



JVPG CLUB

Volume VII • Issue 1
February 2017



February 2017
Entertainment / Contest Leaflet
Win Free Passes
To The Next Events At JVPGC

- Refurbished Table Tennis Department
- 1st Juhu Gymkhana All India Squash Championship 2017
- Anirudh Desai All India 50+ Veteran's Championship
- Children's Play Area Opening
- State Open Badminton Tournament
- Sr. Citizen's Kala Vaividhya and Ponk Festival
- Republic Day Celebrations 2017
- Christmas Party 2016
- Neon New Year Party 2016
- Treasure Hunt 2017



Our Principal Benefactors

- Ashok Ganatra Real Estate Consultants
- Bhartiya Aragya Nidhi Hospital
- C. Bhogilal
- Chinmaya Seva Trust
- Elite Dental Care
- Groupdrop
- Joy Builder & Developers
- Kama Jewellery
- Thomas Cook
- Velvetcase

BEAUTIFUL BRIDES

— WEDDING JEWELLERY PACKAGES —



WAS ₹ ~~10.20~~ LAKHS | NOW ₹ 9 LAKHS

Package includes rings for bride & groom, necklace set, pendant set, mangalsutra & bracelet

Available in DIAMOND | GOLD | POLKI | KUNDAN

 **KAMA**
JEWELLERY

1, Kamala Spaces, Khira Nagar, S.V. Road, Santacruz (West),
Mumbai. T 022 7102 1000 11am – 8pm, (Mondays Closed)



Juhu Vile Parle Gymkhana Club



Volume VII • Issue 1 • February 2017

Editor and Chief

Nikhil Prabhakar Rao # 9820139490

Editorial Panel

Tanvita Saraf
Sonal Vashi

Creative Designer

Sanjeev Pawar

Publishing House (Free copy)

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

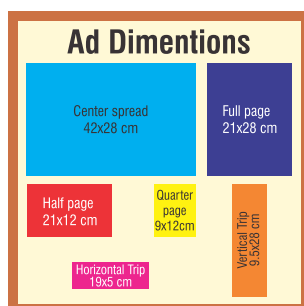
Connect With Us :

Advertising Queries :

Nikhil Prabhakar Rao # 98201 39490

Value Adding Editorial Content :

E-mail: tanvitasaraf@gmail.com



DISCLAIMER: The views/content expressed and published in this periodical reflect the personal view of the contributors. JVPGC and its editorial board are not responsible for any interpretation of the readers on the content appearing in this periodical.

EDITOR'S NOTE

Nikhil Prabhakar Rao

Editor and Chief

+91 98201 39490 | editor@jvpclub.com



We had a remarkable 2016 at Sandesh thanks to you readers, whether avid monthly bookworms, just well-wishers, or occasional passers-by.

We have stories we want to tell, challenges we collectively want to address and above all, achievements we want to celebrate; and one needs an audience that is willing to gather around the campfire to make it a useful exercise.

Thanks for caring and thanks for telling us what you liked and didn't. It assisted us a great deal in the formulation and implementation of a more robust Sandesh.

As we start 2017, we're bursting with new plans, ideas, like exclusively dedicated travel pages, the most happening movies to watch, education, health and a lot very more; you will be witness to them in the next few issues that follow.

It's been our constant endeavor that Sandesh stay as a voice of JVPGC; a common platform for every member to voice their opinions. We do dream about creating a very special magazine for the individual who wants the very most out of life. If you share that desire, then welcome aboard. This magazine is for you.

Having said that, right before one commences putting all these plans in place, this calls for a stiff drink and a fine cigar !

So read on folks, Happy New Year and Stay Connected ! Hamesha !

*Read Sandesh
We Do Carry
Meaningful Editorials*

From The Desk Of The Hon. Jt. Secretary



Dr. Ojas D. Dave
daveojas@jvpgclub.com

Dear member

Greetings

All my sports chairmen have done wonders during this term. A report of all the activities that have been done in each department shall be sent shortly to you as part of the annual report. Hence I shall restrict my report to the highlights only.

You are aware that training classes for running are being held at Juhu Beach. You are also aware that forms for the same can be taken and submitted at the Members Service Desk (MSD).

But you may probably not be aware that, a few months back the chief trainer and ultra marathoner Raj Vadgama ran the entire distance of approximately 1100 kms between Mumbai and Jaipur in a period of 19 days reaching in time for the Pink City Marathon, a race for which he was the brand ambassador. It essentially meant that he was running about 57 kms every day. On behalf of the club, I would like to congratulate him for this achievement as well as for his continuing untiring efforts to popularise running as a sport.

Ashutosh Padhey, our sports member won the Junior Snooker Championship 2017, at the National Championship held in Pune. He also became the India Junior Number 2 in Billiards. On behalf of the club, I congratulate him and wish him many more successes.

For the very first time, our club organised the Maharashtra State Badminton Open tournament from 21st to 25th December 2016. This was done in association with Badminton For All (BFA). Over 200 entries were received and players from Pune, Nashik. My congratulations to Rajiv Soni and the Badminton subcommittee for endeavoring to organise bigger and bigger tournaments.

Our club, for the very first time organised the Maharashtra State Veterans Table Tennis Championship on 6th and 7th of January 2017 on the Badminton courts. In spite of this being the last tournament of the season, we received over 200 entries in individual events and over 50 teams participated in teams event. Renowned actor Saurabh Shukla, who is himself an avid Table Tennis player, was the guest of honour at the prize distribution ceremony.

Players from cities and towns like Pune, Nashik, Nanded, Nagpur etc along with Mumbai were unanimous in their appreciation of the hospitality provided by the club. This event would not have been possible without the tremendous support and cooperation of the Badminton department members and the subcommittee. Understanding that this was a last minute

decision following distress call from Maharashtra State Veterans TT Association, they agreed to forego a couple of days of practise. I am sincerely grateful to them for the same. My congratulations to the Table Tennis subcommittee and its chairman Jigar Rambhia for organising a glitch free tournament.

Tennis department organised the 2nd Aniruddha Desai Memorial 50 + Inter Club Doubles Tennis Championship. 10 teams participated in this event including 1 from Ahmedabad.

It was so heartening to witness the finals between Practennis and Juhu gymkhana. Juhu gymkhana were worthy Runners Up in this tournament for the very first time. Tennis department has really been organising fantastic events at much larger scale than before. I would like to congratulate Nikhil Rao and his equally dynamic and able team of sub committee members for raising the bar of sports in the club.

