



JVPG CLUB

Volume VI • Issue 7 • August 2016

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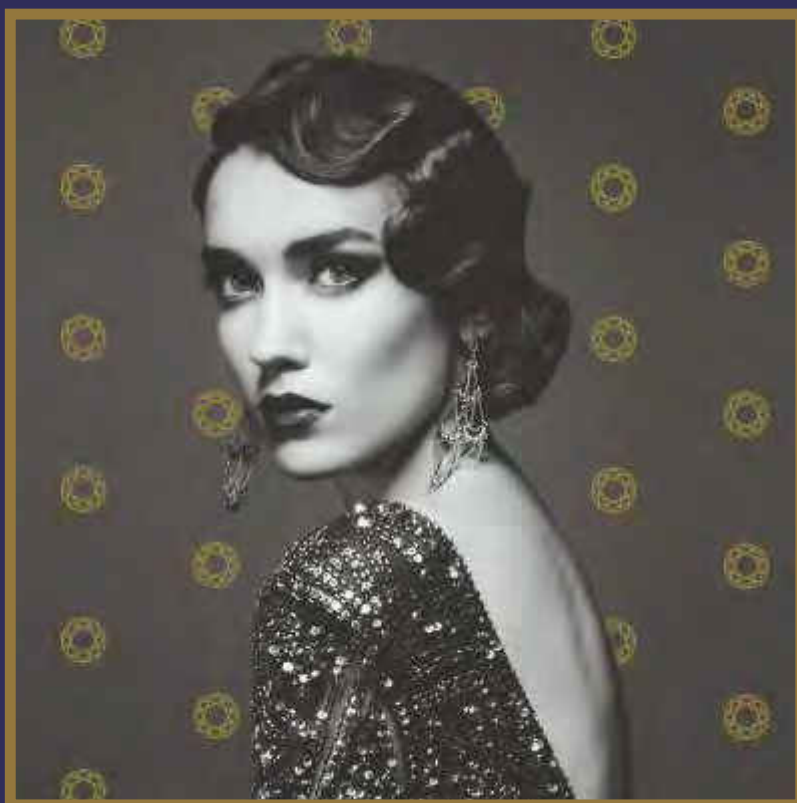
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Juhu Vile Parle Gymkhana Club



Volume VI • Issue 7 • August 2016

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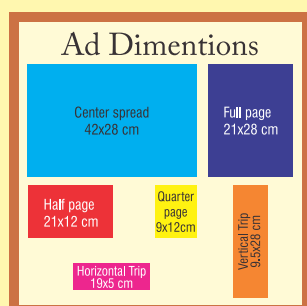
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## From the desk of the PRESIDENT



Shamit T. Majmudar  
President

My dear fellow JVPGCians,

Greetings, from the desk of an enormously excited and a very happy president. It's always a wonderful place to be at, when one brings good tidings.

With a gleeful stride in my step, I can unequivocally say, this is one of the best seasons at JVPGC. All departments are all guns blazing. Progress in administration and sports have never been so meticulously planned and achieved and we have such exciting plans in store for you. Let Sandesh be the proof of it. That is what Sandesh is all about, a common platform, a voice of JVPGC, the audit of all our efforts. And you will see many firsts in Sandesh.

But before I go any further, let's take a moment to respect and appreciate our teams of Managing Committee members, the office bearers, the chairmen and their troops without whose selfless acts of commitment our club would just have blank spaces in our activity calendar. You, like me, probably wonder when to schedule time to catch our breath from all the exciting activities: and we have them all to thank for the multitude of events that keep us engaged, enthralled and progressive.

June and July were absolutely exciting and now we have August here to greet us! August brings the cornerstone of Independence Day with all the excitement of national, state and local celebrations. Our freedom comes to mind as we think about the many choices we have available every day. I hope and wish for all of us to be able to have the courage to make the right choices and the determination to go through with them, against all odds.

Remember, you will always have someone to hear you and support you if there is absolutely anything you will need towards progress.

Together we can, and together we definitely will.

Wishing you all continued progress, immense satisfaction and a delightful Independence day.

***A special request to all members to follow are club's mandatory protocol and present your membership card / biometric fingerprint on entry at both the front and back gates. Also ensure that you are physically present and log in all your guests when they visit our club.***

# From The Desk's Of The Hon. Joint Secretary



Dr. Ojas D. Dave  
daveojas@jvpgclub.com

Dear friends,

The monsoons have arrived and how! While it is a time for celebration, it is also a test of waterproofing as far as the club is concerned. This is the season when promises made by various waterproofing specialists fall flat on their faces. Sadly, the club becomes a potential site for rain water harvesting. Unfortunately, we realize the shortcomings during monsoons when no remedial measures can be taken. However, due to the cooperation of members we are successful in running all sports departments with minimal stoppage.

Following numero us requests, i am happy to inform you that all our sports departments (except Billiards and Cricket) shall remain open for members up to 10.45pm. Hopefully, more and more members will be able to use the sports facilities offered by our club.

As you all know, the United Nations has designated 21st June as International Yoga Day. Our club celebrated the same in our club premises with a demonstration given by Senior Yoga Gurus Ms Hemangi Marathe and Ms Reema Vengurlekar from Kaivalyadham along with a participative session of the members present. It was a wonderful experience to see seniors and physically challenged members and their guests participating in the session. In spite of heavy rains, we had close to a 100 participants.

On 26th June 2016, members of various Yoga classes conducted in the health club presented asanas that they have learnt from their Yoga gurus. It saw a participation of almost 300 members.

For the very first time, a Joint District (City and Suburban) Carrom tournament was organised by the Table Tennis and Indoor Sports Sub Committee from 13th July 2016 to 17th July 2016. I would like to congratulate the entire Table Tennis and Indoor Games Sub committee for conducting the tournament so very well. Juhu Gymkhana saw the likes of Mr. Mohammed Gufram, World No. 2 as well as national and state ranking players fight it out for the top honours. A slam (start to finish) in the penultimate game of the finals sealed the title in favour of Pankaj Pawar thereby defeating the World No. 2 Gufram.

We, at Juhu Gymkhana are constantly striving to help our members and or their wards take their game to the next level. A step towards this was a fantastic 2 day seminar cum evaluation workshop that was conducted by Dr K Ganeshan a renowned Sports Physiotherapist based in Chennai 23rd and 24th of July 2016.

Mumbai Suburban District Badminton Association (MSDBA) ranking tournament is an annual fixture in our club. This year too, our club had the privilege of hosting the MSDBA Tournament. It started on the 25th of July 2016 and the finals were played on 31st July 2016. The event received nearly 300 entries. I was told that the MSDBA is the best district and they proved it by conducting this event without any flaws or complaints. It was a matter of pride that 2 children (Yuvraj Shah and Jahan Asher) in the Under 19 doubles category and 1 child (Aryan Ghosh) in the Under 13 singles category from the coaching program conducted in the Badminton court were silver medallists. Our club recognised their efforts by giving them a scholarship of Rs.15000.00 to Aditya and Rs. 20000.00 each to Yuvraj and Jahan. The feedback from the players and parents was extremely positive and they thanked our gymkhana for providing such fantastic hospitality. Kudos to the Badminton Sub Committee.

This year, once again our club has been allocated the prestigious 3rd Maharashtra State Ranking Table Tennis Tournament. As in the previous edition, it is safe to assume that we shall receive around 1000 to 1200 entries. This time around, in order to give them world class facilities, the Badminton courts shall be covered with special rubber mats. It is a norm to provide such flooring for National and International tournaments. Additionally, this year, arrangements for temporary air conditioning of the Badminton hall is being done to ensure that the ambient temperature remains at comfortable levels. I sincerely request you to take time out and come to watch these players in action. I sincerely hope that you will come and encourage the participants. Their parents and the players work all throughout the year so that they can better their previous performances. Applause is the only reward that they seek. I am sure you would take time out and visit the Badminton court during the event. The tournament starts on 10th of August 2016 and the finals shall be played on 14th of August 2016.

Finally, Champion of Champions 2016 is being planned to be held in the month of September 2016. We are trying to hold it in a slightly different format so as to make it more cohesive and competitive. Watch out for announcements soon.

Thus, friends, we have had an action packed July and August promises to be no less.

Till next time,

WISH YOU A ENRICHING SPORTS EXPERIENCE AT OUR CLUB!!



# From The Desk's Of The Hon. Secretary



Himanshu Gokani  
himanshu@jvpclub.com

*Greetings Folks ! And welcome to the water issue of Sandesh!*

*As I'm writing this month's secretarial note, I find myself in earnest retrospection, sipping on an exotic mocktail, enjoying some long over due family time, nestled in the heart of picturesque Goa.*

*Don't get jealous on me now, I can assure you, I have well earned these few days of respite.*

*I look at the beginning of August like a new year and the rain as a much-needed balm to ease a sometimes-aching heart, broken back and tired mind.*

*The weather outside is hypnotic; It's the middle of my favourite time of year— the monsoon. I love the powerful rain and the smell in the air, as the mud gets drenched. I also like having a logical reason to eat my favorite bhajias as often as possible. Simply rejuvenating.*

*And sometimes one needs to get out of the city and the club; apart from getting a birds eye view of things, be reminded why one loves both just so very much. A few days out and I am already, re-energized, tormented with withdrawal symptoms; cant wait to get back.*

*A lot has been accomplished at JVPGC over the last month. I will let this issue of Sandesh speak for that. And there is a lot yet to be achieved in the following months, miles to go before we sleep.*

*For now, the good news is that, the club is functioning smoothly and all the departments have moved up a notch. There is a wave of transparency in everything we do, and a thorough check on all systems, policies and accounts.*

*It gives me immense pleasure to revive an endeavor I had initiated in the past, when I was the Jt. Sect here at JVPGC. We had created the infrastructure within the club to assist our members to make their Aadhar cards. The process made simpler within our four walls. A lot of members had taken advantage of that opportunity, but I do believe a lot of us missed out on utilizing it as well. I urge all of you, my friends to make the most of this opportunity; the procurement of this very important document, made simpler, at JVPGC until the 16th of August 2016*

*We have also filled two very vital positions in the administration at JVPGC. We have appointed a new F and B manager who will be responsible for all banquet operations and we have further appointed a sports controller who will be solely responsible to ensure the smooth governance of all sports departments.*

*Along with JVPGC, Sandesh too, is getting better with each issue.*

*Apart from the stimulating regulars, the pages are getting filled with better meaningful editorials and I am sure this issue too will provide good food for thought; and action. Enjoy, and keep your fingers crossed for a long, wet monsoon season.*

*This issue consumed best with a wonderful beverage and some hot pakodas !!*

## Details of Aadhar Camp



We will be conducting "Aadhar Card Camp" from 2nd August 2016 for 15 days at Club premises. Following services are being provided

- |  |            |
|--|------------|
| 1. New Aadhar card                             | - FREE     |
| 2. Change of name, address, DOB and photo etc. | - Rs. 50/- |
| 3. Aadhar smart card with bar code             | - Rs. 60   |
- Members are urged to avail the facility.

