



JVPG CLUB

Uncontested Office Bearers Elect; 2017



Shamit T. Majmudar
Hon. President



Balkisan D. Sanghvi
Hon. Vice President



Himanshu V. Gokani
Hon. Secretary



Gautam M. Bhukhanwala
Hon. Treasurer



Jayesh A. Motasha
Hon. Joint Secretary

Annual Election Results

9th April 2017

Elected Into The Managing Committee



Jinesh H. Choksi



Ojas D. Dave



Manoj L. Raveshia

The club's annual elections were contested on the 9th of April 2017 and were presided over by the election committee led by election commissioner and president Shamit Majmudar.

In a keenly contested election, there were six candidates who contested for the three Managing Committee positions. The entire election process passed off peacefully and in a cordial atmosphere.

Jinesh Choksi, securing the highest votes, led the election results which are as follows.

| | |
|----------------------|-----|
| 1. Jinesh H. Choksi | 935 |
| 2. Ojas D. Dave | 851 |
| 3. Manoj L. Raveshia | 705 |
| 4. Bhupendra Chheda | 592 |
| 5. Satish C. Shah | 555 |
| 6. Kishor Gandhi | 487 |



JVPGB CLUB

Volume VII • Issue 3
May 2017



✦ Election Results 2017 ✦ Chairs Felicitation ✦ Cricket Championships

✦ Jayveer Kochhar's International Rise To Fame ✦ Charlie Chaplin - An Ode..... An Evening

✦ Kids Summer Workshops ✦ Anirudh Desai All India Open Lawn Tennis Championship 2017



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From The Desk Of The Hon. Secretary

Our Work Supports Your Work And That Your Work Is Changing The World For The Better



Himanshu Gokani
himanshu@jvpgclub.com

Greetings dear friends !!

It's indeed a great honor and pleasure to be reinstated as Secretary for one more term, at the suburbs vibrant center of culture, entertainment and athletics.

And I would like to thank all our members for putting on such a gracious and spectacular display of support and enthusiasm during the last entire year and during the recently concluded club elections. On behalf of the managing committee I take this opportunity to congratulate the victorious members recently elected into the managing committee as well as joyfully welcome the newly instated office bearers who I am so eagerly looking forward to working with.

Now straight to business as usual!

"We understand that JVPGC of tomorrow cannot, must not, be the same as the JVPGC of today." And that being said, this is the best phase for us: as the focus is predominantly on upliftment through best global practices and next best practices. And innovation is what we need today if we are to realize our full potential — in membership, athletics, entertainment, humanitarian service, public image, and attracting new generations.

So let me tell you what our great organization is doing to innovate and move forward. We invested the last entire year in developing new resources to assist in bringing to fruition our two major goals, one being, "We are for the members" and the second, making JVPGC one of the top "3 institutions for human development" across the sub-continent. The proof of the pudding they say is in tasting it and I welcome each one of you to visit our club to judge for your self.

Working together we are increasing our capacity to achieve more along with working hard to run an efficient and cost-effective organization.

Exciting improvements are also coming to our online application tool, again based on your feedback. In the next few months, you'll see new features added to make the engagement process simpler and faster.

But despite the many achievements and advances, we cannot rest on our laurels. From the beginning, JVPGC was designed to reflect the needs of its members and its communities. And change being life's only constant, these needs and communities continuously evolve.

Each day, we the governance visit our institution asking important questions regarding our organization and its future on how we need to develop the ability to adapt our service to the needs of a rapidly changing world and the dynamic generations to follow

So as we continue to look forward, we need to ask ourselves, very simply, what kind of institution do we need to be? And what we hear from most active members is that even though traditional systems and process govern most of our operations, we need to be ready to adapt and evolve. After all, we have a great tradition at JVPGC, but it's our tradition. We made it and we own it — it doesn't own us — and if it no longer serves its purpose, we can change it.

So we are asking all of you to continue to be voices that advocate thoughtful, positive, and lasting change. And we at the club's governance will be there for you, in every way that we can.

I know that I speak for every one of us in the club's administration when I say how proud — how proud — we feel to walk through the doors of this great institution every day, knowing that our work supports your work and that your work is changing the world for the better, day by day, event by event, sport by sport.



Juhu Vile Parle Gymkhana Club



Volume VII • Issue 3 • May 2017

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N.S. Road No. 13, Opp. Juhu Bus Depot,
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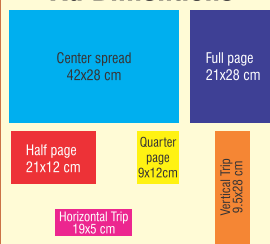
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- 1 *From The Desk Of The Hon. Secretary*
- 2 *Index*
- 3 *From The Desk Of The Hon. Joint Secretary*
- 4 *From The Desk Of The Editor and Chief*
- 6 *Chairs Felicitation*
- 8 *Cricket Championships This Summer*
- 10 *Kids Summer Workshops*
- 12 *Senior Citizen's Shab-e-Ghazal*
- 13 *Charlie Chaplin - An Ode..... An Evening*
- 14 *Stay Cool In The Heat With These Yoga Moves*
- 16 *Anirudh Desai All India Open Tennis Championship 2017*
- 22 *Card Festival*
- 23 *Jayveer Kochhar's International Rise To Fame*
- 24 *Runners Enclave @JVPG Club*
- 26 *Learning Disability*
- 29 *Goods and Services Tax (GST)*
- 30 *Dealing With Kid's Tantrums (Story)*
- 31 *Does Love Exist*
- 32 *The Famous Gujarati Pickle "Athanu"!!!*
- 34 *Movie Reviews*

From The Desk Of The Hon. Joint Secretary



Jayesh Motasha
jayesh@jvpgclub.com

Dear Members,

I truly believe that a child can learn as much about life through a good game of sport as in a classroom.

Being an athlete demands discipline, dedication and perseverance, from an early age it teaches young enthusiasts about the importance of hardwork and discipline, it reveals to them the tenants of true sportmanship handed out with an equal measure of success and failure, which in turn builds their confidence and character.

I feel truly honoured to be elected as the Joint Secretary at the Juhu Vile Parle Gymkhana Club. As a proud member of this esteemed establishment since 1984, I have enjoyed many a bout of badminton and snooker. Breaking a sweat on the courts a minimum of five days a week, has culminated into lasting friendships off the courts. My daily exercise now comes in the form of swimming and I thoroughly enjoy it. As a lover of all sports I wish to channel my passion into bringing constructive changes and transparency to all the faculties under my purview and work closely with all departments to revive them with state of the art infrastructure and professional coaching staff.

My wish is to bring more kids to the courts and away from their digital devices, to enthuse and excite the current generation into taking up a sport and provide for them a foundation to train at par with international standards enabling them to compete on both the national and international stages.

Lastly, I hope to highlight the competitive spirit of both the young and old through 'COC' – Champion of Champions, where all sporting departments form teams and compete in various events. This event has been absent for the past two years, but I propose to bring it back with much fanfare during my term.

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From The Desk Of The Editor and Chief

Greetings "Kin"folk !

With the intrinsic fear of being disavowed by my kit and kin, I now idyllically proclaim JVP GC as my official permanent address. Not an oddity for someone in my role as chairperson of the transfixing lawn tennis department and the editor and chief here at Sandesh. The daily constructive vibes amalgamated with the superfluity of significant life altering events that engulf this institution almost every evening, are just so very magnetic, I find it virtually unimaginable to be sited anywhere else but here at JVP GC. This very vibrant issue of Sandesh will so eloquently dispose what I'm trying so say.