For the very first time, our club organized the SRFI Junior Squash Championship from 26th January to 30th January 2017. Our club provided youngsters an opportunity to play against the best amongst Mumbai under the best of facilities. My congratulations to Chairman Bhavesh and his team.

Amongst the other events,

- A) The Annual Inter Department Underarm Tennis Ball Cricket tournament was organized on 26th January 2017. Heartiest congratulations to Jinesh Choksi, Chairman Entertainment and his team for ensuring that it was a roaring success.
- B) Badminton department organised triplets format tournament
- C) Home tournament was organized by Squash department.
- D) Jumble doubles was organized by TT department

I am pleased to inform you that the table tennis hall is ready for use by you and your guests with international standard rubber matting and air conditioning.

None of the above would have been possible without the unwavering support of the Office Bearers and the Managing committee for which I am always thankful.

As you can notice, the club is brimming with sports events. Even otherwise, you have been offered a bouquet of sports activities that continue throughout the year. Kindly take maximum advantage of the top class facilities available in the club.

Till next time, in the hope that you will take that critical first step towards a fitter you. Take care.

From The Desk Of The Hon. Secretary



Himanshu Gokani
himanshu@jvpgclub.com

My dear dear friends,

January was a trial month, hence you hear from us here in February.

Let me begin by bidding each one of you.. an immensely very happy new year. On that front, here's also desiring and wanting that this year thus far has begun very well for each one of you, and in the coming months each one of us will have some abundant news of happiness, accomplishment and prosperity too share and celebrate with our fraternity.

As with most fraternities, the likes of which we are a part of here at JVPGC, the last year for us, has been a kind of metamorphic journey to find our place in a constantly evolving world where best practices, tend to get obsolete even before they get successfully implemented.

It's a brave new world out there, full of wondrous challenges and limitless opportunities. And, as your secretary here at JVPGC, it has always been and will continue to be my goal; my responsibility and above all my untiring promise and privilege to ensure that all these new and next best global practices and opportunities get presented to each one of you, regardless of our genders or age groups; throughout my journey with you.

I most thankfully and humbly remain truly obligated to an entire team of extremely committed managing committee members, office bearers, chairmen and staff who make all of this possible. They are our strength, our bridge between the dream and its successful implementation.

And above all, each one of you members who have been so graciously patient and supportive through the past challenging and very developmental; yet if I may say so myself, very successful and prosperous year at JVPGC.

Having said that, that journey is by no means over but as we look ahead to 2017; there are reasons to be thankful for where the journey has taken us so far, and to be cautiously optimistic about what's next.

We have so much to look forward too in this year. All the sporting departments are all guns blazing with recognition; we boast of a year full of nurtured athletic talents. New refurnished banquets, safety norms in place and then there are our live events—important entertaining meeting grounds between us all.

I look forward to an absolutely enriching year for each one of us and needless to say, I remain available at all times should any of you ever need me.

I am absolutely sure that Nikhil Prabhakar Rao and his very artistic team here at Sandesh have put together another very delightful magazine for all of us to stay abreast with all the happenings here at JVPGC.

So until the next one folks !! Once again, Happy New Year !!

2017

INDEX

- 1 *Editor's Note*
- 2 *From the desk of the Jt. Sec.*
- 3 *From the desk of the Sec.*
- 4 *Index*
- 6 *Christmas Party 2017*
- 8 *Winter Wonderland Christmas Mega Bar Nite*
- 10 *New Year Eve 2017*
- 12 *Republic Day Celebrations*
- 14 *Treasure Hunt 2017*
- 16 *Children's Play Area Opening*
- 18 *Table Tennis Hall Opening*
- 20 *Anirudh Desai All India 50+ Interclub Veterans Double Championship*
- 22 *1st All India Juhu Gymkhana Club Juniors Championship*
- 23 *Forth Coming Events*
- 24 *Ultimate State Open Badminton Championship*
- 25 *Achievements*
- 26 *Senior Citizen's Musical Housie*
- 27 *Kala Vaividhya (Part VI) with Ponk Festival*
- 28 *Yeh Raat Bheegi Bheegi*
- 29 *Khush Raho, Khush Karo*
- 30 *Blind Folded Yog*
- 32 *Is It Crime To Be Born A Women?*

HOT DEALS ON HOT WHEELS



Step 1: Say hello to us on www.groupdrop.in



Step 2: Either join an existing group or create one for ANY car you like



Step 3: Shop together to reap the benefits of owning it for steal deals!



Whatsapp us on +91 8450 949494 to **know more.**



groupdrop

Karo Deal Ki Baat Ek Saath

www.groupdrop.in



Christmas

"Tis the season to be cherry & make merry!" A Christmas Party was organized on 24th December 2016 by the Entertainment Sub-Committee under the able chairmanship of Mr. Jinesh Harish Choksi.

Lots of children from an NGO named "Spark-A-Change Foundation, Juhu" run by Ms Avani Dalal were invited to join in the festivities at our club. Sheth Publishing House courteously sponsored books for the kids. Our special guest of honor Ms. Guddi Maruti enthralled the kids.

Additionally, 1200 plus children celebrated with much gaiety n joie de vivre. They, along with their moms were jubilant with the interesting games made to play by Compere Rohan & were excited with the lovely prizes won. The airplane carousel, the fun city amusement ride, the train & the snow machine were a great hit with the kids. They were captivated by games such as Pin The Reindeers' Ears, Target Golf etc. The icing on the cake was a grand entry of Santa





Party 2016

Claus in a car with sprays & confetti right till the stage, greeting all kids & giving them chocolates. Gifts were given to all children.



Jinesh H. Choksi
Chairman, Ent. Sub-committee

The event was conceptualized by Mr. Jatin Bhimani of Messrs Playtime and his efficient staff who gave their hundred percent to make it a stupendous success. Delectable snacks catered by Aditi, were enjoyed by all.

The occasion was graced by our Office Bearers, Managing Committee Members, Mr. Bipin Morjaria and Entertainment Sub-Committee members, all cheering the kids.

Behind the scene was a core team of Ms. Dilu Jokhi, Ms. Prachi Ajmera & Ms. Pari Mohan that relentlessly & passionately worked hard for a very successful show. The evening saw happy kids frolicking around with equally delighted parents. All in all, time well spent amidst fun, laughter & camaraderie.