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# EDITOR'S NOTE

**Nikhil Prabhakar Rao**

Editor and Chief

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**A**s I write this article I find myself strained to reflect on the inward eye. There is so very much happening in JVPGC. Such wonderful news to share with all of you. Being a jack off all trades, dabbling my fortune at all sport disciplines and being the eternal optimist, I pride myself in the belief that I am an ardent and active sports fanatic and enthusiast, who when given a fortuitous opportunity I always participate in the enhancements of all sporting disciplines.

However, being at the helm of Sandesh, the first lesson I have so modestly learnt is unpretentiousness. I have had the absolute immense pleasure of vigorously interacting with the office bearers, all my fellow chairmen and the way they in-exhaustively burn the midnight oil, in this, what I should reiterate as being an honorary thankless job; their laborious effort being just so very heartwarming and ever so extremely contagious. There is just so mucho much happening in every department and if the grapevine is to be believed, the next few seasons will see JVPGC catapult into being the preeminent destination for sporting enthusiasts and members of all ages and genders. I can jubilantly say that I am not alone in my attraction, pursuit and commitment to this instigate trigger.

Apart from each individual sporting realm organizing a plethora of undertakings (some already successfully implemented, which you will read about in the pages to follow), the well illuminated corridors are all abuzz with the proposition of our clubs annual athletic extravaganza; COC (Champion of Champions) scheduled to commence in the later part of August. All the sports sections will make teams of 8 or 9 participating players who will in representing that department, compete with each other in 8 sporting disciplines over a period of 3 weeks.

Being a chairman myself, I had the immense honor of being part of what I believe was the first chairmen's meeting with the governance of the club. A wonderful initiative addressed by the office bearers and presided over by our honorary Jt. Sect Ojas Dave himself. I have taken the liberty of lettering our minutes, for you all to stay abreast with our plans.

The Indigo bar perfectly positioned on the ground floor is now open to be booked and can host your very own private merrymaking celebrations all 7 days of the week, during the afternoon session. You can connect with the MSD on the first floor of the main building for particulars and reservations.

I can go on and on writing and sharing all I have been witness too over the last dramatic month, but in doing so, I would land up having one editor's note filling up 24 odd pages of Sandesh. Sandesh fortunately isn't just that. Sandesh is what we have been saying all along, the voice of JVPGC. A magazine "Of the members, For the members and most emphatically, BY the members". Featuring strong reporting, engaging writing, and stunningly beautiful photographs, Sandesh aims at being an indispensable common platform, a guide, for people who care deeply about JVPGC and what happens in it.

Hence, don't orphan Sandesh people, contribute into it !! Engaging and entertaining articles take readers around the world. With each issue, we aim at engaging our readers through sophisticated editorials, photography and design, and continually foster a dialogue that results in the creation of a magazine that truly reflects our members' interests and experiences.

With this magazine, we, the team at Sandesh have desired to do just that. Be it sporting accolades, infrastructural developments, policy changes and/or just your emotional and spiritual well being, you will read about all the wonderful occurrences successfully implemented at the JVPGC. We will brief you on all we plan to do over the next month and have some stunning articles from some of our discerning members, who like us, are committed to adding meaningful value to the lives of the community we all represent and are responsible for.

Read on !! Be amazed and more so !! Stay connected !!

Nikhil Prabhakar Rao

Editor and Chief

**Read Sandesh  
We Do Carry  
Meaningful Editorials**



# TRANSCRIPTS TOWARDS AN ATHLETIC FUTURE

Discussions Of All Chairmen With Joint Sports Secretary

— Nikhil Prabhakar Rao

The 22nd of June was a memorable day in the governance of sports science at the JVPGC. Was the day, the Jt. Secretary Dr. Ojas Dave successfully convened a meeting where most of the sports chairmen were present. His sole agenda being to promote the indomitable spirit of sportsmanship and competition amongst our members; building up a strong sporting infrastructure and revisiting the policies and guidelines that govern the sporting environment at JVPGC.

Being the chairman of the infectious lawn tennis sub committee, I had the pleasure of attending that meeting. Owing to successful businesses and other commitments it gets very challenging to get all chairmen together in one room at one time for extended hours post work. It was truly a delightful experience to see most present that evening.

In toe with me, my able sports fanatic counterpart chairmen representing the Squash, Table Tennis, Snooker, Health Club and Cricket.

The stage was set for what was going to become a significant round of very intense yet nutritious deliberations.

One might discover vigorous opinions with effect to what should be announced in terms of information in a periodical, be that any contentious focus, however, Sandesh being a voice of JVPGC, we established it only appropriate (and I sincerely hope I am not proven wrong) that the chronicles of the meeting be published for the members to stay abreast.

## So here goes...

The meeting was called to order at the predetermined time of 730pm at the conference room at JVPGC.

Apart from most of my fellow chairs, the President Shamit Majmudar and Joint Secretary Dr Ojas Dave were in attendance.

This is what transpired.. and hopefully what you all can look forward to being implemented in the immediate future.

## Encouraging Sports Amongst The Youth:

Apart from the normal memberships allocated amongst us all, the JVPGC has two more types of memberships especially for athletes.

Them being, "Playing memberships" and "Sports memberships". These are for outsiders who have excelled in their area of sport or, for promising budding talents who require

infrastructure to hone their skills and talents. The predominant reasons for granting these memberships (free of cost) are rather simple:

- ♦ The commitment of JVPGC to identify, support and promote the promising youth of the city, who have the willingness and ability to succeed, but unfortunately don't have the means or the infrastructure to assist and equip them to practice and excel. In return they would hopefully play under the announcement of the JVPGC banner and we as an institution would find impeccable pride in having been instrumental in steering an athlete's professional career.
- ♦ Secondly, we would bring in fresh and good talent to play at our club, for, and with our members; these go getters would in turn add value to the talent we already have by enabling our athletes to play with more formidable opponents/partners.

Now, if I am right in saying so, there is an inherent difference between a playing member and a sports member. A playing member is restricted to using just the department he has been given membership too, however a sports member, a more honored membership has the privilege to use multiple facilities at JVPGC.

Currently each department has the allowance to string in about 5 memberships. Most departments have availed of this facility and some are yet too. **The first point discussed was to encourage all departments to bring in the sports members towards a win win situation towards both the aforesaid visions.**

Further, it was pointed out by certain enthusiastic chairs that most clubs in Mumbai, don't necessarily have a cap on the amount of playing members they bring in.. the concept being, the more the merrier.. The governance was urged not just to change that policy and allow more sports members per department, but also revisit the fact that, this being an invitation to most achievers in particular fields, it remain free of cost, as it does exist in most other gymkhanas.

## Creating better opportunities and facilities for Club Aspirants:

A few decades back, JVPGC could boast of many national and international level achievers. All who trained and nurtured their talents within the four walls of our club. Something has changed over the past few years. We do not have very many talents emerging from our institution. The infrastructure if not better, remains the

same. Then what has changed? Have we roped in more members than we can handle? Have we predominately become a wining and dining oriented institution? Do we not do enough to encourage sports, coaching and competitive atmospheres amongst our active generations? Why is it that when a talent is recognised, we are unable to nurture and cultivate them? Provide them with the required coaching and infrastructure required to excel? Why do decisions take so long to be made and implemented? If life's only constant is change, then why do we at JVPGC find it so difficult to welcome and adopt best and next best global practices? Why is it, when a talent is recognized, that talent inevitably moves out of JVPGC (into other gymkhanas, as sports members) to practice and grow. We need to improve our policies, our infrastructure, we need decision making to be decentralized and delegated, we need to be equally committed to providing better facilities to our recognized talents and not fall prey to the criticism of certain members who believe they should be accommodated as and when they chose to be.

The point here being simple; yes all members have an equal right to use all club facilities during the clubs operating hours, however, we as a family should in the interest of developing our own talent, **allow for all departments to allocate and dedicate certain infrastructural facilities to promote sport**, which may sometimes, alter timings within the departments. Fortunately all chairmen were in favor of this initiative and were requested to write a communication on how the above can be made feasible in their own departments.

## Champion of Champions 2016:



COC, is JVPGC's annual athletic highlight. Once a year, all the sports departments make an internal team of 8 to 9 players who represent their department. We usually have 8 such departments who participate. Then two groups of 4 departments each are made and a round robin in contested between all the departments within the group. Each department competes against the other in all the 8 sports namely being, Lawn Tennis, Table Tennis, Badminton, Squash, Swimming, Snooker, Cricket and the Health Club disciplines. JVPGC has successfully hosted two seasons of COC over the past couple of years. However, with time we only aim to better the championships each year, with modifications and able suggestions. All the chairmen were requested to give their

suggestions regarding the format and method of team formation and their own department rules of the game for this season, which is proposed to commence sometime in the end of August and wrap up within a short span of just 3 weeks instead of the 4 odd weeks in the previous seasons.

Over and above the usual discussions of COC, games like carom and chess were proposed to be added to add more flavor and participation to the event. Also create carnival like atmosphere by organizing special events periodically through COC to make it more engaging and entertaining amongst both, the participating members and the spectators.

