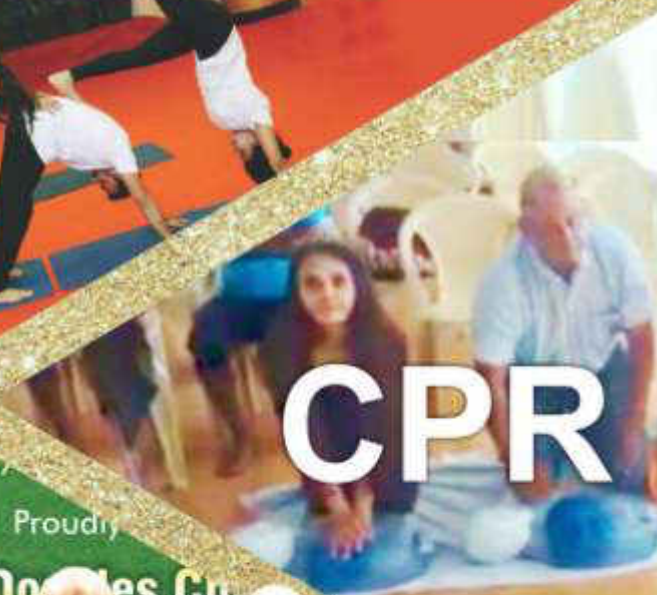


- JVP GC Lawn Tennis Regins Supreme Wins The "Elite Group of Lawn Tennis Aces" Championship
- International Yoga Day - Yoga Presentation By Members
- Tete - a - Tea With Suman Agarwal
- Nurturing Children Through Summer Workshops
- Kids Yoga And Its Benefits
- Term And Institutional Membership @ JVP GC
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## From The Desk Of The Hon. Secretary



Himanshu Gokani  
himanshu@jvpgclub.com

Dear Fellow Members,

### **The Quality Of A Leader Is Reflected In The Standards They Set For Themselves**

I have said this each month and I believe I cant reiterate it enough when I say what a privilege it has been and continues is to remain, being appointed as the Secretary of the most vibrant and lively club Mumbai. A leadership position of power indeed, which brings along with it, an equal, if not more, amount of responsibility, towards the enhancement of our members.

This post gives me the opportunity to fulfill my passion of recognizing and in turn developing the skills and talents of all individuals and giving back to the society, not only by creating equal and numerous opportunities for all, but also in rejoicing life by periodically enjoying entertaining programs and enhancing fellowship within the club.

I learnt a very valuable lesson on leadership a long time ago; it being, "leadership is not about glorious crowning acts. It's about keeping your team focused on a goal and motivated to do their best to achieve it, especially when the stakes are high and the consequences really matter. It is about laying the groundwork for others' success, and then standing back and letting them shine"

I assure you that each and every single day, my team and I use all our collective knowledge, resources and time to make your experiences at JVPGC as delightful and memorable as possible and by the end of this year we will have communally realized our dream of being the best club in the suburbs and one of the best in the country.

The over whelming support received from all of you during our previous term has so encouragingly continued into this term as well and I have no doubt in my mind now that our team will continue to receive your awe-inspiring support through your presence and participation in all club programs. Your presence and smiles remain the soul audit of our time, effort and success.

With your grit and selfless support we will all give the required boost to the philanthropic purpose of life, which will nourish our hearts with boundless joy and peace.

As always, the editorial team have outdone themselves with content and design. Enjoy this delightful issue of Sandesh and the relief the monsoons bring !

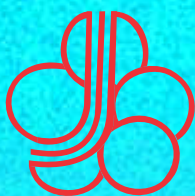
Dear Members,

Due to security reasons and as per the directives of government it is advisable for us to prevent the entry of undesirable/non-eligible guests and individuals posing as members.

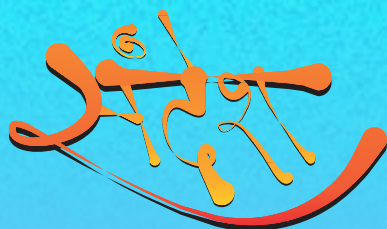
In order to detect this and for better control we request and urge all our members to carry their "Identity Card" issued by the club and request that they should request their guests to carry relevant Photo Identities to enable our people manning the reception and/or security to verify the same before being allowed into the premises.

Thanking You,





Juhu Vile Parle Gymkhana Club



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**Editor and Chief**

Nikhil Prabhakar Rao # 9820139490

**Editorial Panel**

Tanvita Saraf  
Sonal Vashi

**Creative Designer**

Sanjeev Pawar

**Publishing House** (Free copy)

Juhu Vile Parle Gymkhana Club (JVPGC)  
N.S. Road No. 13, Opp. Juhu Bus Depot,  
JVPD Scheme, Juhu, Mumbai - 400 049.

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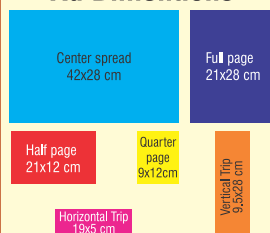
**Advertising Queries :**

Nikhil Prabhakar Rao # 98201 39490

**Value Adding Editorial Content :**

E-mail: tanvitasaraf@gmail.com

**Ad Dimentions**



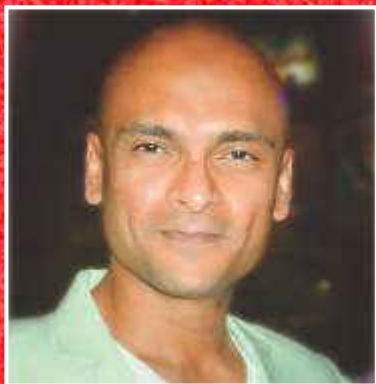
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## Editorial Team



**Nikhil Prabhakar Rao**  
Editor and Chief  
+91 98201 39490  
editor@jvpgclub.com



**Sonal Motla Vashi**  
Editor, ... Sandesh  
the\_osmosis@hotmail.com



**Tanvita Saraf**  
Editor, ... Sandesh  
tanvitasaraf@gmail.com



**Sanjeev Pawar**  
Creative Designer, ... Sandesh  
sanjeev.jvpgc@gmail.com

## From The Desk Of The Editor and Chief

From a mere monologish and modest monthly publication of 12 to 14 odd “have to need to print” pages, Sandesh now has risen and grown to be a mammoth recognized 40 odd page written voice, torch-bearing beacon of reason and value add, across its 10,000 bibliophiles at JVPD.