Jinesh H. Choksi
Chairman,
Ent. Sub-comm.

Winter Wonderland Christmas Mega Bar Nite



Sunil Shah
Chairman, Bar & Catering
Sub-comm.

On the advent of Christmas Eve, the members were enthralled by a snow-flaked deco and were welcomed to 'Winter Wonderland Christmas Mega Bar Nite'. The glass clinked to the jingles of the festive spirit and the young and younger enjoyed through the night and welcomed the last week of a wonderful year.

Wishing all our member-friends a wonderful 2017 from all at JVPGC team.





**JOY
LEGEND**
BE THE ONE
FOOTHILLS OF PALI HILL,
KHAR (W), MUMBAI

**65,000 Sq. Ft. & More of
Legendary Lifestyle Amenities.**

THE WORLD WILL SEE IT. BUT, YOU WILL LIVE IT.

3, 4 & 5 BHK PREMIUM LUXURY RESIDENCES
WITH DUPLEX & PENTHOUSE
(CARPET AREA 1515 SQ.FT. ONWARDS)


WISHING YOU A
**HAPPY
DIWALI**
&
A PROSPEROUS
NEW YEAR

Artist's Impression

WORK IN FULL SWING | APPROVALS RECEIVED | WORKING ON
THE 7TH RESIDENTIAL SLAB | CC RECEIVED

PAYMENT FACILITY & SUBVENTION
SCHEME AVAILABLE

Extravagant Lifestyle Features

- Themed with Zen, rock and designer gardens
- Well-equipped children's play area with sand pits
- Hi-tech gymnasium and squash court
- Mesmerising sea view from terrace
- Infinity pool with wooden deck
- Sky lounge with sit-outs
- Exotic double-height entrance lobby
- Well-appointed business centre
- Well-defined parking spaces


In every moment of life

BUILDERS & DEVELOPERS

Site Add.: Joy Legend, Foothills of Pali Hill, Dr. BR Ambedkar Road, Khar (W), Mumbai - 400 052.

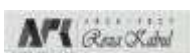
Corp Add.: 306-310, 'Madhava' C-4, Near Family Court, Bandra Kurla Complex, Bandra (East), Mumbai- 400 051 | **Email:** sales@joydevelopers.com

Call: +91 99209 05297 / +91 79774 72828

EXCLUSIVELY PROMOTED BY:


**THE
REAL
ESTATE
KINGS**
empowerment redefined

Project Architect:



Project Approved By:



Indiabulls

 **Union Bank
of India**



Neon New



Bidding farewell to 2016, welcoming the Fresh 2017 with loved ones, New Year Resolutions and mixed feelings, has become a trend worldwide and ofcourse! JVPGC can't be left behind in celebrations. 12 new chapters, 365 new chances...

On 31st December 2016, Neon themed Party was organized by the Entertainment Sub-Comm. under the Chairmanship of Mr. Jinesh Harish Choksi assisted by Amit Gandhi. JVPG Club experienced absolute luminosity & saw 1400 plus revelers throng the Open Lawn, Activity Hall, Lobby, Float Bar, Aqua Bar & Aroma Restaurant — all set to enjoy the festivities to usher in the New Year.

Rocking music, the best of Lighting, Audio/Visual Effects by renowned DJs - Amit & Alpha with International fame percussionist, playing to the hottest & latest tracks, made the members & their guests dance all night with full vigor. Like any other party, how can New Year celebrations be complete without the Noise Makers, Tiaras, Neon Ties, Party Hats & lots of





2017
NEW YEAR

Year Party

surprise gifts !! The Juhu Gym Neon Theme Party was 7 Oceans – Shashank Narsaria - One Stop Event Management Co.



A wide choice of beverages, delectable starters & dinner were catered by Aurum Foods Pvt. Ltd. The sumptuous food was enjoyed by all. Office Bearers, Managing Committee Members & Entertainment Sub-Committee members along with all the members & guests present at the venue welcomed the new year 2017 with spectacular midnight fireworks.

Jinesh H. Choksi
Chrmn, Ent. Sub-comm.



The event was a thumping success due to the experience & excellent organizing skills of our Hon. Sec. Mr. Himanshu Gokani coupled with the hard work put in by Jinesh Choksi, Amit Gandhi, Dilu Jokhi, Prachi Ajmera, Nemish Shah & other Sub-Committee Members. Expert Guidance from our Mr. Bipin Morjaria was an added bonus.



Republic Day Celebrations

On the celebrated Republic Day, our respected President Shri Shamit Majmudar hoisted the flag with pride and honor along with Vice President Balkisan Sanghvi, Hon. Sec. Himanshu Gokani, Hon. Treasurer Satish P. Shah and Hon. Jt. Sec. Dr. Ojas Dave.

Along with Managing Committee members, Trustees and member-friends the air was filled with patriotic fervor.

The Fafda, Jalebi, Kachori and Mungdal halwa added to the festive flavor of the morning.



AXOR[®] hansgrohe

Full Pleasure At The Touch Of a Paddle

NEW

One tap:
Gentle tap on a paddle
is to control shower jet

One Turn :
The Temperature can be controlled
by the Cylindrical Handle and
limited by temperature lock



One Slide :
Sliding the small lever allows
to reduce the amount of
water upto 50%



Thermostat module
for One Outlet



Thermostat module
for Two Outlet



Thermostat module
for three Outlet



Axor One is Easy and Intuitive to use . All that is needed to activate the various Showers is a gentle tapping of the paddles with the Finger, Back of the Hand or even the Elbow. Upto 3 different showers can be activated at the same time. **It's purely mechanical.**

**Please Visit Our Newly Renovated showrooms
for Axor Hansgrohe Live Showering concept**

C. BHOGILAL
WEST - END

Next to Golden Tobacco Co., S.V. Road, Vile Parle (W),
Mumbai- 400 056, Tel: +91 22 61523100,
Email: cbwestend@gmail.com, www.cbwestend.com

Aquarius
BATH SOLUTIONS PVT. LTD.

9, Raghuvanshi Mills Compound, Senapati Bapat Marg,
Lower Parel, Mumbai- 400 013, Tel no: 2491 2673 /74



TREASURE



Physical activity is great fun, an important part of play and learning, and essential for healthy growth and development in kids. Children need to be active every day to promote their physical being.

