



JVPG CLUB

Volume VI ♦ Issue 8 ♦ September 2016

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- Tanvita Saraf  
Swachh Bharat!! Seriously??
- Keyur Trivedi  
Stress And Depression
- Its Never To Late To Be Who You  
Were Born To Be: Lata Alimchandani
- The King Of All Sports:  
Rohit Saraf
- How F5 Program Changed My Life
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Juhu Vile Parle Gymkhana Club



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#### Editor and Chief

Nikhil Prabhakar Rao # 9820139490

#### Asst. Editor

Tanvita Saraf

#### Creative Designer

Sanjeev Pawar

#### Publishing House (Free copy)

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

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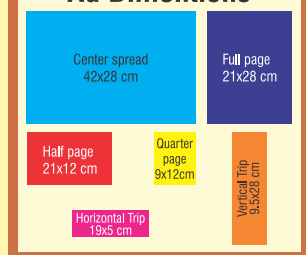
#### Advertising Queries :

Nikhil Prabhakar Rao  
Mobile : 98201 39490  
E-mail : editor@jvpgclub.com

#### Value Adding Editorial Content :

E-mail: editor@jvpgclub.com

#### Ad Dimentions



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# From The Desk Of The Hon. Joint Secretary



Dr. Ojas D. Dave  
daveojas@jvpgclub.com

Dear friends

Greetings!

In the month of August, our Gymkhana hosted the 3rd Maharashtra State Ranking Table Tennis Tournament from 10th August to 14th August 2016.

As was expected, we received about 980 entries. Top players of the state fought for the honors. It would not be wrong to say that some of these winners will also represent India in various international competitions. It was a glorious opportunity for our members to witness the top players battle it out. Special rubber mats covering the floor of the Badminton courts and air conditioning during the tournament were very well appreciated by all the participants. The icing on the cake was the prize distribution ceremony wherein we were privileged to have, amongst us Arjuna Awardee and 7 times National champion Kamlesh Mehta as well as former India player Arup Basak. Needless to say that their presence was encouragement enough for the youngsters. In fact, Arup Basak has expressed his willingness to start advanced coaching facilities for our members.

Coaching in Cricket has started from 13th August 2016 under the guidance of renowned Cricket coaches Sanjay Khamkar and Uday Tank. Details are available with Members Service Desk.

It is with great pride that I would like to inform you that JVPGC Brave hearts team reached the Semi- finals of the Mumbai Snooker league. The team comprised of Sanjiv N Shah (Captain), Rahil Patel, Dhairya Bhandari, Vishal Gandhi, Zubin Lelinwalla and Rahul Sachdev. Heartiest congratulations to them for this achievement.

Renovation work of the Squash lounge is nearing completion. The courts should become operational by the 2nd or 3rd week of September 2016. Following the modifications, members will be able to do their stretching, warm up, cooling down etc. in the squash lounge instead of on the courts. Newer coaching schemes for the young and upcoming kids are being planned.

Due to growing demand for morning yoga classes, we are introducing Yoga sessions either in the Activity hall or the terrace of main building. Announcement for the same shall be made soon. Please take full advantage of this opportunity.

Following the success of the inaugural Juhu 10K run earlier this year, the 2nd edition of the 10K run will be held on 27th November 2016. A fun run for senior citizens and young kids is a new addition. You would be happy to note that the 'timings' of the inaugural Juhu 10K run have been recognized by Standard Chartered Mumbai Marathon (SCMM) for qualification in SCMM to be held in January 2017. You are requested to block the date and wholeheartedly participate in the 2nd edition of the Juhu 10K run.

Gokulashtami (Satam Aatham) was celebrated in the Card room from 24th to 27th August 2016. Members and their guests wholeheartedly participated in the celebrations.

Till next time,

With the promise to continue to provide better sporting facilities,

Take care and god bless.

Dear Members,

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

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

Thanking You,

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## Seasons greetings and Happy Ganesh Chaturthi.

Ganesha Chaturthi is celebrated as Lord Ganesha's birthday; his name auspiciously chanted before commencing any work, as being the God of power and wisdom, he is believed to be very fortunate and propitious.

A season we all look at and get reminded off in terms of wishing for prosperity and value addition in our lives and in the lives of people we hold dear.

Taking a cue from this, I urge each one of you readers, to act, towards this creation of value; through Sandesh.

For the past few editions of Sandesh, we have been virtually screaming out the fact that Sandesh is a magazine "Off the members, for the members and most inherently, by the members".

To understand this better, let's first delve into the intention for investing into Sandesh. JVPGC has a wholesome family of nearly 20,000 members. Sandesh directly reaches about 10,000 such households, each one of them being members, are part proprietors of the club in a way. Like it or not, with such authority, comes the responsibility of developing not just this great institution we all are a part off, but also in doing so, adding tremendous value to the gen next who spend a good time of their developmental years at JVPGC.

What I'm getting at here, is if we look at the family of JVPGC, 20,000 strong, that's a huge family of very successful people. A huge educated knowledgeable and experienced think tank that can contribute significantly into the wellbeing and development of society at large, through JVPGC; and Sandesh aims at creating that platform to enable change; change, where each one of you readers, through your invaluable contributions act as a mouthpiece, collectively hand holding each other towards development, through the indelible written word.

Where else can each one of us, voice our opinions, share our concerns, and celebrate our success' with 20,000 odd people each month.

Sandesh, aims at contributing a great deal to the development of our knowledge and our club at large. We want to migrate from a photo album of past events, to a more robust informative platform where meaningful editorials will add so much value to all our lives.

Through valuable and subtle critical and commentary articles on athletics, competition, socio, economic and cultural progression we aim at learning a lot of interesting things, our minds, getting consolidated and enriched. Through meaningful editorials, we can train our reasoning power.

Let's also not forget, that each one of you, each one of us, are the mouthpiece of JVPGC and the unseen advisers to the governance on how we want JVPGC to be governed and shaped in the future.

So here's an honest attempt, a call out to each one of you members, active and passive in your attendance at JVPGC, to send in meaningful experiences in the form of editorials which will not just make Sandesh a readers delight, but also enrich our live collectively.

That apart this issue of Sandesh is a good read too. Enjoy it!!

And since I can't reach out to "you" personally, here's wishing that this 'Ganesh Chaturthi' will be the start of a year that brings the happiness that fills your home and life with prosperity and abundant fortune, which always has, and will remain my foremost priority and wish !!

## Hamesha!!



## EDITOR'S NOTE

Nikhil Prabhakar Rao  
Editor and Chief

+91 98201 39490 | editor@jvpclub.com

**Read Sandesh  
We Do Carry  
Meaningful Editorials**



## Aadhar Card Camp In Now Extended Upto 30th Sept.

# SWACHCH BHARAT!! SERIOUSLY??

Dead fish found floating in Milapnagar lake after Ganapati visarjan.



Fish like the white shark, mangoor, which are 1 to 1.5 feet in length, were found dead floating on the water surface. Dead !! Is that really what we want ?? Is that the price this festival “must” pay

**THINK!! WILL YOU BE ABLE TO TAKE THIS RESPONSIBILITY?**



Tanvita Saraf

**Mumbai records highest noise level in a decade — 123.7dB**

The silver lining this year, was that at major locations loudspeakers were kept in check at mandaps due to Bombay High Court

**Over 1,50,000 Ganesha idols immersed in Mumbai**

It included 9,714 'sarvajanik' idols, 40,302 'gharguti' (those at homes) and 234 'gauri' idols that were immersed at 71 natural sites. Is it any wonder when the oxygen levels in the water bodies fall by about 50 per cent immediately after the 10-day Ganeshutsav festival?

