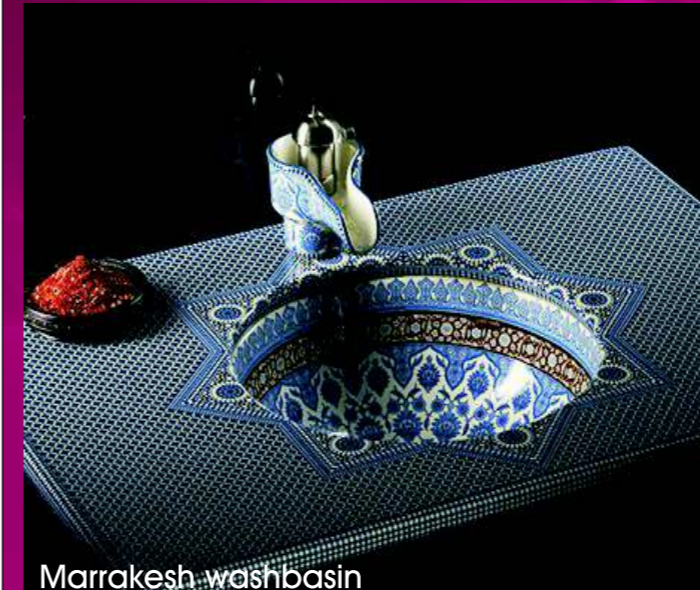


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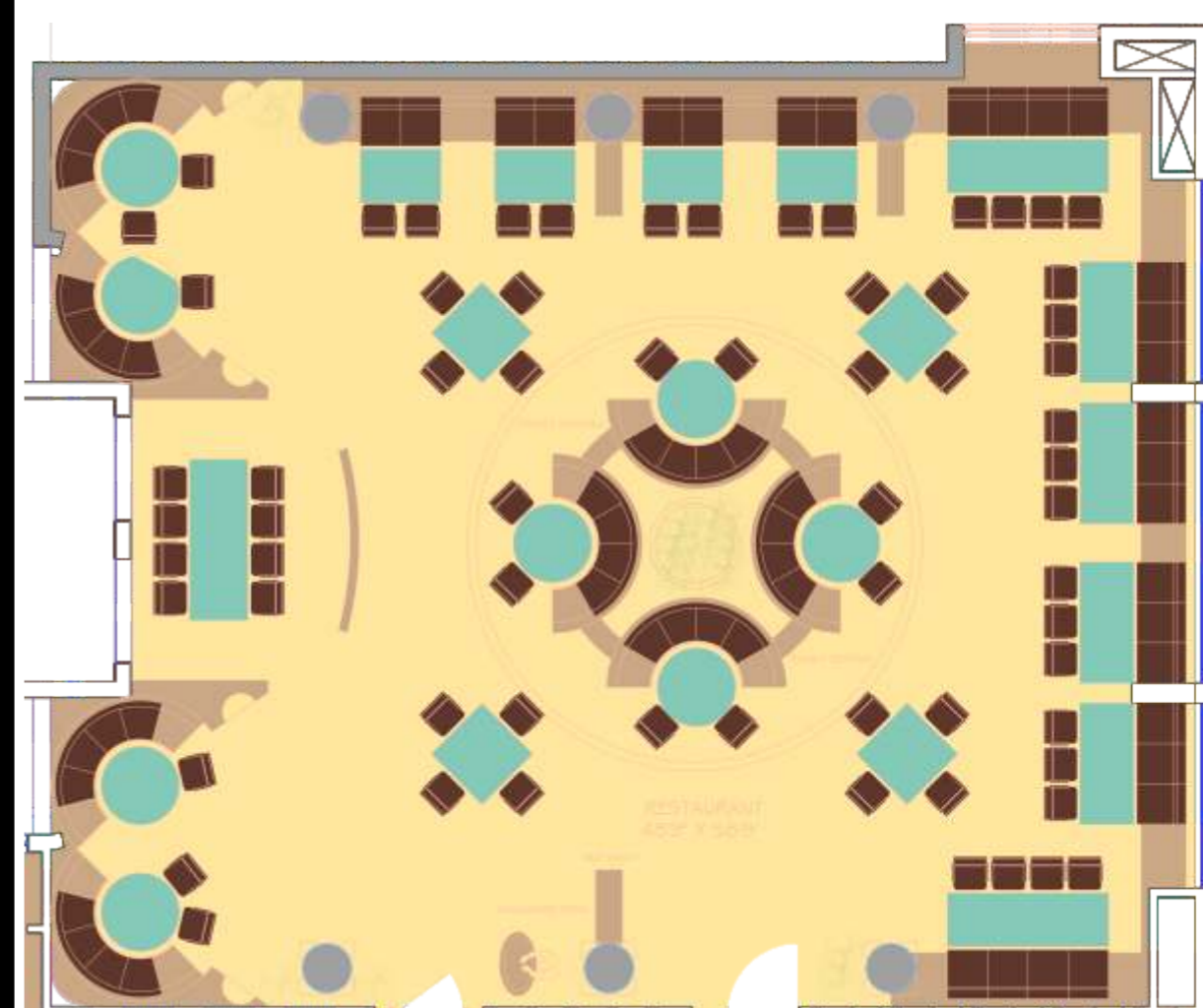
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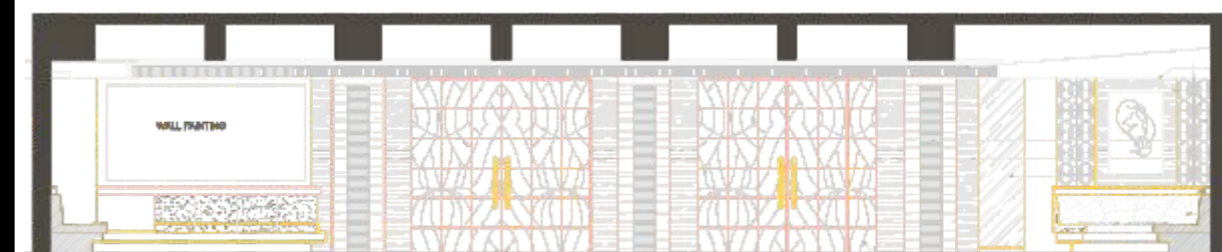