I have indeed said this before, but, I possibly can't say it enough when I commemorate and acknowledge all the individuals involved right from the President and his managing committee right down to the sweeper and all in-between, who thanklessly yet laboriously strive each day towards bringing about a evocative transformation in our lives. More so, a special salutation goes out to the current governance who so

magnanimously made the effort to felicitate all their chairs and their posse for they unremitting work done thus far. We have dedicated a whole page in this issue.

We further, with abundant pride, congratulate and welcome the victorious team that clinched success at the recently concluded elections and welcome them into the managing committee. We further ritualistically and ceremoniously welcome the newly instated office bearers, being led by Hon. President Mr. Shamit Majmudar and Hon. Sect Himanshu Gokani; the two of them serving yet another term at the helm of things.

These office bearers will spear head JVP GC's progress into the next year and hence we have taken it upon ourselves to introduce each of them to you in our next issue.

Sandesh has had a remarkable season; we the editorial board have indeed realized our dream. Sandesh is now justly acknowledged as the voice of JVP GC, an arsenal "of the members, for the members, by the members"; where we communally

Read
Sandesh
We Do Carry
Meaningful
Editorials

as one coherent family, through this one common platform, get together and address all our woes and celebrate all our triumphs. One needs an audience that is willing to gather around the campfire to make it a useful exercise. Thanks for caring, reading and thanks for telling us what you enjoyed and didn't. It has only assisted us in evolving into a more discerning publication. I have a faultless editorial team in Sonal, Tanvita and Sanjiv to thank for this; who each month with an insatiable appetite for improvement and excellence have ensured Sandesh has metamorphosed from just a magazine into a monthly awaited event in each household.



We have realized a dream; sure, but not our full potential. As the age old cliché goes, we have miles to go before we sleep. We have stories we want to tell, value we want to add, victories we want to rejoice, but we also have issues we want to address and changes we want to initiate. Some of them blaring us right in the face, and then some we involuntarily remain oblivious too. To make

this a more fruitful endeavor not just for Sandesh alone, but for the institution at large, commencing soon, we plan to dedicate a page exclusively to members, opinions, suggestions and feedback to the current governance. This is where you the readers come in; with the inherent supremacy of the written word, infamously and critically acclaimed to be more powerful than the sword, we urge you to make the most of this "dialogue with the management" page, as we intend to not just print your correspondence but also get a response, in real time, from the concerned chairs your notes would be addressed too. So write into us and tell us your grievances and we will ensure that we get them addressed.



We're bursting at the seams with new plans, ideas, and a monthly publication we need to get out the door. We intend to only get better in our approach and in that regard we have attempted at creating and launching new editorials into Sandesh. For starters, we plan to bring the culinary expertise of our

members to the forefront by inviting in the best recipes to be published; and in a matter of weeks have you all participate at a "Members Master Chef" tasting extravaganza. More details further into the magazine.

We further plan to dedicate columns to wellness, fitness, travel and fashion, and welcome each one you to contribute into Sandesh, either as guest editors or join into our editorial team on a more permanent basis. Connect with any of us, to know more.

If what I have overheard in the well-illuminated administration halls is anything to go by, this season this going to be Christmas for all athletes. All sports departments will get a face-lift and all athletes and sporting endeavors are gonna get all the encouragement and support they seek and deserve.

Exciting times ahead folks. Come be the change you want to see at JVPGC.

Read on, stay blessed and stay connected !! Hamesha !!



Chairs Felicitation



Nikhil Prabhakar Rao
Editor and Chief



Each year, almost immediately post the annual elections of the gymkhana the newly formed managing committee get together and elect their office bearers, who remain ultimately responsible and accountable for all decisions made with regards to the institution.

However, it remains the duty of these office bearers to then appoint administrative and athletic sub committees who in turn govern those respective departments and report into the office bearers and managing committee.

Sub committees are an essential part of any club's administration and governance. As a sub committee member you help make your club a successful, thriving, and fun place. Whether you have been appointed as a committee chair or serve as a committee member, you can help your club improve your communities by adding meaningful value to all facets of society as well as develop leaders.

Last year was what one might call the golden era in the history of JVPGC. Sub committees were appointed based on the true merit of individuals and their expertise in the respective fields.

The result ! Immense and unparalleled progress on all facets of our community's development.

That being said, one needs to realize that being a sub committee member is an honorary job. One more often than not, a very thankless one. But thankless... no more !!

For the very first time in the club's history the management of this great institution took stock of the remarkable year gone by and in doing so could not let the moment pass without acknowledging and felicitating all the chairs that represented all the sub committees for a job very well done.

The entire senior management got together to honor these individuals (and their respective teams in toe) at a public gathering of nearly 500 odd members.

The following are the excerpts of that princely event.





Savita Bajaj, Chairperson
Garden and House Keeping



Darshana Kothari, Chairperson
Children and Women Activity



Sunil Shah, Chairman
Catering and Bar



Jinesh Choksi, Chairman
Entertainment



Dr. Jatin Damania, Chairman
Senior Citizen's Forum



Anil Mahesh, Chairman
Scrutiny



Dr. Manoj Patel, Chairman
Discipline



Rohit Saraf on behalf of Rajiv Soni
Chairman, Badminton



Sanjiv Shah, Chairman
Cricket



Manoj Raveshia, Chairman
Health Club



Nikhil Prabhakar Rao, Chairman
Lawn Tennis



Bhavesh Shah, Chairman
Squash



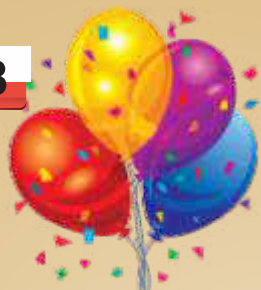
Nikhil Thanawala, Chairman
Swimming Pool



Tanvita Saraf, Editor
Sandesh Magazine



Sonal Vashi, Editor
Sandesh Magazine



CRICKET CHAMPIONSHIPS THIS SUMMER



The Cricket dept. has taken JVPGC to newer heights in Mumbai's cricketing circles. After reaching the '**D' division at the highly prestigious H. D. Kanga League**, our cricketers performed extremely well in 2 other highly competitive inter club tournaments.



JVPGC became champions at **Goregaon Sports Club's Inter Club T-20** Tournament played at Goregaon Gymkhana over 2 weekends in March 2017.



In the summer vacation cup organised by Mumbai Cricket Association - JVPGC reached to the quarter final's.



Sanjiv Shah
Chairman, Cricket Sub-com.



Similar to every year the junior summer camp for 2017 has just begun. All budding youngsters are requested to participate and enhance their cricketing skills under highly qualified coaches.

Presently our cricketers are playing the Chembur Gymkhana Inter Club T-20 Championships and we wish them the very best.