## **DOES THIS SITE STRIKE A CHORD??**



Ganesh Chaturthi is the Hindu festival celebrated in honour of the elephant-headed god, Ganesha. Chaturthi means "fourth day" or "fourth state". Celebrations are traditionally held on the fourth day of the first fortnight (Shukla Chaturthi) in the month of Bhaadrapada in the Hindu calendar, usually August or September in the Gregorian calendar. The festival generally lasts ten days, ending on the fourteenth day of the fortnight (Anant Chaturdashi). It is celebrated by families at home, by people at their places of work and in public. The public celebration involves installing clay images of Ganesha in public pandals (temporary shrines) and group worship. At home, an appropriately sized clay image is installed and worshipped with family and friends. At the end of the festival, the idols are immersed (and dissolve) in a body of water such as a lake or ponds.



Hindus worship Brahman or the Supreme Soul present in all animate and inanimate. But for majority of the people it is not possible to worship this formlessness. After the celebrations, it is time to accept the eternal cosmic law that which took form has to become formless again. It is a never-ending cycle (Chakra).

**The idols are made from clay and it has to become clay again. To reserve fresh water of rainy season in ponds, lakes, tanks and other water bodies, we need to dig out the clay or soil in them. To show accordance between environmental awareness and Hindu rituals, Ganesh idols are prepared with clay of these tanks and ponds. The clay idol is worshipped with turmeric and some other natural herbs which in turn help the water animals like fish, tortoise etc to grow well.**



But despite the growing level of awareness on the environmental hazards of Ganesh visarjan, the negative after effects of the festival are still too prominent to ignore. Considering the day-to-day rise of pollution, as a devotee, one can take many precautionary measures to ensure environmental safety during the festive seasons.

## **A RELATED STUDY ON LAKES BY CPCB IN 2010 FOUND THAT:**

- \* The acid content in the waters increased
- \* The TDS (Total Dissolved Solids) increased by a 100%
- \* The Dissolved Oxygen content increased during the day due to the agitation of waters during immersion and reduced at night when organic discharge increased
- \* The heavy metal content sampling showed a ten-fold increase in metals such as iron, while copper content in the sediments increased by 200 to 300%.



**SAD!! VERY SAD!!**

## **HARMFUL MATERIALS AND ITS IMPACT ON THE ENVIRONMENT**

- Idols made of Plaster of Paris do not dissolve easily in water. It also reduces the oxygen level in the water, killing the fish and other aquatic organisms.
- The paints used for decorating the idol contain heavy metals like mercury, chromium and lead. These are chemicals in turn affect the water used for drinking from the river where the idols are immersed.
- These days, a new concept of 'Eco-friendly' idols of Shree Ganesh is recommended. Some idols are made out of 'paper'. Environmentally, the use of paper is harmful because it sucks the Oxygen from the water and generates Methane gases.
- Idols made using plastic, cement, etc. do not dissolve in the water; thus polluting the water.
- Playing pop or rock music on the mike system can lead to hearing problems, accidents, lack of concentration, etc.

## **WHAT IS THE SOLUTION??**

1. There are specially prepared tanks for immersions, please use those.
2. In Pune and Mumbai, the municipal corporations tell people not to immerse the 'nirmalya' (objects such as thermocol, plastic and chemical paints for the purpose of decorating their place of worship) into the water. Instead, they have installed large bins shaped as traditional pots or 'kalashes' to receive this.

3. There are ORGANIC GANPATI available in the market these days. Please worship those.
4. Explain the spiritual science of Shree Ganesh's idol to your relatives, friends and help in stopping the denigration of Shree Ganesh.
5. Instead of consecrating an Idol, place a betel nut and worship it symbolically as Shri Ganapati. The betel nut can be immersed in a small well or a stream. Ganpati can also be made out of rice.
6. Buy a new metal Idol of Shri Ganapati for the Chaturthi festival and



worship it after consecration. Though a Ganapati Idol is always present in daily worship, the reason for bringing a new Idol is as follows – The Ganesh waves descend onto the earth in a larger proportion on Shri Ganesh Chaturthi. If they are invoked in our daily worship, the Idol will get charged with tremendous amount of energy. It will become difficult to honour such an Idol possessing tremendous amount of energy with meticulous ritualistic worship throughout the year; for it means strictly following the restrictions of Karmakanda. Hence, a new metal Idol should be bought. Such an Idol need not be actually immersed in water. At the time of immersion, keep some akshata on the palm of the Idol and move the Idol a little with the right hand. With this, the Principle in the Idol also is immersed. Such an Idol need not be worshipped daily. Next year, this Idol may again be consecrated and worshipped.



## **LET'S LEARN FROM OUR CHILDREN**

I hope that these facts will shift something within us this year and we will contribute to bring in a change by celebrating this festival in an environmental friendly way. Our children imitate us to the core, they idolize the elders of the family. I feel we all want our children to be the best in all possible manners. All our children have been talking about the benefits of SWACHH BHARAT.

Why don't we learn something from them this year and help them keep the foundation of a better INDIA.

# MUMBAI SUBURBAN DISTRICT BADMINTON CHAMPIONSHIP

Like every year JVPGC hosted another suburban district badminton tournament which was organised by Mumbai Suburban District Badminton Association (MSDBA). We received more than 450 entries in various categories from U-10 upto +45 veterans. Many players from JVPGC also participated.

Being a professional badminton player is a challenging task. The players need to possess excellent speed and agility combined with stamina and endurance. Striking the shuttlecock precisely also calls for explosive strength and good hand to eye coordination. One player who has adopted this saying very well is Jahan Asher. An extremely talented player from JVPGC who played the men's singles and reached quarter finals but lost to Deep Rambia.

Deviah Jain from our club reached the quarter finals. Mahek Nayak, a hardworking and dedicated player participated in U-13 singles category and reached the semi-finals. Badminton is an extremely fast paced sport that calls for quick reflex actions. Players also need to develop their technique and footwork in order to perfect the game. Aryan Ghosh is one such player who played tremendously well in 3 matches and reached the finals. Jahan and Yuvraj paired up to play U-19 doubles but lost the finals. Yuvraj Shah picked up this sport in the early years of his life and is playing extremely well. We have immense expectations from him.

Murli Subramaniam known for his strokes and stylish wrist work, played the veterans singles and veterans mens doubles and as expected, won both. He partnered Ajay Srivastav in men's doubles. Murli over the years has developed his own aggressive and energetic playing style and training regimen to counter the immense speed, strength and stamina of top level players. He has always had the courage

and conviction to take the path less travelled. He was felicitated by our club committee members.

Good effort by all the three talented players Aryan Jahan n Yuvi who reached the finals. For their remarkable performances JVPGC committee felicitated them with a sponsorship of Rs15k(Aryan)and Rs20k n Rs20k(Yuvi n Jahan) for this year.

All these players are from Aim Academy who go through grueling schedules and training sessions. They symbolize the level of fitness, competitive edge, physique, popularity and fame that everyone wishes they had. In some

countries, certain sportsmen are so famous and admired that they are actually worshiped. That said, it must be made clear that achieving that level of fame is no easy task and requires years of dedicated practice and training. Great athletes, whether they be cricketers, basketball or baseball players, formula 1 drivers, footballers or rugby players put in a substantial amount of their time and energy. We wish all our dedicated players all the luck for the forthcoming events.



Rajiv Soni  
Chairman





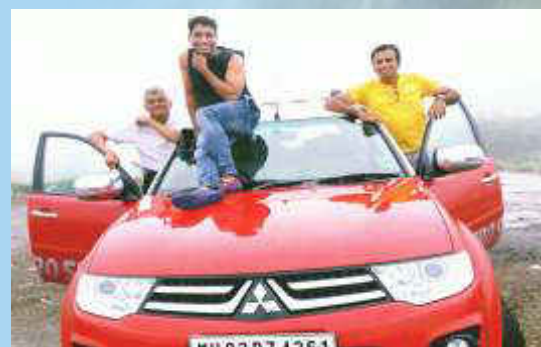
# LAWN TENNIS CELEBRATE FRIENDSHIP DAY AT AAMBY VALLEY !