**A very welcomed suggestion was to look at the possibility of holding a Junior COC around this event.**

It was the recommendation of a few chairs to create a COC Core committee under the joint secretary comprising of 5 members, who would be responsible and have complete authority for the event. This was requested to be formed at the earliest.

### Coaching:

All the departments were urged to elevate their coaching schemes, with better infrastructure and methodologies conducive to not just introducing the sport to members but also creating JVPGC sporting icons of the future. More robust and customized coaching schemes must be made for beginners, intermediate and advanced levels of performing athletes. Further was discussed that along with playing memberships, we should explore the possibility of allowing outsiders if eligible to join our coaching scheme, with a marginally higher fee structure. We should further invite and initiate past and present greats of various sports disciplines to come and address our coaching students through coaching seminars, camps and clinics.

**Another fair point brought up for discussion was why is the club not subsidizing the coaching fees for the members.** In the past, this was apparently done, where the club would bear a percentage of the burden towards getting in superlative coaches and not have the members bear all costs. Ojas stated he would look into the matter and get back to us on the same.

### Extended Hours for all Sporting Departments:

The general consensus was that we are predominantly a sports club. However for inconceivable reasons we have all athletic departments close down by 10pm and we have a bar and banquets which stay open much longer on week nights and even longer on weekends. A lot of our members, who

work professions extended hours, find it extremely challenging to make it to the club during the current available timings. **Hence a unanimous resolution was passed that all the departments going forward will remain open by another 45 min to begin with.** Hence the new timings for all departments are now, 1045pm and the club going forward, instead of 10pm will shut at 11pm. All the respective markers and unions have been discussed with and this has already been implemented in all departments.

### Subcommittee Meeting Scheduling

**All the chairmen were requested to hold their sub committee meetings within the 1st week of every month** so that the minutes of the meeting can be forwarded to the office bearers and managing committee in the same month. This will ensure faster implementation of decisions.

### Budget Planning for the year

The President explained to all the chairmen the importance of making a budget and how to prepare the same. He has made a draft copy of what the budgets should look like and requested all chairmen to at their earliest convenience produce their annual budget requirements into the OBs in that requested format. **Once the OBs accept these requirements and get them approved by the managing committee, the same will be year marked kept aside for the department for the tenure mentioned, which then cannot be revoked unless the department doesn't need them.**

This would enable the departments to plan their year accordingly and also assist the governance and accounts department of the club to function smoothly. All the chairs present assure the OBs that they would get back to them with the required budgets.

### Introduction of Pickle ball into JVPGC:

Pickle ball is a sport quickly gaining momentum in India. JVPGC already boasts of having two Pickle ball champions at the state level and national level respectively. The chairs present were of the unanimous opinion that pickle ball be introduced at JVPGC. Since the space required is no larger than a badminton court, the option of launching it on the terrace of JVPGC was explored. **The chairs present requested the Jt. Sect to create a committee who would be responsible for this sport and immediately get it introduced.** Ojas assured us that he will immediately set it up.

### Introducing A Sports Drink Into JVPGC.

In a noble attempt at providing the athletes with energy during their games, the past governance had offered "nimbu pani" free to members in most departments.

It was stopped in a few months for many reasons, the two predominant ones being, bottles were filled and taken away, causing huge losses to the club and the people responsible for making it each day, were unable to maintain standardization of the quality.

Hence India's largest manufacturer of healthy sports drinks was called in to see if this could be resolved. Enerzal came into JVPGC and sponsored many a club endeavor like the national lawn tennis championship with monetary and kind sponsorships, the clubs marathon and the cricket gala festival. They further provided free sampling of the drink across all departments for about 10 days to get member feedback. **After a fantastic response from members and chairmen alike, they have submitted a proposal into the club for us to explore a tie up with them.**

Conversations are underway and we hope that a favorable conclusion will be reached real soon.

There being no other point, the meeting ended with a thanks to the chair.

These were the minutes of the first chairmen's meeting with some of the office bearers at JVPGC. Again, not all may be in favor of the minutes being posted, but one reiterates that this was an initiative done for many purposes. **Apart from the members having as democratic right to know what is transpiring in the decision making units, it also kind of urges the chairmen and governance of the club to deliver on the promises made.**

People are more likely to have confidence in their governance if decisions are made in a transparent and accountable way. We hope that the printing of this helps you all feel that our governance will act in the community's overall interest, regardless of differing opinions.

It also encourages us chairs to remember that we are acting on behalf of our departments and the community at large and helps remind us to understand the importance of having open and ethical processes, which adhere to the law and stand up to scrutiny.

Should any of you have any feedback with regards to the points made or decisions taken, or any content mentioned in this editorial, do not hesitate to get in touch with any of the chairmen who represent you, or the club's management who remain committed and available to serve you, at all times. Humane earthly times that is:)



# BADMINTON HOME TOURNAMENT

After a long extended break the badminton committee came up in full force to organize a home tournament from the 6th of July till the 10th July. The mastermind behind this was the chairperson Mr. Rajiv Soni backed by Mr. Aditya Pandya. One must have courage, humility, kindness and defiance to be a true leader and all this defines the chairperson Rajiv Soni. Marking history more than 230 entries were received for the tournament this year. Kids from the age of 7 till seniors aged 54 participated, which in itself is an achievement.



Rajiv Soni  
Chairman

The tournament boosted off with kids donning the courts. Young boys and girls played under various categories--under 10, under 13 and under 19. There was great hustle bustle on the courts on the first day. Participants were excited, skeptical and confident all in one go. A lot of participants had to go empty handed in the first few elimination rounds. Thursday and Friday saw some interesting twirls because there were some unrecognized talents that came ahead and won the initial rounds. Hidden warriors should always be feared coz they do not disclose their strategies to anyone and win battles no one knows anything about. Friday saw the end of quarterfinals. Few tears shed, few victories congratulated, few feared. Semi finals were held on Saturday. The courts were adorned by only the crème now, all of those who would lift the trophies. They feared themselves, feared their own opponents and feared their own partners. Sunday was the decider. History was written in Juhu gymkhana.

**Jahan Asher** won the title of the Men's singles, Upcoming Player Senior and Best Player Man. He has proved that talent has no limits. He never seemed shattered, he never seemed broken and he was the breathtaking mosaic of all the battles he's won. He lifted the trophy of "The Best Performer". A spectacular Semi-final was won by him and Ankit against Rajiv Soni and Varun Motasha who were the favorites. It was a match that will always



All the winners and runner-ups of the Home Tournament

be spoken about.

**Yuvraj Shah** proves that no super hero was born in a day. No one can weigh the sweat, the effort, the time that goes behind the scenes. It requires extreme dedication, unconditional love towards a sport. There is no shortcut for winners. He is a boy full of life and zest, is witty and humorous and has laser-like focus on his goals. It came as no surprise when he bagged 8 titles on the courts. He played 4 finals in the senior category and 2 in the junior category. Apart from winning the other titles he was also awarded the title of "The Best Player of the Tournament".

Warriors are not made, they create themselves through trial and error, pain and suffering and their ability to conquer their own faults. One such example is **Rohit Saraf**. He has never failed to prove his caliber on the courts. With well weighed punch-in times, unending smashes, an invisible shuttle zooming into the opponents court, power packed shots he kept the audiences mesmerized. He bagged the title of Men's doubles partnered by **Yuvraj Shah** and Mixed Doubles partnered by **Nishi Singh**.

Taking a look at the most successful player in women's category, **Mahek Nayak**, a very young and extremely talented girl bagged 9 trophies and 3 medals. She played under the category of U-13 girls, U-19 girls, Women's Singles, Women's Doubles, Mixed Doubles. A young

enthusiast, in whom people see the traits of Saina Nehwal, didn't buzz from her goal. Like Arjuna she kept her eye focused on the shuttle. She's a princess who doesn't just look pretty but also knows how to raise her shield and use her sword.

Playing is one kind of joy and winning is another and none other than **Priyanka Modi** can well affiliate with this saying. She won the Women's doubles partnered by **Mahek Nayak**. Her shuttle taps and smashes made her opponents fear her.

**Dr. Yash Lokhandwala**, the senior most players' contribution cannot go unnoticed. Age hasn't caught up on him and he still weaves the same magic on the courts. Though he lost in the semi-finals, his performance was a sight for the audiences.

Talking about veterans another name that pops up instantly is of **Gurucharan Chatta** who came in as a roaring lion and won the Men's singles in veteran category in a nail-biting match against his tough opponent **Ashish Rupani**.

**Aryan Ghosh** won the U-13 singles beating all the young talented boys and also lifted the trophy for U-19 Boy's Doubles backed by **Yuvraj Shah**.

Aim Academy had all the reasons to celebrate the victory of its students. Most of these winners like **Mahek, Jahan, Yuvraj** have been affiliated with this academy. This academy has dedicated coaches who spend quality time and energy on these aspiring





Winner of U/10 Girls Singles Prisha Jaswa



Winner of U/19 Girls Singles Mahek Nayak



Winner of U/19 Boys Singles Jahaan Asher



Winner of Mens Doubles  
Yuvraj Shah & Rohit Saraf



Winner of Veteran Doubles  
Ashish Rupani & Vishal Mathreja



Winners of mixed doubles  
Nishi and Rohit Saraf



Winner of Family Doubles  
Komal Shah & Yuvraj Shah



Winner of Upcoming player Girls  
Mahek Nayak



Winner of player of the tournament  
Yuvraj Shah

sports enthusiasts. They provide professional training to them and help them to achieve their dream goals.

Failure is a fact of life. In all competitive contexts someone has to lose and give way to the winners. The need is to enjoy the effort put by them on individual basis. The losers should not feel they have nothing to be happy about, rather they should learn from the winners where they lagged behind and come back next year with more zest and vigor. One needs to know that to achieve what you desire you should be ready to sacrifice anything and everything for it.