As our country's constitution begins as reading, I'd like do the very same, when I say, “We the people” of JVPGC, all of a sudden are all floating down a river of extraordinary content in barrels.

On a daily basis, we the editorial board, get flooded with a giant volcanic lava lamp of significant ideas and content, all efficaciously lined up to see their sun moment of noteworthy worthy addition in our lives by featuring in Sandesh.

With this nearly embarrassing overabundance of evocative information at our disposal, we now face a new sort of dilemma and challenge; what gets printed and when. Thank you dear members and readers alike for all the adulation, the support and the hand holding encouragement, which have all been an inherent pathway towards this metaphorical transformation of Sandesh.

The articles we now publish, suddenly embark upon more holistic views of our lives, above and beyond the well illuminated subdivisions of our club; the readership in terms of sheer numbers and varied bio-graphics, I have been categorically educated has extensively improved and with it, the advertisements and all the value add offers, information and revenue that come with them, have all augmented.

This issue, robust and informative in many ways is no different.

Innit, for your visual and reading prowess akin, you will find enough information to sit with that warm or otherwise spirited beverage and bask in the enriching glorious path we as an institution have embarked upon.

I feel more like a shepherd and inheritor than a chief editor, and I thank each and every one of you, for your expertise, your encouragement and engagement, and your ongoing support.

Stay blessed you guys, read on and stay connected ! Hamesha !

Read  
Sandesh  
We Do Carry  
Meaningful  
Editorials



# JVPGC Lawn Tennis Regins Supreme Wins The "Elite Group of Lawn Tennis Aces" Championship

The seniors' lawn tennis circuit is not as well renowned as its "open" counterpart, but within the fraternity that represents it; with a multitude of tournaments, its parties and travel, it is alive kicking and indigenously thriving. There are tournaments conducted almost every other week, in various locations across the republic, attended by an enormous number of lawn tennis enthusiasts who epitomize that elite age group of experience and adoration for the



Nikhil P. Rao  
Chairman, Lawn Tennis



sport.

Inspired by the Barclays year ending tournament which is conducted in London at the end of each year; where only the top 8 singles and doubles teams of the year compete, a new league (on the similar lines) has been fashioned now called the "Elite League of Lawn Tennis Aces". From the multitude of play-offs held across the topography of this sub continent the very best of the best make it into this league, based on their consistent performance through the preceding historical season.

Exclusive tournaments are then held



between these 16 champions to then ascertain who reigns triumphant as the champion of this privileged League.

The inaugural tournament of this selected group was conducted on Tuesday the

20th of June 2017; and as JVPGC remains dominant at the helm of sports enhancement and enrichment in India, we were ever so quick to seize the opportunity and honor to host the inaugural championship.



Under the leadership of chairman Nikhil Prabhakar Rao and the impeccable support of the management led by the Hon Sec Mr. Himanshu Gokani, within a mere 24 hours, JVPGC was all geared up to host



this foundational event.

The very best of the best descended onto the spruced up courts at JVPGC; 5 hours and 10 nail bighting round robin doubles matches later (where each team competed against their worthy adversaries present), our very own lawn tennis chairperson Nikhil Prabhakar Rao came up triumphant and victorious at the championships.







Worthy of mentioning is the fact that the lawn tennis department at JVPGC, even with its limited infrastructure is a consistent architect of champions across all age groups on the domestic lawn tennis map.

The dynamic "elite group of lawn tennis aces" houses 16 of the very best and 4 of them hail from the illustrious courts at JVPGC being, Nikhil Prabhakar Rao, Himanshu Bhatia, Nirmal Patel and Rahul Kejriwal.

## Janardhan Felicitated With The Lifetime Achievement Award ! A Life Dedicated to Creating Lawn Tennis Aces !!

The line separating the good from the truly great players has never been thinner. Conditioning, psychology and tactical preparation are crucial to help players achieve the most out of their talent.

Behind every world class tennis player is a world class coach, working to unlock a player's potential.



Janardhan has been the unsung hero and the crowning jewel in JVPGC's lawn tennis history for nearly 4 odd decades now having coached some of the greatest player of international repute towards ultimate tennis glory.

Amongst the reputable names, who have nurtured under his expertise and guidance, who have excelled on the domestic and international circuits as champions are;

Pratim Parekh, Abhijeet Muzumdar, Isha Lakhani, Megha, Vakharia, Krushmi Chheda and very many more, all these sound names requiring absolutely no introduction whatsoever within the athletic halls of fame.

This June at an event hosted by the Maharashtra State Lawn Tennis Association in Mumbai, and later covered by a reputable local television network, where all the elite coaches of Mumbai gathered, Janardhan was felicitated with a Life Time Achievement Award for a life spent towards adding flawless value to the sport.

The lawn tennis department and management at JVPGC remain privileged and fortunate to have Janardhan serve with us for all the years he has.





Congratulations to our beloved Sir, for putting in the efforts, for the success of this wonderful event. Three Cheers for Sonal too — Rajeshwari Patel

No words to express Sirji, we are lucky to have such a talented yoga teacher — Shaila Yajnik

Really glad I participated in the Yoga Day celebration on Sunday morning. It was wonderful to watch Yogasanas done in the correct way.

Sir enjoyed the event. The group energy was superb — Smriti Desai

Thanks to Rupen sir and to all for organising this event so well. — Jayanti Malaviya



Intern  
YOGA  
D

Under the aegis of JVPGC, an event initiated last year by Hon. Sec. Himanshu Gokani, saw the Health Club Chairman, Sanjeev Bagga and Runners club chairman Jay Soni come together to celebrated the International Yoga Day on Wednesday, 21st June 2017.