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Summer Workshops

Chairperson Darshana Kothari, committee members Dilnavaz Jokhi and Tanvita Saraf brainstormed an idea of holding summer workshops at Juhu Gymkhana this year. As summer vacations approach all mothers have only one dilemma, "How to keep my kids occupied in a fruitful manner?" Summer workshops are conducted in every nook and corner of this city but the question is, "Which ones will really do well for the kids and the will the kids actually benefit from any of

them?" Interviews were conducted of various teachers, few were short listed, programs were chalked out, standees made, forms printed, messages sent out. Activities were planned keeping various aspects of kids in mind. Activities related to art and craft like T-shirt Tye and Dye, Umbrella Painting, Charcoal Painting etc. were conducted; Dance and yoga were planned for physical exercises and Book Club, Favorite Author's, Calligraphy for mental exercises. It has been a wholesome learning package where all mothers were happy and



Darshana Kothari
Chairperson, C&W Activity
Sub-committee

relieved to drop the kids to the club from 11 in the morning till 4 in the evening. Kids took home various souvenirs from different activities. Kids of all age group from 4 year old to 15 year old were involved and all were extremely happy and satisfied. A glimpse of all the activities can be seen in the photographs below:

Calligraphy by Dital Kothari (9 to 15 years)



Dance by Urmila Thakkar (4 to 7 years)



T-shirt Tie & Dye by Clay Foundation (4 to 7 years)



Umbrella Painting by Clay Foundation (4 to 7 years)



Decoupage and Sospeso by Clay Foundation (9 to 15 years)



I-leap Academy (4 to 12 years)



I-leap Academy - Charcoal Painting (8 to 12 years)



Shab-e- Ghazal

*Kuch sher ho, Kuch shayari ho,
Kuch soz ho, Kuch saaz ho, Kuch aawaz ho
Koi sham ho, Koi dil ki baat ho.....*

"Baat niklegi to dur talak jayegi....." Shaam aur ghazalen dur talak gayi jaroor,

A beautiful evening spent by more than 200 senior members and their guest enjoying ghazals for three continuous hours!

The celebrated sangeet Visharad, vocalist and music composer, Mr. Vijay More and Mrs. Jaya Piyush a well known ghazal singer with her experiences of singing with stalwarts like Jagjit Singh, Anup Jalota, performed at the event.

A constant flow of farmaish was pouring in for ghazals like "Baat niklegi to dur talak jayegi", "Hothon se choo lo tum, mera geet amar kar do" etc. were willingly honoured by the artists.

Shab-e-Ghazal cum Bar Nite was a full house on Saturday 22nd April 2017 at our Activity hall. While

listening to the program our members enjoyed tasty starters with a couple of glasses of drinks (hard or soft) followed by dinner.

Special thanks to our members Mr. Devendra Mehta, Mr. Madan Jeswani for their help and last but not the least, Mr. Hasmukh Gajjar for organizing the function, who also sang a few numbers with the singers, rather well.

*Honton se chhoo lo tum
Mera geet amar kar do.....
Aakaash ka soonapan
Mere tanha mann mein
Paayal chhankaati tum
Aa jaao jeevan mein.....
Saansein dekar apni
Sangeet amar kar do.....
Mera geet amar kar do.....*

and it was an evening that will be remembered for a long, long time to come.



Dr. Jatin C. Damania
Chairman
Sr. Citizen Sub-comm.



charlie chaplin

An ode..... an evening

The par excellence humorist / philosopher, Charlie Chaplin once commented "A day without laughter, is a day wasted"..... And the celebrated day on the 129th birth anniversary of Chaplin, did not go wasted !

This was made sure by our Senior Citizen Chairman, Dr. Jatin Damania on Sunday, 16th April 2017 at JVPGC. This spirit came alive by Mr. Rajan Kumar (Chaplin No. 2), greeted everyone with roses and sweets at the entrance and posed for the members to capture photographs, to be remembered.

Almost forty JVPGC senior citizens were entertained with the inimitable

Charlie Chaplin wisdom and his humor. Mr. Rajan Kumar accompanied with his team of musicians as well as an artist that sketched along with the music to everyone's delight. The members were enthralled for two continuous hours and enjoyed the refreshments there after. The program was sponsored by our senior life member Mr. Natwarlal Mehta.

Chairman Dr. Jatin Damania gave short speech on the life and the times of Charlie Chaplin with interesting anecdotes from his life.



Dr. Jatin C. Damania
Chairman
Sr. Citizen Sub-comm.



"You'll never find a rainbow, if you are looking down" – said Charlie Chaplin and our members certainly looked happy and inspired after the program.



Stay Cool In The Heat With These Yoga Moves



Sonal Motla Vashi
Editor

Summer is here, with the longest days and a hot sun that heats up everything and everyone! We tend to become irritable, self-critical and agitated with the rising temperature.

Q: Sir, summer is here and we would like to know if yoga can help us beat this season's heat?

A: As the seasons shift, our bodies cycle through an organic ebb and flow of change that serves to harmonize and create balance within us. Although your body will adjust to these changes naturally, it never hurts to integrate some simple tweaks into your routine to aid in the transition and link yourself more intimately with the season that is upon us.

The summer months are a time of light and warmth, and the energy of summer radiates at a high vibration. To balance the heat and energy of the summer season, aim to cultivate the opposite environment on the inside of the body — cool and calm

Q: What are the asanas and

pranayam that you would suggest?

A: Yoga practice can be seasonal. Certain climate condition creates particular dosha. Generally summer creates 'pitta dosha', to combat that, there are many asnas but there are a few that I can suggest.

These few cooling yoga poses you can include in your daily routine:

Moon Salutations: These are a variation of your Sun Salutes. If you want to do regular Sun Salutations, try to walk forward rather than jump forward to maintain the low vibratory feeling.

Supported Backbends: Try Bridge Pose with a yoga block beneath the low back.

Legs Up the Wall: Remember to keep your tailbone flush against the wall and your legs straight up.

Supported Shoulder Stand: Place a blanket or towel under the shoulders, letting your neck dip off the edge.

Forward Folds: Try Seated Forward Fold or Wide-Legged Forward Fold.

Floor Twists: You can do these seated or lying on your back.

All of these poses send a calming wave through the nervous system and serve the body's attempts to self-regulate.

Q: And what about the pranayama that would help?

A: Similarly breathing techniques help reduce or increase the body temperature considerably.

After you complete your asanas, weave in one or both of the following cooling pranayama (breath work):

Shitali Pranayama: This technique is done by curling the sides of your tongue towards one another and sticking your tongue out through your lips. Inhale through your rolled tongue and exhale out through the nose. Repeat 5-20 times. If you have difficulty curling your tongue, try making a donut shape with your lips instead; inhale through the lips, exhale through the nose.

Chandra Ang pranayama (Single-Nostril Breathing): This technique isolates one nostril. For the summer months we are targeting the left nostril, which is called the Ida Nadi ("subtle channel"), which is the body's cooling channel and is located on the lunar side of the body. Plug the right side of the nostril and breathe in and out through the left nostril for 5-20 breaths.

There are many other pranayama and asanas that one can do, but more about it in my class :)



Participants Bytes:

Today's summer special class of asanas was too good. I normally sweat like a pig but today didn't feel hot at all even after doing suryanamaskars with eyes shut. The experience of the energy that was generated was very calming, rejuvenating and relaxing.

Seema Parakh (L/4792)

Today's summer special class was amazing. Different asanas with breathing techniques benefit us a lot to cool down... our body and brain!

Preeti Gandhi
(L/3001)

Today we practiced 20 Suryanamaskaras at a go, yet, instead of getting tired it gave us more strength and no perspiration or fatigue, just because of the breathing techniques Sir has taught.