The monsoon this year has provided much needed relief from the scorching heat we have baked in all year long. The lawn tennis fraternity known to be flies to a cake, when it comes to living it up, decided to impose ourselves on a weekend trip to a friend's hide out in Aamby Valley.

It was a perfect setting, we couldn't have asked for more; a breezy foggy extremely mesmerizing morning drive; us, staring out of our car windows watching the drizzle come down, along with a cup of hot tea by our side. A good 10 odd cars left Mumbai that morning, some taking the straight and trusted road, and some of us braving the paths less trodden.

Just the mention of the name 'Aamby Valley' takes your imagination to some other parallel. The place is a romantic paradise especially during monsoons. The feel of the cool wind, spectacular new man made waterfalls, lush green landscapes of hills, misty valleys, fleeting clouds and the excitement of getting drenched in the rains made it one of the most enriching getaways we have had in a while.

We had a truly fabulous time and would like to share some of those memories with you, memories of a picturesque drive, nature at its wondrous best, the safari trail of waterfalls and riverbeds, the pakodas, the cards and above all, gods greatest gift to us all.. each other !! What a way for us to have celebrated friendships day !!



# 3rd JUHU VILE PARLE GYMKHANA CLUB STATE RANKING TABLE TENNIS TOURNAMENT 2016



Juhu Vile Parle Gymkhana Club hosted the 3rd Maharashtra State Ranking Table Tennis Tournament 2016 from 10th to 14th August 2016

As has been the case for many many years now, our club attracts the maximum participation amongst similar tournaments in the State! Players across categories look forward to participate the tournament. Players from across the state from Pune, Thane, Raigad, Nagpur, etc participated. We received a record 921 entries across 12 categories with the maximum participation in the Sub Junior Boys (U-15) Category with 164 entries!

We had a total of 10 Table Tennis Tables spread across the Badminton Hall and the Table Tennis Hall. For the 1st time a

special Table Tennis Flooring Mat was laid in both the Badminton & Table Tennis Hall giving the tournament an International feel. Infact the MATS looked so good that the Table Tennis Committee is proposing to install in permanently in the Table Tennis Department

The Badminton Hall was temporarily Air Conditioned for the 1st time with approx. 25TN of AC's being installed. The players felt very comfortable with this solution and complemented the club for this initiative

A huge thanks to the Badminton Sub Committee and Mr. Rajeev Soni for providing us with the Badminton Courts for 6 Days!

To top it all, our very own Rajeev Shah was the Winner in the Cadet Boys (U-12) Category. After being the Runner Up in the first 2 State Ranking Tournaments, JVP proved lucky for him as he beat Mainak Nistala to clinch the Title

The finals and Prize Distribution were attended by Mr. Shamit Majmudar, Mr. Himanshu Gokhani, Dr. Ojas Dave, members of the TT & Indoor Games Sub Committee and members of the Maharashtra State Table Tennis Association (MSTTA) and Mumbai Suburban District Table Tennis Association (MSDTTA). As always, the Office Bearers provided their full support and the Sub Committee is very thankful to them

The winners were:

MIDGET BOYS SINGLES		MIDGET GIRLS SINGLES		CADET BOYS SINGLES		CADET GIRLS SINGLES	
Position	Name	Position	Name	Position	Name	Position	Name
Runner-Up	Neil Mulye	Runner-Up	Devyani Kulkarni	Runner-Up	Havish Asrani	Runner-Up	Trisha Dalmia
Winner	Gaurav Panchangam	Winner	Jennifer Varghese	Winner	Rajveer Shah	Winner	Pritha Vartikar
SUB JUNIOR BOYS SINGLES		SUB JUNIOR GIRLS SINGLES		JUNIOR BOYS SINGLES		JUNIOR GIRLS SINGLES	
Position	Name	Position	Name	Position	Name	Position	Name
Runner-Up	Hrishikesh Malhotra	Runner-Up	Vidhi Shah	Runner-Up	Mandar Hardikar	Runner-Up	Shreya Deshpande
Winner	Deepit Patil	Winner	Swastika Ghosh	Winner	Shubham Ambre	Winner	Shruti Amrute
YOUTH BOYS SINGLES		YOUTH GIRLS SINGLES		MEN SINGLES		WOMENS SINGLES	
Position	Name	Position	Name	Position	Name	Position	Name
Runner-Up	Siddhesh Pande	Runner-Up	Mansi Chiplunkar	Runner-Up	Omkar Torgalkar	Runner-Up	Manushree Patil
Winner	Sanish Ambekar	Winner	Srushti Healangadi	Winner	Siddhesh Pande	Winner	Divya Mahajan

# HOW F5 PROGRAM CHANGED MY LIFE

**"the Doctor Had Clearly Instructed Me To Not Gym Or Exercise, Due To The Imbalance In My Movement Caused By Parkinson!"**

**Q: Rajeshwarijee tell us something about yourself**

**Rajji:** I have always been an outdoor person and loved playing sports.

I used to play all outdoor and indoor games...

Outdoor games like cricket, hockey, throw ball, in fact I was the Captain of Throw Ball and Basket Ball at school level.

**Indoor Games:** Badminton and Table Tennis I am a 7 time table tennis champion from Mumbai for United India insurance company.

**Q: Tell us more...**

**Rajji:** I was very active, happy go lucky person upto my husbands demise. After that I went in severe depression and was on medication. I lost interest in everything. The world just stopped for me.

After being on medication for depression I became painfully slow, my family and friends could not believe the change in me.



**Q: So sorry to hear about that phase of your life. Then what happened?**

**Rajji:** Then slowly when I was still in depression, I was diagnosed by a type of Parkinson by Dr Anu Agarwal at Ambani Hospital.

**The doctor said it is irreversible and the best you can do is arrest it by medication.**

She banned me from gyming or any physical exercise because of my imbalance in movement.

But luckily then, my friend Ila Gandhi advised me to join Rupen Sirs F5 class in the health club.

I joined the class and today it's been 7 months and I can tell you there has been a sea of a change in me and my life.

When I first walked in to Rupen Sir's class I could not smile and would forget to bat my eyelids! And now I am so happy, my confidence is back, my depression is gone, I look forward to my day and my class. My fellow classmates have become like a family and are a support system for me.

**Q: So what are you looking forward to in life now?**

**Rajji:** I just finished a trip to Kashmir, Kulu Manali, Leh, against all advice from well meaning friends and everyone had



Rajeshwari Kaushik Patel  
Age : 61 | Membership No: F-581  
Worked for United India Insurance Co Ltd

altitude sickness except me! (laughs out loud like a child!) all thanks to the breathing exercise Rupen Sir taught me. I also did white water rafting in the Beas river!

I want to do three things now in life...

1. Travel the world and scale new heights!
2. Play with my grand children
3. And most of all attend the F5 class and encourage other people like me to join and get a new lease of life.



**I urge each one who is reading this article to spread the word and encourage people with brain related and other ailments to join the F5 class... do try it just once.**

*There are specific and general classes at JVPGC Health Club.*

*Kindly contact health club reception for F5 program.*

# The King Of All Sports: Rohit Saraf

*The reason to write this is to encourage all parents to encourage their children to dabble at playing sports and also an urge to the governance of JVPGC to be able to create opportunities and in doing so, create a system where we can spot and great talent, nurture it and create our own bucket of legendary athletes.*

The essence of this article is to honor one such remarkable individual who we all know as a person, an honorable human being, but many of us haven't had the information or opportunity to put the pieces together to recognize the absolute super sports athlete behind this modest icon.

Another reason to write this is to encourage all parents to encourage their children to dabble at playing sports and also an urge to the governance of JVPGC to be able to create opportunities and in doing so, create a system where we can

envy, Owners Pride”

Icons of sport offer up dreams of what could be; uphold what is good and true about sport and start as an entry point to most hopefuls onto the path of lifelong triumph

Yes, there are two sides to each coin. It is often said that you should never meet your heroes, as you may be disappointed in who they actually are – Scary thought, but if you flip the coin and get it right, tomorrow and they will take time to thank you for it too;



spot and great talent, nurture it and create our own bucket of legendary athletes.

