



- Your Sub Committees For This Term
- Acing It. JVP GC Aces Dominate The Inter Club Lawn Tennis Circuit
- JVP GC Win The Suburban Inter Club Table Tennis League
- Cricket Reaches Fever Pitch And Summer Camp. Grand Finale
- Yoga For Healthy Hormones
- Nurturing Children Through Summer Workshops
- GST: All You Need To Know
- Health Club Turns Gold
- Geeta Carnival. Historic Conclusion

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JVP GC's New Iron Man

— Salil Shah



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Himanshu Gokani
himanshu@jvpgclub.com

From The Desk Of The Hon. Secretary

Dear Members,

The publication of this magazine is indeed a major milestone in the progress and development of our gymkhana, just like an army marching on its stomach.

Gymkhana: the meaning altered to denote a place where skill-based contests are held. And indeed our gymkhana is evolving into just that; a place where all members, of all genders and all ages alike hone their skills at various disciplines apart from using it as a place for refuge and respite. Very soon, we would have realised our dream of JVP GC being the preeminent institution for socio, cultural and athletic dominance in our sub continent.

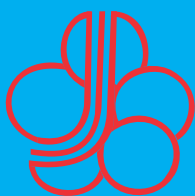
This magazine will open a window of insight to many people and opportunities, and to you dear member, who will all know that as an institution, we are destined to a bright future. It ignites pleasure and satisfaction in me to ensure about the great stride gained by us in our last tenure and there is just so very much more to accomplish.

The new office bearers and new sub committees have taken over the reigns of developing the gymkhana and ushering it into a remarkable 2018. Their visions are on my table and let me assure you that the future does look fantastic, if I may say so myself.

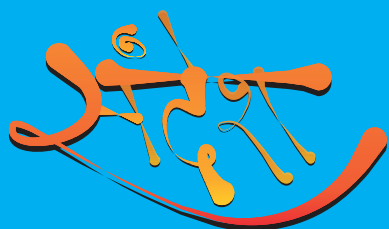
We are creating a future full of optimism and enthusiasm, a future where every endeavour will succeed and ineptitude and disillusionment will be something of the past.

To all my fellow members; a little patience and sobriety will help to see us through. Remember, you never get the chicks by breaking the eggs; they hatch. Where there is life, there is hope. So please stay with us and take the actions recommended in our messages to you. On this and many other issues, we need you now more than ever.

Thank you and God Bless.



Juhu Vile Parle Gymkhana Club



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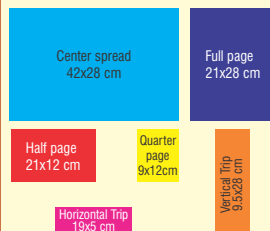
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From The Desk Of The Editor and Chief

It's OK to admit that sometimes you feel you could do more with your life. Heck, most of us just muddle through ours, taking on the next responsible monetary project and trying to meet our most pressing deadlines while we keep our ducks lined up and our heads bobbing above the rising tide, through what we call our priorities and accountabilities.

The past month I did just that, and from it, I must agree, there was not no particular enthusing theme in mind for this edition of Sandesh, but it is only fitting that each edition carries in it some inspirational landings of talent, celebration and stimulating stories of people helping one another.

I personally believe, that giving of talent and time to your community, near and far, speaks not only of ones own character, but also to the character of our populaces. We hope you get a little bit inspired in the pages that follow, and I send out a distinctive call of thankfulness and gratitude to each of our achievers and contributors who make Sandesh so very informative, appealing and enriching this month, each month.

June !! Really ? so soon !! The pages of the calendar fall away so much like confetti. These words always surprise when they come around again so quickly. but here goes:

Welcome to another edition of Sandesh, as we turn the corner on summer and barrel our way headlong into the showers, the streams the hot teas and the annual bhajia spell. As colorful as the poetic evening skies, we hope this issue offers an interesting palette of choices to pique your interests.

It was an exciting summer, with several highlights to celebrate. But come June means, we've turned the corner. It has a nice ring to it, especially given the sultry scene outside my window as I write to welcome you to this edition. But, thankfully and mercifully, as you read these opening pages, the mercury levels should have dropped and the falls are finally upon us.

Our June issue presents you with a mishmash of ideas, there really is something for everyone here.

We all dream of a long, successful, meaningful and robust lives. While as a community that lives longer, we want to help you live better too. But it's not always easy to know what you should and shouldn't be doing. We are bombarded by contradictory advice — eat this, don't do that — so it's difficult to know what to believe and what to ignore. We aim to cut through the confusion and give you clear, sensible and reliable information from writers and experts that you can trust.

We want it to be entertaining and informative, at times contrary, but above all, useful. Inside you'll find a mixture of news, features and regular columns on a wide range of related topics.

We in Mumbai love this season don't we. It means vibrant colors, moderate temperatures and effervescent quixotic palette skies. Robert Frost paid tribute to this time of year when he wrote of the "pleasure in the fauna today" adding hope with his line to "keep us here all simply in the spring of the year."

Welcome to the most amorous few months of year folks and to this monsoon edition of Sandesh. Stay Connected !! Hamesha !

Read
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We Do Carry
Meaningful
Editorials



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Acing It !!

JVPGC Tennis Aces Rule The Inter Club Lawn Tennis Circuit !

In sports, genius is often ascribed to those who re-invent some facet of the game they play. Dr. Himanshu Bhatia has helped usher in a new era of lawn tennis at JVPGC, where traditional positions have been eroded by lavish athleticism and abstract versatility.

Doc, as he is affectionately addressed amongst his contemporaries and peers, can win games on either side of the net, any side of the court, regardless of the opposition he faces or the position he finds himself in; all this, with immense power and immaculate grace.

At nearly 43, it's a trope to say his game defies definition but essentially it does, he is unparalleled in his panache and determination to win, having won 8 of as many tournaments played on the inter club circuit in Mumbai, in both singles and doubles.

The entire fraternity, is in blinding awe of the "beauty" and "genius" of Doc's game, the moments that are so exceptional they trigger physical jaw dropping and eye protruding reactions from most viewers.

Doc is one of those rare, preternatural athletes who appear to be exempt, at least in part, from certain physical laws.



Doc is not physically imposing, but he remains balletic on the court, and the speed that he may have lost, he's replaced with a cunning and unrelenting style of play, mostly fearlessness and part dissidence, that can leave both tennis fans and opponents scratching their heads. But it works.

We congratulate him on all his successes and all his partners on all their success over the summer and wish them all the very best in the next season.





JVPGC Win The Suburban Inter Club Table Tennis League

The suburban interclub league table tennis tournament is one of the most prestigious tournaments in the circuit and is held under the auspices of Mumbai Suburban District Table Tennis Association (MSDTTA).



Sanjiv D Shah
Chairman, TT Sub-comm.

All the clubs eagerly await these championships.

JVPGC boast of having the privilege of hosting the finals and prize distribution ceremony of this tournament since the last 5 years.

This year, all the participants were awestruck and impressed by the renovated and refurbished state of the art facilities at JVPGC; like the Air conditioned hall and carpet.

We would especially like to thank the managing committee headed by President Shamit Majmudar, Hon. Secretary Himanshu Gokani, Jt. Sect Jayesh Motasha and their teams for their unrelenting support during these championships.



Three teams from our club participated in this tournament.

Team – A and Team – C for division one and team 'B' for division four. Out of the total 55 teams participating in the tournament our A team comprising a very young and talented player lifted the division one trophy in the history of our club which is a stupendous achievement.

Shaurya Pedenekar, Dev Shroff, Manav Shah, Manav Mehta comprising of team A created a big upset when they defeated the favorites to win the title and trophy.

The best part of this tournament we recorded a very huge turnout from players and their supporters for three days of the tournament.

The prize distribution ceremony was graced by our managing committee representative Mr. Anil Mahesh and Hon. Secretary Himanshu Gokani. The President Shamit Majmudar too came to see the exciting finals.

Everybody enjoyed sumptuous dinner after the prize ceremony and had a great time. The event was great success because of the efforts of my sub-committee members, supporting staff led by Mr. Damodaran and also support from the managing committee and office bearers let by President Shamit Majmudar.

As the chairman of Table Tennis Sub-committee I am extremely proud of my team and our club.