Darshana Kothari, chairperson of C&W activity subcommittee understands the value of physical and mental activities for kids and hence organized a Treasure hunt on 8th Dec'16. The dawn of Sunday saw a sprawling crowd of over 150 kids playing, competing and running all around the club. 16 teams comprising of 8 kids each

competed against each other. Special color coordinated t-shirts were printed for all the participants.



Various challenges and activities were to be performed by kids of all age groups from 7-12.

Darshana Kothari
Chairperson, Children & Women Activity Sub-comm.

Activities that encourage children to bend, stretch and reach promote flexibility. A boat competition was organized at the swimming pool where the kids had to row a boat from one end





HUNT 2017

to the other. Aerobic exercises were held at the gym area where kids danced on some latest numbers. Football game was organized on the terrace, some mind boggling puzzles at the lobby area, drums at the conference room, mind benders at library, accounting and billing at melting pot, drama at the open lobby, blind fold games at the club entrance, snooker games at the snooker room, running challenges at the badminton courts, ball games at Lawn tennis area..... Phew... need more??

The kids were enthralled and really satisfied at the end of it all. Parents were thrilled to see the kids busy on a Sunday morning. We whole heartedly thank all the chairpersons of various departments who helped us make it a huge success, the coaches, markers and JVPG staff who took time off on a Sunday to help us.

A special thanks to Dilnavaz Jokhi and Tanvita Saraf who dedicatedly as a team worked towards making this event a grand success.





Children's Play Area Opening



An outdoor play area helps children develop physical coordination, strength, flexibility, as well as provides recreation and enjoyment.



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

At Juhu Gymkhana, Darshana Kothari - Chairperson Children & Women Activity Sub-Committee, undertook the task of refurbishing the flooring of the Children's Play Area. It was in a very dilapidated condition. She was ably assisted by our Hon. Secretary Himanshu Gokani, Hon. Joint Secretary Ojas Dave, Jayant Sanghvi and Jayesh Shah. Together they replenished the play area and made it very colorful for the kids.



ROOT CANALS AREN'T WHAT THEY USED TO BE.

EVERYTHING CHANGES OVER TIME.

Human beings are inventive and never content to rest on their laurels. Were always working to **IMPROVE** on what we have.

ROOT CANALS ARE NO EXCEPTION.

Advancements in training, equipment, technology and anesthesia make modern root canal treatment **PAINLESS**.

IF YOU NEED A ROOT CANAL, SEE AN ENDODONTIST.

The specialists in **SAVING TEETH**, endodontists partner with your general dentist to put you at ease and treat you quickly and comfortably.



Dr. Sonal N Shah B.D.S (Dental Surgeon)
Dr. Dhaval Kesaria M.D.S (Endodontist)
Dr. Nakita Kesaria B.D.S (Dental Surgeon)

THEN



NOW



Clinic Timings: Monday - Saturday: 10am - 1:30pm, 5pm - 8:30pm.

Sunday by appointment only.

B-4, New Putlibai Kapol Niwal C.H.S., S.V Road, Vile Parle (W), 400056.

Tel: 022 26251776, 7045338147

THE GREATEST SUMMER HOLIDAYS ARE HERE!

Get exciting offers and unmatched quality, only with **thomascook.in**

Exclusive
Maharashtrian Tours
also available

- OFFERS:**
- 1 Cash discount of up to ₹40,000* per person
 - 2 Buy 1 holiday & get 1 free on select Europe packages
 - 3 Child travels free on select Asia packages

EUROPE HOLIDAYS

Starting at ₹69,000*

Americana
Europe (14N/15D)
Wait: London, Paris, Brussels, Amsterdam, Cologne, Black Forest, Interlaken, Zurich, Lucerne, Engelberg, Vaduz, Innsbruck, Venice, Florence, Pisa, Rome & Vatican City

European
Extravaganza (14N/15D)
Wait: London, Paris, Brussels, Amsterdam, Cologne, Black Forest, Interlaken, Zurich, Lucerne, Engelberg, Venice, Innsbruck, Florence, Pisa, Rome & Vatican City

East European (Dharmika) (5N/6D)
Wait: Vienna, Budapest & Prague

USA HOLIDAYS

Starting at ₹1,11,100*

American
Extravaganza (12N/13D)
Wait: New York, Washington, Harrisburg, Niagara, San Diego, Los Angeles, Las Vegas & San Francisco

East USA
For All (5N/6D)
Wait: New York, Washington, Niagara & Philadelphia

ASIA HOLIDAYS

Starting at ₹29,999*

Asia
Extravaganza (10N/11D)
Wait: Pattaya, Bangkok, Gyeongju, Haeinsa, Naeja, Lumphu & Singapore

Thailand
Gateway (4N/5D)
Wait: Pattaya & Bangkok

Offers for limited period only.

Inclusions: Airfare with taxes, accommodation, visas, insurance, meals & sightseeing as per itinerary, transfers & services of a Thomas Cook tour manager.

Payment Options: Debit/Credit card with no charges | NEFT/RTGS | Internet Banking | Cheque/DD | Easy EMI options

Thomas Cook (India) Ltd.,

Address: Shop No. 9, Juhu Ekta CHS Ltd, Juhu Versova Link Road, Near JVPD Circle, Andheri (West) Mumbai - 400053

Mobile: 9004569706 Direct line: +91 22 64643555/ 64532555. E-mail: chandrashekhar.singh@in.thomascook gcp.juhu@in.thomascook.com



A New Look Table Tennis Department

14th January 2017 saw the inauguration of our New Renovated Table Tennis department

What's New?

For the very first time, air conditioning has been installed in the TT department along with state of art specialized Table Tennis Flooring MAT. This the same MAT which is used in all International Tournaments

Air conditioning and MAT will help our members continue to play in a much better environment and for a longer duration as this specialized MAT reduces the impact on the knees

Managing Committee Members, Secretary- Mr. Himanshu Gokani, Jt. Secretary - Dr. Ojas Dave and Members of the Table Tennis Sub Committee were present for the inauguration

The Table Tennis Sub Committee would like to thank the efforts of the Jt. Secretary and the Managing Committee for getting quick approvals and helping to better the quality of Table Tennis at our Club



Jigar Rambhia
Chairman, TT & Indoor
Games Sub-comm.