Shibani (L/3659)

Sure you can eat watermelon or dip in pool to cool down but today's summer special yoga beat it all. Breathing technique, the asanas taught in class really helps our body and mind to cool down. Personally I loved 'Sitali' the most.

Pashmina (L/3567)



Q: Would you recommend a special diet or do's and don'ts for the summer

A: Food is another essential component to balance the body, as it metabolizes your efforts from the inside, out. Here are a few simple guidelines to follow that will align your eating with the summer season:

Eat vegetables and fruits that have a high water content: melons, cucumbers, and leafy greens.

Keep things light and cool — enjoy foods that aren't dense and heavy, and ones that you don't need to cook for very long; perhaps even things you don't have to heat up at all before eating.

It's easier to get dehydrated during the summer months. Try drinking electrolyte-enhanced water. If you ever feel like you are over-heating, coconut water is very cooling to the body. (Just be mindful of how much you drink as it is a natural laxative!)

Incorporate herbs and spices that reduce the pitta dosha, including mint, fennel, cilantro, cumin, and coriander.

Although your body will instinctively crave balance as the seasons shift, it is always a beneficial practice to offer a little assistance. Trust your instincts on these recommendations and always do what feels right for you.

Q: Rupen sir, how would your teaching in the class, be different in this summer?

A: I would make my students do asanas more on balancing pitta dosha, few Chandra namaskars and one thing which I would make them do differently is Surya Namaskars.

Too many Sun Salutations, especially during the day would create a lot of internal heat and warm up the body very fast. Keeping your focus internally and having your eyes closed will create

more awareness and make Sun Salutations less in aggravating the Pitta dosha. Take time in every asanas and have slow, smooth transitions from one asana to the other. Pay attention to the way your body moves and the way each asana makes you feel. Besides making you more cool and calm, practicing in the slow internally focused mode can be an eye opening and a learning experience... your body awareness will skyrocket!

Stay cool and don't try or practice without an experienced teacher watching you. So come to my class and experience special summer yoga class.

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



Anirudh Desai - JVPGC All India Open Lawn Tennis Championship 2017



Nikhil P. Rao
Editor and Chief

One of the gravest dilemmas tournament director Uday Vora faced this year was whether he could successfully pull off the Anirudh Desai All India Nationals at the JVPGC.



With the last two years, when all the stars were aligned just perfectly well, Uday had raised the events benchmark considerably higher than previously set by any other lawn tennis institution in the country. But this year he faced two rather precarious challenges. The first being the demonetization wave which seemed to have adversely hit all sponsors and their philanthropic pockets and the other being the middle of April; the only dates available to conduct these championships: the middle of this oppressive Indian summer and April this year already having recorded the highest temperature the sub continent had seen in the last decade.

Where most would have viewed these as insurmountable obstacles and just given up, postponing the event to more favorable tidings, Uday and his diligent tournament committee with the blessings of some discerning sport loving and encouraging sponsors; along with the support of the clubs governance rose to the occasion and accepted this challenge. The rest as they say, is history.. or as one might say, was an event of such epic magnitude, it was one for the history books.

To begin with a special customized pentagonal rotating trophy was

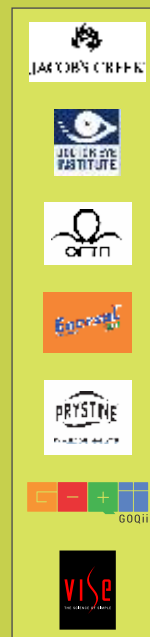
made for this tournament, miniatures of which were handed to the winning recipients.

It would remain a blasphemy if one were to continue this column without naming, recognizing and adulating the altruistic teams involved. To begin with, the benevolent benefactors without whom, championships of such enormities remain just figments of one's imagination.



The title sponsors: the family of our late Anirudh Desai; his brother Chetan and his daughter Shweta, who for the second year in a row have so generously been the title sponsors of the event making absolutely no demands in return apart for rightfully naming the championships in the memory of Anirudh Desai, and who have further vowed to make these championships even greater in the years to come.

A special token of gratitude is sent out to all our other associates as well, being, Mr. Kumar Doctor of Doctor Eye Institute, Mr. Dinesh Bakshi from Jacobs Creek, Mr. O.P Sultania of Prystne Water, Mr.



Nilesh Gupta of Vijay Sales, Mr. Ameya Chandavarkar of Enerzal, Mr. Sagar Ahuja and his team at Octo sportswear and Mr. Chiraj Alreja of GoQii.

These championships would absolutely not have been possible without the support of the club's management

especially the Hon. President and Hon. Sect being Shamit Majmudar and Himanshu Gokani respectively, along with past Jt. Sect Ojas Dave and the entire administration staff at JVPGC headed by the very obliging Mr. Damodaran.

And last but in no way the least the ever so very exceptional tournament core committee of Kirit Mehta who handled all championship accounts, Tejas Parekh who was in charge of managing player draws and entertainment, Dilip Shah chief of





on court infrastructure, administration and sponsor liaisoning, Ashok Ahuja who was in charge of player boarding, lodging and welfare, Manan Vora who led all schedules and was at the helm of creating new innovative means of player interaction using modern technology, all led by the expertise and driven by the passion of tournament director Uday Vora.

The official main draw rounds commenced on Monday the 9th post an honorable opening ceremony facilitated by our President and past Jt Sect. The ceremonious lamps were lit, the ribbons were cut and the final whistle blown to play ball.



Tuesday evening hosted the grandest players party at the club's activity hall, where all players were in attendance and danced their competitive blues away to some fairly fabulous music and gourmet cuisines and spirited refreshments.



Then came fairytale Thursday. Apart from things heating up both with the weather and on court, the core committee in keeping with tradition had organized a pleasurable evening for the players, where they could test their skills in two competitions; the fastest serve and the most accurate serve battle. All the gentlemen and ladies present on that day, thoroughly enjoyed this amusing contest, and the winners in both went home richer by Rs.5000.



Later in the evening our very own Aspire coaching academy requested some very senior players of the championships to conduct a quick camp with all our toddlers. These senior players of international repute so magnanimously agreed to do so and, 2 hours on our kids were left with some cherished memories to last a lifetime. Each student present



there, received personal signatures from the senior players on tennis balls provided by the club and a plethora of snaps were taken as well.



Saturday and Sunday were host to the mega finals in all disciplines being the ladies singles and doubles finals, the gentlemen's singles and doubles finals and the mixed doubles finals followed by the grand prize distribution ceremony which was attended by over 150 odd people from across the city, where respected veteran tennis player and past managing committee member being a very close associate of the Desai family, presented the trophies in the families absence on their behalf.

The lawn tennis tournament core committee definitely outdid themselves this year in what has been publically acclaimed as the grandest lawn tennis tournament ever hosted by a private organization.

To their credit they had many firsts: listing down a few, which have never been done before by a private institution in India, would be;

- The highest prize money purse given to all players from the main draw

- Even losing qualifiers were handsomely rewarded which is never done in any other tournament
- Goodie bags were presented to each and every participant. Nearly 300 of them
- Free unlimited water in packed bottles were given to players each day
- Over 10 physiotherapists were present at the courts each and every day providing free assistance to all players who needed them during the entire duration of the tournament
- The use of the gym and swimming pool were provided to most players who needed to warm up before a match and cool down after one.
- Subsidized accommodation to all out station players
- A week full of entertainment for the participants with the players party, the serve competitions and coaching camps.
- The use of technology in the championships
- Customized rotating trophies for all winners and so very many more innovations.