Cricket Reaches Fever Pitch



Winner of Goregaon Sports Club's Inter Club T-20



Jilesh Babla
Chairman,
Cricket Sub-comm.

"Cricket Department ends the season with heart throbbing performances winning 2 Inter Club Championships and a Quarterfinal Birth in the 3rd Tournament"

JVPG's Cricket Department recorded its most successful year so far by winning 2 Tournaments and being Quarter Finalists in the third one.

The Cricket Team won

* The Goregaon Sports Club's Invitation T-20 Tournament (JVPG beat Virar Club in the final's held at Goregaon Sports Club on 19th March'17)

and

* Chembur Gymkhana's 40+ T20 InterClub Tournament (JVPG beat Cricket Club of India in the final's held at Jolly Gymkhana on 14th May'17)

This apart, in Mumbai Cricket Association's Summer Vacation Cup which witnesses participation from 64 Mumbai Club teams, JVPG reached the Quarter Final Stage.

The department is now gearing up for the monsoon sessions as well as formation of the Under 14, Under 16 and Under 19 Cricket Team and invites all cricket loving members to join the club team.



Winner of The Chembur Gymkhana T-20 Cricket Invitation Tournament 2017

Cricket Summer Camp Grand Finale



Jilesh Babla
Chairman, Cricket Sub-comm.

Summer Camp Highlights:

- Total No. of Junior Players enrolled for the camp - 100
- Age of Junior Players - 5 to 16 years
- Inter Club matches every week
- Cricket Tour to Tarapur

Continuing the successful stint during the season - the Cricket Department concluded the season with a highly informative closing ceremony attended by some of Indian crickets established and successful professionals.

Despite the unexpected early morning rains (on 2nd June) resulting in water logging on the ground, the Juniors spent the last session in Team Building activities. The last session was followed by the closing ceremony during which

Jatin Paranjape - Former Indian Test Cricketer, Former National Team Selector, Current Mumbai Team Selector and Promoter of 'KheLOmore' an online platform aiming to attract children towards sport

Devraj Raut - Masters in Computers, U-19 West Zone Cricketer and Cricket



Performance Analyst for Board of Control for Cricket in India (BCCI).

Dr. Niranjana Pandit - Bachelor and Master of Physiotherapy (Musculoskeletal science) - Seth G.S. Medical College and K.E.M. hospital. Internationally recognized accreditation in Mulligan's concept of manual therapy. Trained in various forms of taping techniques and dry needling (western acupuncture) and Associated with MCA as well as Rajasthan Royals.

(courtesy Jatin Paranjape - KheLOmore)

- addressed the summer camp attendees and their parents on specialised subjects such as Cricket in Mumbai; Importance of Video Analysis and Physiotherapy respectively.

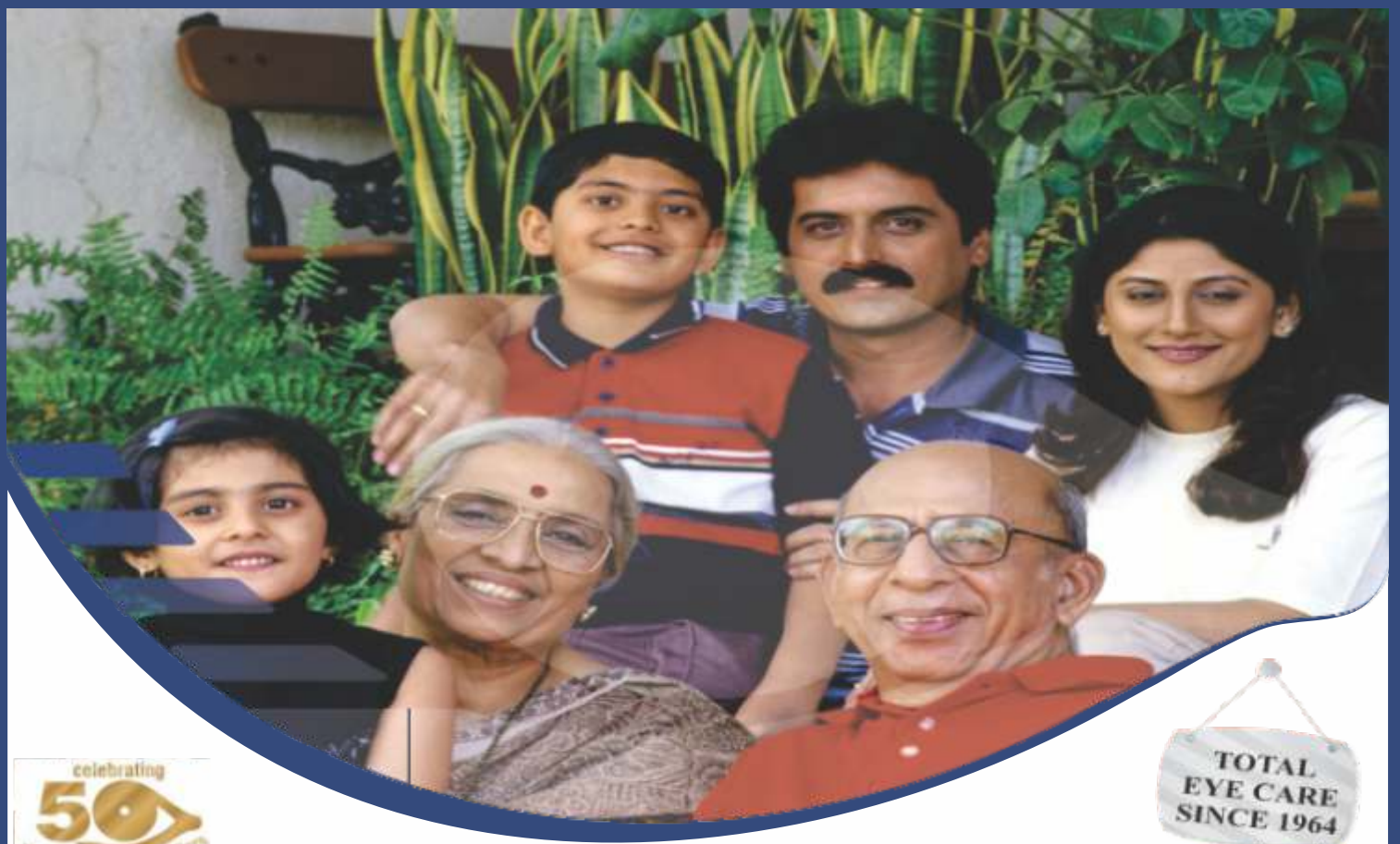
The Cricket Committee appreciates the selfless efforts and assistance of Shri Jatin Paranjape (kheLOmore.com) in bringing distinguished personalities to Juhu Gymkhana and to interact with the junior players enrolled in the camp.

Program for the new season

The cricket sessions resume on Saturday 17th June and the committee has planned for Monsoon Fitness Sessions, Expert Addresses; Specialised Weekend Coaching Camps; Overnight Outstation Trips; Inter Club Matches Etc. for the U-12; U-15; U-19 and Senior Teams.

For more information and to join the Cricket Department call the Sports Manager Rajesh Sawant in the Administrative Office.