**U/10 Boys Winner :** Shom Mehta  
**Runner Up :** Anaan Vora  
**U/10 Girls Winner :** Prisha Jaswa  
**Runner Up :** Bhakti Kanakia  
**U/13 Boys Winner :** Aryan Ghosh  
**Runner Up :** Deviah Jain  
**U/13 Girls Winner :** Mahek Nayak  
**Runner Up :** Shreya Ishrani  
**U/19 Boys Singles Winner :** Jahaan Asher  
**Runner Up :** Yuvraj Shah  
**U/19 Girls Winner :** Mahek Nayak  
**Runner Up :** Suhani Pandya  
**U/19 Boys Doubles winner:** Yuvraj Shah & Aryan Ghosh  
**Runner Up :** Jahaan Asher and Nandish  
**U/19 Girls Doubles Winner:** Mahek Nayak and Aanya  
**Runner Up :** Suhani Pandya and Shreya Ishrani  
**Mens Singles Winner :** Jahaan Asher  
**Runner up :** Yuvraj Shah  
**Womens Singles Winner :** Mahek Nayak  
**Runner Up :** Anushi Desai

**Mens Doubles Winner :** Rohit Saraf and Yuvraj Shah  
**Runner Up :** Jahaan Asher and Ankit Munim  
**Womens Doubles Winner:** Mahek Nayak & Priyanka Saraf  
**Runner Up :** Anushi Desai and Nishi Singh  
**Mixed Doubles Winner :** Rohit Saraf and Nishi  
**Runner Up :** Yuvraj Shah and Mahek Nayak  
**Family Doubles Winner:** Yuvraj Shah and Komal Shah  
**Runner Up :** Rajiv Soni and Nilesh Soni  
**Veteran Singles Winner :** Gurucharan Chatta  
**Runner Up :** Ashish Rupani  
**Veteran Doubles Winner :** Vishal and Ashish  
**Runner Up :** Gurucharan Chatta and Sajid  
**Upcoming Player Jr Boys :** Aryan Ghosh  
**Upcoming Player Jr Girls :** Mahek Nayak  
**Upcoming Player Senior:** Jahaan Asher  
**Upcoming Player Senior Girls :** Mahek Nayak  
**Best Player Men :** Jahaan Asher  
**Best Player Women :** Mahek Nayak  
**Best Player of the tournament:** Yuvraj Shah





# Serving Up More Aces At Lawn Tennis

— Nikhil Prabhakar Rao

**T**he MCF Gymkhana is a delightful club nestled in the heart of Borivali, Mumbai. Over the past few years it has

been gaining considerable repute for hosting state of the art lawn tennis tournaments; which have of dawn seen the very elite talents from across the sub continent come and compete.

This year I had the pleasure of being invited to play the 40+ men's doubles. My



very first year in this age group. My current 40+ partner at JVPGC whom I would have otherwise played this tournament with, was traveling and it was he who suggested I play with one of India's paramount veteran doubles players Mr. Bhushan Akut. I wasn't too sure if Bhushan would accept my request of playing with me, but to my euphoric surprise he did.

The draw was made. The weekend was set. The 3rd and 4th of June 2016. Our date with destiny.



India's no 1. Ranked player in this age group was playing this tournament as well, and was rightfully seeded one and were hot favorites by far to lift the championship. To my astonishment, Bhushan and I were seeded 2; entirely accredited to Bushan's successful past prowess's on the lawn tennis court.

The stage was set. Both our teams successfully progressed through our respective draws, playing about 4 matches each day over that weekend towards a final showdown, which no one would have expected.

Once the finals commenced, the first set went as per destinies plan; we were all but annihilated by our opponents, who gave us a beating we would like to forget in a hurry.

An "add all" one-point sudden death scoring pattern (instead of the usual 40 40 deuce format) at this tournament, secured us an early break in the second set. The celebrations of the top seeds, seemed like they would have to wait a

little longer as holding all our service games from there on, we won the second set and pushed the match into an exhilarating final super tie break. The first to 10 points, with a minimum difference of two points would be crowned the undisputed Champions of the MCF 40+ doubles.

As the tie-break commenced its oscillating journey, point after point the drama unfolded. A few moments later we found ourselves at 5/9 down, facing the barrel having handed our worthy opponents 4 championship points.

From there on what transpired was nothing short of a miracle. We dug deep,



the fighter instinct of not wanting to give up kicked into Bhushan, which he so efficaciously and immediately passed onto me. We decided we weren't going to lose this; not after having come so far, our opponents would just have to win it by their own racquets. To our overwhelming joy, the moment got to our opponents too, who chocked and were just unable to cross that finishing line and win one more point from there on.

Bhushan and I dug deep, point by point, cheer after cheer we miraculously fought our way back and in saving all those match points against us, now found ourselves match point up. A nervous volley into the net by our opponents gave Bhushan and me our first title together.

A moment I will be thankful too, to a lot of people, especially Bhushan Akut for believing in and partnering me through this tournament, thankful to my family and friends for always encouraging me to compete and largely to the tennis fraternity at the JVPGC who match on match through calls and smses, kept adding the fuel to my fire to wanting too succeed. This glory is as much all theirs, as it is mine.

The MCF, All India 40+ Men's Doubles Championship comes to JVPGC for the very first time folks.. a true proud moment for us all !! And we would love to share it with you all

along with the celebrations so magnanimously organized for us by our lawn tennis fraternity.

Thank you!!  
An honor being part of this family !!



## Ace:Veer Shah Gen.Next

**T**he JVPGC, especially the Lawn Tennis department is very proud of our new found talent Veer Shah.

When the new coaching scheme "Aspire" was being conceptualized at the club, there were many deliberations on the willingness and ability to develop and nurture professional talent. Based on the limited infrastructure of just two courts and the want of over a 100 students to be part of the new raving coaching scheme, many conversations huddled around the coaching predominantly requiring to focus on purely introducing the sport of tennis to the members and some around the fact that we must also create, nurture and develop sporting professionals; a challenging task met head on and delivered by the head of the tennis coaching portfolio Sanjeev Shah and Isha Lakhani our very own coach at Aspire.

A few short months into, Veer remains our very first success story. Consistently competing and prospering have now become part of his winning ways.

In the second week of June Veer participated in the All India Lawn Tennis Championship Series 7, in the doubles boys under 14 category held in Mumbai. We were keenly following his progression through the rounds all the way to the finals.

Being part of the Lawn Tennis sub committee and the editor of Sandesh, it was my privilege to have been invited to witness the finals in which Veer so fiercely competed. The only heart-wrenching occurrence that morning was that Veer did not win the tournament, but in retrospect he won a whole lot more. He amassed a great deal of confidence and experience which we are sure will hold him in very good stead, as he is sure to



compete in many many such finals in the near future; he earned the immense respect and adulation of all who were present with he untiring effort to never give up until the very last point was played. And above all the crowd there witnessed one of the greatest assets a competitive athlete should possess and sometimes can never acquire through their entire professional career. To be absolutely gracious in defeat.

Veer, the tennis department, the sports fraternity and all of JVPGC stand up and applaud you in recognition of the immense hard work you put in every day, the remarkable visible improvement and progress you have made over the last few



months and we wait anxiously enough to see you realize your enormous potential and bring back cargoes of plaques, plates, shield and trophies with you.. We have reserved a special place at the tennis courts to display all your winnings and celebrate your success. A special round of applause goes out to Sheetal and Devang, Veer's parents, physically present each evening at the tennis courts; who leave absolutely no stone unturned towards Veer's inevitable success.

Kudos !! Veer Shah !! Very Proud and we at JVPGC will work harder with you, your family and coaches to ensure you realize your full potential. For now, enjoy the moment and take a bow !!



# Doc: Himanshu Bhatia Continues To Inspire



— Himanshu Bhatia

International Tennis Federation (ITF) Seniors World Individual Championships singles finals were played in Helsinki, Finland in July 2016. India's very own MayurVasant had a "fairy tale" run to reach the finals by getting past the top seed Mike Tammen of USA in the semi-finals.

Mayur finished as a runner up in the World Individual Championships, but on the way, inspired many tennis lovers in the Indian tennis circuit to dream of playing more tournaments nationally and internationally.

In order to felicitate MayurVasant, Goregaon Sports Complex, (GSC) and its tennis department lead by Ajay arranged a 1 day "Lucky doubles tournament" where 32 teams were paired to play a highly skilled format of "best of 12 points, with no first serve". Pete Sampras and Roger Federer believe "a player is only as good as their second serve" and this format was going to truly test that.

From JVPGC, we had 2 participants, Joy Mathews, Juhu Gymkhana's tennis guardian, and Himanshu Bhatia (Doc) .....

Joy and I were paired into separate teams with their respective partners. While Joy managed to reach the quarter finals, no one had actually given a chance to me and my partner Shailendra Singh as we were not regular on the tournament scene. Quietly but steadily, Shailendra

and I beat 3 favourite teams along the way to reach the "finals". Each of the three favourite teams had star players of the tournament and this resulted in frenzy of "shocking upsets" within the tournament venue.

In the finals, we were up against a tennis marker from GSC (Nirmal) and the super steady Mr. Gujrati. We made a great start being 3-1 up in the final tie-break, but soon found ourselves down 3 match points at 3-6. "When the going gets tough, the tough get going". Taking inspiration from Juhu Gymkhana Tennis Chairman, Nikhil Prabhakar Rao's recent doubles win after being in similar situation (coincidentally of 4 match points down), we steadied the ship by winning 3 continuous points to make it 6-6. The match had only begun, and after some real close points, the final victory for us came at 12-10 in the tie-break.

From being a team who were given no chance of winning, Doc and Shailendra pulled off a brilliant victory from brink of defeat. Mayur Vasant congratulated the champions and said that "age is no barrier and it is this kind of spirit of never giving up" that is required to participate and succeed at ITF level.

Following this, MayurVasant was felicitated with a Silver plate to honour his second position at the over 55 ITF World Championships.



I dedicate this win to two mentors (whom I have known since I was age 10). Firstly, Joy Mathews, who is the man behind encouraging all tennis players at JVPGC to play as many tournaments as possible. Secondly, Neelkanth Damre, who has been a regular hitting partner and guide over the last year.