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PARENTAL GUIDANCE

ARE YOU A PARENT ?

DO YOU NEED GUIDANCE IN DEALING WITH YOUR CHILD?

BUT I DO HAVE NORMAL HEALTHY CHILDREN, DO I STILL NEED PARENTAL GUIDANCE & COUNSELING?

DOS AND DONT'S OF WHAT TO TELL YOUR CHILD.

MYTHS AND WRONG BELIEFS WHEN DEALING WITH YOUR CHILDREN.

Shivani Khetan is not only our own JVPD Clubs trustee and member of Managing Committee but a mother of two lovely children and an NLP Master Practioner. She has run several workshops and training programmes for individuals, corporates and even our own Mumbai Police. Here are some important tips from her to all you parents with dos and dont's and breaking some myths we carry down from generations.



SHIVANI KHETAN
NLP Master Practioner

DO I NEED PARENTAL GUIDANCE



The need for parental guidance and counseling is felt by all of us, the parents, at least a few times when the children are growing. Generally this is given exclusively to those parents who have problems with their children. This effort is to make guidance & counseling available to all kinds of parents.

1. Those who have normal, healthy children.
2. Those who want to start a family.
3. Those who are having problems with their children Parents very often face temporary problems even with normal, healthy children during critical periods.

WHY DO I NEED TO MANAGE THESE PROBLEMS

The reason is simple because these problems:

1. Interfere with the learning process.
2. Are harmful to the child and others.
3. Lead to lack of social acceptability for the child.



HOW CAN I HELP MY CHILDREN

Because of poor child and parent relationship Parents can help their children by observing a few simple strategies.

One of them could be to avoid making certain comments about their children such as:

1. Do as I say!
2. Why didn't you try harder?
3. Why didn't you ask me?
4. Why can't you do as well?
5. You will never amount to anything!
6. Don't be stupid!
7. Can't you do anything right
8. Stop acting like a sissy/ tomboy!
9. You are a bad boy/ girl!
10. How can you be so lazy?
11. I will do it for you!