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Women's Doubles Winners;
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CARD FESTIVAL



The Card Room Sub-Committee under the Chairmanship of Mr. Bharat Mehta organized a Card Festival on Sunday, 23rd April, 2017 for Members. "Rummy is preponderantly a game of skill with some element of chance". It was a fun event celebrated with much gaiety and joie de vivre with participation of 75 + members.



*Bharat Mehta
Chairman
Card Room Sub-committee*

Very special thanks to our member Mrs. Shobha Kapoor for graciously sponsoring the drinks. Extra prizes of food coupon vouchers for a couple were sponsored by Harpals Food Pvt. Ltd. and Aditi Fast Food.

A loud applause was given to Mr. Mukesh Goyal who relentlessly and passionately worked hard to make this event a huge success.

The prize distribution ceremony was a galore of celebrations and was graced by the Office Bearers who gave away the prizes along with Mrs. Darshana Kothari, Managing Committee Representative of Card Room.

The evening ended with much bonhomie and some delicious food.

Results of the Event

- | | |
|-----------|--------------------------|
| Winner | - Mrs. Saroj Gupta |
| 2nd Prize | - Dr. Vibha Telivala |
| 3rd Prize | - Mrs. Behnaz Bodhanwala |
| 4th Prize | - Mr. Sunil Goenka |
| 5th Prize | - Mrs. Pushpa Khatwani |
| 6th Prize | - Mrs. Bindu Khanna |
| 7th Prize | - Mrs. Jatinder Tibb |



JVPGC Salute Jayveer Kochhar's International Rise To Fame

Jayveer Kochhar, an 8 year old boy studying in Jamnabai Narsee International School has been learning taekwondo since four years with Siddhalaka Institute run by Coach Jayesh Velhal.

This boy won gold in Poomsae n bronze in Kyorugi In 10th World Expo Taekwondo in South Korea in July 2016 at the age of 7. He also participated in district under 12 and won a bronze in individual Poomsae and gold in Pair Poomsae. Destiny had more coming his way. He practiced with sheer dedication and prepared himself for the US World Open Taekwondo Championship and what transpired was nothing



short of a miracle. In the first week of March, he went to participate in US World Open Taekwondo Championship 2017 in

Portland, Oregon state, USA! There were around 1000 participants from all over the world. This tournament was certified by PATU - Pan American Taekwondo Union. He had to compete with players from different countries in the tournament.

He participated in three categories- Board Breaking, Pair Poomsae and Individual Poomsae and won gold medals in each respectively. It has been a very big achievement.

We hope for more gold medals this year for this little boy. May he achieve all that he deserves and make his parents proud.



Runners Enclave @JVPG Club

People have their own way of meditating. Some pray, some travel but I meditate through running because I believe running can single-handedly change one's physical and mental stature and take it to another level. It is also the simplest and hassle-free sport to get in to and one of the oldest sports too. History says many years back we were all hunters and our bodies were designed to run.

However, in our country running has picked up its pace pretty later than rest of the world. We are finally waking up to some bitter truths like becoming the diabetes capital of the world. This is exactly why we decided to dedicate our life to marathon training under the guidance of Raj Vadgama of "**Xtreme Sports India**".

We started our training almost 2 years ago and today we take pride in seeing **JVPG Club Members**, who have transformed into avid runners. Some started absolutely as freshers, but today they conquer long distances comfortably and their overall fitness level has increased leaps and bounds.

I would love to mention some of the key benefits that running can permanently bestow you with.

Helps In Weight Loss:

Erratic weight gain and obesity are common problems in big cities. Running helps you loose extra fat particularly accumulated in the lower body and gets you back in shape in not only thinner but also in fitter way.

Prevents Diseases:

Most of us are dealing with deadly lifestyle diseases and have accepted them as part of our life. But trust me, your running feet will stomp all these health monsters away before



you know. Because running increases your lung capacity and immunity that brings more oxygen to your body and helps you keep diseases at bay.

Boosts Confidence:

Running improves your over-all personality and gives you a new positive perspective. A strong body is a sign of a strong mind and vice versa.

Relieves Stress And Other Mental Illnesses:

The root cause of depression and other mental illnesses is the kind of stress we go through our daily life. Without realizing, we are constantly burdening ourselves with unnecessary expectations. Our work and personal problems add up to it. However, science has proven that running regularly can help your cope with your mental condition and relieve stress.

Promotes Healthy And Long Life:

We all are working hard to make sure we live happy and healthy life with our family. But only long life is not good enough. Is it? What we should aim for is healthy life. That health and inner strength is achievable with

running. As I mentioned earlier, running can work as meditation if it's done in the right manner.

Things To Avoid:

While I sum up my write up here, I would like to highlight some 'don't'.

- Do not start abruptly and go for long distances or fast running.
- If you have any health issues, consult your coach and doctor first.
- Over all strengthening of body is a must for every runner so never avoid it.
- Lastly, most importantly, never ignore your injuries or they can become chronic.

Friends, we are lucky to be born in a place where we have all the resources and facilities to keep up with good health so avail every given opportunity and work on your health because the good time to be healthy is now!

Training form available at the MSD.





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Learning Disability

What is a learning disability?

Interestingly, there is no clear and widely accepted definition of “learning disabilities.” Because of the multidisciplinary nature of the field, there is ongoing debate on the issue of definition, and there are currently at least 12 definitions that appear in the professional literature. These disparate definitions do agree on certain factors:

1. The learning disabled have difficulties with academic achievement and progress. Discrepancies exist between a person's potential for learning and what he actually learns.
2. The learning disabled show an uneven pattern of development (language development, physical development, academic development and/or perceptual development).
3. Learning problems are not due to environmental disadvantage.
4. Learning problems are not due to mental retardation or emotional disturbance.

How prevalent are learning disabilities?

Experts estimate that 6 to 10 percent of the school-aged population in the United States is learning disabled. Nearly 40 percent of the children enrolled in the nation's special education classes suffer from a learning disability. The Foundation for Children With Learning Disabilities estimates that there are 6 million adults with learning disabilities as well.

What causes learning disabilities?

Little is currently known about the causes of learning disabilities. However, some general observations can be made:

- Some children develop and mature at a slower rate than others in the same age group. As a result, they may not be able to do the expected school work. This kind of learning disability is called “maturational lag.”
- Some children with normal vision and hearing may misinterpret everyday sights and sounds because of some unexplained disorder of the nervous system.
- Injuries before birth or in early childhood probably account for some later learning problems.

- Children born prematurely and children who had medical problems soon after birth sometimes have learning disabilities.
- Learning disabilities tend to run in families, so some learning disabilities may be inherited.
- Learning disabilities are more common in boys than girls, possibly because boys tend to mature more slowly.
- Some learning disabilities appear to be linked to the irregular spelling, pronunciation, and structure of the English language. The incidence of learning disabilities is lower in Spanish or Italian speaking countries.



What are the “early warning signs” of learning disabilities?

Children with learning disabilities exhibit a wide range of symptoms. These include problems with reading, mathematics, comprehension, writing, spoken language, or reasoning abilities. Hyperactivity, inattention and perceptual coordination may also be associated with learning disabilities but are not learning disabilities themselves. The primary characteristic of a learning disability is a significant difference between a child's achievement in some areas and his or her overall intelligence. Learning disabilities typically affect five general areas:

1. Spoken language: delays, disorders, and deviations in listening and speaking.
2. Written language: difficulties with reading, writing and spelling.