Attended by more than 175+ members. It was a beautiful lyrical session wherein under the able guidance of Shri Rupen Balotia, (Govt. Titled Yog Guru, PhD Martial



Entire presentation was quite fluid...no hurdles only harmony, thank you Sirji for your guidance...thanks to all the partners and our mentors Mallika and Jayantibhai and but of course Sonal... — Priya Masand



So much of devotion by Rupen sir n Sonal, God bless them, in today's time nobody will do this much. — Ramesh Kesaramani

It was spectacular ! thanks Rupen Sir & Sonal — Bobby Soni

# ational GA ay

Art) he demonstrated and explained the benefitsof

- » Shatkriyas
- » Suksma Vyayam
- » Surya Namaskar
- » C h a n d r a Namaskar
- » Deep Relaxation Techniques



Sanjeev Bagga  
Chairman, Health Club



Sir you are an ace guru, super explanation of asanas and so well organised... — Smita Thanavala

Sir superb event. Your explanation about asanas was excellent. You are the most dedicated Yoga Teacher — Gita Gandhi

While doing Surya Namaskar, the feeling was like... when you inhale, you are taking the strength from GOD. When you exhale, it represents the service you are giving to the world. Hats off to Rupen Sir's training and his perfect skill and his knowledge. — Bhupendra Shah



Lovely experience Rupen Sir and Sonali. Thank you for hosting

Dis the yoga yoga session was excellent. Explanation of asanas excellent. Group energy

creditable, it was totally relaxing. Three cheers for you !!! Congratulations. — *Smriti Desai* — *Turf & Nesi students — Prof Lalwani (Turf club member)*

At the culmination of the yoga event on 25th, a member commented, "The club has never experienced such a wonderful yoga event ever" I agree the entire state lasted for a long time giving me an ethereal experience. The involvement of the guests added sparkle to the event and proved that



## Presentation

In continuation of the Yoga day celebrations on Sunday June 25th in the activity hall, JVPGC members, celebrated by performing yoga and played hosts to yoga students of the NSCI and the RWTIC, Turf club Mumbai. It was for the first time in the history of JVPGC wherein interclub yoga students performed on the same platform.

The uniqueness of the event being that there were no audience, only participants.

"First time in the history of Club such a large gathering of yoga practitioners participated and performed Your efforts have shown results in today's yoga event, it was smooth flowing, untiring and satisfying. I personally



wholeheartedly - The precision, ease, accuracy with which Rupen Sir conducted the event, transported us from a rajasic state to a sattvic state. All yogis and yoginis are a big United family. We are fortunate to have such a talented, multifaceted personality as our teacher. — *Anju Birlani*

# GA

## by Members

Everyone present participated and the energy was overwhelming.



*Sonal Motla Vashi*  
Editor

175+ yog students performed together and the mood was that of celebrating the ethos of Yog which is to be aware and in harmony with body mind and soul...



with emasculated precision, perfection and it is confirmed how a Learned Yoga Guru can motivate energies. feel it has been a big event for me Obligated to Sir ji for your teaching, training, loving and caring" — *Pannalal Dasani*

Sir you are one of the most dedicated yoga teacher....we all feel completely charged up with your motivation. Even though I could not attend the great yoga celebration of today, being down with viral...can still feel the energy of today's event. — *Saunil Khanavala*





# *Tete - a - Tea* *with Suman Agarwal*



Darshana Kothari  
Chrsn, C&W Activity  
Sub-comm.

**N**utrition is a key factor in creating a healthy and strong body. Children and Women Activity Sub-Committee Chairperson Darshana Kothari, ably assisted by Dilnavaz Jokhi and Asmi Parekh organized a Tete - a - tea with celebrity nutritionist and fitness consultant Suman Agarwal on 10th June '17 at Activity Hall.

Suman gave us an insight about healthy eating so that we can make informed food choices in our life. The key is a well balanced diet, major meals should contain carbs, fibre, protein, dairy and fats in the right ratio. She is the author of 3 cookbooks with 150+ healthy and easy to cook recipes. Suman and her team have created a range of on-the-go healthy munchies which help us snack healthier. Our 250+ members and their guests were treated to a variety of unjunked snacks. There was a live cooking session of Suman's favourite recipes from her book by the author herself and were given to all to taste along with the recipes. She captivated the audience for more than two hours, interacted with them and answered their queries. Our very own Aurum Foods Pvt. Ltd. assisted during the event.

In an age where technology has made digital diets a virtual reality, Suman offered an Online Program as an easy solution to health-conscious individuals who are short on time.

Our Office Bearers graced the occasion and welcomed Suman Agarwal with floral presentations and a memento. All in all, it was an evening well spent.









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# INAUGURATED FEMTO LASER CATALYS SYSTEM FOR CATARACT SURGERY, 1ST MACHINE IN WESTERN SUBURBS OF MUMBAI AT DOCTOR EYE INSTITUTE

Femtosecond Laser Cataract Surgery with Catalys machine has Become significantly Automated & Blade free, ensuring greater Safety & Accuracy .

■ **What is the treatment for Cataract Surgery?**

Any opacity in the natural lens which leads to decreased vision is called Cataract. Treatment for cataract involves surgical removal of the cataract and replacement with an artificial lens that can restore vision after surgery .

■ **What are the benefits of the Femtolaser Cataract Surgery?**

With the use of Femto technology all crucial steps of cataract surgery are performed by a laser with unparalleled precision which reduces the chances of human error. Using the CATALYS precision Femto laser System, surgeon can provide patient a gentle, precise and uniquely customized cataract treatment.

■ **What is the difference between traditional and femto laser cataract surgery?**

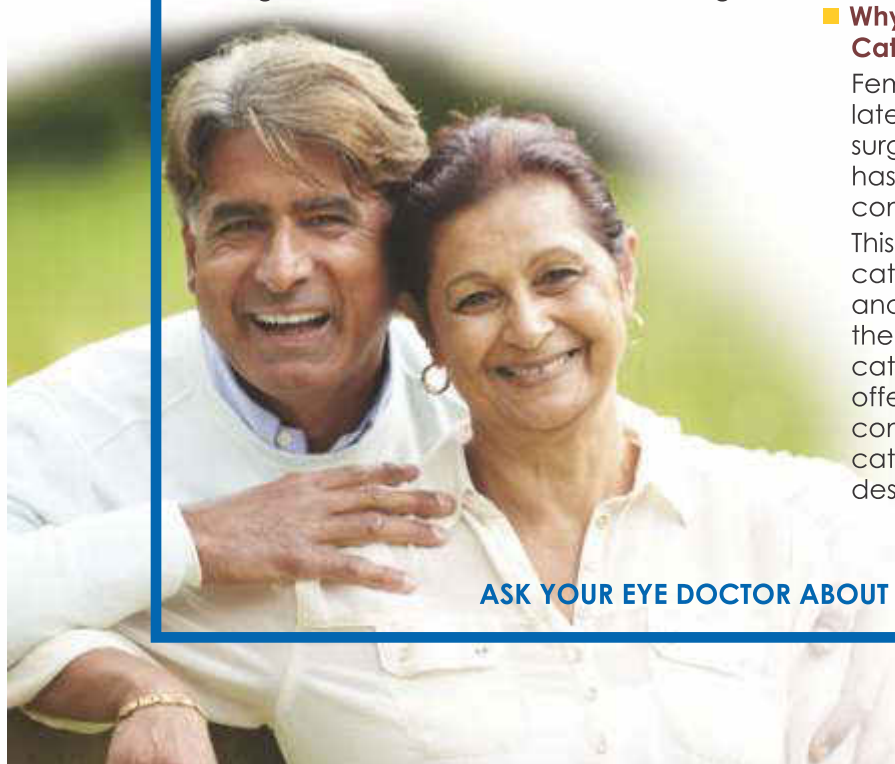
In traditional Phacoemulsification Cataract surgery which is a manual technique, surgeon makes cuts in the cornea using a