**My message to younger players is that "you can be coached to play, but you cannot be coached to win, and that is possible only by playing tournaments" so happy tennis to everyone.**







Natasha Kunil Baig

## Tickle Tall With Pickle Ball

**P**ickleball is a serious competitive sport with a funny name. The sport was played first in Seattle in 1965.

Pickleball is a hybrid racquet sport that combines elements of tennis, badminton and table-tennis. The rules and equipment have been modified to make this a fun filled all-age compatible sport.

Pickleball is played on a badminton sized court with the net brought down to the height of a tennis net. It can be played both indoors and outdoors. It is played with a paddle approximately twice the size of a table-tennis bat and the ball is a whiffle (hard plastic) perforated one. It can be played in either the singles, doubles or mixed doubles disciplines.

Pickleball is the fastest growing sport in North America and Europe.

Pickleball in India is in its infancy, but has tremendous potential for growth. AIPA (All India Pickleball Association) is a premier body that promotes Pickleball at the grassroots level.

Recently a tournament was organized by the Mumbai District Suburban Pickleball Association on the 24th July 2016 at the Khargymkhana's badminton courts.

This was the selection tournament for the state championship

Entries were received in the following categories and numbers:

**Mens Doubles :** 16 Teams

**Womens Doubles :** 6 Teams

**Mix Doubles :** 6 Teams

**Mens Singles :** 12 Entries

**Womens Singles :** 6 Entries

Keeping with the dominant athletic brilliance of JVPGC, our very own Natasha Baig, a name to be reckoned with on the badminton courts back in the day, won the mixed doubles title along with her partner Atul.

Our all rounder duo of Rushab Mehta and Dron Bakai conquered the 4th seeds in the quarter finals and played for the coveted third spot against the other semifinalists. They won comfortably to bring home their bronze medal.

Last year's winner Manish Rao (top seeds) posted this on the face book " Well played Dron Bakhai and Rushabh Mehta ...it was a

treat watching you guys...I have seen the way you have improved...well done really a proud moment for the podium finish "

JVPGC has recognized the potential of this sport and in continuing to bring world class sporting environments into our premises has actively begun work towards introducing Pickle ball within our walls.

Heartiest congratulations to Natasha, Rushab and Dron for making us very proud and bringing pride and glory to themselves and JVPGC.







# Felicitation of Hon. Governor P.B. Acharya

— Nikhil Prabhakar Rao



When one looks back on the glorious history of JVPCG, one reminisces many occasions to glance back on with pride. And then again, in those delightfully pleasing flashes of nostalgia some moments stand out above all else, as outlining definitive moments in time.

The 7th of July was one such celebrated day, one that will remain etched in our memory eternally. It was the date, the club got together in one cohesive voice to honor, salute and felicitate his Excellency Padmanabha B. Acharya, Governor of Assam and Nagaland.

The dictionary defines a Felicitation as: when you congratulate someone on something they have done or achieved. It should also add the fact that a felicitation is more essentially also about being thankful for the work they have done for humanity. We won't attempt at penning down all what his Excellency has done for society cause we would embarrassingly run out of paper.. but we remain eternally privileged to have had the honor of spending an evening with him and humbled by his presence.

*Speaking of humbled, one must say, when the honorable governor visited our club, being a member as well, the first thing he did was to show his club ID card at the reception. On expressively telling him he absolutely didn't need to do so, being our guest for the day, he stated that he was also a*

member, and just like any other member is expected to do so, he too believed in following rules regardless of who he was.

Nothing further be said in honor of that act. Something we all can learn so very much from!!

His Excellency reasserted his belief and pledge towards women's rights, empowerment, welfare and the eminent need to uplift their opportunities in society. *JVPGC contributed a modest sum of Rs.1 lakh towards this extremely noble cause.*

**PS:** A special vote of gratification to our fellow member Mr. Dwirek Raj, ex-president who was extremely instrumental in making this evening see the light of day.







# 1 STEVER

## JVPGC JOINT DIST. CARROM TOURNAMENT 2016-17



The game of carrom is believed to have originated from the Indian subcontinent. It is believed that carrom was invented by the Indian Maharajas. It became very popular among the masses after World War I. State level competitions were being held in different States of India during early part of the nineteenth century. Serious carrom tournaments may have begun in Sri Lanka in 1935 but by 1958, both India and Sri Lanka had formed official federations of carrom clubs, sponsoring tournaments and awarding prizes



Jigar Rambhia  
Chairman

Our Club, known to have hosted some of the finest tournaments across sports like Table Tennis, Tennis, Badminton and Squash among others, had never hosted a Carrom Tournament ever! When the TT and Indoor Sub Committee decided to host a Carrom Tournament, we weren't sure whether players would come and participate and if yes, how will the tournament turn up

To our surprise, a total of 264 entries across Men and Women categories were received and the tournament had to be conducted over 5 days versus 3 days which was originally planned for! Some of the best players in the World & India like Kajal Kumari, Sandeep Deorukhkarm, Mohammad Ghufraan and Ayesha Mohammed participated

The finals on 17th July 2016 were held at the Activity Hall, with Pankaj Pawar winning a very closely fought match vs Mohammad Ghufraan. In the Women's



category Kajal Kumari getting the better of Ayesha Mohammed

The finals were attended by Dr. Ojas Dave, members of the TT and Indoor Games Sub Committee and members of the Maharashtra Carrom Association (MCA) and Mumbai Upnagarjilha Carrom Association (MUJCA). Mr. Arun Kedar, former National Champion and India's Best Carrom Player was very happy with the arrangements and thanked JVPGC for hosting the tournament and popularizing the sport!

Our club has promised to make this an annual event and also hope to host an International Tournament in the near future!

A special round of applause goes out to Jigar Rambhia and his team for conceptualizing and successfully implementing such remarkable tournament.



### The Winners

Men's	
Position	Name
Winner	Pankaj Pawar
Runner-up	Mohd Ghufraan
3rd	Prashant More
4th	Yogesh Dhongade
5th	Sandeep Deorukhkarm
6th	Rajesh Gohil
7th	Vikas Dharia
8th	Sandeep Dive

Women's	
Position	Name
Winner	Kajal Kumari
Runner-up	Ayesha Mohamed
3rd	Radhika Joshi
4th	Nilam Ghodke
5th	Maitreyee Gogate
6th	Mitali Pimple
7th	Janhavi More
8th	Pragati Birge







Ketan Barai, President JVPD Assn. handing over trophy to the winning team

## JVPD ASSOCIATION CRICKET LEAGUE 2016

**W**hat a wonderful day night cricket match was celebrated on the 28th May 2016!

JVPD Association of the 14 co operative societies organized a day / night cricket tournament for plot holders and residents of JVPD societies and some special invitees to bring back the memories of growing up and playing cricket at Bhailal Patel Ground.

Players of different age groups (fathers and sons alike) participated playing together in same team and enjoyed the event with more than 700 visitors and around 80 players encompassing all teams.

Guests enjoyed themselves immensely and have been sharing their delightful experience with compliments with regards to what an exceptional time they had. They absolutely loved the arrangements. The whole event was telecast live on 7 Star's cable network.

Spectators enjoyed the electrifying atmosphere enriched by the live commentary, delicious food, soft drinks and music. President Ketan Barai thanked all the sponsors for magnanimously contributing into this tournament.

It could not have been a more successful evening and the weather turned out so beautiful for family and friends to enjoy an evening on the field and meeting some members after a few decades.



Ketan Barai felicitating chief guest Shri Dilip Patel (Corporator)



Sec. Shri Maloy Bhatt & Harin Trivedi welcoming Shri Jairajbhai Thakkar



The core committee members along with Ketan Barai on behalf of the Association, Harin Trivedi, Dilip Patel, Ojas Dave and Sanjay (Members of JVPGC) & Manish Parekh, Vishant, Avinash, Jay Jariwala (Resident n Sp invitees of JVPD) worked hard on coordinating the many details that went into creating such a wonderful gathering and successful event. The field looked absolutely gorgeous and attention of the crowd who took interest in every detail that created such an inviting atmosphere for our guests Hon Corporator Shri Dilipbhai Patel, Actor Shri Tom Alter office bearers and committee members of JVPD Association, JVPGC graced the occasion along with JVPD Residents.

They hope to enjoy many more magical and memorable times at the same venue

after Diwali with night football, cricket and new adventures sports.

### Name of Teams

1st match between JVPD XI v/s JVPD Residents

Winner of 1st match is JVPD Residents (Man Of The Match Karan Shah)

2nd match between Hatkesh XI V/s Swastik Raising

Winner of 2nd match is Hatkesh XI (Man Of The Match Vishal Parekh)

3rd match between Vallabh Warriors v/s Navyug Lions

Winner of 3rd match is Navyug Lions (Man Of The Match ...)

Adishv ar)







Treasurer Smt. Jayshree Goswami and Vice President Parmjeet Ghai cheering the crowd

#### SEMI FINALS

Hatkesh XI v/s JVPD Residents  
Winner is JVPD Residents (Man Of The Match Karan Shah)

#### FINAL

Navyug Lions v/s JVPD Residents  
Winner of JVPD Premier League 2016 is ..... Navyug Lions  
**Man Of The Match** (Manish Parekh)  
**Best Batsman:** Adishvar (Navyug Lions)  
**Best Bowler:** Jitu Uncle (Hatkesh XI)  
**Best Fielder:** Adishvar (Navyug Lions)



# JVPGC CHAMPIONS

In Kanga League 'E' Division 2014-15



Sanjiv Shah  
Chairman



## Cricket: Monsoon Fitness Camp

The Cricket Department takes this opportunity to announce the 2016 Monsoon Fitness Camp for all ages under the professional guidance of head Coach Mr. Sanjay Khamkar and coach Mr. Uday Tank.

The fitness camp will be followed by a Monsoon Cricket Camp beginning in August 2016 and the regular Cricket season is scheduled from October to March.