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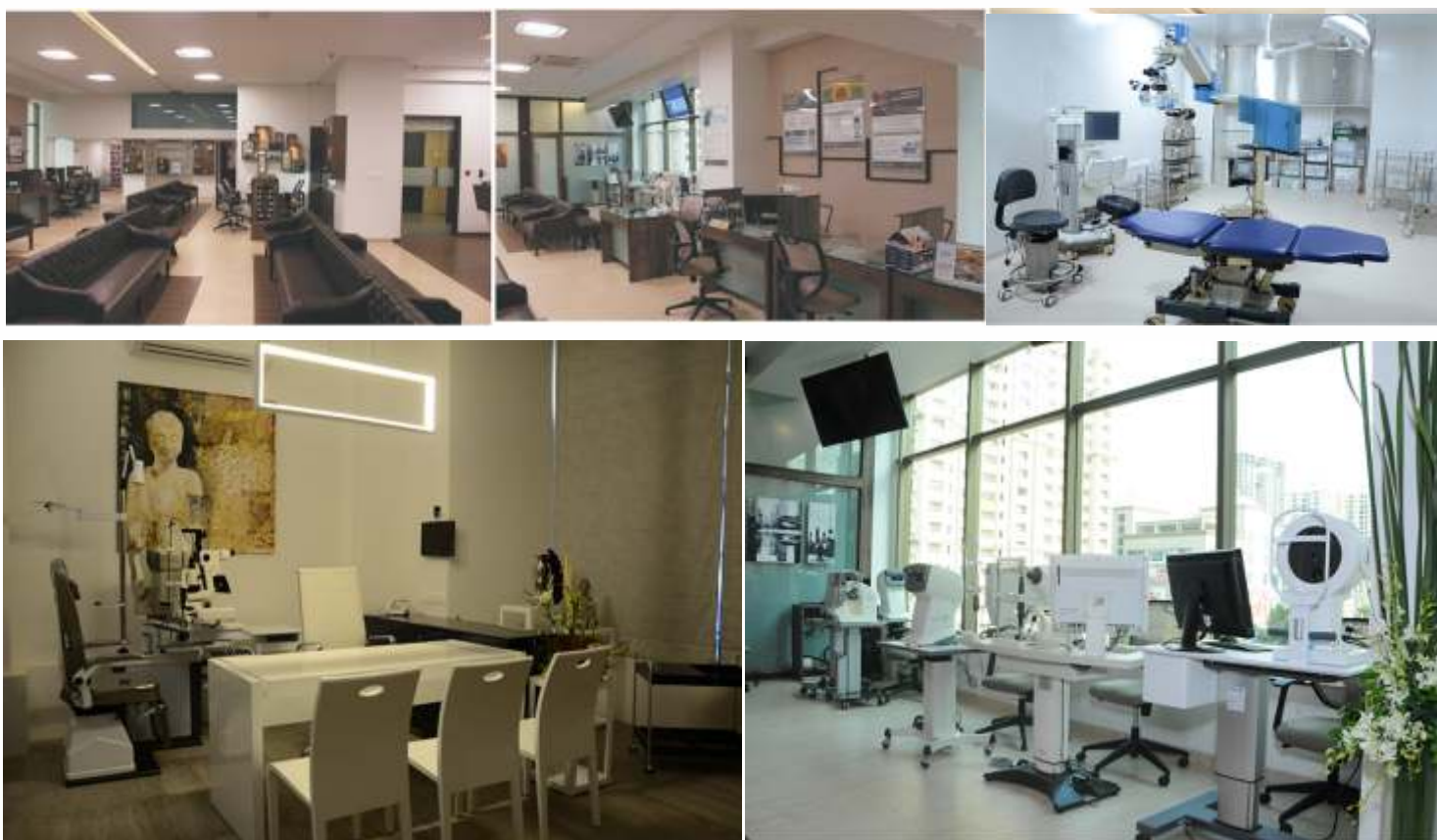
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JVPGC 's New Iron Man

The Ironman 70.3 – lives up to its name – is not an event for the faint-hearted. It entails 1.9 kms of swimming, followed by a 90 km bike-ride and a 21.1 km run. Salil Shah recently completed the Ironman 70.3 event in Danang, Vietnam on May 7th.

Salil, a life member at our club, has been an avid sportsperson since childhood. He used to play tennis regularly as a child and got inspired to starting running while pursuing his MBA at University of Babson in the United States. In the past eight years, he has run several half-marathons and a full-marathon as well. Two years back he stumbled across triathlons when he saw Milind Sonam finishing an ironman event in Europe. Inspired by the multiplicity of the three sports, he took up the challenge and graduated from running to triathlons.



He put in some serious training for the Ironman 70.3; averaging 10-12 hours of workouts every week, including lot of vigorous sessions like "Bric" trainings – i.e. any two of the three drills such as bike and run on a given day. For most people his age 3am on Sunday mornings was the time to get home from partying but he used to wake up at this hour and

go for 4-5 hrs long bike rides somewhere on the outskirts of Mumbai, be it Palm Beach road or the Nashik Highway. This was coupled with a strict protein-intense diet along with enough rest to recover from the strenuous workouts. Many times while training a famous quote would run through his head, "Pain is temporary, glory is forever". The end result made it all worth it – a finisher at the Ironman 70.3!

Salil choose Vietnam over options in Europe because of the similarity in weather as compared with Mumbai. Getting to Danang is a 10 hour journey because of no good flight connections so getting there early was important to get over flight fatigue. Drinking ample water, salts and carbs is utmost important in these last days prior to the race. On race day it was a beautiful sunny morning with temperatures expected to reach 34 degrees which would feel like 40. The swim began at sharp 7:30 am in the pristine waters of Danang. At the start line, adrenaline is incredible and pumps you up for the whole event. Salil took 50 mins to swim 1.9kms in the sea and then got onto the bike for 90kms. Bike being his weakness, he started slowly and got set into a nice rhythm. 4hrs on the saddle in the heat is a tough call for most but Salil finished it quite easily. It was important not to loose focus. Once on his legs running the finish line was in reach since he is a very strong runner. He recollects overtaking at least 100 athletes on the run leg of the race. 7 hours and 55 mins after starting with the swim he finally made it to the finish line. The high and joy at that moment makes all the training and sacrifice worth it.

In his words "Its been almost a year since I started training for the Ironman 70.3. It has



truly been a rollercoaster ride with ups and downs, successes and failures, but every turn along the way was a great learning experience not only in the sport of triathlon but also in life in general. I have learned that discipline, focus, sincerity, and hard work always pay off; whether immediately or in the long term should be left to fate. And that there is no shortcut to success. I'd like to express my humble gratitude to all the people who have been part of this journey – special mention to my coaches Dr. Mihir Patki, Brinston Miranda and all the support of running and tri community – you guys are awesome!. Thanks to my wonderful wife and my family for their whole-hearted support and patience. Cheers to many more but the first one will always be very special!!"

He hopes that the popularity of the sport of triathlons picks up in India with more well-organised events are conducted in our country. We are very proud of this stellar accomplishment!



I Make Robot !!

Mahir Tejas Shah, an eighth grader studying in Jamnabai Narsee School has been engaged in numerous robotics competitions since 4 years. He has bagged awards in various robotic competitions. This year and the previous year he had the privilege and honour of representing India at the VEX Robotics Olympiad which is the largest robotic event in the world. We are proud to announce that his team has made us proud with 2 prestigious awards this year in April 2017.

He has been training robotics with Children's Technology Workshop and also with KITS Institute. He is very fond of robotics and has participated and won accolades as a team member in robotic competitions such as the:

Indian Robotic Olympiad (IRO)

First Lego League (FLL) and

VEX IQ Challenge

at the national levels in Delhi and Kolkata and internationally at Kentucky, USA.

In 2016 he participated in the VEX IQ Challenge where his team won the first prize at the nationals level thereby participating at the world competition



Mahir's team with both the trophies that they won this year

held at Louisville, Kentucky, USA where they won the Sportsmanship Award out of around 500 elementary school teams. It was a life-changing experience for him.

This year too in 2017 his team won the nationals level VEX IQ challenge and participated at the world's competition in USA where they won the first prize in the STEM Research Project and the second prize in the Division Teamwork Challenge competing with almost 400 middle school teams. He has had a wonderful experience there and we hope that he wins more and more awards and makes India proud.



Mahir with the STEM Research Project award in 2017



The teams representing India at the world championship



Their robot for the 2017 world challenge



Winning the Sportsmanship award in 2016



Yoga For Healthy Hormones



Sonal Motla Vashi
Editor

The symptoms of hormonal imbalance make a long and varied list: weight gain, irregular monthly cycles, PMS, low back ache, low libido, insomnia, fatigue, mood swings, thyroid imbalances, fertility issues, hot flashes, poor immune function, anxiety, depression and blood sugar imbalances.

By doing a targeted daily yoga practice, we can help regulate our cycles, improve our fertility, balance our thyroid and decrease moodiness, just to mention a few possible impacts.

Q. Rupen Sir, what does yoga practice have to do with your hormones?

A. Plenty! Just about every yoga pose you do has an impact on the hormonal (endocrine) system in your body – making yoga a fabulous way to support this system and keep your hormones healthy. With proper focus and awareness, we can use our yoga practice to keep our hormones balanced, and to help address common symptoms of hormonal imbalance.

Q. How do we recognize when our hormones are out of balance?

A. The symptoms of hormonal imbalance make a long and varied list: weight gain, irregular monthly cycles, PMS, low back ache, low libido, insomnia, fatigue, mood swings, thyroid imbalances, fertility issues, hot flashes, poor immune function,

anxiety, depression and blood sugar imbalances.

