gurusharan Shethi



Gurusharan of JVPG Club in action



President Anil Mahesh, Hon. Jt. Secretary Dr. Ojas Dave and Sanjeev D. Shah alongwith Runner-up JVPG Club 'A' Team

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Pizza or pasta? Biryani or butter masala? 5 kinds of soup, 6 starters and umpteen desserts to choose from, all at once place, at one time, at a price which is less than half of the cumulative fare. That is what defines a hearty buffet. Not only are you offered a plethora of yummy food but Buffets are also the best option when in bigger groups. Here are the most happening buffets in Juhu.



GOVINDAS:

Address: ISKCON Hare Krishna Temple, Juhu, Mumbai

Contact: 26200337, 26206860, 9987786411

Buffet timings:

Hot Breakfast	07:30 – 11:00am
Lunch Buffet	12:30 – 03:30pm
Evening Snacks	04:00 – 06:00pm
Dinner Buffet	07:30 – 10:30pm



This ones for the god loving vegetarians. All the food served here is 'Sativik' and prepared without any onion and garlic. With a welcome drink at the beginning, there is always a wide variety of salads, starters and desserts to choose from! At Rs.

330 a thali on weekdays and Rs. 380 on Sundays and a daily breakfast at around Rs. 150 it is still unmatched. The service is prompt and food so delicious that even the meat eaters enjoy without any complaints. A definite treat for the devout since everything served is first offered to Lord Krishna and then brought in to the restaurant. Govinda's offers Indian, Mexican, Italian, Chinese and Thai cuisines which include tongue tickling starters, exotic rich dishes, varieties of breads, mouth watering sweets & desserts and tempting ice-cream.



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PEBBLES:

Address: Juhu Residency Boutique Hotel, Juhu, Mumbai
Contact: 67834949

Buffet timings:

Monday to Saturday
12:30PM - 3:30PM

The Lunch Buffet here is priced at Rs. 582 All Inclusive (without drinks). With a welcome drink, 2 different kind soups, 4 starters, 5 salads, 3 main courses, 3 kinds of rice preparations, 2 dals, assorted breads and 6 desserts, you will certainly have to loosen your belts and adjust your pants at the end of this affair. They have a special Seafood lunch buffet on Sundays priced at Rs. 1166/- All inclusive and with the welcome drink. Definitely a treat for the non vegetarian eaters, and in case you're not so fond of sea food then there's always other things from the menu to choose from.



ITS MIRCHI:

Address: C/O Ramee Guestline Hotel Juhu, Juhu, 462 A B Nair Road, Mumbai-400049

Contact: 022-66935555, 65705547

Buffet timings:

Daily
7:30PM - 11:30PM |

Sunday brunch buffet:
12:00PM - 3:00PM

Tucked away in one of the quieter lanes of Juhu, It's Mirchi is a contemporary restaurant with the traditional taste of Indian food. They offer grills on the table where guests can experience the thrill of grilling the kababs on the traditional segri. Their dinner buffet promises 8 starters, 6 desserts and much more, all for Rs.550 (along with additional taxes) which comes up to Rs. 646/- without drinks. Their Sunday buffet offers unlimited starters and beer along with a variety of soups, salads, and main course, all for Rs. 777/- (along with additional taxes) which comes up to Rs. 940/-.



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MAHEK'S RECIPES

The quickest meals are more often than usual bland and not so appetizing. And so, when uninvited guests come over, people dread having to go and prepare a meal without any preparation from before. But the right instruction and a well stocked kitchen can save you from that misery. Here are a few quick fixes which don't need too much running around and promise to unleash umpteen praises and demands for second helpings.

CABBAGE BALLS

Ingredients

Maida – 1 cup
Corn flour – 3 tbsp
Salt and pepper as per taste
Onion – 1 big, cut into 4 halves
Garlic – 1 pounded – half tablespoon
Hot and sweet sauce (Almost one cup)
Oil to fry (deep fry)
Yellow, green or red bell peppers – 1 whole cut into pieces

Method

- 1 Grate cabbage. Sprinkle salt. Mix them and keep aside for half an hour.
- 2 Don't squeeze out the water from the cabbage. Add maida & cornflour & pepper as per taste. Mix together properly
- 3 Make balls out of them and deep fry till golden brown.
- 4 Add one tbsp oil in a wok and fry garlic lightly. Add capsicum and onion pieces. Saute for a minute till slightly tender. Add the cabbage balls and hot and sweet sauce.
- 5 Mix thoroughly till all the balls are coated evenly with the sauce. Serve hot and enjoy.