hand held blade. Through these incisions the surgeon then inserts surgical instrument inside the eye to make a manual round opening around the cataract. An ultrasound probe is then inserted in eye which breaks the old, cloudy lens into pieces which are removed and an intraocular lens (IOL) is inserted inside the eye to replace the natural lens. In femtosecond Laser Surgery with Catalys every aspect of cataract surgery is automatically programmed and monitored by the computer resulting in a safer operation and improved surgical outcome.

Prior to the treatment, the CATALYS Laser will scan and make a precise 3D map of patient eye which enables surgeon to create a customized treatment plan to match the uniqueness of patient eye. Surgeon uses the CATALYS Laser to create precise placement of incisions, including a circular opening in the lens capsule to access and remove the cataract. With Catalys system, the Laser is used to soften the hard cataract and segment into manageable cube like pieces which makes the removal of lens easy.

■ **Why should one choose Femto Laser Cataract Surgery?**

Femtosecond Laser technology is the latest and best technology for cataract surgery available throughout the world. It has significantly automated the complicated steps of cataract surgery. This blade-less, stitch-less technique for cataract surgery delivers precise results and better vision recovery. It is a boon for the patient. If you need to undergo cataract surgery, opt for a centre which offers the latest Laser technology combined with the expertise of a qualified cataract surgeon. After all, your eyes deserve the best!



**ASK YOUR EYE DOCTOR ABOUT THE FEMTO LASER CATARACT SURGERY.**



## FEMTOSECOND LASER CATARACT SURGERY IS NOW AVAILABLE AT DOCTOR EYE INSTITUTE, MUMBAI

Doctor Eye Institute has always been at the forefront of adopting cutting-edge technology in eye care that has resulted in improved visual outcome and comfort for the patient. True to our belief that every eye deserves the best, Doctor Eye Institute houses the most advanced phacoemulsification systems "Signature" and offers a wide range of premium intraocular lens options to its patients. It is the 1st Institute in WESTERN INDIA to introduce 'Symphony'-extended range of vision IOL to achieve freedom from glasses for all distances.

Doctor Eye Institute has now introduced Femtolaser Cataract Surgery with **CATALYS**. With this cutting edge technology, cataract surgery can now be more safe & accurate. Automating the most crucial steps in cataract surgery assures minimum pain & maximum accuracy and also ensures a quick surgery & quicker recovery. Our state of the art Operation Theatre is designed as per International standard. It has Laminar Air flow, HEPA Filters, (to filter microorganisms with 0.3 micron filters) and medical grade vinyl flooring for achieving highest standards of sterility and asperis.

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# Nurturing Children Through Summer Workshops

**A**loha!! We come to the end of our hustling and bustling summer vacations and in turn the summer camps. Darshana Kothari, chairperson (C&W activity sub-committee) along with her dedicated committee members; very efficiently conducted all the activities of the summer camp. A big thank you to all the event organisers, office bearers and Juhu gym staff, they

cooperated with full zest to make this event a success. A very warm regard to all the members for registering their kids with us. We cannot forget to thank our lovely kids here, without whom we are nobody. Our Juhu Gymkhana kids are our priceless possessions without whom our committee stands anywhere. Thank you to all and we shall be back with a bang!!



Darshana Kothari  
Chrsn, C&W Activity  
Sub-comm.

## Clay modelling



## Umbrella Painting



## Mason Jar Painting



## Soft Pastels



## Foil Painting





# Kids Yoga and its Benefits



Darshana Kothari  
Chprsn, C&W Activity  
Sub-comm.

**A**s a parent, once you've experienced how yoga has strengthened your body and calmed your mind, naturally you want to bestow those boons upon your kid to help them stay healthy, cope with stress, and cultivate inner strength.

Our children live in a hurry-up world of busy parents, school pressures, home work, tuitions, video games, malls, and competitive sports. We usually don't think of these influences as stressful for our kids, but often they are. The bustling pace of our children's lives can have a profound effect on their innate joy—and usually not for the better.

Yoga can help counter these pressures. When children learn techniques for self-health, relaxation, and inner fulfillment, they can navigate life's challenges with a little more ease. Yoga at an early age encourages self-esteem and body awareness with a physical activity that's noncompetitive. Fostering cooperation and compassion—instead of opposition—is a great gift to give our children.

## Following are the benefits of yoga for kids

### 1. Improves Concentration and Memory

Yoga can help improve mental clarity and focus. To properly execute each yoga pose, your child needs to bring attention to his body, muscles and joints. As the kid moves through each pose, he must slowly stretch the muscles and hold his body in a certain position for a few breaths before releasing and moving to the next pose. This focus helps slow down his lightning-fast thoughts, brings his attention to the here and now and helps prevent his mind from wandering.

### 2. Reduce Stress and anxiety

One of the main focuses of yoga is breathing, or pranayam. Yoga breathing encourages slow, deep belly breaths while moving through the poses. Not only does this style of breathing increase the amount of oxygen your child absorbs into his bloodstream, it also sharpens his awareness while helping him relax his mind and body. This type of breathing can also be used to calm his body in stressful situations.