All sports lovers and cricket enthusiasts are invited to enroll; participate and get an opportunity to represent our prestigious club in the Inter Club Friendly Matches and MCA Cricket Tournaments.

The following age groups are invited - Beginners; U-10; U-14; U-16; U-19 and Seniors.

For more information call Mr. Uday Tank or the MSD







## *Yoga, Connecting The Body, Mind & Spirit To The Higher Consciousness*

### **Yoga; It's Meaning and It's Origin:**

Yoga: Derived from the Sanskrit word yuj, Yoga means union... to join... to connect the individual consciousness or soul with the Universal Consciousness or Spirit. It's the aligning of the mind body and spirit. It's about activating the energy centres in the body. Yoga is a 5000 year old body of knowledge with commentaries and interpretations by many. Physical exercise where people twist, turn, stretch and breathe in the most complex ways, these are actually only the most superficial aspect of this profound science of unfolding the infinite potentials of the human mind and soul. Through Pranayama... Different breathing disciplines with its locking techniques (bandhas) in asanas, has proven to have various health benefits and is a therapy for numerous ailments. But this is just one of the aspects of Yoga. Yoga is far larger a subject; keeping the body fit and using it as a vehicle to align one's body and mind to evolve and connect to the larger pool of Cosmic energy is the goal. It's spiritual and not religious in its form.

### **Yoga; It's Recompenses**

Much of the medical community regards the results of yoga research, as significant.

There has been an emergence of studies investigating yoga as a complementary

intervention for patients suffering from most ailments. Yoga has proved to help issues like balancing sugar levels, cardiac and brain ailments, circulation and balancing hormone levels.

Yoga for children too, is claimed to be an excellent training, both as a form of physical exercise and for breathing, focus, mindfulness, and stress relief: many school districts have considered incorporating yoga into their P.E. programs. The present government is encouraging Yoga as an agenda in its national program.

**World Yoga Day:** was celebrated at the JVPGC on Sunday the 26th June, 26th 2016 at our Activity Hall.

**"Spearheaded by our human development enthusiasts being our Hon. Sports Jt. Sec. Ojas Dave, Anil Mahesh and our very own health club sub-committee currently being chaired by my dear friend Manoj."**

### **The Forethought and Theme:**

The JVPGC presently boast of 11 active yoga classes and 4 incomparable yoga teachers. Three of these four yoga teachers participated at this event and added immense value by presenting yoga "Asanas" with their respective students.

Our existing members began the day by demonstrating the benefits of yoga to the

new eager members gathered. The idea being to ceremoniously commence the day's proceedings by exhibiting our success stories, well yoga's success stories.



Manoj Raveshia  
Chairman

### **The Conductors, Their Teams and Their Teachings;**

The first demonstration was conducted by teacher Deepti Raval and her collect of 8 disciples who demonstrated yog asanas like sarvangasan sirshasan, baka asana and many more, which were much-admired by all present.

The second very informative and assistive demonstration was steered by teacher Kutti and he aired the profits of Mayur asana, Sirshasana and how Yogasanas help to balance sugar levels and help in balancing the mind and body. His teachings too were demonstrated by his own set of pupils.

Rupen Balotia, instead of just being observers, invited the audience to participate and experience yoga first hand.

Ninety-nine of his students demonstrated the F5 discipline that he has created & tutors. F5 is a fitness program, which mixes different disciplines like Yoga, Pilates,







Aerobics, various Martial Arts and different breathing technique. The paybacks are a strong body, calm mind and better circulation.

### **The Success Story and Its Celebration:**

The partakers thoroughly enjoyed their involvement and were later treated to a wholesome complimentary breakfast of steaming hot idlis and coffee.

### **The Commitment to A Cause:**

Our joint secretary Ojas Dave encouraged the endeavor by proclaiming to have a yoga day on the 21st of each month, as declared by the Prime Minister Narendra Modi.

As a testimonial to encourage members to practice yoga, it give us immense honor to share one of our greatest success stories.

### **Testimonial from Amisha Shah, Age 42 Years.**



**Q:** Amisha, could you share your condition with us and also enlighten us with its severity and how have you been successful in coping and dealing with it?

**Amisha:** Since birth I had an undiagnosed condition, wherein mornings were normal but as the day progressed, my muscles would get taut and I would not be able to eat or drink, walk or even talk.

My father being the Chairman of Arogya Nidhi Hospital, was able to get me the best medical care available. A battery of doctors from London and Mumbai were constantly trying to help me deal with this very rare condition.

This as unique as it was, the doctors initially thought I was suffering from cerebral palsy and myasthenia gravis. (Shri. Amitabhji has got it too). But later by the age of 12, professor Dubowitz from Hammersmith Hospital finally diagnosed me with Dopa Responsive Diurnal Dystonia and Mitochondrial problem with Carnitine deficiency wherein muscles get tight and stiff after a period of time; and hence I was put on medication.

Though the doctors had given up and told my parents I will not be able to write or walk, my parents never gave up on me. They worked hard to make me independent but I was limping till then.

Then I luckily chanced upon Rupen Sirs class and though I was doubtful at first, I literally dragged my feet and attended his class religiously everyday.

When I joined his class in July 2015, I used to drag my foot; I had a balancing problem, speech issues and emotional imbalance. One of my biggest challenges being; falling down when I attempted to walk. My speech was garbled too.

I still remember, the very first day I fell flat on my face but his assistant helped me up and helped me a lot since. Under the special attention and assistance given to

me by his senior student I continued my F5 class sincerely and within 4 months my parents were surprised with my progress. He also asked me to do certain exercises more than the others. I also joined his Aqua Yoga class that helped me to relax and strengthen my muscles.

The doctors were also amazed, as I could walk and my facial muscles too got relaxed. It has been a year that I have not fallen down even once.

I cannot thank Rupen Sir enough.

May God bless him and may his sincere and dedicated work heal as many as possible. He was God sent for me.

### **Q: What is F5 discipline?**

**Amisha:** F5 is a unique fitness program, created by Sir Rupen Balotia, which mixes different disciplines like Yoga, Pilates, Yoga with karate movements called KaraYog, Yoga with Tai-Chi and Tao breathing. The benefits are a strong body, calm mind and better circulation. You have to try it to believe it.

This is unique and has helped a lot of students with various issues like Parkinson, diabetes, heart diseases, insomnia, joint pain and many more. I urge each person to try his class to believe in it's therapy.

Thank you Amisha Shah for sharing your story and your eventual success story with us all.

May good health be with you always.







**E**lectronic commerce, commonly written as eCommerce, is the trading or facilitation of trading in products or services using computers, digital means and networks, such as the internet. In simpler words, anything that is bought and sold digitally or online, construes to be eCommerce. Examples of eCommerce are – buying movie tickets online, purchasing products online, purchasing air or train tickets online or purchasing newspapers online etc.

eCommerce was pioneered by one of the largest companies in the world – Amazon Inc. Amazon started eCommerce in the United States in 1994 and thereby expanded its reach to more than 27 countries globally and now has become India's largest eCommerce company. Its quality & authenticity of products, customer service, delivery times and customer trust are unparalleled to others. Amazon has not only changed the way Indian customers buy or sell, they have also changed the way Indian businesses trade online by debottlenecking the distribution layer.

Here is how big eCommerce or online sales has become in such a short time. In the United States, eCommerce or online sales accounted for \$341 billion or Rs. 2,216,500 crores. Compare this to \$4.71 trillion or Rs. 30,615,000 crores of total online + offline sales in the United States. This means, eCommerce or online sales contributed to 7.2% of total sales.

Now lets compare this with India. In India, eCommerce or online sales accounted for \$7.7 billion or Rs. 50,050 crores. Compare this to \$818 billion or Rs. 5,317,000 crores of total online + offline sales in India. This means, eCommerce or online sales contribute to merely 0.9% of total sales.



## How big is the internet and how are we so connected in India?

India has a population of 1,237 billion of which we have 907 MM mobile subscriptions, with 15% of these subscriptions being for smart phone.

India has 232 MM internet user, which is the 3rd largest in the world after China and U.S.

India is the 2nd largest market for Facebook with 112 MM monthly active users, just behind US.

India is the 2nd largest market for LinkedIn with 24 MM monthly active users, just behind US.

India is the largest market for WhatsApp with 70 MM monthly active users.

Before we get into a complete discussion of e-commerce, it is helpful to have a good mental image of plain old commerce first. If you understand commerce, then e-commerce is an easy extension. The exchange or buying and selling of commodities/services on a large scale involving transportation from place to place. So commerce is, quite simply, the exchange of goods and services, usually for money. We see commerce all around us in millions of different forms. When you buy something at a grocery store you are participating in commerce. If you go to work each day for a company that produces a product, that is yet another link in the chain of commerce. When you think about commerce in these different ways, you instinctively recognize several different roles – Buyers, Sellers, Producers and Retailers.

Once the eCommerce website receives the confirmation, they simultaneously do a few things: (1) Send a confirmatory email to the customer that his order is confirmed and it's on its way to delight him; (2) Send a packer and shipper to the seller's warehouse to pack and ship the products ordered by the customer; (3) Keep the customer updated on where his order has reached on real time basis. The shipper is a delivery agent of the eCommerce website and he delivers the product to the customers doorsteps. At the point of delivery, money is collected from the customer and he is gratified.



# PHISING

## INTRODUCTION

With the increase in Information Technology within the nation, banks are now providing a number of options to their customers for convenient banking. Thus, online banking using Netbanking/Mobilebanking/Online Credit Card transaction are on a rise. Similarly, online fraud techniques used by fraudsters to defraud the customer are also on a rise in recent times.

Although, banks are regularly pushed by regulatory to implement adequate security controls to prevent such frauds but as seen within the recent trends, employee is the weakest link. The only method to protect the customer is through constant awareness. This article is focused to provide customer awareness from online fraud so that they can protect themselves from being defrauded and prevent loss of their money.

Banks have implemented controls like user ID, password, One Time Password (OTP) which are sent on Email or Mobile and Secret Questions (SQ) for security of the customer. Fraudsters have understood that breaking technical bank controls are difficult so they have started targeting customers, through Social Engineering attacks, which are the weakest link.