CHEESY PARCELS

Ingredients

Bread slices – 20
Butter – 2tbsp
Grated cheese – 150 gms
1 finely chopped onion
Chili flakes as per taste
Oregano as per taste.
Finely chopped capsicum – 1

Method

- 1 Cut the sides of the bread slices and flatten them with a rolling pin. Cover them with a wet cloth.
- 2 Mix together onion, chili flakes, capsicum, oregano and cheese. Place a small amount of this mixture in the centre of the bread slice and fold it double.
- 3 Seal the sides with the help of water.



- 4 Brush each parcel with some oil and grill till it is crisp. Serve hot with some sauce.

CORN PATTICE

Ingredients

Corn kernels – 250 gms
Boiled potatoes – 2
Bread crumbs – 100 gms
Coriander – finely chopped
Salt as per taste.
Green chilies – 2 finely chopped
Cornflour – 2 tbsp
Oil to fry

Method

- 1 Boil corn and potatoes separately and leave to cool.
- 2 Dry grind the corn kernels coarsely.
- 3 Mix potatoes, salt, green chilies, bread crumbs, coriander along with the ground corn.
- 4 Make small tikkies and fry till golden brown. Serve hot with green chutney.



GRILLED PANEER

Ingredients

Paneer- half kg
Besan – 2 tbsp
Curd- 3/4th cup
Ajwain/Carom – 3/4th tsp
Salt and chili powder as per taste.
Oil – 1 and a half tbsp
Green Chutney – 3 tbsp.

Method

- 1 Cut paneer into cubes and prick with a toothpick.
- 2 Dry roast the besan till it is slightly brown.
- 3 Mix the masalas, besan and oil with curd.
- 4 Add three 3tbsp of green chutney. Mix well
- 5 Pour this mixture on the paneer & leave to marinate for half an hour.
- 6 Grill till paneer is cooked. Serve with lemon wedges.



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DIABETES OVERVIEW

Have you recently been diagnosed with diabetes or pre diabetes? Or has your doctor warned you that you're at risk? It can be scary to hear that your health's on the line, especially if you feel helpless to do anything about it.

by Mahek Shringhey



Here's a scenario that may sound familiar: your doctor's telling you how important it is to lose weight and transform your eating habits, but you're already discouraged. After all, you've tried dieting in the past without success. And counting calories, measuring portion sizes, and following complicated food charts sounds like way too much work.

Many of the foods you eat are normally converted into a type of sugar called glucose during digestion. The bloodstream then carries glucose through the body. The hormone, insulin, then turns glucose into quick energy or is stored for further use.

In diabetic people, the body either does not make enough insulin or it cannot use the insulin correctly. This is why too much glucose builds in the bloodstream.

There are two major types of diabetes:

1. Type 1 This is popularly known as Juvenile Onset Diabetes. Here, the body produces little or no insulin. It occurs most often in childhood or in the teens and could be inherited. People with this type of diabetes need daily injections of insulin. They must balance their daily intake of food and activities carefully with their insulin shots to stay alive.
2. Type 2 Also known as Adult Onset Diabetes, this occurs around 35 to 40 years. The more common of the two types, it accounts for about 80 per cent of the diabetics. Here, though the pancreas produce adequate insulin, body cells show reduced sensitivity towards it. Type 2 diabetes is usually triggered by obesity. The best way to fight it is by weight loss, exercise and dietary control. Sometimes, oral medication or insulin injections are also needed.

Symptoms of diabetes Here are a few:

- Extreme thirst and hunger
- Frequent urination Sores or bruises that heal slowly
- Dry, itchy skin
- Unexplained weight loss
- Unusual tiredness or drowsiness
- Tingling or numbness in the hands or feet



Whether Type 1 or 2, diabetics need a balance of diet and

exercise. Here are some foods you can eat, and some foods you must avoid!

Foods you must avoid!

i. Salt

Salt is the greatest culprit for diabetics. You get enough salt from vegetables in inorganic form, so reduce the intake of inorganic salt.

ii. Sugar

Sucrose, a table sugar, provides nothing but calories and carbohydrates. Also, you need calcium to digest sucrose. Insufficient sucrose intake might lead to calcium being leached off the bones. Substitute sucrose with natural sugar, like honey, jaggery (gur), etc.



iii. Fat

Excessive fat intake is definitely not a good habit. Try and exclude fried items from your diet totally. But, remember, you must have a small quantity of oil to absorb fat-soluble vitamins, especially vitamin E.

iv. For non-vegetarians

Try and stop the intake of red meat completely. Try to go in for a vegetarian diet. If you cannot, decrease the consumption of eggs and poultry. You can, however, eat lean fish two to three times a week.

v. Whole milk and products

Try to switch to low fat milk and its products like yogurt (curd). Replace high fat cheese with low fat cottage cheese.



vi. Tea and coffee

Do not have than two cups of the conventional tea or decaffeinated coffee every day. Try to switch to herbal teas.

vii. White flour and its products

Replace these with whole grains, wholewheat or soya breads and unpolished rice.

viii. Foods with a high glycemic index

Avoid white rice, potatoes, carrots, breads and banana -- they increase the blood-sugar levels.