If any of these sound familiar, you are not alone. Many people have come to accept these kinds of symptoms as almost “normal” – just the way things are. But in fact, they can all be linked to hormone imbalances. By choosing yoga poses that work to balance the entire endocrine system, as well as poses that target specific glands in the endocrine system, we can help to bring the hormonal system back into balance. When the hormones are balanced, many of these symptoms can be alleviated.



Q. How can yoga impact the hormonal system?

A. By doing a targeted daily yoga practice, we can help regulate our cycles, improve our fertility, balance our thyroid and decrease moodiness, just to mention a few possible impacts. The key is to understand the endocrine system, and learn what each gland is doing for us. Then, we can choose to

incorporate into our daily practice yoga poses that target specific glands and hormones, depending on what symptoms we are experiencing. In addition, we can choose a practice that helps activate the parasympathetic nervous system, providing general stress reduction.

While each of the glands in the endocrine system has specific functions, and can cause specific symptoms if out of balance, it is also important to note that the entire endocrine system is just that – a system. As such, one gland that is out of balance is likely to affect other glands in the system, as well. So, while we can choose yoga poses that impact specific glands, it is also important to do the kind of yoga practice that helps to keep the entire system balanced.

Q. What causes our hormones to be out of balance?

A. The short answer to this question is lifestyle. Rarely, there may be a physical cause, such as a tumor or growth on one of the endocrine glands. But most of the time, hormonal imbalances are caused by lifestyle factors, including unmanaged stress, poor diet and environmental stressors. For instance, if we are constantly under stress, and lack tools to manage that stress, our adrenal glands can become depleted. If we eat a diet high in carbohydrates and sugar, our pancreas can be overworked trying to offset all that sugar intake with insulin. If our daily diet doesn't include the essential nutrients we



need to produce hormones, then our whole hormonal system can be impacted. If we take in environmental toxins through our food, our cosmetics, the air we breathe and the water we drink, our hormonal system can be impacted by the endocrine disruptors in these toxins. And, if we have sedentary jobs, and don't get much exercise, our lymphatic system can't move the toxins out of our bodies.

Q. How can yoga help?

A. Choosing right poses with right guidance and done under the supervision of an experienced teacher will help to address imbalances remember never experiment on yourself with the information available to you through different sources which can be extremely dangerous as you would be working with a very delicate system of your body and even a slight change in the angle of your spine is more than enough to damage you instead of helping you. So please do not try any of these on your own.

If we want to counter stress effects and address hormone imbalances with yoga, we should have a practice that includes poses for each of the main endocrine centers, and is also calming to the central

nervous system. In addition, if we know that we have particular issue related to a specific hormone, we can also target certain endocrine centers in our practice. For example, the thyroid gland is one that is out of balance in many people, especially women. The thyroid helps regulate metabolism – i.e., how fast or slow we burn the food we eat. We can choose poses that specifically help to nourish and balance the thyroid. Poses that open or compress the throat, or cause vibration in the throat, are all helpful for this. To focus on the thyroid gland, we might choose to do poses such as the bridge pose, plow pose, fish pose and some ujayii breathing and chanting.

To learn the correct posture and alignment with specific mudras and breathing techniques you can join my class and get an indepth knowledge and practice on the subject. Thank you.

Note: For further enquiries kindly contact the teacher at the Health Club on
Mon-Wed-Fri
 7 to 8am,
 10.30-11.30am,
 6.15-7.15pm
Tue-Thurs-Sat
 6.15-7.15pm

MALINI DESAI

Beginning of 2016 I was detected with hypo- thyroid, it meant doctors, medicines... Ignored it.

In a few months after that, I put on almost 5 kgs which just wouldn't budge! Tried to diet, do regular exercise, but no change.

A visit to the doctor was imperative and was advised to start on thyroid medication, one pill everyday for the rest of my life.

Just then, a friend advised to join Rupen Sir's class, as he has been helping many members with medical issues.

I decided to join his class and give myself 6 months, if it didn't work, I would start medicine. But to my absolute surprise after 5 months of Rupen Sir's Yoga and Pranayam, I went to recheck my hormone levels.

And guess what! my report came normal! I have no need for any medication!!

Besides my thyroid issue, practicing Sir's yoga has increased my flexibility and core strength.

The energy in our class is so powerful that I hate to miss a single class!

I urge all to try the class before starting medication and if you are in medication do try n reduce the dosage. Thank you.



GANGA LADHANI

At 74 years, I was a diabetic patient and started to attend Rupen Sir's class.

I used to walk but I had never done yoga in my life.

But within 6 months of my regular practice in Rupen Sir's obesity class, my diabetes came in control and my dosage has reduced. I also used to be concerned with black floating dots in my vision, which have also reduced.

I am really grateful to Sir for his teaching knowledge and care. God bless him and reward him for whatever sir has done for all of us.

SEEMA PARAKH

For the past few years every issue that I was facing especially the mood swings....the doctors had only hormonal imbalance to blame. Since i did not want to take any medication I opted for yoga. All the pranayams that Rupen Sir has taught me, has benefitted me tremendously. His knowledge of Pranayama is really very good. I practice pranayam everyday... so no more mood swings!!!





Heartfulness Meditation



Joy is the real nature of every human being but unfortunately we have created many blocks within ourselves and with those around us and we thus restrict our growth.

On the morning of May 21st, Heartfulness Team along with JVPGC organised a meditation session for its members with Dr. Mohandas Hegde, an educationist from Bangalore, on the same. The session was well attended and it encouraged members to take interest in one's spiritual awakening.

Change is the constant and a well regulated mind helps in accepting change by the Power of thought, Power of suggestions, Power of prayer. And once the change is from within, everything flows seamlessly.

Dr Hegde emphasised that the Heart is like a GPS and is "always on", and is constantly talking to us, It just needs to be heard.

Like they say the heart is on the left but is always right, so listen to your heart and your decisions will always be right.

We can be in harmony only if we are in tune with our actual nature, which is Joy.

Meditation helps regulating the mind, improving our Potential, improving our social abilities; there the good news is that there is no age limit for learning!

Members left with joy in their hearts!

For further enquiry pl contact MSD

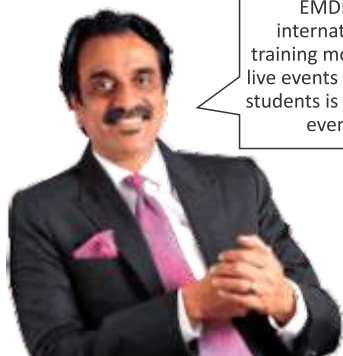
The sessions are conducted for 2 days in a week.

This is open for all the members and their guests.

All are warmly welcome for the experience.



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EMDI has an excellent curriculum, international presence, industry faculty training model, and the way they provide the live events experience and internships to their students is wonderful. To create your career in events, EMDI is the place to be."

Brian Tellis, Co-founder & Group CEO, Fountainhead MKTG
Greycells Advisory Board Member & Mentor

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Course commences in July
ADMISSIONS OPEN !



Nurturing Children Through Summer Workshops

To inspire and engage young minds and create beautiful things with their own hands, JPGG Club continued with their various Summer Workshops. It was huge success because of the excellent organizing skills of Chairperson Darshana Kothari coupled with the assistance of committee members Dilnavaz Jokhi and Tanvita Saraf.

Speech and Drama nurtures and develops something that cannot be merely learned – confidence in children.

It helps kids become more articulate and be willing to communicate thoughts, which build a strong foundation for the skills required to speak publicly and present effectively. Activities related to art and craft like Clay Moulding, Canvas Painting and 3-D Sculpting were conducted. Also interesting Indoor Sports kept the children active.

All in all, the kids had an informative and enjoyable experience. The pictures below show a glimpse of all the various activities.



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

Foil Painting by Clay Foundation (4 to 7 years)



Dance by Urmila Thakkar (8 to 12 years)



Yogic Games by Neha Kanakia (7 to 12 years)



Kachchi Mitti Bottle Painting by Clay Foundation (4 to 7 years)





I-Leap Academy



Knife Painting by I-Leap Academy (8 to 12 years)



Speech & Drama by Salonie Patel Vaidya (7 to 12 years)



Enjoy A Ball by Neha Shah



3D Sculpting by Sanjana Asher





Health Club Turns Gold



Sanjeev Bagga
Chairman, Health Club

Dear members,

The new Health Club Sub-Committee comprises of members from the old sub-committee and some new, and has a healthy mix of age and gender.