A legend is someone who can be idolized, whose larger than life achievements and contributions in a particular field can rarely be equaled. They are the people who create the records and write the history books, the people who build castles in the air but also know how to build strong foundations underneath them, they realize their dreams; they are the people everyone wants to aspire to be; the people we always want in our teams, “Onida” made a slogan for, “Neighbors

imagine if you as an icon as a mentor, a leader and a coach are the hero to your performers, and they begin to share your beliefs and actions, who knows what the children of today could become tomorrow.

Rohit Saraf is by far one of the very greatest sporting icons of our time. Don't let his unassuming very modest personality fool you from what he has achieved and from what he has done for so very many aspiring individuals in sport. We have all heard the saying, jack-of-all-trades and a king of none. Tweaking this, one might always say, an athlete can pick to be a Jack of all trades or a king of one. Here is an individual who is a “King of all

Trades” consistently having excelled in every sport at JVPGC.

Be it Cricket, Badminton, Squash, Snooker, Lawn Tennis, the swimming pool and the recently introduced sport into India called pickleball, Rohit has consistently guzzled up accolade after accolade in all arenas. He is also the only person to have successfully won both the prestigious Champion Of Champion tournaments at JVPGC, the second time round, as Captain of the Badminton team.

Sandesh has the immense pleasure of catching up with Rohit to get an insight on this remarkable insight as an athlete and hope that the contents of this conversation could add a guidance to parents and the governance at JVPGC and as a motivation to all youngsters to take up sports and as a beacon of guidance to all struggling athletes who are well on their way to achieve greatness.

Apart from giving salutations to a great athlete, here's hoping this article will help us identify and create the next sports legends at JVPGC.

**1. Could you enlighten us on your journey from childhood through all your various athletic interests? How and when did each develop?**



» As a child I've always been into sports. From the age of 6, I played cricket and as I grew up I started to play badminton and also took up swimming in our club. I even developed interest in snooker, squash and lawn tennis as I grew older.

## 2. Which amongst all these has been your favorite sport and why?

» Well, encouraged by my family, being an athlete has always been in my blood. At various moments in time, inspired by various international icons, I have found myself drawn to almost every sport. Having said that, my love for cricket has always weighed more than any other sport and I have been consistently playing it for nearly 3 decades now. Cricket runs in every Indian's blood and like majority of Indians I too enjoy playing it the most. These days however, my passion for badminton under the prowess of our new coaching scheme has endeared me greatly and I play it each morning at the club.

## 3. Do all the sports require the same amount of talent or did you have to essentially have to work harder at acquiring any particular skill?

» To become a sportsman in any field talent is essential but without hard work one cannot excel in any sport. True dedication is a must to become a good sportsman. Most people presume that without talent one cannot become an athlete, however important talent may be, hard work and perseverance beats talent everyday of the week and twice on Sundays. Different sports disciplines require different training regimes, however what one man can do, another can do, all skills can be acquired, if only the athlete has the determination to want to excel.

*Apart from giving salutations to a great athlete, here's hoping this article will help us identify and create the next sports legends at JVPGC.*

## 4. What according to you are the top 2 skills required to become an athlete to reckon with?

» An athlete cannot run with money in his pockets he must run with hope in his heart and dreams in his head. A person once asked his coach, I want to be as successful as you, what should I do.



His coach asked him to meet him at the beach the next morning. On doing so, the coach immersed his head into the water and pulled him up just before he was going to pass out.

At that moment the coach asked him, what did you want most at that moment. The man replied.. all I wanted then was some air to breathe. The coach responded saying, the day you want success as bad as the air you breathe, that day, you would have acquired the required skill to succeed.

## 5. What is better, being a jack of all trades or a master at one? Both have their pros and cons, how would you describe them?

» One must be a master in at least one sport, which helps one to become a successful player. I have always regretted being jack of all sports and master of none but after COC all my talents in various sports got noticed and appreciated. Being a master in one sport definitely takes you to a bigger platform; being a jack of all trades doesn't give you worldwide recognition or domination, however, each sport I have played, has made me new friends, taught me new lessons of life and kept me competitive and in doing so, I have also explored all disciplines and been able to find my own niche.





**6. What according to you are the ingredients that an athlete is born with, and what do you think needs to be cultivated in an athlete?**

» Rome was not built in a day. The difference between a good athlete and a great athlete is that one sec, that one shot, that one moment of willingness and ability, all that come from years and years of mental and physical development. An athlete never looks back as to how far he has come. He never lets success get to his head and never lets failure get to his heart. Success is having the willingness and ability to go from failure to failure without losing hope.

**7. How important is training in an athlete's life? What all can an athlete train on? What all have you trained on?**

Training is the most important aspect of an athlete's game. It helps to achieve higher goals and success in life. In today's era fitness is the extremely essential to excel in any sport. Gone are the days when sports, however competitive they were, were dominated by talent alone and finesse. Today mental and physical toughness are dominating all sports arenas, they are the difference between the medals around one's neck.

In my childhood I used to take training for cricket at Shivaji Park and I used to travel everyday from Juhu to Dadar for the same. I've also been training recently in badminton under Aim Academy. I urge all readers to come have a look at what goes behind the scenes as far as training goes. For my more techno savvy friends, there's always Google to look up on the training each of the greats have gone through, and

still do on a daily basis. We tend to see the glory and the great lifestyles; we tend to ignore the sacrifices great athletes make on a daily basis; like the long lonely hours of running, the time away from family and functions and the rigidity of each meal. Bolt said best, "Competition is the easy part. It's what happens before that kills you."

**8. What role has your family played in promoting your athletic interests?**

» My family has played a fundamental role in shaping my career. My parents have always supported me in all my



decisions. They encouraged me to travel to train and compete, always gave me the opportunity to explore all sporting disciplines and coach in them, were never too overprotective when it came to my injuries, and have never let me down for any failures. My wife and children too continue to remain my greatest blessings always encouraging me to train harder and make the time to come and cheer me on whenever I compete.

**9. You are a father, a successful businessman and family man? How do you make time to juggle between**

**all these? What's your day like, and your advice to all those who, in the very same position, say they don't have enough time to work out or explore athletic activities**

» In today's busy and stressful life sports play a big role as a stress buster in everyone's routine. Every morning I go to play badminton and train physically at our club. Then I hit the office by the afternoon and late in the evening I find some time to spend with the family and squeeze in some more time for another activity. My advice to people who say they can't find the time is, where there's a will, there's a way; you will find a way, or find an excuse. There are people who run the world in a day, all we need to be able to do, is run our own lives and find time for physical training which is far more rewarding, both in the short and long term, than any other form of entertainment.

**10. You have excelled at Squash, Snooker, Swimming, Cricket and now you are one of the very best badminton players of JVPGC, there are rumors too that you have now found a new love in Pickle ball as well?**

» Oh Yeah! Pickle ball is an innovative fun game. It combines the skills of badminton, lawn tennis and table tennis. I was fortunately introduced to it by some sport fanatic friends of mine and I have ever since been religiously playing it twice a week. If the grapevine is to be believed I anxiously wait for the sport to be introduced into JVPGC. It's a great sport, fit for all ages and genders.

**11. Where some spend a lifetime trying to excel at one sport you have managed to excel at almost all. How have you managed that?**

» Like I mentioned earlier, it all boils down to willingness and ability. I have always been athletically driven, eager to learn every new sport not just watch people play. Add to that, I am extremely competitive as an individual. Yes, participation is the foremost agenda, but for me it just doesn't end there. I find it extremely important to be the best at whatever I do, well, at least the best I can be. Every day, I need to be better at what I have been the previous day. In doing so, I have been able to excel.