Social engineering attacks are a technique of manipulating innocent users/customers so that they divulge sensitive information which can be later on misused by the fraudsters to transfer funds. Fraudsters exploiting such tactics of human interactions, and human's natural ability to trust others, for gaining confidential information are called Social Engineers.

The Social Engineers usually trick users/customers into giving them their user/customer ID, passwords or bank information, Debit/Credit Card Numbers, Expiry Date, CVV number and OTP by contacting them via various channels like phone, email or SMS. These techniques are respectively called Phishing, Smishing and Vishing.



— Rajan Chheda



(Below are some security tips to protect your account from Phishing, Vishing and Smishing attacks)

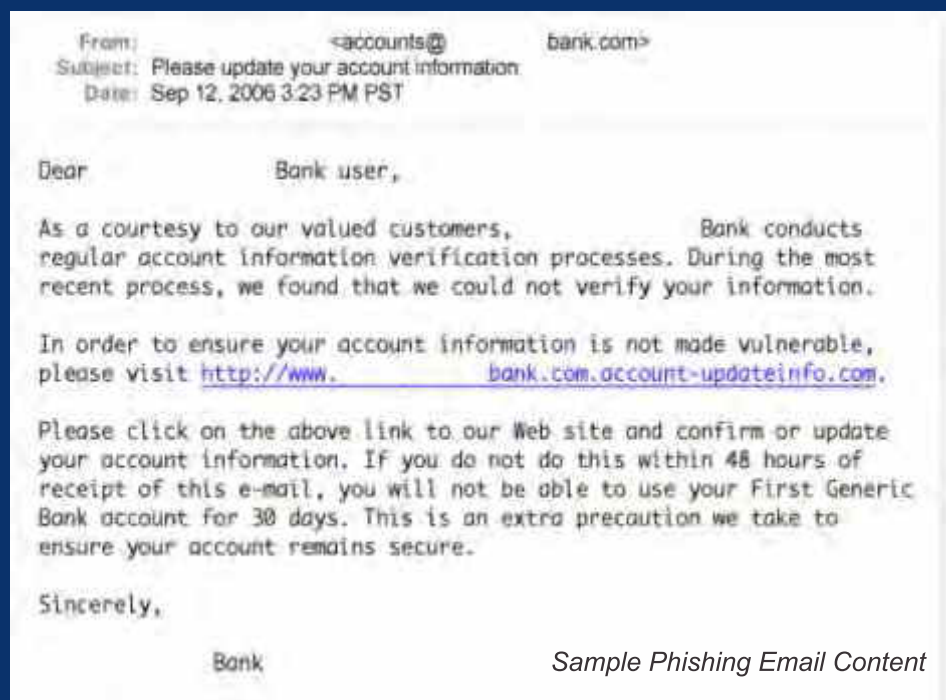
Phishing is an attempt to trick users into revealing sensitive and confidential data through fake emails and websites by luring them.

- Type your internet banking URL. Always access the bank's website by typing correct URL in the browser.
- Check for a locked padlock and https:// at the beginning of URL



while conducting any financial transaction.

- Change your Netbanking password frequently. Use different passwords for different accounts. Never allow browser to remember your password.
- Beware of URLs starting with numbers. E.g. <http://1248395.www.bank.com>.
- Avoid clicking through emails. Do not click on the links / attachments within emails from unknown senders.
- Report suspicious email received to your bank so that they can analyze and understand the fraudster.



Sample Phishing Email Content



Vishing is a technique where fraudsters trick the user into divulging sensitive data pretending to be someone else over a phone call.

- Do not share your sensitive details. Never disclose your confidential and personal details such as customer id, account number, card number, passwords, OTP, PIN etc. over a phone even if the person claims to be your bank's representative.
- Verify who the caller. Ask him enough questions to be absolutely sure.
- Do not trust the caller ID. It does not guarantee the call is really coming from that number or company.
- If the caller is urging you to act or respond urgently, stop, think and then act.
- Contact the company / bank directly for verification. Fetch the number from the given brochures or trusted website.

Smishing is similar to phishing, but refers to fraudulent messages sent over SMS rather than email to trick the user into divulging sensitive information.

- Beware of any links included in an SMS. Do not click on the links within text message, especially if

they are sent from someone you don't know.

- Do not reply to an sms from unknown sender. Never respond to text messages that request sensitive or financial information from you or to offers of huge sum of money.
- Check timely alerts / messages from your bank. Make sure all the transactions are the ones you authorised.
- Beware of sms from non-cell number. E.g. '5000'.

- Block the sender. Check for options to block future text messages from specific senders.

**Please Note:** Bank never asked for any customer sensitive information like passwords or bank information, Debit/Credit Card Numbers, Expiry Date, CVV number and OTP over phone, through mail or through SMS. Please do not share this information with anyone and be secure.





# CULINARY MASTERS

A Culinary Master Class was held on 18th June 2016 at the Activity Hall. The good turnout saw 250 members and their guests participating enthusiastically. It was conducted by Mr. Gautam Mehrishi – Celebrity Chef Living Foodz (Zee TV) and Corporate Chef Sun N Sand Hotels. The Master Class helped to discover the culinary techniques, skills and secrets of 5 star kitchens to create the perfect dish.



**Darshana Kothari**  
Chairperson, Children & Women  
Activity Sub-committee

Gautam Mehrishi, having hosted various shows on national television, spent in-depth time, explaining and exploring the subtle nuances of Oriental, Italian and Indian cuisine with audio visual facility. His huge selection of dishes like sushi, yellow Thai curry with fragrant rice, Kung pao baby corn and waterchestnut, dimsum, gnocchi with blue cheese sauce, deconstructed lasagna, handmade pasta, smoked broccoli tikka makhani and zucchini yakhni were made from fresh ingredients & seasoned authentically.

The food was redolent with flavor and focused on taste and health in equal measures. The audience tasted the food and relished their aromatic flavors. He captivated the audience for more than four hours, interacted with them, answered their queries and asked some of them to join him on stage to cook. They loved the scintillating experience of tastes and flavors. Recipes of the dishes cooked were given to all present.

Our Co-sponsor for the event was Everest Masala.

The occasion was graced by our Office Bearers. Our President Shri Shamit Majmudar welcomed Mr. Mehrishi with floral presentations. The evening concluded with a vote of thanks by our Hon-Sec. Shri Himanshu Gokani.

This successful event was organized by the Children and Women Activity Sub-Comm. headed by Ms Darshana Kothari ably supported by Ms Dilnavaz Jokhi as well as other C and W Sub-Comm. members.



**Vegetarian Sushi**







Gnocchi With Blue Cheese Sauce





# Creativity Out Of Waste

On Sunday, 17th July '16 a “Creativity Out Of Waste” workshop was held for children of aged 6 to 12 yrs. Craft ideas were taught to kids to do some innovative work to create best and useful items out of waste.



Darshana Kothari  
Chairperson, Children & Women  
Activity Sub-committee

## Making Organic Soaps



## Final Presentations







Ms. Deepika Gupta Of "Clay Foundation" Conducted The Event.



## Decorative Pen Stands, Bookmarks And Coasters



This fabulous event was made possible by the Children and Women Activity Sub-Comm. headed by Ms. Darshana Kothari ably supported by Ms. Dilnavaz Jokhi, Ms. Tanvita Saraf and their team who have consistently given successful programs for children and women.



Daioni Organic our Co-sponsor



# *LADIES BAR NITE*



# *LIVE SINGING @ FLOAT BAR*





# HANUMAN KI RAMAYAN



## RAGA REFLECTIONS







## DIL KI BAAT

"How can I become the best human being that I can possibly be?"

"How do we become the best we can possibly be in our respective vocation?"

Learning to put your heart fully into whatever you do was the basis for the very successful Heartfulness Meditation workshop that was conducted by renowned Cardiologist Dr Haresh Mehta. Since the good doctor himself has been a practitioner of the Heartfulness meditation for the past 8 years, he was very effective in passing on the simple and effective relaxation and meditation techniques to all the participants.



The 3 day programme (4th to 6th July 2016) was a great success so much so that the programme is now being continued every Thursday from 8 am to 9 am in the Activity Hall of our club. I attended the workshop on the 4th and 5th of July 2016. From personal experience I can say that it helps calm down ruffled nerves and makes you refocus on the work at hand.

It is my sincere request to all members to participate and partake the benefits of Heartfulness Meditation. It could prove to be a life changing experience.

Eventually, as Dr Haresh says " Purity weaves Destiny"





*First Time In Sandesh*

# INTERNATIONAL YOGA DAY

The United Nations declared 21st June International Yoga Day on 11th December 2014.

21st June is also known as the SUMMER SOLSTICE; the longest day of the year in the Northern Hemisphere.



Ojas D. Dave  
Jt. Secretary



Our club celebrated International Yoga Day by having a Yoga demonstration from senior Yoga Gurus Ms Hemangi Marathe and Ms Reema Vengurlekar who have trained from Kaivalyadham along with a participative session of the members present. The programme was conducted in the open area used by Aditi fast food.



Inspite of incessant rains all through the previous night and flooding in various parts of the neighboring suburbs, it was heartening to see close to 100 members and their guests participate enthusiastically in the celebrations.

As you are aware, Yoga is a group of physical, mental and spiritual practices with its origins in India. The practice is gaining popularity rapidly. Our Health Club already has 4 Yoga teachers who conduct classes at different times in the health club. We are also contemplating starting of Yoga classes in the mornings on the club terrace in the near future so that more members can partake the benefits.





# THE VITAL ROLE OF THE INTELLECT



Shyam Punwani

Living is an art, a skill, a technique. So is **thinking**. You need to learn how to think as you would for playing a musical instrument or flying an aircraft.

The human species predominantly amongst all others, needs an intellect for its survival. Hence it is blessed with this wondrous equipment to think, to reason and decide its course of action through life. Not realizing the vital role the intellect plays in this world, humans have ignored and neglected it to a point of grievous fault.