ASK YOURSELF THESE QUESTIONS

Parents can develop positive and supportive attitude towards one's children by asking themselves:

- Do my children know that I love them equally?
- How do I display my love?
- Do my children take life too seriously?
- What kind of model of integrity am I too my children?
- Do I need to change?
- Do I practice what I preach?
- Do I keep my word?
- Do I like it when my child shows initiative?
- When my child asks questions, do I answer them always?
- Do I listen to my children when they are talking?
- Do my children know the difference between right and responsibility?



BEING AWARE WILL IMPROVE YOUR RELATIONSHIP WITH YOUR CHILD

These are some of the very basic and elementary suggestions the parents should follow in order to help their children to become successful, well-adjusted and aware citizens. This will not resolve the problems parents are facing with their children but at least it will make parents aware of their contribution to the development of the problems. This may become useful in developing good parent child relationship. The suggestion here is that parents should tackle the child's problem by

starting from their own behavior towards the child as a first step. The second step would involve taking help from a psychologist rather than treating the problem themselves Finally, to begin and to start right away by changing your views and behavior towards the child.



DROP THE MYTHS



Parents are not super humans

The third way in which the parents can help their children is by removing their own erroneous beliefs about their children and themselves. These need to be removed before they cause more trouble in the family. These are:

- 1 Children must not question and disagree with their parents.
- 2 Parents are not infallible super humans.
- 3 The child is stupid/ horrible/mean.

- 4 Children upset their parents.
- 5 Punishment & blame are effective in child management.
- 6 Children learn more from what their parents tell them than what their parents do.
- 7 Praise spoils the child.
- 8 Children must not be frustrated.
- 9 Heavy punishment works best.
- 10 A child must earn his/her parents love.

Listen to your child, especially in their teens. Most of the times they only want you to listen, they want no answers, no solutions; just an ear which listens.

DO'S FOR PARENTS

Here are a few tips one can begin with:

- 1 Reduce shattering comments.
2. Listen to your child, especially in their teens. Most of the times they only want you to listen, they want no answers, no solutions; just an ear which listens.
- 2 Change reward punishment ration by increasing rewards.
- 3 Talk good things about children & praise them to others when they are around.
- 4 Make a timetable with the child so that it will be easy for



him/her to follow.

- 5 Avoid punishment as far as follows.



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NUTRITION FOR CHILDREN

Kids these days are rigidly pressed for time, especially with the board exams coming up this month. Mostly characterized by long hours of studying, no form of entertainment and very little sleep, it is important for a child to eat right in order to stay bright.

Kids these days are rigidly pressed for time, especially with the board exams coming up this month. Mostly characterized by long hours of studying, no form of entertainment and very little sleep, it is important for a child to eat right in order to stay bright; and the older they get the even more fussier they behave. So in order to incorporate healthy components in your child's meal without having to sacrifice on their tastes, here are a few recipes which can help satisfy not only your child's 'taste-bud' needs also his nutritional intake.

OATS



Oats have been grown for over 2,000 years so it's no surprise that they're a household favourite for meals throughout the day.

Oats contain more protein than other cereals and the proteins in oats are almost in perfect proportion to the body's needs. High in lysine which is often low in other cereal grains, oats bring a real balance to your protein

needs. They are a useful source of the amino acid tryptophan which is used to make the 'feel-good' hormone serotonin in the brain. Check the label of the oat drink or product you buy for the benchmark of 1g of protein per 100ml so that you know that you're getting all the natural health benefits of pure oats.

OATS CHILLA

Serves 2

Ingredients :

Oats ½ cup
Yogurt ¾ cup
1 onion finely chopped
Coriander 1 bunch
A bunch of boiled Spinach
1 Grated carrot
1 Tomato finely chopped
Salt + pepper as per taste Method
Soak oats in yogurt for half an hour



(and adjust with a little bit of water to make it slightly more liquid in consistency if too thick). Add all vegetables along with salt and pepper. Mix well. Heat non stick pan, put 1

teaspoon oil and spread 2 tablespoons of the batter evenly and cook on medium flame till golden brown on one side. After a few minutes, flip it over to cook the other side. Serve with tomato sauce or fresh pudina chutney.