Everybody has different priorities. Being busy is just an excuse to stay away from physical activities. I would just like to encourage everyone to engage themselves in at least one physical activity, which will add immense value to their lives and start today, tomorrow never comes.

**12. You are one of the few who have not only been part of both the COC winning teams but went on to captain the winning squad at the last COC. Could you enlighten us on your success? What makes you such a great captain and leader?**

» You would be surprised to know that no one was confident about me when the first COC was held. Only the cricket captain believed in me and chose me as a part of his squad. We were still the underdogs but through sheer determination we got through and won the title. I have learned that success is to be measured not so much by the position that one has reached in life as by the obstacles which he has had to overcome while trying to succeed. Captaincy brings out the best in me. I



just kept my goals set and convinced my team that we will lift the COC trophy. I studied deeply about all my team mates. COC is all about team spirit. It wasn't me alone but my team that enabled us to lift the cup. There is no "I" in the word team.

**13. What are your athletic plans for the future? Both on, and off the court you play on?**

» An athlete never looks back as to how far he has come. He never lets success get to his head and never lets failure get to his heart. I currently have found my love in badminton and pickleball. However, remaining a healthy and competitive athlete is all I aim to be and remain. I also want to give back to all the sports that have taught me so very much, by getting into the committees of various sports disciplines at JVPGC and being able to guide the next generation with the knowledge and experience I have amassed over the last 3 decades in athletics.



**14. What would be your advice to the youth of JVPGC, who look at inspirational role models like you?**

» Muhammad Ali said it best "I hated every minute of training, but I said, don't quit. It's better to suffer now and live a champion all your life". To add to that, is another quote by Roger Federer, "enjoy the pain of training, cause if you enjoy what you do, you've never actually worked a single day of your life". When the going gets tough, the tough get going, as Rocky Balboa said, "one more round"

Be focused, dedicated and determined and nothing is impossible.

**Life is all about that one more round. Many of life's failures never knew how close they came to winning and succeeding, when they decided to finally give up !! IF you really love it, then don't let obstacles get in your way, Always Go.. !! One more round. You will get there eventually.**

This conversation with Rohit has been a true eye opener. Well not much said here is rocket science, things that we don't already know. But from time to time we all need reminders. Let's all hope we have the heart to believe in our dreams and the ability and willingness to go and achieve them, regardless of all insurmountable obstacles. Thank you Rohit Saraf, you remain a role model for most and we hope you continue to inspire us with your ways !!



## INDEPENDENCE DAY CELEBRATION

**T**here are few virtues more important than independence. Independence is a requirement for leading your own life. How can you make decisions if every action you take has to be filtered through other people first?? How can you live your life happily if you are so caught up in believing you have to repay social economic and financial debts??

**Without independence, you can't be the captain of your life.**

Independence doesn't mean you never need other people. Most people wouldn't last a year stranded on an island with no other people to provide support.

Independence means that you add at least as much value back as you take from every transaction, the emotional ones too.

**Independence is More Than Just Money**

The debt that dependency creates doesn't just have to be in finances. You can be

completely financially independent, but entirely socially and intellectually dependent on other people.

Financial independence is important. Requiring money from other people to live isn't ideal. Even if you are dependent on a spouse, family member or the government for an income, it shouldn't become a permanent situation.

**If everyone became financially dependent on another person, the economy would collapse.**

**Independence isn't just a personal virtue, it's a moral virtue.**

Avoiding debts with other people makes you in control over your own life. Independence also makes you a creator instead of a user. By putting back at least as much as they are taking, independent people ensure the world stays in balance.

If you are socially or intellectually



dependent, another person has control over your mind and soul. Make sure you invest this kind of dependency on people who will never take you for granted or use you to satisfy their means to an end and then just leave you to fend for yourself like a fish out of water.

**Social Independence**

Money isn't the only currency people use. Sure, it's the only kind you carry around in



your wallet, but it is only one form of transactions. Social currency is another method of transactions. It is the currency of relationships, friendships, loyalty and service to other people.

This means you are emotionally dependent on the opinions of the people around you. You care what other people think of you. Worse, you use their whims and biases as a foundation for making decisions on how to live your life.

**Someone who is socially dependent can never be authentic.** I'm sure we all know people who fit this model. They are the people who care more about being liked and accepted, than being themselves, who they were born to be, or whom they want to be, or what they want to do with their lives. I know this, I've been there, done that and burnt my hand more than once.

It simply means that the relationship value you contribute outwards at least equals the value you take away. Always give back as much as you take.

### Intellectual Independence

As long as you can make decisions for yourself, you can move closer towards complete independence.

Intellectual dependency is so damaging because, if you are dependent, it is incredibly difficult to break those chains. You spend a life letting go of what you want, just cause you cant make the decision yourself, for yourself, by yourself.

This dependency is terrible, as more often than not, these are the ones, we irrationally attach with society and its opinions and in some cases, the losses family values and their views burden and kill us with.

Intellectual dependency is the equivalent of selling your soul.

While you can become a slave in body if you are a slave in the mind, you cease being a consciously deciding human being; you stop thinking for yourself. Instead of filtering ideas through your own powers of reasoning, you get caught onto dogma and superstition instead of what is true for you.

Intellectual Independence is having the ability, to follow your heart, follow your dreams, make them real, instead of blindly accepting pre-digested facts from other people.

Like all forms of independence, intellectual independence is both a personal and a moral question.

Being intellectually dependent is unethical since you are borrowing more thinking power than you are creating. You are using the thoughts of others instead of contributing ideas back to the world.

The value of independence is that it makes you a human being. Dependency requires lowering yourself to a lesser animal, becoming a slave to the people around you. When you have independence, I believe the next step is to encourage the independence of others. Think your own thoughts, live your own life, and help others to do the same, even if you believe they may not understand. But please live your own life!! You have just one!!

I wish you all the ability to be independent in every shape size and form, and not have to sacrifice your life to live under the burden of anything or anyone.

At JVPGC, Independence day was celebrated this year with flag hosting with National Anthem. The President Shamit Majmudar hoisted the flag. Office bearers, Managing committee members and many members were present.

## Library lectures on 21st August 2016 INTELLECT Vs INTELLIGENCE

– A Talk By Dr. Janki Santoke  
And

## POWER LIVING LECTURE

– A Talk By Ashok Choudhary



# SENIOR CITIZEN'S HAASYA DARBAR

**D**r. Jatin Damania – new chairman of Sr. citizen sub-committee arranged a “Haasya Dabaar” program on Saturday 30th July 2016 at our activity hall. Mumbai's three great hasya kalakars, Shri Mahesh Dubey, Shri Navneet Hullad and Professor Smt. Savitri Kochar conducted the program non-stop for 2 and half hours. It was an excellent evening for our seniors, about 300 members attended and were glued to their seats till end. All were totally mesmerised by the artists. Members had an enough dose of laughter to keep them hell and hearty for the coming festival season.



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

To add fragrance to the gold our Aditi fast food provided excellent snacks and dinner which was appreciated by one and all. Our member Shri Devendra Mehta served fresh, natural and organic aam ras from his firm house to our members.

The chairman Dr. Jatin Damania owes this success to our office bearers, MC members, his sub-committee members, the staff of our club, decorator and caterer for this grand successful program which will be remembered by all for long time to come.



## Krishna Janmastami Darshan at ISCON (Juhu) on 25th August 2016

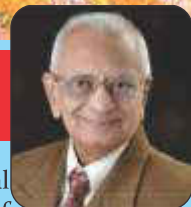


**S**enior citizen sub-committee arranged a special Maha Darshan of Lord Krishan on Janstami Day at ISCON (Juhu) for their senior citizen members. It was a priority Darshan. Though it was decided at the last moment and senior gymkhanites were informed, about 35 members took advantage of this facility and did their darshan easily without any trouble from VIP entrance.