### 3. Improves Flexibility

Yoga enhances their flexibility, strength, coordination, and body awareness. When yogis developed the asana many thousands of years ago, they still lived close to the natural world and used animals and plants for inspiration—the sting of a scorpion, the grace of a swan, the grounded stature of a tree. When children imitate the movements and sounds of nature, they have a chance to imagine being inside another being and adapting its qualities. When they assume the pose of the lion (Simhasana) for example, they experience not only the power and behavior of the lion, but also their own sense of power: when to be aggressive or when to retreat. The physical movements introduce kids to yoga's true meaning: union, expression, and honor for oneself and one's part in the delicate web of life and also improves their flexibility and posture.





## BANK CHOR

Introducing Chompak Chandrakant Chiplunkar, a simple Marathi manoos played by Riteish Deshmukh; supercop, CBI officer Amjad Khan played by Vivek Anand Oberoi, a mad media circus outside led by fashion journo turned crime reporter Gayatri Ganguly aka Gaga played by Rhea Chakraborty. The film promises to be a crazy roller-coaster. It's a great mix of comedy and suspense. The movie keeps the audience engaged throughout. An excellent combination of drama and comedy. Recommended to be seen once.



## CARS 3



**C**ars 3 is a 2017 American 3D computer-animated sports comedy film produced by Pixar Animation Studios for Walt Disney Pictures. It is the third installment in the Cars film franchise and the sequel to Cars 2 (2011). The film was released on June 16, 2017, and has grossed \$147 million worldwide. It's a kid friendly movie that keeps forth the idea that girls can achieve anything they set their hearts at. A movie that is highly recommended for kids of all ages.

Jimit Ganatra  
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# FRIENDS OR SOCIALISERS



Tanvita Saraf  
Editor

**R**ahul does not like to make friends. He is an extremely shy personality. He doesn't like to befriend any one. He has trust issues, is an introvert and is not very warm with a new person. In short, he is a very reserved man; but he has 500 friends on facebook and twitter, 300 followers on instagram and other social networking sites.

One day he fell sick and was hospitalized, he was alone in the hospital. No one really cared or bothered except for very close relatives. Today he is well, partying, uploading pics with a few hundred likes and tags to each pic. Chances are you and him may also be friends on one of the sites but how much do you both know each other?



Today we have hundreds of friends on social networking sites, we may be considered a social butterfly and we may be partying hard every weekend but how many friends do we really have. "Friends" not "Acquaintances". How many of us do actually know about each other's existence, about each other's likes and dislikes, about each other's day to day routine?

**Today's generation has followers not friends.** We see each other through



social media, comment on each other's posts and stay contented. We have weekend friends with whom we party and try to find an escape from the harsh realities of life. We have friends whom we meet on weekends and forget all about them on Monday and the circle of the week continues for years. We try to make memories in weekend parties and try to find solace on weekends with the so called friends.

The guy you just met at the gym became a friend because he has the same timing for exercise as yours, the girl at office is a friend because you have same topics to crib about; but there's no one who knows that you prefer to have Italian food when hungry or you are an upcoming writer or you have an ailing mother. They are not even bothered or concerned.

**The truth is we don't have friends we have socialisers. We fail to connect on an emotional level but rank highest on the partying level.** These are the people who cannot be termed as 4a.m. friends, who would never bother to take your calls if called at 4 a.m.

Where is the friend who connects with you at an emotional level irrespective of the fact that you two haven't connected since the past few weeks? Where is the friend who pops up in your mind first when you are in a complete mess? Where is the friend who can understand your thoughts without being told anything?

If at all you have such a friend you are the most blessed soul on this planet. **Be contented**

**with one real friend rather than 500 socialisers.** It's a very fake world and a fake life that exists on social media. Those are not the real people; they are not the real friends. The need is to filter friends from socialisers and be happy and contented with one "friend" who understands you and stands by you in worst conditions.





# Thinking Of Suicide?

## Ask For Help!!

Suicide is not chosen; it happens when pain exceeds resources for coping with pain

- 1 out of every 4 youth is depressed
- On Average, there are 121 suicides per day
- Men die by suicide 3.5 times more often than women

**C**ause of worry....  
RIGHT?? This  
word **SUICIDE**  
catches everyone's  
attention but the actions  
that lead up to suicide go  
unnoticed.

Suicide is the act of intentionally causing one's own death. Traditionally in most cultures suicide is considered as an offense towards God, a taboo, due to the belief in the sanctity of life. It's a criminal offense in many countries but still is very prevalent in every society. It's more prevalent in developed countries than in undeveloped countries.

### There are many causes that lead one to this road:

- Primary reason being for a person to take such an action is when they fail to communicate their sorrows leading to depression. Their failure to communicate with loved ones or people close to them because somehow they are directly related to the reason or knowing they won't understand or probably end up judging them the wrong way. It's when pain overweighs coping resources. We try to brush these



under the carpet, living in denial and telling ourselves it is just a phase. Truth is that depression can affect anybody; in fact people with higher resilience and mental strength go through it more because they are able to hold it longer.

- Impulsive acts due to stress such as from financial difficulties, troubles with relationships, or from bullying.
- Untreated depression. Those who have previously attempted suicide are at higher risk for future attempts.

**"The majority of people who feel suicidal do not actually want to die; they do not want to live the life they have."**



Tanvita Saraf  
Asst. Editor

### Suicide warning signs:

**Talking about suicide** - Any talk of death, self-harm, or wishing they were never born.

**Seeking lethal weapons** - Looking for access to guns, pills, knives or other objects that could be used for suicide attempt

**No hope for the future** - Expressing helplessness and hopeless, feeling they are trapped and things will never change for better.

**Self-loathing & self-hatred** - Feeling of guilt, shame and of being burden on others.

**Getting affairs in order** - Making a will, giving away possessions.

**Saying goodbye** - Unexpected visits or saying goodbye as if they won't see you again.

**Withdrawal from others** - Increasing social isolation and a desire to be left alone.

**Irregular sleep patterns** - Sleeping too much or too little

**Self-destructive behavior** - Increased drug & alcohol use, reckless driving, taking unnecessary risk.



## How you can help others

**Ask directly** “Are you thinking about suicide?” This shows you care and encourages them to talk.

**Stay and listen** closely & let them express their feelings. Stay with them or find someone else reliable to stay with them.

Call for a **professional help**.