100% CERTIFIED JEWELLERY



Exquisite Diamond Jewellery

PRICE MATCH GUARANTEE



Solitaires from Manufacturers

FREE HOME TRIAL



22Kt Hallmarked Gold

EMI AVAILABLE



Bridal Swarovski Jewellery

VELVETCASE.COM

Call -  +91 9029835838 / Email: care@velvetcase.com

Get upto ₹ 4000 off on your first purchase on velvetcase.com

FLAT
₹500
OFF
on all orders

Voucher Code:
VCJH500

FLAT
₹1,000
OFF
on ₹3,000 & above

Voucher Code:
VCJH1000

FLAT
₹2,500
OFF
on ₹10,000 & above

Voucher Code:
VCJH2500

300+ Brands | 25+ Cities | 1Lakh+ Designs

Anirudh Desai All India 50+ Interclub Veteran's Doubles Championship 2017



The 8th of January will remain etched as truly memorable day in the history of JVPGC. We, the lawn tennis fraternity hosted the 2nd edition of the Anirudh Desai all India Veteran's Inter Club championship. This year the tournament was Conducted on a much grander scale than the year before. Customized rotating trophies were made, a whole days activities were lined up along with breakfast lunch and dinner for all participants.

9 clubs from across the country participated in this tournament which

commenced at 8am last morning and went on all the way till 9pm last night.

After nearly 12 odd hours of some electrifying and inspirational tennis where over 50 keenly contested matches took place. . Our very own JVPGC came runners up and a very competitive and nail biting final. Let's get together to congratulate our participating teams which comprised of the following impeccable talent. Dr. Uday Vora, Dr. Tejas Parekh, Bhadrash Parekh, Rakesh Gupta, Rashmi Patel and Ajay Lakhota. Very well done gentlemen. You made us all extremely proud. □

A very special round of appreciation goes out to Shamit Majmudar, Himanshu Gokani and Ojas Dave our 3 musketeers whose untiring and relentless support always ensures we as an institution stand out when it comes to hospitality and promotion of sport. Once again.. in more ways than one..JVPGC ..take a bow !! Well done administration and superbly done ..the team !!





A respectful vote of appreciation goes out to the Anirudh Desai family, especially Mr. Chetan and Shweta Desai for Being the promoting sponsors for this championship. A special thank you goes out to Enerzal too for being the official health partner for the event.

Destination next !!

Anirudh Desai All India Nationals



1st All India Juhu Gymkhana Club Junior Squash Championship 2017



For the first time in the history of JVPGC Club we hosted the FIRST ALL INDIA JUHU GYMKHANA CLUB JUNIOR SQUASH CHAMPIONSHIP 2017.

Boys from age groups U/11, U/13, U/15, U/17 and U/19 participated and 5 champions were selected and Girls from age groups U/11, U/13, U/15 and 3 girls champions were selected.

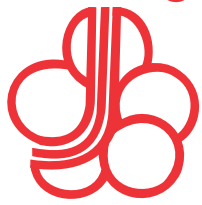


These eight champions were selected out of 250 participants from all over the country.

Our special thanks to Rajiv Plastic, Neeraj Construction and NHB Bearings.

The event was held for the first time and was a huge success, which we hope to continue in the coming years.





Juhu Vile Parle Gymkhana Club

along with

Rotary Club of Bombay West

Organizes



Dist. 3141

Multi Speciality & Body Composition Camp

On Sun., 19th Feb. 2017 9am to 1pm at Activity Hall

Sponsor by
Dwarkadas Sanghvi Foundation

Following Specialist Will Be Present

- General OPD check up
- Cardiologist for consultation and on Doctor's recommendation: ECG (Courtesy Sunridges Hospital)
- ENT (Ear, Nose and Throat)
- Dermatologist (Skin)
- Spirometry Test (Lung function)
- Bone Mineral Density (BMD)
- Random Blood Sugar test only
- Eye check up for refractory errors and spectacles/number for patient at nominal cost.
- Cataract Surgery if needed will be done at nominal cost at a later date.



Body Composition Analysis To Know

- Total Body Fat Percentage
- Visceral Fat Percentage
- Skeletal Muscle Percentage
- Basal Metabolic Rate
- Body Mass Index
- Body Age

Meet our
nutritionist
to get your
queries answered



All members are requested to avail this facility.

Members Entry Free. For Guest Passes (Limited) Fees As Applicable. **For details contact MSD**

HIMANSHU GOKANI
Hon. Secretary

DR. OJAS DAVE
Hon. Jt. Secretary

DR. MANOJ PATEL
Mng. Com. Member



Ultimate State Open Badminton Championship

Juhu Vile Parle Gymkhana Club hosted the 16th edition of Ultimate State level open badminton tournament, organized by BFA (badminton for all), under the able guidance of badminton subcommittee chairman **Rajiv Soni**. The tournament started on 24th December and saw its grand finals on 28th December. A remarkable amount of over 400 entries were received to play under various categories. The categories started from Under 13 and went up all the way to the senior category of 80+. Under the 80+ category 2 players of min 35years teamed up and competed as doubles. The highlight match of the event was the men's doubles match who was between the state champions **Prasad Shetty and Abhinda Sawant** against **Viplav Kuwale and Firoz Mulani**.



Rajiv Soni
Chrmn, Badminton
Sub-comm.

Unexpectedly, it was a complete turnaround as Viplav and Firoz ousted the top seeded state ranked partners in a nail biting 3 match ties 22-20, 8-21, 21-18. Viplav was clearly the best of all 4 players. He also won the mixed doubles match partnering **Akshaya Warang** in a 3 tie match against **Pooja Devlekar** and **Siddharth Nageshkar**.

The epic display of the smashes and strokes were highly appreciated and applauded. The spectators were thrilled and enticed by matches of such high level.

Amongst all there were a few JVPG Club players who participated and performed really well.

Aryan Ghosh lost the semi finals in the boys under 13 singles category. He played really well and stretched his opponent to 3 games but unfortunately lost by 2 points in the end.

Mahek Nayak played well and reached the quarter finals in the girls under 13 singles category.

Tanish Mehta played exceedingly well and reached the quarter finals in the boys under 13 singles category. It was a great success where players from all over Maharashtra participated and made this event a memorable one.