## SENIOR CITIZEN'S KRISHNA JANMOTSAV



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

One more a memorable day for JVPGC and specially for their senior citizen members. In the history of about 35 years of our gymkhana for the first time "Krishna Janmotsav" was celebrated by our senior citizen sub-committee chaired by Dr. Jatin C. Damania on Sunday 21st August 2016 at activity hall. The hall was converted into Gokul and Vrindavan and was transform into Vaishnav's Haveli.

About 250 our senior members and their guest gathered just before time and took their seats after enjoying a farali high-tea. Today's musical party headed by Mrs. Rupa Sanjay Dagli took over sharp at 6pm and kept audience entertained for 2 and half hours. Krishna Bhajans, Songs and Dhoons kept the audience entertained alongwith their own participation in the form of raas garbas etc. It was a very very pleasant site watching our 60 plus ladies

and gents dancing. Our own members Mrs. Kajal Thanawala and Binita Shah were the Randha and Krishna for the day and presented a couple of dances which were highly appreciated by the audience.

The height of the program was, when the Mukhiaji (Priest) of Vaishnav's Haveli took over and spoke about 15 min. just prior to the birth of Lord Krishna. It was an excellent speech coming from his heart and touching heart of the audience. He created the circumstances under which Mama Kans killed previous 7 children of his sister Devki in the prison of Mathura and the eight one Lord Krishna was born amongst heavy rains, lightening and flooding and was carried to Gokul by his father Vasudevji. The audience could visualize the whole episode with mixed feeling of joy and sorrow. Sharp of 8.40 kamaads of the Bal Krishna temple opened amongst vedic chantings and doons. The whole temple

was decorated with real flowers by for priests of our haveli taking 4 hours to prepared. The hindola (swing) with the idol of Bal Krishna was fully decorated with peacocks' feathers. Colorfull LEDs and flickering halogen lights falling on and inside the temple created a feeling of heaven for the devotees who stood for long time in-front and did not feel like moving. The all danced, played raas and garbas in front of Lord Krishna, bowed down and sought his blessings. Mukhiaji offered aarati to lord. The whole atmosphere was magical, each one felt satisfied and enjoyed the festival at most. This darshan kept open for all members of gymkhana. All devotees were offers masala milk and Prasad at the end.

It was the different type of program celebrated by our gymkhanites and will be remembered for long time to come.





# WORLD PEACE DAY

*When Your Mind Is At Peace With Your Heart  
– You Will Find Peace Within You!*



'World Peace' is what everyone desires. It is said that we are in the longest state of being at peace globally right now since there are no world wars, global wars, wars between kingdoms etc. But what about the wars that rage within us. Those inner wars lead to terrorist acts, domestic violence and other atrocities. How many percentage of people are actually peaceful today? Any guess would be correct – it's easy to imagine! Not many.

World peace is a notion – Its reality lies in individuals living at peace with themselves. An individual being influences its family in being peaceful. Peaceful families lead to peaceful societies and thereby nations. How do we then find this peace in our lives? Meditation helps us to experience this peace within and makes us calm, balanced and happy. A state of peace and happiness which does not rely on external situations and possessions but on your inner self itself. At the Heartfulness workshop to be held at Juhu Gym on 21-22-23 September, we will make all participants experience how it feels to be



peaceful from within. Heartfulness is an effective system of meditation which helps us regulation of mind and overall wellness of being. All members are invited to the workshop, which also includes tea and breakfast. You are welcome to bring friends and family along.

## World Peace Day Celebration

on 21-22-23 Sept. 2016 at Activity Hall, JVPGC from 7.30am to 9am followed by breakfast. For details contact MSD



## Testimonials

"My experience with heartfulness has been particularly rewarding. The sessions leave one with a heightened sense of awareness and calm. I would highly encourage everyone to attend this program."

**Mr. Jayant Sanghvi** - Managing Committee member

Heartfulness Meditation has made immensely significant contribution in my life to bring the clarity in thoughts and vision. It's amazingly easy to learn. It has helped in getting rid of stress and I am able to prioritise and focus on meaningful work. It has put me in 24/7 Happiness attitude. It has given me childhood back as well. Thus helping me navigate the life's challenges triumphantly. I feel confident that one day it will lead me to find Divine Purpose of my life

**Mr. Bhupen Chedda** - Trustee, JVPGC

Founder President of Rotary Club of Golden Hearts

"I would sincerely request each one to attend this workshop, at least once. It has brought me tremendous benefits in terms of being calm, happy and less stressful".

**Mr. Mohan Alimchandani**



# Lego Geniuses



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

The Children & Women Activity Sub-Comm. headed by Ms. Darshana Kothari held an engaging two-day Lego workshop on 27th & 28th August '16 in the lobby for children age 4 to 12 yrs. The kids were divided in 3 batches & had an informative experience creating a basketball shooter, rowing boat, windmill etc. A fun event is always a learning experience in itself.

The event was ably supported by Ms. Rima Seth & other Sub-Comm. members.





# GRAND MONSOON - QAWWALI NIGHT



# ...CHALO EK BAAR PHIR SE...



# Its Never Too Late To Be Who You Were Born To Be!!

Those who think that to be fit in ones old age is impossible, they should take the inspiration from our club member 58 years old marathon runner, Lata Guloo Alimchandani. Yes, it is hard to believe that at the age of 55 she started running and in the past 3 years she has participated in more than 30 marathon runs; national as well as international. Come let us know the secret ingredient of this athlete's fitness and agility.

Just last winter in the freezing 3 degree temperature in Europe she ran the famous 42 kilometer long Amsterdam marathon.

Lata was among the top 10 runners in her group. It is hard to believe that with a preparation of 30 months she has proved the famous saying that "Age is no bar and just a number". The secret to her success is her discipline.

**Born To Run:** Lata considers marathon running as her passion and her training focuses on yoga, aerobics and weight training. She says "Racing means everything to me, it has become a part of my soul, and I will run till my last breath". Her supportive family also believes in her and in the fact that she was born to run.

Inspired by a 70 year old woman: Actually in the year 2013 after seeing a foreigner run in the Marathon at the age of 70 in USA, Lata was quite inspired by her, and at that moment decided if a lady at this age can be so fit and focused so could she.

**Her First Victory:** 5 feet 2 inch tall Lata has never looked back since that day. Due to her persistent training here weight dropped from 55kg to 50kg as she won 1st prize in her fourth marathon, which was indeed incredible. In Lata's words, "Winning first prize at the ILFS Marathon was the most beautiful and unforgettable moment because it was only the fourth marathon race of my life".



**Representing Maharashtra:** Besides the Amsterdam marathon, Lata has participated in the Airtel Delhi Marathon and VVMM Marathon. She represented Maharashtra in Masters Athlete Championship and has won several awards. Last year in March she won a gold medal in Lucknow Masters Athletics Championship. This year she came first in the 10K race which was held in Juhu. Seeing her success at the marathons a multinational company "Puma" has appointed her as one of their brand ambassadors.

**Every Woman Should Be An Athlete:** Lata says, in our country, women especially a housewife has no time for herself. That is the sole reason they do not workout or exercise, nor can they make time to explore being a runner. The reason behind this is, after marriage a woman gets engrossed in her household chores and family's expectation.

**Her Fuel; Her Husband:** Lata believes it is her husband's faith and encouragement that has helped her run. She says, "my husband drops me to the ground, goes everywhere with me for my marathons and has always been very supportive. He gives me a lot of confidence. It is because of him I could take part in 200 mtr, 400 mtr, 800 mtr, 5K, 10K, 21K and 42K and will always do so."

Her husband Guloo Mohan says "Lata is a fighter and she never gives up".