Let me enumerate what the current sub-committee wishes to do and achieve

1. To Restructure and rearrange the entire zone, to make it more user friendly and safer, to create more open spaces, and so on.
2. To Start a health screening and documentation process of all the members, to make exercising a safer and a result oriented activity.
3. To Revamp the air conditioning and the sound system to the best that there is in the market.
4. To introduce and conduct newer exercise styles and programs/camps/clinics under the aegis of various experts and professionals.
5. Introduce a dedicated Seniors Fitness program.
6. To Get every trainer and other staff member certified and thoroughly trained in CPR. Get AED's and first aid kits, installed at every floor.
7. To Get wheel chairs and stretchers kept at an arms length, and get the staff trained in the usage.
8. To Get periodical medical screening done of the employees to ensure a disease free environment.
9. To Get rid of redundant equipment and introduce some that is essentially required. To refurbish the existing equipment to a near new condition.
10. And most importantly, to get the operations of the health club programmed and executed via SOPs that are minimal dependant on human supervision.
11. To Make the health club a place that is run as per your requirements and wishes, yet regulated firmly. Footwear, towel and cell phone discipline to be adhered too strictly.
12. To Organise open house sessions every month and a social every two months, to increase interaction and participation of members.
13. To start various such activities that increase foot falls and membership in the health club, once the basic levels of, hygiene, equipment downtime, processes, are all in place.



The current sub-committee has met over 5 times, since its formation over the same number of weeks, with over 90% attendance, and has already begun the execution of the above plan. Some of you must have noticed and even participated in some of the said activities. We hope to make the JVPK health club our Place of Pride and a holistic zone of fitness and rejuvenation.

We the sub-committee beg of you to cooperate and participate in this endeavour- which I have nicknamed- "FROM DUST TO GOLD".

Before I close, I have to mention the CSR angle that the sub-committee is keeping in its sights too. A lot has already been achieved in this area.

Everyone of you is welcome to extend your advise / suggestion / critique / help. Do participate in this effort.

Come let's get fit.

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Ravi Shastri, Former Cricketer & Former Indian Team Director
Greycells Advisory Board Member & Mentor

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- ★ Classroom sessions, Sports Events and opportunity to work on International Events in Dubai in November and December
- ★ Curriculum designed to train students for the business of sports and not just event management in sports
- ★ Guest sessions and site visits
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Course commences in July
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GST

All You Need To Know

The new unified tax brings along benefits for the manufacturers and retailers as it avoids cascading of taxes and simplifies compliance.

Introduction: Goods and Services Tax (GST), one of the most significant reforms introduced in the history of the Indian fiscal evolution, is likely to come into effect in July 2017. It is a destination based tax on consumption of goods and services. It is proposed to be levied at all stages right from manufacture up to final consumption with credit of taxes paid at previous stages available as setoff. In a nutshell, only value addition will be taxed and burden of tax is to be borne by the final consumer. The new unified tax brings along benefits for the manufacturers and retailers as it avoids cascading of taxes and simplifies compliance."

GST also brings in one standard rate for all products across states. Implementation of GST will bid farewell to the different VAT rates that are currently applicable in different states, thereby bringing about uniform taxation across states. GST is also expected to cut the cost of goods manufactured in India, which should thereby benefit the end consumer. GST comes in as a boon for the Indian Economy as the GDP is expected to grow by 2 to 3 percent as a boost in exports and consumption is being predicted by the experts. An increase in the number of tax payers leading to an increase in tax revenue for the government is also expected. However, as far as services are concerned, marginal increase in services cannot be ruled out in the short term.

According to the International Monetary Fund (IMF), 152 countries have now adopted the VAT, and of these, 69 have a single rate, with some exemptions. Admittedly, this means as many as 83 countries have multiple rates, but they don't have anywhere near the number of rates we are considering.

Current System: The existing Indian Indirect tax structure empowers levy of taxes by Central government on manufacturing of goods and supply of services like Customs duties, Central Excise duty, Service tax etc; and State governments on goods at point of sale such as state VAT, Entry Tax, Octroi etc. Multiplicity of taxes and tax base being fragmented between Centre and States have resulted in a complex system of interconnected legislations leading to substantial distortions, cascading of taxes and adversely affecting growth in Gross Domestic Production (GDP). Some of the limitations of the prevailing Indirect tax structure are:

Central Value Added Tax (CENVAT) structure does not tax value addition post the stage of production,

CENVAT portion of input goods remains included in the value of goods to be taxed under State VAT contributing to that extent a cascading effect on account of CENVAT element.

No integration of VAT on input goods with service tax on services at the State level thereby causing cascading effect of service tax.

GST Law :

Aligned with the federal structure of the Indian government, GST law is to be a dual structure (like in Canada) to be levied and collected by the Union government [referred to as Central GST (CGST)] and respective State governments [referred to as State GST (SGST)]. This dual GST model would be implemented and governed by one CGST/IGST statute applicable across the country, SGST statutes for each State, common rules determining valuation, place of supply, place of origin etc. This would imply that the Centre and the States would have



Hemant Vastani
Chartered Accountant
vastanihvp@gmail.com

concurrent jurisdiction for the entire value chain and the basic principles of law such as chargeability, definition of taxable event and taxable person, measure of levy including valuation provisions, basis of classification, etc. shall be uniform across State statutes. In view of the fact that the CGST and SGST are intended to be levied on consumption of all goods and services, these two taxes must subsume all taxes presently levied on various goods and services by the Centre and the States, respectively.

The GST would replace the following taxes:

i) taxes currently levied and collected by the Centre:

- a. Central Excise duty
- b. Duties of Excise (Medicinal and Toilet Preparations)
- c. Additional Duties of Excise (Goods of Special Importance)
- d. Additional Duties of Excise (Textiles and Textile Products)
- e. Additional Duties of Customs (commonly known as CVD)
- f. Special Additional Duty of Customs (SAD)
- g. Service Tax
- h. Central Surcharges and Cesses so far as they relate to supply of goods and services

ii) State taxes that would be subsumed under the GST are:

- a. State VAT
- b. Central Sales Tax
- c. Luxury Tax
- d. Entry Tax (all forms)
- e. Entertainment and Amusement Tax (except when levied by the local bodies)
- f. Taxes on advertisements
- g. Purchase Tax
- h. Taxes on lotteries, betting and gambling
- i. State Surcharges and Cesses so far as they relate to supply of goods and services

Taxable Event-Supply of Goods and Services:

Under prevailing indirect tax structure there are multiple taxable events on account of multiple levies at Central and State level. GST is envisaged to be levied on all supplies of goods and services on same taxable event by both Centre and State governments. The term Supplies include all forms of supply of goods and/or services such as sale, transfer, barter, exchange, license, rental, lease or disposal made or agreed to be made for a consideration by a person in the course or furtherance of business. Supplies involving two or more goods or services or any combination thereof, naturally bundled for supply in the ordinary course of business, wherein one of the components having essential character is known as principle supply. This composite supply shall be taxable at the rate applicable to principle supply. For Example: In a natural bundle of supply of goods and insurance service on transportation, supply of goods is the essential supply and the rate applicable to such goods would be applicable for this composite supply.

A supply involving two or more supplies of goods or services or any combination thereof and which is not a composite supply, is defined to be a mixed supply(i.e. not naturally bundled or there is no one principle supply in the mix of supplies). Whole supply would be taxable at the highest rate applicable for the components of such mixed supply. For Example: A supply of a package consisting of canned foods, sweets, chocolates, cakes, dry fruits, aerated drink and fruit juices when supplied for a single price is a mixed supply. Each of these items can be supplied separately and is not dependent on any other. It shall not be a mixed supply if these items are supplied separately. Highest rate of GST for the commodities in the mixed supply would be applied for the entire supply.