Guest of honor Mr. Anand Pawar



Winner of Womens Singles



Runner-up Mens Doubles



Winner of Boys U/13 Singles



Winners of Mens Doubles

Achievements

SFA Badminton



Shaurya Kandoi and Shom Mehta
Won Gold Medal in the U/11 Boys Doubles



Ansh Mehta and Aryan Ghosh Won
Bronze Medal in the U/15 Boys Doubles



Mahek Nayak Won Gold Medal
in U/13 Girls Doubles



Aryan Ghosh - Won Bronze Medal
in the U/13 Boys Singles



ASISC

Ansh Mehta of JVP GC was a part of the Maharashtra Team in the Boys U/16 category at the All India ICSE Schools Badminton Tournament held at Hyderabad in September and their team won the Gold Medal in the team championship event.

Maanav Mehta



This is to thank Juhu Gymkhana and its core team (Mr. Gokani, Mr. Rambhia, Mr. Majmudar) as you have been instrumental in helping my son become a ranked Indian, National player. This year our little JVP GC member Maanav Mehta has brought laurels not only to JVP GC, but Mumbai and Maharashtra too. Some of his achievements are listed below:

- SILVER in Mumbai District Championship at Juhu Gymkhana
- BRONZE at MAHARASHTRA State Championship - Pune
- BRONZE at MAHARASHTRA State TT Tournament Thane
- BRONZE at 11even Sports Interschool NATIONALS
- GOLD at DSO MAHARASHTRA STATE team
- Ranked player in Table Tennis Federation of INDIA
- Ranked 7th in MAHARASHTRA
- Representing MAHARASHTRA at School Games Federation on India (Delhi)

As Maanav always says "Championships are won at practice" Juhu Gymkhana has given him a TT court for practice and results are seen today.

Rajesh Mehta

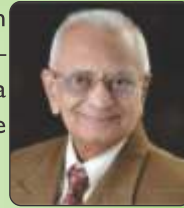
Sr. Citizen's Musical Housie

Sunday, the 18th December 2016 got marked as yet another 1st of its kind, very successful and entertaining date with the ever green fraternity of the Senior Citizens at JVPGC.

Our management along with the committee hosted a full house live band, Musical Housie at our Activity hall. A delightful attendance, a number north of 200 of our senior members and their guests attended this event, which was conducted by 'Visionaire' an event management company headed by Mr. Cyrus Pooniwala.

The singers Adi Pardiwala, Reshma Patel and Rakesh Kansara kept the audience glued to their chairs for 2 and half hours. The first initial round of a regular housie game, was soon followed by 2 rounds of Musical Housie, conducted with songs of the golden era. One complimentary ticket of each round was given to the members of the audience. Numerous

melodies of old film songs were sung – Mukhda aur Antara during musical housie rounds.



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

In sheer appreciation and delight many ever green seniors twisted their legs to the music as well. A number of good cash prizes were claimed by the lucky winners who also presented their dancing skills.



Kala Vaividhya (Part VI) With Ponk Festival

Senior citizen sub-committee of JVPGC chaired by Dr. Jatin Damania Presented Kala Vaividhya (part VI) along with Surati Ponk Undhiya Festival on Sunday the 8th January 2017 at our Activity hall. Kala Vaividhya is the program prepared by its own members, for our members and their guests. This is the 6th consecutive year since the inception of senior citizen group at JVPGC.



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

The program started with Ganesh stuti dance presented by 2 artists. It followed by a group Bengali classical dancers, raas and bollywood medley dances which were performed very beautifully by our



enthusiastic, energetic ladies. A Punjabi couples Bhangra dance was presented by six couples from our seniors dressed in attractive Punjabi costumes. From our



esteemed guests a group of six young girls presented a Korean Dance with Korean fans in their hands, making different designs with the fans.

Like every year our own member Kajal Thanawala of Nupur Dance Academy choreographed all these dances and graciously entertained our guests by performing a quick cameo on the stage too.



How can our Kala Vaividhya program be complete without our ever charming, energetic, 80+ members Pramodini Nanavati's performance? She beautifully presented a very difficult classical solo dance on "Madhuban Mai Radhika" of the Kohinoor film.



Three of our amateur singers – Amrut Malde, Hasmukh Gajjar and Raja Chhabria sang solo songs. At the end a 20 minute small drama – "Teen Bunder" – a murder mystery directed and acted by Pramodini Nanavati kept the audience glued to their chairs.



Adding fragrance to the gold compere Haasya Kalakara Mrs. Savitri Kochar provided enough dose of laughter to the audience in between the main shows.



Our members enjoyed the treat of Surati Ponk, Ponk wada, Nimboo mari sev and masala butter milk before the program started. For dinner we had scrumptious tongue teasing Undhiya, Puri, Matho and crispy Jalebi which will be remembered for a long time to come.



I am extremely thankful to our members – Hasmukh Gajjar, Devendra Mehta, Madan Jeswani, Kaushal and Ameer Damania for their untiring help in carrying out the program so successfully.





Yeh Raat Bheegi Bheegi

Yeh raat bheegi bheegi.....
was a *mast* musical night with
songs on raag malhar and on
the topic of our coveted
Mumbai monsoon!
Young and younger enjoyed and
tapped to the rhythm of their
loved rain songs. It was
beautiful evening that soaked all
in the flow of its music.





Khush Raho, Khush Karo

A talk by **Suren Thaker** and **Mukesh Joshi**

Suren Thaker well known poet, writer and dramatist, excels in presenting the traditional format of 'Dairo'. The well acclaimed play Narsinh Mehta and collection of poems, 'Kamal Pooja' are authored by Mr. Suren Thaker. The teacher turned professor spoke on the wisdom of 'Khush Raho, Khush Karo' which the audience enjoyed immensely.



Shailesh C. Shah
Chairman
Library Sub-comm.

Mukesh Joshi has penned the play 'Rupaiyani Rani' and 'Sarkari Parnetar' has also brought out of his poetry called 'Kagal Ne Pratham Tilak'. The young poet also talked about how to stay happy and keep others happy, and the essence of living.

The well attended function was enjoyable the talk under the aegis of the library sub-committee chairman.



Jimit Ganatra
+91 9820377358

Ashok Ganatra
+91 9833876618

For buying / selling / leasing of
bungalows, plots, flats and commercial premises
in Juhu, Juhu Scheme, Andheri, Vile Parle

Ashok Ganatra
Real Estate Consultants



Shop No. 9, Parimal Apt., Behind Tian Restaurant,
Gulmohar Road, Off. Juhu Lane, Andheri (West),
Mumbai 400 058. Email: jimit03@gmail.com

Blind Folded Yog

The discipline of Yog is far more ambitious than physical well being. A healthy body is one of the tools used to attain higher level of consciousness. When we look, our mind is stimulated by what we see. When we close our eyes we are attempting to look within. The mind is rarely still and always in search of stimulation in the form of thought through our sensory organs.