Note: (i) It will start cooking from the sides and eventually in the centre like normal chillas, can take around 3-5 minutes. (ii) you can add any vegetable you like: sprouts, red capsicum, chillies etc.

OATS IDLI



Ingredients:

1 cup ready-made idli batter
3 tbsp oats
1 tbsp grated carrot
1 tbsp crushed corn
Capsicum – ½ cut into small pieces
Salt as per taste Method

Mix all the ingredients together, keep aside for 15 minutes. Grease the idli mould with little oil and pour 2 tbsp of batter in each mould. Steam for 10



mins. Take out from steamer and let it cool for 5 mins. Serve with tempered yogurt : beat ½ cup curd till smooth consistency, add half tsp sugar, a pinch of salt. Heat 1 tsp oil in a pan. Add mustard seeds, kadhi patta and wait till it crackles. Add this to the yogurt. Serve fresh.

Other options :

PANEER BHURJI SANDWICH



Ingredients:

50 gm paneer crumbled
½ capsicum finally chopped
½ onion finely chopped
Coriander
4 bread slices
Butter
1 tsp oil

Method: Heat oil in a pan, add the onion, sauté for 1 min till it starts sweating. Add the capsicum and paneer, mix well. Add seasoning to taste. Keep aside to cool.

Butter two slices of bread, and spread the paneer filling on one side, covering with the other half and grill in toaster. Take out once golden brown. Serve with Sauce or pudina chutney.

SOYA BURGERS



Can't imagine healthy burgers? Try this brown bread-soya cutlet combination with low calorie Thousand Island dressing. The chemical content in soya helps

control diabetes and prevent nerve damage.

Ingredients:

For the burger
6 brown bread buns For the cutlets
½ cup soya granules
¾ cup grated carrot
½ cup finely chopped onions
1/3 cup finely chopped mushrooms (khumbh)
¾ cup grated low fat paneer (cottage cheese)
1 tsp soy sauce
1 tsp chilli sauce
2 tbsp whole wheat flour (gehun ka atta)
1 ½ tsp oil for cooking
salt and black pepper (kalimirch)
powder to taste For the low calorie Thousand Island dressing
1/4 cup thick fresh low fat curds (dahi)
½ tsp mustard (rai / sarson) powder
1 ½ tbsp tomato ketchup
½ tsp chilli sauce
1 tsp chopped onions
1 tsp chopped capsicum
1/4 tsp chopped green chillies
a pinch of sugar substitute
salt to taste Other ingredients
12 lettuce leaves
6 onion slices
12 cucumber slices
12 tomato slices Method
For the cutlets

Clean and wash the soya granules thoroughly and soak in 1 cup of hot water for 15 minutes. Drain the granules and discard the water. Combine all the remaining ingredients in a bowl and mix well. Divide the mixture into 6 equal parts and shape into flat patties. Cook on a non-stick pan using a little oil till both sides are golden brown. Keep aside. For the dressing

Mix all the ingredients thoroughly and keep aside. How to proceed

Slice each bun into two halves and toast lightly in an oven or on a tava (griddle). Spread some of the low calorie Thousand Island dressing on each half. On one half, arrange 2 lettuce leaves, 1 cutlet, 1 onion slice, 2 cucumber slices and 2 tomato slices and cover with the other half of the bun. Serve immediately. You can keep modifying the ingredients in

sandwich fillings, dosa fillings or patties. Variation in food and drink is the best way to keep your child going during these stressful days of examination.