Special food for diabetics

I. Bitter gourd (karela)

This vegetable contains a high dosage of 'plant insulin'. It lowers the blood-sugar levels effectively. Have the juice of three to four karelas early morning on an empty stomach. As a vegetable, too, it can be taken on a regular basis. Powder the seeds of karela (measuring 1 teaspoon), mix with water and drink it.



ii. Fenugreek (methi)

It is the most common food used to control diabetes. Gulp a teaspoonful of these seeds with a glass of water daily. Soak the seeds overnight. Have the water in which the seeds were soaked. You can make a chutney with methi seeds. You can also eat them sprouted, dried and powdered, or mix them in wheat flour to make chapattis.

iii. Indian blackberry (jamun)

This fruit is very effective in preventing and controlling diabetes. Powder the stone of the fruit and eat it -- it contains glucoside, which prevents the conversion of starch into sugars.



iv. Garlic

This is used to lower blood-sugar levels. Garlic is rich in potassium and replaces the potassium which gets lost in urine. It also contains zinc and sulphur, which are components of insulin. Take about three to four flakes of freshly crushed garlic daily.

v. Onion

Because of its diuretic and digestive properties, onion works against diabetes. Raw onion is more useful.



vi. Flaxseed

This is the richest source of Omega 3 fatty acids. It helps control diabetes because it maintains the sensitivity of the cell membrane, facilitates insulin, and thereby the uptake of glucose by the cells.

vii. Fibre

Soluble fibre, found in apples, kidney beans, oatmeal, soyabean, etc, help control diabetes. These aid slow digestion and absorption of nutrients, resulting in a slow and steady release of glucose. They soak up excess bile acids found in the intestinal tract, the same acids that are converted to blood cholesterol. They also help empty the stomach and trigger satiety that can help Type 2 diabetics to achieve weight loss goals.

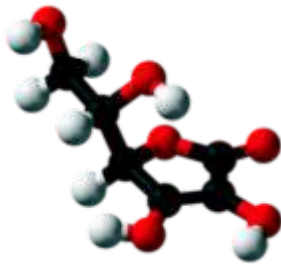
viii. Cinnamon solution

Water extracts of cinnamon have been found to promote glucose metabolism and reduce cholesterol. You can boil cinnamon sticks in water and drink this water.



ix. Antioxidants

Diabetes is often associated with conditions like heart disease, diabetic retinopathy, immune deficiency and kidney disease. Many are caused by free radical damage. Therefore, make sure you include antioxidants, especially vitamin C (lemons), E, selenium, zinc and chromium (Brewer's yeast), in your diet, as they have been shown to control blood sugar levels.



CHOOSING CARBS THAT ARE PACKED WITH FIBER (and don't spike your blood sugar)

Instead of...	Try these high-fiber options...
White rice	Brown rice or wild rice
White potatoes (including fries & mashed potatoes)	Sweet potatoes, yams, winter squash, cauliflower mash
Regular pasta	Whole-wheat pasta
White bread	Whole-wheat or whole-grain bread
Sugary breakfast cereal	High-fiber breakfast cereal (Raisin Bran, etc.)
Instant oatmeal	Steel-cut oats or rolled oats
Croissant or pastry	Bran muffin

Here are some recipes that you can try out and enjoy without worrying about any ill effects of diabetes:

BLACK CHANNA CUTLET

Ingredients:

- 1 cup black channa (soaked over night)
- 1 small onion diced
- 1 inch piece of garlic – shredded
- 1 green chilly finely chopped
- CorianderSalt and red chilly powder as per taste
- 1 tsp garam masala powder
- 1 pinch nutmeg powder
- 2 tbsp bread crumbs



Method: Boil Channa in a pressure cooker till soft. Discard water and let channa cool for 15-20 minutes. Grind all ingredients with channa till it forms a dough like consistency. Add the bread crumbs and divide into 10 equal portions. Shape into cutlets. Pan fry or shallow fry with minimum oil preferably in a non stick pan till crisp. Serve hot with hung curd chutney and pudina chutney. For hung curd, hand 1 and a half cup curd in a muslin cloth for an hour and half till the water it completely drained out.

