



JVPG CLUB

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DEC. 2014



**TARUSH LALWANI
WORLD CHAMPION**



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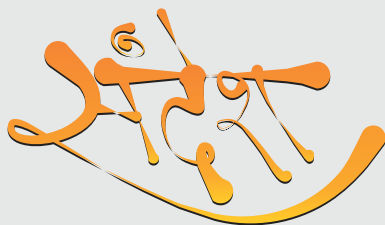
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From The Desk Of The President



Shamit Majmudar
President

Dear Member,

Wishing you and your family members a very *Happy New Year*

The time has come for all of us to review the goals planned vis a vis accomplished, delayed and abandoned in a meaningful way noticing pitfalls.

It is the time to Plan the Goals for the Year 2015 scaling new heights.

I join my office bearers Mohan Jain, Bhargav Patel, Ojas Dave, Shivani Khetan, members of the Managing Committee, and Trustees of JVPD Club in wishing each and every one of you and your families a super 2015 with health, wealth and happiness.



EDITOR SPEAK



ANIL SAMPAT
Editor

Here is wishing all our readers and members a very exciting, rewarding 2015 full of life and zest with health, wealth and happiness.

Our club is on the threshold of major improvements and we will cover them in our forthcoming issues.

Last year in 2013 conceptualized by Bipin Morjaria and executed by Shamit Majmudar the club introduced an innovative event "Champion of Champions" wherein we pitted the best team from different departments to play each other in different sports from Tennis, Cricket, Squash, Swimming, Billiards, TT, Badminton to Health Club over a one month period.

This was indeed a brilliant concept and caught the fancy of all. It brought out the best and facilitated bonhomie amongst the many who took the field. The Hon. Jt. Secretary Dr. Ojas Dave, was in charge of the 2014 event, that was held in November-December 2014 and has been a big hit with players as well as the team supporters and spectators.

As a tribute to this idea and to the countless who made this a success we dedicate this issue to you all with our cover featuring the players in their teams colours.

Three Cheers to our sportsmen !!!



Bipin Morjaria



Shamit Majmudar

SUPREME SHUTTLERS WINNER OF CH



9th of November 2014 was a Sunday with a difference. On this day, the 2nd edition of Champion of Champions was declared open by Vice President Shri Mohan Jain.

Former National Womens Badminton Champion Ms Ami Ghia Shah & Current World No 1 in Karate Mst. Tarush Lalwani were the Guests of Honour.

This year there were 9 teams compared to 8 teams last year and 8 events. The teams were drawn in 2 groups of 4 teams

'A' and 5 teams of group 'B'. Water polo was added in the swimming event and it was much attractive and crowd puller.

The atmosphere in the club resembled a carnival as the games got underway, with Under arm Cricket played on our picturesque floodlit grounds being amongst the first sport to kick start the games.

From the group "A" Cricket & Swimming teams and from group B Badminton & Squash teams qualified for semi-finals.

In the first semifinal Badminton was drawn against Swimming and in the other semifinal Cricket played against Squash.

Badminton beat Swimming team to qualify for the finals. Score: 29-4. In the other semi-final Cricket edged out Squash to meet Badminton in the final. Score: 23-20.

The final clash took place over December 07 to December 10, 2014. In closely fought encounters where each team fought tooth and nail, Team Badminton emerged triumphant over Team Cricket with a of 24-18 win.

The event concluded with a variety entertainment programme. Hon. Treasurer Shivani Khetan, graced the prize distribution held alongside the 30th Foundation day celebrations. Ojas Dave, Hon. Jt. Sec. who conducted the tournament appreciated the warmth and camaraderie amongst participants and thanked our President Shamit Majmudar, Hon. Sec. Bhargav Patel for their unstinted support. He remembered how in less than a year this Champion of Champions a multi sport event has caught the fancy of all members.



CHAMPION OF CHAMPIONS 2014 TITLE



"OUR LIFESTYLE HAS CHANGED DRASTICALLY DURING LAST FEW DECADES"

TALK ON "YOUR ATTITUDE TO FOOD & WEIGHT"



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Bhargav Patel
Hon. Sec.

LOSE WEIGHT, EAT HEALTHY “

is the mantra heard across the world . There is a point in everyone`s life when we start to expand around waist . The fat collected around the waist has dangerous implication on our health – high blood pressure ,cholesterol levels, increase risk of Diabetes, Alzheimer, Depression etc.

The requirement of the nutritive food differs at every stage of life .The diet we consume plays a very important role in our hormones and enzymes used for digestion . As we grow our metabolism changes , the bodies requirement changes and we start facing the roller coaster ride of losing and gaining weight .