SMOOTHIES



Smoothies are a great option for those who have milk hating children. A Chilled Strawberry and Banana Smoothie is ready simply by blending all the ingredients [2 bananas, chilled; 2/3 cup strawberries or mango slices; 1 cup fat-free yogurt; 1 tablespoon honey (optional); Serves 2] Smoothies are really easy to make, but there are some tricks of the trade that will make your smoothie even better. You can make your smoothie stay colder and thicker by freezing your fruit beforehand. When freezing larger fruits such as bananas or melons you should chop them into pieces before freezing. To prevent the pieces freezing into one big lump, you should spread the pieces on a plate or baking sheet while in the freezer. Another good tip is too add extra ice cubes to your smoothie recipe if your smoothies are coming out thinner than you would like. To help prevent liquids from binding to frozen fruit when blending, add the liquids to the blender first. You can also freeze a smoothie and thaw it out when you want it. You'll need to allow some space in the container because your smoothie will expand when freezing.

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CLUB CORNER



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SUMMER CAMP FOR KIDS FROM 16TH APRIL TO 25TH APRIL

There will be lots of activities like Pottery, Pot Painting, Sand Art, Handkerchief Painting, Balloon Sculpture, Cooking, Art and Craft Workshop, Dance etc! Kindly get in touch with the member service desk for enrollment in the last week of March! First come first basis!



Pottery



Balloon Sculpture



Handkerchief Painting



Dance



Cooking



Sand Art



Pot Painting



Art & Craft Workshop

For Registration Contact Member Service Desk

FORTHCOMING EVENTS

ZUMBA Classes

ZUMBA combines Latin and International music with a fun and effective workout system. Anyone can Join the Party!
Demo Class on 13th March at 8.15 to 9.15 am & 15th March at 5.15 to 6.15 pm. For Registration Contact Health Club



18th
Mar. 2012

MEMORY TRAINING & CONFIDENCE BUILDING - LIBRARY LECTURE BY DR. ANILA SAVLA

Library sub-comm. present informative lecture on "Memory Training & Confidence Building" by Dr. Anila Savla on Sunday, 18th Mar 2012 between 10.30 am to 12 noon at Jasmine Hall.

30th
Mar. 2012

"CASTING OFF OLD FEATHERS" LIBRARY LECTURE BY SWAMI GYAN VATSALDASJI

Library sub-committee present lecture on "Casting Off Old Feathers" By Swami Gyan Vatsaldasji on Friday, 30th Mar 2012 between 07.30pm to 09.00 pm. All are co-ordially invited.

20th
Mar. 2012

SR. CITIZEN - VISIT TO RBI CURRENCY NOTE DEPT. AND RBI MONETARY MUSEUM

Sr. Citizen Forum are going to visit RBI Currency Note Dept., the Govt. of India Mint Dept. along with a visit to the RBI Monetary Museum on 20th March, 2012 at 10.00 am.

8th
Apr. 2012

SR. CITIZEN - VISIT TO KOKILABEN AMBANI HOSPITAL

Sr. Citizen Forum are going to visit Kokilaben Ambani Hospital on 8th April, 2012 at 10.00 am. For details contact Member Service Desk.

TABLE TENNIS INTER CLUB TOURNAMENT: This tournament is likely to be held in the month of April/May under the auspices of Mumbai Suburban District Table Tennis Association (MSDTTA). All members who want to

participate/represent JVPJ Club are requested to submit their names to TT department markers by 2nd week of April. In case if there are more members interested, a selection trial will be held for selection.

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SPORTS

SUMMER COACHING CAMPS AT JVPg CLUB

WHAT ARE YOU DOING IN SUMMER VACATION?

TABLE TENNIS Summer Coaching Camp

15th April to 30th April 2012

Table Tennis Summer Coaching Camp from 15th April to 30th April 2012 under new coach. For registration please contact markers at Table Tennis department.



SQUASH Summer Coaching Camp

15th April to 14th June 2012

Squash Summer Coaching Camp from 15th April to June 14th 2012 under the coach Mr. Riaz Mohmd. For registration please contact the Squash markers at Squash Court.



SWIMMING Summer Coaching Camp

15th April to 30th April 2012

Swimming Summer Coaching Camp from 15th April to 15th June 2012. Coaching will be conducted under the guidance of Mr. Anand Pardeshi.

For registration contact Swimming Pool Receptionists / Office.