## How you can help yourself:

If you are unable to think of solutions other than suicide, it is not that other solutions don't exist, but rather that you are currently unable to see them. The intense emotional pain that you're experiencing right



now can distort your thinking so it becomes harder to see possible solutions to problems, or to connect with those who can offer support. Therapists, counselors, friends or loved ones can help you to see solutions that otherwise may not be apparent to you. Give them a chance to help.

You may have come across people who refer to suicide as “selfish”. People will utter phrases such as “to do that to their family is just selfish”, or “to commit suicide is an act of cowardliness”, or variations thereof. If you are such a person who has expressed these views or similar for whatever reason you're wrong, or at

the very least misinformed, and could be doing more harm in the long run. People who are considering suicide often are undecided about choosing life or death. With compassionate help, they may choose to live. All they need is help.

**Never, Never, Never Give Up.** It's normal to feel down sometimes. But when feelings of depression, hopelessness, or anxiety persist, it



may be more than sadness. If you want to talk, there are people and resources that can help.

**Get help a number of hotlines are available which keep you identify anonymous.**

**022 2754 6669 AASRA**

**022 2556 3291 iCall**

**National Suicide Prevention Lifeline at  
1-800- 273-8255**



# Top Three...

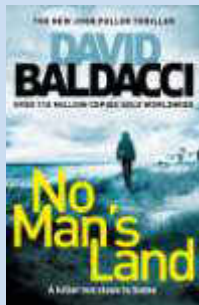
*Our Librarian Recommends*

*We lose ourselves in books... we find ourselves there too!*



## Fiction

1. No Man's Land  
**David Baldacci**
2. Camino Island  
**John Grisham**
3. The Burning Room  
**Michael Connelly**



## Non-Fiction

1. Sita  
**Amish**
2. Smarter Faster Better  
**Charles Duhigg**
3. Kohinur  
**William Dalrymple**



## BOOK REVIEW:

### SITA (Warrior Of Mithila) Author - Amish

People have often look upon Sita as a victim. We often sympathies with a pity her. However the book tries to change this notion. Sita is not weak. She is a women who dares to take her own decisions.

Her confidence and dedication emanates from her self-respect by refusing to return to Rama. Sita demonstrates that she doesn't need social structures to give her social status. Instead, she chooses the Earth, where there are no boundaries and rules.



### SMARTER FASTER BETTER Author - Charles Duhigg

Charles Duhigg, the author, elevates the life-hacking genre. The Pulitzer Prize-winning New York Times business writer had a hit in 2012 with *The Power of Habit: Why We Do What We Do in Life and Business*. His writing is smart, measured, and fun. In *Smarter Faster Better* there are even little cartoons to illustrate some of his ideas. He uses the Malcolm Gladwell model of shaping academic studies into hacks but applies a less excitable tone and a more cinematic style. He's a reasonable man trying to figure out how we all can do a little better by adjusting our life a bit. He even starts and ends his book by showing how he struggled to use his own tips to write it without flipping out on his wife and kids.

Almost all the chapters begin by throwing the reader into the middle of a catastrophe: the Yom Kippur War, the kidnapping of a national security consultant by the Bloods, the final table in a huge poker tournament, being assigned a really lame study group at Yale's B-school. Then Duhigg stops the narrative to introduce some unlikely person who undertook some unlikely experiment to discover some unlikely psychological quirk that led to some unlikely improvement in her work. He refrains from that annoying business book thing when he tells you exactly how you can use this in your middle-manager job. He assumes you can figure that out yourself.





# Intensify Meditation Practice to experience Dynamism and Novelty in life

The second event, in celebrating the International Yoga Day, JVPGC members were invited for a full day workshop with Dr. Mohandas Hegde.



Sanjeev Bagga  
Chairman, Health Club

The full day workshop, under the aegis of Sec. Himanshu Gokani, started with a group meditation and was attended by 80 members comprising of currently practicing as well as new members. At the Outset, there was an Interactive

session with the members on the subtle aspects of the heartfulness approach of Meditation, followed by an exercise on the missing link in our lives.

Thereafter, how to achieve balanced existence in moderation was discussed broadly with lot of enthusiasm and was well received.

There were couple of videos that were played on Spiritual living, Goal of Life followed by an interactive session and as group exercise on reaping the potential in one's self to generate

courage, happiness and contentment in life. This was followed by few members speaking their experience and understanding on the stage as an outcome of the group task.

The workshop concluded with a video and thought on giving and its importance along with the group meditation.

***These sessions are conducted twice in a week especially for all members and their guests. For further enquiry please contact MSD.***







# CPR AND FIRST-AID PROGRAM



The Health Club saw its first batch of 20 certified CPR and FIRST-AID club personnel on June 29th 2017.



**Sanjeev Bagga**  
Chairman, Health Club

Initiated by the Health Club Chairman Mr. Sanjeev Bagga and encouraged by Sec. Himanshu Gokani, the first batch of trainer's trainees consisted of trainers from the gym, coaches from the tennis court and club personnel, as well as a few members of the Health Club sub-committee.

Endeavour is to make the club and its facilities a safe place. We have unnecessarily lost our dear ones, ones we just might have been able to save.

It is an invaluable lesson for every member in a family to know the basics of First aid and CPR to avoid unnecessary loss

The training program was dedicated by the Chairman, Sanjeev Bagga in loving memory of dear departed friends Viresh Prabhu and Bobby Bindra.

A sustained effort will be put in awareness programs to add value to JVPGC and its members.







# Pain In The Neck

**L**ibrary sub-committee and Senior Citizen sub-committee organized a lecture "Neck Pain" by Datta Gaikwad on Sunday, 18th June 2017 10.30 am to 12.30 pm at activity hall.

The neck consists of muscles which connect the head with the body. The neck helps us to move our head through about 180°. The spinal cord is attached to neck. A total of 33 vertebrae are attached one below the other from neck to lower part of the waist. This spinal cord helps in the functioning of the central nervous system. The vertebrae present in the neck are called as cervical vertebrae which are 7 in number and are flexible. A layer is present between two vertebrae which prevents the problems in the working of vertebrae.

## REASONS FOR NECK PAIN

The most common reason for neck pain are weak muscles, lack of flexibility of the muscles. Stronger the muscles, lesser the problems. Therefore, doing exercises is must. Their lacking may cause some

ends of bones to extend. These ends are called osteophytes. Their extension may cause strain in muscles and lead to pain. Another reason is slipping of the layer between two vertebrae. Due to this, pressure is exerted on the nervous system. Effects can be seen on shoulders, collar muscles, hands and fingers. This is called as spondilitis.