Composition scheme: A registered person, whose aggregate turnover in the preceding financial year did not exceed fifty lakh rupees may opt to pay tax under composition scheme in which different rates for different sectors. Traders the



composition rate is 1%, Manufacturer the rate is 2% and in case of restaurant services, it is 5 % of the turnover but RP can take the scheme if (a) he is not engaged in the supply of services(b) he is not engaged in making any supply of goods which are not liable to tax under this Act;(c) he is not engaged in making any inter-State outward supplies of goods;(d) he is not engaged in making any supply of goods through an electronic commerce operator who is required to collect tax at source under section 52; or(e) He is not a manufacturer of such goods as may be notified on the recommendations of the Council

Time of supply of goods: The liability to pay tax on goods shall arise at the time of supply, namely: (a) the date of issue of invoice by the supplier or the last date on which he is required, to issue the invoice with respect to the supply; or (b) the date on which the supplier receives the payment.

Time of Supply of Services

The liability to pay tax on services shall arise at the time of supply, namely: (a) the date of issue of invoice by the supplier, if the invoice is issued within the period prescribed (30 days) or the date of receipt of payment, whichever is earlier; or (b) the date of provision of service, whichever is earlier; or (c) the date on which the recipient shows the receipt of services in his books of account.

Value of supply: The value of a supply of goods or services or both shall be the transaction value, which is the price actually paid or payable for the said supply of goods or services or both where the supplier and the recipient of the supply are not related and the price is the sole consideration for the supply. The value of supply shall include (a) any taxes, duties, cesses, fees and charges (b) any amount that the supplier is liable to pay in relation to such supply but which as been incurred by the recipient of the supply and not included in the price (c) incidental expenses, including commission and packing, charged by the supplier to the recipient of a supply and any amount charged for anything done by the supplier in respect of the supply of goods or services or both at the time of, or before delivery of goods or supply of services; (d) interest or late fee or penalty for delayed payment of any consideration for any supply; and (e) subsidies directly linked to the price.

Input tax Credit: Tax credit is the heart of GST. As per OECD guidelines on GST, seamless flow of tax credit is must to ensure that the incidence of tax does not fall on the manufacturers or traders but the entire burden falls on the end consumer in a transparent manner. Sec. 16 contains provisions related to input tax credit. As per Sec. 16(1), every taxable registered person is entitled to credit of tax charged on supply of goods or services to



him which are used or intended to be used in the course or furtherance of business. Said credit shall be allowed subject to following conditions:

- he is in possession of a tax invoice or debit note issued by a supplier registered under this Act, or such other taxpaying document(s) as may be prescribed;
- he has received the goods and/or services;
- the tax charged in respect of such supply has been actually paid
- he has furnished the return

Notwithstanding anything contained, input tax credit shall not be available in respect of the following: goods lost, stolen, destroyed, written off or disposed of by way of gift or free samples"

Stock Transfers

Stock Transfer (Inter-State)

If goods are transferred from one establishment to another (of same entity) in different state shall be treated as an inter-state supply and hence liable to IGST.

Establishment making the supply shall charge and deposit IGST. Establishment receiving the goods can claim input tax credit of IGST paid.

Stock Transfer (Intra-State)

Two establishments of same entity within same state would get covered under single GSTIN (GST registration number). Thus, any stock transfer between them would not amount to supply and thus, no tax would be levied.

In an event wherein a company has two business verticals in same state and decides to have two different registrations in that state (GST Law gives that option), any stock transfer between these establishments of these two verticals would be liable to CGST + SGST.

REGISTRATION

Every supplier (including his agent) who makes a taxable supply i.e. supply of goods and / or services which are leviable to tax under GST law, and his aggregate turn over in a financial year exceeds the threshold limit of twenty lakh rupees shall be liable to register himself in the State or the Union territory from where he makes the taxable supply.

Registration under Goods and Service Tax (GST) regime will confer following advantages to the business: (i) Legally recognized as supplier of goods or services. (ii) Proper accounting of taxes paid on the input goods or services which can be utilized for payment of GST due on supply of goods or services or both by the

vii) persons who supply goods and/or services on behalf of other registered taxable persons whether as an agent or otherwise; viii) Input service distributor (whether or not separately registered under the Act) ix) persons who are required to collect tax under section 52; x) every electronic commerce operator xi) every person supplying online information and data base retrieval services from a place outside India to a person in India, other than a registered person; and, xii) such other person or class of persons as may be notified by the Central Government or a State Government on the recommendations of the Council.

Returns:

Every person registered under GST will

have to file returns in some form or other. A registered person will have to file returns either monthly (normal supplier) or quarterly basis (Supplier opting for composition scheme). An ISD will have to file monthly returns showing details of credit distributed during the particular month. A person required to deduct tax (TDS) and persons

required to collect tax (TCS) will also have to file monthly returns showing the amount deducted/collected and other details as may be prescribed. A non-resident taxable person will also have to file returns for the period of activity undertaken. Uploading of invoices depends on whether B2B or B2C plus whether Intra-state or Inter-state supplies. For B2B supplies, all invoices, whether Intra-state or Inter-state supplies, will have to be uploaded.

In B2C supplies, invoices of value more than Rs.2.5 lacs in inter-state B2C supplies will have to be uploaded. For inter-state invoices below Rs.2.5 lacs and all intra-state invoices, state wise summary will be sufficient. In invoice description will not



business. (iii) Legally authorized to collect tax from his purchasers and pass on the credit of the taxes paid on the goods or services supplied to purchasers or recipients. (iv) Getting eligible to avail various other benefits and privileges rendered under the GST laws.

As per Section 24 of the CGST/SGST Act, the following categories of persons shall be required to be registered compulsorily irrespective of the threshold limit: i) persons making any inter-State taxable supply; ii) casual taxable persons; iii) persons who are required to pay tax under reverse charge; iv) electronic commerce operators required to pay tax under sub-section (5) of section 9; v) non-resident taxable persons; vi) persons who are required to deduct tax under section 51;



have to be uploaded only HSN code in respect of supply of goods and Accounting code in respect of supply of services will have to be fed. Annual Return has to be filed by every registered person paying tax as a normal taxpayer. Final Return has to be filed only by those registered persons who have applied for cancellation of registration. The Final return has to be filed within three months of the date of cancellation or the date of cancellation order.. In GST, there is no requirement for having a revised return. Any need to revise a return may arise can be done thru debit/ credit notes.

GSTN and its role in the GST regime:

GSTN stands for Goods and Service Tax Network (GSTN). A Special Purpose Vehicle called the GSTN has been set up to cater to the needs of GST. The GSTN shall provide a shared IT infrastructure and services to Central and State Governments, tax payers and other stakeholders for implementation of GST. The functions of the GSTN would, inter alia, include: (i) facilitating registration; (ii) forwarding the returns to Central and State authorities; (iii) computation and settlement of IGST; (iv) matching of tax payment details with banking network; (v) providing various MIS reports to the Central and the State Governments based on the tax payer return information; (vi) providing analysis of tax payers' profile; and (vii) running the matching engine for matching, reversal and reclaim of input tax credit.

The GSTN is developing a common GST portal and applications for registration, payment, return and MIS/ reports. The GSTN would also be integrating the common GST portal with the existing tax administration IT systems and would be building interfaces for tax payers. Further, the GSTN is developing back-end modules like assessment, audit, refund, appeal etc. for States and UTs (Model II States). Integration of GST front-end system with back-end systems will have to be completed and tested well in advance for making the transition smooth.

Compliance

Rating: As per Section 149 of the CGST/SGST Act, every registered person shall be assigned a compliance rating based on the record of compliance in respect of specified parameters. Such ratings shall also be placed in the public domain. A prospective client will be able to see the compliance ratings of suppliers and take a decision as to whether to deal with a particular supplier or not. This will create healthy competition amongst taxable persons.

Anti – Profiteering measures: As per section 171 of the CGST/SGST Act, any reduction in rate of tax on any supply of goods or services or the benefit of input tax credit shall be passed on to the recipient by way of commensurate reduction in prices. An authority may be constituted by the government to examine whether input tax credits availed by any registered person or the reduction in the tax rate have actually resulted in a commensurate reduction in the price of the goods or services or both supplied by him.

Impact Areas: (i) Procurement - Procurement source to be realigned (ii) Vendor Management - Review Current Vendor history (iii) Accounts - Registration, Returns, Refunds, Payment (iv) Agreements - Review of Spill over agreements. (v) ERP - Rewire IT components for GST (vi) Working Capital management. (vii) Human Resource management.