LAWN TENNIS Coaching Camp

From 1st April 2012

Lawn Tennis New batch will be starting from 1st April 2012. Coaching will be conducted by Mr. Devendra Waghchaude.

For registration contact Lawn Tennis markers / Office.



CRICKET Summer Coaching Camp

15th April to 31st May 2012

Cricket Summer Coaching Camp from April 15th to May 31st 2012. Coaching will be conducted by Mr. Uday Tank and team.

For registration contact Office or Memer Service Desk.



ACHIEVEMENTS

SWIMMING: Master Vivan Dua participated in the following tournaments in Boys U/10 category and won several medals as follows
CCI Club Swimming Championship - Dec. 2011 – Runner-up Championship
2 Gold & 1 Silver Medal
Free style 50M & Back stroke 50M – Gold
100M individual Medley - Silver
YMCA Swimming Championship -4/5 Jan.2012
- Individual Championship - 1 Gold & 2 Silver
50M Back stroke – Gold
50M Free style & 50M Butter fly – Silver
MIG Swimming Gala – 22/01/12 - Individual Championship
2 Gold, 1 Silver, 2 Bronze medals & broke 2 records

50M Free style & 50M Back stroke – Gold
100M Individual Medley – Silver
100M Free style & 50M Butterfly – Bronze
Khar Gymkhana – 11/02/12 - 2000M Marathon – Winner
Pune - 1st State level Swimming Championship held on 18 & 19/02/12
Individual Championship – 3Gold, 2 Silver & 2 Bronze Medals
50M Free style, 50M Back stroke & 100M back stroke – Gold
100M Breast stroke & 200M Individual Medley - Silver
100M Butter fly & 50M Butter fly - Bronze



TIN AND BOTTLE BADMINTON TOURNAMENT



The Badminton sub-committee conducted a Tin and Bottle Badminton Tournament on 5th February 2012 for Club members. More than 75 members participated in this tournament. In the finals Rahul Sadani and partner Sneha Kothari won by overcoming Rajiv Soni and Sujay Joshi in a stiff encounter. Score – 30 -24

SQUASH FRIENDLY MATCH



NSCI Squash Team visited our Club on 19th February for friendly matches with our teams. The matches lasted over 4 hours from 10.00am onwards. In a spirited final Akshay Gandhi (JVP) and Amit Desai (NSCI) overcame Rohit Kadam (JVP) and Vijay Kandhari (NSCI)

LECTURE BY DR. SUBRAMANIAM SWAMI

On 5th of February 2012 Dr. Subramaniam Swamy, noted economist came to our club and addressed a gathering of nearly 500 members. He spoke on "Is India on track to becoming a superpower by 2020?" The conclusion at the end of the presentation was that India was definitely on track to becoming a superpower by 2020 provided certain changes were made. The presentation was followed by Question and Answer session. The quality of question left Dr. Swamy impressed.



President Anil Mahesh giving bouquet to Dr. Subramaniam Swamy



Vice-President Rajesh Shah giving bouquet to Dr. Subramaniam Swamy

SENIOR CITIZEN - MEDITATION SESSION



Convenor, Sr. Citizens Forum, Satish Shah organised a session on Meditation and How to DE stress on Sunday the 12th of February. The session was conducted by Anil Sampat (who is also our Hon. Secretary) and attended by over 60 members of our senior citizens forum.

Anil Sampat began the session with an understanding on what is meditation, the myths surrounding meditation and the effects of meditation on our daily lives. He touched on his own journey and how meditation has helped transform his life under his Guru Swami Akhil Saraswati and Ma Anand Divya.

This was followed by a guided meditation "Sohum Dhyani" [Swami Akhil Saraswati] and a Q & A session. Members thoroughly enjoyed the programme. Mr Satish Shah thanked the speakers and requested for regular meditation sessions for our Sr. Citizens.