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3. Arithmetic: difficulty in performing arithmetic operations or in understanding basic concepts.
4. Reasoning: difficulty in organizing and integrating thoughts.
5. Memory: difficulty in remembering information and instructions.

Among the symptoms commonly related to learning disabilities are:

- Poor performance on group tests
- Difficulty discriminating size, shape, color
- Difficulty with temporal (time) concepts
- Distorted concept of body image
- Reversals in writing and reading
- General awkwardness
- Poor visual-motor coordination
- Hyperactivity
- Difficulty copying accurately from a model
- Slowness in completing work
- Poor organizational skills
- Easily confused by instructions
- Difficulty with abstract reasoning and/or problem solving
- Disorganized thinking
- Often obsesses on one topic or idea
- Poor short-term or long-term memory
- Impulsive behavior; lack of reflective thought prior to action
- Low tolerance for frustration
- Excessive movement during sleep
- Poor peer relationships
- Overly excitable during group play
- Poor social judgment
- Inappropriate, unselective, and often excessive display of affection
- Lags in developmental milestones (e.g. motor, language)
- Behavior often inappropriate for situation
- Failure to see consequences for his actions
- Overly gullible; easily led by peers
- Excessive variation in mood and responsiveness
- Poor adjustment to environmental changes
- Overly distractible; difficulty concentrating
- Difficulty making decisions
- Lack of hand preference or mixed dominance
- Difficulty with tasks requiring sequencing

When considering these symptoms, it is important to remain mindful of the following:

1. No one will have all these symptoms.
2. Among LD populations, some symptoms are more common than others.
3. All people have at least two or three of these problems to some degree.
4. The number of symptoms seen in a particular child does not give an indication as whether the disability is mild or severe. It is important to consider if the behaviors are chronic and appear in clusters.

Some of these symptoms may indicate dyslexia.

Some of these symptoms may indicate attention deficit hyperactivity disorder.

What should a parent do if it is suspected that a child has a learning disability?

The parent should contact the child's school and arrange for testing and evaluation. Federal law requires that public school districts provide special education.

Simultaneously, the parent should take the child to the family pediatrician for a complete physical examination. The child should be examined for correctable problems (e.g. poor vision or hearing loss) that may cause difficulty in school.

How does a learning disability affect the parents of the child?

Research indicates that parental reaction to the diagnosis of learning disability is more pronounced than in any other area of exceptionality. Consider: if a child is severely retarded or physically handicapped, the parent becomes aware of the problem in the first few weeks of the child's life. However, the pre-school development of the learning disabled child is often uneventful and the parent does not suspect that a problem exists. When informed of the problem by elementary school personnel, a parent's first reaction is generally to deny the existence of a disability. This denial is, of course, unproductive. The father tends to remain in this stage for a prolonged period because he is not exposed to the child's day-to-day frustrations and failures.

Research conducted by Eleanor Whitehead suggests that the parent of an LD child goes through a series of emotions before truly accepting the child and his problem. These

"stages" are totally unpredictable. A parent may move from stage-to-stage in random. Some parents skip over stages while others remain in one stage for an extended period. These stages are as follows:

DENIAL: "There is really nothing wrong!" "That's the way I was as a child—not to worry!" "He'll grow out of it!"

BLAME: "You baby him!" "You expect too much of him." "It's not from my side of the family."

FEAR: "Maybe they're not telling me the real problem!" "Is it worse than they say?" "Will he ever marry? go to college? graduate?"

ENVY: "Why can't he be like his sister or his cousins?"

MOURNING: "He could have been such a success, if not for the learning disability!"

BARGAINING: "Wait 'till next year!" "Maybe the problem will improve if we move! (or he goes to camp, etc.)."

ANGER: "The teachers don't know anything." "I hate this neighborhood, this school...this teacher."

GUILT: "My mother was right; I should have used cloth diapers when he was a baby." "I shouldn't have worked during his first year." "I am being punished for something and my child is suffering as a result."

ISOLATION: "Nobody else knows or cares about my child." "You and I against the world. No one else understands."

FLIGHT: "Let's try this new therapy—Donahue says it works!" "We are going to go from clinic to clinic until somebody tells me what I want to hear!"

Again, the pattern of these reactions is totally unpredictable. This situation is worsened by the fact that frequently the mother and father may be involved in different and conflicting stages at the same time (e.g., blame vs. denial; anger vs. guilt). This can make communication very difficult.

The good news is that with proper help, most LD children can make excellent progress. There are many successful adults such as attorneys, business executives, physicians, teachers, etc. who had learning disabilities but overcame them and became successful. Now with special education and many special materials, LD children can be helped early.



Pointers for parents of children with learning disabilities:

1. Take the time to listen to your children as much as you can (really try to get their "Message").
2. Love them by touching them, hugging them, tickling them, wrestling with them (they need lots of physical contact).
3. Look for and encourage their strengths, interests, and abilities. Help them to use these as compensations for any limitations or disabilities.
4. Reward them with praise, good words, smiles, and pat on the back as often as you can.
5. Accept them for what they are and for their human potential for growth and development. Be realistic in your expectations and demands.
6. Involve them in establishing rules and regulations, schedules, and family activities.
7. Tell them when they misbehave and explain how you feel about their behavior; then have them propose other more acceptable ways of behaving.
8. Help them to correct their errors and mistakes by showing or demonstrating what they should do.
9. Don't nag!
10. Give them reasonable chores and a regular family work responsibility whenever possible.
11. Give them an allowance as early as possible and then help them plan to spend within it.
12. Provide toys, games, motor activities and opportunities that will stimulate them in their development.
13. Read enjoyable stories to them and with them. Encourage them to ask questions, discuss stories, tell the story, and to reread stories.
14. Further their ability to concentrate by reducing distracting aspects of their environment as much as possible (provide them with a place to work, study and play).

15. Don't get hung up on traditional school grades! It is important that they progress at their own rates and be rewarded for doing so.
16. Take them to libraries and encourage them to select and check out books of interest.
17. Have them share their books with you.
18. Provide stimulating books and reading material around the house.
19. Help them to develop self-esteem and to compete with self rather than with others.
20. Insist that they cooperate socially by playing, helping, and serving others in the family and the community.
21. Serve as a model to them by reading and discussing material of personal interest. Share with them some of the things you are reading and doing.
22. Don't hesitate to consult with teachers or other specialists whenever you feel it to be necessary in order to better understand what might be done to help your child learn.

Parents Need Help?

Does your child fail to do his/her homework? Difficulties with spellings, reading, writing, handwriting, concentrating on one thing? Throw tantrums easily and not listen when spoken to? Gets distracted easily by external stimulus? Run about/climb around in situations not required? Fidgets with hands and feet and squirms of seat? Loose things easily?

Most young children are naughty, opposing and impulsive, which is perfectly normal.

However, some children have extremely DIFFICULT and challenging behaviour which is outside the norm. Common behavioural problems include ADHD, Conduct disorder, Learning disabilities and Dyslexia.

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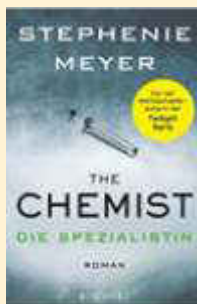
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An Unsuitable Boy
3. Sadguru
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Goods and Services Tax (GST)

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.