Q. What is Blind folded yog? Please tell us something about it.

A. The five jnana indriyas bring information to us through our sense organs; eyes, ears, nose, mouth and skin.

These five sensory vehicles, stimulate the mind in terms of thought and emotion.

This in turn manifests in physical action. So we conclude that the five senses result in physical action.

The problem arises when we cant let sensations go and we get swept away by the sensory world.

Sense withdrawal and relaxation are synonymous, not with the blank mind but with a well focused and an aware mind.

Patanjali's yoga sutra shows the path to not get carried away by the sensory world but to stay aligned in body mind and soul.

The point is, if you lose focus, either the mind drifts to its usual preoccupations or you simply fall asleep – and neither option expands awareness or breaks up deep seated patterns of tension that can sap your energy and send you off track.

Just as the tortoise withdraws the limbs, so when a man withdraws from the sense objects, his wisdom becomes steady- Bhagavad Gita.

Q What is the theory and the ways to practice this discipline?

A. Like I mentioned earlier Patanjali's yoga sutra, the 8 fold path is called Ashtanga yoga.

(Eight limbs of yoga)

Namely

1. Yama
2. Niyama
3. Asana
4. Pranayama
5. Pratyahara
6. Dharna
7. Dhayana
8. Samadhi

Ideally one should start with the first two limbs which is Yam and Niyam.

They are the do's and don'ts.

Then comes Asana and Pranayama, we generally tend to partially follow only these 3rd and 4th limbs i.e Asana and Pranayama.

But this is just half the journey, rather this is

the preparation for the more sublime and meaningful steps further.

As I have repeatedly told my students that yoga is not just flexibility and stretches, that one can achieve through gymnastics .

The discipline of Yog is far more ambitious than physical well being. A healthy body is one of the tools used to attain higher level of consciousness. When we look , our mind is stimulated by what we see . When we close our eyes we are attempting to look within. The mind is rarely still and always in search of stimulation in the form of thought through our sensory organs. In a regular yoga class only while doing certain asanas we keep our eyes closed and focus within wherein most of the students don't even know what to focus on within even while keeping eyes closed. In pratyahara yoga students are made aware to focus on the breathe.

Q. What does one expect from this session and how does it help?

A. In this particular class, when u close your eyes, the capacity of your other sensory organs sharpen to compensate for the withdrawal of one sensory organ,



Sonal Motla Vashi
Co-editor



namely the eyes. The awareness increases multi fold.

As the senses withdraw, the intuitive mind awakens

Redefining your breath and focus, one's awareness on the vertical axis through the core of the body, holding the pose as student becomes steadier mentally and physically. Notice how stabilizing the active senses, which are responsible for the activity of the body, make it easier to still the mind. Also notice that the fixing gaze, which stabilises vision, the most active of cognitive senses, helps to focus both the body and mind.

Awareness is an attribute of buddhi, the intellect or pure intelligence. The word itself is derived from a root bodh which means "to be aware of, to have experience, to know" Buddhi is a quality of consciousness itself, and the pivot point between sensory awareness and awareness that expands beyond the limited range of the senses, memory and ego bound self. Buddhi directs our attention, consciously or not.

Try this: Can you feel your sit bones on the chair? Do you hear sounds in the room? Sounds outside the room? What do you see in your peripheral vision? Most likely you are not aware of these things until buddhi calls you. Do you see in your peripheral vision? Most likely you are not aware of any of these things until buddhi calls your attention to them- even though they stream continuously into your mind. The senses follow the mind like bees, follow the queen

bee explains Vyasa in his commentary on the Yog sutra.

In our usual waking state, the senses perceive whatever external objects the mind is fixed on. In the practice of Pratyahara, the senses no longer perceive external because the mind is fixed on an internal region.



Rupen Balotia

Q. What is internal region?

A. Prana is breath, this breath/prana needs to flow freely throughout the body, it's energy just like stagnant water breeds decay so does blockages in the body.

All energy blocks are reason for disease. A free flowing prana in all the main 7 energy centres is a sign of good health. In blind folded yoga we concentrate on the flow of the breath that is slow and rhythmic.

The moment the mind is distributed due to an emotion, thought or in a difficult asana the rhythm of the prana changes. Being aware and keeping the rhythm slow and easy is the aim in yoga.

There is a lot of balancing involved in blindfolded where you engage your core most of the time so that you balance your body in a better way. So this format helps you balance your body and mind as you are fully aware of your body even for a second you cannot afford to lose your awareness as that would lead to a fall.

All the asanas and Pranayama in yoga generate a lot of energy ideally after every Pranayama or asana you absorb the energy generated by it by closing your eyes for a few seconds so that you can actually feel and absorb the energy. Most of the times, without a blindfold, this is missed by most of the students hence a lot of energy is just wasted instead of absorbing it and utilizing it for your own good. This format can completely de-stress you as it activates your susmana naadi and one's Para sympathetic nervous system. Finally it's also about how you take this journey with a proper guide who would actually make you feel all these crucial points so come and join your guide your teacher to blindfolded yoga.

Thank you for sharing and enlightening us with this knowledge Rupen Sir.

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-Thu-Sat 6.15-7.15pm



Is It A Crime To Be Born A Woman?

*Every day on an average 92 women r raped
1 crime against women is reported every 2 minutes .*



Tanvita Saraf
Asst. Editor



"You confuse us man, we don't know whether to run towards you for help or to run away for safety".

While there are men who go against norms breaking stereotypes, there are also those who break our modesty, while few go out of their way to help us, few lurk in the dark to assault us...

I am that Indian Woman who can excel at sports, win medals for the Country, join the Army, step into the outer space or be at the top of the world.....**But is my safety my responsibility??**

Ages ago when Draupadi was condemned in the courtroom full of scholars, there was only one of Dushasan, Duryodhan and Dhritrashtra but sadly in today's era there are countless of each roaming freely. Draupadi had Lord Krishna to save her but we women have none in this Kalyug. Draupadi who was always clad in a sari, the one who never stepped out late at night was condemned in front of all.