Anil Sampat, Hon. Secretary Satish C. Shah, Chairman



STORY TELLING - SPRY BUDS

Shivan Chokhani, convenor Spry Buds (our forum for young children), organised yet another path breaking event titled "Story Telling" on Saturday February 11th. Children engaged in fun and games which were intertwined with stories. They were encouraged to express themselves and bring out their creativity. It was amazing to see how these young ones built on their thoughts, happenings to lead a trail of a well-crafted story; all

accompanied by a lot of drama.

The buds were surely having a whale of a time and enjoyed their sojourn immensely.

Look out for a string of events in March, April and May (especially during summer holidays).

Don't want to miss out on the Fun and games? Come and register your children at the member's service desk.



LECTURE BY SWAMI GYAN VATSALADASJI



"NOWHERE TO GO" was the topic covered by Swami Gyanvatsaldasji during his lecture at our clubs Terrace on Friday the 24th of February 2012.

Over 450 disciples thronged the jam packed venue to hear

the words of wisdom from Swamiji.

In his own inimitable soft and gentle way, Swami Gyanvatsaldasji led the audience to re-look at the way they go about their daily chores, to pause and look inward to realise themselves and help people on their inner journey.

President Anil Mahesh welcomed Swamiji with a bouquet.



Chairman Shailish Shah, Library Subcommittee, proposed a vote of thanks and conveyed to the audience that Swamiji would be gracing the club again for a discourse on March 30th.

FOOD AROUND JUHU

Mahek Shringhey take you on a food tour around Juhu. Suggesting what to eat? where? If you love food read on.



Many of us have often been plagued by the dilemma of where to go and what to eat? Its' almost like a mystery to decode the best places to eat, just the kind of food you are looking for! So here's unraveling the Best places in and around Juhu to eat in, to save you from the stressful Friday evening planning:

FOR CHINESE - WAI YU MUN CHING

Address: Shop No. 6A, Chinoy Compund, Opposite Juhu Apts, Revdandkar Rd, Santacruz (W), Mumbai 49.



Contact No: 32094944, 32094922

An ideal place for 'Late Night Eats' Wai Yu Mun Ching or Why you munching is like a gold mine find in the small lanes of Juhu. Religiously visited by patrons, this place is surprisingly, very cosy, and very quiet. Small marble pebbles/stones cover the floor, so you get a feeling that you are on a pebbled beach somewhere by the shore. Very well known for its Chinese and Thai cuisine, add this to



Thai Green Curry & Steamed Dumplings

your 'To Visit' list & try it out for its thai green curry & steamed dumplings.

FOR CHAAT - SHARMA CHAAT BHANDAR

Address: Amrapali Shopping Centre, JVPD Scheme, Vile Parle (W), Mumbai. Landmark: Near Sahakari Bhandar

Contact No: 9322661566, 9322977246

The most talked about and sought after



joint for chaat in Juhu lies amidst the chaos of Sahakari Bhandar opposite Juhu joggers park. The stretch is almost always packed with shoppers, joggers, first timers and patrons. The lip smacking paani puri and the authentic ragda pattice are must-haves along with the bhel.

FOR PAV BHAJI - SHIV SAGAR

Address: Opp. Hotel Palm Grove, Juhu Beach, Juhu, Mumbai- 49

Contact No: 2 6 1 8 3 5 8 5 , 26120370



Even though this outlet has gone through multiple make overs with the decor and setting, the one thing that remains the same is the buttery delicious pav bhaji! Coming close to



Pav Bhaji

Maruti pav bhaji (Vile Parle) in competition, Shiv Sagar serves the best pav bhaji you can indulge in asli bambaiya style.



Throng of people gather after a long day at the beach to sample and enjoy the food and with the expanded menu including mexican & italian fare, the pav bhaji remains the best thing to eat here.

NANDU'S FOR DOSA

Silver beach. Nandus dosa is widely spoken about and his wide variety is mind boggling! Located by silver beach



you can gorge all you want by the shore while you enjoy the gushing sounds of the waves. Its not the 5 star hotel but the ambience is unbeatable. From mysore cheese to 'pizza' dosa, gini dosa and the unconventional 'chocolate' dosa and mini baby dosas, you name it and he makes it. Make sure you stop by one day and sample it yourself.



Chocolate Dosa



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