In an area that's challenging and has many barriers and bumps in the road ,it becomes essential to prepare yourself to reach to success of maintaining the desired weight this success is achieved only through right attitude toward food and weight . The common attitude associated with initiating weight loss. “Ohh”!! have got to go on diet!!!” often said with a forlorn tone that implies the joy has gone out of life.

This negative restrictive attitude seems to anticipate the drudgery that is sure to follow. Sound familiar ? This approach is destined to constantly fail sooner or later because it isn't sustainable. Its like you are constantly drudging uphill towards an elusive goal. A better approach is to focus on the positive aspect of undertaking LIFESTYLE changes that can lead to better weight management.



In terms of changing the way you eat (it's much more than a diet) focus on the opportunities & what you can eat as opposed to what food you are trying to cut down on. There are many wonderful foods & recipes to explore, & believe it or not, we can learn to like new foods.

Think of something you didn't like when you were younger & now enjoy (for me its cantaloupe & tomatoes, especially fresh garden varieties). There are so many traditional, healthy, ethnic foods to explore – Mediterrean (e.g Greek salad, Tabouli, pasta primavera & many others) Asian (stir fried vegetables, sushi – ok, will wait for a while on the sushi for some of you & others). **“The food you choose can be veritable gastronomic journey around the world instead of a restrictive diet”.**

There are many other issues to consider before undertaking lifestyle changes to promote weight loss, its more than a “diet” also.

Starting out with the right attitude & feeling like you are on an enjoyable & sustainable journey will get you well on your way.

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TARUSH LALWANI - WORLD CHAMPION

The sleepy picturesque town of Hammamet in Tunisia is best known for its beaches.

It has been the focal point of several attacks over the centuries by the Romans, the Spaniards and finally the Turkish troops. Erwin Rommel, Hitler's General, fell in love with it and made it one of his headquarters in World war II.

However this October this sleepy town of "Hammamet" it was under a different kind of siege as a teenage lad from India TARUSH RAVI LALWANI (our own member) swept over the competition as he won the "CHAMPIONSHIP BELT" in the Champion of Champions category. This is an open category for men and women, open to all participants from 12 to 60 years. The winner of the games is awarded the Championship Belt.

It is indeed a great achievement by this young lad, who now follows his father's footsteps.

It is pertinent to note that there were over 91 participants from the world over and Tarush Lalwani made dreams come true for his parents who are professional Coaches in Martial Arts.

Earlier Tarush had already won in Traditional Katas a Silver medal and Silver in 'Kobudo'.

When asked the secret of his success, Tarush shyly grinned and said that he practiced 6 hours every day from



Proud Parents and coach

past several years. His training included parkour, gymnastic, yoga and his martial arts.



Tarush was the "WORLD KATA CHAMPION" in 2013, at the World Goju-ryu Karate Federation Championship held in Cape Town last year.

Indian Team was trained by Samurai Reshma Lalwani for weapons and the team was led by Soke Dr Ravi Lalwani.

Tarush has been crowned twice as the Asian Champion in Goju-ryu karate in 2011 and 2012 and at the World Champion in 2013 and 2014.

Tarush aims to be a film star and use it as a medium to popularize

Martial Arts as an art and not as commerce.



**India's TARUSH
RAVI LALWANI
(our own member)
swept over the competition
as he won the
"CHAMPIONSHIP BELT"
in the Champion of
Champions category.**

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INTELLIGENT IMPRESSIONS

Finger prints are the only impressions of our body that don't change. But apart from character, these mysterious ridges on our finger reveal a lot more

It is an ancient truth that finger prints reveal a lot about a person's character. In fact, finger prints are the only impressions of our body that don't change. But apart from character, these mysterious ridges on our finger reveal a lot more: they reveal our strengths and shortcomings, and if we pay attention, they even reveal the professions we need to choose as our careers etc. The basic version of this science was applied in Russia to select athletes and contestants.

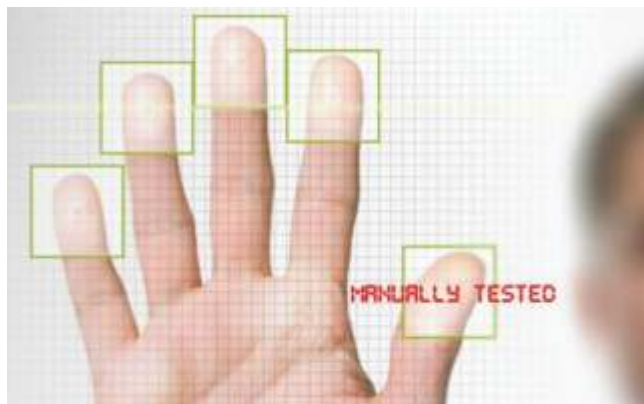


Brain Secrets is one such venture which has developed the DITA (Dermatoglyphics Inborn Talent Analysis) technology with the powerful combination of seven different sciences. These sciences are Dermatoglyphics, Genetics, Biology, Neuroscience, Anthropology, Embryology & Statistics.