Why do we feel the need to teach our girls to behave in a certain way or to dress only in a certain manner? Norms are set for them to arrive home at a

certain hour, when the men are taught none. Shouldn't we teach our men to respect and honor all women? We teach them to pray to Goddess Laxmi, Goddess Saraswati, and Mother Mary etc. Then why can't we teach them to respect women?



If we teach our sons to not turn into beasts, our daughters and our society will surely be saved. Explain to them the importance of every Human Being let that be a man or woman. When our son cries we advise "Don't cry like a girl". Why? Don't u think knowingly and unknowingly it only ingrains into them that they are a superior race and are the caretakers who are meant to dominate.

It's so sickening and disheartening to hear about women being tagged as "character less" by the society at large if

she is seen with a lot of men. On the other hand if a man is seen with many women he's a "cool dude". What kind of hypocrisy is this?

The time has arrived where we need to save our daughters from the brunt of the nation by teaching our sons their moral values, by teaching them to honor women and help our daughters to live in a safe and secure environment. We have to try to make men

**MOTHER
FATHER
BROTHER
THERE'S A BIT OF HER
IN EVERYONE**

understand the plight of women in this country and why they should be equally supportive of women's rights.

Its time for our men to change and make sure no woman ever feels the need for a Krishna to save her.





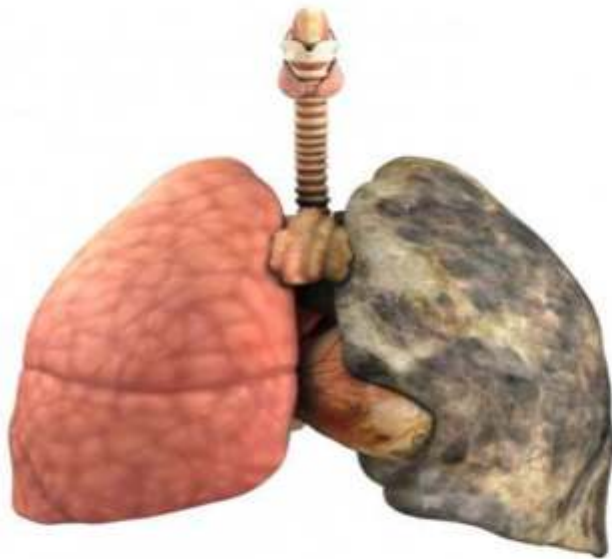
Bharatiya Arogya Nidhi

Sheth K. C. Parikh General Hospital

N.S. Road 13, Juhu Scheme, Vile Parle West, Mumbai-400049 Contact : 022- 26206021 / 26206493-Ext No. 020

Visit us On : www.facebook.com/bharatiyaarogyanidhi

E-mail : banhosp2007@yahoo.com



**Chest & Cardiac problems
are the Major killers.
Get checked.**

RESPIRATORY DISEASES show manifold increase due to TB, smoking and environmental pollution and combined with Heart Diseases emerges as the **LEADING KILLER.**

Avail of a Chest – Cardiac
Camp at our Hospital from
1st March 2017 to 7th March 2017.
(9.00am to 3.00pm)

Unbelievable price of Rs.450/-
(Normal charges Rs. 1950/-)

Includes :

Pulmonary Function Test (PFT)

X-Ray Chest

ECG

Consultation by Doctor.

BY APPOINTMENT ONLY.

Contact :- : 022 - 26206021 / 26206493 /
26282910 / 26247121
Ext - 208/001



**Tip of the month:-
Prevention is better than
Cure. Regular Health Check
Up is the key factor in early
detection of disease.**

Other Services we offer to the society:

Casualty, Joint Replacement Surgery , Nephrology - AKD , General Medicine , Chest Medicine, General Surgery, Endoscopy, Laparoscopic Surgery, Diabetology, Urology, ENT, Dental, Ophthalmology, Neurology - Neuro Surgery, Oncology - Onco Surgery , Chemotherapy / Haematology, Gynaecology, Pathology, Physiotherapy – McKenzie Certified Clinic , Health Check-Up Packages.



Swami Chinmayananda

Chinmaya Mission Mumbai
cordially welcomes you to



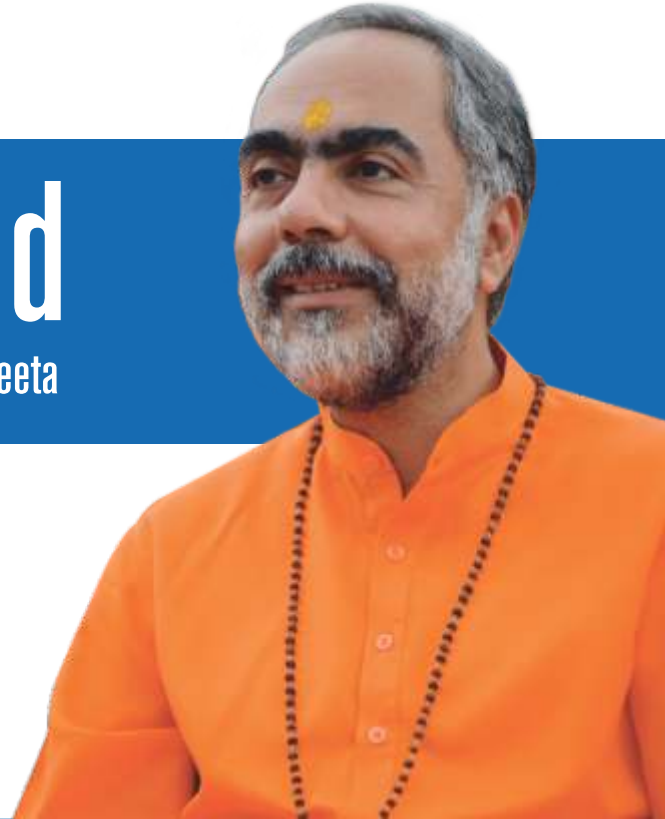
Master Your Mind

Through Dhyana Yoga based on Chapter 6 of Bhagwad Geeta

by

HH Swami Swaroopananda

Global Head, Chinmaya Mission



27th Feb - 2nd Mar 2017 (Mon - Thu)
7pm - 8:30pm
at Bhaidas Hall, Juhu

To register, call **26112358 / 26112359**
or write to: cmpriyam@chinmayamissionmumbai.com

ENTRY FREE. ALL ARE WELCOME.

chinmayamissionmumbai.com