The proposed GST in India is expected to bring in Uniform rates, Integrated & simplified compliances, it is anticipated that the tax base will be comprehensive, as practically all goods and services will be taxable, with minimum exemptions. GST will be a game changing reform for the Indian economy, with taxes imposed at both Federal and State levels and a further distinction between GST on goods and GST on services. The introduction of a dual GST will impact the tax structure, tax incidence, tax computation, tax payment, compliance, credit utilization and reporting as where the central and state governments will levy GST simultaneously, on a common taxable value, on the supply of goods and services. However, in the case of imports and interstate supplies, an IGST (Integrated GST) shall be levied by central government.

The proposed GST will subsume most of the existing central and state taxes on the supply of goods and services including central excise, service tax, state level Value Added Tax (VAT) and other local levies on goods.

GST will have an across-the-board impact on almost all the aspects of the business operations in the

country, for instance, pricing of products and services, supply chain optimization, IT, accounting, and tax compliance systems.

Goods and services tax (GST), a multi-stage destination (consumption) based value added tax on goods and services & will have the potential impact on the business in many aspects like pricing, cash flow, logistics, IT systems, working capital, supply chain and hence proper planning



before the transition into the GST regime provides a strategic opportunity for organisations to measure and realign business models which help to leverage profitability, competitiveness & to adapt regulatory changes.

Pre GST the management should design and decide on the strategy for the number of registration, number of branches, job work status, vendor management, procurement and main IT system which will be the backbone of the organization.

Last but not the least the transition stage is very important to ensure that Credits to be eligible as per earlier law are carried in GST regime, Un-availed CENVAT / VAT Credit on Capital Goods, Pending refunds / claims / litigations to be disposed off in accordance with earlier law, Long term contracts to be reviewed.



Shailesh C. Shah
Chairman
Library Sub-committee
cshrestendegmail.com

Concluding Remarks;

The parliament has passed all the 4 central laws (CGST, IGST, UTGST and Compensation law) and now in days to come the State legislative assemblies are expected to table respective SGST Acts in their respective assemblies. Also, most of the Rules and regulations are expected to be made available in days to come.

Now, it's the turn of the trade and industry to gear up for GST as very few days are left for introduction of the GST in India!

Now, it's the turn of the trade and industry to gear up for GST as very few days are left for introduction of the GST in India!

Excerpts from the talk by CA Hemant P. Vastani, held on April 23, 2017, under the aegis of the Library Sub-Committee.



Dealing With Kid's Tantrums (story)



Priyanka kavish
Priyanka.kavish@gmail.com

Minal sat in her therapist's office with a grim expression. "Hey Minal, is everything ok? You look a bit worried" enquired Rashi, her therapist. In a forlorn tone Minal replied, "I don't know what to do, Rashi. My daughter is growing up and with age her tantrums are increasing too. I don't know how to deal with them. I can't shout at her and I can't leave her alone when she cries. I also can't give in to her demands every time. I feel so helpless, what should I do?"

Empathizing with Minal, Rashi said, "I understand Minal, parenting can be a very tough job. But you must give yourself some credit because you already know what will not help in bettering that situation. Shouting at children or abandoning them to cry at a time when they're so emotionally charged, leaves them untrusting of their parents. And surrendering to their demands every single time means they've managed to effectively influence you into giving them what they want."



Minal listened attentively and asked, "So then how can I deal with this in a better way?" In a reassuring tone Rashi advised, "There are many ways, but let's experiment with a few for now. First, identify what the cause of the tantrum is. Older toddlers are growing intellectually. They constantly need something new to



satisfy their need for learning and development. Responding in a calm way is the first step to soothe the child. You can also divert her mind by taking her to a different room and talking about or playing with something she really likes. A "token economy system" is also a good way to work around such problems."

Heaving a sigh of relief after listening to her therapist's helpful words, Minal was interested to know more about the token economy system. "**A token economy system**", Rashi explained, "Is a system where a child is rewarded for desirable behavior. A child gets tokens, preferably something attractive and easy to carry, like stickers or play money for every time they behave well in a specific situation. These tokens are later collected and exchanged for a meaningful object or for something of their liking."

You may not be able to control every situation and its outcome, but you can control your attitude and how you deal with it.



you made me feel really empowered. Thank you so much for guiding me." As she stepped out of her therapist's office she smiled thinking how she was so hesitant to talk about this issue and now, how seeking help had enabled her to find a solution to it.

DOES LOVE EXIST

"I have found the paradox, that if you love until it hurts, there can be no more hurt, only more love." — Mother Teresa



Tanvita Saraf
Editor

WHAT IS LOVE

Love is an emotion, a subtle and ever shifting force. What happens when you drink cold water in scorching heat, it's that pleasant feeling. What happens when you meet your dear ones after a long period, it's that connection. What happens when you hug a dear one, it's that feeling of oneness. It's the happiness; it's the smile, it's the tear of joy that particular events or people bring into your life.

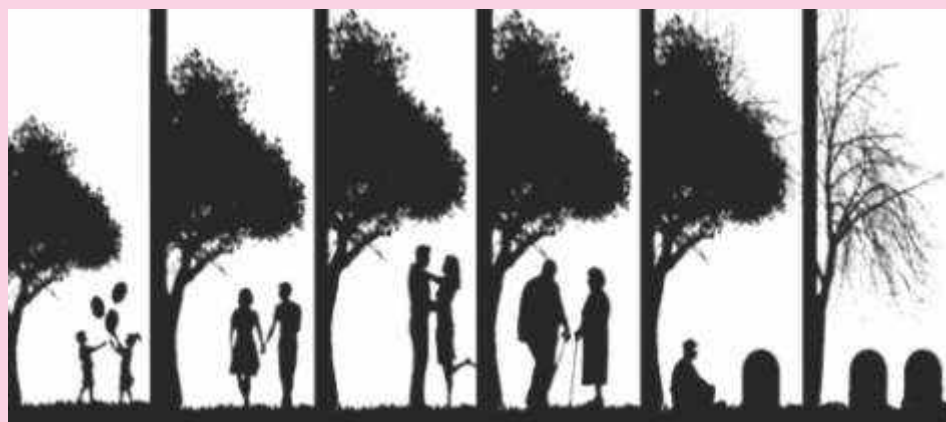
Fairy tales tell you all about love. We grew up believing in all the fairy tales that we've read. Novels, movies, symphonies swear by the feeling of it. It tells you about the love that takes less and gives back infinitely more than you deserve the kind of love that erupts into an uncontrollable blaze and burns comfortably for years.

If you are lucky, you get to meet the love of your life, you get to spend time with them, to surrender yourself completely to them, let them wholly take over your life, learn from them, and allow them to change your life in innumerable measures.

WHAT'S THE TRUTH

Many a times, you meet your love but don't get to keep them, don't get to marry them, don't get to spend your life with them or to hold their hands on your deathbed after a life well lived with them. You don't get to spend your life with them because in real life love doesn't conquer all.

Sometimes your wishes and their wishes might not be the same. Destiny plays a pivotal role here.



Your dreams and their dreams might be different. Sometimes you just don't have a choice and letting go is the only choice.

Some people come into your life for a particular period and leave an impact that none could ever replace.