## Humanity has Stopped Thinking

The human race suffers from the virus of attachment and aversion, greed and envy, lust and jealousy and a host of other baneful emotions. Even the intelligentsia have stopped thinking, enquiring. They seem quite complacent with merely obtaining information, knowledge from external sources. The knowledge thus acquired provides them with mere **intelligence**. And they at the very best just remain informed on one or more subjects.

## Result of Non-thinking

The world has lost the wondrous faculty of the intellect to think originally and independently. People are possessed with groundless beliefs and false faiths. We pick them up without question or reason. Without proof or credibility and accept them as a matter of fact. We must realize some of our strongest beliefs germinated and taken root in our childhood. Our lives run on those faithful lines. They seem too obvious, are too ingrained into our belief system, a point that it would be sacrilegious to question them, let alone be open to amend them.

Take the example of two men professing different religious beliefs. One a staunch Hindu; the other, a devout Christian. They were born the same day in a maternity ward forty years back. The attending nurse committed a colossal blunder. She mistakenly exchanged the newborns in their cradles. The Hindu baby was placed in the Christian mother's cradle and the Christian in the



Hindu's. Logically enough, the two children were brought up unknowingly with the opposite domestic, social and religious influences; that what they were ordained too by virtue of birth.

You could imagine the natural consequences. Both have now grown up holding beliefs totally opposed to their original family and religions. Each now swears by his particular belief.

Two children of unknown religious background were brought up in different religious environments. One by a staunch Christian family. The other by a devout Hindu family. As they grew up the former declared himself as a Christian professing his Biblical beliefs. And the latter pronounced himself a Hindu professing Vedic beliefs. Both have not cared to question, analyze their own validity before assuming such a solemn stand in life... for life.

Likewise, two children of the same family brought up in two different countries adopted their respective political beliefs. The child living in the communistic environment grew up to be a communist. While the other living in a capitalistic background became a capitalist. Scarcely indeed does one exercise one's thought, reason or judgement before adopting any political standing.

**William Drummond wisely observes: He who cannot reason is a fool; he who will not is a bigot; he who dare not is a slave.**

The human race has for long succumbed to **fanatic faith** and **belief** without intellectual assessment and evaluation. Such irrational approach to life bereft of logic and reason has led humans to perennial strife and struggle, antagonism,

and terrorism all over the world.

**The loss of intellect** and its application to life has caused the fungus of pseudo-religious and psychic bodies to spread everywhere. Resulting in astrologers and soothsayers, vastu-shastris and feng shui-ers proliferating and destroying the dignity and grandeur of the human race.

The world has reached a tragic state where such pseudo-practices are flourishing while the true human culture is fast perishing. None sees the importance, nay the necessity to think clearly, correctly. To develop the art and skill of **thinking**.

Self-appointed educators today lack the fundamentals of education. They are unaware of their limitation to think originally. But the problem lies not in their ignorance but their firm belief that they know what they really do not.

**Josh Billings** brilliantly conveys this idea: **The trouble with most folks is not so much their ignorance, as their 'knowing' so many things which ain't so.**

You need to wake up from this slumber. Start thinking, questioning, and enquiring as to the cause of all this strife and struggle. Examine the truth of life. Do not accept anything without reason and logic. Apply your intellect to verify their authenticity. Whatever complies with the principle of sound judgement, learn to accept them. Apply them in your life. You will then taste the joy of higher and meaningful living. That would usher peace and harmony in the world.



# THE DILEMMA OF CHOICE



Shyam Punwani

**H**uman actions emanate from either the mind or the intellect or a combination of both.

The body executes action. But the body cannot act on its own. The actions of the body are driven by either:

1. Likes and dislikes, feelings, emotions, impulses of the mind. Or
2. Reasons, discretion, judgement of the intellect. Or
3. A combination of the above.

Here is an example of the mentioned three possibilities arising from an action. Offer a sweet to a diabetic person who is fond of sweet. His mind wants to take it. His intellect decides against it knowing that he is diabetic. If his intellect is more powerful than his mind he will refuse it. If otherwise, his mind is strong and intellect weak, he would accept it. In the third possibility if the person is not diabetic, his mind and intellect may concur and consume it.



People the world over operate more on feelings and emotion rather than by reason and judgement. Sometimes even the reasoning of the intellect is overpowered by the mind's emotion. Jane Taylor in her poem *The Pond* portrays this idea beautifully. The poem describes a party of ducks repairing to a pond for their food and pastime. A young chicken that lived thereabout kept watching the ducks go in and out of the water thoroughly enjoying themselves. She had a great desire to get into the pond and join in

their fun and frolic. But her mother had warned her not to go into the water. One day the chicken tried to reason to herself why she should not venture into the pond despite her mother's warning; and she arrived at a strange conclusion that the only difference between them and herself was in the shape of their beaks. That her beak was pointed and their beaks round. She found it to be no reason for her to drown. Thus submitting her mind's obsession for swimming, her intellect thought she could swim as well as the ducks. So she plunged into the water only to find her mother's cautions were true. She sank to the bottom and died.

The poem depicts the intellect being held hostage by the overpowering emotion of the mind. The intellect yields to the pressure of emotion and reasons in a circle. And one meets the fate of the chicken.

## UPCOMING EVENTS

Contact Members Service Desk For Details



**AUG 15** **INDEPENDENCE DAY CELEBRATION**  
The annual flag hoisting will take place at 8.30 am at the Adit fast food open area followed by delicious snacks.

**AUG 18** **CARD FESTIVAL**  
Card Room Sub-committee organising a Card Festival on 18th September 2016 from 1pm onwards.

**AUG 21** **KRISHNA GEETO & KRISHNA JANMA**  
Senior citizen sub-committee of JVPGC presents **KRISHNA GEETO AND KRISHNA JANMOTSAV** on Sunday 21st August 2016 at Activity hall.  
Program: 5.30 to 8.30 pm (For Sr. Citizen members of the club and their Sr. Citizen guests).  
8.30 to 10.00 pm – Krishna Janma and Darshanam

**AUG 21** **LIBRARY LECTURES**  
Library sub-comm invites '**Destiny Vs Free Will**' a talk by Dr. Janki Santoke on Sunday 21st August at 10.30 am  
'**Power Living Lecture**' by Ashok Choudhary on Sunday 21st August at 11.45 am.

**AUG 27** **LEGO GENIUSES**  
2 day Lego workshop conducted by Vipin Bodatkar on 27th August 2016 at Club Premises. Age group 4-12 years.

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# SENIOR CITIZENS ROCK MONSOON PICNIC



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



A memorable day for senior citizens of JVPGC who went for our monsoon picnic at Mayurvan on the 3<sup>rd</sup> July, 2016. We greatly missed those who could not make it.

As scheduled, our two buses departed JVPGC at 6.45 a.m. and with a small halt reached our destination at 9.15 a.m. Chilled windy climate and bouts of rain welcomed us. We took possession of two big air-conditioned rooms which were booked for us in advance. On reaching we immediately head for a scrumptious breakfast.

We all were very eager to get into the swimming pool and under the man-made waterfall which had so many steps. We sat on the steps for about 1½ hour and enjoyed rain dancing along with the music. The highlight was when two senior ladies from our group Mrs. Pushpa Majumdar and Mrs. Sundari Ayyar who apart from using a walking stick, entered the swimming pool along with us and danced under the waterfall till the end.

Some of us entered the water slide also. Rain God Indra showered his blessings on us throughout the day. Videos and photos clicked by our member went viral in the Gymkhana the very next day itself.

Mr. Maheshbhai Shah, owner of the resort magnanimously allotted us one more huge hall, so that we all could enjoy the whole day together.

So many activities under the waterfall digested our breakfast and all became hungry again. We had a nice time with drinks, snacks and played housie.

At about 3 p.m. we all again went for a delicious lunch – you name it and it was served. After a heavy lunch, all were feeling sleepy and had a nap for about an hour. Again after high tea, we got together in the hall and started our musical program. As usual our talented couple of Shashank and Ms. Kiran Bhatt sang a couple of their old favorite songs on the mike. Hasmukh Gajjar had arranged for Karaoke and the television was arranged by the resort.

Our stomachs were so heavy with the meals we had throughout the day that all decided not to wait for dinner and we left the place at 7 p.m. with a bucket full of pleasant memories.

We reached JVPGC at 9.30 p.m. and vowed to organize an overnight 3-4 days picnic before the end of this year.

*Insights to the article provided by Shailesh C. Shah, Managing Committee Member, Mrs. Sundari Ayyar, Mrs. Santosh Singh, Pushpa Majumdar, Amrit Malde and Devendra Mehta.*







*First Time In Sandesh*

**JVPGC**

**Congratulations**

**WINNERS**

of 1st JVPGC Entertainment Contest  
(June 2016 issue)



Rhea Mirchandani



Tanvita Saraf



Priyanka Budhraja



Sunil Talwar



Swati Chitalia



Disha Parikh



Shishir Parikh



Ranjana Goliya



Jyoti S. Desai



Dipti B. Desai

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

## Library Sub-committee Intellectually Stimulates

*Beautiful Trees Of India By Dr. Ashok Kothari*

*Weight Loss & Back Pain By Datta Gaikwad*



Shailesh C Shah  
Chairman



Ashok Kothari



Datta  
Gaikwad







*Mohit Alimchandani*

The family of Sandesh extends its heartiest congratulations to two of our very own sons: Mohit Alimchandani and Jayveer Kochhar, a 7 year old, student studying in Jamnabai Narsee international school.

At the recently held 10th Taekwondo world cultural expo held at South Korea- Muju; Jayveer brought home glory in two disciplines. The Gold in Poomsae and the bronze in (Fight) kyorugi in the under 8 categories.

This was a truly remarkable feat as as there were about 1800 odd participants from 34 countries.

Mohit aged 13 won two bronze medals.

We wish Mohit and Jayveer all the very best with their careers and feel safe having the likes of him protecting our gates.

We also request their respective families to get in touch with us and the governance at JVPGC to let us know how we could be instrumental in assisting them promote their children's careers.



*Jayveer Kochhar*







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