RATES: The Goods and Services Tax (GST) has been one of the key things that has caught the attention of the market given its implications on earnings of companies. The government has kept a large number of items under 18% tax slab. The government categorised 1211 items under various tax slabs. Here is a low-down on the tax slab these items would attract:

No tax : No tax will be imposed on items like fresh meat, fish chicken, eggs, milk, butter milk, curd, natural honey, fresh

Multi-tiered system

Tax rate	Indicative items
0%	50% of the consumer price basket, including foodgrains
5%	Mass consumption items like spices and mustard oil
12%	Processed foods
18%	Soaps, oil, toothpaste, refrigerator, smartphones
28%	White goods, cars
28% plus cess	Luxury cars, pan masala, tobacco, aerated drinks

Source: GST council

fruits and vegetables, flour, besan, bread, prasad, salt, bindi. Sindoor, stamps, judicial papers, printed books, newspapers, bangles, handloom etc.

5%: Items such as fish fillet, cream, skimmed milk powder, branded paneer, frozen vegetables, coffee, tea, spices, pizza bread, rusk, sabudana, kerosene, coal, medicines, stent, lifeboats will attract tax of 5%

12%: Frozen meat products, butter, cheese, ghee, dry fruits in packaged form, animal fat, sausage, fruit juices, Bhutia, namkeen, Ayurvedic medicines, tooth powder, agarbatti, colouring books, picture books, umbrella, sewing machine, and cellphones will be under 12% tax slab.

18% : Most items are under this tax slab which include flavoured refined sugar, pasta, cornflakes, pastries and cakes, preserved vegetables, jams, sauces, soups, ice cream, instant food mixes, mineral water, tissues, envelopes, tampons, note books, steel products, printed circuits, camera, speakers and monitors.

28% : Chewing gum, molasses, chocolate not containing cocoa, waffles and wafers coated with chocolate, pan masala, aerated water, paint, deodorants, shaving creams, after shave, hair shampoo, dye, sunscreen, wallpaper, ceramic tiles, water heater, dishwasher, weighing machine, washing machine, ATM, vending machines, vacuum cleaner, shavers, hair clippers, automobiles, motorcycles, aircraft for personal use, and yachts will attract 28% tax – the highest under GST System.

The Future With Solar Energy

Enjoy Solar Energy Today And Help The People Of Tomorrow

The world is moving towards renewable energy and many countries have seen this result in financial saving and reduction in carbon emission.

India signed the UN climate accord last December - a historic agreement signed by all major countries around the world and India has committed 100GW solar power to be generated by 2022.

The agreement spells out actions that developed and developing economies will take over the next few years to address the climate change.

The key features of the climate change confirmed by India are:

1. India to reduce the Emissions Intensity of its GDP by 33 to 35 Per Cent by 2030 from 2005 Level.
2. Renewable energy target to be 175 GW
3. India to create additional Carbon Sink of 2.5 to 3 Billion Tonnes of CO₂ Equivalent through additional Forest and Tree Cover by 2030
4. India to Anchor a Global Solar Alliance



What is our role in this change;

40% of the solar energy target of 100GW is aimed to be generated through rooftop solar that ensures utilization of existing land assets such as terraces of homes, offices, factories, institutions warehouses, etc.

This is a game changer as it has enabled every household to generate their own electricity and have huge financial savings along with reduction in carbon emission over the next 25 years.

What is "Net Grid Policy"

To enable and speed up the 40% contribution from rooftop sector, the govt. has introduced a "Net Grid Policy" which enables users to use the GRID as their storage and eliminates the need of installing batteries with a life span just 4-5 years.

As part of the net grid policy people can export excess solar power to the grid during the day and draw on the power from the grid at night times when there is no solar energy.

The Govt. has also announced a number of incentives to promote solar energy in the residential and commercial sector like offices, factories, etc.

A capital subsidy upto 30% has been announced by the central government for the residential sector covering Bungalows, Co-operative housing societies, Schools, Colleges and

Charitable trust and commercial institutions can take advantage of 40% accelerated depreciation benefits.



Juhu Vile Parle Gymkhana Club in its endeavor to promote green energy, partnered with Solaron Homes Pvt Ltd to organize a solar awareness campaign on 30th April 2017. It was a well attended session, as many members were curious about rooftop solar plants. It was a interactive session and members asked queries on a range of topics such as the technical specification of the plant, installation process, govt. subsidy, permissions from local DISCOM's such as Reliance Power, Tata Power and warranty on plant.

The financial metrics such as Return of Investment, breakeven and the savings involved were also explained. At the end members appreciated the knowledge & information shared with them and many members showed keen interest in adopting solar energy for their homes and workplaces.

Top Three...

Our Librarian Recommends

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



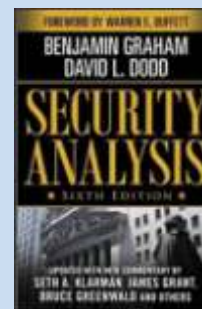
Fiction

1. The Fix
David Baldacci
2. The Gangster
Clive Cussler
3. The Wolf In Winter
John Connolly



Non-Fiction

1. Security Analysis
Benjamin Graham
2. The Teenage Brain
Frances Jensen
3. Show Business
Shashi Tharoor



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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)



Geeta Carnival - Historic Conclusion

24th - 26th April 2017

Event Conceptualization, Vision and Support

We have members who volunteer for both the JVPGC and the Chinmaya Mission. They came up with the idea of doing the carnival at JVPGC and offering all the events for no cost to the JVPGC members. Idea was put forward to the club secretary Mr. Himanshu Gokani. Secretary was supportive of the event and requested the subcommittee chair persons Mr. Shailesh Shah, library committee, Dr. Jatin Damania, Sr. Citizen committee and Mrs. Darshana Kothari to consider the program. After deliberations about the program, it was approved. JVPGC provided the space and knowledge content and volunteers were provided by the Chinmaya Mission. The event took place on April 24th to April 26th.



Rakesh Gupta

The motto of Chinmaya mission is "To Give Maximum Happiness To Maximum People For Maximum Time". With objective of spreading knowledge on the art of being happy, many activities were organized for various age groups at JVPGC. Some of highlights of the 3-day carnival are shared herein.

Geeta Sandesh Vahini

To face the stressful and challenging times of today, it's important to invoke inner strength and clarity. Chinmaya Mission Chennai has made a mobile exhibition on life management based on the Bhagavad Geeta. It is called Geeta Sandesh Vahini (GSV) which is a bus traveling across India. This GSV was visited Mumbai from March 20th to May 10th, 2017. More details of GSV's journey in Mumbai can be found at <https://www.facebook.com/GSVMUMBAI/>. For Juhu and Andheri area



the bus was allotted to the Chinmaya Priyam Zone located at Jain Vihar, Swastik Society, 3rd Road, JVPD Scheme. The inspiration of reaching out the message to more people through a Geeta Carnival at Juhu & Krishna Fest at Lokhandwala was Brni. Nidhi Chaitanya who is the acharya for this zone. More information about her is available at <http://www.chinmayamission.com/who-we-are/acharyas/brni-nidhi-chaitanya/>

Some of the exhibits included

1. Summary of Bhagvad Geeta in 18 lines
2. Movies based of Bhagvad Geeta
3. Quotes of famous people inspired

by Bhagvad Geeta

4. Snake and Ladder game inspired by verse 55 of chapter 11 which talks about rising in love versus falling in love.
5. 5 Simple Steps to Clarity based on chapter 6 verses 10, 11 & 12
6. Self-awareness on dynamic leadership
7. Qualities of a manager
8. Traits of Geeta Executive Office
9. Knowing your own value system
10. Focusing on Goal, Bouncing back in life.
11. Self-effort to realize the true potential
12. Symbolism in Geeta



Yagnatorium

The bus also carried along with a yagnatorium. The 'yagnatorium' is a portable structure inside which 3D animated video recreating the effect of a planetarium can be played. Animated movie "Cosmic form of the Creator" was played. This movie was based on Bhagwad Geeta wherein in the middle of the battlefield lord Krishna shows Arjun the cosmic form of the creator. The movie basically talks about oneness of the entire universe. Vedanta states that we are all essentially of the nature of existence, consciousness and bliss and as the universe is infinite, the truth/God is also of nature of infinitude. Since this infinite truth is beyond human perception of the 5 senses, we have many deities in Hinduism. The deity symbolizes the qualities which can be visualized in perceptible form which people worship to purify their own thoughts and attaining the qualities or virtues symbolized by the deity. The symbolism of the form of gods and



goddesses in Hindu Culture like Ganapati, Hanuman, Krishna, Saraswati and many more was explained through the animated movie "Symbolism in

Hinduism". The message of the movie was from idols to ideals. Another movie which was played was a short guided meditation.