## Her Achievements:

1. 3rd position in Vasai Virar Marathon
2. 2nd position in 2015 and 3rd position in 2016 at Hiranandani
3. 1st position in ILFS Marathon (Trice)
4. 2nd position in Aarey Milk Colony Marathon
5. 3rd position in Puma Marathon Open Category
6. 3rd position in Satara Marathon
7. 1st position in DJ Sanghvi Marathon (twice) Open Category



**Lata Alimchandani**

8. 1st position in Lokhandwala Club Marathon (twice)
9. Gold medal at master Athlete Mumbai
10. Silver medal at Master National Athlete Mysore
11. Gold medal at Master National Athlete Lucknow
12. 1st position at Juhu 10K Run 2016 (Juhu Gymkhana)
13. 4th position at Daman Open Category
14. 1st prize in BNP, 25K 2016
15. 1st prize in Run India Run
16. 2nd prize in IDBI

The above is no small achievement when you consider the fact that Lata underwent two major brain tumour surgeries in 2005.

As you would be reading this article, she would be in Berlin to run the Berlin Marathon 2016 in September. We wish her all the best.





Keyur Trivedi

# STRESS AND DEPRESSION

**W**e often hear phrases like, 'life is so stressful' or 'what a depressing day', because we all go through stress almost every day. So let us try to understand what stress and depression is all about. Realizing the symptoms, types and treatment is the basic step to surpass the problem.

**Stress is described as a feeling where a person undergoes lot of mental and emotional pressure. It is not an illness but can cultivate into one if not addressed on time.**

**Symptoms of stress** can be identified to feeling dazed, annoyed or frustrated, changes in eating habits, sleeping disorders, memory hitches, difficulty in concentration, etc.

**Types of stress:** Stress usually indicates a negative condition and so is perceived as bad which is wrong. **Eustress** is good, inspires and helps in focusing energy, improves performance level, is manageable and temporary, for instance buying a new home.

**Distress** triggers nervousness, is not easily manageable and can cause physical and psychological problems for example a bitter divorce. **Subcategories of Distress** are:

**Acute stress:** occurs only due to certain situational factors, arises swiftly and lasts for a certain period of time only, like an important presentation.

**Episodic acute stress:** is caused due to repetitively experiencing acute stress where people are inclined to take too much on themselves with total lack of management abilities and then are completely bowled with the pressures.

**Chronic stress** signifies a prolonged type of stress where circumstances may not be controllable and can continue for years. Chronic stress can trigger critical health issues.

**Depression** simply means a state of feeling very disheartened, insignificant and incapable of enjoying a normal life. **It can be instigated by many factors**

**like bottled-up emotions that are too much to handle or a problematic incident or can land up out of nowhere. It can last** for couple of weeks or more, sometimes even for years and is a severe concern.

**Symptoms of depression** may include low self-confidence, loss of fun in life, fatigue, mood fluctuations, feeling of guilt or irrelevance, insomnia or hypersomnia, noteworthy weight gain or loss, weak concentration and indecisiveness, periodic thoughts of suicide, etc.

**Depression can be categorized into:**

**Major Depression:** here a person is depressed for utmost time on most of the days, has negative feelings about everyone and is unable to enjoy life.

**Dysthymic (Persistent Depressive) Disorder:** a person is mildly depressed to a level that appears to be part of his temperament and is long-lasting and can continue for two or more years.

**Bipolar (Manic) Disorder:** leads to mood outbreaks that vary from extreme energy with a positive mood to negative

low mood. While in low mood the person will display signs of major depression.

**Cyclothymic Disorder** is long-lasting but a milder form of bipolar disorder.

**Seasonal Affective Disorder (SAD):** here people suffer only during specific seasons of the year.

**Postpartum Depression:** condition striking women during one to six months after child birth.

**Premenstrual Dysphoric Disorder (PMDD):** Few percent of women feel depressed some days just before their menstrual period.

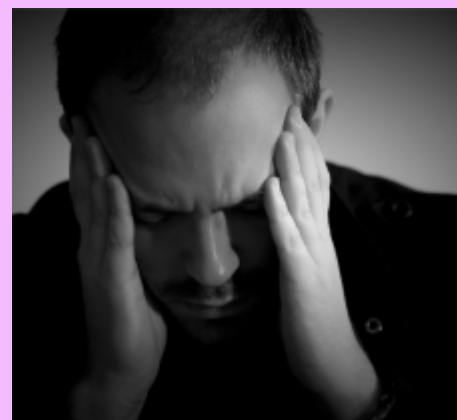
**Psychotic Depression:** a person shows psychotic signs of delusions, paranoia and hallucinations.

**Mood Disorder due to general medical condition:** Depression triggered due to an identified or unidentified physical medical condition.

Stress and depression can affect in identical fashion but have **significant differences:**

## Stress

Has a noticeable cause  
Associated with present happenings  
Linked to life episodes  
Can be cracked down if life incidents modify  
Some stress is good and can be motivating  
Normal to have stress in society  
If untreated can lead to anxiety syndromes or depression  
Extreme stress can lead to heart attack



## Depression

May strike out of blue  
Can be related to unsettled previous incidents  
Can hit even when life is good  
Can continue for years  
Low depression can yet be devastating  
Regrettably carries social humiliation  
If ignored can instigate feelings of suicide  
Too much depression can lead to suicide

Now let us see the **Stress-Depression Connection:** The relation between stress and depression is knotty and the **line between them seems to be blurry as they are correlated.**

**Stress can trigger depression:** Chronic stress if not addressed can influence your self-confidence resulting to pessimistic conduct and indecisiveness. **If this negative mindset is prolonged, it multiplies the risk of depression in vulnerable people.**

Also, stress is generally the cause of anxiety and anxiety is mostly the basis for depression. This is a very ferocious cycle which is difficult to come out from. So it is important to deal with stress in early stages.

**A person can be both stressed and depressed at one time: If one is extremely stressed their self-confidence drops resulting to depression or a depressed person facing a very tough situation can get stressed, or at times a person can feel he is depressed and hence is stressed out.**

**Stress Management Techniques:** *life is too blessed to be stressed!* Good practices may include:

**Healthy lifestyle:** a balanced diet, good sleep, daily exercise, avoiding nicotine, alcohol and caffeine, etc. help in uplifting mood and reducing stress.

**Good relationships:** isolation can spark stress and depression whereas encouraging relations cushions people from hardships and helps tremendously.

**Relaxation techniques:** like meditation, yoga, praying, deep breathing has a positive effect on people and can help destress.

**'Me Time':** unwind yourself productively through art, music or plan out mini vacations.

**Stress Diary:** retaining a stress diary can assist in knowing the circumstances that lead to stress.

**Talking Therapy:** talking to someone can bring clarity in thoughts. Hence chatting with a close friend or taking help of a counsellor or psychotherapist will be good.

**Cognitive Behavioral therapy:** pessimistic outlook can intensify the effects of stress. Hence this therapy assists people re-structure incidents in a very positive manner.

Well that's about it for now. Hope you found this article informative. So next time when you feel stressed out tickle your funny bone and just say – 'Dear Stress, it's not working out. Let's break up!' **Stay Positive and Be Happy.**

*The intention of writing this article is to provide information and awareness only and should not be considered as an alternative to professional treatment or counselling.*

## UPCOMING EVENTS

Contact Members Service Desk For Details



**SEPT**

**07, 14  
21 & 28**

### EVERY WEDNESDAY - LIVE SINGING

The bar and catering sub-committee and entertainment sub-committee presents "Live Singing" at Float bar by versatile, talented and melodious play back singers on every Wednesday at Float bar from 8pm onwards. Members entry free, guest (charges as applicable).

**SEPT**

**Thursday  
8, 15, 22 & 29  
Saturday  
3, 10, 17 & 24**

### EVERY THURSDAY AND SATURDAY - DIL KI BAAT

The health club sub-committee presents "Dil Ki Baat" an experiential session on, "Deepening of Heartfulness Practice". Experience Heartfulness meditation on every Thursday and Saturday at Activity hall from 8 am to 9 am. Members entry free, guest (charges as applicable).