LOVE HAS LOST IT'S REAL MEANING

Love is like a drug; it makes you feel good for a moment but gets very addictive. The problem is you connect love to control, fear and possession. The problem is there are too many promises made which are not possible to be kept. When the promises are shattered so is shattered the love which was based on those conditions and expectations. Without even being aware of it, everything ends. What are left are negativity and the never ending regrets.

As soon as you make another person responsible for your happiness; your life, your relationship comes to a halt. No matter how much you love a person, as soon as you connect your expectations, your dreams

with them, your life is doomed. There will always be more demands, more needs, more expectations but you cannot build a castle from another's ashes. Sometimes separation is the only solution but that is looked upon as greed. You need to understand that no one can permanently live according to your wish. There comes a moment when "cant-live-without-each-other" love leads to "live-without-each-other" love. This is when you let go off for their happiness and not term it as greed. This is the time when you understand and accept the darkest reality. People casually use the phrase "I LOVE YOU", without knowing the real meaning of it. It's misused more than it's used.

The fact is that every human heart longs to find love, to live in love and to die having loved. We may as much deny love or deny its existence, we always look for it, crave for it, dream of it. Humans cannot live without believing in love. The need is to understand it and then there would be abundance of it.

The Famous Gujarati Pickle “Athanu”!!!

Summer is here and besides having the ripe sweet mango (drool!!), it also is the best time to make pickles. There are various kinds of mangoes in India. But the season lasts just for a couple months so raw mangoes are picked and made into pickles to be used for all year round. Summer is the perfect time to make mango pickles as the mangoes are in abundance as is the sunlight! For most Gujarati households it is a yearly family ritual to make mango pickle enough for the entire family to last a whole year long. It is then stored in big ceramic jars called barni. Small amounts are taken out for consumption and made sure no moisture touches the pickle. The mother of the house stores and takes care of her annual athanu no less than she takes care of the family heirloom!



Smruti Rajen Desai
F-453



CHHUNDO

Ingredients:

Green mangoes (Ladava Keri) 1 kg
Sugar 1 kg
Turmeric 1 tsp
Jeera 1 tsp
Red chilli powder to taste
Salt to taste

Recipe:

1. Peel and grate the mangoes.
2. Add salt and turmeric.
3. Add sugar. Mix in a steel "Tapela".
4. Let it stand in shade, until sugar dissolves. Keep mixing twice a day.
5. After the sugar dissolves, let it stand in sun light for 6 to 7 days. Cover the Tapela with white muslin cloth.
6. After 6-7 days, the required consistency will be achieved. Add jeera and chilli powder and store it in glass or ceramic jars (Bharni).

GOLKERI

Ingredients:

Green mangoes (Rajapuri) 1 kg
Jaggery 1 kg
Dhana kuriya 100gms (Dried coriander seeds)
Rai kuriya 50gms (Split Mustard seeds)
Methi kuriya 25gms (Split Fengureek seeds)
Red chilli powder to taste
Salt to taste

Recipe:

1. Peel and chop mangoes in square pieces.
2. Add salt and turmeric and let it stand for two days.
3. Drain the water and let them dry in a steel thali for one day under a fan.
4. Add chopped jaggery, dhana kuriya, rai kuriya, methi kuriya and red chilli powder.
5. Mix it well and wait till the jaggery dissolves.
6. Store in glass jar.

METHIYA KERI

Ingredients:

Green mangoes (Ladava Keri) 1 kg
Methi kuriya 250 gms (Split Fengureek seeds)
Red chilli powder to taste
Salt to taste

Recipe:

1. Chop mango pieces and add methi kuriya, salt, chilli powder and oil
2. mix it well.
3. Let it stand for 3 days before consuming.



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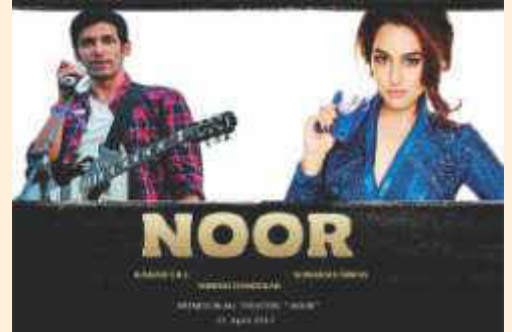
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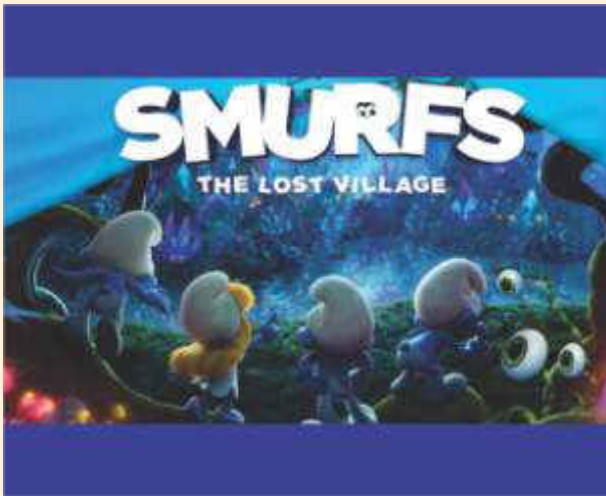
Noor

Director: Sunhil Sippy

Cast: Sonakshi Sinha, Purab Kohli, Kanan Gill



Sonakshi Sinha's *Noor* is the story of a young journalist who covers small stories but aspires to bring "real stories" to the light. It is an adaptation of Saba Kazmi's critically acclaimed book, *Karachi! You Are Killing Me!* *Karachi* was appreciated for its "honest portrayal" of a small journalist trying her best to maintain the eluding work-life balance and fighting the demons in a bad world in her efforts to find an award-winning report. *Noor* is a very sweet story about a girl looking for meaning in life. Many girls will relate with the character of *Noor*. She is effortless, flawless and charming. There's an instant connect with *Noor*'s world. Her friends are as silly as yours, her issues are at times frivolous but her quarter-life crisis seems credible. This is a film which the youth will like.



Smurfs: The Lost Village

Parents need to know that *Smurfs: the lost village* is based on the beloved blue cartoon characters. But unlike the previous *Smurfs* movies, this one is completely animated and aimed at slightly younger kids. But you can expect scenes where *Smurfs* are in danger. There is one genuinely scary, sad sequence in which a character dies. Despite the occasional violence, no lasting harm comes to any of the main characters. The movie has a clear girl-power message, as well as themes of courage and teamwork.

Fast & Furious 8

CAST: Vin Diesel, Dwayne Johnson, Jason Statham, Michelle Rodriguez, Tyrese Gibson, Ludacris, Nathalie Emmanuel, Kurt Russell, Scott Eastwood, Charlize Theron

DIRECTION: F. Gary Gray

GENRE: Action

One of the first Hollywood movies to shoot in Cuba, *F&F8* effectively uses one of the most photogenic cities on Earth as a display cabinet for vintage hotrods and buttocks. There is no shortage of muscle battling for alpha-male supremacy. In Vin Diesel, Jason Statham and Dwayne Johnson, the film has three of the shiniest, baldest, most artificially bronzed men in Hollywood. There's much to enjoy when cars



are flying around the screen, even if logic takes flight with them. Some of the sequences are absolutely preposterous but make for such a dazzling display of destruction. Solely for viewers who love to watch action packed drama.



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