DOODI KOFTA

Ingredients:

For the kofta:

- ¾ cup besan
- ½ cup grated doodhi
- ½ tsp coriander seeds
- ½ tsp turmeric powder
- 1 pinch of asafetida
- 1 green chilly finely chopped
- ¼ cup soya granules – soaked
- Salt and red chilly powder as per taste



For the gravy:

- 2 tsp oil
- ½ tsp cumin
- 1 glass water
- 5-6 kadhi pattas
- 1 pinch of asafetida
- 3 big tomatoes pureed
- Salt, chilly powder, coriander powder, turmeric as per taste



Method: Mix all ingredients for the kofta together with a light hand. Make small balls and steam till cooked. Leave aside. Heat oil in another vessel and add asafetida, cumin and kadhi patta till it crackles. Add tomatoes puree and fry till oil separates. Add salt, chilly, coriander and turmeric powder and mix and cook for 1 minute. Add a glass of water. Once it comes to a ball add steamed balls. Cook till gravy thickens. Sprinkle coriander and serv hot with methi besan paratha.

METHI BESAN PARATHA

Ingredients:

- ¼ cup whaet flour
- 1 cup besan
- ½ tsp cumin
- Salt as per taste
- 2 tbsp curdPinch of tumric
- 1 green chilly finely chopped
- 1 cup finely chopped fenugreek leaves (METHI)



Method: Mix all ingredients and knead to a dough. Make parathas of this dough on a non stick pan with less oil. Serve hot with Kofta curry.

SABOODANE KAKHEER

Ingredients:

- 2 cups milk
- 6 tsp sugar
- 1/4 tsp kesar
- 4 tsp rose water
- ½ cup saboodana (tapioca)
- 3 pods cardamom(opened)
- 5 almonds(crushed)

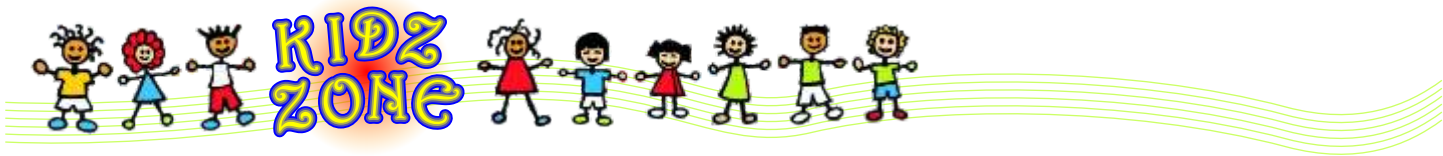


Method: Place the above contents in a pot and let it cook for 25 mins stirring occassionally to make sure that the milk does not burn or the tapioca does not stick to the bottom of the pan. Garnish with almonds and serve hot or cold.

Make it healthier You can make it healthier by using skim milk and using sugar substitute instead of sugar for diabetics. If it gets too thick, you can add some more milk and sugar to it. ■



The 18th Sr Citizen Forum get together was a different and fun filled evening, this time it was a "Retro Bar Nite" with live DJ music tuned to old melodious songs remix. The women members also performed Garba Ras. The Nite was followed by stupendous snacks and refreshements. Overall, everyone present appreciated the first sr. citizen Bar Nite. The attendance for the nite was around 144 member and guest.



SUMMER

Find and circle all of the summer words that are hidden in the grid.
The remaining letters spell an additional summer item.

J	U	N	E	S	T	S	S	S	S	Y	K	S	E	U	L	B	M
U	S	M	E	A	U	Y	E	O	U	H	I	K	I	N	G	S	A
S	M	W	E	E	A	N	L	U	B	N	W	A	S	E	Y	R	E
U	T	W	I	R	R	S	G	I	C	A	B	L	N	A	R	E	R
N	S	H	V	M	T	C	C	L	T	E	A	U	D	T	V	L	C
T	Y	U	G	I	M	Y	S	E	A	D	B	I	R	S	S	K	E
A	G	L	C	I	C	I	R	N	N	S	L	R	R	N	D	N	C
N	R	E	U	L	F	M	N	A	U	O	S	E	A	R	G	I	I
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|----------|-------------|---------------|--------------|
| ANTS | FISHING | JULY | SUNBURN |
| AUGUST | FLIES | JUNE | SUNGLASSES |
| BARBECUE | FLOWERS | MOSQUITOES | SUNSCREEN |
| BASEBALL | GARDENING | NO SCHOOL | SUNSHINE |
| BEACH | GOLF | PICNIC | SUNTAN |
| BEES | GREEN GRASS | ROLLER BLADES | SWEAT |
| BICYCLE | HAT | SANDALS | SWIMMING |
| BLUE SKY | HIKING | SKATEBOARD | U V RAYS |
| BOATING | HOLIDAYS | SOCCER | WASPS |
| BREEZE | HOT | SOLSTICE | WATER FIGHTS |
| CAMPING | ICE CREAM | SPRINKLERS | WATERMELON |