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So, go ahead and make use of this cutting edge technology which promises to benefit you immensely.

For more details, direct your mail to : mumbai.f3@brain-secrets.com

DIWALI FIREWORK

Diwali celebrated at our club in a grand style. The club was decorated, illuminated and an extravagant "Firework Show" was held on 22nd October 2014 at 7 pm, MM Ground



KNOW YOUR CHILD BETTER - A Parents Guide

Tirukkural by Tiruvalluvar (a Tamil poet/writer) was written more than 5000 yrs ago. It's one of the ancient science on Human behaviour, which has not changed in spite of modern education & technology! ...

SOME GOLDEN THOUGHTS TO PONDER :-

1. If your child lies to you often, it is because you over-react too harshly to their inappropriate behaviour.
2. If your child is not taught to confide in you about their mistakes, you've lost them.
3. If your child had poor self-esteem, it is because you advise them more than you encourage them.
4. If your child does not stand up for themselves, it is because from a young age you have disciplined them regularly in public.



5. If your child takes things that do not belong to them, it is because when you buy them things, you don't let them choose what they want.
6. If your child is cowardly, it is because you help them too quickly.
7. If your child does not respect other people's feelings, it is because instead of speaking to your child, you order and command them.
8. If your child is too quick to anger, it is because you give too much attention to misbehaviour and you give little attention to good behaviour.
9. If your child is excessively jealous, it is because you only congratulate them when they successfully

complete something and not when they improve at something even if they don't successfully complete it.

10. If your child intentionally disturbs you, it is because you are not physically affectionate enough.
11. If your child is openly defied, it is because you openly threaten to do something but don't follow through.
12. If your child is secretive, it is because they don't trust that you won't blow things out of proportion.
13. If your child talks back to you, it is because they watch you do it to others and think it's normal behaviour.
14. If your child doesn't listen to you but listens to others, it is because you are too quick to make decisions.
15. If your child rebels it is because they know you care more about what others think than what is right.





While we look forward to meeting you at the Sasec-vcloud kiosk at your very own Juhu club in December 2014, we invite you to register for the Sasec-vcloud card at our **JUHU MARKET** store and avail benefits at all the stores across Mumbai.

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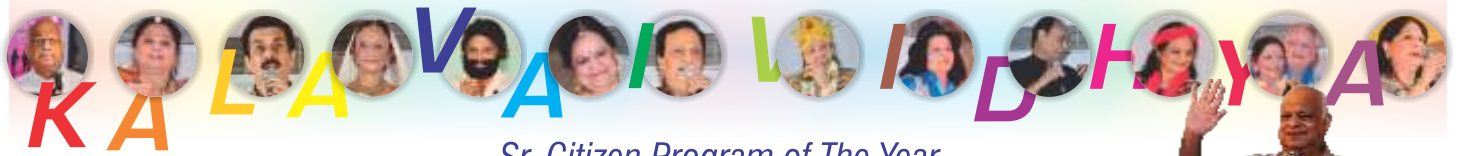
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Sr. Citizen Program of The Year

KALAVAVIDYA - Part IV



Chairman, Sr. Citizen Sub-Comm.

Kalavaividhya in its IV Edition was a treat to watch, so brilliantly conceptualized and presented by Chairman Satish Shah even as he added yet another feather to his cap. Well done Satishbhai!

Came 9th November 2014, and the Activity hall was a beehive of activity as 200 + of our seniors took centre stage in an event for, of and by the senior citizens.

Ms Bhakti Asani, brilliance was evident as she compered the event drawing out the best from our performers.

The event opened with a Krishna Puja dance paying obeisance to the eternal master which laid the foundation of what followed.

Krishna's Leela has no parallel or equal word in another language. Leela

roughly translates as play acting and Krishna's Leela is the ability to act out our life as if in a play. Krishna embodies "Celebration", celebration of life.

What followed was pure Celebration in the form of Skits, Songs, Musical Instruments, Raas and Garba and topped of with a "Bollywood Medley".

The involvement of Members participants and audience was total.