**SEPT**

**18**

### JINDAGI NA MILE DOBARA

Library Sub-Comm in association with Sr. Citizen Sub-Comm presents "JINDAGI NA MILE DOBARA" a speech by well known Gujarati writer & speaker Mr. Saurabh Shah on Sunday, 18th September 2016 from 10.30am onwards at Activity Hall. Members entry free, For guest passes contact MSD. Light refreshments will be served from 10.00am onwards.



**SEPT**

**18**

### CARD FESTIVAL

Card Room Sub-committee organising Card Festival 2016 on 18th September 2016 from 1.00 pm onwards.



**SEPT**

**18**

### SENIOR CITIZEN - VISIT TO NANAVATI HOSPITAL

To assemble at hospital gate at 10.00 am  
Presenting roses to all patients there by celebrating rose day, wishing them early recovery. Visit of different wards. Small lecture on health in the auditorium followed by lunch. This program is sponsored by Nanavati Hospital, Vile Parle (W), Mumbai.  
Prior registration with MSD by paying Rs.50/- per head. Only 40 members will be considered on first come first serve basis. (If there are more than 40 registration, second batch on 25th September 2016 might be arranged.) Privilege card to the members will be issued by the hospital.



**SEPT**

**21**

### WORLD PEACE DAY

JVPGC on the occasion of International Peace Day presents "Dil Ki Baat". Heartfulness Relaxation and Meditation workshop" on 21st, 22nd, 23rd sept 2016 at 7.30 am to 9 am (breakfast included) in Activity hall. Theme: "Individual Peace Leads to World Peace". Members Entry Free. For Guest (Charges as applicable). Breakfast will be served against valid coupon only. Members are requested to collect their coupon by 20.08.2016, from MSD.

**SEPT**

**24**

### SENIOR CITIZEN BAR NITE

Senior citizen sub-committee of JVPGC presents Bar Nite on Saturday 24th September 2016 at Activity hall 7.00 pm onwards. 2 drinks complimentary. DJ Music.

**SEPT**

**25**

### RENDEZVOUS WITH RUJUTA

A talk by "Celebrity Nutritionist - Rujuta Diwekar" on Sunday 25th September 2016 at Activity hall from 10.30 am onwards, organised by Children and Women Activity Sub-committee. All are welcome.



**OCT**

**02**

### NAVRATRI UTSAV

Children and Women Activity sub-committee presents "Navratri Utsav" for children and adults on Sunday 2nd October 2016 at Activity hall from 5 pm onwards.

The card festival date was 18.08.16 instead of 18.09.16 as printed last month.

September 2016 | Sandesh 23

# A HEALTH FREAK FOODIE'S DREAM

Imagine biting into a scrumptious juicy sandwich and not feeling one bit guilty! That's what Fatfree Almost! is all about. Welcome to a world of low fat healthy food with out compromising on the taste. Fatfree Almost! takes healthy eating to the next level. From salad dressings to Healthy and organic dips, spreads, jams, conserve, healthy sandwiches, baked goodies and so much more. Fatfree Almost! A dream come true for all health conscious and fitness enthusiasts.

A veteran in the creative field, (YellowInk Design) Roweena explored her passion for food and took the bold step to create FATFREE ALMOST! Her tale blends two simple ingredients: innovation

and creativity with food and health into flavorsome dishes called Fatfree Almost! – Almost like designing food!

The main goal in founding Fatfree Almost! was to create a space where people could understand how to incorporate HEALTHY & ORGANIC INGREDIENTS into their everyday cooking and create flavoursome, delicious food!

Roweena tries to be as healthy in her cooking as possible. A cooking tip she truly believes in is to plan ahead. "If your pantry and refrigerator are stocked with healthy options, you're less likely to impulsively eat junk food."



Roweena Bhatia

EMAIL: [fatfreeideas@gmail.com](mailto:fatfreeideas@gmail.com) | FACEBOOK: <http://www.facebook.com/FatfreeAlmost> | TWEET: @FATFREEALMOST | INSTAGRAM: @fatfreealmost

## GANESHA'S FAV MODAK RE-INVENTED!

Ganesh Utsav, a festival to honour Lord Ganesha, the vibrant eyed, elephant headed lord of new beginnings - is celebrated with Ganesha's favourite sweets, the Modak and delicious Laddoos. No offering to Bappa is complete without a plate full of Modaks, the blissful traditional delicacy. Just as Ganapati Bappa loves his Modaks and so do we. This Ganesh Chaturthi we at **Fatfree Almost!** suggest you try these two recipes; one a sugar-free traditional Ukadiche steamed Modak and the other a delicious authentic Whole Wheat Ladoo recipe with super nutritious ingredients, both perfect for the health conscious with a sweet tooth!



### Dates & Coconut Modak with Jowar Flour (Gluten free)

Ukadiche Modak, made of nine folds (dharis) of hand-rolled rice flour (sorghum in this recipe) steamed dumplings filled with a coconut-jaggery mixture, enhanced with the goodness of cardamom.

**Preparation & Cooking Time:** 40 mins Makes about 12-14

#### Ingredients:

- Sorghum (Jowar) Flour: 1 Cup

- Chopped Dates: 1/2 cup
- Powdered cardamom 1-2 tsp
- Grated Fresh Coconut: 1/2 Cup
- White and black mix sesame seeds: 2 tbsp
- A big pinch of salt
- Ghee: 1 tsp

#### Method:

1. Dry roast the sesame seeds on a medium flame till they turn light brown and allow to cool.
2. Grind them to a fine powder and set aside.
3. Puree the chopped dates into a paste. In a large bowl, add the dates paste, ground sesame seeds and grated fresh coconut and cardamom powder – combine well. Roll this mixture into small round shape balls and keep them aside.
4. Combine the flour and salt in a wide bowl. Add boiling water little by little to the flour, mix very well with a spatula and make a soft dough.
5. Allow it to cool for 3-5 minutes then knead it well. The dough should be soft and smooth.
6. Grease your palms with a little ghee. Take a ball of the flour dough and flatten it.
7. Place the dates mixture ball in the middle and cover it from all sides towards the middle (dharis) and shape into Ganesha's favourite Modak.
8. Place these in a greased idly maker or steamer and steam cook for 10-15 minutes.
9. Serve hot and enjoy!

### Whole Wheat Sonth Ke Ladoo

*These crisp aromatic Laddoos, made from dry ginger powder (sonth), whole wheat atta, desi ghee (clarified butter), jaggery, nuts and dried coconut, are packed with flavours and nutrients. A treat for any health conscious sweet lover!*

**Preparation & Cooking Time:** 40 mins Makes about 12 medium sized laddoos

#### Ingredients:

- 1 cup whole wheat flour
- 1/4 cup Sonth (dry ginger powder)
- A pinch of Saffron strands
- 1 tsp Cardamom powder
- 3/4 cup raw organic dark jaggery
- 1/2 cup dry coconut, grated
- 1/2 cup nuts (almonds and pistachios)
- 1/3 cup desi ghee

#### Directions:

1. Heat the ghee in a heavy bottomed pan. In it roast the whole wheat flour on low flame until it releases a nice aroma and the ghee separates from the flour. Remove and keep aside into a wide bowl.
2. Now add the ginger powder, roast for about a minute or until the powder releases nice aroma. Add this into the bowl along with the whole wheat flour.
3. Next dry roast the grated dry coconut for a minute and then



transfer into the same bowl.

4. Add the broken jaggery pieces into the same heavy bottomed pan and heat it until melted.
5. Once fully melted sieve to remove any impurities. Pour the jaggery syrup into the same bowl.
6. Grind almonds into coarse powder and chop the pistachios. Add all the nuts into the bowl.
7. Mix all the ingredients well add saffron now. Wait until heat reduces to bearable amount to touch. Make lemon sized balls and shape them into round shapes. Decorate with pistachio and almond slivers.
8. Enjoy these delicious Laddoos with Ganesha this festival season.
9. Store in an air-tight container to maintain the crispness. Until next time

Healthy Cooking & Happy Eating



# Bharatiya Arogya Nidhi

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