## POSTURE

Incorrect posture not only results in neck pain but it affects the entire back. If not corrected in time, the pain can last for a lifetime. It's imperative and crucial to have correct posture as a preventive measure for neck pain.

## WHAT TO DO DURING PAIN

First thing one should do is to consult a doctor. After the pain is beyond suffering, only then they consult a doctor. During pain, avoid looking upwards towards the sky (neck hyper extension), avoid neck rotation (it may feel relaxing but it's dangerous) and avoid exercise which include stretching of neck backwards. Try to avoid traveling by car, if the pain is acute.

## ICE TREATMENT

When pain starts one could first of all ice the back of the neck. This will help in



*Shailesh C Shah*  
Chairman, Library

better blood supply in the muscles of that part. Internal swelling may decrease. Ice treatment should be done for 20 minutes 3 times a day. Take deep breaths while doing it.

## AVOID MAKING THE BODY ACIDIC

Pain in the neck or spondilitis is a type of arthritis. Eating fried food, not eating for long time, eating spicy food, meat, etc. can result in secretion of excess acids which can cause neck pain and pain in other joints too. Therefore, it's important that we care about our nutrition.

## WHAT TO AVOID

Avoid doing activities in which hands move upwards like combing hair, washing clothes, hanging them, etc. While sleeping avoid using a thick and soft pillow. It should be thin and a bit harder. As soon as you feel better, one should start exercising but only under the guidance of a physiotherapist. Never neglect neck pain, exercise regularly. Exercise is the only solution for neck to reduce and cure the problem.





# Banquet Options @ JVPGC

For details contact member service desk (MSD)  
9.30 am to 8.00 pm | Tuesday to Sunday



## Activity Hall

Ground Floor

Capacity - 250 to 300

Timing :

09.30 am to 03.30 pm

04.30 pm to 11.30 pm

## Orchid Hall/ Orchid Terrace

2nd Floor

Capacity - 60 to 70

Timing :

09.30 am to 03.30 pm

04.30 pm to 11.30 pm

**Note:** You can book Orchid hall separately or Orchid hall and Orchid terrace together.



## Jasmine Hall

(with or without pantry)

2nd Floor

Capacity - 50 to 60

Timing :

09.30 am to 03.30 pm

04.30 pm to 11.30 pm

**Note:** You can book Jasmine hall with pantry or without pantry.



## Orchid Terrace

2nd Floor  
Capacity - 30 to 40

### Timing:

9.30 am to 3.30 pm | 4.30 pm to 11.30 pm



## Tulip Terrace

2nd Floor  
Capacity - 50 to 60

### Timing:

9.30am to 3.30pm | 4.30pm to 11.30pm



## Float Bar

1st Floor  
Capacity - 100

### Timing:

11.00 am to 3.00 pm (Monday to Sunday)



## Aqua Bar

Ground Floor  
Capacity - 60 to 70

### Timing & Days:

11 am to 3 pm (Monday to Saturday)  
7 pm to 1 am (Monday, Tuesday & Thursday)



# At a Glance Dyslexia n Anxiety

**Kids with dyslexia often have fears about what might happen if they need to do something that involves reading. They may be afraid of failing, or of being judged or embarrassed. There may even be moments when they fear they'll never learn or succeed at anything...**



Sonal Gokani, Special Educator  
sonalgokani10@gmail.com

It's not uncommon for kids with dyslexia to experience anxiety.

Kids with dyslexia may feel anxious because they don't understand why reading is so hard for them.

Reading-related anxiety can affect how kids feel about learning in general.

Kids know how important reading is. They hear it from their parents and teachers starting at a very young age. So when kids with dyslexia struggle with that vital skill, it can create feelings of anxiety.

In most cases, those feelings are passing and limited to situations that involve reading. That might be anything from reading a menu to taking notes for a book report. But sometimes, kids with dyslexia and other learning issues develop a bigger problem with anxiety.

How Dyslexia Can Cause Stress and Anxious Feelings?

It's not surprising that kids with dyslexia feel anxious at times. They can face many stressful situations throughout a day. Many of those situations involve “what ifs”—a big part of anxiety. Here are two examples:

A child with dyslexia may have to go to

Kids with dyslexia often have fears about what might happen if they need to do something that involves reading. They may be afraid of failing, or of being judged or embarrassed. There may even be moments when they fear they'll never learn or succeed at anything

because of their reading challenges.

These negative emotions are understandable. But they typically don't spread beyond the situation at hand. With understanding and the right support, kids can move past them



the “easy shelf” when the class is picking out reading books. What if the other kids see him and think he's stupid or his choices are babyish?

The class is taking turns reading passages from a book. What if the teacher calls on him and he stumbles over the words?

fairly quickly.

But when kids with dyslexia have stressful experiences often, the emotions can pile up. And so can the anxiety.



## WHEN DYSLEXIA CAUSES ONGOING STRESS AND ANXIETY

Kids with dyslexia are as smart as their peers. But they face more daily stress because of their challenges.

They often have to cope with struggles, setbacks and negative feedback at school. Because of this, some struggle socially and feel like they don't "fit in." Their trouble with reading can create "I can't" feelings that impact learning in other areas. This negative view can also impact everyday life.

Feeling a lack of control is a common source of anxiety. Kids with dyslexia can feel like nothing they do will make a difference. That's often because they don't know what's "wrong" with them or why they just can't read like other kids.

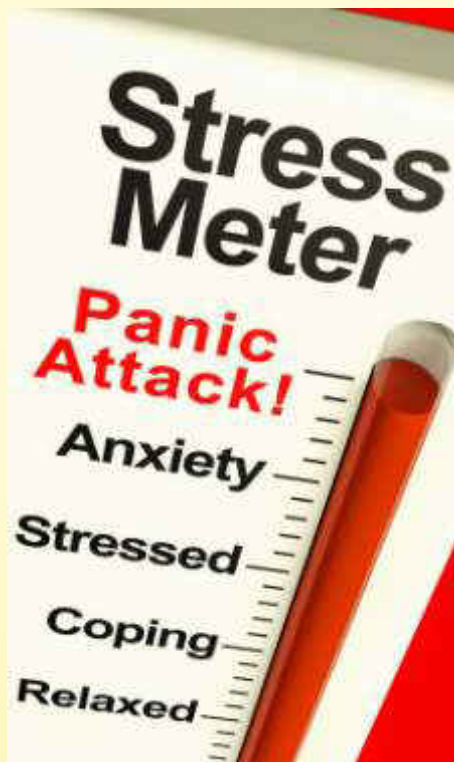
After a while, the ongoing stress doesn't just affect kids in the present. Instead of only feeling anxious about something that's happening now, kids may start worrying in advance. The "what ifs" may start being about things that will or might happen farther in the future.