The show ended with thanks to the sponsors Kantibhai Haria, and Amrutlal Malde, whose handcrafted jewellery and Cosmetics was eyed by all winners.

The hard work and committed rehearsals and the enthusiasm of our seniors over a 3 month period was evident as the evening rolled out, cheered by the family and kin of our seniors.



PSA & WSA INDIA SQUASH CHALLENGER CIRCUIT



Mustafa Ghouse - CEO, JSW Sports



Liesl Goecker



WSA women's winner Nouran El Torky (EGY) with trophy



PSA Mens winner Mahesh Mangaonkar



Bhaves Shah, Squash Sub-Comm. Chairman, presents trophy to Womens Runner-up

An international Squash tournament called PSA / WSA Indian Squash Challenger Circuit 2 was held at the air-conditioned renovated squash courts of our club from 09th to 12th oct 2014.

The event drew top ranked national and international players who sweated it out over 4 days to bid for the top honours.

32 international men's players and 32 international women's players participated in the draw.

QUARTER FINALS:

Womens: Laura Pomportes (FRA) beat Sammer Anjum (PAK)

Nouran El Torky (EGY) bt Cheyna Tucker (RSA)

Cloe Mesic (FRA) bt Jui Kalgutkar (IND)

Birgit Coufal (AUT) bt Sachika Ingale (IND)

Mens: Sanjay Singh (MAS) bt Kristian Frost Olesen (DEN). Zahed Mohamed (EGY) bt Muhammad Asim Khan (PAK). Mahesh Mangaonkar (IND) bt Valentino Bon Jovi Bong (MAS) Shehab Essam Hosny (EGY) bt Harinder Pal Sandhu (IND)



Felicitation of outstanding Indian player participating Asian Games 2014

SEMIFINAL: Mahesh Mangaonkar (IND) bt Shehab Essam Hosny (EGY)

Zahed Mohamed (EGY) bt Sanjay Singh (MAS)

Cloe Mesic (FRA) bt Birgit Coufal (AUT)

Nouran El Torky (EGY) bt Laura Pomportes (FRA)

FINAL: Mahesh Mangaonkar (IND) bt Zahed Mohamed (EGY) Score-3-0 (14-12, 15-13, 11-4)

Nouran El Torky (EGY) bt Cloe Mesic (FRA)

Score-3-0 (11-3, 11-5, 11-6)



Mahesh Mangaonkar (IND) & Zahed Mohamed (EGY) in action



Nouran El Torky (EGY) & Chloe Mesic (FRA) in action

Mahesh Mangaonkar (IND) was decidedly the crowd favorite in the final of the second JSW Challenger tournament in Mumbai and he did not disappoint. His win in three straight sets over Zahed Mohamed (EGY) was not easy.

Score: 3-0 (14-12, 15-13, 11-4) 52 min

Nouran El Torky (EGY) claimed her second title of the circuit with today's win over Chloe Mesic (FRA) in the women's final in Mumbai. El Torky made quick work of Mesic and didn't even look to be straining, though Mesic, playing her first WSA final. El Torky taking a quick lead and winning it off a tin shot from Mesic.

Score: 3-0 to El Torky (11-3, 11-5, 11-6) 35 min.



The sweet spot of the entire tournament was that our young budding talent got to play warm ups and friendly matches with top rated national and international players. It was indeed a huge payoff for the youth. Compliments to Chairman, Bhaves Shah and Hon. Jt. Sec. Ojas Dave.

QI SPINE LECTURE AT THE HEALTH CLUB

Take Care of your Spine! was the mantra of the ½ day seminar? Not many take care of the spine as we should. Yet most of us have at different times experienced the pains of not having a healthy spine. Step by step members were taken through the different parts of our

spine, and how they function. How their failure to function leads to different ailments, and what were the best approaches to rectify them. An absorbing afternoon on a subject so close to our heart. Congratulations to Mohan and his team for a wonderful presentation.



Chairman, Mohan Savalkar with "Qi Spine" team



Mohan Savalkar welcomes the President & the Qi Spine team



President, Shamit Majmudar address the members



Spine care while exercising Digant Champaneri, explain by Mohan Savalkar



Dr. Parthana demonstrates, functions of the vertebra



Dr. Parthana lectures on spine care.

Mr. Anil Sampat concludes the event with a vote of thanks



JVPG CLUB CHILDREN'S SCRABBLE TOURNAMENT

JVPG Club conducted Children's Scrabble Tournament on 1st November 2014 at Activity hall. More than 30 student participated in this event. At the end the winners felicitated with cash prizes and trophies.

Result: First - Vraj Jain, Second - Samarth Singh and Third - Krtin Juneja.



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