Workshops

A number of workshops were organized for the kids. Fun with Krishna, Lets focus and a movie workshop based on the movie Peaceful Warrior.



Talks by Sevaks

Sevaks from different walks of life who have gone through the Geeta courses with Chinmaya Mission were asked to speak on different verses from the Geeta. They shared their understanding giving examples from their lives and in simple language so that the participants could understand some of the important concepts explained and apply in their lives.



Video Talks

Talks by Swami Chinmayananda on Chapter 2 explaining the different verses were played from DVD.



Chanting and Prayer

Chanting also helps quieten the mind and develop noble qualities. Handouts were given to participants from which they could read and chant. Chanting of chapter 12 of Bhagvad Geeta was done. In another session 1008 names of Lord Vishnu were chanted. Prayer also helps in surrender of ego to a higher ideal represent by an idol so that one can realize one's true potential or ultimate happiness. The 3 day program was concluded with prayers.



Meditation

For success in any walk of life, harnessing of innate potential and application of acquired knowledge is very important. One of the most important aspects of this human journey is mastering one's own mind. The practice of meditation has many benefits ranging from mental relaxation, improving focus, developing self-awareness, quieting the mind, contemplation and realization of universal oneness. Participants were guided on how to relax the body, observing the mind and quieting the mind by focusing on personal mantra, guru or god symbol of their choice.



Some Feedbacks

Personally, I felt that the entire ambience was extremely warm, mellow and positive.

One would think a club will be distracting. But it was all so perfect. The vibes of people who attended were energetic and glowing.

Geetathon talks by various Sevaks were very good. The Sevaks had really worked hard for the presentation.

Yagnatorium short films were amazingly made.

The workshops for kids, GeetaVahini and yagnatorium was very much appreciated by all who visited. Especially the movie on "symbol in Hinduism".

Fun with Krishna was a big hit with kids and attendees were enquiring about balvihars and shishuvihars.

PujaGurudev's explanation of chapter 2 shlokas was mind blowing. I felt that He was sitting right in front of us and giving the discourse.

I feel really blessed to have gone to the venue all the 3 days.

I found the whole program of "Geeta Carnival" as a life Empowerment and Enrichment for me.

It was very unique and unusual experience for me.

The narration of both the movies were excellent and made in a very attractive manner with full of information. Which were for all the ages. I really enjoyed both the movies. And 3rd was on guided meditation.

Message from Brni Nidhi Chaitanya on conclusion of the program to the volunteers
The Geeta Sandesh Vahini truly brought to our zone the "Sandesh" (message) of the Geeta:

1) The Geeta talks of Yagna - the spirit of cooperative selfless endeavour.

The entire team - from the youngest CHYKs to the Sevak groups - all worked so wonderfully in the true spirit of Yagna!

2) The Geeta talks of Akarttrva - the sense of non-doership.

The team worked so hard without any one even wanting any acknowledgment for what they were doing in such a crisis where the Acharya itself is not able to be there. You all made me a truly proud teacher!

3) The Geeta talks of Anaasakti - complete detachment

I know that each of us could instantly rise to the occasion and take the entire event ahead with such grace, because there was no insistence or resistance. You all took ok a difficult situation and came off like Rockstar's!! And that itself is a sign of massive detachment in the hearts of people. Thank you for being detached.

4) The Geeta talks of Swadharma - doing what one is supposed to do.

Throughout, each one was sticking to their allotted roles, and doing it with devotion and love. Whether it is the speakers or the CHYKs, everyone was

just doing what they were doing.

5) The Geeta talks of Prasaad Buddhi - acceptance of the result as a Prasaad.

The love and inspiration in your hearts, is Geeta. The power in you to accept any audience, is your detachment.

6) The Geeta talks of Samatvam - complete balance in all situations.

All of you showed extra-ordinary calmness irrespective of the challenges.

7) The Geeta talks of Shanti - peacefulness.

Disturbed minds are dangerous minds because they can hurt or harm anyone in their disturbance. But you all did the whole event with such harmony and determination.

8) The Geeta talks of Bhakti - devotion to the Higher.

Your passion for Gurudev and Geeta was the inner fuel of the whole team. If each of you did not love HIM the way you all do, it was impossible to carry off what u all did! Thank you for loving Him & His vision.

9) The Geeta talks of Ashoka - the absence of sorrow.

How can such inspired workers ever have time to be uninspired or sad? And yes, your smiles are the best proof of the knowledge of the Geeta. Thank you that you kept smiling.

Thank you for LIVING THE GEETA.

The love and sincerity in your hearts, is very very fulfilling.

Lots of Love to all of you.



Pinwheel Samosa



Shibani Shah
(L/3659)

For the Dough:

1 cup (heaped) White Flour (Maida)
Few tsps White Flour (Maida) for coating
30ml
3 tsp Oil
Salt to taste.



For the Stuffing:

4 Medium Potatoes Boiled
½ Cup Green Peas Boiled
2 tsp Green Chillies and Ginger Paste
1 tbsp Mint (Pudina) finely chopped
Black Salt as per taste
2 tsp Amchur
Salt as per taste.

To make fine dough:

Mix maida, oil and salt, make into a dough. Take some water if required. It should be medium hard so that it can be rolled without needing extra flour.

To make stuffing:

Mash potatoes (peeled) and green peas. Add all the other ingredients and keep it aside.



Recipe:

Make balls from the dough. Roll out small chapatis (medium size). Spread little mixture on each chapati and press lightly. Now fold the chapatis and stick the ends with little water. Cut the chapatis in medium so that it looks like a wheel. Apply some dry flour on both the sides of the slices. Heat oil in a pan and deep fry the rolls till they are golden brown.

Serve it with green chutney and tomato ketchup.



Celebrating R D Burman's Birthday



NATIONAL AWARD WINNING FILM

Pancham Unmixed

by Bramhanand S. Singh

Winner of 2 National Awards, Pancham Unmixed: Mujhe Chalte Jaana Hai (113 minutes) takes an incisive look into the legendary composer, RD Burman's reflective artistry and buoyant-but-also-lonely inner being. Featuring a host of close friends, colleagues and admirers, the film evokes awe, admiration and nostalgia the way most of his music does, till date.

Brahmanand S Siingh is an award-winning filmmaker (producer-director) and writer. Many of his films have been screened at various International film festivals as well as on national and international television channels, and have been nominated for and won, national and international awards.

On Sunday, 2nd July 2017 **Venue:** Front Lobby Area, JVPG Club

Refreshment: 6.30 PM | Screening start: 7.00 PM

Complimentary tea & snacks will be served



Sandesh

Presents

Members Master Chef's Tasting Session



Sonal Motla Vashi
Editor

"A family that eats together, stays together".

So we at Sandesh believe, a community that cooks and eats together, bonds together.

In an attempt to create and encourage an environment of bonding and celebration, through culinary delights; along with bringing forth the culinary expertise of our members to the forefront, we at Sandesh are excited and happy to introduce and launch **Members Master Chef's Tasting Session (MMCTS)**.

On the last Wednesday of each month, we invite members of all genders and ages to cook and bring in their signature dish.

We invite them to get a sample of their best secret traditional house recipe.

During the event; The participants present, will amongst themselves vote and select the best recipe of the month which will be then be published with photographs and relevant details in the subsequent issue of our very own Sandesh.

Our inaugural session will be
on Wednesday, June 28th 2017;
between 12.30 pm to 2.30pm

Venue within the club which will be communicated to you with via a telephone call on receiving your participation confirmation.

To register please fill in the form underneath and file it at the register maintained at the MSD for this purpose on or before the 24th June 2017; 5pm.



Name in Full. : _____

Membership No. : _____

Contact number : _____

Name of the recipe : _____

*** Terms and conditions**

- Entries will be accepted on first come first serve basis.
- Decisions are at the Discretion of the Sandesh Editorial team.
- For entertainment purposes only.
- Participants are requested to make sure that, the quantity of the dish got, is enough for all participating members to taste.



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