When the anxiety rises to that level, it can move beyond being just a temporary issue. It can become a chronic problem.

Chronic anxiety doesn't just feel bad. In some cases, it can lead to disciplinary issues. Some kids may act out, clown around or skip class. They may do that to avoid the shame they often feel during activities that involve reading.



For some kids, the anxiety about reading doesn't always stay limited to just reading. Kids may decide that if they "stink" at reading, they'll "stink" at everything else.



To avoid the risk of failure, they may avoid new challenges altogether. They may give up on other classes and activities when they become difficult, or not even bother trying in the first place.

## CHRONIC ANXIETY AND DYSLEXIA

Having dyslexia doesn't "pre-wire" kids to be anxious. But in many cases, the more stress kids face, the more sensitive to stress they become. This, and genetics, can contribute to a chronic anxiety disorder.

With an anxiety disorder, worry and fears extend to all aspects of life. It can cause people to dread everyday events and obsess over how things might go wrong. It impacts how they function and gets in the way of enjoying life.

While dyslexia doesn't lead to anxiety disorder, the two conditions often co-occur. If your child has both, it can help to know you're not alone. According to one study, nearly 29 percent of kids with a specific learning disability also have an anxiety disorder.

If you're concerned your child is struggling with chronic anxiety, it's important to share what you're seeing with your child's doctor and understand the types of emotional help available.



## HOW YOU CAN HELP

There's no way to completely spare your child the anxiety that comes from living with dyslexia. But there are many things you can do to help lessen his stress and ease his worries.

If you suspect a reading issue, act. If you're not sure if your child has dyslexia but are concerned about his ability to read, there are next steps you can take. Talk to your child's doctor or teacher about what you're seeing. And consider getting an evaluation. The sooner you can identify the cause of your child's trouble with reading and get him the help he needs, the less anxious he'll feel.

Know the signs of anxiety. Kids can show different symptoms at different ages. Learn what to look for in your child.

Help your child understand what dyslexia is and isn't. Dyslexia is a brain-based issue that has nothing to do with laziness or intelligence. Explain to your child that there are strategies he can learn to help him be successful. Encourage him to listen to other kids with similar struggles who've found

ways to succeed. Share dyslexia success stories with him. It can help him know that he's not alone and that there are things he can do to work through difficulties. That may give him a greater sense of control over his academic future.

Find the level at which he can succeed, and let him stay there for a while. Encourage your child to read at a level that's comfortable for him. Don't rush to move him up to more challenging materials. Give him time to build his confidence in a zone where he feels capable.

Help him anticipate and defuse stressful situations. Is tomorrow the day he needs to read his book report to the class? Brainstorm strategies that will lessen his stress. He could practice reading his book report to you and print out a copy in a large, easy-to-read type. Also tell him you will talk to the teacher about things that can help in school. Perhaps he can record the report and play it in class.

Provide alternatives for learning. Your child needs to practice reading and hone his skills. But if that's not the point of an assignment (for example,

learning material in a biology textbook), why make the task even more daunting? If he has an IEP, make sure it provides alternatives. This can include listening to text on audio or watching video presentations. Read about classroom accommodations that can help.



Help him find a way to shine. You know your child is more than just his dyslexia, but he may not always feel that way. Try to identify a special strength in your child. Do your best to cultivate that skill so that he can feel what it's like to excel in something and be admired for it.

Seek out professional help. If your child's anxiety is preventing him from learning or functioning, speak to a professional about the possibility of an anxiety disorder. If he does have an anxiety disorder, talk to his doctor about treatment options. These could include cognitive behavior therapy and medication.

The more support your child has, the less anxious he's likely to be. Get tips for talking to his teacher about dyslexia. Learn about multisensory techniques for teaching reading to kids with dyslexia.





# Congratulations WINNERS

JVPGC

of 9th JVPGC Entertainment Contest  
(June 2017 issue)



Sejal P. Zaveri



Adwait A. Chitalia



Kena Shah



Amit Gandhi



Vaishali S. Shah



Ashok K. Shah



Sonali Gandhi



Harshendu U. Kaka

Pick The Event At JVPGC You Would Like To Attend From Our List Of Forthcoming Events  
And Collect Your Free Couple Passes From The MSD.

Congratulations

**WINNERS**

of 1st Sandesh Kidz  
Entertainment Contest  
(June 2017 issue)



Yashvi Kothari



Prisha Shah

Please Collect Your Gift  
From The MSD.

## Entertainment Contest No. 9 Answers

### Sudoku

4	3	8	2	7	9	6	5	1
5	9	1	4	3	6	2	7	8
6	2	7	5	8	1	9	3	4
8	4	2	6	9	5	7	1	3
7	5	6	1	4	3	8	9	2
9	1	3	7	2	8	4	6	5
1	6	4	9	5	2	3	8	7
2	8	5	3	6	7	1	4	9
3	7	9	8	1	4	5	2	6

### Crossword Puzzle

1	S	H	O	W	4	D	E	F	E	A	T	E	D	7
2	L	L	L		8	R		L	U		H			
3	U	N	I	F	O	R	M	10	V	I	R	G	O	
4	G		V		I			12	E		M		W	
5	G	R	E	A	T	13	N	A	R	R	O	W		
6	A					E		E			I		A	
7	R	E	M	A	R	K	16		17	D	A	L	L	A
8	D		O				A			R				S
9		19	C	R	O	O	K	20	S	21	G	U	S	T
10	A		N		M		T			22	U	P		R
11	D	R	I	V	E	25	E	L	E	G	A	N	T	
12	A		N		G		R		D		D		E	
13	M	I	G	R	A	I	N	E	27		H	E	E	D

### Riddle

1. Coffin
2. Nothing



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